

NEWS

INSIDE THIS ISSUE

FEATURES

The Print examines sexual responsibility

Page 4

SATIRE

Cocaine found in Cocaine

Page 17

ON OTHER PAGES



Perfectionism explained
Pg 14

#FirstWorldProblems
Pg 9

Photography Soc: The next chapter
Pg 19

@ThePrintQM
@ThePrintstagram
ThePrintchat

The Print is printed at Mortons of Horncastle Ltd, Media Centre, Morton Way, Horncastle, Lincolnshire, LN9 6JR. Tel 01507 523 456. Each issue has a print run of 750 and costs £467 to print and deliver.

Established in 2014, The Print is the free official student newspaper of Queen Mary Students' Union. The Print is created by students and the publication retains all copyright of design, text, photographs and graphics, along with the individual contributor. The Print's layout was designed by Molly Lattin.

Any views expressed in The Print are those of the individual writer and do not necessarily reflect those of the paper, the editorial team, Queen Mary Students' Union or Queen Mary, University of London.

COMMENT

Hussain Al-Jabir looks at the divide between The Arts and Science
Page 10

SPORT

An update from QM Hockey

Page 21

EDITORIAL TEAM

EDITOR

Megan Gurney

DEPUTY EDITOR

Eve Bolt

DESIGN EDITORS

Krish Raichura

Kanahaya Alam

NEWS

Rachel Muller-Heyndyk

Abira Yogaratnam

FEATURES

Sarah Garnham

Laura Potter

COMMENT

Becky Crawford

Anna Savage

SCIENCE AND TECH

Nasria Begum

Alice Royal

SATIRE

Daniel Crewe

SOCIETIES

Daniela Clark

Lucy Alice Ryde

SPORT

Michael Barraclough

Liam Harrison

PHOTOGRAPHY

Kevin Choi

PROOFREADERS

Elise Lamsdale

Andy Caunce

Bethany Price

Kayan Ganjuei

CARTOONIST

Kaite Campbell

HUMANS OF QUEEN MARY



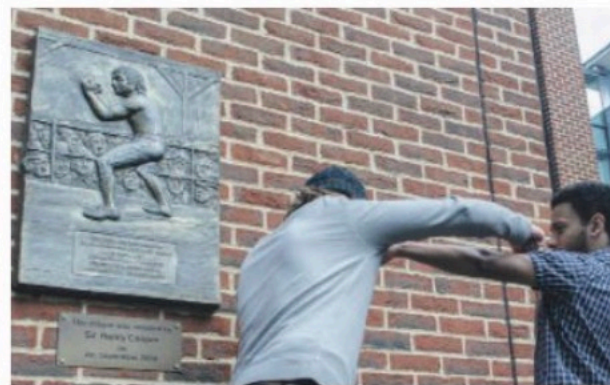
WHAT'S SOMETHING THAT SCARES YOU?

“Leaving university, and not having the sort of base of friends and people that you know in London. And living in London a bit more anonymously, cause obviously this is a campus university so I've spent three years in London on campus with people that I know, and my friends. But obviously outside of university that doesn't happen, so I think thats quite scary.”

QM I SPY: M

The first in a series of stories exploring the secrets of Queen Mary's Mile End campus

EVE BOLT



Outside The Ground café, I spy something beginning with...

M. No, it's not the Mirrored windows of the library. No, not the Map of campus. Look right.

It's Mendoza. The so-called 'scientific boxer', his plaque on the redbrick wall was unveiled in 2008 by the celebrated British heavy-weight champion, Sir Henry Cooper. It depicts Daniel Mendoza, who stood at 5'7 and weighed 160 pounds, in his classic crouch. This stance was essential to his career as one of the smallest of his contemporaries, which included Harry the Coalheaver, whose title alone summons size and strength. Mendoza's handicap led to the evolution of a choreography that changed the sport forever, by honing the guard, straight left, side-stepping and more. With the objective 'to be perfectly master of the equilibrium', as written in his Treatise, he earned victories over many colourfully named pugilists. In turn, this gained him the patronage of the future King George IV, a feat made more

impressive by revelation of his own nom de guerre: 'The Jew'.

Eighteenth-century England was punishingly anti-Semitic, with dire discrimination and 'Jew-baiting' inflicted by a Christian populace who viewed Jewish culture as a perilous threat. One way Jews mastered equilibrium was by converting, as Marranos in Europe had done centuries before- including some of Mendoza's ancestors. The Jew's proud assertion of his religious identity was effective for the emancipation of his community past, present and future. Despite the fluctuations in Semitic fortune Mendoza witnessed- as the Jewish Naturalization Act of 1753 was repealed in 1754- one could consider his eminence contributed to the election of Jewish Prime Minister Benjamin Disraeli, in a way that was small but no less significant (much like Mendoza).

He was a model of innovation and is therefore a fitting feature of Queen Mary, despite a rocky start. Starting at 13 in a glazier's shop (which he left after a fight), then failing at a fruit and veg stall, a tea shop and a tobacconists (the customer is always wrong, wrong, wrong), he eventually soared when he acted on his talent. Transforming himself into a respected member of society, he also held public exhibitions to teach fair fighting. As he interestingly moralized in his memoirs, by quoting Shakespeare, O, it is excellent

To have a giant's strength; but it is tyrannous

To use it like a giant. (Measure for Measure, 2.2)

A writer and a fighter, there is much we can learn from Mendoza's philosophy: to temper talent with balance and mercy, to soar in your studies, but be sure to support your fellow students as they try to fly too.



NEWS

LABOUR SOCIETY MEMBERSHIP SURGES ALMOST THREE-FOLD

Queen Mary's Labour Society has obtained its highest number of members following a drive to recruit the latest intake of Queen Mary students

LAURA POTTER

Reaching an almost threefold increase, the society says that their latest figures show that they have surpassed 100 paying members this academic year, in comparison to 37 during the 2014/15 academic year.

Queen Mary Labour Society (QMLS), who claim they are "the most active Labour society in London", attracted interest from hundreds of first-years during Freshers' Week. President of Queen Mary Labour Society, Oliver Davis, suggests that the membership surge on campus could have been partly down to the triumph of Jeremy Corbyn in the recent Labour Leadership Debate:

"It's for different reasons - some for his left-wing politics, some because he is a person of integrity, and others because he seems to speak from the heart with authenticity. His position leaning towards free university education, although not yet officially adopted, may also have been a factor," says Oliver.

The Queen Mary Labour Society membership surge comes with the national Labour Party membership surge in recent months. According to the Guardian in September 2015, the week following Jeremy Corbyn's victory in the Labour Leadership Debate saw more than 50,000 people join the Labour Party. Kings College London Labour Society claim to have also experienced a surge in membership following the Leadership Election.

Speaking about for his support for young people and his opposition to the Conservative's plan to abolish maintenance grants for poorer students, Corbyn told the Huffington Post this year, "This Tory government is a party that stands against the young. Labour must build a society for everyone, including the youngest," he said.

Asking if there were any other factors contributing to Labour Society's success this year, Oliver added: "Many people were very upset that we got a majority Tory government, and see Labour as the best way to combat the Tories. We also had a much better stand at Freshers Fair this year and a much stronger

presence."

Adding that a rise in participation has followed a rise in their membership, Oliver says: "Our socials and meetings have been packed, we have just elected 8 new officers to our committee, and we are seeing a big increase in people canvassing and phone banking too."

However, the rise in memberships across all other political societies at Queen Mary may suggest a growing student interest in politics rather than a student-body leaning towards the Labour Party. Queen Mary Liberal Democrats have also reported "a solid block of members previously not there", whilst Queen Mary Young Greens reported a twofold surge in memberships.

To find out more about Queen Mary Labour Society's activities, you can find Queen Mary Labour Society on Facebook and Twitter. Members can pay the £3 membership fee by visiting the SU Hub Reception or at qmsu.org/societies.

#SPHINCTERPRESERVATION TRENDS AFTER QM STUDENTS TAKE ON UNIVERSITY CHALLENGE

Nuffield College may have won the legendary academic quiz show, but QM certainly won over twitter

LUCY SOFRONIOU

The penultimate first round match of the popular academic quiz show, University Challenge, saw an all-female team fly the flag for Queen Mary, University of London.

Kate Lynes, Stephanie Howard-Smith, Verity Williams and Yolanda Lovelady took to our screens on the 5th of October to compete on an intellectual battlefield against students from Nuffield College, Oxford.

Queen Mary had begun on a positive note after correctly answering a question on the US sitcom Friends. The picture round presented the contestants with the names of Britain's best-loved novels.

After questions ranging from types of rain, to rugby and the world of Classical Civilisation, Queen Mary and Nuffield College appeared to be on an even playing field. The latter part of the show had both teams on a score of 110, until the end where Nuffield won 165-130.

Though Nuffield College may have proven victorious,

Kate Lynes made headlines and caused a flurry of tweets from amused viewers over her studies in Sphincter Preservation.

Dr. Norman Williams from the Centre of Academic Surgery at QM, has responded by emphasising that sphincter preservation plays a fundamental role in caring for bowel cancer patients:

"Most patients facing surgery with these rectal problems are often terrified they may end up with a stoma. For many years we, together with other units around the world, have been exploring methods and techniques which try to restore gastrointestinal

continuity without the need for a permanent stoma but at the same time eradicate the disease."

QM's School of English Drama weighed in on the events, responding to tweets: "Stop giggling about @QMUL PhD in #SphincterPreservation. It's vital research."

In regards to the recent attention she's received, Lynes has said

"The Twitter response was quite intense and slightly overwhelming. Some of the comments were amusing but it was interesting to see that there was very little awareness of the issues covered in our research."



QMSU ACKNOWLEDGES THE ELEPHANT IN THE ROOM

ABIRA YOGARATNAM

In honour of this year's World Mental Health Day on Saturday 10th October, Queen Mary Student's Union and QMBL Mental Health Awareness Society worked together for the first time to organise a brilliant 'Elephant In The Room' campaign.

All week, a grey and pink elephant wandered around Mile End and Bart's, attending lectures and visiting members of staff. A hundred and twenty elephant masks were handed out, all aimed at raising awareness and provoking discussion of mental health problems.

According to the Mental Health Foundation, in the course of any given year, one in four adults and one in ten children are likely to be affected by a mental health problem. This can affect an individual's ability to simply get through the day and make it incredibly difficult to live a normal life.

The campaign saw people gather in Library Square to speak to the universities mental health coordinator, Niall Morrissey. Morrissey spoke to students and encouraged them to create "mind apples", a technique aimed at promoting good mental health by writing

down five things to do each day.

When asked how the campaign went, QMSU's VP Welfare Officer Miranda Black said:

"I'm really happy with how it went- a lot of people wanted to come up and have a chat when we were in Library Square. Some lecturers completely ignored us- I guess that's often true of the 'elephant in the room', but a couple of classes clapped as the elephants left their lectures. Hopefully this has paved the way for more campaigns and discussions around mental health this year".

The Student's Union and QMBL Mental Health Awareness Society plan to continue their campaign, with the next step possibly involving the infamous grey and pink elephant playing sport in the Get Active sessions.

The university's Mental Health Coordinator, Niall Morrissey, can provide support for students experiencing mental health issues during any stage of their studies, and be contacted on 020 7882 7359



FEATURES

GENDER DISPARITY IN SEXUAL RESPONSIBILITY

We spoke to QM students to find out what’s what in the realm of sexual health and find out whether there is a gap between the myths and realities of responsibilty

DANIELA CLARK

Queen Mary ranked 5th in the University Sex League of 2014, according to a recent survey. The survey, undertaken by popular website Student Beans, suggested that the average QM student has around 7.93 sexual partners. Although I can’t name a single person I know who’s slept with 0.93 of a person, the research certainly raises some interesting questions concerning sexual activity at university.

We’re taught about ‘responsibility’ as soon as we begin sex education in school, but it feels like from there on out, the buck stops with females. A factsheet produced in 2011 by leading sexual health charity FPA, only detailed statistics on how many female teenagers attended a sexual health clinic of some kind, and what kinds of contraception females were using.

This is despite the fact that other FPA statistics show that males and females in the UK have their first sexual encounter, on average, at the age of 16. Are we really supposed to believe that teenage males are having sex from a similar age to teenage females, but just aren’t supposed to also be accessing those facilities available to them?

So we decided to put these questions to the student body: Do males or females carry the weight of sexual responsibility in heterosexual relationships, regardless of long term relationships a one-night stands? Who do you think should hold responsibility for protecting against pregnancy? Do you think this is in the norm today?

There’s an assumption that men need not bother themselves too much with

the nitty gritty of unplanned pregnancy or STI checks. One student who took the survey even commented:

“Bring me the male pill now please, let’s make those fuckers take hormonal medication for the rest of their lives”.

90.1% of those surveyed believed that the responsibility should be shared between males and females. However, 53% believed that despite this, women often took on the responsibility for protection against pregnancy. One of the surveyed argued that:

“I think there is still this idea that the pill means the responsibility for protecting pregnancy lies with a woman. In addition, because it is the woman who could become pregnant, it’s her

responsibility to prevent it.”

A large majority of females who took the survey indicated that, even if condoms were used, they also used an alternative form of contraception, such as the pill or the implant. Out of the 50 females who took the survey most were using contraception that only a female can opt to use, and about half of these were also using condoms as protection. One of those surveyed suggested that:

“There are more contraceptive options open to women which protect against pregnancy only. By default, women often protect against pregnancy and partners aren’t included in these decisions.”

In many ways, this feels pretty much accurate: of the 14 types of contraception listed

on NHS website, condoms are the only kind that actually focus on ways men can prevent pregnancy. This could certainly prevent males from taking sexual responsibility in the same way that females do. On top of this, condoms are often seen as an awkward form of contraception, with 27.7% of participants admitting to having skipped on using a condom because of it “killing the mood”. One participant suggested that they might skip on the condom if they were drunk, while another suggested that “people can be dumb when their hormones get the better of them.”

According to our survey group however, when it comes to STIs, males are perceived as being a more active participant in protection. 95%

of participants suggested that responsibility for protection against STIs should be shared between partners. Of these 63 participants, 47 said that they thought this was the case and that responsibility was usually shared. Those who thought it was not the case typically suggested that often both parties are to blame when it comes to avoiding their responsibility.

Research shows however that there are many more females diagnosed with STIs each year; the statistics for 2014 show that in London females are more often diagnosed than men. Taking Chlamydia as an example, 6,149 men tested positive for the STI compared to 8,856 women. This doesn’t mean that males or females are more or less careful with their sexual health, but could imply that females are better at getting checked out.

From statistics it’s hard to see who’s actually taking responsibility, but it’s clear that there is a perceived inequality in the way protection against pregnancy is handled; many seem to feel that women bear a greater burden. This is not to say that males are deliberately shirking responsibility, but maybe that they feel their options are limited. In some cases, it could be that women feel more comfortable looking after their bodies. As one person commented:

“I wouldn’t feel comfortable trusting a male with contraception. Maybe if they had to have babies...”

The reasons why someone might take responsibility are difficult to fathom and quantify, but it’s clear that sexual responsibility and all the assumptions we have about who controls what still raises questions.



FEATURES



90%
of those surveyed believe that responsibility should be shared between males and females.

BUT

53%
believe that, despite this, women often took on the responsibility of protecting against pregnancy



Should responsibility for protection against STI’s be shared?

95%

Said **YES**

BUT

of those who said responsibility should be shared , only **74.6%** said that was the case



27%

Wold skip on using a condom because of it...

“KILLING THE MOOD”

Clinics within a 2 mile radius of Mile End Campus

TH-CASH @ Steel Lane Health Centre
384-398 Commercial Road
E1 0LR

St Andrews Walk-In Centre
1-3 Birchdown House
E3 3NS

Options/ Step Forward @ Forward Thinking Clinic
234 Bethnal Green Road
E2 0AA

TH-CASH @ Spitalfields Health Centre Clinic
9-11 Brick Lane
E1 6PU

Options @ TH-CASH Sylvia Pankhurst Centre
Mile End Hospital, Bancroft Road
E1 4DG

TH-CASH @ Wellington Way Centre Clinic
1a Wellington Way
E3 4NE

TH-CASH @ Leopold Street Health Centre
Burdett Road
E3 4LA

Ambrose King Centre Sexual Health
The Royal London Hospital
Whitechapel Road
E1 1BB

FEATURES

FOREIGN CORRESPONDENT:
CALIFORNIA

Bella Martin talks vibrant Americans, school spirit and Alcatraz as she undertakes a year in the Golden State

BELLA MARTIN

I was sent off to California with two rules to tackle the cultural difference: don't swear, because it's usually a lot worse to an American than you mean it to be, and don't talk shit about capitalism. In the months leading up to my year abroad at UC Berkeley, I didn't even consider culture shock to be that much of a problem – America is an English speaking country after all, and I had a lot of American friends studying abroad at Queen Mary last year who seemed fairly normal. I then spent my first day in San Francisco terrified that I would never be comfortable here, and I'd never fit in.

The way the public interact with each other is like nothing I've ever experienced. People aren't afraid to shout across the street to each other, or even start a conversation with you in public by commenting on what you're doing or what you're wearing. This happens most in the close confines of public transport, where, if you're not careful, you might end up having to tell a random person your entire life story before your stop. When I realised that the unwritten rules of navigating the public in London (mainly powerwalking down the road or taking every measure to avoid eye-contact on the tube) could never apply here, I decided to drop my inherent Britishness, and I haven't looked back since.

I fell in love with San Francisco. It's full of cute little colonial-eque houses and terrifyingly steep roads, and a view over the bay of the Golden Gate and Alcatraz every time you cross the street. The general feel of the city is so American to me, with wide streets filled with people who I could only describe as 'characters', and enough space so I don't have to push my way through crowds of people. I started with the touristy things – I hiked up to Coit Tower to look out over the whole city, and made a trip to see the sea lions on Pier 39. I only had one day in San Francisco before I made the journey to the other side of the bay to my new home in Berkeley.



The Berkeley campus is so different to Queen Mary's. Californians seem to love nature and the outdoors, and the campus really reflects that – sometimes you feel like you're in the middle of a wood, which is quite refreshing after living next to Mile End Park for a year. My residence hall is the farthest away from anything and it is up a hill, which you can totally see from my new calf muscles. It is also almost exclusively American, which was fantastic because I feel like I'm really immersing myself in the culture and I've made friends with some vibrant, intelligent, and crazy people who I adore and never would have encountered at home, but

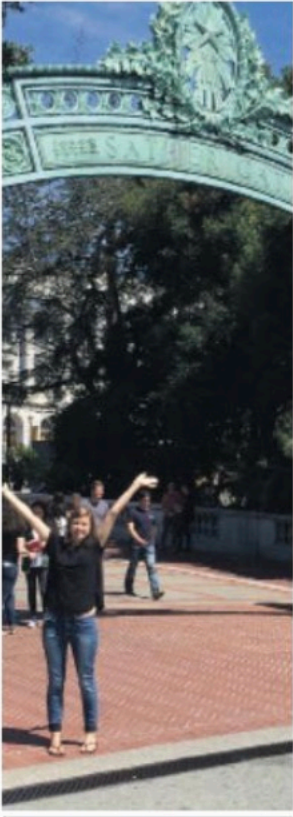
it does mean I'm something of a novelty. I have an extensive, and still growing, list of weird things that people have said to me, including, 'why are you putting on an accent?' and, 'I'm sorry, what did you say? I got lost in your accent', but mainly people just want me to do Harry Potter quotes or say, 'who's up for a cheeky Nandos' for their snapchat story. I know I shouldn't complain, because I'm pretty sure it's the only reason I actually have friends, but the novelty of it wore off very quickly.

The American students have a lot of school spirit, and they are defiantly not afraid to show it. School spirit is at its highest and most terrifying during

American football games. The horror stories you've heard about them are very true – the football players are almost revered as gods and the collage games are taken with a level of seriousness that we might give to a world cup game. I was dragged along to a game once – it was already blisteringly hot, but we decided it would be fun to cram into the section with all the drunk, sweaty, overexcited students. Despite my friend's best efforts to educate me about the game, I had no idea what was going on – all I saw was weird rugby with heavy armour, and a lot of unnecessary stopping and starting. I dreaded Berkeley getting a touchdown. In

addition to the slightly over-the-top reaction of the crowd, an actual canon would go off (that's where their tuition fees are going) in the hills and scare the life out of me. I can safely say it was one of the most uncomfortable experiences of my life so far.

Despite the culture shock, and the overexcited Americans, and everything else I've complained about so far, I am actually really enjoying myself. I'm making a home here, and though I miss Cadbury's, watching the Bake Off with people who take it seriously and legally being able to get into a bar, I know I'll be distraught about everything and everyone I'll be leaving behind in America when I go back to London. But I've still got so much more to learn and so many places to explore, so hopefully I'll have some more stories to tell when I see you all again in seven months.



IMAGES - BELLA MARTIN

FEATURES

SAVE ME: CAMPAIGNING FOR A HAZARD-FREE MILE END

A year on after the tragic death of QM student Kieran Dhaliwal after a hit-and-run on Mile End Road, The Print caught up with Alex, founder of the SAVE ME campaign and former housemate of Kieran's, to update us on his call for a safer community

LAURA POTTER & ALEX GREENWOOD

So this is your plan for the day: 9am lecture, a session at QMotion, Nandos with your flatmate then off to the library before an evening at Drapers, followed by that inevitable trip to Dixies. Using Mile End Road is quite simply unavoidable in the day-to-day life of a QM student, but most of us don't expect it to become a daily test of how well we can remember the "Green Cross Code".

There is a rather disturbing history of accidents on Mile End Road involving members of the Queen Mary community. Numerous students and lecturers have fallen victim to the reckless driving that the stretch of road has become renowned for. Particularly since 2013, deaths and serious accidents at Mile End Road have hit the headlines at the London's Evening Standard, The Mirror, ITV and BBC.

The Huffington Post, in March of this year, reported on the fatalities at the infamous road. Ex-QMUL student Sean Richardson asked readers: "How many more deaths must the community suffer before the authorities take action?"

Since October 2014, the emergence of the 'SaveME' campaign (Save Mile End) has thrust the issue of road safety into the spotlight as students and organisers

from the community have united to challenge speed limits, lobbying for a safer community.

The initiative began after Kieran Dhaliwal, a third year Economics student at Queen

Bancroft Road.

Alex Greenwood, founder of the campaign, says: "Kieran was my housemate, and I saw first-hand just how costly the blatant ignorance of a 30mph speed limit proved to be as he ultimately passed away that night."

The wake-up call concerning the danger of Mile End Road sent shockwaves throughout the student body." Run by QMCitizens and Queen Mary students, SaveME gathered a tidal wave of support following further incidents in Mile End. Support peaked over two days in March of this year as students made banners and placards before blocking the road outside the Queens' Building for 2 minutes in memory of those that had lost their lives – forcing drivers to consider the consequences of dangerous driving.

The following day saw the previously planned demonstration attract over 400 people to demand a meeting with Transport for London (TfL), the council and Mayor of London, Boris Johnson.

The campaign's principal success lies in Tower Hamlets becoming a 20mph zone. SaveME is currently looking at improving safety at junctions by Stepney Green station and other crossing points between

“The wake-up call concerning the danger of Mile End Road sent shockwaves throughout the student body.”

Mary was knocked down in a hit-and-run on Mile End Road by a driver travelling at 70mph as he was walking home after a house-warming party on



Image - Alex Greenwood

Whitechapel and Bow.

Ongoing roadworks, indicated by the noticeable sea of traffic cones at Mile End Road, aim to focus on improving the blue cycle highway, which runs adjacent to the pavement and road. According to the details set out by TfL, the second wave of improvements will be completed this month. The total works to this Cycle Superhighway 2, often abbreviated to CS2, aim to be completed by March 2016 – marking one year since the peak of the SaveME campaign.

Since the events of March, support has gathered from the Salvation Army and local faith groups. Politicians such as Mayor John Biggs and London Assembly Member Darren Johnson have also publically committed to the campaign.

"For far too long Mile End Road has been a danger to cyclists and pedestrians. While the original poorly done Cycle Superhighway is being improved other measures such as safe crossings on the side roads and a 20mph speed limit need to be considered. I'm delighted to support the SaveME campaign in continuing to push for improvements," said Darren Johnson when speaking to campaign founder Alex, who showed Darren the particular danger hotspots of the road.

We have the support and the right backing – all we need now is you. Show your support using your social media presence to promote the issue and attend the future demos as we plan the next stages of the campaign. One death is one death too many.

PLANNED IMPROVEMENT WORKS FOR CYCLE SUPERHIGHWAY 2

MILE END ROAD & BOW ROAD
between Harford Street and Harley Grove
(February 2015 - October 2015)

WHITECHAPEL ROAD
between Osborn Street and Cambridge Heath Road
(February 2015 - November 2015)

MILE END ROAD
between Cambridge Heath Road and Harford Street
(June 2015 - April 2016)

BOW ROAD
between Harley Grove and Bow roundabout
(July 2015 - March 2016)

WHITECHAPEL HIGH STREET
by Aldgate East station
(September 2015 - March 2016)

Further updates concerning the SaveME campaign can be found on the Facebook page: <https://www.facebook.com/savemetowerhamlets>



COMMENT

CONVOY TO CALAIS

On the 1st of October, the Convoy to Calais group took to Library Square to collect essential supplies and raise money for the refugees in Calais

SARAH GARNHAM

Convoy to Calais was set up by third year Psychology student Mayisha Begum on her birthday last year. It was initially intended to just be a small group fundraiser and distribution at the camps. However, after seeing the way the government and the media were treating the refugees, they knew that it couldn't just be about collecting supplies. The group shifted its focus to include educating people about the reality of the situation, reminding people of their humanity, and encouraging love and compassion rather than hatred and intolerance.

They are now the Convoy

to Calais project, which aims to not only provide short-term change through their collected supplies, but long-term change through bringing together communities and making a collective effort.

We asked Mayisha how the event on the 1st October went and she told us: "Amazingly well! We received a range of donations from tinned foods to wellingtons, and the best part was that you could tell everyone who donated had looked at what was needed and really thought about the refugees and their needs, which is beautiful." They also managed to raise £54.13, despite not even planning to

do a fundraising collection, because people kept giving them money too. They were also helped out on the day by Student Action For Refugees (STAR), a student-led national charity who work directly with refugees in the community and also, like the Convoy to Calais group, aim to educate people about refugees and asylum seekers.

Miranda Black, VP Welfare, was also helping out on the day. She told us: "next Monday I'm helping her to set up a stall where students can package up food parcels and write a message. I'm also keen to run a collection at Whitechapel next week before

the convoy!" She also spoke very highly of Mayisha: "A lot of students got in touch wanting to do something in light of the recent publicity surrounding the refugee crisis. Mayisha is an inspiration. She set up Convoy to Calais for her birthday last year, asking her family and friends to give money to the cause instead of giving gifts to her. She has been running collections and events across London, and has organised the convoy."

The group plan to take their supplies with vans to Calais on the 31st October, and due to the overwhelming support and supplies they've collected, they are also planning a second

"She set up Convoy to Calais for her birthday last year, asking her family and friends to give money to the cause instead of giving gifts to her. She has been running collections and events across London, and has organised the convoy."

trip on the 7th November. At Calais they will give their supplies to the warehouse currently storing donated provisions; they also hope to help and if possible talk to the refugees there.

And it's not just on Queen Mary campus – they've also been collecting in towns all over London: Walthamstow, Poplar, Balham, Mile End, Hackney and Kings, University of London also held a collection for them.

For anyone interested in donating, essential items include: men's winter clothes and coats, waterproofs, trainers, hiking boots, wellies (sizes 7-9), hats, gloves, scarves, sleeping bags, tents, blankets and new underwear. Other useful supplies include toiletries, towels, bin bags, plastic bins, tinned food, tin openers, cooking oil, pots, pans, mobile phones and SIM cards, First Aid supplies, card games, board games, footballs, basketballs and any instruments.

They are running a huge number of events in the up-and-coming weeks, so to find out more visit their Facebook page, Twitter account (@ConvoytoCalais) or email them: convoytoCalais@hotmail.com



COMMENT

IT'S TIME TO SCRAP #FIRSTWORLDPROBLEMS

Are our attempts to appear grateful culturally insensitive?

BECKY CRAWFORD

"Isn't it just the worst when you have to watch Netflix on your iPhone instead of your laptop because the Wi-Fi isn't working? It just makes life so hard." Said a friend the other day, and we all groaned in agreement. This sparked someone to pipe up with the common response: "#first-worldproblems, am I right?"

This alleviated the negativity, stopped the complaining and gave us all a giggle as we realised how fortunate we were to have experienced this problem, and we spared a quick thought to those less fortunate than us around the globe.

But, when the archaic term 'third world countries' has

been banned from Geography classrooms for decades, why is deeming ourselves 'first world' such an acceptable colloquialism? Most of us would agree that we have a lot to be grateful for, but it seems a shame that this gratefulness can only come from feeling pity for those who lack our relative material wealth instead of being able to be content with what we have, irrespective of others.

The terms 'first world' and 'third world' come from the Cold War era, when the world was roughly divided into three divisions: NATO, the Communist Bloc and the seemingly unimportant 'third world'. However, when these terms are used in modern

settings it conjures images of rank, of some nations achieving the status of 'first', and of other, often less developed nations, lagging behind in 'third' position. It makes sense then, for this terminology to be scrapped in favour of more accurate and politically correct grading systems.

So why is it acceptable to describe ourselves as belonging to the 'first world' so casually?

Furthermore, where our countries lie on the scale of development says almost nothing about the material wealth of individuals. London is one of the most economically developed cities in the world, and yet, in Tower Hamlets

especially, there are plenty of people for whom laptops, iPhones and Netflix are out of their financial reach. When we are claiming to suffer from a 'first world problem' perhaps what we really mean is we are suffering from a 'middle-class problem'.

Equally, there are many who live in nations that would be deemed as less economically developed, who get just as annoyed when they can't find their phone charger as they're about to walk out the door, or when their selfie isn't as on point as yesterday, as anyone living in the supposed 'first world'.

The hashtag, 'firstworldproblems', unwittingly paints a picture

of the developing world that is less than complimentary, or even accurate. The underlying assumption is that every individual in every developing country sits around in anguish all day long, worrying about starvation. Of course the reality is that many people are facing huge problems in their lives, but this is not dictated by where they live. The big issues are no less severe depending on whether you have jam in the fridge or not.

I petition that we change the culturally insensitive '#firstworldproblems' to the more suitable '#begratefulforwhatyouhave'.

WHY GENTRIFICATION NEEDS MORE THAN A FEW CEREAL KILLERS

It's all too easy to blame the hipsters, but there are far more disturbing problems facing the East End

ANNA SAVAGE

"Do you think local people will be able to afford £3.20 cereal?" It was a Channel 4 interview in December last year that arguably paved the way toward the Cereal Café in Brick Lane becoming the symbol of gentrification in the East End. At least, that appears to be the opinion of the anarchist group Class Wars who last month staged a demonstration where the café was targeted by protesters and was soon trashed with customers having to barricade themselves inside.

This protest did nothing to further the cause of anti-gentrification or help to re-establish a united community in the East End. Instead, it caused residents and visitors to feel unsafe and ultimately distracted from the real problems that Tower Hamlets faces.

The borough that this café

and our university are situated in is indeed a deprived area. It has the highest child poverty rate in the UK. Wage disparity between residents is in the top five for London boroughs. This protest didn't really highlight this. Scrawling 'scum' on the front of a business is hardly a productive method of reducing these disturbing figures.

We can't blame businesses such as the Cereal Killer Café for this poverty. Yes it was unsettling that during their Channel 4 interview, the owners of the café Alan and Gary Keery were unaware of just how poor this area is, but they are hardly the only residents of the East End to be guilty of that. By demonising 'hipsters' it distracts from groups that really are breaking up communities.

Foreign investment is dividing London, particularly in the East End. Mayor of Tower Hamlets, John Biggs, has recently stated that the

area is in the grip of a housing crisis saying 'one thing is clear, most affordable housing is not affordable anymore.' As demonstrators set fire to an effigy of a police officer, no one even mentioned that Tower Hamlets Council have been removed from the planning process of the creation of Bishopsgate Goodsyards. The project would see the creation of even more luxury and unaffordable accommodation. No, far more important to launch a violent protest against some cereal boxes than make the public aware of these worrying developments.

It's not as though we can even claim the Cereal Killer Café is responsible for the hipster movement. Quirky cafes are nothing new to the East End. You don't have to wander far to find Lady Dinah's Cat Emporium, a cat sanctuary-cum-eating establishment. Walk a little further to Old Street, you

can dine at Ziferblat and pay by the minute because... it's "different". Clearly, the market is rather fond of slightly strange eateries, making it rather unfair to chastise the Keery brothers for simply jumping on a lucrative bandwagon.

If you don't want to have to pay a seemingly ridiculous

amount of money for a bowl of cereal then don't. Instead of vilifying hipsters why not turn to try to solve the real issues that are facing Tower Hamlets. Trends will come and go but if we don't address the poverty in this area, then it will remain.

Image – La Citta Vita/Flickr



COMMENT

BAR FTSE AT DRAPERS: JUST HARMLESS FUN?

Bar FTSE, the last Freshers event at Drapers, imitates the stock market as food and drink prices rise and fall according to demand

AARON PARR

Neo-liberal capitalism was, apparently, the ‘only’ fitting way to end Freshers 2015. And why not? It has only caused an irreversible wealth divide perpetuating a politics of fear and inequality. Sounds like Drapers to me.

Bar FTSE was the closing event of Freshers 2015 at the Queen Mary Students’ Union bar. The idea was simple. It is based on the economics of supply and demand. When demand goes up, prices go up. When demand falls, prices fall. Invest at the right time and you have got yourself a bargain of a jägerbomb. The queues are regulated while the streetwise students benefit from their little wins.

If only. It could just be me, but I tend to drink to forget about capitalism. But instead

of getting in my last hair-of-the-dog pint before Freshers came to a close, I had to suffer a night of watching students trip each other up for ten pence off a Sourz shot.

To be fair, Bar FTSE surpassed my expectations. I half expected to hear the cries of refugees stranded in the smoking area, whilst the masses chug red beer and chant, “Go back to your own uni!” I was also wondering if there would be police milling around the surrounding areas stopping and searching black students, whilst others would have free reign to exploit the markets. And I was almost certain that there would be a special edition of The Tab on hand that demonised those on Disabled Students Allowance as ‘benefit scroungers’. I mean, I just assumed these

came with the territory of too-big-to-fail capitalism.

But the kids had fun and that’s the point, right? Perhaps not. Instead, we should assess whether recreating the ‘trickle down’ Tory system was actually fun for the proles or just a ploy to get them more intoxicated. Maybe we could offer alternatives to find out. If we can have a capitalism-themed night, that means there should be no problem getting a communist-themed one too. Here’s the plan! We all pay a one-off entry fee, have unlimited drinks all night, get mortal, and in the morning we can come back and pitch in with the washing up. Not a bad deal! But, of course, equality is such a bad, bad thing. We don’t want the plebs working together now, do we?

The irony is that I went to Bar FTSE and it wasn’t horrific. I screwed over a few people by pushing in line first. The taste of superiority was great, and

the Gaymers wasn’t that bad either. (Unlike the morning after.) Maybe I’m a capitalist after all... or perhaps not. #VivaLaRevolucion!

Image - QMSU



IS THERE A DIVIDE BETWEEN SCIENCE AND ART?

Hussain Al-Jabir, a medical student at Barts, argues collaboration not conflict is the answer

HUSSAIN AL-JABIR

All universities are plagued by the same problem; the schism between those studying ‘the arts’ and those ‘the sciences’, forever resigned to remain separate and alien to each other. Mutual distrust and contempt have spawned arrogance and hostility, so that cries of “they don’t study a real subject anyway” are commonplace. But is there truly a divide? Can it be justified? Can we gain from overcoming our differences and embracing the other discipline?

Though some scientists may deny this, art is indispensable in providing enrichment to our lives. Books, television and movies are products of the artistic, creative process, and bring tears or smiles to the lives of millions. They resonate with us and transcend class boundaries on a level that no amount of protein structure or formulae ever could. Science alone cannot provide cultural development for a population, or sufficient escape from the banality of the quotidian. The expansion of minds and fulfillment of imagination serve to give the arts a lasting influence on our culture.

However, beauty and wonder are not exclusive to the arts, but can be seen to exist in the sciences. The functional structure of a mitochondrion or a beta-barrel, the simplicity of Euclid’s Identity and even poetry written in computer code are beautiful and

inspirational manifestations of both the natural and man-made world. Art need not be paintings and sculptures; the world around us influences art, and it should be incorporated in our science textbooks. There is little greater evidence of this than The Vitruvian Man by Leonardo da Vinci, as much a marvel of anatomy as of artistic excellence.

“Society is bereft of Chemists who read Shakespeare and historians who understand Newton’s Third Law, to its own detriment.”

It remains a fact that all great leaps for science are facilitated by that indefinable, purely artistic characteristic: creativity. It is this quality that collates and transforms mere data into grand theories that shape the future of science. The great German scientist Kekulé elucidated the structure of the molecule benzene by envisioning a snake eating its own tail. This same quality of creativity is identical to that exhibited by the greatest

poets, playwrights, musicians and authors, but manifests in science as innovation. The inseparability of an artistic quality to the scientific method only seeks to prove our mutual co-dependence; neither domain can exist independently of the other.

In light of this evidence, can we really see art as a fundamentally different discipline to the sciences? The minutiae of their studies are markedly different, but given the qualities of an artist and a scientist are mutual, they must both invariably share similarities. It thus follows that there should be no justification of such a schism as exists in current culture. An interdisciplinary collaboration could reap huge benefits, such as great leaps in analytical thought and creative approaches to the world’s problems.

Society is bereft of Chemists who read Shakespeare and historians who understand Newton’s Third Law, to its own detriment. For students of Queen Mary University, a divide closer to home is that between Bart’s and QM. Mutual animosity, fueled by sports rivalry and separation of subjects have led to the present rift. Find an opportunity this year to engage students of the other campus and learn from each other. Scientists and artists are similar in many ways; crossing the subject divide is advantageous to all.

COMMENT

ASKING FOR IT?

Our resident columnist is back for round two, tackling self-imposed victim blaming, post-Drapers cat-calling and the mutually respecting patriarchy

MAANSI KALYAN

“Fancy a lift, gorgeous?” Her fists curl up instinctively and her pace hastens as she turns from a very quiet Mile End Road into a side street, face muscles freezing into a frown as her sight locks onto the path in front. The man calls out again, echoes of his proposal sending chills down her spine, and it is from then that the familiar questions begin to materialise within her head: is it the makeup she’s wearing, she wonders, or the inebriation-induced stagger in her step that makes her easy prey? Is the skirt she thought was acceptable much too short in actuality, or the top she is wearing too clingy? Does she look as ‘loose’ as she now feels; does she look like she’d helplessly give in?

It sounds like an excerpt from a thriller novel, but it’s unfortunately not – this was merely one of the incidents that occurred on my interesting walk back home last Wednesday, having ended a night at Poundstretcher.

The first thought that’ll cross your mind, reader, is inevitably ‘Why was Maansi alone?’ My response to this (other than ‘Sorry Mum and

Dad, promise it won’t happen again’) is, why can’t I be? Why must I always be accompanied by someone else when I’m out in the dark in order to feel safer; and why has it been drilled into my mind that I have to remain vigilant and on my guard? More so, why can’t I make any journey in the dark without the fear of assault crossing my mind, without mechanically plastering a resting bitchface upon my own to blot out the reluctance and worry that grips me when walking unescorted?

It’s the reality of all females to endure wandering eyes and derogatory cat-calls when they are going about their day-to-day lives, the comment that rang through my ears too close to resembling what every girl at Queen Mary must encounter so very frequently as the sun sets. It’s awful that I even seem to have become immune to the scenario – I anticipate whenever I cross the threshold of my home that there will be some futile attempt made to ask me how I am or where I’m going or whether I want to leap right into someone’s lap, and the fact that we are indirectly urged to ‘just ignore it’ like it’s simply some minor inconvenience is something that

clearly reveals who society deems to be the true nuisance. A friend and I were sat at the bus stop a couple of nights ago when we were approached

“One undesired question from a cat-caller’s mouth stimulates a billion different thoughts in a girl’s mind, just as it steals her own speech – we find ourselves forced to feel both weak and bad at the same time, while the initiator walks away with only a bruised ego to tend to and no other care in the world.”

by some very persistent men, and they only dropped their pursuit once we feigned boy-friends out of thin air. It’s shocking how an abstract as-

sociation with the patriarchy got rid of them faster than our own inferior refusals did – and even then, they decided to loudly label us ‘sluts’ as they strode away (what catches, so sad we let them go), as though we were at fault.

The raw truth is, the woman isn’t regarded to be the victim as much as she is viewed as the temptress in these cases. It is our fault, apparently, for dressing or acting in a way so as to be deemed attractive; for exercising our right to freedom by being outdoors alone, in doing so evidently asking for it.

We’ve failed to realise, then, that this isn’t even an encouragement of neutrality towards cat-calling anymore, so much as it is an urge to own up to our conniving ways. The social conditioning is even expressed through our reactions, for how do we respond? Not just shrugging the disrespect off, no, but by instinctively adjusting our hemlines or doing up an extra button; by second-guessing our appearances and, even if it’s just for a moment, questioning whether we actually subconsciously did want the attention. In short, we issue a silent (and needless) apology for instigating a discord that

we didn’t instigate in the first place.

It’s tragic to know that every time a woman is verbally attacked or treated inappropriately, that she is reprimanded and doubted; to know that every time I am made to feel uncomfortable, that with this discomfort also comes an overwhelming amount of shame, as though I am to blame for my own fate. It’s tragic to know that the only protection when in such a situation is to swiftly label yourself as another man’s object (and that in some cases, even this isn’t enough).

Words are incredibly powerful. One undesired question from a cat-caller’s mouth stimulates a billion different thoughts in a girl’s mind, just as it steals her own speech – we find ourselves forced to feel both weak and bad at the same time, while the initiator walks away with only a bruised ego to tend to and no other care in the world.

So, ‘asking for it,’ you say? Asking to feel like I have no worth, and asking to be void of the freedom and authority that I am entitled to?

I think not.

A PRIVATE EYE INTO THE LIVES OF POLITICIANS

Should we study the private lives of Jeremy Corbyn and David Cameron in order to truly understand their policies?

LLOYD HATTON

For decades, party leaders have defined the political landscape in the UK and, we’re told, remain the most important tool behind any election victory. Whilst this political approach often inhabits a shallow, problematic and policy-free world, we must assess the past public activities of any party leader as their track record allows us to consider their political intentions.

Jeremy Corbyn’s past has certainly received a thorough examination, from his leading role in the ‘Stop the War Coalition’, his historic efforts in opposing the Iraq War, his contribution to more than half a dozen trade unions, and his support of grassroots groups like ‘Defend Council Housing’ and the ‘Campaign for Nuclear Disarmament’.

It’s healthy that Corbyn’s controversial comments regarding extremist groups Hamas and Hezbollah have

been scrutinized, as the remarks were made at one of the many mass political events Corbyn enjoys engaging with. By delving into Corbyn’s private life, the media have enabled us to view his past activities and begin to understand his preference for mass-movement politics, and his longing to propel grassroots activism to the top of the political agenda.

At the opposite end of the political farmhouse we must also consider David Cameron, who since becoming party leader, has endured a public backlash due to his privileged and Etonian childhood, albeit factors realistically out of his control. Yet, we must still consider his later public shenanigans, whether it be his university membership of the elitist and violent ‘Bullington Club’, or his alleged porcine initiation horror show, drolly dubbed piggate.

His efforts to install himself

and his political friends at the helm of the Conservative Party meant the establishment of yet another clan – ‘the Notting Hill set’. By becoming the new party beasts, they were able to stamp the party with their very particular brand of politics. Since becoming Prime Minister, David Cameron’s fondness of elite and secluded societies has certainly not been mudied, his commitment to the secretive ‘Bilderberg Group’ gatherings remains a subtle signpost regarding Cameron’s approach to alliance building. Whilst these meetings are a strictly private affair, the Prime Minister has always been invited as our head-hog, and subsequently a public representative. And finally, the most exclusive of clubs, sitting at the highest of tables is Cameron’s prized cabinet. Pinkish Oxbridge males gorging from the shiniest of troughs.

It is not always wise to fixate upon the past actions of

our political leaders; but we must take heed of the trends that define our leaders today. Our Prime Minister is keen to establish inward looking clubs to wield power, and squeal his way into others. On the other hand, with Mr Corbyn we are faced with a leader most at home when part of a mass-movement, and finding

great pleasure in helping harness the potential of the many.

It is respectful to allow the private lives of politicians to remain so, but do watch out, as their actions often slop over into public life.

Illustration – Katie Campbell



LIFE OF A PhD STUDENT

Our postgraduate Science & Tech Editor, Alice, talks about searching for science's sought after answers, and miserably failing to find them

ALICE ROYAL

A science PhD, or most science research in fact, is like searching an infinitely large black hole for something: an answer, or at least some sort of explanation. It's far from some sexy Brian Cox documentary. I'm not prancing around the lab extracting DNA from my saliva with handy household ingredients. I

project for atrial fibrillation, another type of arrhythmia, which really heightened my interest in the overarching area of cardiac disease. The disease I research now is called Long QT Syndrome (LQTS), which can be fatal, and is caused by a child inheriting a faulty gene from a parent. This is serious stuff. When

the main university campus, and because of that I feel less like a student and more like an employee. I work the same (sometimes longer!) hours as most of the post-doctoral researchers, and miss out on the summer holiday that undergraduate students enjoy. The main reminder of my tax-free student status is my quarterly instalment of money. This is a god-send when thousands of pounds land in my account every 3 months, but I've almost been left rummaging under the sofa cushions the week before instalment day, which is a pain when you're 25 and everyone expects you to be all 'grown up'.

During my time as a PhD student I've experienced the highest of highs and squealed with excitement over my latest results, then been left crying in the toilets the very next day when everything suddenly and unexpectedly turns upside down. Thankfully, everyone around me is in, or has been in, the same position as me, and there is a camaraderie in the team that has pulled me through to the end.

Forgive my negativity, but I didn't find any answers. If anything, even more questions have arisen from my PhD. If I was given the opportunity to go back and swerve my PhD, however, I would politely decline. Contrary to my pre-PhD aim of becoming a successful academic researcher, I'm now looking for jobs outside of the laboratory environment. Nevertheless, the life lessons, knowledge, skills and downright persistence that I have gained over the past three years are something not every job can provide, and I know these will be invaluable to me, wherever this path may lead.

I sit and think about the theory underpinning my PhD. I'm fascinated and humbled, but in reality, there is no time to dwell on the patients afflicted with LQTS when my role is to research the nitty-gritty mechanisms that occur on a single-cell level. Unfortunately, no-one wants to hear about that, so when asked I tell them the heart-wrenching stories about the people, and their families, affected by this disease, and that increased knowledge about how it occurs can help formulate therapies in the future. It is the truth, but it is also a far cry from my life in the lab.

The lab I work in is not at

HUMANITY'S FITTING PLACE ON THE LIST OF MASS EXTINCTION EVENTS

Environmental Science's student, Sam Baker, puts mankind's influence on the Earth into perspective by comparing it to past mass extinction events

SAM BAKER

Let's be honest: apart from the Cyanobacteria that first introduced oxygen into the atmosphere, no other species has had such a significant influence on the Earth like mankind. So much so, in fact, that many people are now saying we are entering the next mass extinction event. This is a statement that shouldn't be taken lightly, considering that previous extinction events were caused by the likes of the Chicxulub impact, a 170km wide meteor that killed off the dinosaurs. Having us, as a species, put on the same list as such events, profoundly puts things into perspective. In the 4.5 billion years of Earth's existence it has experienced a lot of change, from the creation of life, to severe ice ages and interglacial periods, to massive volcanic eruptions and finally to us, a stage in the Earth's life known as the Anthropocene epoch. When looked at from the perspective of a human life span, the changes don't seem too severe, making it hard to actually comprehend the fact that our influence on the planet does fit in this list rather well. We need to look at it on a scale of millions of years in order to fully appreciate what we have done; something which I am aware is very hard to comprehend.

As I am asking you to contemplate our time on this planet in a geological timescale of billions/millions of years, it is also necessary therefore, to also look at the future effects we will have on the planet in this same timescale. The great mass extinction events before ours, drastically changed the functioning of the system for good. The oxygen introduced by the Cyanobacteria may have killed the majority of the anaerobic life at the time but it gave rise to all the aerobic organisms we see today, including us. Although the meteor killed the dinosaurs, without it mammals most likely wouldn't be as dominant and wouldn't have reached the higher levels of consciousness to create us humans. Who

knows, maybe we would actually have intelligent lizard humanoids in our place instead. So from the perspective of looking back on these mass extinctions, millions and billions of years after they have happened, they could be deemed as positive rather than negative events. Maybe, in the same way, millions of years from now our descendants will look back on the Anthropocene from the same perspective and say 'Thank God for the Anthropocene or we wouldn't be here now and the world would look completely different'.

There could also be another benefit of our taking the Earth for granted. Our descendants, while most likely not as populous and widespread as we are now, will have a much greater respect and understanding of our unique planet. Meaning that mankind could live in harmony with Earth once more. I feel it is important to take this optimistic view, as much of the damage we have done is now irreversible.

This brings me onto my last point, Mars. Our neighbour, this enticing red planet could, in the now hopefully near future, provide solace for humanity. By this I mean it is not beyond the realms of possibility that humanity could bring life to its desolate surface. MarsOne, for example, a not-for-profit foundation that is aiming to take a colony of people to Mars by as early as 2020 could be the first major step, if successful. Mars has all the essentials for life: water, carbon and oxygen in the form of CO2 and nitrogen. So with a massive push from mankind, it could be possible to make Mars habitable. This, I feel is an obligation that mankind must carry out to make up for our destruction on Earth. While this sounds farfetched and almost ridiculous, to me it seems like the only way in which we can properly make up for what we have done to Earth over the past few centuries.

ILLUSTRATION - KATIE CAMPBELL

SEX, DRUGS AND... GOING FOR A RUN?

How jogging and smoking cannabis create the same feelings of pleasure in the brain

ALICE ROYAL

Illegal drugs are commonly in the news, for reasons ranging from their possible detrimental effects on health, to a new ban coming into action. But what do they actually do once we've snorted, swallowed and smoked our way to euphoria? Usually written about to scaremonger, these tiny molecules eloquently act on our brains and nervous system in a rather sneaky way. In fact, they cleverly hijack a region of our brains, the mesolimbic system, which is

involved in giving us a sense of reward and pleasure. When stimulated, this 'reward centre' releases a neurotransmitter (a molecule that transmits signals throughout the nervous system) called dopamine. When the level of dopamine increases, so does our feeling of ecstasy. Unsurprisingly, when we find an activity pleasurable we usually want to perform it again. Dopamine has not but one role: it is involved in motivational

signals, which encourage us to repeat the activity that gave us that initial feeling. Activities such as achieving goals, having sex, exercising, receiving unexpected rewards and even the anticipation of rewards, such as food, naturally results in the release of dopamine. This explains why runners experience 'runner's high', and, well, that feeling we get after being intimate with someone. These activities all cause the release of chemicals in our body that

either directly or indirectly increase levels of dopamine. Illicit drugs mimic the effects of the chemicals released during pleasurable activities. For example, tetrahydrocannabinol (THC) in cannabis is structurally similar to anandamide, a chemical released when we exercise, and therefore acts in much the same way - to stop the inhibition of dopamine release. On the other hand, drugs such as cocaine can actually stop the breakdown

of dopamine, which causes its accumulation and resulting euphoric effects. It is clear how a person can become addicted to activities such as running, sex, gambling and shopping, just as someone may become enslaved by drug abuse. Despite no substance being consumed in this instance to change our brains' chemicals and dopamine levels, our brains happily do it to themselves. You know, it almost makes me want to go out for a jog.



read something
PRINTeresting.

theprintnews.co.uk

SCIENCE & TECH

UK WOMB TRANSPLANTS - CAN THE BENEFITS OUTWEIGH THE RISKS?

Hold on, womb transplants? That can't be real! Well it worked on a woman in Sweden

RUBEENA YOOSUF & NASRIA BEGUM

PRO

- 1. Women born without a womb or those who have had to get their wombs removed, due to conditions such as cancer, can be given the ability to carry their own child. This is a priceless gift.
- 2. The womb that is transplanted into the patient would be from a donor who has already made use of the womb, so in a way, this is womb recycling. Unlike in the Swedish trial, where donor wombs were from live patients, the donor wombs in the UK will only be from patients who are declared brain-dead and who are registered organ donors.
- 3. The donated womb need not come from a family member, but can be from a friend. This removes limitations from women who do not have family members who can donate, be it for medical or ethical reasons.
- 4. Although this procedure is risky and currently has low effectiveness, we must consider that it is at its early stages. All new scientific advances must start off somewhere and initially progress will be slow. We may, in future, get to the point where this procedure is easy, cheap and painless. What we have to try and predict is: will the benefits outweigh the risks?

Want to write for Science & Tech? Contact scienceandtech@theprintnews.co.uk

A team in the UK received ethical permission this September to carry out the country's first 10 womb transplants. The team are currently raising money to perform the transplants next year. This type of transplant



IMAGE: TATIANA VDB/FLICKR

To sum up, we have only looked at a few of the positives and negatives of this trial and in truth, there is a lot more to consider. While the procedure can be a beacon of light for women without a viable womb, it could also bring the same women some disastrous consequences. The success rate of the Swedish trial is not encouraging and neither is their sample size of only nine women. It remains to be seen whether this trial is worth its associated risks.



LIVING WITH PERFECTIONISM

SHAHANARA PARVIN

Every so often, we come into contact with individuals who are very particular. People who appreciate precision and organisation, and who experience heightened levels of stress when faced with unordered things. They may feel agitated as a result of trivial mistakes, and may have a constant, almost uncomfortable desire to excel in all aspects of their life. One of those individuals might be you reading this right now and if so, then you are likely to be one of many 'perfectionists'. In the journal of Cognitive

Therapy and Research, Frost et al. (1990) have defined perfectionism as a personality trait characterised by exceedingly high personal standards, a need for order and organisation, and frequent doubt of the quality of one's actions. Such characteristics may present themselves in varying degrees, but they are not limited to people of a certain age group or background. For example, I can remember that my own meticulousness started from a very young age. While my behaviour was acknowledged by everyone around me, including friends and teachers who always had me labelled as

a perfectionist, it was only in recent years that I understood the extent of my fussiness and both the highs and lows of living with perfectionism. Dealing with the darker form of perfectionism on a daily basis can be overwhelming. It has the ability to overrule thoughts and overcomplicate situations, making even the simplest tasks difficult. To be overly critical of oneself and to draw false and exaggerated conclusions means that hours are wasted needlessly. Inevitably, this brings with it a multitude of negative emotions ranging from frustration to anxiety. What we cannot overlook,

This procedure is nothing short of a marvel, but it brings with it a swarm of ethical issues. As it could be carried out in the UK in a few months, we take a look at the pros and cons.

CON

- 1. As part of the treatment, patients will have to follow a 12-month course of immunosuppressant drugs, to prevent the body's immune system rejecting the 'foreign' organ. Mothers will be putting their life at risk as they become vulnerable to a host of opportunistic infections, that are normally manageable but can be disastrous when the body weak. One of the most infectious agents is the Epstein-Barr Virus which has been associated with several types of cancer. This is particularly a cause for concern as both the initial transplant and the removal of the womb are invasive procedures.
- 2. The patient will have to have her baby delivered by caesarean section (C-section) as opposed to natural birth, to prevent the transplanted womb from unsettling. Risks associated include Chronic Pelvic Pain, infection of the scar and the baby experiencing breathing difficulties.
- 3. The expense is £50,000 per person. Currently, the charity is raising funds for the first 10 procedures, with the hope that in the future, if successful, it could be provided for those entitled to NHS care. However, this raises a lot of concerns, notably with the gloomy financial situation the NHS is currently in. As a result, we may be looking at a situation where more wealthy couples have a significant advantage.

however, are the many upsides to perfectionism - it does contain the word 'perfect' after all. The perfectionist is able to yield high standards in their work and their attention to detail is visibly evident, often admired and praised. Most of all, a sense of personal gratification is achieved in every success and it is this inward satisfaction that has the ability to dramatically reduce anxiety. In extreme cases, where perfectionism is affecting an individual in a far more negative than positive way, Cognitive Behavioural Therapy (CBT) can be used to try and lessen the effects. CBT is a talking therapy, typically used to treat anxiety and depression;

it does this by attempting to change damaging thought processes into more optimistic ones. Despite the challenges that perfectionism may bring about, we should remember that being the way we are as unique individuals is something we have to accept. It is important to note that if we understand it, we can play perfectionism to our advantage and reap the benefits. If you are going through a difficult time, whether it's regarding perfectionism, another issue, or if you simply want some advice, the university's counselling service can offer you great support. Visit their website for details: www.welfare.qmul.ac.uk

SATIRE

THE GUILLOTINE

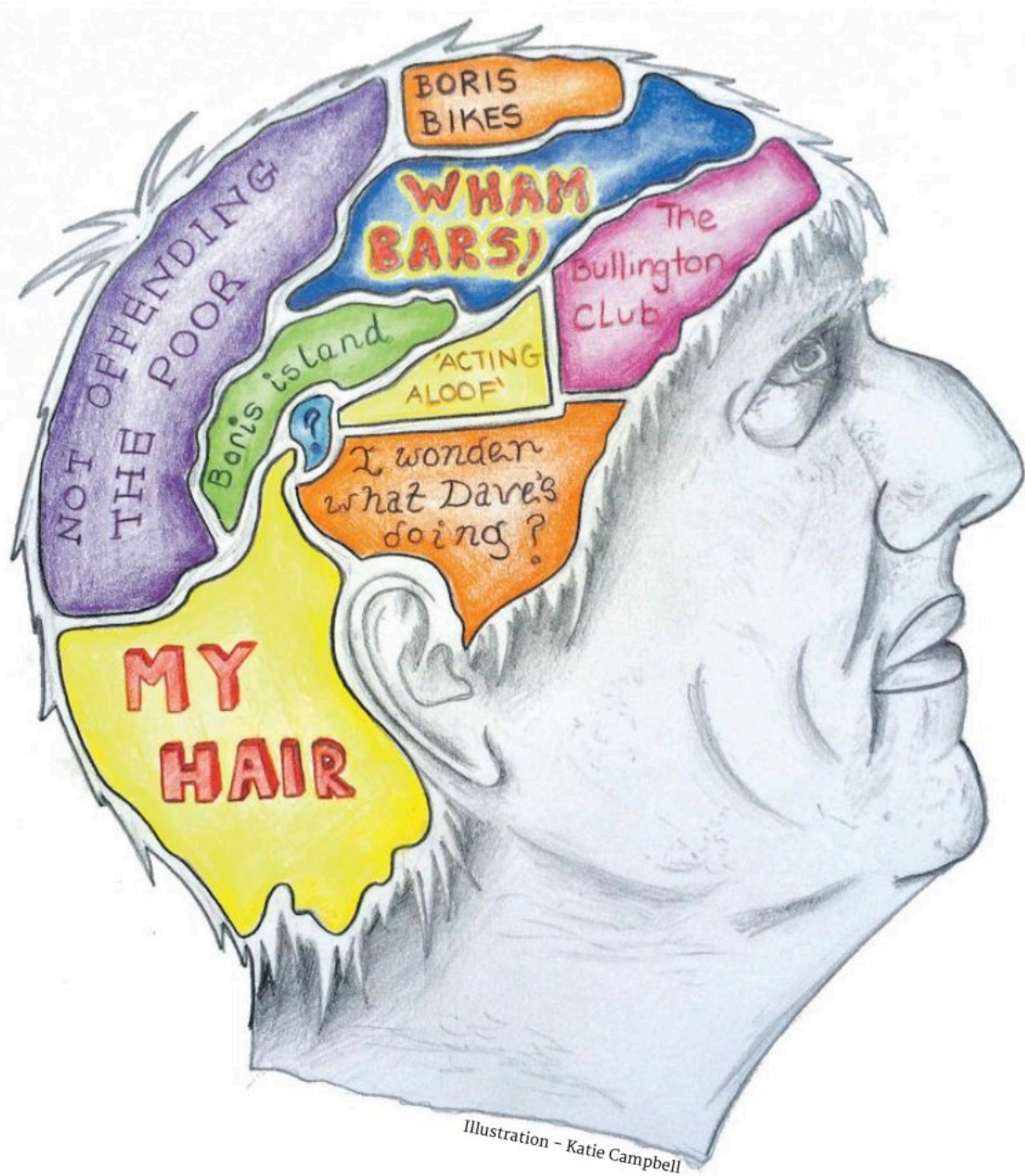


Illustration - Katie Campbell

SATIRE

PREHISTORIC HUMAN FOUND BENEATH GEOGRAPHY SQUARE DURING FRESHERS

“ACTUALLY JUST MATURE STUDENT LED ASTRAY”

DANIEL CREWE

Laboratory staff were shocked last week when a fossilised mammalian assemblage stood up and fell into a corner, where unconfirmed sources suggest it may have vomited in a bin. The Print had previously reported on the exciting discovery of the remarkably well-preserved hominin during the construction of the new Graduate Centre, however he has now been named as Raoul, a 37 year old law student who became embroiled in a horrific session following his library orientation last month. In an exclusive interview with The Print, a pallid looking Raoul explained how he had been corralled into Spoons by his course-mates in the early afternoon of Friday the 25th of September and could not recall anything after arriving at Drapers later that evening. When asked how he came to be buried beneath over a meter of soil and concrete he glazed over and began mumbling something about needing to call his wife, finally insisting that “It definitely wasn’t ket” and lurching off in the direction of Stepney Green station. Expert in quaternary science Dr Simon Lewis expressed his dismay at the news, however refused to comment on how the father of two from Leyton was mistaken for one of the earliest known examples of early man in Europe. Dr Lewis was last seen being forcibly escorted off campus by several thugs from the British Archaeological Society, and has not been seen in lectures since.

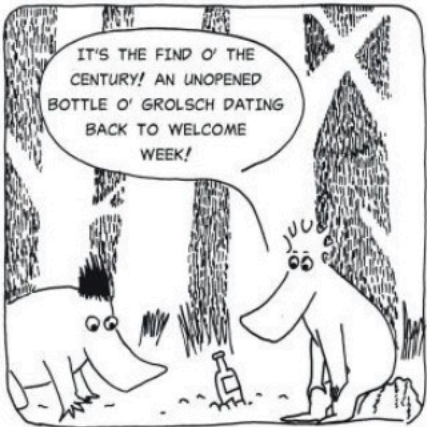


Illustration - Ant O'Neill

NEXT GREAT AMERICAN NOVEL FOUND ETCHED ON FIRST FLOOR LIBRARY DESK

HARRIET CORKE

After years of waiting, critics are said to be relieved that the next Great American Novel has finally been found. It was discovered etched on a desk in the Queen Mary University library by Jordan Somebody, a second year Horology BA student. Mr Somebody said he found the novel whilst working on an assignment for his Advanced Procrastination module, which involves staring despondently at desks for long periods of time. It was whilst staring at a desk on the first floor that a series of marks caught his eye. Intrigued, Mr Somebody began to decipher them, and after just four days it was clear that he was reading a novel, and a Great American one at that. When a passing American confirmed his suspicions, Mr Somebody felt obliged to abandon his assignment and head straight to the authorities. But how can we be sure that this is indeed the next Great American Novel? According to Great American Novel expert Bridget van Buren, “All the qualities of the Great American Novel are there; it’s long and complex, the characters go on a journey, it’s mostly unintelligible and, most importantly, it’s written in American.” Perhaps most exciting-



Image (left): Excerpt from the Next Great American Novel

NEWS IN BRIEF

MAN WITH TOP-KNOT HAIRSTYLE ADMITS “MISTAKES WERE MADE”, FULL INQUIRY EXPECTED NEXT MONTH

CAT RESCUES MAN FROM TREE

They Thought Clickbait Headlines Would Never Work In Print Media, What Happened Next Will Amaze You...

BORIS JOHNSON NAMED NEW ENGLAND RUGBY CAPTAIN AFTER STERLING PERFORMANCE AGAINST JAPAN U10S

CONGESTION CHARGES TO BE IMPLEMENTED IN BANCROFT BUILDING MAYOR’S OFFICE ANNOUNCES

2015 STUDENT SURVEY OVERWHELMED BY NINE RESPONSES

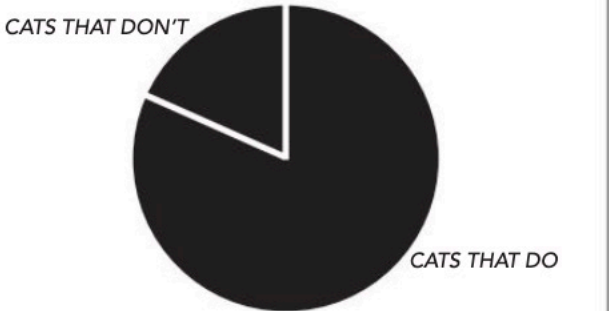
NEW STUDY INDICATES THAT RIDING ELEPHANTS ON YOUR GAP YEAR IS NO LONGER “OKAY”

50 CENT SEEN WORKING IN BUDGENS AFTER RECENT BANKRUPTCY TRIAL

OFFICE WORKER WEARS TRAINERS ON HER DAILY COMMUTE. IN THAT MOMENT, SHE WAS ENLIGHTENED.

THE INDEPENDENT TO RUN FIRST STORY NOT ABOUT JEREMY CORBYN IN 4 MONTHS

8 OUT OF 10 CATS DIG WHAT WE DID HERE



SATIRE

COCAINE FOUND IN LONDON COCAINE

JACK YOULAUGH - MCATEER

In a Print exclusive, a QM reveller has reportedly purchased half a gram of import-purity cocaine from a local vendor. The illicit substance, often going by street names such as “Coke”, “Woof” and “Rev. Flowers’ Lust”, was purchased around 6pm in the Aldgate area, known locally as the Wall Street of Street Deals. The normal 1:1 mixture of amphetamine and de-worming tablets was seemingly replaced by the actual drug, which is a derivative of the coca plant and known to cause addiction and death. The story was uncovered when said user was interviewed in the local Wetherspoon’s at his own insistence. The user, who wished to remain anonymous for obvious reasons, had this to say: “MAN this is the best shizz I’ve ever had. I love you. I think we should go into business together after uni[sic]” before becoming wildly aggressive and inviting “anyone man enough” to an arm wrestle at the bar. The merchant refused to be interviewed but did say he was about if anyone needed any. This is a major revelation for the capital’s drug scene, and there has been talk of people coming from as far afield as Wandsworth to try and get hold of the product. Already Aldgate is awash with conspicuous looking suits from Liverpool Street, seemingly uncomfortable being so far from Be At One. The implications of this could be far reaching; talking shite is projected to rise by 43% in Central London, with general obnoxiousness expected to double. There are strong concerns that this will exacerbate the rising inequality in the capital, however Mr Browntooth of ShitetalkWeekly Podcast recently spoke optimistically about how he was “...looked forward to spreading the gibberish to East London, as most of London’s shitetalk is currently condensed in Westminster.” This is an ongoing issue that we at The Print plan to keep following, and if things get too serious we may have to call in Ross Kemp. Edit: Ross Kemp was unavailable for comment at the time of writing as he was somewhere deep in the Balearic

Islands filming his forthcoming series: Ross Kemp On Pills. His agent was able to pass on a short message from Ross however, who wanted to express his affection for everyone at The Print, and his desire that they should all start a business together after university.

Image - Imagens Evangelicas/flickr



COUGHS AND SNEEZES FROM POLLUTED BREEZES

In a bizarre twist in the Volkswagen emissions scandal, it has been revealed that many of the company’s latest vehicles are in fact designed to run on the coughs and splutters of emphysemic schoolchildren.

PRESTON JR.

In a bizarre twist in the Volkswagen emissions scandal, it has been revealed that many of the company’s latest vehicles are in fact designed to run on the coughs and splutters of fluey schoolchildren. The technology is said to have been developed after the CEO of Volkswagen chanced upon some blueprints scrawled by an anonymous software engineer on the back of a napkin (who is currently being questioned by police for plans to realise the ‘Scream Harvesting’ technology of Disney-Pixar masterpiece Monsters Inc.) After many a stormy night in his private laboratory, the CEO is said to have refined the process of recycling snotty emissions to be used as fuel. He was seen driving past schools in a land-rover holding what can only be described as a multi-coloured elephant trunk, in order to collect samples from sick children. He incurred a black eye from a mother after shouting at her child from the window of the virus-vehicle, commanding it to ‘SNEEZE, CHILD! IT’S FOR THE GREATER GOOD OF THE PLANET - DO YOU WANT THE POLAR BEARS TO DIE?’ The CEO explained that car manufacturers have been more than capable of making cars that comply with regulations for years, that this research is completely unnecessary, but equally that they “could not resist exploiting such a shamelessly profitable resource” before laughing into his breast pocket as he was led away by the police. Not 24 hours later, the CEO of Volkswagen was again reprimanded by security officials, this time in Slough, after hurling old car batteries at the head offices of Lemsip. As he was dragged away he is said to have spat that the ‘Flu For Fuel’ regime would never die. These actions have only compounded the guilt of the Volkswagen Corporation, which has since dissolved into a full PR nightmare. With new revelations coming to light on a daily basis, it is surely only a matter of time before more of these elephantine devices are found in other manufacturers’ vehicles. Sources suggest that the Chancellor may already be seeking to reach some kind of settlement with Volkswagen, possibly using their sick-infant energy technology to replace all those ghastly wind-farms that he hasn’t built.

Want to write for satire? E-mail us at satire@theprintnews.co.uk

SOCIETIES

QMEQUALITY AT THE MOVIES: “NEVER SURRENDER. NEVER GIVE UP THE FIGHT.”

LAUREN MACMILLAN

These were the last words a fiery Emily Wilding Davison (played by Natalie Press) implored her fellow suffragette and friend Maud Watts (Carey Mulligan) before she ran towards the king's horse at the Derby on 4th June 1913.

What her aims were remain unclear to this day, but her words, however fictionalised, left a powerful message to the cinema-full of young women who fell into a silence of admiration and anticipation. Moments before, the same audience had defied cinematic conventions and exploded in an uproar of cheers as Maud finally stands up to her aggressive and sexually violent boss Norman Taylor (Geoff Bell) and lands her hot iron defiantly on his wandering hand.

Suffragette (2015) certainly did an excellent job of dramatising the suffragette motto 'Deeds not words.' However, it was far from being the film for feminism that many have begun to hail it as. Despite its use of a working class protagonist, with scenes obviously aimed at depicting the vastly different treatment of working class suffragettes from their middle and upper class peers, it completely failed to touch on the struggle women of colour have faced and still do. Adding to this, the all-white cast participated in a photo shoot for Times magazine in which they appeared wearing T-shirts bearing Emmeline Pankhurst's famous line "I'd rather be a rebel than a slave." Evidently, no one realised the inappropriateness of comparing the treatment of white British women to that of slaves. Clearly the fight for equal rights for women are not exclusive to white women, so there needs to be recognition and inclusion of women of colour, not simply in film representations but in discussion and activism alike.

At QMEquality, Queen Mary's intersectional feminist society, we welcome healthy

discussions concerning such issues. Having recently voted new committee members for a design team and women of colour representatives, we now have a bigger society than ever, and are hoping to engage with more young people by holding events both on campus and in London. A few of our events lined up for this year include a spoken word poetry evening, a sexual wellbeing workshop, a craft workshop, panel discussions and self-defence classes, not forgetting our weekly discussion meetings and socials, where you can come and meet and hang out with other feminists - don't be shy, we welcome all genders and alter between alcoholic and alcohol free events. Find us on Facebook to keep up to date with our events!

If you'd like to become involved with QMEquality, membership costs £1 and can be purchased on the QMSU website or at the Hub.

Facebook.com/QMEquality or email qmequality@gmail.com



IMAGE - WIKIMEDIA

VEGETARIAN AND VEGAN SOCIETY TAKE ON VEGFEST2015

The BLQM Vegetarian & Vegan society takes us on a journey around one of the biggest festivals of the year

DEV SINGHVI

A festival to celebrate healthy living, compassionate living, environmentally friendly living, and dare I say low-karma living: VegFestUK London 2015 is one of Europe's keynote vegan lifestyle festivals. Following two highly successful shows at Olympia

West, visited nearly 20,000 visitors, VegFestUK moved to Olympia Central on October 10th and 11th 2015. This year show attracted around 12,000 visitors.

The event consists of over 200 stalls on food, charities, clothing, cosmetics, kitchen utensils and more. Guest speakers cover a range of topics including health and nutrition, cooking demonstrations and activism and documentaries such as "Cowspiracy - the sustainability secret" and more are screened. In summary, a lot of stalls, speakers, and films to educate you on the impact dietary choices have, and how easy and simple it is to live a plant-based lifestyle. #winning

This year marked the first time the festival had guest speakers on nutrition and health, including one of the authors of the European Prospective Investigation into Cancer and Nutrition (EPIC), an Oxford study with a prospective cohort of 65,000 men and women living in the UK, many of whom are vegetarian. The main objective of the study is to examine how diet influences the risk of cancer, particularly those types most common in Britain, as well as other chronic diseases. The study began in 1993 and since then a great deal of important research has been published from EPIC-Oxford and its collaboration with other EPIC centres in Europe. The results were supportive of a vegan over omnivorous diet for all cause cancer mortality.

Causes for concern to vegans included a lower marriage rate, lower calcium intake and lower vitamin B12 intake. The good news being that these concerns can be easily addressed! #EPIC

A vegan diet contains all foods that are not from animals, including vegetables, fruits, grains, nuts etc. NHS choices is supportive of a vegan diet, and states that "you should be able to get most of the nutrients you need from eating a varied and balanced vegan diet." Many athletes take up a plant-based diet due to the benefits. In fact, there is accumulating evidence that animal products are unhealthy. Patrik Baboumian, Vegan German Strong Man, was present at the event and happy to have his photo taken!

#veganbadass

VegFest also had Vegan Sidekick, a popular and fast growing FB and Instagramer who creates cartoons to educate, humour and criticise injustice, inequalities and violence in the meat, eggs and dairy industry.

Maybe you have considered yourself to be an animal lover, but have you ever stopped to think twice about paying someone else to enslave, torture and slaughter animals for the pleasure of eating meat, dairy and eggs? VegFest is a festival celebrating a lifestyle that is void of unnecessary harm to our animal friends, our planet and our bodies. If you would like to know more about vegetarian or veganism please come to our societal events!

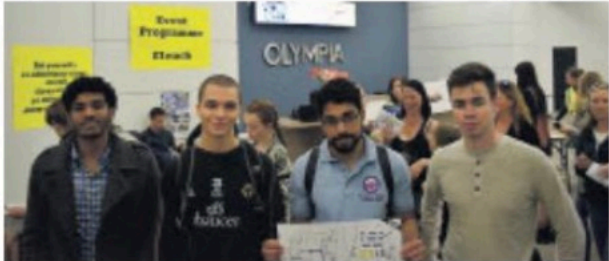


IMAGE - DEV SINGHVI



SOCIETIES

NEW BEGINNINGS

QM'S Photography Society share some photos from their latest competition

PRIYANKA PAU

Every month the Photography Society hold contests to celebrate the vast array of talent amongst our members. As Autumn approaches, instead of documenting the world settling in for Winter, the theme was 'new beginnings' to welcome in the new academic year. There were two winners: one selected by the committee and one picked by the society members.

Matthew Cheung's photograph, chosen by the committee, was taken by the ravine behind his school in Toronto, Canada. It was taken on the first week of Spring, just as many of the plants and flowers were beginning to bloom again; the budding flowers in this photo are called Scilla and tend to bloom into a beautiful bluish-purple every year.



IMAGE - MATHEW CHEUNG

For me every new beginning starts with one step, like this man walking ahead without looking back. This picture was taken in Wales in Llandudno.



IMAGE - MARIE BREUIL

To stay up to date with the Photography Society join us on Facebook at QMUL Photography Society and on Instagram @QMULPHOTOSOC

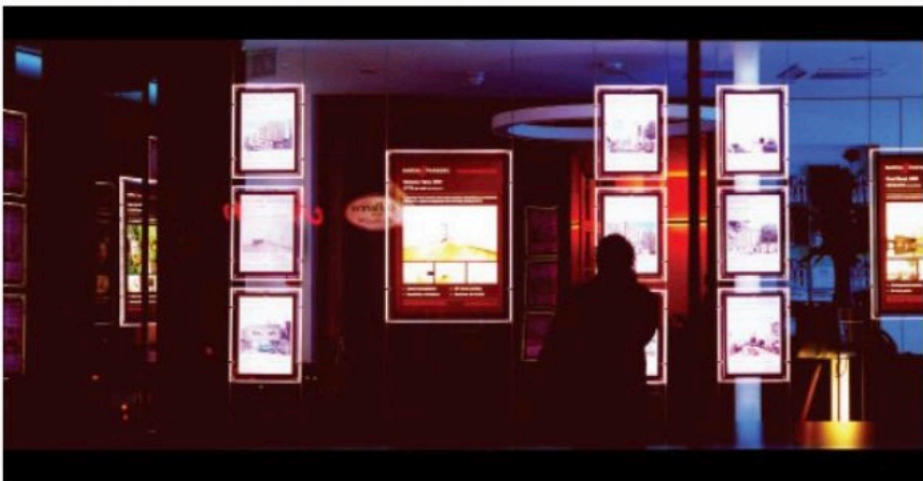


IMAGE - JIM OWEN

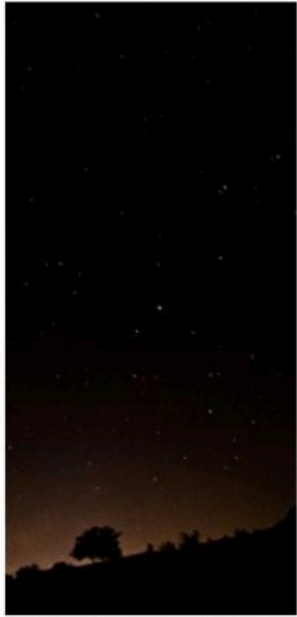


IMAGE - BORIS URMOV

SOCIETIES

LGBTEA +COFFEE +MORE

“We’re here to remind students that you don’t have to be a label, and to campaign for everyone to have the chance to change as much or as little as they’d like - safely”

QM MARXIST SOCIETY ENCOURAGE STUDENTS TO ENGAGE WITH MARXISM

The Print caught up with QM’s Marxist society to find out what they’ve been up to, and learn more about the events they’ve been hosting in order to encourage students to apply a Marxist critique to current affairs

DANIELA CLARK

What would you say to people who think that Marxism is a somewhat outdated idea?

I think it’s a common simplification that Marxism merely entails the conception of a Communist society, it’s much more than that. It is also a philosophy—a way of reading the world around us—which allows us to find the path to attain a better society. It’s the understanding that everything taking place in our world today, from the cuts in the public sector to the rise of ISIS, is a product of the material conditions of reality; in other words, the way the means of production

are distributed among society. It is an economic assessment of history, really. I don’t see how that can ever become outdated.

Just look around at the world today. Our world is so full of misery and inequality that an idea which aims to revolutionize the way our society is structured, tearing at the very foundations of those problems, and to create a better world for *all* of us cannot be disqualified as irrelevant. That would only make sense if someone was satisfied with the way things are, and I doubt many of us think that.

What happened in at your most recent meeting?

We covered the background to the Greek financial crisis as well as the results of the Greek referendum and the recent elections. One of the most interesting points of discussion was whether it would have been better for the Greeks to leave the Euro; we had four Greeks present in the meeting and, based on their experience of the crisis, the recent movements which have elected Syriza, and the imposition of an even worse austerity program, they seemed to be in agreement that it would have been better for Greece to leave the Eurozone, even if that would imply difficulties in the short term. They felt that none of

the problems the Greeks are suffering now due to austerity can be resolved on the basis of Capitalism, particularly because any alleviation of Greece’s debt would automatically encourage other countries such as Spain and Ireland to ask for similar solutions.

Why do you think it’s important to cover current events in relation to Marxism?

I think it’s not only important, but necessary to cover current events through a Marxist perspective because it is the best way through which we can come to understand the real causes of events around the globe—and us Marxists

believe that is Capitalism. If we don’t understand why things happen, we have no real basis for intervening in them in order to alter the conditions which allow for these things to happen.

For more information search qmulmarxists won Facebook or email qmulmarxists@gmail.com

Want to write about your an event happening at QM or tell us more about a society you’re involved in? Email societies@theprintnews.co.uk

Join QM’s LGBT+ Society for a cup of tea and a slice of cake

ADAM SPARKES & EVE BOLT

There’s one common thread unites those who aren’t heterosexual. One shared experience: we just didn’t know how our families and friends were going to perceive us if and when we ‘came out’. Society is still not particularly accepting of non-heteronormative sexualities (including but not limited to lesbians, gays, bisexuals, transgenders, pansexuals and asexuals). The associated struggles are what we at Queen Mary are united around to challenge. We won’t let our space be dominated by stereotypes; sexuality evolves and people explore. We’re here to remind students that you don’t have to be a label, and to campaign for everyone to have the chance to change as much or as little as they’d like - safely. Our symbolic rainbow not only represents our collective diversity as a community, but also the variety that lies within every single individual. It’s time to celebrate us all.

In twenty years time we will be the generation in power, making choices and changing society. It is therefore essential that at this age any remaining ignorance is dissolved, and that Queen Mary students know we will no longer be marginalised. We will win full equality.

And there shall be fun along the way! Hence, LGBTea+ Coffee. It takes place every

other Wednesday and is open to all members of the LGBT+ spectrum who wish to join us. The event is designed to be an alcohol-free, safe space for people to socialise with others on the spectrum. One of our biggest surprises so far has been the turn out- last year we would maybe get 10-15 members turning up, despite having a huge membership and an even larger LGBT+ population on campus. So far this semester we’ve had 35-40+ people every other week and consequently we’ve moved from the Ground café to the Drapers Lounge.

This event isn’t the only huge success of the year so far. Rainbow Readers, our book club, has proved to be greatly popular. For any interested parties, the reading list this year includes: The Price of Salt by Patricia Highsmith and Two Boys Kissing by David Levithan. We’re also looking forward to a potential pre-Christmas collaboration with The Film Society. Then, of course, there’s our nights out to Soho...

To keep up to date, whether you identify with the spectrum or not, join us on Facebook at QM LGBT+ Society and if you have any questions, don’t hesitate to contact Adam, who is the QMSU LGBT+ Representative and Vice-President Treasurer of the society.

SPORT

QM SPORTS NEWS



IMAGE- PRIYANKA PAU

QUEEN MARY HOCKEY CLUB IMPRESS IN PRE-SEASON

THOMAS HINGSTON

The club sport season is already under way for a number of clubs at Queen Mary. QM Hockey commenced their campaign with a tournament a few weeks ago before playing their opening BUCS match days later. The club’s social media secretary, Thomas Hingston, takes a look at how things have been going for the Men’s XI so far in 2015/16.

On 11th October, QMHC took part in an annual pre-season tournament, which was held at the Lee Valley Hockey & Tennis Centre in the Queen Elizabeth Olympic Park. Despite an excellent effort from the guys, they finished the competition in second place, although this is a marked improvement on this time last year, when they finished bottom of the pile.

Lots of hugely talented Freshers were called up for the tournament and their performances suggest that the

team should have no problems building on last season’s promotion.

Having won their first three games of the day, including an impressive 1-0 victory over RUMS who play in the division above, they went into their final fixture knowing that a win or draw against LSE would be enough to see them lift the crown and secure a place in the Lee Valley history books. Unfortunately, it was not meant to be - an admittedly stronger and fitter LSE side, who ran away with their own division last season, recorded a 2-0 victory, meaning title hopes were dashed for another year.

Overall, it was a great effort with some really strong performances, especially from the freshers, meaning that captain Thomas Fletcher-Wilson is likely to have a selection headache throughout the campaign, in no small part

down to the fact that he has the biggest squad in the club’s history at his disposal.

The BUCS competition got up and running on the Wednesday of that week, but QMHC suffered a 4-1 away defeat to Essex University. Despite the score-line, the performance was encouraging and there is plenty of time to go in what promises to be a tough yet hopefully rewarding season.

UPCOMING GAMES

Ahead of Christmas, one fixture catches the eye and that’s the grudge match between QM and their Barts counterparts. The game takes place at the Lee Valley Hockey & Tennis Centre on 18th November. As it stands, it’s due to get under way at 15:00 and spectators are more than welcome to come down and support the team.

Michael Barraclough sources all the latest in QM Sport

MICHAEL BARRACLOUGH

WINNERS

Queen Mary and Barts Women’s Football Club got their BUCS campaign off to a flyer thanks to a 3-0 victory over Essex. The opening round of fixtures was successful for QM teams. Among others, the QM Netball 2nds, QM Men’s Football 4th XI and QM Women’s Volleyball 1sts got off to winning starts. Keep up the good work, ladies and gents!

INTERNATIONAL SUCCESS

QMSU Elite Athlete Kate Karwacinski won a Silver Medal at the International Cup for karate in early October. The tournament was held in Germany and everyone at The Print would like to congratulate Karwacinski on her stunning achievement. Congratulations!

TEAMS

Queen Mary University of London has entered 78 teams into the BUCS league programme for the 2015/2016 season and more may also play in the LUSL leagues. If you want us to feature your club in an upcoming issue, or on our website, don’t hesitate to get in touch by emailing isport@theprintnews.co.uk

PARTICIPATION

One of the biggest issues facing a number of the teams on campus is that key players can still be in lectures when matches are taking place. If you feel that Wednesday afternoons should be reserved exclusively for sport, head to @QMSU_Sport on Twitter, scroll back through their feed and fill out the survey - it could make a real difference to the future of sport at QMUL.

GET ACTIVE

Classes, events and competitions take place every weekday and cater for everyone’s needs. It’s easy to get involved - head to QMotion or follow @qmgetactive on Twitter to find more information.

COMMUNITY SPORT

Through Community Sport, QMSU aims to boost its students’ employability by helping them develop a range of transferable skills and receive FREE nationally-accredited sports coaching and officiating qualifications across our five focus sports. Students can volunteer within a number of sports whilst receiving free clothing, mentoring and development.

SPORT

THERE'S NO SPORTS LIKE SNOWSPORTS

Angie Nock gets the scoop on the skills and events Queen Mary's Snowsports Society has to offer

ANGIE NOCK

With summer a distant memory and winter rapidly approaching, it's surely time to start thinking about ski season and Queen Mary Snowsports provides the perfect opportunity to get involved. "We are a society which is always welcoming, whether you have experience with snowsports or not", QMSS' President Jack Bull told The Print, "we cater for beginners who would like to try something new, as well as those who are much more experienced and want to develop their skills."

A big part of the QMSS calendar is the ski trips, with at least two happening every year. Booking is currently open for the January trip to Val Thorens in the French Alps, with the club set to take twice as many people to the Alps as it did two years ago. However, despite the lack of mountains in London, the week-long trips aren't the only opportunity to ski or snowboard. The club offers cheap practice sessions at local dryslopes and snowdomes, as well as lessons for novices or anyone feeling a bit rusty. In addition, there is race training for anyone who is more experienced and wants to develop their skills, with the opportunity to compete across the UK and France, such as in the British Universities Dryslope Championships - a skiing and snowboarding competition held every year in Edinburgh.

Other related events include a recent visit to the iF3 International Freeski Film Festival - a festival dedicated to screening free-skiing films, and an upcoming trip to Freeze Big Air - an event being held next year at Stratford's Olympic Park. However, QMSS isn't just about snowsports; the club holds regular socials too, such as meals and nights out, as well as participating in our very own Hail Mary every month.

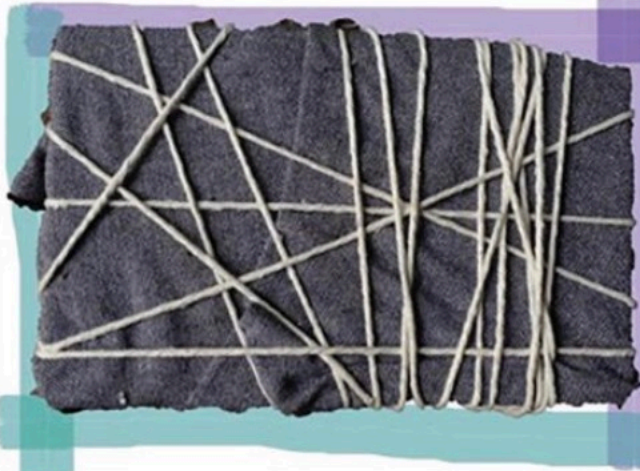
Talking about the development of the club, Jack told us, "The club has grown substantially in recent years. Only three weeks after Freshers' Fair, the society is approaching seventy paid members, already matching our total from last year. This growth means we can now provide even more opportunities for our members".

Membership is £20 and can be purchased from the Students' Union either online (qmsu.org) or at The Hub, and this includes access to all the trips and socials, as well as a social t-shirt, perfect for Hail Mary.

Want to write for the Sports section?
Email us at sports@theprint-news.co.uk

ADVERT

QUEST RADIO PRESENTS
a night called Quest
NOVEMBER 20 9.00 - LATE



URBAN BAR
WHITECHAPEL
E1 1BJ

£4, £2 QUEST/UMS/-
DISCO MEMBERS
[FACEBOOK.COM/QUESTRADIO](https://www.facebook.com/questradio)

LIVE MUSIC FROM...
LOST DAWN
GILLBANKS
DJ SET BY...
RHYS SALT



SPORT

WHY NOT GO GO-KARTING?

The Print's Sports Editor reports on the up-and-rolling society

LIAM HARRISON

Founded by Ahmed Meza, the Go-Karting Society is perhaps one of the lesser known societies at QM. I joined the founder and current president, Michael Grebe, at an indoor track at London Bridge to find out more.

Although Meza has now graduated in Aerospace Engineering, he still joins up with the team at socials and events. He passed on useful tips to Michael and the rest of the guys. He explained to me that when it started, it was him and a friend who quite literally put the wheels in motion in their first year. Meza contacted the BUKC (British Universities Karting Championship) and the organiser told him to set up the society, which he did with the help of James Mountain from QMotion. This was just two weeks before Fresher's Fair in Meza's second year. BUKC helped out with promotional items and advertisement for the stall and the society was up and running.

Meza was keen to make the point that the society is open to all - do not be put off by thinking you're crap! He also agrees that making people aware of the society is a tricky part of the process, especially when it's a new society up against the more established ones; one way he used to attract attention to the society was putting up flyers in the laundry rooms.

On choosing Michael for his replacement, Meza is happy to know that the club is in safe hands: "Michael started last year and I saw in him that he has the passion to drive the club forward [...] We want to fill the trophy cupboard in the Hub with racing trophies instead of football and cheerleading trophies."

Their first event of last year was at Rye House. For those who are unaware of Rye House (as I was) it's the track where Lewis Hamilton basically honed his driving skills. The society competes in the BUKC

IMAGES - JIM OWEN

using racing karts that the likes of Hamilton and Button spent many years polishing their talents in. Last year they finished eighth out of sixty universities all over the UK. They also aim to have at least five socials this year.

The society has gone from having no stall at Fresher's to, as Michael gleefully informed me, gaining almost four hundred sign ups and twenty new members (last year they had eleven). Whilst the BUKC is a main focus and Michael gladly welcomes professional drivers, he, like Meza, welcomes new members with no experience, be they girls and boys.

qmsu.org/groups/karting



FOR THE LOVE OF SPORT

QMSU Sports Officer, Wizzy Heap, describes how all students can win prizes from Sport on and off the pitch

WIZZY HEAP

Three years ago, you wouldn't have put me down as 'sporty' type. Sure, I played sports, but I never thought it was worth spending more than that allocated training or competition time doing it or that I was part of anything big. And now, here I am, the Mile End Sports Officer of QMSU.

Nothing could have quite prepared me for the day I joined a club sport at university. I joined a family. Undeniably, it's a dysfunctional one, complete with petty fights, relationships formed and lost, but ultimately, with one common interest: the love of sport.

So why play? Everyone will have different reasons. Mine differ from individual to team sports, but both have the physical benefits of adrenaline and endorphins; the other rewards including a sense of achievement when you notice a change in your strength, a boost in confidence, learning to work together and even developing a sense of leadership. Inspirational former Welsh rugby player, Gareth Thomas, once said, "never gloat, never glory in your superiority. Be humble in victory, graceful in defeat. Respect the opponent, because without an opponent there is no game." For me, these athletic guidelines can be used off both the pitch, the court and the track. The skills we develop by accepting the losses, remaining respectful in the wins and always having our team's backs, we take beyond

our sport into the 'real' world. This year I want to work on accessibility and inclusivity, by drafting policies to outline LGBT+ inclusion in club sport, producing an anti-social behaviour campaign focusing on the stigma attached to 'laddism', and promoting Sport England's nationwide This Girl Can campaign. I'm particularly excited about This Girl Can. Women often feel embarrassed to get involved in sports, whether because of insecurities about their body image, feeling judged or thinking they can't play sports in the presence of men. This Girl Can is a 'celebration of active women up and down the country who are doing their thing no matter how well they do it, how they look or even how red their face gets.' It encourages women to embrace the bodies they have and enjoy exercise. Get Active, our drop-in and play-sports programme, currently offers Women's Only Thursdays, whereby from 7-10pm, they offer sessions of swimming, basketball, football and badminton. This is a fantastic opportunity for women to get involved in a non-judgemental area, starting from £2.20 a session!

So if you're a fresher still wondering whether or not to sign up to anything, or even a final-year student feeling like you're missing out on something in university life, I encourage you to look into what sports can offer - it might just surprise you.

qmsu.org/sportandfitness

SPORT



IMAGES - JIM OWEN

QMFC FIRSTS KICK OFF BUCS LEAGUE WITH 2-1 WIN

LIAM HARRISON

Overall, the performance was very positive. The new players are fitting in well and an understanding between each other is developing nicely. However, if QMFC 1's wish to attain their goal of promotion they will have to be more ruthless in front of goal.

The style of play is no different to last season - a philosophy of patient, possession-based build-up play with an emphasis on the team rather than the individual.

The criticism of not converting more chances

could not be levelled at QM after their last pre-season game however, where they ran riot in a 7-0 win, but they more than held their own in this game.

A through ball from centre back Lynch set Everiste through after three minutes but Everiste shot just wide. QM had fired their first warning. Seven minutes later and the hosts were ahead. Frain played a one-two with Martin on the edge of the box and proceeded to put Everiste through on goal. Everiste made no mistake and slotted a low shot into the bottom right corner. The away side were visibly deflated and

unfortunately for them, QM possessed the patience not to make any silly errors.

Time passed and QM dominated the play, enjoying the majority of the chances. Frain saw a long range effort pass wide and Raman skilfully beat two men after controlling the ball with his chest only to see his effort well saved.

With five minutes of the first half left, perhaps the main talking point occurred. QM Captain Nesh Evans had been getting the better of his marker all game and his opponent was visibly frustrated, so much so he verbally abused the skipper and went for a headbutt. The moment was over as soon as it had begun and the referee decided just to give a verbal warning. For QM, it was a good sign as it meant we were playing well and our opponents couldn't find a way through.

Just a minute later and Nesh had an opportunity to upset the opposition even more as he was presented with a gilt-edged chance that just needed a touch, but it wasn't to be. With just a few minutes left of the half QM were on the rampage. Yassin Raman was

causing all sorts of trouble down the left flank and Matt Hart saw an exquisite lob tipped over.

The second half began in much the same vein, QM displaying some quality, expansive, flowing and attacking football. However, five minutes in, against the run of play and on a counter the away side equalised. A low cross from the right side was finished neatly into the bottom left corner leaving

keeper Charlie Blanchard no chance.

The hosts knew they needed the win but didn't want to be open to counters so patience was needed, and it paid off. Yassin Raman tapped home a low cross from the right fifteen minutes into the second half. 2-1 and QM were ahead again. Several chances were missed afterwards but the defence was not breached again. One game played; one game won. Good start boys...

