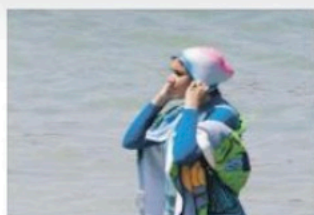


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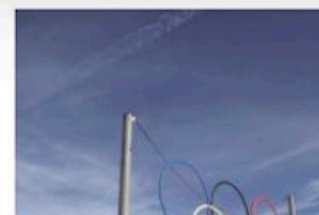
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THE PRINT

THE OFFICIAL NEWSPAPER OF QUEEN MARY STUDENTS' UNION

THEPRINTNEWS.CO.UK TUESDAY 20TH SEPTEMBER 2016 - ISSUE 13- FREE

JUDGE DISMISSES QMUL'S APPEAL, UNIVERSITY MUST RELEASE PACE DATA

After spending over £200,000 in legal fees, Queen Mary's request to not release anonymised data from the PACE trial has been denied

ANNA SAVAGE

The controversy surrounding QMUL's PACE trial deepens as the University's appeal to prevent the release of raw data from the trial was rejected by a tribunal.

The PACE clinical trial began in 2002 with the intention of testing the effectiveness of current treatments for Chronic Fatigue Syndrome (CFS). The results were published in 2011 and stated Cognitive Behavioural Therapy (CBT) and graded exercise therapy can help to treat CFS when added to specialist medical treatment but adaptive pacing therapy did not promote improvement.

The results caused upset among CFS sufferers leading Alem Matthees to launch a Freedom of Information request to obtain the data from the trial. QM has stated that it believes the data which is being asked for cannot be satisfactory anonymized putting patient confidentiality at risk. In addition, the university does not have permission from participants to publish the data:

"Participants did not give consent to the public release of their data when they entered the trial. In particular, we are concerned to ensure that there is no risk of misuse of the data such as through inadvertent personal identification."

In October 2015, the Commissioner rejected Queen Mary's claims and required the university to disclose the desired research.

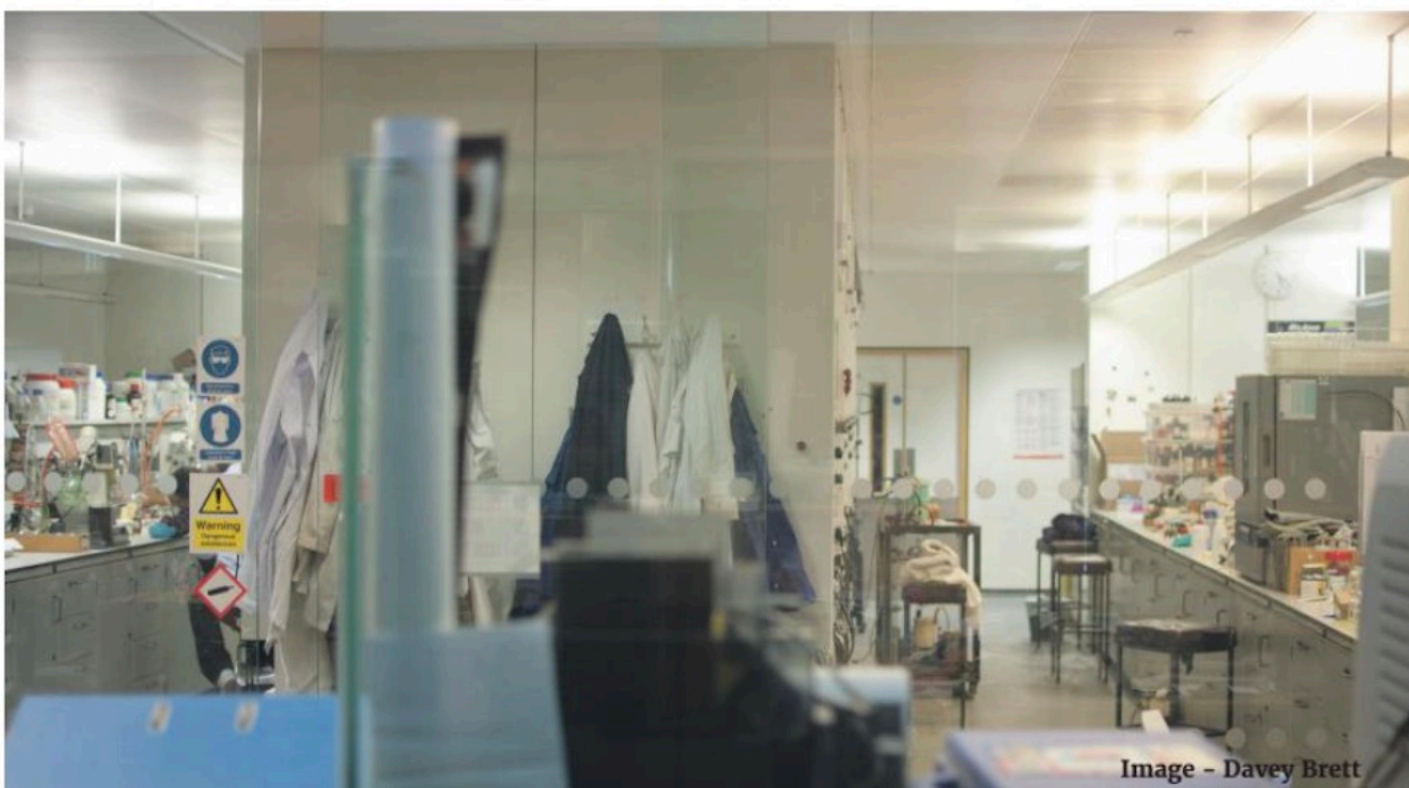


Image - Davey Brett

After this decision, QMUL launched an appeal to prevent the publication of the requested data which was again dismissed. In regards to anonymizing the results, the Commissioner's report stated: "It is unclear why satisfactory anonymization was impossible when Mr Matthees has specifically excluded the personalized PIN references of participants from his request."

In regards to fears of self-

identification, the report asserted:

"Whilst it is possible that some participants could self-identify, this is insufficient to label them identifiable... Identification is more than making an educated guess about identity."

A further Freedom of Information request has revealed the financial cost of Queen Mary's appeal. The university has incurred, in total, £245,745.27 (incl. VAT)

in legal fees. The spending breaks down as such:

Mills & Reeve LLP: £149,482.30 (ex VAT)
Timothy Pitt-Payne QC: £48,320.00 (ex VAT)
Disbursements/expenses (Mills & Reeve LLP): £6,985.43 (ex VAT)

In response to the tribunal decision, QMUL responded thusly:

"In complying with the Tribunal's decision, we remain mindful of the interests of trial

participants and acknowledge the assurance given by the Tribunal that participants will be adequately protected from personal identification by the disclosure of this information. No names or addresses of any participants have been released. We will continue to engage with other universities and bodies to debate the broader implications of the decision for clinical research."

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NOTE FROM THE EDITOR

ANNA SAVAGE

Hello and welcome to the Fresher Edition of The Print, the official newspaper of Queen Mary Students' Union. Despite this being our third year in publication, The Print does have the look of the Fresher about them. With a brand new editorial team and a brand new column dedicated to the issues affecting QM's latest cohort, we're feeling just as nervous and excited as all of you are.

All summer, my team and I have been frantically writing, editing and designing this paper especially for our new students. Flick through these pages and you will discover a variety of articles aimed at helping to ease your transition into university life.

Finding the move to the big city difficult? Needing to understand the science behind surviving a hangover? Desperate to know what advice Vladimir Putin has for you this Welcome Week? Do not fear weary fresher, The Print has got it covered.

Above all, don't forget to check out our brand new column "A Fresh Perspective". A section of the paper entirely dedicated to you, Queen Mary's most recent arrivals. This edition's column features some of our university's new faces and their thoughts and feelings on coming to Queen Mary but it can be on literally anything affecting you in your first year of university.

So as another academic year gets underway I am here to assure that The Print, whilst slightly changed, will continue to create insightful and thought-provoking articles and provide students with the tool to allow their voice to be heard.

If you would like to write for the paper don't forget to pay your membership fees and join our contributors group on Facebook to stay up to date with all things Print.

Print out.

Don't forget to check out
www.theprintnews.co.uk for
more great articles.

A WELCOME FROM THE PRESIDENT

President of Queen Mary Students' Union, Miranda Black, offers her advice to the freshers of 2016

MIRANDA BLACK

In September 2012 I came to university with approximately 50,000 kitchen utensils, countless pieces of stationary and a copy of Robinson Crusoe tucked under my arm ready to study English at Queen Mary. But despite my many whisks and post-it notes, I really wasn't prepared for Freshers at all.

Hi there, I'm Miranda - pretzel addict, lover of Disney, and your Students' Union President. In March 2015 I ran for Vice President Welfare in the Students' Union elections. I knew very little about the Union as a whole, but I had a passion for student mental health and the role seemed perfect. I loved everything about the position but there was so much more I wanted to do. That's why I decided to run for President and one election later I am writing this to you all.

This is my fifth Freshers' Fortnight and I couldn't be more excited for it. It's a bit like New Year's Eve- you make resolutions for the year and probably end up drinking a bit too much. Much like New Years, this month makes me reflect on the past and some of the things I regret missing out on when I was a Fresher. I was so worried about my grades the experience passed me by a little.

So if I could go back in time and talk to Fresher Miranda, I would tell her this...

Don't be afraid to go back to Queen Mary Theatre Company's improv club! Then maybe you'll be quicker/funnier when you have to write this article in a few years' time.

We both know you're rubbish at sport. But the Union runs a 'Get Active' scheme where you can give loads of activities a go without having to commit to anything. You can even buy tickets to swim at the Aquatics Centre in the Olympic Park and potentially become the Rebecca Addlington of Doggy Paddle.



Image - QMSU

Go along to the 'Welcome Fair' each year of your degree - there are always loads of freebies and it's a great way to see what's going on. Just know that it can get pretty busy, so also head to qmsu.org after to see what you've missed. New societies, clubs and opportunities are being added all the time.

Always buy Ben and Jerry's when you see it on offer. Ice-cream makes everything feel better. And on the topic of food, you don't need a Dixie's every time you leave Drapers. But those nuggets...

There are so many ways the Union can help to make you more employable. Your Course Rep (and future flatmate) will run for CUB Editor. She'll get it and a graduate position to boot because of her experience running a university publication.

Following on from that, you should really get to know Course Rep! QM wants students to be partners in their learning. It's no secret we pay a lot for our degrees, so let people know about the changes you want to see! If you can't get hold of your Course Rep, you can also contact the Vice President Education.

Get involved in Raise and Give (RAG). Fundraisers make such a difference, especially for causes that don't get enough attention. Also, try out some of the Volunteering opportunities. In 4 years you'll volunteer as a

marshall at the London marathon and it'll be the best day.

Go to as many events as you can. It's a great time to meet people who are in the same boat, and get to know what's what before the semester begins. It doesn't even matter that you don't live on campus- there are loads of daytime events too.

Run for a position on Student Council or submit your ideas! You can be part of creating change and get involved as much or as little as you like. Elected officers are there to support you with the changes you want on campus, locally, and even nationally.

Don't beat yourself up over every grade. You will learn from your mistakes, and there is so much more to your University experience.

That may be a lot to process but above all have fun because the three years will go by so quickly. And remember, the Union is here to ensure that your time at this university is a happy one. If you're in need of help, please don't hesitate to get in contact with myself or my team. There are so many ways to get in touch. You can visit the Union website www.qmsu.org, email su-president@qmul.ac.uk, search 'QMSU' or 'Miranda Black QMSU' on Facebook, tweet @QMSU or @PresidentQMSU or follow us on snapchat (qm-su).

Lots of luck, and happy new (academic) year!

NEWS

QUEEN MARY'S POST-BREXIT RESPONSE

While 52% of the UK may have voted to leave the EU this summer, QMUL is determined to stand by and support its EU students

ELMIRA TANATAROVA

The referendum may seem like a long time ago but many are still wondering what the effects of Brexit will be. For many UK universities, a major concern is the impact this result will have on students, both EU students studying in the UK and UK students studying in Europe. Professor Simon Gaskell, Queen Mary's president, has issued a statement hoping to ease some of these worries:

"Although the outcome of the referendum has been to leave the EU, both I and the rest of the Senior Executive will continue to work to ensure that QMUL retains a commitment to our fundamental values and the achievement of our educational and academic purposes."

Despite the on-going political situation, QM has not stopped cooperating with EU academic institutions. The university has struck a deal with the Sorbonne Law School in Paris, enabling students to earn a bilingual double LL.M. (Master of Laws) degree across both institutions.

The future of exchange

programmes remains uncertain until negotiations get underway as Wiebke Leugers, our Erasmus+ Institutional Coordinator, explained:

"It is clear that nothing will be changing up until 2 years after the UK triggers article 50. Whether or not the UK will be allowed to participate in Erasmus+ afterwards will be discussed in the Brexit negotiations. If there are no restrictions to free movement of people, the UK will still be able to participate in the programme 2017/18 and assume by then we will know if we are allowed to apply for funding for 18/19 as well."

She went on to say: "We recognise that there may be particular anxiety amongst colleagues from other EU countries at this point in time. We would like to reassure partners that there will be no immediate material change to the UK university sector's participation in EU programmes such as Erasmus+ or Horizon 2020. We would like to emphasise how much we value Erasmus+ and other European partnerships we

have."

The Queen Mary Student Union President, Miranda Black, offered her own assurances to Queen Mary's EU students: "Queen Mary Students' Union will continue to support and welcome each and every student we have. Our University is what it is because of its diversity, and we are going to celebrate that in everything we do."

She also explained how the exiting of the European Union is being rigorously discussed by the university: "I also sit on College Council, the highest governing body of the University. At each meeting the Principal will report back on how each stage of Brexit is affecting QMUL. This will cover topics such as student recruitment, research funding and fees. I am there to ensure that students are at the heart of each decision that is made."

The borough of Town Hamlets, which Queen Mary University of London resides in, voted to remain in the EU with the majority of the vote at 67.4 %.

POLITICS STUDENT WILL DYER SELECTED AS PARLIAMENTARY CANDIDATE

Will is now the Liberal Democrat prospective parliamentary candidate for Bethnal Green and Bow

GUY RUSSO

The Tower Hamlets Liberal Democrats have selected local campaigner and Queen Mary University of London student Will Dyer as their prospective parliamentary candidate for the constituency of Bethnal Green and Bow.

Upon being selected, Will said:

"It's such an honour to have been selected by the most exciting team in London. Tower Hamlets Liberal Democrats are all about opportunity and have led the way in challenging a local Labour Party that looks after itself first and the people of Bethnal Green and Bow not at all"

Regarding his priorities for the local area, Will emphasised his belief in the importance of education for helping locals get on in life.

"My first priority would be education, to bring opportunity for a better life to everyone in Bethnal Green and Bow. Lib Dem policies like the pupil premium have given people like me the chance to get on, go to university and change our lives. But we

need different solutions for different people, which is why Lib Dems also pushed for the huge rise in apprenticeships."

Will also expressed his dismay at the rise in hate crime and community division since the referendum, saying:

"I also want to help heal the divisions in our society. Like Elaine Bagshaw (Lib Dem candidate in the neighbouring constituency of Poplar and Limehouse), I've been shocked to see hate crime on the rise after the referendum. Bethnal Green and Bow is famous for all the diverse communities who get along here. We need to come back together now and work towards a liberal country where people from every background are welcome and safe."

The local Liberal Democrats have emphasised that the selection of candidates like Will means that they are ready for any snap general election should the Prime Minister Theresa May choose to call one. Richard Flowers, Chair of Tower Hamlets Liberal Democrats said:

"I am delighted that Will has agreed to be our candidate

"My first priority would be education, to bring opportunity for a better life to everyone in Bethnal Green and Bow."

in the next election. We are ready for the election and are raring to go. We are well placed to fight a general election whenever it is held. Since the referendum we have signed 18,000 new members nationally, over a hundred in Poplar and Limehouse alone"

For the Queen Mary Liberal Democrats, Will's selection is a proud moment. Guy Russo, President of QMLibDems, said: "It's fantastic to have one of our own members selected to contest the constituency that Queen Mary is situated in.

QUEEN MARY RISES UP THE LEAGUE TABLES

QM goes from strength to strength as it rises to 31st in The Complete University Guide's 2017 League Table

As the new academic year is upon us, so are the ratings of each university's annual performances and QM has once again seen improvement. Looking at the statistics from The Complete University Guide, QMUL is 31st on the 2017 University League Table with a student satisfaction score of out of 4.12 a possible 5.00. Last year, the university was 33rd on the table.

Queen Mary is also now the third best Russell Group University for employability. When contacted about the results, the University had this to say:

"This is the fourth year in a row this employment performance indicator has increased at QMUL and the current figure surpasses pre-recession levels for the university as well as the UK wide figure of 93.9 per cent."

The university has also been recognised for its success in specific courses. For example, QM is currently ranked as the third best university for Dentistry.

Success at Queen Mary

has often attracted students here. Alexandra Naranjo, now stepping into her second year, was keen to attend the university because of QM's "engagement with the modern academic world" and its "inviting atmosphere [which allows you] to take your education in any direction you choose..."

Queen Mary's reputation for excellent research certainly appears warranted as the Complete University Guide explained:

"The results of the most recent national assessment of research - the Research Excellence Framework (REF 2014) - have confirmed [QMUL's] place in the very top group of research-led universities in the UK. Overall [QMUL was] ranked 9th among multi-faculty universities in the UK"

Queen Mary's reputation has grown in recent years. Internationally, it has risen over 50 places in that period and last year gained the 98th position on the ranking of the top 100 universities in the world.

Write to the news
team at news@theprintnews.co.uk

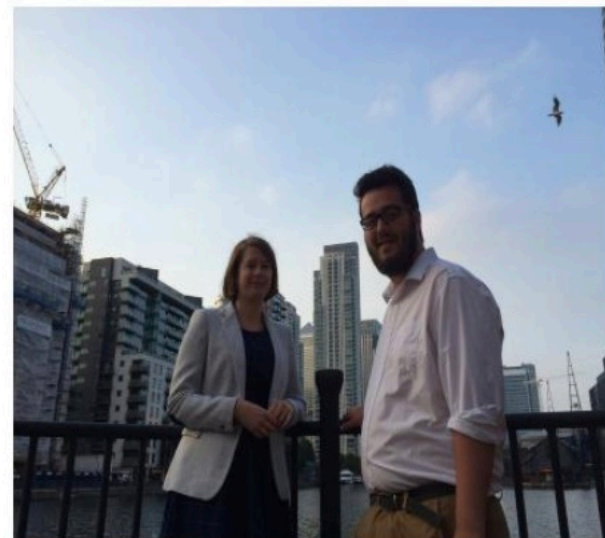


Image - Queen Mary Liberal Democrats

FEATURES

COUNTRYSIDE TO CITY: THE FIRST YEAR TRANSITION

Sophie Mitchell examines the psychological and physical effects of moving from a rural to an urban environment for university

SOPHIE MITCHELL

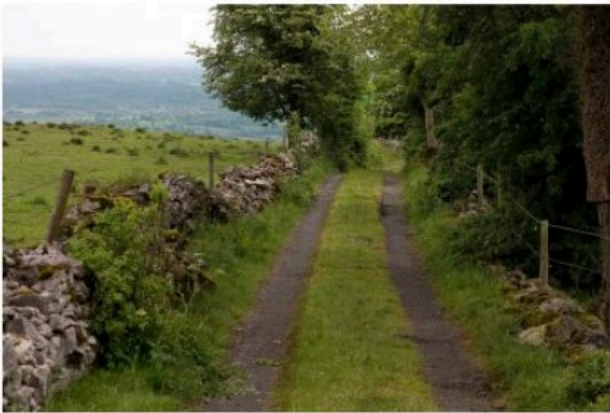


Image - Jimmy Harris/flickr

Change is tough. Whilst some people enjoy it and love the thrill of the new, others detest it; preferring to cycle round the same routine. But change is inevitable. Especially when life suddenly leaps into the realm of adulthood and before you know it the summer is over and you're off to university. With a total of 532,300 people entering UK higher education in 2015, the highest number of students ever recorded, more students than ever are moving into our cities. Whilst most accepted students originate from the UK, acceptances from other EU countries have soared by 11%, as revealed by UCAS. But what does this mean for economic and environmental factors such as gentrification, urbanisation, and the state of health for students?

Undoubtedly, environmental surroundings affect both the mental and physical aspects of the self. Therefore, transitioning from one environment and trying to settle into another can be both challenging and rewarding. Particularly, this transition applies to many students at Queen Mary University of London. As applicants move to London from other UK and international cities (Leicester, Liverpool, Paris, to name a few) - an increasing amount are making the move from rural areas, into the city of London. Personally, I found the transition to be an eclectic mix of positive and negative

experiences...

London's Environmental Status

When you're in Drapers on a Wednesday or in Fabric (R.I.P.) until Sunday morning - its easy to forget about the environmental threat sitting on London's doorstep. As the nature of cities dictates, the higher the concentration of people, the more pollution and waste caused by human activity. With London's population, particularly its student population, rising dramatically every year; the number of people at risk from environmental hazards is growing. New research revealed by The Guardian indicates that approximately 9,500 people die prematurely each year in

London due to long-term exposure to air pollution. This figure is more than double the amount the government previously thought were under threat.

The growing number of deaths from pollution exposure are due to two key pollutants: PM2.5s and nitrogen dioxide, according to researchers at King's College London.

In 2013, the government launched an investigation into the levels of nitrogen dioxide in the most populated areas of London. Littered all across the city are recordings of lethal levels of the poisonous gas. This is, by no means, a reason to lock yourself away in your halls, clutching a gas mask to your face. Instead, this is a

reason to carry an awareness of the growing risks - and, if you feel obliged, altering your lifestyle to try and diminish levels of pollution in the city. Avoid driving a car, instead use a bike or take the tube. Don't throw away litter (and your moral conscience with it). Stay conscious about household means of saving energy. Making small lifestyle alternations, whilst carrying an awareness of London's environmental status - is a progressive step you can take.

Society & Space

I found the societal difference between countryside and city to be the most profound disparity when I first moved to London. Living in the village I do at home - stillness and quietness are commonplace. It would almost be an understatement to say that London is a completely different story. From going to sleep to the sound of rustling trees and owls - to being kept awake at night by constant sirens, voices and traffic; London genuinely is a city that never sleeps. Although at times, the constant buzz of life around you can be draining and (especially when you're trying to sleep at 4am), it also serves as one of London's most appealing qualities. No matter what time it

is, or where you are, there will always be a nearby hub of activity, music and people. The 24 hour cafe on the constantly thriving Liverpool Street, the swaths of people in the streets outside Shoreditch bars and clubs. Nightlife is a profound positive of most cities - and it's London's speciality.

With the enhanced level of activity, however, come enhanced levels of security. Another thing made overwhelmingly evident by the cityscape is that you are probably being watched, a lot of the time. Although statistics have not been officially released by UK security forces, there are thought to be approximately 422,000 CCTV cameras in London. That translates to one camera per 14 people. Whilst the thought of 422,000 TJ-Eckleberg-esque eyes watching over London's population may be daunting, surveillance has clear societal

benefits. As Simon Adcock of the BSIA (British Security Industry Authority) outlines, "Effective CCTV schemes are an invaluable source of crime detection and evidence...in 2009 95 per cent of Scotland Yard murder cases used CCTV footage as evidence." Some cast suspicion upon the invasive nature of the 'surveillance state' - claiming that privacy in the city of London is a rare, if existent, commodity. However, with the arguable lack of privacy, comes a wealth of social diversity and enhanced safety. So just make sure you don't do anything bad in public.

Economic Centrality

It is a universal truth that cities are the hub of a countries' business and financial activity. London is certainly no different - supporting an economy similar in size to that of Sweden and Iran. Living in London makes this fact overwhelmingly evident - aside from its many famous parks, London's urban space houses an estimated 4.9 million UK private sector businesses, according to 2013 figures. My home village, on the other hand, is far from an economic hub - boasting one very average corner shop. Transitioning from a place such as that, to being immersed in an environment that feeds off of investment and spending, makes for an interesting observation.

Living your life within the heart of this economic activity leaves you with an enhanced awareness of rural gentrification as a direct result of growing city urbanisation.

Around the 18th century, when the early theories of capitalism and consumerism were brewing, theorists were careful to accentuate the importance of the rural-urban relationship. Not only in the physicality of the landscape, but also in the mentality of the people, can the industrial, thriving nature of the city be found. Although the economic success of London is positive for encouraging opportunity and improvement to lives, there remains an artificiality about the cityscape. As French Marxist theorist, Guy Debord suggests in 'The Society of The Spectacle', "... just as early industrial capitalism moved the focus of existence from being to having, post-industrial culture has moved that focus from having to appearing." Debord's 20th century consumerism prediction could not be more clear walking around London - a myriad of shops, adverts and things unfolds before you. Going from frolicking in rolling country hills, to the city with the most Starbucks in the world is, for lack of a better word; interesting.

Co-existing between the spheres of the city and the countryside can be confusing. But personally, I think its enlightening. The disparity in economy, environment and society between the two opposite environments is interesting to observe, and rewarding to adapt to. So welcome to London. It's time to learn the tube map off by heart, use a Boris Bike once, and most importantly - enjoy yourself.



Image - Predro Szekeley/flickr

FEATURES

IS SOCIAL MEDIA THE DAWN OF A NEW ERA OF POLITICAL INVOLVEMENT?

How effective a tool is social media for societal and political change?

SOPHIE MITCHELL

Today, modern society has been moulded in such a way that it is now borderline impossible for anyone to exist without having access to a form of social media. From word of mouth to Whatsapp and iMessage, social communication has transformed drastically; with social media being branded as a revolutionary force comparable to that of the first printing press in 1440. And yet, ease of communication is not without its fair share of complications. Obsessive absorption in the social media bubble, antisocial behaviour, eye strain, etc. Despite these drawbacks, however, social media can actually be seen as an incredibly powerful tool when looked at as an objective force promoting societal change.

The act of using social media to further a social or political agenda is known as 'clicktivism', and can be defined simply as: 'the use of digital media for facilitating social change and activism'. Whilst this established technological tool is popular amongst many for fuelling societal change and enhancing political involvement - it isn't without its critics. Micah White, in the 'Guardian', expressed her qualms towards the emerging age of social media-lead politics:

"Clicktivists are to blame for alienating a generation of would-be activists with their ineffectual campaigns that resemble marketing...Gone is faith in the power of ideas, or the poetry of deeds, to enact social change."

These powerful words from White embody the view that the act of clicktivism can serve to simplify, or almost cheapen, the act of true political thought and debate. In this sense, using social media to gain support and momentum on political and social ideas could serve to weaken genuine political bonds.

To further this, the nature of the social media outlets 'Twitter', although it provides a free and open verbal platform to be used at the individual's content, can serve to contradict itself. This is due to the fact that forms of free speech and free thought are not necessarily accepted and

nurtured under the social media atmosphere - with the website itself becoming a somewhat intolerant and elitist force. Undoubtedly, the anonymity granted by social media enables the individual to voice their political opinions and express controversial thoughts without

physical resistance. Yet, this anonymity risks devaluing the act of linking political ideas with identity and public visibility. Ultimately, the anonymous user's lack of accountability can make their engagement with social and political movements appear more hollow, less serious.

Further, the use of social media as a political tool for social and democratic change, is unfortunately riddled with physical flaws. The internet, of course, is not available to the entire population of the world. In fact, it was estimated by the International Telecommunication Union in 2015 that approximately 3.2 billion people, almost half of the world's population, would be online by the end of the year; with 2 billion users stationed in developed countries. This highlights the exclusivity of social media. As although it can be an essential tool for heightening political involvement and giving society a larger verbal platform, it only reigns effective amongst those privileged enough to have access to the technology.

Conversely, despite the inevitable flaw of the concept, the act of clicktivism can be viewed in an alternative, beneficial light. By allowing anyone with access to internet, anywhere, to impart their view on social and political matters on a public platform, social media essentially democratises the nature of the internet. With this heightened accessibility of political ideas available to most of society, comes a gradual eroding of outdated hierarchies; giving the mass of the population a voice.

'Clicktivism' in practice

When examining cases such as the Arab Spring under this lens, it can be seen that the uprising in Arabic countries was exacerbated through the presence of social media. With slow economic growth, low GDP and political complications casting hostility upon the social landscape of Arabic countries from Egypt to Libya - the people afflicted needed a voice. Whilst this was predominantly achieved through physical means of protest and violence, the technological route of social media was also utilised. The young populawwtion, particularly, reached to social media platforms such as Twitter and Facebook to put their voices on a public platform. Their voices were heard. With vital demonstrations being organised, and opinions being exchanged,

social media exacerbated the Arab Spring uprising by opening communications from Morocco

to Syria. However, the presence of anti-regime forces was not without punishment - with extremely dictatorial governments such as Libya and Syria honing in on public opposition through exile, imprisonment, and murder.

This emphasises the key role that social media can play in global communications. It's not just about selfies on Instagram. Social media gains its credibility through its crucial capacity to verbally free the oppressed, and provides a platform for those who have had their free speech taken away from them. Social media, in this sense, serves to empower the meaning of the self. Opposing repression through communication and freedom of thought, it enhances the voice and power of society as a collective entity.

Yet, with this ease of creating a stable and powerful public platform, comes the issue of socially unjust causes gaining momentum through the same social media channels. Alongside this, the effectiveness of social media as a political platform is also brought into question. Anne Applebaum of The Washington Post argues for this case, claiming that, "[...] the Egyptian government's decision to shut down the country's Internet access over the weekend - something it can do because Internet access is still so limited - had almost no impact on the demonstrators. For all the guff being spoken about Twitter and social media, the uprising in Cairo appears to be a very old-fashioned, almost 19th-century revolution: People see other people going out on the streets and decide to join them

"Digital campaigning shouldn't be seen as a threat but as a challenge."

[...]. Although this is true to an extent, the essential feature of social media is that an individual can assert their presence (in this instance, against a governmental regime) without manifesting themselves in physical form. Anyone can join a movement or protest, albeit textually, behind the safety of their computer screen and home. Subsequently, this makes social media a key tool in public safety when participating in political and social movements on a large scale.

Another profound example of clicktivism's success emerges more recently from the enhanced political involvement, particularly from the younger generations, that has spread across the internet. From Jeremy Corbyn's 'Corbynistas', Ed Miliband a.k.a 'Millibae', to the widely known and loved picture of Michael Gove

drinking water like a fish - social media's recent political spotlight has been an interesting one. Since the last general election in 2010, participation in digital campaigning has grown significantly. Since then, six million people in the UK have signed or started a digital petition on change.org. The British Election Study forecasted that turnout among 18-24 year-olds in the 2015 election may have been as high as 65%.

The Electoral Reform Society (ERS) further shines a positive light upon clicktivism, encouraging the idea that social media can promote an increased element of democracy in modern day politics. The ERS expand upon this by outlining the "huge amount of energy and excitement around digital campaigning, which shows that the problem with falling trust in representative politics is not one of apathy. Traditional representative politics is failing to adapt fully to the modern world".

With Clicktivism currently working alongside traditional politics, its position as a friend or foe to the old system is still under debate. But as ERS spokesman Will Brett declared: "Digital campaigning shouldn't be seen as a threat but as a challenge".

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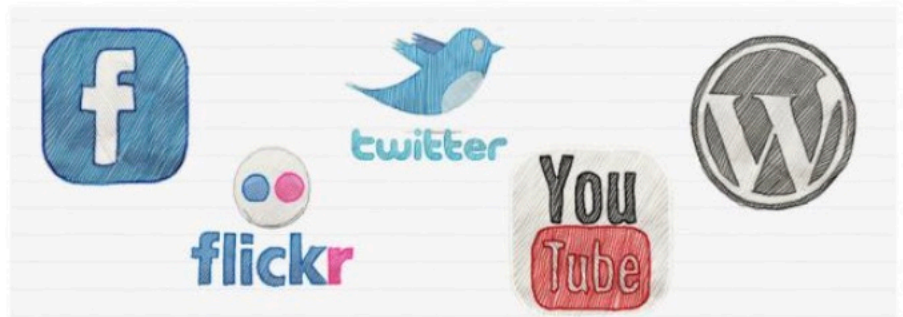


Image - Sean MacEntee/flickr

COMMENT

THE GREAT DEBATE: WHO SHOULD BE THE NEXT LABOUR LEADER?

Why Jeremy Corbyn should remain in control of the Labour party

MONTY SHIELD

Hollywood and fantasy fiction have given us decades of old white men with immaculate beards nobly saving the world from evil – Gandalf, Dumbledore, Ben Kenobi and even C.S. Lewis' Narnian Father Christmas all fall into this category. Many have drawn comparisons between Corbyn and these fictional heroes. But the truth is that the pro-Corbyn campaign isn't really about Corbyn, or his resemblance to Alec Guinness; really, it is about the amazing movement that has started up since he was elected leader and what it can go on to achieve in society.

Local Labour Party groups throughout the country have been rejuvenated by the vastly expanding membership. For the first time in decades, Labour believe that they have the potential to create a powerful, mass working class movement – a feminist, anti-racist working class movement orientated towards fighting all oppression from the bottom-up.

Owen Smith, Labour politician, claims that the party can only be effective when in government. Yes, we need a Labour government with a serious left-wing programme, and Corbyn's ten-point manifesto is a good basis. But it is what we do as Labour members right now that can mean millions of working class people breaking out of zero-hour contracts, ending the gender pay gap in their workplace, defeating the academisation of their kid's school, and fighting back at the frontiers of austerity. And that's also how Labour can win elections. Many more people will vote Labour in four years' time if the

“Local Labour Party groups throughout the country have been rejuvenated by the vastly expanding membership.”

reason they still have local services is because Labour members built the campaigns that saved them, and offered a way for people in the community to start and get involved in those campaigns.

But what is Owen Smith's platform, isn't it just all this left-wing stuff but with a leader who is more competent, more credible? Sadly for Smith, you do not get to make a string of sexist, ableist and genitalia-related gaffes and still call yourself the competent and media-savvy candidate. His slips are even more staggering when you consider that this man actually worked, at a senior level, in PR!

Smith is the candidate of the right of the Labour



Image – Garry Knight/flickr

Party and if he wins they will have gained back control. It is not a surprise that the right wing elements of the party establishment and bureaucracy – those responsible for expelling left wing members and shutting down left wing constituency groups – are all backing Smith.

For us as students, Corbyn's policies are better both for now and when we've graduated. Corbyn wants to scrap Prevent, but Smith thinks that the only problem with this racist and ableist policy is that it is underfunded. Smith wants to bring back a graduate tax, whereas Corbyn will create a National Education Service (NES), modelled on the NHS, which includes grants for Further and Higher education students, no tuition fees and a free childcare service so that parents will have access to education too.

Help build a democratic Labour movement that will transform society and vote for the candidate who genuinely supports that: Jeremy Corbyn.

Why Owen Smith should take over control of the Labour party

PATRICK LITTEN

Labour need a new Leader, and it should not be Jeremy Corbyn. Over the last year or so Jeremy Corbyn has led the labour party into division and disrepute.

Case in point: the EU result. It is odd that the leader of an ostensibly pro-EU party was the only person alongside Nigel Farage calling for the immediate sending of Article 50 on the day after the result. Odd further is that in his long time in parliament he voted against both the Maastricht and Lisbon treaties and publicly voted never to join the EU. I'm a firm believer in the European project and so is the Labour party – those views cannot be represented by a leader who wanted to Leave.

Most importantly, he has failed in opposition. The main opposition to one of the more aggressive Conservative governments has been the majority of 12, opinion within the left

of the Tory party and the overrepresented Liberal Democrats in the house of Lords. Rather than tear Cameron to shreds over his Welfare minister, Iain Duncan Smith, resigning because the cuts were too deep, Corbyn had an ethical quandary over whether it was fair. I doubt Theresa May will be so forgiving. Tied into this is his own incompetence. It is hard to imagine a man who is a worse mouthpiece for radical socialism than Corbyn. Not only is he uncharismatic but he is also incompetent – rather than using the carefully formulated transport policy, written by his ministers alongside party policy, he begins a reshuffle and sheds doubt on official party policy, drowning out any publicity about train fares. On gaffes, his past association with the IRA, Hamas and the Iranian state news mean he has no claim to any moral high ground.

At the polls, Labour

“At the polls, labour have suffered the worst council election result suffered by an opposition since 1992.”

have suffered the worst council election results suffered by an opposition since 1992, have been forced into 3rd place in Scotland, behind the Tories. Currently May leads by 10 points in election polls and has the sight of an early election with UKIP taking Labour on in the Leave capitals of Sunderland and Boston – supposedly Labour's base, an unrecovered Lib Dems in the South-West and changes meaning Labour is at risk of losing nearly 30 seats in long-awaited boundary changes.

The Labour leader has to lead the everyday opposition of its MPs in Parliament and the Lords; 80% of Labour MPs voted in no-confidence of the leader. These aren't neo-lib blarities. These are the soft-left, even people such as Alexander and Greenwood who've worked with him. Finally, where Owen Smith comes into it – he is not the perfect candidate, but then this Labour election is not about him, it's about whether the Labour party is going to be a pressure group or a party. Owen Smith is already standing on a platform more left than Milliband's – this is what Corbyn stood for in the first place – to take the party left. He's done that. It's time to let someone attempt to do it competently, before it's too late.



Image – Wykehamistwikipedian/ Wikimedia Commons

COMMENT

HARRY POTTER AND THE CURSED CHILD: IS IT JUST TEENAGE “POTTER” FAN FICTION?

Dedicated Harry Potter fan, Nanaki Bance, offers her opinion on the recently published play script

NANAKI BANCE

Upon reaching the end of Harry Potter and the Deathly Hallows, the final novel in the Potter series, I never imagined that in nine years I would be reading its sequel: Harry Potter and the Cursed Child. This year, as the Wizarding World opened its covers to the public once again, millions of Potter-thirsty fans delved into its pages eager to get a glimpse back into this magical realm.

I was a little sceptical of this sequel once I discovered that J.K. Rowling had little part in the writing of this book, and that the playwright, Jack Thorne, was its author. This alongside the fact that the book is a play, not a novel, like the previous stories, was a huge disappointment. Although the script speeds up the time it takes to get through the book, the lack of narration means that the script is unable to produce vivid images of the

Wizarding World which many fans had hoped to revisit.

The play itself essentially revolves around the subject of time travel through the reappearance of the famous time-turner. Harry's son, Albus, and his friend Scorpius use one in an attempt to save the life of Cedric Diggory by sabotaging the Tri-wizard Tournament.

Once the time travelling begins, you start to adjust to the script form and immediately get pulled into the action. Although many of the events in this play seemed unlikely and a little far-fetched, it was thoroughly entertaining to revisit the lives of our favourite characters and watch them transform as the boys meddle with time. A new plot twist or conundrum was thrown towards the reader after every few scenes, leaving you hanging in suspense, desperate for answers or

wide-eyed and speechless, especially during the final Act.

However, I found it quite unconvincing that Albus and Scorpius would go to such lengths just to save Cedric's life, as they both clearly have much more to lose by changing the timeline and nothing to gain from saving Diggory. Overall, it all seems like a rather pointless, life-threatening mission.

There were many elements within the plot that were quite unnecessary, such as Harry's heart-rending flashbacks to moments from the novels and Dumbledore's cameo portrait appearance. They do nothing to further the plot but are present for the sole purpose of evoking nostalgia for the diehard fans. Also, the scene with the Trolley Witch on the Hogwarts Express was so absurd that I still cannot understand how it passed through editing.

“Overall, it all seems like a rather pointless, life-threatening mission.”

From a literary perspective, The Cursed Child is captivating, but the details of the plot are inconsistent and not as flawless as Rowling's novels. The play, as a whole, reeks of teenage “Potter” fan-fiction. However, for the all-time Harry Potter fan, desirous of a heart-warming trip down memory lane, this play is a must-read.



Image – Elen Nivrae/flickr

Turan Garfali tells us of her experience of the coup d'état in Turkey, 15th July 2016

TURAN GARFALI

I live in Ankara, Turkey, and on the evening of the 15th of July, I got to witness history. I saw on the news that there were motorized divisions on the Bosphorus Bridge in Istanbul – naturally, we thought that there was a terror threat and the soldiers were securing it. However, soldiers locked the bridge for civilian cars at prime rush hour through both the European and Asian side of Istanbul. However we did not think things would get serious because everyone would question how soldiers could possibly plan a coup in prime time. During the next five hours, we learned that the Rebels were a minority in the army, even as rebel helicopters and jets bombed the parliament, police stations and many strategically important buildings in the city. Living close to the city, we could hear them roar overhead. Ten minutes after I'd decided to go to sleep, I heard a terrifying roar, I saw a

“Ten minutes after I'd decided to go to sleep, I heard a terrifying roar, I saw a bright light – a bomb had fallen close by.”

bright light – a bomb had fallen close by.

Despite being one of the leading stable democracies in the region, Turkey witnessed coups several times during the 20th Century. Erdogan's government has always been frightened about a possible coup, especially because their new Islamist approach to politics could be seen as contrary to the republic's secular fundamentals, at least by the Army. The last decade witnessed trials of high-ranked officials of the Turkish Army under the shadow of the accusations of a coup attempt. Knowing the mess that is Turkish politics, it was hard to react or comment especially when I heard all those jets in the sky. However, of course, the first thing in my mind was the worst possibilities. Considering all the risks and anti-

democratic actions, I refused to support any attempt of the rebels. They had blood on their hand as they opened fire on the police, civilians and other and the Turkish people showed solidarity and rejected the coup. I believe in the people's wish to take control and watched them taking to the streets and supporting their choice and voice. Nevertheless, I never thought to join them because I understood how dangerous it would have been and that I could have been one of those people who were killed on that night.

The after the attempt the government started to take control radically. Arrests and purges to all those who linked to the coup or the group that organized the coup became nationwide. The Government is continuing to search roots of the organisation and its connections inside bureaucratic

and daily life. I got many messages to my inbox during those hard hours and many comments to my posts on social media and it made me happy because it restored my faith in the will of people as all parties and ideologies united to reject the coup. I want to thank all of my friends and tutors especially from QMUL that wrote to me and asked about my wellbeing on that day which I will never forget.

The witnessing of history has no alternative.

Got a comment piece you'd like submit? Email comment@theprintnews.co.uk

COMMENT

DEAR FRANCE: MUSLIM WOMEN ON HOLIDAY ARE NOT A THREAT TO YOUR SECULARISM

Is France tackling the problem of extremism in the wrong way? Are harsh measures leading to counterproductive alienation?

FARHEEN AKHTER

On the 26th of August 2016 our faith in France was somewhat restored when the Conseil d'Etat, the highest administrative court in France, overturned the fiasco that was the burkini ban of 2016. Muslim women were once again allowed to wear whatever they pleased on the beaches of France, their freedom of expression returned, and their fears of being stripped by armed police gone. However, the short-lived ban did cause an eruption of debates to arise concerning France's constitutional secularism (laïcité) and where religious freedoms fit into it.

Laïcité is France's own brand of secularism, set up during the French Revolution and enshrined in the 1905 law on the Separation of the Church and the State. Broadly speaking, laïcité allows citizens and government

institutions to be free from the influence of organised religion. In theory the idea should promote social harmony in a multicultural, multi-faith society; however, as the burkini ban has demonstrated, in practice, the ideology of laïcité is being used to police harmless religious customs, and thereby restricts freedoms concerning the expression of faith.

As well as the burkini ban, French officials have imposed various other measures in an effort to step up their counter-terrorism game; measures such as increasing police powers to include raids, detaining suspected terrorists, handing out certificates to imams who portray non-radical behaviour and demonstrate French values – certificates are given if you are different from the crowd, the assumption created

therefore is that most imams do not meet the criteria for a certificate.

Arguably, such measures only help to further alienate French Muslims rather than bridging the gap and helping to integrate French and Muslim values. If a person feels like they can't be part of a certain society because their values are incompatible that may play into the hands of extremist groups. Rather than trying to paint Islamic values with the same brush used to paint extremist values, it would be more effective of the French government to pursue a democratic notion of inclusiveness within French society for Muslims.

In a country still suffering from its recent home-grown terrorist attacks, it is not difficult to see why French officials (and civilians) are panicking. But what they

“In a country still suffering from its recent home-grown terrorist attacks, it is not difficult to see why French officials are panicking.”

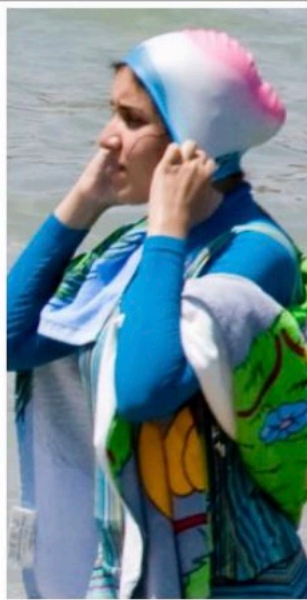


Image - Giorgio Montersino/flickr

INSPIRED BY SPORT: A FORTNIGHT OF BEAUTY

Teni Disu talks about the more artistic side of the Olympics and how the beauty of the sport served as an inspiration to her

FARHEEN AKHTER

At the word 'Olympics', most people's minds jump to the strenuous activities that gain the most media attention. The fast-paced action in the swimming lanes and the blatant demonstrated strength of the track and field events, along with their subsequent superstars such as Michael Phelps and Usain Bolt, deserve every bit of awe they receive. However, for me, by far the most fascinating art of the Olympics were the more artistic and rhythmic events, such as gymnastics and synchronised swimming. Sports such as these are often overlooked due to the focus on other more 'prominent' sports, but whilst I did tune into the occasional swim

heat or athletic final, artistic sports are what captured my attention for the duration of the 2016 Olympics.

Synchronised swimming fascinated me beyond belief. I was amazed at their ability to remain so synchronised whilst maintaining an awareness of travelling the length of the pool. The amount of strength and stamina needed made me increase my appreciation and respect for the participants of the sport. Much like the rest of the Olympics, the sport proved that age is not a determining factor; Gemma Mengual from Spain is a 39-year-old mother who ran two businesses and still managed to find time to train for and compete in the Olympics. The hours put in to perfect their routines and the

dedication that comes with it is truly admirable, four years worth of training all for that one moment. The combination of gymnastics and dance is mesmerising enough but when performed underwater, the level of beauty suddenly increases enough to make me want to take up the sport – even though I can't swim!

“Not only do they express strength, both in will and in physicality, they also manage to look graceful and beautifully artistic”

The sheer variety of events that come under gymnastics was another realisation I made because of this year's Olympics. Previously I was vaguely interested in gymnastics but during Rio 2016 I would watch it religiously. I was especially proud of Max Whitlock of Team GB who managed to land golds for the pommel horse and floor exercise. He also broke the record for winning bronze for the individual all around which was Britain's first in 108 years.

I was also amazed by the grace and elegance of the rhythmic gymnasts. This form of gymnastics is easy to forget sometimes, the athleticism and strength of the athletes is sometimes overlooked. The sheer beauty of this sport is

breath-taking and whilst this was the last of the gymnastic events it was definitely worth the wait. Seeing the gymnasts having to perform with all the apparatus was a moment I would never forget. I believe these athletes deserve bonus appreciation points from spectators because not only do they express strength, both in will and in physicality, they also manage to look graceful and beautifully artistic whilst doing so. Gymnastics especially made me feel a sense a patriotism I have rarely experienced before. I am incredibly proud of GB for exceeding their medal count from the London 2012 Olympics and making Rio 2016 our most successful games since 1908. Go team GB!

COMMENT

A FRESH PERSPECTIVE: THE FRESHERS OF 2016

Anna Savage and some of Queen Mary's new students share their thoughts and feelings on starting university.

ANNA SAVAGE

It's that time of year again. It's time for a new batch of fresh faced youngsters to descend upon East London, unload an inordinate amount of kitchenware and transform into a 'Fresher'.

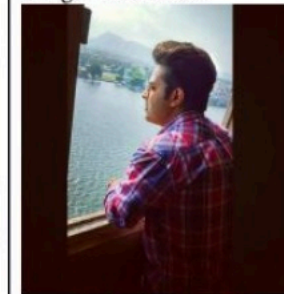
The summer before attending university is quite a unique time. The stress of results day, the anticipation of experiencing university life, the fear of leaving your familiar surroundings, it's a real hodgepodge of emotions.

My pre-freshers summer was mostly filled with panic. I worried about moving to a city, I feared I hadn't chosen the right course and I was utterly petrified at the thought of not having enough tea towels. Perhaps that last one wasn't quite accurate but I'm a third year now so my memory is going.

Despite my questionable recollection skills, that summer will always remain a prominent moment in my life. So how are this year's freshers feeling about coming to Queen Mary?

Some of QM's newest students wanted to share their feelings about coming to university.

Image - Facebook



Adeeb Ansari

“I've heard so many things about London's unexpected weather.”

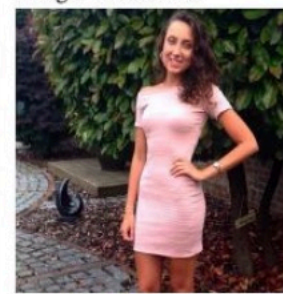
Adeeb just completed his bachelor's degree in Information Technology in his home country of India and is really looking forward to doing his post graduate study at Queen Mary:

“I am excited that I will be joining Queen Mary University of London which is one of the best institutions in [the] UK for research and is also a vibrant cultural university which has students from various [ethnicities] and communities...”

Moving far from home has caused Adeeb to wonder how he will cope on his own:

“As I still have not started the course yet there [are] so many things that I am nervous about like how [will I] do things [on] my own... How will the environment [be], I have heard so many things about London's unexpected [weather].”

Image - Facebook



Nicole Brownfield

“I am also excited about meeting other who share my passion for English and making new friends.”

Nicole is really looking forward to getting stuck into her studies:

“... I am most excited about being able to devote all my time to one subject- English. During A levels, I was aware I could not neglect my other studies. But I am also excited about meeting other people who share my passion for English and making new friends.”

Whilst the prospect of getting to know your fellow freshers can be thrilling, it can also be a little overwhelming:

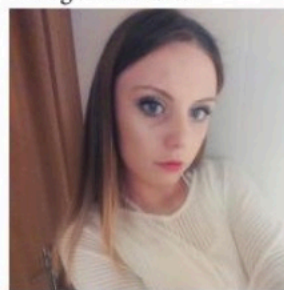
“I am most nervous about connecting with people and missing out on events and freshers as I will be living at home for first year but I hope to flat share in my second.”

Like a lot of students, Nicole just felt like Queen Mary was the university for her:

“I chose QM because, for me, no other uni came close- it was the only campus I could actually see myself at and I just felt so welcomed by everyone.”

It's certainly been an emotional and memorable summer for our new students. Let's hope they go one to make even more memories this Welcome Week.

Image - Facebook



Valentina Chervenkov

“I am prepared for the best three years of my life”

Valentina is very excited to study abroad and the anticipation was certainly building over the summer:

“The enthusiasm that led me to the decision of studying [at] QMUL is now [much] bigger as the Fresher's Week is so soon. I am now packing my luggage and the necessities are: positive energy, a bunch of smiles and last, but not least, determination for success and [a] willingness for adventures with my new friends.”

Despite all the excitement, there are a few things causing her to worry:

“What [is causing] some anxiety and nervousness is maybe being in a completely different atmosphere and environment; stepping out of my comfort zone and living with various people.”

Putting her fears to one side, Valentina is looking forward to her future at QM:

“I am prepared for the best three years [of] my life!”

This year, The Print will be running a column title 'A Fresh Perspective'. Written by freshers, for freshers, we hope to give new students the chance to discuss the issues that are affecting them. If you would be interested in writing for the Print and getting your voice heard, please email either comment@theprintnews.co.uk or editor@theprintnews.co.uk.

SCIENCE AND TECH

THE SCIENCE BEHIND SURVIVING FRESHERS' WEEK

Simon Munro explains how to have a good time at Drapers and avoid the dreaded hangovers

SIMON MUNRO

At thumping head, massive dehydration, nausea and only flashes of what was a great night out! We all know the symptoms of a hangover. Despite this, science has failed to address what a hangover actually is and how to treat it. However, we at The Print have got a few survival tips on how to get through your first week at university.

What causes a hangover?

Alcohol is a diuretic, meaning that it makes you pee more. It does this by blocking the hormone vasopressin, or ADH. This hormone produced in the pituitary gland in the brain would normally act on your kidney, preventing the large water loss associated with a night out. This coupled with sweating means there will be large losses of salts, which also need replacing. Alcohol depletes the liver of our sugar reserves and can cause fatigue due to the brain's inability to produce as much energy. Ethanol irritates the gut lining and causes food to remain in the stomach for longer. This causes increased gastric gas production and increased intestinal and pancreatic secretions. Both of these lead to the feeling of nausea and can cause vomiting. Ethanol itself is a toxin, and to remove it from the body involves converting it to acetaldehyde before it can be removed. Acetaldehyde can cross into the brain lowering the energy

production, making you fatigued. It is 30 times more toxic than ethanol and causes the worsening feeling the next day. The major cause of a hangover is caused by your immune system. Studies have shown an increased level of cytokines (immune hormones), which would normally occur with an infection. This is what causes blood vessels in the head to dilate resulting in a headache, raised temperature and other hangover symptoms. There is some evidence that the large surge in cytokines has an impairing impact on the memory centre in the brain, giving us the amnesic effect.

How to treat it?

Drinking sports drinks is a brilliant way of replacing fluid and electrolytes lost. Although, Coke is a very good option, due to having high levels of sugar to help fight the fatigue, it is unadvisable due to the fizziness not helping with nausea. Have a fry up! Due to the amount of energy lost on a night out, and the loss of salts, it is important to have a high carbohydrate meal to raise the glucose blood levels. Eggs in particular are good as they contain a compound called Taurine. Taurine has the ability to undo mild damage to the liver by preventing fat deposition. Eggs also contain large amounts of Cysteine, which is used to remove acetaldehyde

and convert it into non-toxic useful products. Exercise or Sleep! Exercise causes endorphins to be produced which will have a countering effect of the alcohol on mood and energy levels. Sleep is equally important. You are likely to be tired from staying out the night before and it takes the body time to completely remove alcohol from the body.

How to prevent a hangover!

Line your stomach! Although this may seem like an old wives tale, its reasoning holds true. A fatty and high protein meal prior to a night out has the potential to reduce the risk of a hangover. The protein is digested to useful acids such as Taurine and Cysteine. The fat from the meal acts as a layer over the gut lining, absorbing some of the alcohol and increasing the time it takes to enter the blood. Avoid fizzy drinks and coffee. Fizzy drinks decreases the time it takes for alcohol to enter the bloodstream, whilst coffee is a diuretic like alcohol and will result in greater water, electrolyte and sugar loss. Instead drink plenty of water throughout the night as well as a large glass before you go to sleep. Don't mix your drinks! "Wine before Beer, Queer" is a phrase we've all probably heard, but it holds some truth. Due to having different processes and ingredients,

there are massive differences in after effects of drinking different types of alcohol. Stick to one drink and limit yourself to one side effect. Don't make yourself sick. When drunk it may seem like a sensible idea to make a "tactical chunder" but you are much more likely to get a bombshell of a hangover. Although you may remove some of the booze, you will also lose a lot more water, increasing the dehydration, electrolyte and sugar loss. Moderation. Yes, I know it may seem boring, but

moderation is key in not getting a hangover. The average body can remove 1 unit of alcohol per hour which is equivalent to half a small glass of wine, a shot or half a pint of a weak beer. So be careful, as it is very easy for the units to pile up and try to drink responsibly.

Thinking of writing for Science and Tech? Email scienceandtech@theprintnews.co.uk with your ideas.



Image - Annie Mole/flickr

QUEEN MARY AND THE CLOAK OF INVISIBILITY

ELLIE EVANS

Invisibility cloaks have long been a phenomena relegated to magical tales and science fiction, but a group of researchers within Queen Mary's School of Electronic Engineering and Computer Science are hoping to change that.

For the first time ever, they have enabled an object to disappear in plain sight, using a newly created material which allows manipulation of surface waves.

The material, a nanocomposite consisting of seven distinct layers, was used to coat a curved surface the equivalent size of a tennis ball. Due to the nature of the

layers, which make up what is known as a graded index nanocomposite, where the electric property of each layer varies depending on its position. This results in a cloaking effect where the curve remained hidden even at a variety of frequencies – a point of huge innovation. Professor Yang Hao of Queen Mary's School of Electronic Engineering and Computer Science, a co-author of the paper stated that "Previous research has shown this technique working at one frequency, however we can demonstrate that it works at a greater range of frequencies making it more useful for other engineering

“For the first time ever, they have enabled an object to disappear in plain sight, using a newly created material which allows manipulation of surface waves.”

applications.” The potential applications for this discovery include areas such as the aerospace industry, acoustic research and particularly the field of nano-antennas, as the technology could pave the way for a major change in how antennas are attached to their bases and allow for them to exist in otherwise impossible places in a wide range of materials. This was echoed by the principal author of the research, Dr Luigi La Spada, also from the School of Electronic Engineering and Computer Science, who said that, “The study and manipulation of surface waves is the key to developing

technological and industrial solutions in the design of real life platforms, for different application fields.” The research is part of a collaboration between four universities – Exeter, Oxford, Queen Mary and St Andrews – for a project named the ‘Quest for Ultimate Electromagnetics using Spatial Transformations’ or ‘QUEST’ for short, funded by the Engineering and Physical Sciences Research Council. Each university has its own specialisation, with QMUL focusing on engineering applications of the developing technology, and together they are hoping to make fantasy a reality.

QMUL engineers making magic happen with their huge breakthrough in invisibility research

SCIENCE AND TECH

BRUSHING UP

Louise Riddick explains why it's so important to not skip brushing your teeth after a night out

LOUISE RIDDICK

Oral hygiene can have a serious impact on the rest of your health and it is extremely important to look after your teeth and the surrounding tissues.

Bacteria such as Streptococcus mutans and Lactobacillus are found mainly within the oral cavity. Brushing, flossing and the use of mouthwash can help ensure there is not an accumulation of these bacteria. Studies show different bacterial species are found in certain areas within the mouth. For example, different bacterial species can be found on the gums in comparison to the lining on the inside of the cheek.

What are caries?

Dental caries, more commonly known as tooth decay, impacts approximately 2.43 billion people. It is the degradation of the different layers of the tooth such as enamel, dentin and cementum (the hard tissues of the tooth) due to bacterial activity. Plaque is caused because of the combination of bacteria and saliva within the mouth. Food that is high in sugar and starch is converted into acid by the bacteria, causing tooth

decay and then leading to tooth cavities. Sugar is the 'energy source' for the bacteria.

Periodontal disease

Periodontal disease is the inflammatory process in the tissues which surround the teeth due to an accumulation of bacteria in the mouth. Periodontal disease has different stages, ranging from easily treatable gingivitis to severe periodontitis. Continual bacterial infection can lead to degradation of bone structure and tooth loss. Risk factors that can increase the probability of periodontal disease include smoking, pregnancy and oral contraceptive use. Diseases such as HIV will encourage periodontal disease. Treatment of this disease is through the elimination of microbes and bacteria. If needed, surgical treatment can be used to remove infected tissue to prevent further damage.

Diseases associated with Periodontal Disease Recently a positive correlation has been seen between periodontal disease and several systemic diseases that impact the rest of the body. These include pneumonia and heart disease. This shows that our oral health may be indicative of overall systemic health. Patients with

periodontal disease, due to their compromised immune system, have higher chances of infectious microbes impacting other areas of the body and causing other diseases. Evidence shows that by controlling the bacteria in our mouth, the risk of developing other systemic diseases can be reduced.

Diseases linked to our oral health...

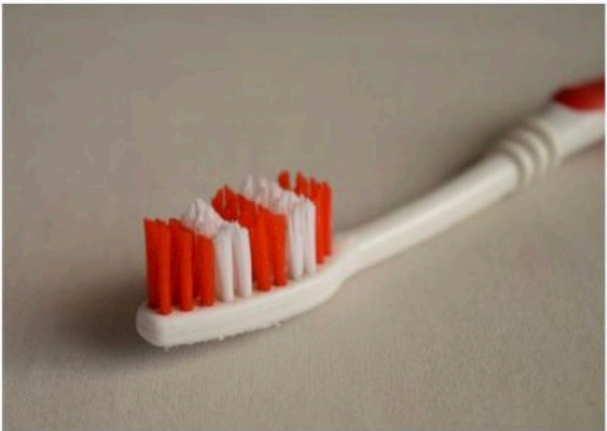
Halitosis (bad breath): food particles left in the mouth accumulate bacteria and emit chemicals such as hydrogen sulphide (the same chemical that gives rotten eggs their odour).

Atherosclerosis: accumulation of disease causing bacteria can clog the carotid artery increasing the risk of a stroke.

Heart disease: periodontal bacteria and plaque enter the bloodstream and impact the heart.

Respiratory problems: periodontal bacteria travel in the bloodstream and aggravate the respiratory system.

Diabetes: 95% of US adults with diabetes have periodontal



disease.

Image - Nishantcm/flickr

Erectile dysfunction: periodontal bacteria can block blood vessels to the genitalia.

Make sure you care about your caries and have the wisdom to look after your teeth or your oral health could end up being the root to other health problems.

So no more skipping out on brushing your teeth when you come back from Drapers!

QMUL RESEARCHERS DELVE INTO THE NETFLIX NEXUS

Netflix and chill just got way more serious

ELMIRA TANATAROVA



Image - Global Panorama/flickr

QMUL has recently hit a Netflix shaped gold-mine, in terms of research.

Steve Uhlig and Timm Böttger, of the School of Electronic Engineering and Computer Science have created a the first map that located 4,669 servers in Netflix's content delivery network, and pin-pointed them into 243 locations internationally. Un-surprisingly, most of the Netflix content "traffic" comes

from the USA followed by Mexico, the UK, Canada and Brazil, with the Western hemisphere dominating most of Netflix's server distribution. Their paper, "Open Connect Everywhere: A Glimpse at the Internet Ecosystem through the Lens of the Netflix CDN", focuses on the difference in reliance on Internet Exchange Points (IXPs) (frameworks through which Internet Service Providers (ISPs) configure "Internet traffic") across varying regions.

Their paper states: "Our analysis of Netflix's server deployment exposes the diversity of the Internet ecosystem world-wide. Our findings also suggest that the specifics of each regional ecosystem, coupled with the demand of each local market, explain the different deployment strategies." QMUL has highlighted the importance of the study internationally: "While in North America, Netflix is present in many locations simultaneously, the deployment situation in Europe is different. For most countries in Europe, Netflix servers are deployed at only a few, probably carefully chosen locations per country." Famed researchers like Peter Pietzuch, a "specialist in large-scale distributed systems at Imperial College London" has commented, calling the QMUL's researchers' map a "very well-executed study." Netflix has become to a common go-to for most of our generation, especially in the past two to three

“Steve Uhlig and Timm Böttger, of the School of Electronic Engineering and Computer Science have created a the first map that located 4,669 servers in Netflix's content delivery network, and pin-pointed them into 243 locations internationally.”

years. Its become a special area of study in both Internet research, business and sociology. To have one of its first success stories be a research team from QMUL is a huge achievement for our university.

Have you got an idea for a science and tech article? Don't forget to join 'The Print Contributors Group (2K16/17)' on Facebook.

SCIENCE AND TECH

LUCY'S CAUSE OF DEATH

Scientists determine likely reason behind the death of the first hominin

ELLIE EVANS

Scientists have recently achieved a significant breakthrough in one of the most baffling mysteries in the history of human evolution.

It has been proposed that Lucy, one of the oldest and most complete hominin (early human) fossils ever found, was likely killed by a fall from a tree. The conclusion comes over 30 years since the discovery of the group of several hundred bone fossils, named after the Beatles song 'Lucy in the Sky with Diamonds' that was played repeatedly the first night of the excavation.

Scientists at the University of Texas compared CT scans of the bone fossils to those found in modern day clinical cases, allowing them to formulate the new hypothesis, examining evidence previously dismissed. They observed similarities between the fractures found in the hominin and those in modern day fall victims. John Kappelman, lead author of the study, said "We weren't there – we didn't see it – but the subset of fractures we've identified are fully consistent with what's reported about fall victims who have come down from a height". Specific injuries such as a crushed shoulder joint, often seen in victims that reach out to break a fall, and 'greenstick' breaks where bones snap just like twigs when they are healthy, indicating the fall occurred while the victim was alive, were identified. The research allowed the team to conclude that an alive Lucy likely fell from a tree and died, given no signs of healing were found in any of the fractures related to the likely fall.

Lucy was an Australopithecus afarensis, an extinct species of

early human that lived between 3.9 and 2.9 million years ago. She was discovered in Ethiopia where she is believed to have lived, her remains dating an estimated 3.2 million years old. Her height is estimated to have been a mere 1.1m, with a slender build and adaptations that appear to facilitate bipedal locomotion within the species. The discovery of these adaptations, such as a valgus (inward facing) knee and high length ratio of the arm to the thigh, support the view of the species being predominantly bipedal, although others suggest a partially arboreal lifestyle due to curvature of the finger and toe bones, seen in modern-day apes to efficiently grasp and climb branches.

Similar discoveries have also given new insights into human evolution and the lifestyles of our ancestors. The Taung child, a fossilised skull discovered in 1924

of what is believed to be a young Australopithecus africanus, is regarded as "the most important anthropological fossil of the twentieth century" by brain evolution specialist Dean Falk. It challenged the current widely held belief that humans originated in either Europe or Asia, being found in Taung in South Africa, something only briefly considered by Darwin himself half a century previously. Like Lucy, the skeleton showed evidence of bipedal walking due to the bottom placement of the spinal cord attachment to the skull, contrasting with the positioning seen in apes that walk on all fours. This provided the 'missing link' so described by Darwin and laid the foundation for modern research into human evolution.

“Lucy was an Australopithecus afarensis, an extinct species of early human that lived between 3.9 and 2.9 million years ago.”

QUEEN MARY REACHES FOR THE STARS

Researchers at QM have gone to infinity and beyond to discover a brand new planet

SIMON MUNRO



Image - European Southern Observatory/flickr

Success is not alien to Queen Mary, but this astronomic discovery eclipses them all. Scientists from QM have discovered a new planet that shows potential to support life!

The super-star discovery co-authored by Dr Guillem Anglada-Escudé found the planet, Proxima-B, orbiting our neighbouring star, Proxima Centauri.

The research group, called the "Pale Red Dot" team were able to detect the planet using extremely precise equipment called

HARPS (High Accuracy Radial velocity Planet Searcher). This attached to a 3.6m telescope in Chile was able to detect evidence of the planet.

How did they find it?

The Doppler Effect is a method used to identify extrasolar planets, ones that don't orbit our sun. This is where an orbiting planet has the ability to cause wobbling of the star. This is true of all planets and stars, however Earth's Doppler Effect is so small it is not measurable, but can

be seen in our solar system with regard to Jupiter, a much larger planet. Despite Proxima-B being of similar size to Earth, the wobbling effect could be measured due to its star Proxima Centauri, being a red dwarf. Red dwarfs are a lot smaller than ours and appears red compared to our yellow sun, due to not burning as strongly. This means Proxima-B's star uses its fuel slowly, allowing it to survive for a longer period of time. This allows the planet to orbit the star at a shorter distance than

Mercury, our solar systems innermost planet, whilst maintaining a surface temperature similar to our own.

How significant is this?

Since 1992, 3501 exoplanets, meaning planets outside our own solar system, have been discovered. However, Proxima-B is the first exoplanet to be discovered on our nearest neighbouring star. What has gained more excitement among scientists and sci-fi enthusiasts is that the planet lies within what is known as the Goldilocks zone.

The zone refers to the state at which water would be in. Too close to the star, water exists as steam, too far, the water exists as ice. In the Goldilocks zone water is a liquid and is "just right". As all life on Earth requires water, we predict a similar requirement in other life forms.

Are there Aliens There?

At this early stage little is known of the planet, which could ultimately render the planet inhabitable. Its star frequently gives off violent solar flares which can cause large surges of X-ray and UV radiation, strong enough to blow away any existing atmosphere. Without an atmosphere

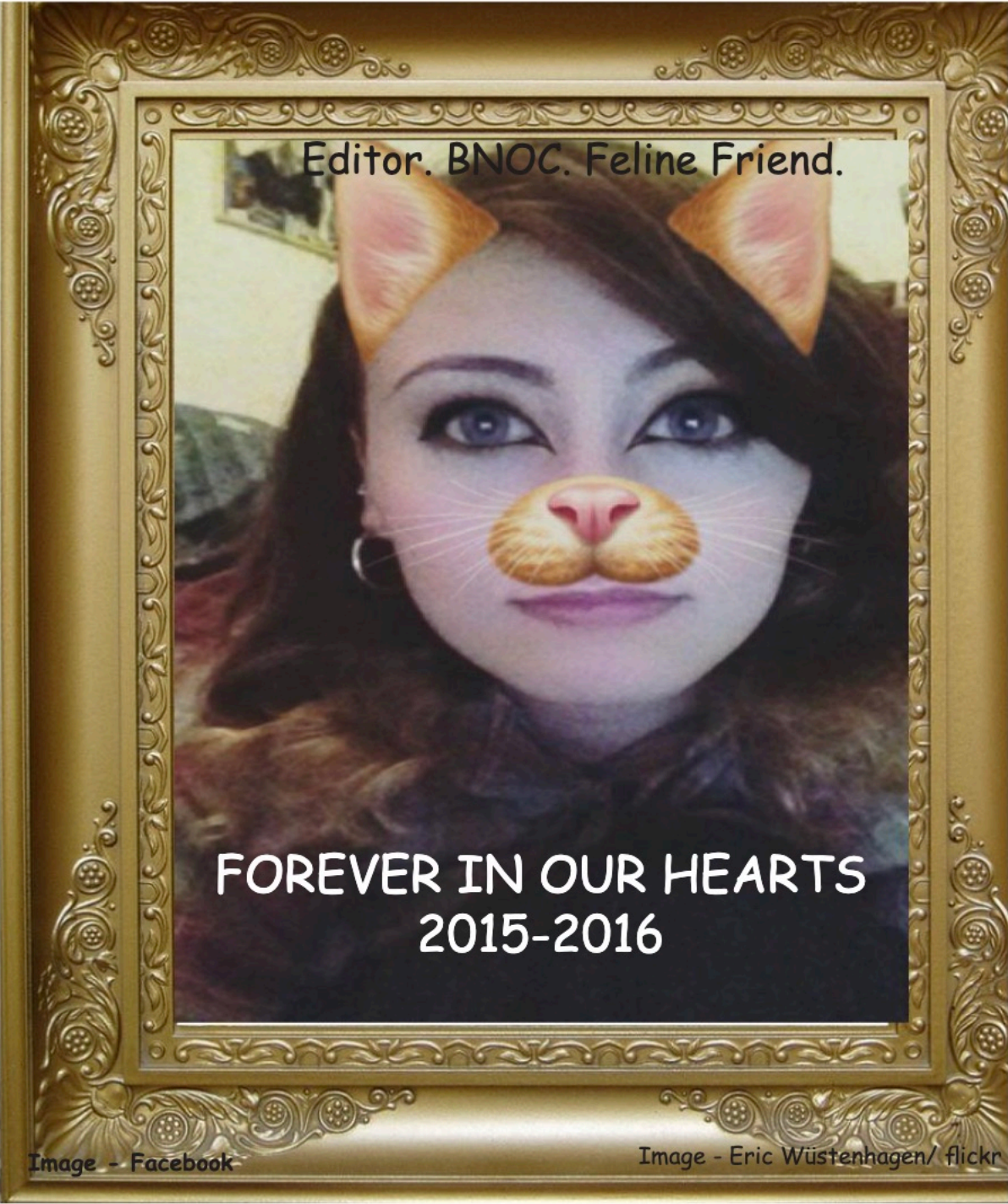
the planet's surface temperature would be a chilly -40°C. However, our own planet would have a temperature of -30°C without our atmosphere, and with Proxima Centauri not being an especially active star, it may mean that a protective atmosphere could exist. This coupled with the potential promise of water could be perfect for life to develop.

Sadly, we won't be visiting any time soon as, despite being our nearest exoplanet, it is 4.2 light years away or rather 40 trillion kilometres! Technology will develop in the future making travel to the Proxima-B a possibility, meaning that an out of this world trip could soon be shooting for the stars!

Don't forget to like us on Facebook and stay up to date with all things Print!

SATIRE

THE GUILLOTINE



I hope she is out there saving the orcas.
- innocent bystander

She doesn't even go here.
- Damien

Who is she?
- anon

SATIRE

BIG HUNT; BIG TROUBLE

Jeremy Hunt and junior doctors lock horns over new contract

BEN SUTHERLAND

The Print has stepped in to investigate the controversial and on-going issue regarding the new contract for junior doctors' and the subsequent strike action this has sparked. Despite 58% of voting British Medical Association (BMA) members opting to reject the proposed new contract back in July as well as the Junior Doctors Committee in August, the Health Secretary – in true Hunt-ish fashion – remains oblivious.

Following the announcement that there is further strike action planned for September, the Health Secretary has rushed to act quickly and stop this new wave of protests in its tracks. He was said to

“when asked what concessions he had made he told s that he had offered the junior doctors an additional “8 pence per day and a bag of Doritos”

be having negotiations with those representing the strikers and their union, but he has evidently been unsuccessful as strikes have intensified further. The Print caught up with

Jeremy Hunt for an impromptu interview while he appeared to be offloading medical supplies to shady looking characters behind the Royal London Hospital.

When asked what concessions he had made he told us that he had offered the junior doctors an additional “8 pence per day, and a bag of Doritos” as further compensation for their new long and unsocial contract hours. He went on to say that the government “simply couldn’t spare anymore” as he almost jumped to conceal a shiny, new Brietling wristwatch.

The five days of strike action are planned for 12-16 September with Hunt branding it “devastating news for patients”. As if finding out Theresa May was set to keep Jeremy Hunt as Health Secretary wasn’t devastating enough...

Sources: <https://fullfact.org/health/junior-doctors-pay-short-introduction-dispute/>

Are you funny? If you want to write for the satire section email satire@theprintnews.co.uk

FRESHERS FLU? NOPE - YOU'RE JUST GAINING SUPER POWERS

It has been discovered that the famed “Freshers Flu”, which plagues first years all across the country, is actually a mass government cover-up

DANIELLA HARRISON

The most written-about topic surrounding the beginning of a new academic year is the so-called ‘Freshers’ Flu’. Hangovers, headaches and hoarse throats are the most common symptoms of this illness, often likened to “a really bad cold”. But The Print can exclusively reveal that the entire thing is completely fake, and was made up to divert teens from realising they are developing super powers of sorts. Let’s rebuke some of these symptoms for what they really are.



Image - Tina Franklin/flickr

Due to the amount of alcohol consumed by Freshers, hangovers and headaches are some of the first signs alerting students that their powers are evolving. But they are not to be feared. The head pounding is merely the brain expanding, ready for the overload of information incoming from lectures. You’ll definitely need that head space for learning such confusing concepts of ‘dog’ and ‘not dog’, as English students very well know.

And hangovers? They’re just psychological. Fake. In fact, mixing spirits with juice is much better for you. The orange

juice cancels any trace of Vodka out, and everyone knows that vitamin C helps to cure the common cold. It’s not only an increased brain size that this ‘flu’ is preparing students for. Students will become nocturnal and never need sleep again. Gone are the days of a blissful eight hours and an alarm clock – why sleep when you have essays, reading, and drinking to do? With this decreased shut-eye comes a decreased diet. Students are rapidly evolving to survive purely on caffeine, cigarettes, and the occasional post-Drapers Dixies. Not only does this new diet have ele-

ments of alliteration in, showing intelligence, but it saves money, too. Students really are developing those key survival skills. Perhaps this is the reason the media and government are covering up the evolution – they are scared students will rise up against them with their new powers learnt exclusively through Freshers. Their cures for this fake flu include “don’t mingle” and “stay in your room”. (Echoes of the Dursleys anyone?) But advice from the SSU (Super Students’ Union) suggests you carry on as normal – drink, dance, hang until your head bursts.

HOROSCOPES

ARIES
This month, you’re not like other girls. Soon you will return to mediocrity.
TAURUS
A figure from your past will soon reappear. That kid who left your school in year 8 is in Drapers!
GEMINI
Gemini, you’ve broken a lot of hearts recently. But don’t worry. This month, we’ve moved on.
CANCER
You’d never heard of Queen Mary before you read it on a list of Russell Group universities, but trusty lists have never failed you before. You’re liking it.
LEO
Something is afloat.
VIRGO
Don’t miss an opportunity! You’re better off without it.
LIBRA
A faint scent of lavender follows you around.
SCORPIO
Steer clear of water at night. You don’t want to know why...
SAGITTARIUS
You lie in bed one night. You can hear distant shrieking. Whether from the drunk or the undead, you do not know. You feel remorse, having been loud and drunk yourself only recently. Your sleep is restless; dreams and reality merge into one.
CAPRICORN
Its autumn, your favourite season. Time to be clad in beanies and plaid, and come out to your family via post.
AQUARIUS
You find the texture of this paper unsettling. You do not want to get ink on your fingers.
PISCES
Nothing happens to you this month.
MEIRIAN DAVIES

SATIRE

FRESHERS' WEEK ADVICE WITH VLADIMIR PUTIN

The Print asks Russia’s President and Renaissance Man (his words, not ours) to share his wisdom (again, not our choice of words) with Queen Mary’s latest batch of freshers.

HARRIET CORKE

Dear Vladimir,
How do I make friends during Welcome Week? Despite being a really fun and interesting person, I’m scared of rejection. I don’t want to become lonely and friendless – even though my huge success will probably compensate for it. Please help!
Josh

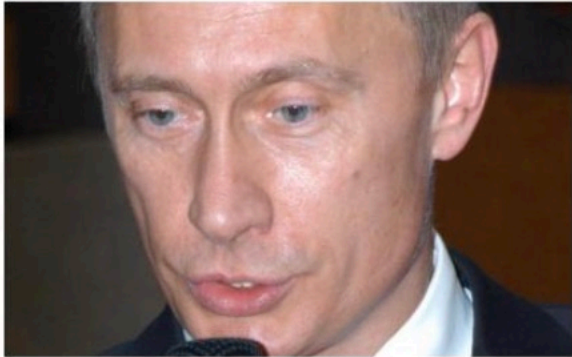
Dear Josh,
What a relatable letter! Whilst I can confirm that success compensates for a lack of a social circle, it is still nice to have friends. Ones with whom you can go hunting, have a few vodkas and slag off the West. Being extremely charismatic and charming, I have had no problems here. But for your benefit, here are four Vladimir Putin Approved™ ways to make friends. Kindness: The simplest and often best idea – just be polite and listen to their problems. Sadly, you will quickly find that we can’t all be Putins: most people are unintelligent and have as much personality

as Angela Merkel. Nice as they are, I find people that aren’t me are pretty dull. Keep some coffee handy, it’ll help you stay awake while they drone on. Intelligence: You must alert your friends to your supreme wisdom, so they know who to come to for advice. In order to become the next Tolstoy/Dostoevsky/Putin, hire an underling to photograph you looking learned. Put the photos on social media; your friends will sleep well knowing you exist. Everyone will admire you and give you an approval rating of 80%, higher than any world leader. Did you notice my cheeky aside? See – it’s

always the right time to share your greatness with others! Laughter: When I’m dead, I will be remembered for innumerable things. My good looks, my political acumen and, most of all, my lit banter. Everyone likes a good laugh, so make sure you always have some acidic one-liners ready to brighten someone’s day. Here’s a sample joke to get you started: ‘Knock knock.’ ‘Who’s there?’ ‘Hillary Clinton.’ ‘Hillary Clinton who?’ ‘Exactly.’ Love: Make sure your friends know you care. If you’re as busy as I am, it’s quite difficult to keep up with the squad. To compensate for this, I like to send my foreign friends little gifts, just so they know I’m

Good luck, Vladimir Putin
4th President of Russia; 1st in everyone’s hearts

Image – Antoniorosset/Wikimedia Commons



STUDENT CREATES BUDGET THEY WILL 'DEFFINITELY STICK TO'

How to save money like a true fresher (hint: don’t)

MADDIE TYLER



Image – Tristan Martin/flickr

After countless visits to Save The Student and an embarrassing number of posts to The Student Room, first year French student Tom Webster believes he has compiled the ‘holy grail’ of student budgets. ‘I’ve tried and tested a few

but I’m a bit strapped now. I’m £1200 into my overdraft and my student loan isn’t coming for another three months.’ We’ve all been there – you’re two weeks into the new term; you’ve got a wardrobe full of new clothes (clothes that

you ‘had to buy’) and a contacts list spilling over with the best friends you met during Welcome Week. It’s your round at Drapers and suddenly...your card is declined. You try again. Crap. The eight jägerbombs you hoped would seal your new friendships are pulled behind the bar and the bartender raises his eyebrows as if you’d just pissed yourself on the spot. Now you’re back in your room watching reruns of The Office U.S. at 4am wondering where it all went wrong. Tom vows that this time is different and that he will ‘definitely stick to it’ so we joined him at Sainsburys Local where we hoped to pick up some money-saving tips from the self-proclaimed ‘Martin Lewis of Mile End’. While we at The Print

“It’s your round at Drapers and suddenly... your card is declined.”

feel the strains of money-troubles as much as the next student, we agree that when in a particularly tight spot, where some things can without a doubt be considered “essentials”, others can take a backseat until the next Student Finance instalment is due. However, twenty cans of Carling, a ping pong ball, and one B.L.T. later, Tom shrugs. ‘It’s Hail Mary tonight – I’ll just pick up where I left off next week.’

Oh hey you! We really must catch up, reach me at satire@theprintnews.co.uk

ADVERT



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SOCIETIES

HARRY POTTER SOCIETY - IT'S SIRIUSLY RIDDIKULUS!

Always felt like a witch or wizard stuck in a muggle world? Here's a chance to unleash the real you

JOHN HOLT AND REBECCA NEUMANN

From a real life 'Triwizard Tournament' to potions class (and by 'potions', we of course mean alcohol), there's never a dull moment with the Harry Potter Society!

Naturally, it all starts with the Sorting Ceremony. The four Hogwarts houses are an important aspect of society life and the ceremony let's you see where your allegiances lie. After you have been sorted, you will be introduced to your Head of House – the committee member responsible for that quarter of the society – and you will also have the opportunity to become a prefect for your house. Prefects, together with the Head of House, are in charge of organising socials within the house. Much like at Hogwarts, we hope your house will help you to build solid friendships at the university (inter-house rivalry is also not discour-

aged). But no matter what house you find yourself in, everyone can find something to enjoy with our wide range of activities and socials. Monthly 'Slug Clubs' are a great opportunity to meet like-minded people and socialise in a casual setting.

For the more athletically-minded, join us for weekly quidditch practice – it's a lot harder than it sounds! Yes, running around Mile End Park with a broom in between your legs may seem a little odd but it's actually a lot of fun and a great way to get active. Or, if you just fancy a bit of a laugh, come and watch one of the committee members being chased around in a golden morphsuit. Either way there is something for everyone at Quidditch!

After three successful years, the society consistently draws in large numbers of people

– hardcore nerds and more casual fans alike. We aim to cater to all levels of interest, so no need to be put off by those of us running around in cloaks.

If not exactly "Pottermad", the Yule Ball (our Christmas party) is a chance to step away from the more Hogwarts-themed events. Open to all, this party is Muggle-friendly and a great chance to let your hair down at the end of the first semester.

If any of this sounds appealing, membership is only £4, so why not jump on the Hogwarts Express this September?

Like our Facebook page www.facebook.com/QMHPS/ or follow us on Twitter @QMHP-Soc. We await your owl!

Image - Harry Potter Appreciation Society/ Facebook



QUEEN MARY LIBERAL DEMOCRATS

President of QM Lib Dems, Guy Russo, on why students need to more engaged with politics

GUY RUSSO

In the Queen Mary Liberal Democrats, we strongly believe that after a turbulent and testing summer of British politics, the voices of progressive, tolerant young people need to be heard more than ever.

This coming year, we will be inviting guest speakers to address students, hosting discussion evenings and even holding open debates, all with one clear aim in mind; to introduce more and more students to the fundamental values that Liberal Democrats hold dear.

In the wake of the referendum in June, it might be understandable for progressive-minded young people to feel overwhelmed and disheartened. Our society believes that it would be dangerous to let that feeling discourage young people from engaging in politics altogether.

As the society's incoming President this year, I want to personally reach out a welcoming hand to any

students who believe that Queen Mary should exist in a Britain which is an open and tolerant country. A country where our economy is fairer and discrimination against anybody based on race, faith, gender identity or sexuality is finally in our past. A country that is proud to be internationalist in nature. If you share those values, I urge you to join our society! To be clear, joining the Liberal Democrat society does not make you a member of the Liberal Democrats, so if you are curious about our party, joining the society is an easy way of finding out more about what Lib Dems want to change and how we go about achieving change.

If you are a fresher and would like to find out more about the society, come down to our stall at the Welcome Fair where myself or other members of our executive committee will be waiting to give you all the information you need. If you have any questions, please do email them to qmlibdems@gmail.com.

In the meantime, I'd like to wish everyone a brilliant Welcome Week and the best of luck for the year ahead.

Image - Liberal Democrat Society/ Facebook



SOCIETIES

REACH NEW HEIGHTS WITH QMRCC

Vice President of Queen Mary's Rock Climbing Club on why you should be clambering to be a part of this group

CALUM DOUGLAS

The sport of climbing has evolved from a culture, rather than evolving into one, and is different from most other sports for a number of reasons. Rock climbing in its purest form was to get from one place to another, and the altitude change in the middle was the challenge. Only recently that challenge has been stepped up a level too: climbers purposefully try to find and create the most difficult and technical way up a cliff which gave way to the sporting aspect. This means that its popularity as a sport has grown immensely.

Rock climbing can have you pushing the boundaries of what is humanly possible. A perfect example is Ashima Shiraishi, the youngest person to climb at a level of V15. Not only was she the first woman to climb at this level, but also the youngest person to do

so. There are sections of rock climbing that women tend to excel faster than men do, especially climbs that require light footwork and flexibility. This means that the sport is open to anyone and here at Queen Mary we welcome everyone too.

Rock climbing is a naturally addictive sport. It dusts off muscle groups that we lost use of 5 to 8 million years ago and tests your body and mind to its limit. The skills needed to rock climb and challenge yourself are not as easy as you may think, which makes it the perfect sport if you want to push yourself and step out of your comfort zone. This sport is all about the details too; something as simple as flipping one hold 90 degrees will require you and your friends to consider a challenge in an entirely different light. It is always interesting to watch

a 6ft3 male and 5ft3 woman climb the same route. Both will have their own way of completing the problem, and both will illustrate climbing's most important trait: celebration of individuality.

At Queen Mary we do a couple of trips a year. We do a trip in England to climb on real rock, which is usually in Sheffield, where the climbing is religious as people devote their lives to completing all of the routes. We also do a summer trip to Fontainebleau, which is one of the most magical and strangest places in the world. It's an immensely large forest shot-gunned with sandstone boulders that are covered in people from all over the world trying to climb them.

Despite what you may think, climbing is a team sport and Queen Mary Climbing Society is all about that! Most of what we do is sitting in a circle com-

paring bunions on our toes – a cruel result of the tight climbing shoes we are required to wear – but don't let that put you off. We're all pretty relaxed, so if you're looking for a challenge but a good time, join QMRCC!

Want to write about your society? Email us at societies@theprintnews.co.uk



Image – QMRCC/Facebook

WHAT IS CHRISTIAN UNION? AND OTHER IMPORTANT QUESTIONS

Events coordinator, Alan Rowe, gives us the low down on what we can expect from QMCU in Freshers Week

ALAN ROWE

What is a Christian Union?

Christian Unions exist to give every student the opportunity to hear and respond to the gospel of Jesus. In normal language that means that we love Jesus and we love people, and that love motivates us to want to introduce our God to our friends, course mates and the rest of campus. We meet every week and put on events throughout the year for people on campus to come to!

What's the best thing about QMCU?

I absolutely love chatting to my mates about Jesus and seeing the transformation that he can make in their lives. Jesus invites us into a relationship with Him and it's awesome helping mates along that journey. My absolute favourite thing is the incredibly strong relationships I've made through the CU. Everyone is so loving and welcoming and are genuinely interested in you as a person. It makes a really great feeling of community.

What events do you have planned for Freshers 2016?

We have got so many exciting things going on during Freshers week. We have events such as a Nando's meal (cheeky), film night, a lunchbar, an evening of worship, our church search and a picnic. Alongside all of that we'll also be out and about on campus giving out flyers, chatting to people, and generally meeting others. We'll also be at the freshers fair (come and find us!!) and will be doing our long lived CU@Drapers, where we're outside the club giving out free tea, coffee, hot chocolate and biscuits for everyone who wants! Visit queenmary-christianunion.com for more info!

Which one event would you tell a Fresher not to miss?

Erm, all of them? That's a seriously hard question because they're all going to be amazing! If I had to make a decision I would either say our Nando's meal or our lunchbar where we'll be answering bug life questions such as 'Why am I here?' and 'What is my purpose?' It'll be a great place to ask your questions, learn more about the Christian faith and, most importantly, eat some

food!

When does QMCU meet throughout the year?

We meet every Thursday at 18.30 in St. Benet's Chapel.

When is your next event after Fresher's week?

Our next event is on the 13th October and is a lunchbar titled "Blind Faith? Why Believe in an Invisible God?". Here, we'll be taking a look at the

proof for the existence of a God. Then, in the evening, we will have our first social at the local laser tag venue in Whitechapel (details to be confirmed).

Our events are open to absolutely anyone, regardless of whether you are a member or not, and we also welcome any faith, religion, sex, gender or political alignments!

Visit www.theprintnews.co.uk/category/societies to read more about what's going on at QM.



Image – QMCU/Facebook

SPORT

SPORT FOR THOUGHT

Rayna Sidhu on why you should be getting active this Freshers' Week

RAYNA SIDHU

Everyone remembers their Fresher's experience: whether you spend it exploring every club in London, becoming a regular at Drapers or getting to know your new home (or all three) it will be the most exciting and daunting period of your university life. From experience, one of the best ways to break away from those inevitable nerves is to sign up for a new sport at the Fresher's Fair. Whether you played for your secondary school team or you've never given it a go, sport is one of the easiest ways to meet new

people at university and to settle in to campus life.

Queen Mary is fortunate enough to have a vast range of sports available, all run by extremely friendly students who would be happy to welcome you to their teams. QM also offers a great scheme whereby you don't need to play competitively if you don't want to: you can just go to training and social events to build a friendship network. As most people will tell you, Hail Mary is the best night at Drapers: a campus-wide celebration of the sports teams held every month – what's not to love? Many sports societies

also have trips too (the Snow Sports holidays are perhaps the most infamous) so there's opportunity to travel with new people. All of them are affordable and a lot of fun!

If you do want to play competitively, Queen Mary has some really successful teams! Games are usually played weekly and the schedules are designed to fit around your degree studies too. Playing for a team will also help you immerse yourself into the history and culture of the university. The Merger Cup is the biggest annual sporting event on campus, where teams from Queen Mary and

Barts battle it out. It's been a tradition since 1995, and has continued success every year. Why not find out exactly what the hype is about for yourself?

Finally (here's the boring part) but playing for a team, or even being part of a sports society at university is widely appreciated by employers. Not only that, but it will really help you settle into a routine and ease those worries of fitting in and making the most of your university experience. In fact, the best part about the sports at Queen Mary is that each year you have the opportunity to sign up for a new one. Don't worry if you

can't fit everything in, or you felt like you missed out in your first year, because every team is always welcoming of new participants, no matter what year you're in.

Step out of your comfort zone or pick up a sport that you already love – this is your time at university, make the most of it!

Want to write for sport? Contact sport@theprintnews.co.uk

SPORT @ QM: TRY SOMETHING NEW

While rugby and rowing may always be staples of the university sport scene, Anna Savage explains why you should try something a little more obscure this Freshers Week

ANNA SAVAGE



Image –Ginga de Quilombo/ Facebook

You've heard it all before, joining a sports team at university is a great way to get active, meet new people and actually get a ticket to Hail Mary. It's clichéd but very true and Queen Mary provides a multitude of different sports

groups for you to join.

There are so many activities on offer that Fresher's Fair can seem a little daunting with all those stalls eagerly handing out leaflets.

And while it's all too tempting to drift toward the old familiar sports, now is the perfect time to try something

a little different.

Here are just a few clubs you might want to give a go...

Ultimate Frisbee

The game is usually played outdoors with two teams of seven players but can be played indoors with teams of 5 players. At each end there is an endzone, like in rugby, and the goal is to pass the Frisbee disk to a teammate standing in the opposing team's endzone.

Club President, Nuri Moseinco, thinks Ultimate Frisbee is the perfect sport for anyone trying to get more active because of its friendly and inclusive atmosphere.

"There are no referees in the sport, and the game relies on its players to make fair calls and through discussion to self-officiate."

"Ultimate is very inclusive because it being mixed gender, which means there is not [a] 'macho' atmosphere."

Barbell Club

This club practices two

disciplines:

Powerlifting and Olympic Weightlifting. Powerlifting is a sport aiming to maximally lift weights on the back squat, bench press and deadlift – common exercises which you may see people doing in the gym. Weightlifting is an Olympic sport involving two more complex barbell movements – the snatch and the clean and jerk.

The sport provides a great way to get away from the pressures of academic life as Club President, John Tjoarkarfa, explained:

"I think freshers might be interested in the club if they enjoy going to the gym or are seeking to keep in good shape and becoming stronger. Most of us also agree that hammering away at weights is a really satisfying way to release built up stress from uni!"

Capoeira

Capoeira is a sort of dance

martial arts hybrid. Its history is extremely interesting. The game was developed by people of west African descent who were brought to Brazil to work as slaves in the plantations. These people were not allowed to train to fight, so they disguised the fight as a dance. Players enter the roda (a circle of people, generally including a number of musicians playing traditional instruments such as the berimbau), and play by "attacking" each other and evading each other's attacks.

Oliver Brookes, President of the Capoeira Club, detailed why he think students should get involved:

"Because the moves are acrobatic and flamboyant, it is an excellent form of exercise."

"Capoeiristas also have a reputation for sociability, and we at QM are no exception to that – we are a close and friendly group who always welcomes new members."

SPORT

IN DEFENCE OF DOPING

Joseph Morel attempts to defend the seemingly indefensible

JOESPH MOREL



Image - Kevin Dooley/flickr

In the comedy of errors that was the run up to Rio 2016, doping got a bad rap. It's criminalized; discussed only in context of cheating that simplifies the transparency of the testing process, inevitably heightening public outcry when exposed. Let's do away with the whole thing. Let's encourage doping. Except without the stigmatisation of being a 'drugs cheat'.

Why? Transparency, for

one. In sport as in life, rules are made to be broken. If you want to win, if a world championship, four-yearly Olympic title or place in the history books beckons, then risking a doping offence is a risk worth taking. When the International Olympic Committee declines a blanket ban on Russian athletes who were part of a state-sponsored doping scheme, the penalties for doping pale in comparison against the potential benefits.

Equally, when ruling bodies start applying penalties to individuals or teams deemed to be acting 'outside the spirit of the rules' then it's clear the rules are unfit for purpose.

Banning something doesn't prevent it – just lowers quality and increases risks. If 'doping' became 'drug development', along with the world-class analysis and research that pharmaceutical projects command, the potential for scientific discovery increases hugely. Finding new drugs and increasingly understanding how the body works will likely increase funding. Additionally, competition and large resources tend to accelerate progress like nothing else.

There is an argument that sport rewards achievement through effort rather than resources. It may have once been true, but not any more. Oxygen tents, altitude training and specialised nutrition directly affect the physiological capability of humans. In sports where other equipment is required such as rowing, cycling or sailing, victory is as much a measure of technical development as of human achievement. Openly enhancing performances using declared methods

doesn't take anything away from competition.

There could be associated benefits for the public too. Healthcare tends to isolate various sectors – preventative medicine, nutrition, etc. Sport does the opposite: a typical day for an athlete will include physiotherapy, strictly planned meals, sports psychology and physical training. Those who provide healthcare to the public could learn from specialist areas working as an integrated unit. Particular combinations of physical, mental and medicinal intervention would be better understood if we treated sports performance enhancement as a dress rehearsal for general medical and scientific practice.

After all, this has been done before. Endurance motorsport was deregulated in 2011 – manufacturers could design prototypes with free rein, only using limited amounts of fuel. The results were staggering – for example, huge leaps in hybrid and battery technology, which made it's way into road cars. Road cars made since owe their improved efficiency to that deregulation. Porsche treat their prototypes like 200mph science experiments

– after 24 hours of running, the new energy recovery systems had harvested enough otherwise 'wasted' energy to drive a hatchback from Queen Mary to Tehran! Imagine what we could do for human endurance and more if we followed suit of such examples and turned doping into performance enhancement.

Enjoy reading about QM's sporty achievements? Visit www.theprintnews.co.uk/category/sport to read more.

RUGBY SOCIETY - MOVING FROM STRENGTH TO STRENGTH

A recap of the rugby team's performance during the 2015/16 season

DAN BARTER AND JACOB WILLIAMS

QMRFC truly had an unbelievable season last year. This was reflected by both the 1st and 2nd XV winning their leagues and being promoted. Both teams also had exciting cup runs, with the 1st XV bowing out at the quarter-finals and the 2nd XV just missing out – going out in the semi-finals. The club expanded to allow for a third team to be created which means that we can now take in more potentially competitive members. The newly formed Barbarians continued to improve – attending various rugby festivals.

This great success on the field was mirrored off the field as well. In October we organised and held a rugby festival for local primary schools after having spent several weeks training the children. The importance of this community scheme was recognised by both Sky Sports and England Rugby as English rugby legend Jason Leonard also attended. Furthermore, during "Movember" the club raised over £1000 for charity by growing some questionable moustaches. We like to maintain the social side of our club as well as the sport side

so that there's something for everyone!

QMSU Club Sport rewarded the quality of the Rugby Club's season as we were awarded Club of the Year, Committee of the Year, Most Improved Club of the Year, Captain of the Year (for 1st XV captain Jon Williams) and Coach of the Year (for head coach Marc Crump). We look forward to welcoming our new members of the club this year and hope to reach the same heights as last season. Make sure to find us at Fresher's Fair if you have any questions and to sign up!



Image - Queen Mary University Rugby Football Club/ Facebook