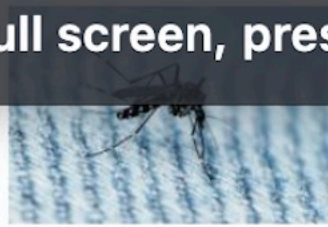


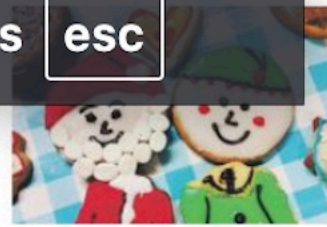
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THE PRINT

THE OFFICIAL NEWSPAPER OF QUEEN MARY STUDENTS' UNION

THEPRINTNEWS.CO.UK

TUESDAY 16TH FEBRUARY 2016 - ISSUE 11 - FREE



QM TO HOLD OPEN DAYS FOR REFUGEES AND ASYLUM SEEKERS



- Volunteers from the Law School to advise and support refugees coming to the UK
- Organisers say they are struggling to promote the event and reach out to those in need

RACHEL MULLER-HEYNDYK

Queen Mary has been praised for their decision to host a number of open days for refugees. From 14th-19th February, volunteers from the law school will offer advice on urgent issues facing asylum seekers and their families, including health, housing, careers, and education.

The sessions have been designed offer information advice on the resources and opportunities available to refugees and asylum seekers, with question and answer sessions with experts in the field.

Head of Law Vasalis Mitsiligas said he is "delighted" to have

been given the go-ahead for the initiative, and recognised the efforts of staff and students in their engagement with combating the crisis.

"Social justice is key to our identity and the law school has been contributing to the life of the local community for a number of years through our students pro-bono work and through the activities of the legal advice centre. The refugee open centre is a first class opportunity to reach out and help communities facing challenges in the UK."

Organisers however, have admitted that there have been problems in raising awareness of the event.

PhD student Niovi Vavoula said "It is difficult to reach out directly to refugees and asylum seekers. We do not know for sure the extent to which our promotion actually reaches our target audience, particularly as we are going through middlemen."

Vavoula explained that many refugees do not have access to the internet, making it difficult to find out about resources available. Finances are also an issue, with many unable to afford transportation to the event. She added that volunteers are attempting to find a way to reimburse refugees for travel but that organising this beforehand

has proved difficult.

At present, approximately twenty-five people have registered their interest in each day. Vavoula said:

"I can only tell you our expectations. If we managed to have 30-50 people I would be happy! Our volunteers will continue going to specific places trying to find employees and refugees to promote the events."

There are an estimated 59.5 million displaced people worldwide, 1 in 4 of whom are from Syria. The UNCHR has described the events as the "biggest tragedy of our century."

Queen Mary is one thirty-

four universities in the UK to be recognised by Student Action for Refugees for offering help to refugees through bursaries and scholarships.

The open days are the latest development in the university's 'Refugees Welcome Here' campaign, which also saw the formation of Convoy to Calais at QM. The group collected and transported supplies to the French "jungle" earlier this year and continue to work for greater rights and acceptance of refugees.

More information is available online at www.qmul.ac.uk/refugees-welcome/ for more information.

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Recycle me with all of the
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PREPARE FOR QM ELECTIONS WITH STUDENT MEDIA

MEGAN GURNEY

Nominations are now open and a new cohort of QM citizens are lining up armed with buzzwords, pledges and Facebook pages, ready to take the journey between Mile End and Whitechapel to answer your questions.

But if you don't feel like interrupting your month long second-term study session you needn't worry. The Print is back to live-blog the Whitechapel and Mile End candidate debates, and will venture over to Drapers for the Results Party on the 10th March. We'll also be providing manifesto analysis, candidate

interviews, and insightful round-up.

Last year Quest Radio broke their listening figures whilst providing post-Drapers reflections, so tune into both them and QMTV (who will truly be embracing 2016 by getting their Periscope on) for more live coverage and candidate interviews.

Whether you think Student Union elections are a jumped up popularity contest, or just a stepping stone for student politicians, in a little under a month you will be able to vote for the people who'll be representing you over the next year. Don't let apathy stop you

from making your vote count, so tune in, turn up and click away to find out all you need to know from your favourite SU media outlets.

All the coverage we provide will be fair, informative, unbiased and written with the interests of all QM students in mind.

If all else fails, you can catch us all on Twitter @ThePrintQM, @Quest_Radio, @QMTVchannel and @CUBmagazine by using the hashtag #QMElections

Also, like us all on Facebook at Facebook.com/theprintnews /questradio /QMTVchannel /cubmagazine

NEWS THROUGH THE VIEWFINDER:
GRANTS NOT DEBTS

AARON PARR

QMUL STRENGTHENS TIES WITH PAKISTAN BY
OFFERING JOINT PHD SCHOLARSHIPS

QM is partnering with HEC Pakistan to offer 36 PhD scholarships

ABIRA YOGARATNAM

After being ranked as one of the world's 'most outward looking institutions' by Times Higher Education, QMUL has sought to cement its title, by partnering with the Higher Education Commission (HEC) of Pakistan.

A five-year agreement was signed by both sides on the 20th January 2016 at Mile End campus, offering 36 scholarships per year to Pakistani students wishing to enrol in PhD research programmes at QMUL.

Scholarships will be offered within the School of Biological and Chemical Sciences, the School of Electronic Engineering and Computer Science, the School of Engineering and Materials Science, the School of Mathematical Sciences, the School of Physics and

Astronomy, the School of Business and Management, the School of Economics and Finance, the School of Geography, the School of Languages, Linguistics and Film and the School of Law.

Under the agreement, QMUL will provide finance the cost of students' tuition fees for a maximum period of 48 months, and the HEC have pledged to provide students a £9000 maintenance grant per annum.

This is not the first time QMUL have extended relations in Pakistan. In 2013 the University and Lahore College for Women University signed an Memorandum of Understanding, promoting women's higher education in Pakistan. Through joint workshops, collaborative teaching, staff and student exchanges,

exchanges and staff visits.

Professor Simon Gaskell, President and Principal of QMUL, said:

"We are delighted to be working in partnership with the HEC in Pakistan. These students will undoubtedly enrich research here at QMUL and we trust that longer-term they will help us build on our many and varied links with the region."

"Thanks to the services and high-level support offered by our Schools, Institutes and the Doctoral College to all of our PhD students, we hope that our new HEC scholars enjoy being part of our lively and innovative inter-disciplinary community of researchers."

The first students are expected to join QMUL in September 2016.

Email us at news@theprintnews.co.uk

NEWS

QM PRINCIPLE
RELEASES
STATEMENT ON
PREVENT STRATEGY

As per new government guidelines, Principle Simon Gaskell has released a statement to all students announcing that QM must engage with the Government's 'Prevent Strategy'

MEGAN GURNEY

The Government's 'Counter-Terrorism and Security Act', passed in 2015, requires universities to have "due regard to the need to prevent individuals from being drawn into terrorism".

'Prevent' is the government's national strategy which aims to "prevent people being drawn into terrorism". It has already been criticised by the National Union of Students for contributing to "alienation and disaffection" of "students who already feel that the only avenue through with the Government will engage them is 'anti-radicalisation' initiatives".

Plans to implement the strategy include "updating QMUL's safeguarding policy and providing supplementary training for staff with responsibility for safeguarding and oversight of events."

"QMUL is required to provide appropriate training and guidance for members of staff whose role involved safeguarding students or organising events with external speakers. This involves being aware of

risks and signs of problems for students and knowing how to address them for the protection and benefit of the student."

"Our approach has been to make measured and reasonable adjustments, where appropriate to meet new duties, while always ensuring that our values and the defining characteristics of a university – and of our university in particular – are carefully maintained and protected."

Queen Mary will post their revised safeguarding policy on its website once it is available.

A "QMUL Channel Panel" has also been established, who's term of reference are: "To identify students who are at risk of being drawn into terrorism, assess the nature and extend of that risk and develop the most appropriate response and support plan for the individuals concerned."

The group, comprised of QMUL and QMSU representatives aims to "work in partnership with members of QMUL and QMSU, the policy, regional Prevent Co-ordinators and representatives of the local

community" and "monitor the implementation of Prevent Duty at QMUL."

At Gaskell's State of Union Address last month, QMSU President Carolina stated that she "took the position to sit in those meetings to make sure that [she] is being the student voice."

"I am there to make sure that the safeguarding of students is actually carried out the way it should be by the university and I'm constantly arguing that case."

Queen Mary have stated that they "don't anticipate any changes to the way we teach, research or provide student services", and that they are "developing a risk assessment and implementation plan to meet out obligations regarding Prevent, and this is the next step in this process."

In an email sent out to all students, Queen Mary Principle Simon Gaskell stated that: "In response to these new obligations, QMUL has been consulting with staff and students and we are reviewing some of our existing policies and procedures."

www.theprintnews.co.uk

QUEEN MARY STUDENT LAUNCHES PETITION
TO MAKE MILE END STATION STEP FREE

Engineering student and wheelchair user, Shoaeb Al-Kashmiri, has launched a petition to make Mile End station more accessible

MEGAN GURNEY

Shoaeb was diagnosed with a spinal cord injury due to a car accident in July of 2013, which left his lower legs paralyzed.

His petition asks Transport for London "to make changes to Mile End station and create step free access", clarifying that "it is an underground station located near a university with thousands of students, but it does not have step free access".

"The closest step free access stations are Stratford

and Canary wharf which are a lengthy and inconvenient bus journey away, especially during rush hour. I am physically very active; I manage to get around places, but there are people in more restricted situations where even using a bus could be complicated, and sometimes is not always possible".

Shoaeb Al-Kashmiri told The Print that "there are many people who suffer due to this issue".

"I can still manage and try to get around to places thanks

to the help of my friends, but there are people by themselves and it is very hard for them. It is a shame the station next to a higher education institute does not have step free access".

"Mile End is a very important station, it is one of the very few stations which connect to many other lines and places in London".

He continued: "I have a gym down in Bow and I've seen people travel an hour just to get there. It is one of the very few gyms that has equipment for proper physiotherapy for

disabled people, the other is located in Stanmore. If Mile End was accessible I'm sure many many people would benefit from it".

One person who signed the position commented that "equal access at a public train station is everyone's right and not a privilege."

Will Dyer, QMSU's Disabled Students' Representative spoke to us about his thoughts on the petition, describing it as "brilliant".

"Myself and the Union have long been arguing for better

transport links for those with disabilities. Especially with the road works being done on the Mile End road. I will personally be bringing this up with members of the London assembly and I have asked the Union to bring it up with Transport for London at the next joint meeting the union has with them".

At the time of writing, the petition has amassed 603 supporters and can be found at www.change.org/p/transport-for-london-step-free-access-in-mile-end-station

FEATURES

FEEL THE FORCE WITH TEDx QMUL



TEDxQMUL is back with a new theme, ready turn campus into a hub of inspired talks and speakers

LAURA POTTER

Many of us will know TEDx for its short, powerful talks. The talks aim to share ideas worth spreading, ideas that ultimately aim to change attitudes, lives, and the world. Usually lasting 18 minutes or less, the audio-visual format of TEDx talks makes them widely accessible online. Unlike TED, TEDx is independently organised. At universities these talks are primarily led by students, showcasing the ideas of young people and their pitches for effective social change.

Many universities, particularly in the US, have their own TEDx group or society. In recent years, British universities, including the University of Edinburgh, Sussex University and Queen Mary have all set up their own TEDx groups on campus.

Last year's event saw students talking about community, a relevant topic for a uni that places itself in an ever interesting and intensely

ethnically diverse area of London. Launching TEDx at Queen Mary for the very first time, TEDxQMUL 2015 hosted a wealth of stimulating discussion during 6 talks focusing around the topic.

External speakers were isolated to just students and staff members at Queen Mary. The six speakers included PhD student and approachable leftie Sofa Gradin, Drama student come Callux YouTube star Aidan Peppin, and our very own student media alumnus Bruno Cooke.

So, what's in store for TEDx 2016?

"This is the second year TEDxQMUL is running. We have grown from around 60 attendees in 2015 to a capacity of 300 delegates. This year's theme is force because now more than ever, the strength of various movements has defined our humanity. Indeed, the success of the human race depends on our sense of humanity as a driving force. 'Force' itself is expansive and cannot be contained

within boundaries. This is what makes it so powerful," said TEDxQMUL coordinator Halima Raji.

According to a recent survey conducted by TEDx QMUL, 38% of students said that 'Star Wars' was the first thing that came to mind when hearing the word 'force'. Regardless of our practically universal adoration for Jedis, TEDxQMUL hope to discuss a range of topics relating to the force of nature, physical force, spiritual force, force of technology, oppression and motivational force.

Being a unique annual conference, it draws the extraordinary wealth of innovation, motivation, creativity and inspiration found here at Queen Mary.

TEDx is the child of the TED brand (Technology, Entertainment, Design), a global non-profit platform for ideas worth spreading. Starting in 1984 as a conference, today TED shares ideas from a broad spectrum — from science to business to global issues.

Writing on the event, the TEDxQMUL team have said: "No, this is not a Star Wars teaser event, we celebrate the movements and diversity of various people and causes both in QM and the world who use their undying belief and courage in progress to serve as forces for change, forces for promotion and forces for progress. The whole-day event will comprise of series of thought-provoking talks from 10 amazing speakers, including refreshments, entertainment, and networking."

"TEDxQMUL will showcase the intellectual capabilities of the QMUL community, facilitate stimulating conversations on issues currently facing our immediate community as well as the world at large and propagate inspiring, informative, and motivational messages," said coordinator Halima.

Whilst we aren't anticipating Jabba The Hut to put on a talk any time soon, there are indeed some exciting speakers lined up for TEDxQMUL. With

a certain air of enthusiasm, Halima added:

"We will be hosting both external and internal speakers. Internal speakers will comprise of students and lecturers. Externally, we have been in contact with professional swimmer and author Sean Conway, Australian stand-up comedian Matt Parker and influential Afghan refugee Gulwali Passarlay."

It's certainly worth noting that many TEDx talks, aside from being incredibly intellectually stimulating, can often be related to current affairs and global news. With this in mind, perhaps it's not all that unlikely that the talk from refugee Gulwali Passarlay, who is a familiar face for refugee discussions at the university in the past, will open up discussion on the recent events in Syria.

All information on tickets can be found at tedx.qmul.com/tickets/, or find out more on Facebook by searching 'TEDxQMUL'.

FEATURES

NIGHT (AND DAY) AT THE MUSEUM

From The Royal Hospital Museum to the Museum of London Docklands, *The Print* takes you on a tour of some of our local must-see museums

SARAH GARNHAM

Even if it's your first year here at Queen Mary, you'll be used to the eclectic historic past of the East End by now. However, what you may not know is that the area is also absolutely teeming with museums, and some on areas of history you won't have even heard of before.

Starting down at Bart's Whitechapel campus, we have The Royal London Hospital Museum. For those who know the campus well, it's in the same building as the library, but for anyone who isn't too familiar, it's signposted once you get near the hospital so it's not too hard to find! This was the smallest of the museums I visited and I couldn't believe I'd never been in before. It's full of numerous medical artefacts and has also got facilities to watch a number of short films. Some of the most interesting sections included a case about Joseph Merrick, otherwise known as the Elephant Man and a section about nursing, focusing on Florence Nightingale. It's really interesting to see how much medicine and dentistry, and the hospital itself, has changed. The museum has free admission and is open from Tuesday to Friday, 10am-4:30pm.

Walking straight up towards Bethnal Green, you'll come across the well-advertised and notably large V&A Museum of Childhood. It's open from 10-5:45 daily, and admission is free. If you have younger brothers or sisters visiting you at uni, or you want to get your parents repeatedly saying "I had one of those", then this is the place for you! They have displays of toys from around the world, and from different time periods. These range from impressive and intricate dolls houses to very modern Barbie dolls. There is also a large number of interactive displays, and the special events are really worth going to. I went to a Jaqueline Wilson one in the past and even saw Nick Sharratt appear, but currently on is an exhibition

about Britain's child migrants, and starting in March is an exhibition about The Clangers, Bagpuss and Co.

Walking along towards Victoria Park is the Viktor Wynd Museum of Curiosities. Words do not even begin to describe this place as it is undoubtedly one of the weirdest collections of object you're ever likely

to see. The museum itself hosts so many different objects, it really has to be seen to be believed. Taxidermy animals, Russel Crow's (sic) piss (allegedly), animal penis bones, Russel Brand's pubes (allegedly), a mermaid skeleton, used condoms (reportedly from the Rolling Stones, among one of Wynd's own), you name

it. Not for the faint hearted but honestly worth a look for anyone wanting to do something a bit different. Also for any fish tank enthusiasts, the one in the café is worth a look and I could have quite easily spent all day in front of it.

Following the canal down, and just opposite the Mile

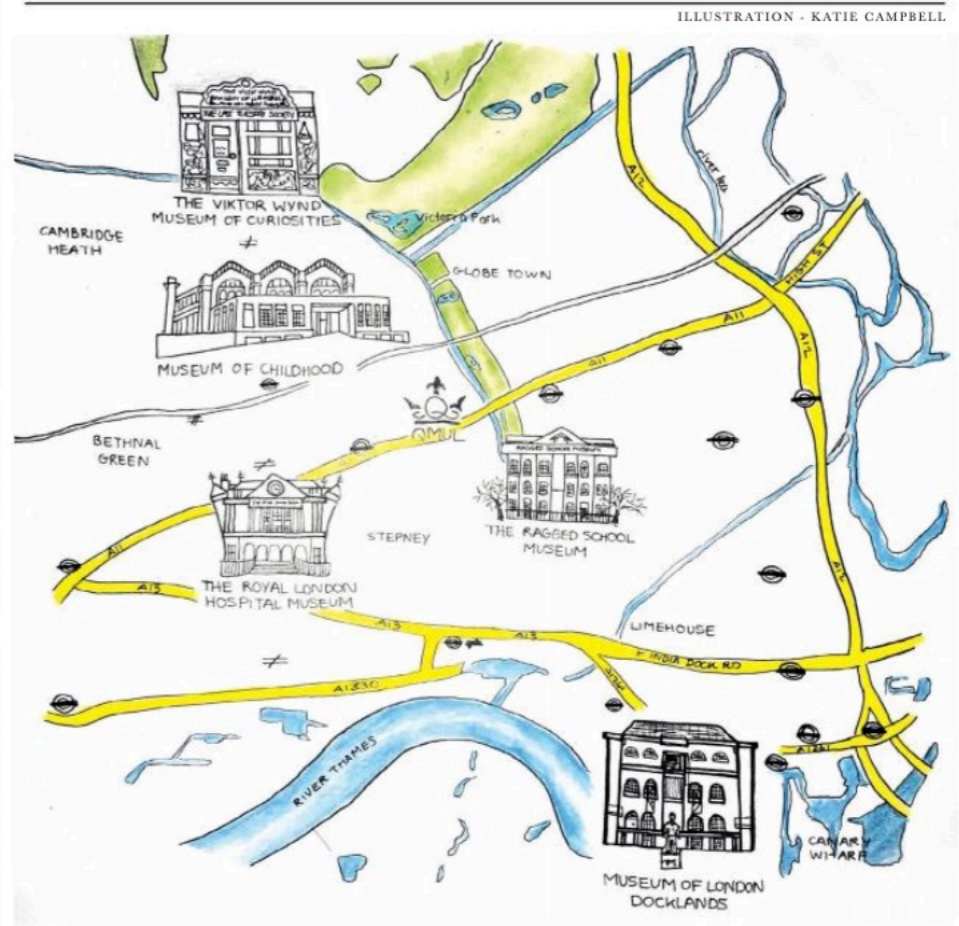
End Leisure Centre is the Ragged School Museum. It's free admission and open on Wednesdays and Thursdays from 10am-5pm, and the first Sunday of every month from 2pm-5pm. Based in three canal-side buildings that used to make up the largest "ragged" school in London, this museum is based on the

currently on loan from Queen Mary, and the people working there are incredibly friendly and knowledgeable. Although it focuses on the school itself, there is a lot about the general history of the local area, including objects and themed information boards, looking at different aspects of East End history.

Further down the canal towards Canary Wharf, and sandwiched between a Cineworld and a number of DLR stations is the Museum of London Docklands. Open 10am-6pm daily with free admission, this is an incredibly hidden, but hugely expansive museum, detailing from when the docks were set up, right up to the present day. The inner galleries are absolutely huge, and range from information plaques to a recreation of a Victorian street, to bomb shelters, to films — they've got something for everyone. Sailortown was a personal highlight — it's a full-size reconstruction of Victorian Wapping with buildings including a shop selling wild animals, a chandlery, an alehouse, and many more. They even have sounds playing throughout the museum, so if, in the Docklands at War section you suddenly hear a group of people whispering "loose lips might sink ships", don't jump out of your skin like I did. This museum is certainly a hidden gem, again, the staff were welcoming and had plenty of information should you have any questions. Of all the museums, this was probably the most expansive, and definitely worth a day visit.

Overall, make the most of your time here! There's so many museums and things to see or do, there's something for everyone. Don't just save it for a special occasion either, if you've got a spare afternoon, or even fancy tackling all of them in one day, there's always something new to do in London.

Got an idea for a feature? Email us at features@theprintnews.co.uk



to see. The museum is open from Tuesday to Sunday from 11am-10pm — this is the only museum on the list that you have to pay entry for, it's £4 each, but included in that is a cup of tea or coffee, and it's definitely worth the money! Plus it's open until late, they often have special events, and they serve cocktails! The

history of Doctor Barnardo, the working class East End, and Barnardo's Children. The museum hosts an authentic Victorian classroom and a Victorian East End kitchen. It's another interesting place to take children, but there is also a wealth of information for anyone interested in the local area. It also has some objects

Further down the canal towards Canary Wharf, and sandwiched between a Cineworld and a number of DLR stations is the Museum of London Docklands. Open 10am-6pm daily with free admission, this is an incredibly hidden, but hugely expansive museum, detailing from when the docks were set up, right up to the present day. The inner galleries are absolutely huge, and range from information plaques to a recreation of a Victorian street, to bomb shelters, to films — they've got something for everyone. Sailortown was a personal highlight — it's a full-size reconstruction of Victorian Wapping with buildings including a shop selling wild animals, a chandlery, an alehouse, and many more. They even have sounds playing throughout the museum, so if, in the Docklands at War section you suddenly hear a group of people whispering "loose lips might sink ships", don't jump out of your skin like I did. This museum is certainly a hidden gem, again, the staff were welcoming and had plenty of information should you have any questions. Of all the museums, this was probably the most expansive, and definitely worth a day visit.

FEATURES

LET THERE BE LIGHT!

Lumiere Lights Up Gloomy London

IVY KUO

London became a dazzling art exhibit as it lit up for UK's largest light festival, Lumiere, which transformed iconic landmarks into captivating installations. On the weekend of January 14th, thirty international artists painted the town in neon hues of spectacular lights in Mayfair, Trafalgar Square, Piccadilly, and King's Cross. The heart of the capital metamorphasized into a riot of imagination and bursting colours, and Londoners of all ages were enthralled by the reimagining of their city.

Artichoke, a creative company specializing in outdoor events, organized Lumiere in the effort to banish post-holiday blues by bringing physical and metaphorical light to the winter gloom. The installations were a delightful reprieve to the suffering of festivity withdrawal, as the enthralling lights were a welcome sight after the removal of glittering Christmas décor.

Lumiere was a success in numbers, luring over a million couples, teenagers, and families out of their cosy homes and warm pubs. For four nights, London's busiest streets were shut down to allow pedestrian access to the exhibits. It was no small feat for the transportation sector to close down roads, buses, and keep the congested tube lines functioning, and despite the meticulous planning preceding this event, they struggled to control the chaos at times. At one point, King's Cross was so over capacitated that it was evacuated, and some installations were switched off on Saturday night due to excessive crowds.

Artichoke was clever enough to arrange the exhibitions far away enough to control foot traffic, but they were within a walkable distance. Thus, Lumiere-goers set out on an exotic scavenger hunt throughout the city-turned-gallery. Despite the obnoxious elbowing and uncomfortable shoulder-touching, there was a unique atmosphere of unity as everyone marched along the same paths, simultaneously stopping to marvel at the artwork.

French group TILT brought the Garden of Light to Leicester Square, where people strolled through an exotic garden of enormous glowing foliage and flowers, reminiscent of a



tropical summer's night. Over at St. James, throngs gazed up at the spectral human forms flying over trees and nonchalantly perched on top of buildings, which were the works of Cédric Le Borgne's Les Voyageurs. Westminster Abbey was given a digital makeover after French artist Patrice Warrener painted it with electric lights in The Light of the Spirit, as its façade glowed with four neon hues.

A few exhibits utilized the light properties of recyclables to create celestial displays. Mick Stephenson's Litre of Light featured water bottles repurposed into light bulbs, which were filled with bleach and colored by local schoolchildren, thus amplifying the light source. This installation portrays the potential alternative technology has to change the lives of thousands, and the masterminds behind the project, MIT's Alfred Moser and his students, have brought this idea to developing communities in desperate need of resources.

Another proponent of the eco-conscious movement was Plastic Islands, which filled the glowing Trafalgar Square fountain with thousands of recycled plastic bottles donated by Londoners, creating an island of garbage in the center of London's historic square. The thought-



FEATURES

provoking piece invites viewers to interpret it both politically and economically.

Certain displays were especially appealing to children, such as Jacques Rival's IFO (Identified Flying Object) right outside King's Cross Station. The now-permanent neon birdcage invited the crowds to play on the swing inside, and a queue of giddy children can be seen at all times of the day. Above Regent Street, a moving elephant trumpeted realistically; and on the other side in Air Street, his bum swung cheekily as he ambled away.

Some installations were more challenging to view than others. Those who were lucky enough to navigate through the throngs could catch a glimpse of Gilbert Scott's defunct telephone kiosk, which was charmingly converted into a glowing aquarium with neon fish, encapsulating viewers with its optical effect. Tae gon Kim's Dresses were created out of fibre-optic LEDs. Though stunning, the small size and tricky placement allowed only fleeting glimpses through the masses.

Binary Waves by Lab[au] proved to be rather underwhelming. Mirrored dramatically by the waters of Regent's Canal, 40 rotating panels glowed with moving red lights in an indecipherable pattern. Onlookers eagerly anticipated a climax, but none came. It is only upon research that one can realize the red lights are actually representative of electromagnetic waves throughout the city, which might have been more interesting if it was clearly conveyed through a written description on site.

The most favourable installations combined light, movement, and sound, such as Porté par le vent's Luminéoles. Floating above Piccadilly were three massive tropical fish lit from within its delicate, papery material. They moved and dance to the ethereally haunting music, and onlookers were transported into "Spirited Away"-esque scenes. It was a definite favourite amongst the crowd, as both adults and children were seen gazing upwards, unmoving and jaws slacked.

Another dramatic installation was Spectra-3 by Field.io, which vaguely resembled a human-to-UFO communication device. The mirrored radar dish swung in 360 degrees, projecting abstract designs that complemented the futuristic sound effects. The eerie display was undoubtedly riveting, but it struggled to compete with background noise and surrounding abstract architecture. Had it been located on an isolated hilltop,

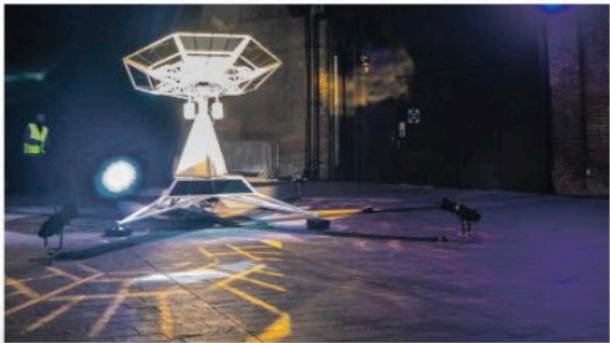


or in complete darkness, it might have better achieved its intended effect.

Due to the eclectic range of artists, the lack of coherent narrative in Lumiere proved problematic for some, as there was nothing to connect the scattered exhibitions. However, this can be appreciated as a novelty, as each exhibition became a separate entity to be interpreted individually,

sharing only the medium of light. Still, there's no doubt that one of the most anticipated events of the month was satisfactory for the majority of its attendees, and the success of Lumiere's first event in London lends us hope for its future events.

IMAGES - IVY KUO



FEATURES

I SPY: K

Knowing 'Knowledge'

EVE BOLT

Knowledge may often seem to be as elusive as the silent K. When former Principal Graham Zellick realised Library Square needed reinvigorating, he commissioned Wendy Taylor CBE, who made the concept tangible. A sixth-generation Eastender, Taylor has been credited with probably having more permanent public sculptures than any contemporary and is a Fellow of Queen Mary. Her work features throughout the UK, part of her mission to 'take art out of the galleries and out onto the streets'. 'Timepiece' on Tower Bridge stands out: elements were transformed in terms of size and character as the chain, once flexible, was stiffened as support.

'Knowledge' started in 1998 and was unveiled by Lord Jenkin of Roding in 2003. There were a couple of hiccups, like the service of drain-pipes underneath the chosen plot. When steel-spinning the sphere, it flared into a flying-saucer shape; excess had to be hand-ground, partly with a stone wheel, to produce the perfect orb. Transporting the sculpture also proved challenging: a loooooong lorry conveyed it to the Lock Keeper's Cottage, significant for Taylor prior to 'Knowledge'. In an interview, she imagined how amused her grandfather- former lock-keeper of the very same house- could have been, watching the tremendous artwork pass by. Thanks to patronage from the Westfield Trust; the Linbury Trust; Trusthouse Charitable Foundation; Ernst & Young LLP; Laing O'Rourke PLC; Lord Jenkin of Roding and Queen Mary and Taylor's talented team, it was installed.

Unsurprisingly, 'Knowledge' was born of labour, spirit, patience and support.

Many may wonder, like English student, Abbie Jukes, 'what it is or why it's there in the first place'. Its central globe defies its static state, reflecting the students who motivate the motion of learning. It has been lovingly referred to as The Golden Snitch, fitting for 'we seekers'- ahem- 'of knowledge' (Friedrich Nietzsche, Genealogy of Morals). According to Taylor, the stainless steel arms stretch towards campus' geographical heart, the Octagon. Potentially, it symbolises the art of balance, which once achieved can animate one's potential. Situated outside the library, 'Knowledge' hints we will find balance and be empowered via this fort of fact and fiction. Rather than orbiting knowledge- tempting with the sculpture- we must pursue and peruse.

English student, Lorenzo Sallows, believes it is 'indicative of the relentless quest for knowing', 'charged' by the reflections of 'thousands of studious faces'. Tom Spencer, English and Drama student, remarked: 'I like anything that shows me my own face. No, but seriously, I quite like it.' These varied critical approaches illuminate the importance of gaining worldly- and self-knowledge.

But do we really need to be reminded of the importance of Giants of Existence like Time and Knowledge? Rather than submissively enshrining them, Taylor seems to rebel, using art to assert Humanity as an equal qualified to handle these forces. 'Knowledge' is proof, a literal tour de force humaine.

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IMAGE - KEVIN CHOI



COMMENT

MY VOTE DOES NOT COUNT

JOSEPHINE WHITEHOUSE

REWRITING HISTORY

How alternative histories can tell us so much about the past

ANNA SAVAGE

The Man from High Castle, Blackadder, Inglorious Bastards, Dominion, Back in the USSA, Voyage. This is just a small list of the many films, books and television shows that have taken an alternative look at history. The creative minds that questioned the past and asked 'what if'.

As a history student, you may think such works would offend me. After all, my degree is based upon extensive research of the past to establish the truest depiction possible. Killing Hitler in a massive and spectacular theatre explosion rather undermines my essay on his last days in a dingy bunker.

However, I not only love the genre of alternative history, I see it as highly useful as it emphasises just how important it is to study the minutia of the past in order to understand the present.

World War Two is perhaps the most popular era for such alternative writers. Most focus on one pivotal alternative: what if the Nazis had won? The fictitious victory of the Nazis is so compelling because the idea is so terrifying. Many writers and film makers have been drawn to the idea because the loss of democracy is extremely sinister and provides ample material for dramatic creations.

This disturbing alternate

I don't know who to vote for. The system is utterly broken. Politicians are all crooks. It won't make a difference... Sounds familiar, doesn't it?

We've probably all had these thoughts at some point - or, if not, then heard them said round the table at family get-togethers where politics inevitably becomes the number one 'topic of discussion', or cause of arguments.

The thing is, your vote does matter. Every vote matters. A democratic state cannot claim any legitimacy if its electorate don't vote for the thins on which the state founds its mandate.

We need to vote, all of us who are able. In the 2015 general election, only 66.1% of those eligible to vote did so. The Tory government won with just 36.1% of that vote. This government was voted in by significantly less than half of the people who voted, and those people represented (slightly over) just half of the UK electorate. I don't see the democracy in that.

This week, Queen Mary Young Greens hosted a film screening in conjunction with the Pan-African Society. The film was Why Don't Black People Vote, made independently by Rashid Nix. Nix stood as the Green candidate for local elections in his ward, Coldharbour in South London. But he doesn't act like a politician.

In a room of students, the majority of those being people of colour, the

engagement was palpable. When Nix spoke, we listened. We listened because he spoke a language we understood, he spoke to us with words we use, as an equal. None of that political talk and pretentious bullshit- and it was just what

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we needed to hear.

As Nix so rightly suggested, we don't vote because there's no one who represents us, there's no one to vote for in a system which isn't serving our interests. Middle-aged Eton-educated white man after middle-aged Eton-educated white man has no bloody clue about what we want or what we need. So we need someone else to vote for, someone to engage us and someone to inspire us. If you can't see a person like

that, be a person like that. Be the voice you want to hear.

Unbiased, well-informed education and debate in schools is definitely needed. For me, discussion of politics at home was never a regular occurrence and I don't ever remember receiving a lesson explaining the voting system, or who's-who in politics, or what the different parties are. I taught myself all of it when I decided I needed to be politically aware; but we shouldn't be leaving it to our young people to have to do this.

If I don't feel able to access something, I tend to close my eyes and ears, and speed walk away from it- perhaps that's what's happened to the huge number of people who don't vote. People don't vote not because they won't but maybe because they don't know why they should, or how they should, or don't see the absolute and unquestionable value of their vote.

In order to have fair system built on the voices of the people, democracy is clearly key, but democracy doesn't work if we don't vote (a less broken voting system would also help, but I guess we'll save that for another time).

With London mayoral election on the horizon it's time to get election-savvy (no one wants another Boris), so head to www.gov.uk/register-to-vote and find out more about the London Mayoral elections at www.londonelects.org.uk.

centres on the idea that it was actually Richard III that won the War of the Roses and the victory of Henry Tudor is complete make believe. While Richard didn't win the battle, his legacy as a tyrannical monster of a king was wholly shaped by the Tudor propaganda machine. An image which has dominated writings on Richard till recent excavation of his body spurred further examination of the king.

The truth is it is impossible to achieve a true depiction of the past. Even works that are presenting an "accurate" portrayal of the past can be littered with errors. For example, D Day wasn't a

completely American venture as depicted in Saving Private Ryan and there is no evidence that Prima Noctis was used in the time of William Wallace despite what Braveheart would have you believe.

As a historian, the world of alternative history has only solidified my belief in the importance of studying the past. This genre stresses how each moment of a historical event is significant. Such works of fiction truly show how different the world could have been and help us to understand the present in which we live.

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COMMENT

ISLAMOPHOBIA UP CLOSE

QM student Nadia Hafedh tells us her experience of Islamophobia in society

NADIA HAFEDH

I'm tired; I'm tired of feeling the need to explain myself, I'm tired of the seemingly constant stream of negative stories on Muslims in the media, and I'm tired of seeing ignorant posts on Facebook perpetuated by stupid comments made by even more ignorant people in the public eye (yes, David Cameron, I'm talking about you). It feels as though my voice doesn't matter anymore; people seem far more interested in listening to ignorant people with snappy false sound bites condemning Islam than to people like me. I know that it's not all negative out there, but it's difficult to see the support offered to Muslims when

the hate is so much more volatile and dangerous. You might tell me you don't believe I'm a terrorist, but that doesn't stop me from being scared walking home in the dark knowing a severe Islamaphobic attack occurred just two streets away from where I live. When I first decided to write this article, it was meant to look positively at how supported I've felt by my community in the face of these Islamaphobic attacks, but I cannot ignore the negative experiences myself and those close to me have endured. I'm actually consider myself as one of the lucky ones; I get comments every now and

again but have had relatively few face-to-face interactions with Islamophobia. As a person of colour that is something I have just become accustomed to, however wrong they may be. When the Paris attacks happened, my Facebook feed was full of people condemning the attacker sand refusing to associate Muslims with the events of that awful night. Although I received no comments or funny looks when I did, I was scared to go outside because of the rhetoric in the media (thanks Donald Trump), which can stir up so much hatred and fear-mongering. Yet, there are other stories out there, like the 10-year-old

boy was questioned because he misspelled 'terraced'. I know of a 9-year-old boy who was questioned by his teachers when he joked with his friends about using guns and bombs to get chocolate. One of his classmates told the teaching assistant that he had said he was going to bomb them in the name of Islam, an association that his classmate had made all by himself. Rather than use common sense, fear prevailed and these two little kids were exposed to the prejudices they will face well before their innocent minds could comprehend it. I can't sit idly by and dismiss it when people make hateful comments; words are not just

words, they can be dangerous and everyone should be urged to stand up and reject them. Don't let fear and ignorance dictate your actions. Whilst it is easy to get downhearted I am not going to play into the hands of those who want to see my downfall. Islamophobic people actually have a lot in common with religious extremists, both are hateful groups who want Muslims to feel marginalised because it plays into their agenda. I'm going to carry on my fight against the ignorant and the evil of this world because they don't get to win.

IS MAKING A MURDERER A MISTAKE?

Does Netflix's hit documentary series 'Making a Murderer' provide a loyal defense of Steven Avery at the expense of unbiased investigative journalism?

CHARLIE STERNDALÉ-BENNETT

If you ask pretty much anyone at the moment about what they think of Netflix's latest hit 'Making a Murderer', chances are you will get hit by a whirlwind of passionate fury as to why Steven Avery is innocent. It seems as if everyone and their dog are now a budding lawyer, hot on the defence of Steven Avery against the Manitowoc County Police. The show succeeds in its personal mission of giving Avery a greater chance of mounting any future defence but fails in offering any level of sincere investigative journalism. Following the trend of recent hits like HBO's 'The Jinx' and the podcast 'Serial', filmmakers Laura Ricciardi and Moira Demos's 'Making a Murderer' examines the case of Steven Avery over the course of ten episodes. Avery was first convicted in 1985 for the rape and attempted murder of Penny Beernsteen, for which he was falsely imprisoned for 18-years. The real culprit, Gregory Allen, was a known suspect to the police and later found guilty after DNA evidence proved Avery's innocence. After his release, just two

years later he was arrested alongside his nephew, Brendan Dassey, for the murder of Teresa Halbach, a photographer whose car had been found on Avery's salvage yard. The show sets out with a clear agenda - to defend and ideally to exonerate Steven Avery - and rigorously sticks

to this through its duration. Beernsteen declined to speak with the filmmakers largely because she believed they were too close with the Avery family and his attorneys. In an

interview with the Marshall Project, she said 'They were very convinced that he was innocent. I was not convinced'. Ken Kratz, the special

prosecutor responsible for Avery's imprisonment, criticized the series for omitting key pieces of evidence against Avery. According to Kratz, there was more DNA



stated that he answered the door 'just wearing a towel' and that she 'was creeped out' by him. Avery had also used a fake name when arranging to meet with Halbach, and even used a fake number to contact her. The prosecution had also sent evidence to the court suggesting that Avery had designed a torture chamber while serving his initial 18-year sentence. He had allegedly spoken to his prison-mates of his desire to rape and torture young women. The problem with 'Making a Murderer' is that it sets out with a clear agenda and cannot escape its own bias. Avery certainly may be innocent after all, but that is not for the filmmakers to tell us. A true-crime documentary should not tell its viewers how to think, and what conclusion to reach. Instead, it is the duty of the filmmakers to offer an unbiased investigation that equally brings evidence to light from both sides of the case; it is then our job to determine what we believe.

COMMENT

THE VENEER OF PERFECTION

Columnist Maansi is back for her penultimate weigh-in on the shame surrounding mental illness, and how stigma has impacted her own experiences

MAANSI KALYAN

It usually only takes one small thing. A spoon will fall on the floor or someone won't answer my phone call or I'll fail to make sense of one single sentence in an essay I've got to read before tomorrow's seminar, and it'll suddenly happen. Everything will be completely fine one second. The next, it's all thrown into both a hurricane of disorder and a deep black hole at the same time, so that I comprehend everything and nothing at once. I'm aware that I've got lots to do but I'm unable to think about it in a rational manner no matter how hard I try, essentially panicking about everything there is to panic about (and then some); I'm more aware of my breathing than I've ever been and it becomes almost a chore to inhale and exhale; I've calculated the exact amount of time that I have left before I have to go out to dinner but I can't bring myself to put that pen to paper, convinced that whatever I produce will definitely fall shy of the ridiculously high standards I have created for myself. I've always been famously meticulous and a bit of a

self-confessed control freak (nothing gives me more joy than a well-executed house party), so I didn't exactly bat an eyelid when I was finally told I had Perfectionism last year. It explained a lot: why I got stupidly irritated if the writing I took notes with wasn't consistent; why I wouldn't - no matter how stressed I got, be it in pointless rounders games or with the more current society roles - let anyone else take the job out of my hands (I was a godsend during group projects at school, I seemed to force the 'I' into 'team'); why I had to without fail clear away all of my makeup palettes before I felt ready to leave the house, knowing that I'd feel debilitatingly anxious about the 'tip' my room was in if I didn't. It's an avalanche. You'll be in Sainsbury's without a care in the world and you'll remember that you've got to ring a pub for a social event, and then you'll remember that you've got eight days left until your assignment is due in and then you'll think about all the reading you still have to do and the MA application you've not yet started and your non-existent

dissertation and the coffee you've said yes to and the 4pm meeting and everything will come down on you like a ruthless tonne of bricks. Every task was already there for you to do and you were okay with it, but it's that one second of anxiety, that one moment of loss of control, that seems to release it all from the organised state in your mind to overpower you, so that even a scenario that is usually manageable - a little bickering with your sister, or being charged an extra fiver for a train ticket - seems to be the adding to your personal apocalypse. Of course, it's fair for people to question how I can have perfectionism if I'm out clubbing rather than finishing an assignment or if my seminar attendance is significantly less than 100% - the thing is, perfectionism isn't what you do, but also what you don't do. Some days you're too afraid to approach an essay because you're worried about the disappointment that'll consume you if you don't get a first, or you can't wash a saucepan because you feel like you can't do anything well, resorting to giving up

for a few hours at a time because you feel any effort will be futile. I'm generally thought of as carefree and happy by all who know me, so I'm sure people are taken-aback at my words. No one expects it from me, just as no one expects it from anyone; and I think that that's the whole point of bringing such issues out into the open. It was Time to Talk Day earlier this month, and while there were thousands of conversations about mental health generated over those 24 hours, why should something so very important be limited to a timeframe so short? The general impression associated with a mental illness of any sort or strength is that it is translated into the external world - that surely if someone were distressed on the inside, that it'd be perfectly easy to see on the outside - and some fail to question this belief and realise just how illogical it is. It was very difficult to write this column piece, to say the least. I didn't at all intend it to be read as a sob story (believe me, every alternate minute writing this was spent checking every last word

that had been added, a little anxious that I'd be thought of as attention-seeking for choosing to speak about a matter as personal and delicate as this), nor do I want to be seen in a different light (I will cringe if anyone so much as gives me a sympathetic smile every time they see me in Ground or repetitively asks me if I'm okay), but as an example of how important it is to reveal, to 'normalise' these issues and normalise their discourse. An estimated one in four people in England will experience mental health problems in any given year - that's four people in your seminar group, at the very least - and it's in treating them as we would sprains and fevers rather than hushing them away that we are driving away the ridiculous association of shame. An illness is what you have, not what you are. It's about possession, not identity, and it's in talking about such things are we reducing the stigma that surrounds them.

REKINDLE YOUR READING AND SET FIRE TO YOUR KINDLE FIRE

How technology could be harming your education and when battery life is killing more than just your tablet

LUCY SOFRONIOU

If you're reading this you're probably a university student, and to have gotten here you've probably had to do your fair share of reading at some point in your educational career. And with 86.3% of the world being literate, we can assume that everyone who is reading is not making too much of a bad job of it. Yet while more awareness is gathered about comprehension, various learning styles and more resources are introduced, there is something that still takes away from students being able to read 'effectively'. The elephant in the room that is technology. In modern-day life, where would we be without a reminder to remind us to check our to-do-list? Or a Facebook update to let you know that it's Janet from primary school's birthday and that you should send her your wishes to 'let her know you're thinking of her'? I could just summarise this article and give you a clean-

cut answer on whether you should be reading from a book or on a tablet. However, you're not on Sparknotes now, my friend. The School Library Journal stated that two thirds of schools in America use e-readers, but what does this mean for education? Well, the pull towards paperbacks could be down to more than nostalgia and a yearning for a pre-technological time. The forms in which you read a given book have a profound impact; a 2013 Norwegian study found that students who read text on-screen 'had a lower comprehension rate than students reading the same text samples in print.' So while our communication levels may be increasing, our intellectuality levels and ability to be confident in our own opinions are arguably decreasing. With Facebook asking you 'What's on your mind?' and Twitter suggesting you should follow that person who all your friends know, maybe

paperbacks just provide an escape in a digital world. Maybe it's down to preference and you just cannot live without your e-reader. Whatever your preference, maybe it would be an idea to experiment and turn over a new leaf. However, maybe, just maybe you could turn off your tablet and leave yourself to your own (non-technological) devices.

Want to write for Comment? Contact us at comment@theprintnews.co.uk

ZIKA:

A GLOBAL HEALTH EMERGENCY



Rapid evolution and climate change behind the sudden spread

ROISIN CONNEELY

The Zika virus, named after the forest where it was first isolated in Uganda, has been known about since the 1940s. So, why is it suddenly big news? The virus has been controlled for decades, but in 2007 concerns were raised after an outbreak in Micronesia. This was the first major human Zika epidemic, prompting research into the evolution of the virus.

Scientists at the Institut Pasteur de Dakar in Senegal discovered 13 separate DNA recombination events in the main Zika lineages, allowing the virus to alter its DNA in numerous ways. Given that the virus is relatively new, this is a huge level of genetic change, which could have enabled the virus to enhance its evasion of human immune systems, accounting for its sudden spread.

The virus spreads through mosquito bites and produces some rather nasty symptoms, such as joint pain, headaches and nausea, but there are few cases which actually result in death. There has been a sharp increase in patients suffering from Guillain-Barré Syndrome, an autoimmune disorder in which the immune system attacks nerve cells, and it has been suggested that this is linked to the rise of the Zika infection. In French Polynesia alone, up to 8,200 Zika cases have been reported, along with a twentyfold increase in Guillain-Barré cases.

Additionally, the virus has been linked to a rise in microcephalic babies being

“ Global warming, coupled with fast, viral evolution means it is only a matter of time before the virus and others like it travel across the world ”

born. Microcephaly is a birth defect where the new-born’s head is smaller than usual, which is indicative of an underdeveloped brain. This can cause developmental problems, leading to a life of learning difficulties and issues with vision and balance; in some cases it can even be fatal.

A sexually-transmitted case of the Zika virus was reported in Texas (US) recently. The only other sexually transmitted case was recorded in 2008.

Another reason behind its increasing momentum is an issue you might imagine being completely unrelated: climate change. Tropical diseases are so called because they thrive in hot, humid environments, as their vectors – often insects – cannot regulate their own body temperatures and need to stay in warm conditions. These diseases do not usually survive in temperate climates, because lower temperatures limit the growth of viral vectors. As global temperatures rise, more habitats are provided for the vectors, allowing them to infect people in numerous countries. Global warming, coupled with fast, viral evolution means it is only a matter of time before the virus and others like it travel across the world.

The World Health Organisation is holding emergency meetings on the matter and there have been reports of the disease in well-developed countries, such as the USA and parts of Europe. It is clear that Zika is more than just another virus; it serves as a reminder that we humans are caught in the mix of an ecosystem more complex than we can imagine. Dystopian sci-fi? Maybe. But we could actually be facing a future of uncontrollable pandemics unless we tackle global warming and its related complications quickly. The reality is that our actions are changing the planet and the effects are coming back to bite us.

CAN WE STOP

THE CHARGE OF THE RHINOVIRUS?

What is the common cold and how can it be treated?

SIMON MUNRO

A family of viruses, called rhinoviruses, are associated with half of all cold-like infections. They are so called due to being found in the nose and throat (‘rhino’ being the Greek word for ‘nose’). The main mode of infection is inhaling the virus (from droplets in the air).

The rhinovirus is extremely small but it’s extremely efficient at causing a cold. Studies showed that, when exposed to a new strain of rhinovirus, 95% of people became infected and 3 out of 4 became ill. Within ten minutes of infection in the nose, the virus would have spread to the throat.

The body fights back within the first three days of infection, with inflammation of the cells near the site of infection (giving a sore throat) and increased secretions of mucous in the lungs (cough and runny/blocked nose), leading to an increase in body temperature.

The virus replicates and spreads, causing a heightened immune response which leads to worsening symptoms.

HISTORICAL TREATMENTS FOR COLDS COMMON

Colds have been present since the Ancient Egyptian times but modern science has not been able to produce a cure. This is due to the virus mutating rapidly, allowing it to become resistant to our drugs. The Egyptians offered remedies of chicken soup, thought to have originated from the Ancient Greeks. Did the Egyptians and Greeks have it right? It has been found that chicken soup actually inhibits the movement of immune cells to the infection site. The immune cells release chemicals that kill infected cells and virus particles. So

the chicken soup temporarily reduces symptoms, however it does not aid the fight against infection, as the Ancient Egyptians might have thought. Colonial Americans drank tea and mixtures of herbs but neither of these have proved to be effective.

Oranges and Vitamin C in particular have often been thought to boost resilience to infection and studies have shown a slight reduction in duration and severity of symptoms, but this reduction was not very significant.

CURRENT RESEARCH

Zinc lozenges are a potential treatment that work by preventing the virus from binding to our cells. Although this does not prevent symptoms, it will reduce the spread of the virus and the length of time for which a person is unwell. It is important not to take too many, in order to avoid zinc poisoning. Hence, it is very important to read the packaging of whichever brand you buy.

Pleconaril is a drug that is currently in development for fighting rhinovirus infections. It works by attacking the surface of the virus. Studies showed that Pleconaril lowered mucus secretions and significantly reduced symptoms for the patient, but the drug was taken off the market after clinical trial results showed adverse side effects such as nausea and diarrhoea.

So, there’s not much you can do when you get the flu, other than to try and rest and wash down some throat lozenges with orange juice and chicken soup! If the infection lasts more than a few weeks, be sure to seek further medical care.

THE EMERGENCE OF SYNTHETIC BIOLOGY

An introduction to the broad field of synthetic biology and its applications

MOHAMMAD ISMAIL

Engineering of biology, or synthetic biology, is a newly emerging field combining the principles of engineering and the complexity of biological systems. The aim of a biological engineer is to create or add a novel biological function to a biological system, leading to the design of biological systems in a systematic way.

The definition above is just one of many definitions attributed to the field. This is mainly due to its interdisciplinary property which brings together biologists, physicists, chemists and mathematicians who work alongside each other to produce a viable biological system. Another reason for the abundance of definitions is the thousands of successful applications it has in different areas of science.

Synthetic biology revolves around the central dogma of biology: the process by which DNA becomes protein. In this case, the DNA is thought of as a coding puzzle where

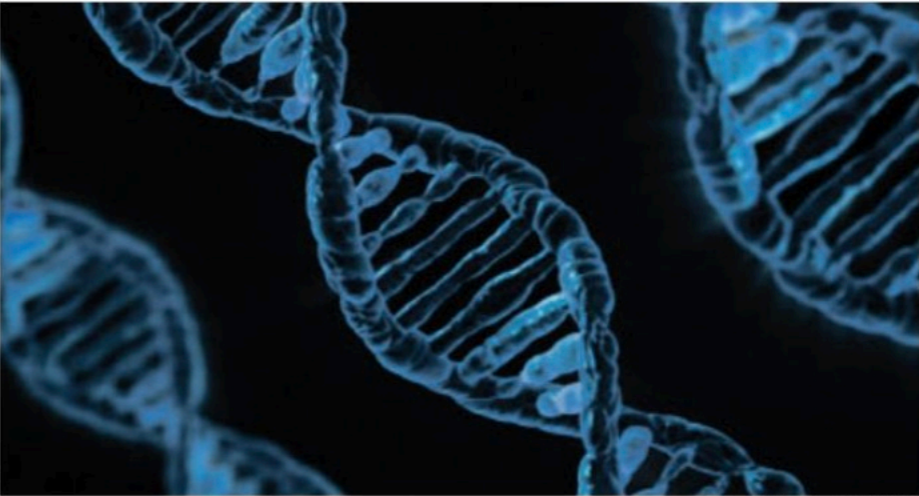


IMAGE -PIXABAY

Adenosine (A), Cytosine (C), Guanine (G) and Tyrosine (T) carry the instructions and scientists try to create different combinations in a meaningful way, in order to produce a new biological function.

Genetic Engineering is an old concept that dates back a millennium. Not that they knew they were using genetic engineering concepts back then, when selectively breeding different biological

entities with desirable features. Humans have long since bred plants to select features like sweet tastes or larger fruit (I am sure our ancestors’ fruits didn’t taste the same as ours do now).

Seventy years ago, biotechnologists started to understand DNA and the different ways in which it could be manipulated. Scientists went further by adding useful features of a certain organism to another organism. This led to a boom in biotech companies making new plant and animal breeds.

Scientists have recently been able to create new DNA sequences from scratch; using computer and laboratory techniques, they engineered organisms with new functions. In 2003, Jay Keasling and his team at UC Berkeley (US) were able to create a synthetic malaria drug from bacteria. Unsurprisingly, this story became the inspiration for hundreds of new scientists who joined the field later.

Currently, the Synthetic Yeast Genome Project is bringing together the combined efforts of many laboratories from different countries including the UK, to create the first synthetic eukaryotic genome.

TRANIMALS

The acceptance of gender change in the animal King and Queendom

ALICE ROYAL

The term ‘transgender’ was not coined until the early 1970s, but people who identify as transgender existed long before terms were created to describe them. An increase in societal acceptance and understanding over the years has culminated in a film which captures the struggles of Lili Elbe, who was one of the first individuals to undergo sex reassignment surgery, and it has grossed over \$31million worldwide and been nominated for over 60 awards.

Despite this, there is clearly still a way to go until transgender, and similarly gay, lesbian, bi-sexual, cross-dressing and bi-gendered individuals, receive unquestioned acceptance. Even though, in some ways,

we are the most intellectually-advanced species on the planet, others that share the Earth far surpass us in their approach to identification and fluidity of gender.

Recently, scientists discovered a lioness in Botswana’s Okavango Delta that looks, acts and even roars just like her male counterparts. Mmamoriri is thought to be one of at least 6 lionesses in the area to have undergone this change, and she has been seen nuzzling with other lionesses yet also assuming the role of protector in territorial battles.

Mmamoriri and the other lionesses are not the only ones in the animal king and queendom to exhibit such nonchalance to their gender. For example, some male deer

will not grow antlers so that they can easily mate with female deer without having to prove their dominance to other males. In the aquatic world, many species of fish are capable of switching genders, including parrotfish, which have sex organs of both males and females so that larger females can take over the role of leader when the dominant male dies, and hawkfish, which exhibit bi-directional sex change at will in order to increase their chance of sexual success.

When in the womb, a human foetus is bombarded with hormones that help with growth, some of which determine development of the sexual organs, and others that later determine how the brain develops. These two

distinct hormonal exposures can differ between individuals, resulting in a wide spectrum ranging from people who closely identify with their birth gender to those who feel they belong to the other.

It has been suggested that recessive DNA traits could have been inherited by Mmamoriri, which may have caused exposure to particular hormones in the womb that led to her characteristics which are normally associated with male lions, despite being genetically female. The pride of lions to which Mmamoriri belongs is relatively isolated from other packs and consequently the available pool of genetic material that can be passed on to the next generation is reduced. In order to inherit a recessive trait, both parents

need to be carriers of the recessive version of the gene, otherwise the dominant trait will persist. By limiting the transfer of genetic material between prides, the chance of inheriting two copies of the recessive gene increases.

If Mmamoriri’s traits are determined by her DNA, they could be passed on to her offspring. This, along with the hormonal exposures that occur before birth, further support the notion that just like the colour of our eyes, gender identification is decided for us, not by us. We should take a leaf out of other species’ books and accept that maned lionesses are just another act of that complicated mother, or perhaps father, of nature.

PLEASE DO NOT REMAIN SEATED

Why we should be standing more and sitting less

EVE BOLT

Tuesday is my busiest day, yet can also be the day in which I'm the least mobile. After an optimistic seven hours sleeping, I slump into the kitchen for a sit-down breakfast. After a sixty-minute train-ride, my first lecture equals another hour. The following seminar lasts as long, and from there I head to the library to read/write/eat lunch, sitting for two hours. Finally, there's another two-hour lecture and seminar sitting fest, before another hour of tube-sitting.

If I'm feeling particularly virtuous, I'll stretch my legs on the kitchen counter at breakfast, stand on the tube and wander around campus for some fresh air. Nonetheless, over half my day, from sleeping to supping, is spent sedentary. I wonder how familiar this sounds.

SO WHY SHOULD WE BE WORRIED?

Studies comprising almost 800,000 people carried out in 2012 at the Universities of Loughborough and Leicester found that, regardless of gym activity, mostly immobile participants were twice as likely to develop diabetes compared to those who spent the majority of their waking lives upright. Sitting was also found to increase the risk of

cardiovascular conditions, such as angina or heart attacks. The Department of Health recommends we partake of at least 150 minutes of moderate physical activity per week, from speed walking, to tennis to water aerobics. However, one researcher revealed that:

"You can go for a 30-minute run every day, but if you're sitting around for the rest of the day, you're not doing yourself any favours."

Sitting compromises circulation, making our veins and arteries vulnerable to the build-up of fatty deposits called plaque. This narrows the vessels, slowing blood flow and increasing the risk of disease. Standing, on the other hand, instigates a 'self-clean': to counter the force of gravity our circulatory system works harder to maintain blood flow, improving oxygen and nutrient distribution. This is especially important for us students and our nutrient-hungry mind palaces.

Spending all that time on your backside can also do irreparable damage to your posture as it weakens core muscles, harming the spine. Standing employs our core, back and lateral muscles, which were designed for upright positions; their engagement is important

for weight-maintenance and vascular health. More calories are also burnt with the increased muscular tone. Dr John Buckley, Professor of Applied Exercise Science at the University of Chester, calculated that by working at a standing desk for three hours per day 144 calories were burnt, equating to more than 30,000 calories per year (a potential loss of eight pounds).

Stacking up enough standing minutes is not an impossible task, as standing for too long can actually lead to legs swelling or cramping. The remedy for optimal health is balance. Alan Hedge, Professor of Ergonomics at Cornell University, recommends the 20:8:2 pattern: sit for twenty minutes out of every half hour, then stand for eight and move around for at least two.

Who doesn't want to be like Da Vinci, Dickens, Churchill, Woolf, Nabokov or Hemmingway, all famous advocates of standing? Let's stand in their shoes. Next time you feel those pins and needles when you're sat down, think about those long-term consequences. While you're sat thinking, I'm off to petition for standing desks in the library and lecture halls.

GETTING TO THE HEART OF THE MATTER

Cardiovascular Science PhD student Alice Royal talks about the forgotten hearts that time cannot heal

ALICE ROYAL

Every Valentine's day, there are over 1500 more broken hearts in the UK than most people realise. But it's not just February 14th that rains devastation down on so many people - it's every single day. On average, around 1560 people die each day due to some form of cardiovascular disease (CVD), which equates to approximately 570,000 people every year. That's a huge number of people and it puts cardiovascular disease up there as the number one cause of death in the UK.

To provide some perspective to these statistics, which are taken from the British Heart Foundation (BHF)'s Cardiovascular Disease Statistics report published late last year, we can compare them with the number of deaths caused by cancer. The latest data from Cancer Research UK shows that in 2012, there were 161,823 deaths from all types of cancer, which is dwarfed by the 569,024 deaths from all types of CVD in the same year. Even when only looking at deaths caused by diseases of the circulatory system, of which there were 161,252, it is clear that there is a disparity between the impact of CVD and the attention it is given.

People talk about The Big C as though it's knocking on our doors when we sleep and taking our loved ones without a trace. But in reality, coronary heart disease (CHD), a type of CVD, is the leading cause of death worldwide, and is the UK's single biggest killer: in 2012 there were 73,680 deaths

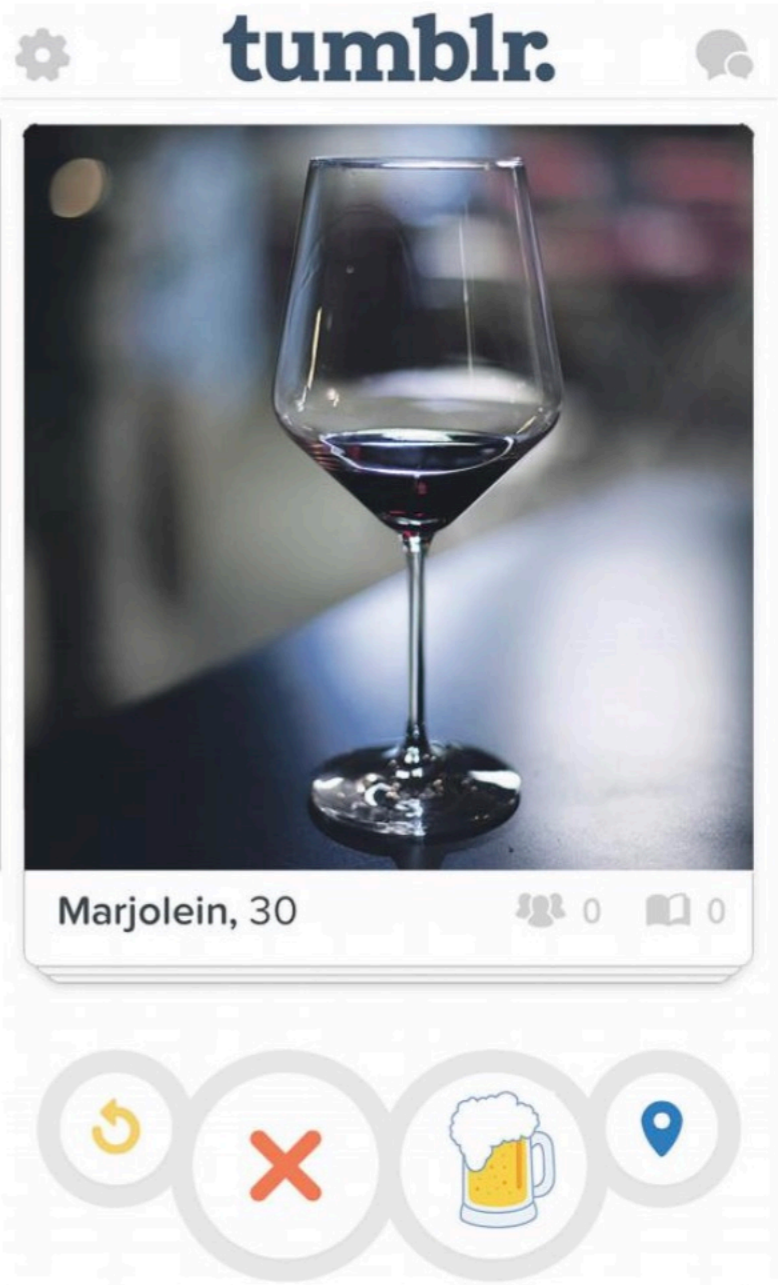
in the UK from CHD alone - this is The Real Big C, and it can strike without warning.

It is true that CVD mostly affects those of the older generation, but the latest report from the BHF shows that there were 11,547 deaths from all causes of CVD in those aged under 35, which is equivalent to approximately 32 people every day.

The situation in London is not as bleak as in the rest of the UK. Regional differences leave the north of England with higher death rates than the south, and the death rate from CHD in Scotland is 45% higher than the south-east of England, with the rate of premature death being 72% higher. Scotland also reports the highest death rates from stroke, whereas London has the lowest.

Even though CVD claims the largest number of lives per year compared to other diseases, age-standardised death rates per 100,000 people have in fact dropped dramatically over the years, thanks in part, to improvements in diet and the smoking ban. However, CVD still clearly causes widespread devastation each and every year, and even if death does not occur from an episode of CVD, the morbidity can be debilitating. So, this loved-up season when you're spending precious time with those who have your heart, spare a thought for those whose hearts have been broken by CVD.

THE GUILLOTINE



FINALLY, A HOOK-UP APP FOR GLASSWARE

SATIRE

HOROSCOPES

ARIES

MARCH 22ND- APRIL 20TH

It has been a tough month for you, dear Aries. Plagued with illness and fatigue, you deserve a glass of wine... or a glass of gin... or both!

TAURUS

APRIL 21ST- MAY 21ST

Beware of people in your life who may be harbouring ulterior motives. Does that man who delivers parcels in a red van want to harm you and your family? More than likely, act now.

GEMINI

MAY 22ND- JUNE THE 21ST

Jupiter will influence Saturn, bringing a kaleidoscope of grief to your life. Nullify this anguish with a new hobby like woodworking.

CANCER

JUNE 22ND- JULY 22ND

You will revisit Spy Kids 3D and find that it has aged magnificently. You will get back into the whole franchise in a big way and follow Antonio Banderas on twitter.

LEO

JULY 23RD- AUGUST 23RD

A chance encounter with Phil Jupitus results in a whirlwind romance, until you realise he was a social construct all along.

VIRGO

AUGUST 24TH- SEPTEMBER 22ND

A big opportunity will come your way, a chance for you to transform yourself, don't take it, change is bad become stagnant like the statue of Pierce Brosnan in my shed.

LIBRA

SEPTEMBER 23RD- OCTOBER 23RD

A chance encounter with Phil Jupitus may leave you with a crippling groin injury. Wrap it up before you back it up.

SCORPIO

OCTOBER 24TH- NOVEMBER 22ND

You will be underwhelmed by a lazy horoscope.

SAGITTARIUS

NOVEMBER 23RD- DECEMBER 21ST

You will acquire legions of adoring fans after footage of you goes viral. How will you deal with fame? The state of Uranus will be crucial in deciding this.

CAPRICORN

DECEMBER 22ND- JANUARY 20TH

You're struggling to find the right balance between work, love and leisure. Maybe you could combine them all and have sex with everything? Easy problems have hard solutions.

AQUARIUS

JANUARY 21ST-FEBRUARY 18TH

You will save someone's life this month (this is a cry for help, I'm being kept in a basement and forced to write horoscopes for a university newspaper, I am 48 years old).

PISCES


FEBRUARY 19TH- MARCH 21ST

With Saturn in perihelion you will be prone to fall in love, especially near Cockfosters. Beware however, for the being may not be entirely human.

"THE REAL COST OF CAMERON'S BRITAIN WORDS BY MONTGOMERY FLATBREAD"

New junior-editor curates a huge new three-part journey challenging your ideas about society, politics and the dark underbelly of government "policy"

WORDS BY MONTGOMERY FLATBREAD



When I first saw Lenny through the keyhole he was smoking crack cocaine through a lightbulb that he had fashioned into an artisan pipe. As I silently slid the chain across I was struck by his nobility, by his calloused and skilful craftsman's hands, and the bohemian abandon with which he squatted in the hallway outside my front door. Despite my lack of experience freebasing hard drugs I immediately knew he was a kindred spirit, a true libertine, and as I drafted my next tweet I pondered what I could do to help get him off the streets.

For those of you too insulated by your own privilege to know, the housing situation in London is one of the worst in the so-called "Developed World", and this often forces perfectly functioning members of society onto The Streets and into the arms of crime. It infuriates me that capitalism had reduced this proud man to fits of rage, swearing to himself outside my house and weeping at his ruined fingers. Since then I have devoted my life to tackling London's housing problem, alongside climate change, neoliberal imperialism, sexism in the workplace, and the structural islamophobia in the town near my parents house in Kent.

Over the next few months I would grow to know Lenny intimately. Though we never spoke to one another, I know that Lenny understood and appreciated all that I was doing for him. With P'hiver fast approaching it was le impératif that he find shelter, and so I found myself doing everything within my power to make a difference in his life. I signed seven parliamentary petitions and donated several spare editions of No Logo to Shelter, and in the last few months my blog has become absorbed by his plight. I made sure there was always a bowl of roasted cashews left out at night (you have to remember that these people have nothing). I even attempted to contact him, though I could not find him on Facebook. Last month I set up a webcam attached to my front door which I have used to stream his behaviour on Periscope when he was using in the hallway in an attempt to crowdsource the means to hold a fundraising event this summer (search: "Monty Helps" on Kickstarter). I remember one night when Lenny woke up in a fit of drug-induced seizure after nodding out. I dread to think what would have happened to him had I not been there on the other side of the door, phone ready to call the police or an ambulance or something.

When I learnt that Lenny had passed away I was not surprised. If everyone were as compassionate as myself the world would not suffer such tragedies. The worst offenders are of course the Tories and the sheeple who voted them in (open your eyes people! this is the Real Cost of your greed). I would like to dedicate this to my good friend Lenny, without whom I would have nothing to talk about. You bought me much traffic and your loss will be sorely mourned. Viva Lenny, viva la revolution and viva MontySpeaks.net.

If you would like to read more of Monty's you can find his blog at www.montyspeaks.net. He is also currently writing a new series for VICE looking at gentrification in Shoreditch where he currently lives with his two cats.

FACEBOOK UPDATE 9.2.4. – WHAT'S NEW?

SHARED BY MADIS KABASH

I have been battling Social Media Reversion (the act of leaving social media and then returning) for years. Recently however, I understood the importance of 1.49 billion monthly active users and 4.5 billion likes generated daily when I came across the new Facebook update.

Voyeurism is not necessarily a bad thing and having Facebook look after me when I think of posting a distraught status but don't or get confused with choosing my child's name is exactly what I mean when I say that Facebook is a positive addiction (I mean come on in many places cannabis is legal so why confront such a harmless addiction as social media). People NEED Facebook and people LOVE it (hence the creation of 5 new profiles every second, take that). Here's to ripping up my psychiatrist's overpriced bill and here's to a new life of pride in social media.

Want to write for Satire? Contact us on satire@theprintnews.co.uk

Thank You for your support and understanding. By using Facebook you are donating to our long established worldwide charity - 'Voyeurism for Happiness' (See more).

THE PRINT Tuesday 16th February 2016

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SATIRE

STUDENT COUNCIL VOTES TO DENY CLIMATE CHANGE

AARON PARR

In a historic turn of events QMSU student council has passed a motion that would see all action on climate change refused on scientific grounds, after Max Eyre-Miles submitted a motion to the students' union to cut links completely with the environmental movement and actively expose the mythology behind climate change.

Barts' students were especially supportive of the scientific and evidence-based motives behind the motion, and one person who gets paid some money by the union said he "...really, really, really wanted to argue for it". It was also surprising that the motion had the support of some people with beards, who are typically expected to vote against such things. When the motion was passed Eyre-Miles was quoted saying "this is a proud day for our union because when the rest of society catches up to us, we will be able to say that we were right and saving the planet was just a ploy by loony liberals to make us go vegan."

Then going on to say "we're not going to let the cows rise up and take our jobs."

With the motion passed, thoughts turn to what is next. Many good ideas were raised by councillors, such as changing the name of the university to King Mary in order to prevent radical student cadres taking advantage of cheap wordplay such as 'Green Mary'. Another suggestion that the union mascot be rebranded a hero for the revival of Britain's coalmines is now underway after a pickaxe and hardhat were ordered from Amazon Prime.

After the student council concluded rowdy councillors were seen throwing the library square recycling bins into Regents Canal before heading to Spoons. Celebrating an evening well done, Eyre-Miles told us about his future plans to reform the student council: "I look forward to presenting my next motion to council - to get dedicated, anti-sustainability officers on campus. There needs to be better representation in our union for the underrepresented, and right now, our right to destroy our planet is not being taken seriously."

Though QMSU has previously attained a Silver Award with the NUS Green Impact Scheme, Eyre-Miles told The Print that they would "...now be working towards the prestigious Brown Award. Having been democratically proven how much the student body dislikes the environment we will now work especially hard to ignore the planet. Keep your lights on, always take taxis, and never recycle as it causes jaundice."

'NAME THAT STORM' COMPETITION WON BY ANGSTY DANE

An exclusive interview with the Danish-national responsible for storm Gertrude after an obscure radio phone-in

HARRIET CORKE

Britain's latest freak-weather visitor has finally been named storm 'Gertrude' thanks to a Radio Wildererness phone-in. Radio Wildererness, which mainly broadcasts in remote areas of Scotland, launched the competition to avoid confusion with all the other local storms, however storm Gertrude was not christened by a local, but by a Danish man on his first visit to the UK. The caller, who wished to remain anonymous, said that he named the storm after his mother. When asked why, the mysterious Dane revealed the story of his turbulent relationship with her.

"We used to be quite close, but it all changed when my father died," he began, the start of many lengthy soliloquies that dominated the call. "I was distraught but it didn't seem to affect her - then she married my uncle, when Dad had only been dead for a few months. Even though I still love her, I haven't been able to trust her since."

The caller, who was visiting the UK on holiday with two friends, said that naming the storm 'Gertrude' had been very therapeutic, and he hoped that it may help him to put his negative relationship with his mother behind him.

"I hope that, when I get back to Elsinore, we might be able to have a relationship again. It is a pity that my step-father is coming between us - I often wish that he didn't exist."

For naming the storm, the Dane received a haggis and a selection of Greek tragedies, including Sophocles' Oedipus Rex. He is due to return home this month and his hope for the future is he might reconcile with his Mother, something all of us here at The Print wish him well in.

NEWS IN BRIEF

NEW GLASSWARE HOOK-UP APP "TUMBLR" FRAUGHT WITH PROBLEM-USERS IN FIRST MONTH SINCE LAUNCH

SEVERAL REPORTS OF USER PROFILES BEING BOMBARDED WITH HILARIOUS CAT GIFS HAVE RAISED CONCERNS ABOUT THE VIABILITY OF THE DATING APP. ONE CRYSTAL HIGHBALL WAS REPORTEDLY CATFISHED BY A SIXTEEN YEAR OLD GIRL WHO HE BELIEVED TO BE A SHAPELY CARAFE.

BONJELA LAWSON CAUGHT IN DRUGS STING

A DAWN RAID BY METROPOLITAN POLICE ON CELEBRITY CHEF'S KENSINGTON HOME FINDS OVER £4000 OF LEMSP. CONCERNS WERE RAISED BY NEIGHBOURS WHEN THEY NOTICED NEWSPAPERS PASTED OVER THE WINDOWS AND LOAD MUSIC WHEN LAWSON USUALLY PREPARED A DELICIOUS BRUNCH FOR HER FAMILY AND FRIENDS.

FILMING OF 'EMBARRASSING BODIES' HALTED AFTER GHERKIN FOUND ON LOCAL MAN'S SHOULDER

VIEWERS WERE SHOCKED AFTER A LIVE BROADCAST OF POPULAR CHANNEL 4 GAMESHOW 'EMBARRASSING BODIES' HAD TO BE STOPPED WHEN A PICKLED CUCUMBER WAS DISCOVERED ON A CONTESTANT'S TORSO. A FULL INVESTIGATION BY COMMUNICATIONS WATCHDOG OFCOM IS EXPECTED NEXT MONTH.

US REBOOT OF CBBC CLASSIC 'MY PARENTS ARE ARYANS' CANCELLED

A CONTROVERSIAL REMAKE OF THE '90S AFTER-SCHOOL CLASSIC 'MY PARENTS ARE ALIENS' HAS BEEN CANCELLED AFTER RECEIVING OVER 70,000 COMPLAINTS FOLLOWING THE AIRING OF THE FIRST EPISODE. THE SHOW, STARRING DONALD TRUMP AND JULIAN ASSANGE AS THE UNLIKELY BUT LOVABLE 'ARYANS' HAS BEEN DESCRIBED AS "LAZY" BY THE ORIGINAL BBC PRODUCERS.

JULIAN ASSANGE'S CLAIMS OF ARBITRARY DETENTION IN LUTON AIRPORT TO BE CONSIDERED BY UN NEXT YEAR

FRESH CLAIMS BY THE WIKILEAKS FOUNDER COME AFTER A UN RULING THAT HIS DETENTION IN THE ECUADORIAN EMBASSY BY BRITISH POLICE WAS IN BREACH OF HIS HUMAN RIGHTS. THE PRINT UNDERSTANDS THAT SINCE BEING RELEASED HE HAS FILED SEVERAL SIMILAR CLAIMS, INCLUDING ONE FOR A FOUR MINUTE DELAY ON THE BAKERLOO LINE.

HELGA MASTRECHT OUTED AS A "VEHEMENTLY BIGOTED, MAOIST JUGGLER"

VIEWERS OF POPULAR EARLY-MORNING ITV2 CHAT-SHOW HAVE BEEN SHOCKED AT THE NEWS THAT ONE OF ITS PRESENTERS HAS BEEN SECRETLY PERFORMING AT THE PEOPLE'S CIRCUS IN THE BINHAI AREA OF TIANJIN, CHINA.

OUTRAGE AT SATIRICAL PIECE REPORTEDLY "ACTUALLY JUST MORE SATIRE"

"OBVIOUSLY I KNEW IT WAS SATIRE, I WAS JUST DOING SOME SATIRE ON YOUR SATIRE. DOUBLE SATIRE IF YOU WILL."

NETFLIX ON PLANES SPELLS TROUBLE FOR MINOR-LEAGUE FM STATIONS

A NUMBER OF WELL KNOWN RADIO STATIONS HAVE EXPRESSED DOUBT ABOUT THEIR ADVERTISING REVENUE STABILITY AFTER SEVERAL KEY CHANNELS HAVE PULLED OUT. THE RISE OF NEW-MEDIA ON AEROPLANES MEANS THAT THE APPEAL OF A DUSTY 3.5MM JACK, HEADPHONES, AND AN EPHEMERAL CONNECTION TO MEDITERRANEANFM IS SWIFTLY DISAPPEARING.

SOCIETIES

BAKING SOCIETY

QM Baking Society has gone from strength to strength this year, packing in as many socials and baking inspired events as they could stomach

CAMILLE CLARK

We kicked off the semester in true Bake Off style with a 'signature bakes' themed Bake & Share. This was our first taste of the unquestionable baking talent here at Queen Mary, from an enviable triple chocolate layer cake to savoury cheese scones, these signature bakes were nothing short of showstoppers! Embracing the Bake Off theme, we celebrated a date circled on every bakers' calendar - the GBBO finale! We watched the intense and exciting episode in real time, snacking on a myriad of treats whipped up by our members. It's safe to say there was a collective sigh of relief when Nadia won!

Our next Bake & Share coincidentally fell on 'Chocolate Week,' so there was no question what our theme should be! As if that were not enough of a reason to bake, our meet also fell on 'Wear It Pink' day for breast cancer awareness, so our bakers faced the challenge of combining chocolate with the unlikely colour of pink! It was definitely one for the sweet tooth with chocolate brownies, rocky road and pink striped chocolate French Fancies among others.

We ventured off campus to Brixton for a very exciting event - a chocolate truffle making workshop at The Chocolate Museum! After a tour of the museum and a screening of how chocolate is made, we got stuck into our truffle making with freshly prepared ganaches and a variety of decadent toppings! They were delicious to say the

least.

For our next event, we put a sugary spin on the traditional pub crawl, and headed down Brick Lane for our first ever café crawl! Our first stop was 'Dum Dum Donutterie' where we sampled their speciality - 'Cros' (baked croissant doughnuts). We then headed to Pretty Cuppa, followed by the infamous 24/7 'Beigel Bake,' and 'Dark Sugars' whose chocolates themselves are art in disguise.

As Christmas approached, our bakers got into the festive mood and got creative in our Christmas biscuit and gingerbread house decorating session. Christmas jumpers, snowflakes, elves and Santa biscuits took centre stage... until they were devoured!

We kicked off the New Year with an 'International' themed Bake & Share, with some new faces we met at the Welcome Back Fair. We had an amazing haul from around the world, from French Yogurt cake (yes, you read that right) to American Smore bites, Indian carrot halwa, and Swiss Sunday Zopf bread.

There's plenty to look forward to this semester, including the annual Inter-Varsity Bake Off at Kings College, so there's never been a better time to join, whatever your baking ability. We are a warm, close-knit friendly group, bound together by our love for baked goods!

Like our Facebook page 'QMUL Baking Society' to keep up to date with upcoming events and follow us on Instagram @qmulbakingsoc for inspiration.



FINANCE SOCIETY:

HELPING STUDENTS TO GET ON THE FINANCIAL LADDER

J.P Morgan, Goldman Sachs and Morgan Stanley to be involved in events in the coming semester

U-JAIN OH

The QMUL Finance Society aims to provide a platform for students from all academic backgrounds to gain a deeper understanding of the world of finance. By offering a wide range of opportunities to actively engage in, we hope to open pathways for students who wish to enter this field.

In this upcoming academic year, our main focus is to equip students with the necessary skills and knowledge to improve their employability. Members will benefit from activities such as a speaker series, skill-building

workshops, training for CV, cover letters, numerical tests and interviews. These events will be conducted by some of the biggest names in the industry, such as Goldman Sachs, JP Morgan and Morgan Stanley.

Our upcoming event this year is the "Introduction to Investment Banking". It is a speaker series providing insight regarding specific divisions within investment banks such as Asset Management, Operations and M&A. Speakers will discuss their jobs and how they started a career in the field and company. In addition,

students can look forward to exclusive networking and informational, focused sessions to gain invaluable insights into specific divisions in this field.

Membership has been growing rapidly and we are currently recruiting students to join the committee. Therefore, we encourage all students to join and benefit from the numerous opportunities that would be available.

Contact us by dropping a message at our Facebook page www.facebook.com/QMULFS and don't forget to give it a like!

SOCIETIES

PAN-AFRICANISM AND BLACK CONSCIOUSNESS

DAUDA BARRY

Pan-Africanism is a political ideology and movement that encourages the solidarity and unity of Africans and people of African descent worldwide. It is rooted in the belief that Africans and people of African descent share a common history and destiny and that this unity is vital to economic, social and political progress internationally.

As a society we aim to bring together people who are passionate about Pan-Africanism, history, politics, and who would like to better the world that we live in. Our goals at the Pan-African Society are to:

1. Provide an opportunity for students to meet others with an interest in Pan-Africanism and gain a better understanding of its core principles.
2. Educate and encourage critical reflection and discussions surrounding Africa, the African diaspora and its cultural and historical relevance.
3. Educate the university population about Pan-Africanism and Black history.

Marcus Garvey, stated: "A people without the knowledge of their past history, origin and

History is more than just the recollection of historical facts

culture is like a tree without roots" and Dr. Cheikh Anta Diop argued: "Intellectuals ought to study the past not for the pleasure they find in so doing, but to derive lessons from it." History is more than just the recollection of historical facts.

It's vital to elevate the consciousness of Black students at Queen Mary since it's a stepping stone towards achieving a greater collective-awareness and foster self-

reflection and critical thinking skills.

We believe that these are attributes which are necessary in order to achieve an African Renaissance and cultivate future African leaders who are altruistic and who will govern in the best interest of the masses.

Frantz Fanon said, "Each generation must, out of relative obscurity, discover its mission, fulfil it, or betray it."

Patrick Awuah, the founder of the Ashesi University in Ghana, adds: "The question of transformation in Africa really is a question of leadership. Africa can only be transformed by enlightened leaders. And it is my contention that the manner in which we educate our leaders is fundamental to progress on this continent. I think that the current and future leaders of Africa have an incredible opportunity to drive a major renaissance on the continent".

The message rings the same: raising the consciousness of students is a catalyst for social, political and economic transformation.

Throughout history students have played a pivotal role in bringing progressive change. In the present day, campaigns



include Rhodes Must Fall, Fees Must Fall, and Concerned Student at the University of Missouri and Yale University, which spread across other university campuses in the US. These are a testament of what can be achieved when students harness their youthful energies towards changing the status quo.

The time has come for Queen Mary, a Russell Group university, to deal with its imperial and colonial legacy.

For instance, many would be surprised and terrified to find out that there's a plaque at the Octagon Library in the Mile End campus which celebrates King Leopold II, a genocidal

colonialist who is not only responsible for the death of 15 millions of Africans but also for the mutilation of millions of others.

"The day will come when history will speak, Africa will write its own history. It will be a history of glory and dignity." These were some of the last words of Patrice Lumumba, one of the greatest African leaders of the 20th century. At the Pan-African Society we honestly and realistically believe that this day has been a long time coming: but it has finally begun.

Want to write for societies? Emails us at societies@theprintnews.co.uk

ASSASSIN'S CREED SOCIETY

With the Assassin's Creed movie set to come out in December, The Print decided to catch up with those in the know

DANIELA CLARKE

For those of you whose knowledge of the gaming world is somewhat lacking, Assassin's Creed is a single-player, open-world, action-adventure historical fiction game series.

The Assassin's Creed society was set up last September for students who enjoyed the games and wanted to connect

with others.

With the movie coming out in late 2016, we thought we'd see what this new society have been up to.

What have you been doing this year?

Our first event was our meet and greet for anybody who loves the franchise to come and meet each other. We



had a quiz about the games which proved to be immensely successful. Our next event was quite a big one as we collaborated with the Parkour Society to bring members an Assassin's Creed treasure hunt. One of the major aspects of the games is the ability to free-run around the map, and we really wanted to bring that to the real world so members can realise what it was like to free-run in the world as an Assassin. Our most recent event was our pre-Christmas holidays gaming social where members gathered together to relax and to play games - we all had a great time and it proved very successful.

What do you have planned for the rest of the year?

We will definitely have more gaming socials. We would also like to have lectures based

on the games, as few people know the games are actually based on real life events e.g. the French Revolution and the Italian Renaissance. It would be great to teach members about the settings of the games and to show members that in the games there is more fact than fiction. We also plan theory events to explore whether certain aspects of the game are true to life, for example, can an Assassin jump off a building into a haystack and emerge unscathed? We are also planning more collaboration events based on aspects of the game. The next one we are planning is going to be based on another key aspect on the game: swordsmanship. We're aiming to collaborate with the Fencing Society for this event where we'll show the different sword skills of the assassins and allow our

members to practise.

How do you feel about the upcoming Assassin's Creed movie?

I feel that the upcoming movie is going to be a great opportunity to help spread the love of the franchise to other people and help people to love the idea of Assassins fighting evil. It will show that the Assassins are cool and are complete badasses. Look at Transformers: before the movies it was sliding off the map. We at the Society are hyped for the release of this movie and we absolutely cannot wait!

For those who are interested in Assassin's Creed, or think they might be, membership for the society is £3 and the society meet on a regular basis to play games, discuss theory and generally share their love of all things AC.



SOCIETIES

MIND MATTERS

President of the new QM Student Minds movement speaks on the importance of establishing safe spaces and igniting honest, sincere discussion about mental health

LARA GIUSSANI

When discussing the first year of university, people usually pump you up about all the fun you will definitely have during Fresher's Week, all the beautiful friendships you will find and memorable experiences you will collect. With this same spirit, I started my university life at Queen Mary. However, this is how I remember myself two years ago: a socially awkward Fresher from Italy, with issues in socialising and even bigger issues when taken out of the university environment. After a couple of years spent in a dark place, away from the standard linear path of scholastic obligations, I had expected my life to suddenly improve, almost as if university could cast a magic spell on my mood. Unfortunately, it wasn't so.

First year equated to chaos, loneliness and stress. I clearly remember the struggle of looking around for friendly faces, while dealing with assignments I had never done and on top of this, pretending that everything was fine and under control. I timidly joined a Facebook group of a society dedicated to Mental Health,

There is no need to feel ashamed when providing an honest answer to the question 'How are you?'

student minds

which at the time used to organise tea-sessions to deal with academic related stress and give support. I had always really wanted to attend their sessions, but during my first year, I really never had the courage.

Second year came, and while I felt ready to admit that 'I do have problems at times', the society I had always wanted to join disappeared. I finished my second year with the future aim of seeking another society which would offer me the kind of support I secretly wanted during first year, and that I could not find during the second.

The opportunity came

whilst working at the QMSU Reception; there I got to know Miranda Black (VP of Welfare). One of her goals is to increase awareness about mental health, and in order to do so she expressed to me the need for a peer-support society, which would help in creating a more communicative environment within the university to share angsts and anxieties. She pointed out a charity called Student Minds to me, which targets university associations and supports them in their choice to talk about mental health. This was a great chance for me to put my five years of mental health experience in service to other people, as

well as to help myself gain more and more confidence in talking about my emotions. In fact, in my opinion, people are often stuck in a loop of 'pretending'; a standard 'I am fine' façade which students are often forced to put on by social circumstances. In my case, this pretence has always been a way of suppression, which never led to a positive outcome.

For this reason, I would like the society Queen Mary Student Minds to be a place to meet, play, relax and chat in an environment in which, for once, there is no need to feel ashamed when providing an honest answer to the question 'How are you?'

Queen Mary Student Minds will be shortly organising themed meetings with games, activities, internet culture (where the bunchie - the image of our logo - has been taken from) and food. My hope is that Queen Mary will finally have a place where students can feel part of a community in which feelings are not stereotyped, stigmas do not exist and where social pressure is lifted. In order for this to become a reality, one last thing is needed: you!

RADIO PROACTIVITY

Quest News Editor on the search for better Radio Communication

JOSEPH MOREL

Student radio isn't just a load of wannabe Chris-Moyles-types dragging themselves into the studio to speak through a mouthful of kebab on Friday nights as they spin an essential student dance music mix. In the past year, QMUL's Quest Radio has been a constant stream of massively diverse music and talk (technical hitches aside).

We've locked ourselves in a room and broadcast live, with no sleep, for 24 hours as a charity fundraiser. We've given you exclusive content from bands. We've covered the SU elections live from Drapers whilst desperately trying to sound informed and stop people spilling cider on our kit. Hell, our resident metalheads and friends even had a wasabi pea eating contest at 5 a.m.

whilst singing 'Old Man River' and fiercely arguing over Werner Herzog's later films. And now we're about to do more.

There's some brand new news coming to campus courtesy of Quest. As News Editor, my team and I go through all those SU emails, every student paper, talk to the other QM media groups and get out ourselves to give you informative and entertaining news exclusive for students. Twice a week, we record it into short bulletins that give you all the important stories from QM and around the UK. It's yours, and it's free. We know what we're doing, but not what you want: help us get off the ground by listening and telling us what you think about and want from Quest News. It's going to be a busy few weeks,

but worth it - and not just for our CVs.

This is a student radio. We haven't got much budget, we're not professionals, we fit this in around studies as and when we can. But we love it, and want this to work. We're the only radio news you'll get that's just targeted at Queen Mary students. We can't be biased, but we can ask questions. We can't cover everything, but we'll listen to what you like. Random acts, funny events, campus protests, impromptu midnight canal exploration? We want to hear about it.

And there's more. Because recorded news is a bit 'here's one I made earlier', we'll do as much live broadcasting from outside the studio as we can. We're working on covering every SU election



event (including a late night party in Drapers, with cider-proof electrics), all of the action at Merger including some sports correspondents, monthly interviews and round table debates between student activists, and a there are a few other projects in the pipeline with bigger groups from the world beyond campus.

So if you see us in Quest t-shirts standing around campus, clutching a mic in one hand and a takeaway Ground

coffee in the other, come and say "Hi". Tell us what you think. Come for a chat on the radio. Email or tweet me if you've got something interesting to say. But if you walk into 'Spoons one night and find a Quest social, please don't go all tabloid on us - nobody wants to see their student days come up in a journalism interview once they've graduated.

Contact us at news@questradio.co.uk

SPORTS

THIS QM GIRL CAN: AN INTERVIEW WITH ERATO ANTONIOU

After a strong year for women's sport at Queen Mary Wizzy Heap recently sat down with another member of the university community to see how being active has shaped their lives

WIZZY HEAP

Karate athlete and 1st year Bio-Med student, Erato Antoniou, talks about her invitation to the National Karate Team of Cyprus at 13, gives advice to girls in sport and talks of her aspirations for the future. A real QM role-model. This Girl Can.

When did you start playing sports?

I did Karate, Tennis, Swimming and Dance when I was about 5. I liked Karate the most: it's a dynamic sport where you can express yourself and show a part of your character. You see the opponent and basically have to gather what kind of a player he or she is. I like that: knowing how to play and having your own strategy.

When did you see it was something you could compete at a high level at?

My coach let me compete at my first championship outside of your country: a championship in Turkey in 2009. The national team then called me and invited me to be part of the team when I was 13. All these experiences were

great: being so passionate about it, being so committed like going to training 5 to 6 times a week, 2 to 3 hours a day. I like that commitment and dedication.

What's it like training alongside all the other elite athletes?

It's great because I train with Lina who is a sprinter, I train with Kate who also does Karate. I see how every person is different which helps me push my goals. They share their experiences and it's great training with the girls - they're very chatty!

What do you think about the This Girl Can campaign?

I think it's a great idea because it can help promote the sport in general to girls. Girls may think that sometimes some sports are more 'manly' but there isn't such a thing. There isn't a characteristic or label to describe sports: all sports are gender equal. This Girl Can is great as it helps women to get involved in sports in general, not just Karate.

What would you say to a girl unsure about playing sports?

I would share my experiences of the past 10-15 years I've been involved in sports. I feel like I'm living a healthier lifestyle which is so important for the long term, it lowers risks of getting cardiovascular diseases, it helps me be organised. Specifically in Karate, it helps me have self-defence skills and importantly, self-confidence. It's honestly an on-going list, there is so much that sports can offer to people!

What are your goals for the next 5 years?

I'm planning on finishing my Bio-Med course in 2 years and my goal is to become a Sports Doctor.

Who/what inspired you to want to become a Sports Doctor?

Eva Carneiro, who is Chelsea's Sports Doctor. A few years ago I watched a match, Chelsea against Arsenal, and I saw her. She actually did a Masters in Sports & Exercise at Queen Mary! She's a really inspirational woman and reinforced my views on becoming a Sports doctor.

www.theprintnews.co.uk

QM SPORTS NEWS



Michael Barraclough sources all the latest in QM Sport

MICHAEL BARRACLOUGH

<h3>STAY ACTIVE</h3> <p>QMSU Community Sport are introducing a brand new Walk-To-Run programme for 19 to 25 year olds in Tower Hamlets. Walk-To-Run is a fantastic way to get back into exercise and is specifically designed by our experienced gym staff to gradually ease beginner or intermediate participants into running. The sessions take place on Tuesdays and Fridays between 19:00-20:00 at Mile End Stadium and best of all, it's free!</p>	<h3>FUNDS</h3> <p>The Club Sport Hardship Fund will be used to subsidise costs associated with sports participation for students in financial hardship. This removes the financial barriers which currently prevent a significant proportion of students at both our Queen Mary and Barts and The London campuses from accessing sport. By widening access to sport, more students will be given the opportunity to improve their physical and mental well-being, as well as gain transitional employability skills. More information on this can be found at qmsu.org/clubsport/hardshipfund/</p>
<h3>STATS</h3> <p>Queen Mary University of London has entered 78 teams into the BUCS league programme for the 2015/16 season. At the time of writing, 356 wins have been secured as well as 336 defeats and 34 draws, making their win rate 49%. This means they lie 60th out of 142 teams competing in the overall BUCS Championship.</p>	<h3>GET ACTIVE</h3> <p>The Get Active Triathlon is back in 2016! Taking place on Tuesday 16th February, 7am - 8pm, you can enter either as an individual or as part of a team to take on a 2km Row, 6km Bike and 2km run. The Triathlon is free to enter and you do not need to have a Qmotion or Get Active membership to take part. Prizes are on offer so why not get involved? Register a time slot by e-mailing andrew.parkinson@qmul.ac.uk or visit Qmotion Reception (time slots available every 20 minutes from 7am). Alternatively just turn up on the day. Good luck!</p>
<h3>WE NEED YOU</h3> <p>Club Sport teams at QM are performing out of their skin this year and are achieving great results on the pitch! We want to celebrate that, so if you want us to feature your club in an upcoming issue or on our website, don't hesitate to get in touch by emailing sport@theprintnews.co.uk!</p>	

LGBT+ INCLUSION IN SPORT

EDITORIAL

QMSU have released a statement as part of their LGBT+ Inclusion in Sport campaign.

"At the Annual Student Meeting, a motion passed for QMSU to run a campaign on LGBT+ Inclusion in Sport. Since then, the LGBT+ and Sport Officers from both campuses have been working with the President to set up a campaign that links with both LGBT History Month and Merger Cup.

Students playing in sport fixtures at Merger Cup will be wearing rainbow coloured accessories to show support of tackling homophobia and transphobia in sport, making sport a more inclusive community."

You can check out www.qmsu.org/campaigns/ for more information, where they'll soon be posting their pledge to support inclusion of LGBT+ individuals in sport.



SPORT

LINA NIELSEN

I'm a 400m runner based around North London. In the summer 2015 season, I successfully achieved the goals I had set out to do the year before. These goals were to run a time below 54.00s and get a spot in the 4x400m relay at the European Junior Championships. But by working towards these, I managed to supersede my

goals. I ran 53s numerous times and managed to bag myself an individual spot in the 400m at the Europeans as well as a really spot. I managed to get into the 400m final, but fell ill on the day and could not perform to the best of my abilities. However we won gold in the 4x400m relay, and that's what I wanted all along! I ended the season ranked 5th on the junior rankings over the 400m, and even had a one of 400m hurdles race, where I am ranked 2nd on the junior

rankings!

I have knocked off 3 seconds off my 400m time in the past year, and I am aiming to get even quicker. Making the transition from junior to senior level in the next year, my main goal is to run sub 53.00s over the 400m and be consistent with the times I run. Also, in the past two BUCS competitions I have come 4th in the 400m. The next time round, I am to be on that podium for Queen Mary!



ROSANNA JURY

I am a kitesurfer, supported by Patagonia and Airush Kiteboarding. This summer I became British Freestyle Champion for the third year. In 2014 I placed 4th at the European Championships and 3rd in the Kiteboard Tour Asia. My biggest ambition for this year is to place in the top 3 in the European Championships and to qualify for the world championships in 2017. This year I also hope to represent QMUL at the National Student Kitesurf Championships.



THE ELITE ATHLETE PROGRAM

The Print takes a look at some of QMUL's Elite Athletes.

MICHAEL BARRACLOUGH

ABIGAIL ATTENBOROUGH

I started playing lacrosse for Wales when I was fourteen. I have represented them for the U18 home internationals for the past 4 years, and I have also represented Wales at the U19 Lacrosse World Championship in July 2015, where we were placed 7th in the world. My aims for this year are to compete in the Home internationals for seniors and to compete in the next Senior World Cup in 2017 and the European Championships in 2019.



SPORT

KATE KARWACINSKI

My name is Kate Karwacinski. I am a member of the English National karate team and the Great British karate squad. I have been doing karate since I was 6 years old and was first selected for the England team at 14, the youngest possible age. I have competed for England in both kata and Kumite disciplines. I have won 3 European bronze medals in Kumite at championships in turkey,

Serbia and Portugal. I am a karate 1 medalist and continue to represent England at world and European championships in individual Kumite and team Kumite.

I have been honoured to have been awarded Queen Mary's sports person of the year award for two consecutive years now.

Being an gold award elite athlete has completely transformed my training programme allowing me to

access unique strength and conditioning coaching which has drastically improved my overall performance level at major championships allowing me to compete against fully funded athletes from other countries being a completely self funded athlete myself.

I have been a medallist at BUCS for the last three years. Winning a bronze in 2013, a gold in 2014 and a bronze and a gold in 2015. I was honoured to have represented both Queen Mary and Great Britain at the European university championships in Montenegro in 2014.

I hope to continue striving to achieve the very best in my sport, goals which are only

possible due to the continued sport I relieved as an elite athlete at Queen Mary!



DANIEL OBENG

I'm a 400m runner based around North London. In the summer 2015 season, I successfully achieved the goals I had set out to do the year before. These goals were to run a time below 54.00s and get a spot in the 4x400m relay at the European Junior Championships. But by working towards these, I managed to supersede my goals. I ran 53s numerous times and managed to bag myself an individual spot in the 400m at the Europeans as well as a really spot. I managed to get into the 400m final, but fell ill on the day and could not perform to the best of my abilities. However we won gold in the 4x400m relay, and

that's what I wanted all along! I ended the season ranked 5th on the junior rankings over the 400m, and even had a one of 400m hurdles race, where I am ranked 2nd on the junior rankings! I have knocked off 3 seconds off my 400m time in the past year, and I am aiming to get even quicker. Making the transition from junior to senior level in the next year, my main goal is to run sub 53.00s over the 400m and be consistent with the times I run. Also, in the past two BUCS competitions I have come 4th in the 400m. The next time round, I am to be on that podium for Queen Mary!



CALAN JONES

I started playing lacrosse for Wales at the age of 14 and since then I have represented Wales at both Junior and Senior level. I competed in the U19 Lacrosse World Championships in 2007 and I captained the team in the 2011 U19 Lacrosse World Championships, where we were placed 5th in the world. From 2008 I have represented the Senior Wales Lacrosse Team, competing in the annual Home Internationals against Scotland and England. In 2010 I was awarded the "U24 player of the tournament" and Wales' "Most Improved Player" awards. In 2012 I

won a Silver medal at the European Championships and in 2013 I competed in the Senior Lacrosse World Championships, where we were placed 5th in the World. This summer I competed in my second European Championships where we won a silver medal, in a closely fought final. This year is a key phase in my preparation for the 2017 World Championships and my aims for this season are to build upon the improvements I have made in my strength and conditioning following on from my injury rehabilitation.



ERATO ANTONIOU

Having the honour to serve for the National Karate Team of Cyprus since the age of 13, I was given a numerous amount of opportunities to participate in championships. In addition to that, I have been 1st nationally in my category 5 years now. My best achievement was the 2nd medal which was gained in the Mediterranean Championship in May 2013 (Nicosia). Whereas, the most recent, huge championship I have competed in was in November 2013, World Championship in Guadalajara (Spain). There were an unpredicted number of entries in my category, which exceeded the number 60, hence the difficulty level has instantly risen. The first match was against an Israeli girl, where I won 3-1. Unfortunately, in the following match, my opponent was the one who got the Bronze Medal in my category in that championship, were I only

lost by one unlucky point. My ambitions are to be able to continue to serve for my country and now since I am part of the Queen Mary community, I would like to give my best to

gain places on the podium of each championship I will be participating at. Next goal is to get a medal in the BUCS Karate Competition held in February 2016 in Sheffield.



I started Taekwondo at the age of 12 as an extracurricular activity, after a year of learning traditional taekwondo I entered my first competition. It was at this point that I started to truly enjoy taekwondo and I began to compete on a regular basis. In 2009 I entered the British National Taekwondo Championships and won a bronze in the cadet category. For my gap year I spent the year training full time and competing locally, nationally and internationally. During my gap year I also officially became the first female taekwondo athlete to be accepted on to the Libyan National Taekwondo Team, this was a huge honour for me and it was also another step forward towards my dream

of competing at the Olympics and the World Taekwondo Championships.

I also entered many competitions including the British National Championships and won the bronze medal in the senior -57kg category. Since starting the elite athlete programme at Queen Mary the quality of my performance has improved particularly due to the taekwondo specific strength and conditioning programme led by my coach Terry Bradbrook. My most recent achievements since beginning the programme have been representing Libya and winning the bronze medal

at the Arab Championships 2015 as well as winning the silver medal at the Cartage Open 2015.

Whilst representing Queen Mary, I medalled first at the Student Taekwondo National's 2015. These achievements have spurred me on to continue towards my goals of winning gold at the British Nationals as well as competing at the Olympic qualifiers in February 2016 with the hopes of competing in Rio 2016.



SPORT

CLUB SPORT AWARDS

Free football sessions are now available to those who want to play the beautiful game without the commitment of joining a club or league

MICHAEL BARRACLOUGH

The academic year is winding down and that means that the university sporting campaign is also drawing to a close. Two of the season's biggest events are just around the corner: Merger Cup and the Sports Awards Ball.

As always, QMSU Sport will celebrate the end of the sporting year in spectacular style! The 2016 edition of the event is due to take place on March 26th in the Great Hall and promises to be a memorable night with a sparkling wine reception, three-course meal, music, entertainment and celebration of the sporting achievements of Queen Mary students.

Schedule:

The Great Hall, Peoples Palace
Saturday 26th March 2016
Arrivals with string quartet & drinks reception: 6.30pm
Three course dinner: 7.00pm - 9.00pm
Awards Ceremony & After party: 9.00pm till late

List of Awards:
Team of the Year
Community Sport Volunteer of the Year
Community Sport Club Contribution of the Year
Coach of the Year
Get Active Contributor of the Year
Get Active Activator of the Year
Membership Satisfaction Sports Person of the Year
Committee of the Year
Captain of the Year
Most Improved Club of the Year
Jack Petchy Club of the Year

You can already get your nominations in for the awards via the SU website. Just search for the Sport Awards and you'll be able to cast your vote. Good luck to everyone attending, The Print hopes you all have a spectacular night and celebrate your sporting successes accordingly.



IMAGE - QMSU

MERGER CUP: THE HISTORY

It's that time of year again; Merger Cup is just around the corner and we decided to take a look at the history of Queen Mary's most important sporting event of the year

MICHAEL BARRACLOUGH

Saturday 5th March sees the return of one of the biggest events on the sporting calendar at QMUL: Merger Cup. For those of you not in the know, the Merger Cup is a series of annual sporting fixtures played between QM and Barts. The results are then tallied up to determine the overall winner. It's a grudge match of epic proportions – think Tyson Fury against the world, think the Ashes, think the Old Firm Derby, think the Ryder Cup. In short, this is one match that the teams don't want to lose

– bragging rights are of the utmost importance.

The event was inaugurated in 1995, the same year that the two institutions merged. Students from both ends of Mile End Road go head to head in order to lift the title and claim the glory. Each sport will acquire points based on the result of the match and the campus which accumulates the most points will become this year's Merger Cup champions.

On the face of it, this should be a mismatch. After all, student numbers on either side differ immensely, with

Queen Mary able to call on the services of roughly six times as many players. However, due to the way that degrees at Barts work, this advantage is tempered: the medical school is able to field older and consequently more experienced players, as well as having the luxury of having more settled sides as student turnover is lower.

Since 2005 Queen Mary have had the upper hand, winning the majority of tournaments, including a crushing 31-19 triumph last time round. However, the cup headed to

Whitechapel in 2009, 2011 and 2014.

Each year the event gets bigger and better and this year promises to be no different. With matches taking place all over London, there is no reason not to get involved. The players are going to need all of your support and this year's event promises to be more spectator friendly than ever due to the presence of live DJs, performances, demonstrations, good quality sport as well as food and drink stalls. In short, it's a great day out.

FOOTBALL IN THE COMMUNITY

Free football sessions are now available to those who want to play the beautiful game without the commitment of joining a club or league

MICHAEL BARRACLOUGH

Football is probably England's national sport. Let's face it, it's almost impossible to escape – it's on TV most of the time, plastered across the newspapers, the topic of many pub conversations and if you head down to your local park, you're pretty much guaranteed to see groups of people playing it.

One of the best things about the sport is that you can be as competitive or casual about it as you want – and not just in a Robbie Savage or Dimitar

Berbatov sense! In that regard, everyone's needs are catered for at QM.

Drapers shows the big games now, the football teams are going from strength to strength, the Get Active leagues continue to be competitive and well attended and now a new opportunity has come about for people who love the beautiful game but don't have the time or inclination to get involved with regular competition.

Funded by the national FA & Sportivate, and in partnership

with the London FA and West Ham United Foundation, QMSU Community Sport will be delivering free community football sessions to anyone aged 16-25, regardless of ability, gender or experience.

WestHamUnitedFoundation coaches will be delivering weekly coaching sessions to anyone aged 16-25. Again, the sessions are entirely free and no prior registration is needed. The sessions will focus on increasing participation in football through structured, engaging practices that will

allow players to enjoy playing football whilst improving their technical abilities.

These sessions take place between 16:00-17:00 on Tuesdays and Fridays at Stepney Green AstroTurf. You don't need to pre-book, it is a turn up and play event. However, you will need to arrive early to complete some paperwork ahead of your first class before you get up and running.

Want to write for sport? Email us at sport@theprintnews.co.uk