

# THE PRINT

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## THE PEOPLE VS. THE STUDENTS' UNION

*An underfunded Black History Month highlights the breakdown between societies and their union*

Liam Pape

**R**epresentatives from the African & Caribbean and Pan-African societies criticised Queen Mary Students' Union representatives over their lack of support and funding for Black History Month at October's Student Council meeting.

Students' Union President Ahmed Mahbub and VP Welfare Ella Harvey apologised for the fact the liberation groups who were tasked with running activities for BHM were not offered enough support.

Society leaders explained that they require more funding to run events in October than they do for

the rest of the year however due to the way that the Students' Union funding is allocated to societies, they are disadvantaged.

However, a representative for the Students' Union explained that in the funding application for Black History Month, the amount asked for by the organisers was only £20. They went on to say ACS also had a substantial amount of money in their subs account.

The Students' Union started officially celebrating Black History Month last year. However, one council member exclaimed, "It's all fine to say we're going to facilitate BHM, but we need support!"

There had been issues with room bookings - one Council member explained how a Blomeley room was booked for a BHM event. Posters were printed detailing where the event would take place, and then the room was changed at last minute because it had apparently been double booked.

Furthermore, the reallocated room was unavailable so they used the original Blomeley room which was, in fact, vacant.

Alongside this, some other advertised BHM events had to be cancelled as the Students' Union told committee members they could not run them.

Harvey responded to the complaints, "There's been a breakdown of trust between black students and the Students' Union. I didn't realise the disadvantage of funding in October. Black History Month now has a team, so it will always happen. However, I'm happy to work with students on getting a motion through Council to further legitimise the month."

Mahbub added, "There has been a huge breakdown in communication. This shows that we're not where we should be..."

With the societies working on Black History Month, Harvey promised to back any events; "I'll make sure there's a member of staff assigned, if that helps."

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## BLACK HISTORY MONTH

*With October being Black History Month, a member of our news team sat down with ACS and the Pan African Society*

Saywah Mahmood

**O**ctober marks Black History Month and QMUL is celebrating with a host of activities. This year, we've interviewed members of Queen Mary Students' Union African and Caribbean Society (ACS) and Pan-African Society, to find out what BHM means to them and their personal experiences.

We sat down with Jada, who is vice president of the ACS and is ethnically from Barbados, Ghana, St Kitts and Nevis. We also caught up with Rhoda, who is ethnically from Ghana and Tessa from Kenya, they are the President and Secretary of the Pan-African Society.

**Is Black History Month important to you and why?**

Jada: "Yeah 110%. Secondary education doesn't



**When you throw out your first-year emotional baggage...**

Students' Union organise 'reuse fair' demonstrates commitment to sustainability page 4

expose us to a meaningful black history, we learn almost solely about the exploitation of black people; slavery and nothing else. BHM provides opportunities to explore events and figures that we have previously not had exposure to. Learning about Windrush was and still is an eye-opener and that's why it's important for figures like Diane Abbott, to talk about the 70th anniversary

of Windrush. I feel as if this is the first time QMUL is having full scale celebrations for BHM."

Tessa: "It is important but it shouldn't be the only celebration of blackness we have. I think it needs to be reclaimed, to present a more dynamic history of black people, rather than an exclusive focus on slavery."

Rhoda: "It's really important for me too but I

echo Tessa's point, that it should focus less on slavery; black people exist outside of that narrative."

**Up until now, do you feel being black has held you back in anyway?**

Jada: "Societies opinions of you pin you down, outside and within the black community. Everything is scrutinized, your hair, the shade of your skin etc..."

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**“There is  
nothing  
permanent  
except  
change.”**

*~ Heracitus*

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When you're done reading this,  
recycle it.

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## NOTE FROM THE EDITORS

**S**o... we're looking a bit different!  
We've had a full-on makeover. From our font to our layout, we decided that it was about time we shook things up a little bit. And if we dare toot our own horn (\*toot toot!), we are absolutely loving it!

But don't just take our good looks at face value. There's a whole lot going on in this issue... we're beauty and brains over here!

We may only be a few weeks into the first term, but a whole lot has been going on. We've covered everything from the Queen Mary Students' Union autumnal elections to Black History Month, from the controversial Afghan society group chat screenshots that emerged this past month to the Students' Union's new 'Zero Tolerance' policy. So, if you feel like you have missed out on all the gossip around campus, this is the place to get your fix.

In our Science and Technology section, editor Alex has explored why your supposedly ethical food choices may be a bit less eco-friendly than you think. A really interesting read, especially for all of us environmentally-conscious readers... we should start taking note of where our food *really* comes from, which includes foods we use as substitutes for animal products. In a similar vein, Features editor Becca discusses 'the Plastic Problem' and how we as students can cut down our purchasing of plastic.

Contributor, Lara, brings to light the changing relationship between the fashion industry and Alopecia in our Features section. This piece blew us away, especially the overall message of empowerment and the confident statement of being beautifully bald #AlopeciaisFashion.

You have all of this to look forward to reading, and so much more. We really wanted to push the boat out with this paper with both design and content, and we feel as though we have accomplished just that.

We hope you enjoy our second issue of The Print!

P.S. - as always, we would love your feedback. Anything you would change?  
Drop us a line: editor@theprintnews.co.uk



## ADVERT





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...Often in school, we were told that we could only have our hair in 'certain styles'; an indirect way of criticising our braids. Hair and skin are highly politicised issues."

Rhoda: "I don't feel being black has held me back but external perceptions of blackness hold me back."

Tessa: "I feel the same, constant criticism has led to a lot of black people internalising anti-black sentiment within them; we end up criticising our own normalities."

**Do you feel positive about life after uni (for jobs, internships etc)?**

Jada: "I would like to pursue a career in law but the 1st female black barrister was only appointed a few years ago and that makes me apprehensive. There is already so much competition with-

in the field, add your skin colour and all the perceptions that come along with it and it makes things a lot harder. I have reservations. I also question BME exclusive job schemes because am I being employed on my merits or just to fill a diversity quota."

Tessa: "It's hard to be positive; we can't be oblivious to the setbacks we can face. I think I'm prepared, prepared for the setbacks... Although the motives behind BME schemes can be questionable, I see them as an opportunity. It's a space I can fill to encourage other people."

Rhoda: "I can't go on believing that my skin colour won't matter but as Tessa said, I feel motivated to occupy spaces and pave the way for other people who hopefully will be employed on merit and won't feel daunted about having to

'work harder.'"

**How do you feel about the representation of black culture in the media?**

Jada: "They paint us as a collective, a bad collective. The unfairness seen in the judiciary system is reflected in the media's language. For example, the back stories they tell in black criminal cases differ vastly from those of white criminals. The black stories capitalise on their negative aspects. White back stories tend to paint white criminals as things like 'the family man' and suggest that what they did was a one off, out of the ordinary. And that's just one example."

Tessa: "The British media is hard to navigate and there is a frequent use of negatively associated buzzwords; 'gang', 'ghetto' etc. I feel a responsibility to take these narratives and change them."

Rhoda: "With the media comes power. We get reduced to a set of stereotypes that are implied to be a part of our innate nature. Like Tessa, I feel a constant burden to fight against these stereotypes but even when we do that, we [black women], get labelled as aggressive, when we are trying to challenge the narratives that have been pinned to us."

**Is there a black figure that inspires you?**

Jada: "There isn't enough representation of a diverse range of black figures that we can identify with, so it's hard to have a pivotal figure but I would have to say Leslie Palmer: the man behind the Notting Hill Carnival. He inspires me, he gave exposure and voice to the Caribbean culture and now the carnival is one of the biggest events of the year."

Tessa: "I don't want to

seem clichéd but Beyoncé, she's an all-round success. I'm driven by powerful women. I also want to mention director Ava DuVernay; I love her work because she's dedicated to raising a positive black voice."

Rhoda: "Malorie Blackman; she inspires me to write. Also Frantz Fanon; he's especially pivotal, his explanations of the way we perceive each other force you to decolonise your mind."

**Food you recommend we try?**

Jada: "Try Jollof rice with Jerk Chicken; a great fusion of two black cultures."

Rhoda: "Jollof rice, Puff puff and Curry Goat."

Tessa: "I think you should try Kenyan chapatti and Mandazi."

Find out more about the ACS and Pan-African society via their social media.



## Autumnal Elections

Shaun Fishenden

Following a short period of campaigning, Queen Mary Students' Union election results were announced on Friday 12th October 2018.

A total of 32 candidates stood in the recent autumnal elections, competing for just 7 positions within Queen Mary Students' Union.

Adi Sawalha was elected as First Year Representative for Mile End; he was elected in the sixth round of voting. Despite emerging as the winner, he only received 132 votes which suggests turnout for these elections should be of concern. For Barts & the London School of Medicine and Dentistry, Minahil Khan was elected as their First Year Rep, at the first stage.

Another role being voted on in these elections was Postgraduate Taught Rep; those elected were Ammaar Ikram for the Mile End campus and Talhah Atcha for Barts. Ammaar pledged to better engage the Students' Union with postgraduate students; provide more available space for PGT's to ease congestion in existing study spaces and fix timetabling issues. Talhah also stood on a platform urging that postgraduate students are not forgotten by Queen Mary Students' Union.

The position of Postgraduate Research Rep was filled by Alice Dowden for the Mile End campus and Ahmed Naji for Barts. Alice stood with policies such as promoting PGT wellbeing through Students' Union involvement and improv-

ing researcher relationships with staff and supervisors. Ahmed on the other hand had no manifesto/statement listed on the Queen Mary Students' Union elections page.

The final position up for grabs was that of NUS Delegate. This role was filled by five different students: Adhishree Adulkar, Isra Oosman, Rameesha Tiwana, Mohammed Uthman Isahaq and Bilah Ahmed. These five delegates will be joined by Ahmed Mahub who, in his role as the President of the Students' Union, is automatically given a right to attend the NUS' National Conference. Queen Mary Students' Union describes the responsibility of these six delegates as being 'to represent Queen Mary students on the national stage' and 'set policy and decide a budget for the year ahead'.

## QMUL Library Fine Decrease

Students to receive significantly more iPay credits to pay slightly lower library fines at QM Mile End Campus

Liam Pape

Queen Mary has reduced library fines for late-return loans in order to 'help reduce everyday costs' for students.

Changes, implemented at the beginning of October, saw the reduction in fines on a one week loan drop from 50p per day to 10p per day, and fines on ordinary loans drop from 10p per day to 5p per day.

Fine rates on laptop, DVD interlibrary and one-day loans remain the same. However, the university says that financial income has never been the focus when it comes to library fines and it was more of a way to encourage prompt return of items.

Print credit allowance has also been increased. Students used to receive a complimentary £1 when they first registered to use student services. However, students will now receive £10 in iPay credit at the beginning of every academic year which can be used to



pay for printing, photocopying and paying off library fines.

Although these changes will make life slightly easier for library users, there is still the prominent issue of multiple plug sockets on the ground and first floor of Mile End library not working.

At a recent Student Council meeting, VP Education Redwan Shahid said "I'm looking for a practical solution in the short term."

He explained the problem arose when plugs were put in but the building did not have the electrical capacity for them. "The circuit trips which is a good thing. It means that the building doesn't catch fire, but it stops your electrical devices from working."



## From London to Latin America... studying abroad.

Queen Mary's study abroad opportunities.

Gevitha Anbarasu

Recently, Queen Mary has been credited for establishing new links between universities from around the world. This year, the International Exchange Programme team has paired up with universities from Indonesia (BINUS), Malaysia (University of Malaya), Japan and Chile. Furthermore, Professor Colin Grant, Vice-President (international), had attended a reception to further links with universities in Colombia, including 'Pontificia Universidad Javeriana', one of the top universities in the country.

Situated in such a diverse city, with over 300 languages spoken in London alone, Queen Mary provides an endless supply of cultures and traditions that students can immerse themselves in. However, the idea of providing students with the opportunity to travel and gain valuable skills from this is still a prime focus. According to James Connington of The Telegraph, 'it's far easier to identify the skills you are lacking when you step outside your comfort zone – and going abroad to study is a fairly serious step.'

Queen Mary offers 4 different study abroad programmes: the International Exchange Programme, Erasmus+ within Europe, Erasmus+ beyond Europe and Summer Programmes. In the Erasmus scheme, you are eligible for funding to help pay for accommodation and living costs.

If you wish to apply or find out more about studying abroad, visit the team of the International Exchange Programme and speak to staff about who to get into contact with.



## Racism in Afghan Society group chat

Late-night intruder in Afghan Society's group chat leaves trail of racism and rape jokes

Kerry Maxwell

Queen Mary Students' Union is investigating claims of racism amongst Afghan Society members, after "offensive comments" screenshotted from a Whatsapp group were shared online.

A statement was made by the Students' Union after these messages were publicly posted on social media by a student.

The Students' Union state they are "looking into the matter" and say the individual accused of making racist remarks is not a member of the Afghan Society. They are also investigating whether they

are even a student at Queen Mary.

Screenshots taken from the Afghan Society's private group chat posted on Twitter appear to show messages using racist language and making jokes about rape. Other members

### 'disgusting comments'

of the chat react to remarks with comments including "Woah where did this racism come from" and "...too far".

The Society, in a statement, have expressed their shock and disappointment

over the "blatantly offensive and disgusting" messages that "are not reflective of our values or ethos both as a Society and as an Afghan community." They also admitted that the messages came from an individual who was not a paid-up member of the society.

The individual was removed from the group as soon as the messages were reviewed, their statement claims.

Anger has been expressed in response to the statement over Twitter towards the "performative apology" made by the society and the "complicit" attitude taken by those in the Whatsapp group.

This comes after previous reports of racism at universities across the country. Bracton Law Society at the University of Exeter had members expelled from the institution after racist messages on a Whatsapp group chat were published earlier this year. Likewise, students at Nottingham Trent University were suspended following video footage released of their racial slurs in a halls of residence.

Support to those affected has been offered by the Students' Union in their statement and the Afghan Society has opened up their email to anyone "who would like to discuss this matter further."

## 'Reuse Fair' proves to be a roaring success

Over 720Kg of donated items were saved from going to waste thanks to a new scheme organised by the Students' Union.

Liam Pape

At the end of last semester, students moving out of campus accommodation were encouraged to donate unwanted items, such as duvets, crockery, and kitchen utensils so that they could be given to future freshers free of charge.

The scheme launched after students noticed that in previous years, the British Heart Foundation donation bin – as well as the regular campus dustbins – were overflowing with items that students no longer needed.

This year, items equivalent to the weight of a cow were saved from the tip and put out for new students to browse and collect from the 'Reuse Fair', which took place during move-in weekend.

Over 200 students came to the Reuse Fair, which was staffed by volunteers and Green Mary group members. By the end of the second day of the fair, only three duvets, two pillows, some linen and a few folders were left. But even these did not go to waste; the folders were given away during Freshers' fair and the bedding was taken to a homeless shelter.

Montse Oliver, Sustain-

ability Coordinator and organiser of the fair, said: "Uncommon items" such as a pool table game, electric blankets, hairdryers and furniture went first. Some people came in early in the morning, took some stuff and came back later for a second round'.

She added: 'Bedding was more popular among international students because they come here for shorter periods of time and they have to buy everything.'

A feedback survey of over 100 students showed that 95% said Reuse had saved them money and 48% said it helped them ease their transition into university.

The Reuse fair also helped raise funds for the Women Environmental Network and Anthony Nolan (Blood Cancer) thanks to their partnership with the volunteers. The Students' Union hopes to run the Reuse Fair again. However, Montse admits that storage space is one barrier that keeps holding the scheme back. 'This year, Reuse was supposed to be launched earlier in May, but due to the difficulties of finding suitable space to store the donations over the summer, the scheme had to be put on hold.'



## Mile End to Meath Gardens?

Proposal to open underpass to connect campus to local park

Shaun Fishenden

There is a park close to Queen Mary that is used little by students, despite it being situated right behind campus. Meath Gardens. The gardens were opened to the public in 1894. Before this the site was used as Victoria Park Cemetery until falling into disuse and being reopened as the gardens.

In recent months, staff from the School of Geography have been working with the Roman Road Trust and Tower Hamlets Council on a proposal to create a direct link between the campus and Meath Gardens. This would be achieved by opening up one of the archways under the railway bridge next to the canal, thereby providing an underpass.

The benefits of such a link would not only be access to another green space that students can use as an outdoor study space, but it will also create an easier and more convenient link to Globe Town (Roman Road West).

This will aid the regeneration work for the area being planned by Tower Hamlets

Council and increase staff and students' accessibility to the range of shops, cafés and restaurants on offer along Roman Road, as well as the relaunched market. It is hoped this link will increase footfall to the area, with it becoming little more than five minutes away.

The regeneration team at Tower Hamlets Council received the news they had reached the second stage round of a bid to the Greater London Authority's Good Growth Fund. Receiving this funding would enable the construction of the link to go ahead. In preparation for their final bid, they had to demonstrate potential economic and social benefits of creating this new link. Professor Alastair Owens (Head of School of Geography) enlisted the help of students from his department to administer a questionnaire on campus to gather the data needed for the bid. The council will submit their final bid to the GLA by the 22nd October and then it's a waiting game.



# Clamping Down: SU has 'Zero-Tolerance' for sexual assault

- *Students' Union venue staff receive training to challenge harmful behaviour*
- *University hires sexual harassment project manager*
- *Drapers and The Griff Inn introduce lifetime ban for sexual harassers*

Liam Pape

The Students' Union and Queen Mary University have been working together to tackle sexual harassment and assault on campus.

All staff working at Students' Union venues, including Drapers and The Griff Inn, have received 'Good Night Out' training on bystander intervention. The course teaches staff effective responses to harmful behaviour, challenging it and supporting the target of the harassment.

The training states that if the situation does not look safe for a bystander to intervene, they must swiftly alert security. The teaching also offers tips on how to give someone an 'out' to leave a situation and how to tell a harasser 'stop' or 'this is not ok' using neutral body language.

'Good Night Out' suggests ways bystanders can check in with someone even if it is loud. This can be done by giving a thumbs up or making eye contact.

The training additionally informed staff of the services Queen Mary has on campus if they do need to signpost someone who has been in a non-consensual situation.

Ella Harvey, VP Welfare at Queen Mary Students' Union and the person who has been spearheading a lot of these changes over the last few months, said: 'Everyone has a different understanding of what consent is - and that's if they've even thought about it or been taught, so this is a really important safeguarding issue'.

Over the summer, Harvey met with venue managers at Drapers and The Griff Inn to discuss changes to their code of conduct. It was agreed that sexual assault and harassment should be reclassified as a 'serious misconduct', resulting in a lifetime ban from all Students' Union venues - including Chislehurst sports ground bars.

Previously, the Student

Unions' work around zero tolerance consisted of the 'Change the Culture' campaign. However, for many, this was lost amongst the many campaigns the Students' Union runs, and was mostly ineffective, as the zero tolerance page on the Students' Union website did not offer any links to services or support.

The launch of the new zero tolerance campaign in mid-October coincided with Stop Hate UK's Hate Crime Awareness Week. Harvey says: 'It should have been launched in the first week of term but there were delays on the university's side of things. However, the university has been responsive and are listening to what we want.'

The campaign launch saw new resources be-

'they are 18 and a consenting adult' when that is not the case because the student often cannot then revoke consent in those situations - therefore it's not consent', Harvey explained.

In 2017, The Guardian reported that there had been fewer than three investigations into staff-on-student harassment allegations at Queen Mary, none of which resulted in staff leaving or changing jobs.

All full-time members of staff at the Students' Union are going to receive consent training. Consent workshops are going to be run for university staff. However, these will not be compulsory.

Queen Mary is also in the process of hiring a 'sexual harassment project manager' in the Student Life

## 'Sexual assault and sexual harassment should be reclassified as a 'serious misconduct''

ing added to the Students' Union's zero tolerance web page, including definitions of different types of hate crimes and links to where students can get support.

That week, the Students' Union also ran a survey on hate crime which saw over 50 respondents in the first 90 minutes of the survey being live. The purpose was to highlight gaps in students' knowledge so they know where to focus their attention in the future.

Harvey also worked with University Management to develop a student-staff misconduct policy which did not previously exist. She admits the university's first effort at drafting this was too ambiguous and was not clear about the consequences. Upon Harvey's request, the university soon changed it so the tone is more appropriate and goes on to explain the reasoning behind the policy.

'Some lecturers will think

team, (official title: Project Manager tackling Sexual Violence, Harassment and Hate Crime). The job description states that the post-holder will 'work with colleagues from across the university and the Students' Union to develop new roles, report pathways, processes and systems'. Although the position is currently part-time, Harvey announced at the October Student Council meeting that she is lobbying for the role to be made full-time.

Harvey attends the zero

## 'This is a really important safeguarding issue.'

tolerance working group and is advocating for the university to hire a pastoral member of staff who can look after sexual harassment cases. She explained her reasoning: 'When students report cases of sexual assault, it is very traumatic



and there's not always a lot we can do for them because of the way the law is. For example, if a student reports a case of sexual assault by a staff member, when they go into the procedure of giving a report of what happened, they are effectively only a witness and barely a part of the process. They give their report and that is it.

'Legally, they are not allowed to hear about the outcome of the case. The idea behind this is they only need to tell their story once, but it also means they don't know the outcome or what that person [the accused] said either. It can be really difficult so there should be someone pastoral who specialises in that area of HR.'

Queen Mary is working on a new internal reporting platform for sexual harassment and assault. Currently, their website offers links to external services and support lines.

Some reporting tools the university currently recommends (including Queen Mary's own Appeals, Complaints and Conduct office), are just email addresses or basic submission forms which are often dubbed as

'ineffective'; they fail to immediately support vulnerable people who may be reporting crime. They are not anonymous.

The University of Manchester, Goldsmiths and the University of Essex all use a system called 'Re-

port and Support', which allows students to report anonymously to an advisor. When reporting an incident, the system asks the user a number of questions, including if they are reporting for themselves or on someone's behalf, the accused's relationship to the university, and what faculty they are a part of. The user is then directed to an appropriate support service's website and the incident is logged so it can be investigated further.

The website is praised by many hate crime activists but it is expensive, so Queen Mary is looking at producing their own similar platform which will be developed by the new sexual harassment project manager. It is predicted that Queen Mary's anonymous reporting platform will be launched before the end of this academic year.

The Students' Union President Ahmed Mahbub said: 'This is the biggest win we've had in ages; zero tolerance is finally off the mark this year'.

The Students' Union will be continuing to raise awareness of zero tolerance as well as where students can find support throughout the year, including sex and relationships month in January and LGBT history month in February.

More information about 'zero tolerance' and Good Night Out's Active Bystander training can be found at [theprintnews.co.uk/sexual-harassment](http://theprintnews.co.uk/sexual-harassment)



# The Plastic Problem

Features Editor, Becca, gives us the low-down on how we can pull our weight when minimising our use of plastic

Becca Billis

Earlier this year, the Conservative government released a 25 year plan for how to improve and protect the environment. Theresa May opens the document with a foreword commenting on our duty as a country to protect our precious inherited landscapes and wildlife. She calls upon the success of the already implemented plastic bag charge quoting that 'reducing the use of carrier bags by 83% shows the difference which government action can make, and demonstrates that protecting our environment is a job for each one of us.' Despite the success of the scheme, there is still a constant stream of news articles which illustrate the devastating consequences of single-use plastics. This draws into question the speed of these changes: are we acting

too slowly?

The government states that they are 'working to a target of eliminating avoidable plastic waste by end of 2042.' This plan is incredibly broad and long-term, and difficult to translate to the everyday. So, I reached out to QM Young Greens for some digestible advice on how we, as students, can all contribute to tackling the plastic problem.

Unsurprisingly, the most commonly advised change is in regards to our caffeine addiction. The UK uses 7 million disposable coffee cups a day, amounting to an estimated total of 2.5 billion a year. We as students are almost certainly accountable for contributing to these statistics; The Student's Union here at Queen Mary provides the ever attractive incentive of a discount every time a student brings their own reusable

mug or coffee cup. The energy and resources required to make a plastic travel mug is the equivalent to fifteen disposable cups and lids. Therefore, despite it seeming counter-productive spending money on plastic to reduce plastic wastage, the statistics do add up.

One of the interesting recommendations on the list shared by the Young Greens was the focus on sustainable clothing items over fast fashion. Although clothing and plastics aren't commonly associated, many cheap synthetic clothing pieces release dangerous microfibres every time they are washed. These microplastic fibers are released directly into our waterways causing them to be consumed by fish, ultimately ending up in our food chain. It was estimated by a study carried out by the University of Plymouth that 'for

an average wash load of 6kg, over 700,000 fibres could be released per wash.' The study warns against being a consumer of fabrics such as nylon and polyester, opting for more natural fabrics such as cotton or wool and washing them at a lower temperature for a shorter duration.

As students, many of us struggle to maintain a balanced diet; however, altering our food habits can have hugely positive effects on both our bodies and the planet. Food packaging is often excessive and unnecessary: UK supermarkets produce almost 1 million tonnes of plastic packaging each year. Shopping at local markets or picking up 'wonking veg boxes' which are available from some major supermarkets reduce both plastic and food



wastage. Or alternatively, reject the multi-pack and pick up loose veg. Another recommendation is buying products in bulk then cooking and preparing at home. Meal prepping saves time and money, helping students avoid simply grabbing a ready meal on the way back from the library.

Apart from these small changes, there are hundreds of other tips which the average student can use to fight against plastic waste. These include avoiding plastic toothbrushes and hairbrushes, and instead investing in bamboo alternatives, as well as carrying reusable straws, bottles and cutlery and learning how to effectively recycle in your local area.

# Bye Felicia, Hello Alopecia

Contributor, Lara, explores the changing relationship between Alopecia and the fashion industry

Lara Mills

From September 20th - 23rd 2018, London Fashion Week showcased a world first 'fur-free' fashion week. This followed a declaration from the British Council that none of the participating designers would be using fur within their showcases - a pioneering moment for British Fashion.

However, it's not just the support of animal rights which has altered the course of style and beauty assessment. Currently, the British Fashion Industry finds itself situated in a climate of change, constantly challenging conventional expectations of beauty through pioneering movements; the new #AlopeciaIsFashion campaign is one such example.

Defined as the medical term for hair loss, alopecia can manifest in a variety of forms - androgenic alope-

cia, alopecia areata, alopecia totalis, cicatricial alopecia or traction alopecia. According to NHS England, in 2017 8 million women were said to be suffering with a form of alopecia. In an age where conventional beauty is defined by long, healthy hair, the alopecia community continues to be overlooked by fashion and beauty industries - an issue which #AlopeciaIsFashion aims to eradicate.

Founded by the Hair Heals Organisation and The Liverpool Urban Hair Show,

the #AlopeciaIsFashion movement. Having experienced hair loss as a result of childbirth, styling and excessive use of products, Claire aimed to channel her experiences into giving other women a platform to express their own unique form of beauty.

Ambassadors Eve Betts and Nichola McAvoy have pledged their support to the #AlopeciaIsFashion campaign, acting as models and spokespersons for the campaign launch. Both have openly discussed the ways

enough confidence into young alopecia sufferers in order to transform the prospect of wig wearing into an optional, not compulsory, resort.

Thankfully, this air of positive social change is slowly beginning to filter into the media and break down the conventional, often completely unattainable, boundaries of conventional beauty.

To see Adwoa Aboah grace the cover of British Vogue and openly promote her shaved look as a mechanism for self accreditation is nothing short of groundbreaking. For icon model and actress Cara Delevingne to trade in her luscious locks for the bliss of the buzz cut is empowering in itself. To live in an age where Chrissy Teigen's 'Headband of the Day' has made hair accessories a viable and fashionable way to disguise bald patches is humbling. Being able to learn of the personal

hair loss journeys of public figureheads is admirable and reaffirming - such as the stories of Creative Director of Fashion Label, Rachel Fleit and actress Jada Pinkett-Smith, to name a few.

The #AlopeciaIsFashion movement is a mere scratch on the surface, but it is about to widen. Baldness is no longer defined as 'doing a Britney circa 2007', it has become a cutting edge trend. The entity of fashion. This symbolised by empowerment and confidence for women everywhere, from every walk of life.

Bald is beautiful.

It's time to take note.

To find out more about the variations and causes of Alopecia...

<https://www alopecia.org.uk>

## #AlopeciaIsFashion

#AlopeciaIsFashion strives to shatter conventional expectations in which hair is a prerequisite for beauty. One of the primary figureheads seeking to conjure an air of change within the industry is Liverpool based Director of Hair Heals, Claire Namukolo, the mind behind

in which alopecia has affected them whilst growing up; both have also spoken about issues corresponding to anxiety and self confidence which were triggered as a result of hair loss. Their aim is to integrate baldness into the standard perceptions of beauty and install

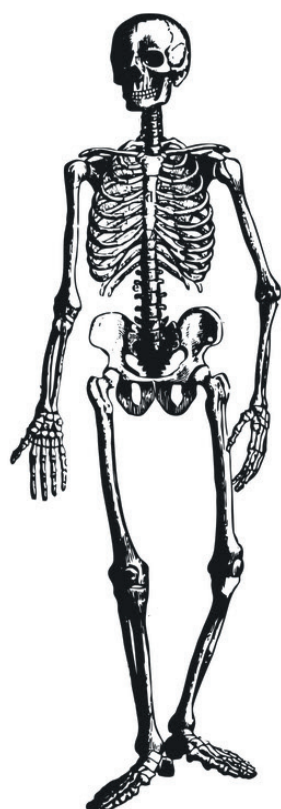


# Halloween Hotspots: London's East End

Editor Millie explores the spooky landmarks right here on our doorstep...

Millie Pritchard

Whether it be the element of fancy dress, stuffing your face with sweets, or the general spookiness that the time of year brings – Halloween is a firm favourite with many people. It is the prime time for horror movie fanatics to get their fix, with the colder weather and longer nights adding to the eerie atmosphere. Seeing as many of us will be spending the 'holiday' here in East London, here are a few 'creepy' or perhaps 'haunted' places you can visit to truly get in the Halloween spirit:



## 3) The Viktor Wynd Museum of Curiosities

Founded by The Last Tuesday Society and based in Hackney, this museum will attract oddballs from all around. Hosting a wide range of items from taxidermy to condoms once used by the Rolling Stones, shrunken heads to the skeleton of a Giant Ant-eater, this place has it all. If you're in the mood to freak yourself out, but also wonder why such a variety of stuff has come to end up in this museum, this is the place for you.



## 1) Jack the Ripper Tour

With Whitechapel only just down the road, it would be a shame to neglect the opportunity to go on a Jack the Ripper walking tour. Fortunately, you are very much spoilt for choice in this department, as a lot of different companies offer the tour. Many of them are rated very highly, so I would advise to just compare the prices and see what one would suit you the most. They all start at around 7 to 8pm, which gives the perfect night-time atmosphere for this time of year!



## 2) The Ten Bells

Of course a pub had to be included in this list. Not only that, this pub used to be called 'The Jack the Ripper', as not only the killer, but two of his victims Annie Chapman and Mary Jane Kelly all, apparently, used to drink in the pub. It is also rumoured to play 'host' to Annie Chapman even now, with her ghost supposedly haunting the establishment. Located in Spitalfields, it is relatively close to Queen Mary, and I would highly recommend it if you feel up for going for a ghostly pint.

## 4) The Ragged School Museum

Overlooking Mile End Park, this building used to house a school which was opened in 1877 to educate the impoverished children of Mile End. When the school was closed it became a factory and after that, the museum it is today. Here, you can see a reconstruction of a Victorian school classroom as well as a 1900's kitchen. You may even see more than what you bargained for, as regular ghost hunts are organised here by 'Haunted Rooms', in which many have reportedly seen poltergeist activity.



## 5) Epping Forest

This perhaps may be seen as a curveball to some, but Epping Forest is believed to be haunted. Much further afield than the other places on this list, this forest has been used as a criminal hideout and burial spot for centuries. It is said that it may play host to not only the famed highwayman Dick Turpin, but also some of his victims. Many paranormal investigations have occurred here, including on the TV show 'Most Haunted' back in 2003.







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# 1.1 Million reasons why unity is worth it

Contributor Hafsa talks about Charity Week 2017, and the Islamic society's involvement

Hafsa Mufti

**1.1 MILLION POUNDS!** This was the announcement that had the audience in the Crowne Plaza, Glasgow erupting last year in an array of celebration as the Charity Week 2017 grand total was trumpeted at the international annual dinner. Students across the globe gathered to celebrate the end of a week-long, annual, volunteer-led campaign in support of orphans and needy children.

Built on the vision of unity and collective action, Charity Week is a volunteer-led initiative, back for its 15th year. Student volunteers in the UK, USA, Canada, Australia, Germany, Qatar, and this year, South Africa, assemble in the last week of October to embody unity through a series of fundraising projects. From bake sales to sponsored challenges to auction dinners, Charity Week volunteers cover it all.

With an underlying theme of unity, this year's campaign focused on uniting to take care of our planet. The campaign advertised

the dying earth as a fault of our own, a problem that can only be fixed through collective effort. It encourages volunteers to work together in building a cleaner environment and sustainable future.

Queen Mary Students' Union's Islamic Society and Barts' Islamic Society have the privilege of being proud participants of the growing movement. It is perhaps the one and only time in the year that the counterparts come together to stand as a united entity. Zak Rob, Charity Week UK National Director and 4th year QMBL medic, comments "Over the years, QM ISOC and BL ISOC have grown strength to strength. Last year, they achieved 2nd position internationally, raising £63,108.27."

Personifying the power of unity, as well as working with the Barts' Muslim Medics and Dentists, the Islamic Society has come together with the Syria Solidarity, Gaming and Somali Societies to organise a unique line-up of fundraising events. Rob adds, "This year, not only are they unit-

ing together to support orphans and needy children, but the further collaborations they are undertaking to support campaigns such as Black History Month is a real embodiment of our vision of unity."

Funds raised this year have gone towards some sustainable projects voted by volunteers themselves, which include the provision of safe water and maternity care units in Mali and schools and orphanages in Syria.

Queen Mary University students hold every reason to be proud of the projects that they have helped fund this year, as they patiently anticipate their fundraising total to be counted. After weeks of endless planning, volunteers have showed us that only through uniting as one, can we be lifesavers.

As last year's International Director of Charity Week, Ahmed Shaikh, echoed at the 2017 international annual dinner, committed volunteers across the whole world displayed "1.1 million examples why unity is worth it."

# The events of Black History Month

Features editor, Anna, talks about local celebrations of diversity

Anna McKibbin

**B**lack History Month is, as described by President Gerald R. Ford, an 'opportunity to honour the too-often neglected accomplishments of black Americans in every endeavour throughout our history'. BHM started as an opportunity to inform, empower and engage the African-American community. This celebratory month has been adopted by the UK as an opportunity to acknowledge and respect the under-appreciated work of black leaders and movements throughout history. This celebration is a reminder that black history is part of British history; African-British citizens have been loyally contributing to this country for centuries.

The Students' Union has taken this opportunity to host events designed to celebrate the people and practices connected to black history. We are privileged to have had access to these events which shed light on exciting parts of African culture, but if you are a resident of Tower Hamlets (which I imagine a number of our readers are), we are also lucky to have had access to the events that the Tower Hamlets Council has chosen to

throw.

Genesis Cinema hosted weekly showings of a different film from Spike Lee's repertoire: a revolutionary filmmaking voice for the African-American community. Genesis presented his newest film, *BlacKkKlansman* on the 29th October. This showing was free for Tower Hamlets residents.

The Art Pavilion in Mile End Park launched a new collection entitled, 'Win-drush: Portrait of a Generation'. The 'photo-story' includes stories and biographies of the photo subjects. This collection had honest, moving depictions of underrepresented communities right on the doorstep of QMUL campus.

If we commit to events celebrating such a culturally diverse borough, and encouraged to celebrate black



accessed via <https://www.qmsu.org/bhm/>

# Who are Uyghur?

Contributor Hafsa educates on the current Xinjiang Uyghur Crisis

Hafsa Mufti

**E**ducation is a journey of a lifetime. To Uyghurs, education is twisted into repression of religion, culture and tradition. Maybe you've heard the name. Maybe the lack of mainstream media coverage means you have no idea who they are.

**Who are Uyghur?**

The Uyghurs are an ethnic group residing in the Xinjiang region, China. It was brought under its control in 1949 after a short-lived attempt by nationalists to claim the independence of 'East Turkestan'. Uyghur Muslims make up approximately 40% of the population and there are over 10 million thriving in agriculture and trade in its haven city, Kashgar.

Xinjiang is a key region of the 'Silk Road' – an economic development strat-

egy adopted by the Chinese Government to transform trade, linking China to over 60 countries in Asia, the Middle East, Europe and Africa. Kashgar is the best-preserved Islamic city in Central Asia. Rich in culture, tradition and practice, it shares borders with Afghanistan, Pakistan, Kazakhstan, Mongolia and Russia and falls on the Silk Road.

**What's happening to Uyghur Muslims?**

There is an effort of ethnic cleansing by the Chinese, masked in attempts of 'de-extremification' and 're-education' of Uyghur Muslims. China have claimed threats of extremism and terrorism.

Islamic freedom is being obstructed with the introduction of a series of bans, such as under 18s being banned from entering a



mosque. The government cites a fear of 'Islamic indoctrination' among young Uyghurs. Ironically, over 1 million Uyghur Muslims were forcefully submitted into concentration camps last year, for a process of Chinese 're-education.'

"They were like robots", says eye-witness Azat. "They seemed to have lost their souls. I knew many of them well, but now they

don't look normal to me. They behaved as if they weren't aware of what they were doing."

(Source: BBC Newsnight).

In pursuit of what China considers 'thought transformation' to tackle extremism, camps have become legalised.

There have been increased crackdowns of Chinese efforts after the build-up to the 2008 Beijing Olympics and then again more recently before the World Uyghur Congress report was released in August this year. The Chinese Government have increased Han Chinese settlement in the Xinjiang region through subsidizing those families who choose to resettle there.

What seems like a process of ethnic cleansing, the government has justified as a system of stimulating integration through an in-

creased flow of money.

**How can you help?**

Luckily, the heightened tensions in the Xinjiang region have caused reactionary response worldwide. A grassroots, London-based, student-led campaigning group, 'Who Are Uyghur,' has emerged to bring light to ongoing persecution of the Uyghur minority. The group provides updated details on the current climate of Chinese pressures, and offers practical methods to raise awareness and educate others on the ongoing injustices. From lobbying local MPs, to contacting NGOs, the campaign aims to empower everyone to help change the world – through education.

Be sure to follow @WHOAREUYGHUR on Twitter and Instagram for all the latest updates.



## Perspective: the key to becoming the master of your own life

Book Extract: *Why having a positive attitude and cutting ties with toxic people is so important*

Sophia Dearest

Our perspective plays such an important role in our daily lives. The way in which we view certain situations affects how we feel and consequently shapes our reality. When we change the way we look at situations, only then will we experience a major shift in our lives. This is because when we train our minds to see the positives from situations we thought we might never overcome, that is when we realise the universe is actually consistently working in our favour. Our perspective ultimately transforms the way we view the process. So, once we learn to grasp the concept of 'whatever is meant to be will be', that is when we can relax and surrender everything to the universe. Next time you feel as though you are going

through a rough patch, ask yourself: 'what can I learn from this?', as opposed to 'why is this happening to me?'.

Once I changed my perspective from 'why is this happening to me' to 'what can I learn and take from this', I was liberated and a lot happier. Rather than dwelling and feeling sorry for myself, I was constantly learning and growing from these experiences and you should too.

Our perspective is so important because when this changes, your entire mindset shifts! Once you master taking the positive from what may be considered as negative, your response to whatever life may throw at you changes too. We all end up where we are supposed to be. All these hurdles and setbacks we experience are here to make us stronger. Whatever you may be going

through right now—whatever that struggle may be, it is here to teach you something. If you are experiencing a sort of pain, take it as a sign of growth and truly believe that you will be stron-

are around certain people? Are you surrounded by toxicity? Learn to remove yourself from these types of situations and the people who brew them. Do not surround yourself with peo-

positive energy to flow. If you are in an untidy environment, you probably find it difficult to focus, and your mind gets distracted easily. I strongly believe in the saying; 'a decluttered room is a decluttered mind!'

Even if this means getting rid of the old clothes you no longer wear, or donating things you no longer use to charity, not only will this give you a sense of fulfilment from reaching out to the less privileged, but you would have gotten rid of unwanted and unused energy that is taking up so much unnecessary space. You will have such a refreshed, abundant feeling!

Sophia Dearest is a second-year English student at Queen Mary University of London. Her book 'Perspective' is available from Amazon.

### Do you feel your energy is being drained when you are around certain people?

ger in a few weeks, months or years' time. Everything is an opportunity; we can either sit and dwell on things happening in our lives, or we can change them. We have a lot more power over the affairs of our lives than we can begin to imagine. Take a good look at the people you surround yourself with and your immediate environment.

Do you feel your energy is being drained when you

ple just because you want to have 'friends'. If there is anything or anybody disrespecting or hurting you in any way, learn to let go of it and rediscover yourself.

Besides, our surroundings also play such a vital role in how we feel. So, having a clean environment is very important too. I find decluttering often to be highly beneficial. If you have clutter lying around, there is hardly any space for new

ADVERT





# ‘It’s About Time’: Jodie Whittaker silences critics

Daniele Accruso

**S**at on the sofa, with my head in my hands... I’ve been in this situation before and it didn’t end well. I had this scenario circling round in my head before it started, but my worst nightmare was unfolding before my eyes. I hoped it wasn’t going to be this way. I was scared of it being this way.

I could see the headlines already – “Whittaker’s Wonderful Debut as The Doctor.” That opening scene by Jodie Whittaker filled me with dread; was she really the best person to take on this historic role?

I had flashbacks almost immediately after seeing her very first words as the 13th Doctor.

When David Tennant moved on from being the famous timelord, the Scotsman who made me fall in love with the show, Matt Smith subsequently took over and it destroyed my fascination for the timeless (pardon the pun) British classic. Peter Capaldi’s take

on the Doctor thankfully reignited my passion for Doctor Who. Each episode with Capaldi made me feel like a child once more, captivated by the story lines and endless action.

Was my relationship with the show to end once more? Could Jodie’s incarnation, like Matt Smith’s character, hinder my love for the show?

All these thoughts were badgering inside my brain after that opening scene. The first female Doctor – could she be that powerful, stern figure like Peter Capaldi and have the charismatic personality like Tennant? Could she bring her own style as well? The first female Doctor – were all the critiques of a woman playing the part going to be proved correct?

However just like all those fabulous, brilliant and legendary Doctors before her, Jodie had a moment. One fantastic moment which changed everything. “When people need help, I never

refuse!” Those words. Those brief, simplistic words felt right. Jodie made them feel right. Jodie WAS the Doctor and rightfully so!

As the episode progressed, my desire for it not to end was growing. That

ge. It’s a massive change for fans, which cannot be underestimated. To put it bluntly, it’s daunting seeing someone take over a role which you cherish so much.

As the first female chosen to play the Doctor, her

sode unfold and they were not disappointed.

Jodie’s character is a massive moment for the show and young girls around the country. Seeing tweets about how people’s daughters on the Monday, following Sunday’s episode, were in the playground and play acting as the Doctor were heartwarming to read.

I usually have a piece in the sports section, “What To

Do on A Saturday” where I tell you what football games to watch in London; I cannot stress enough that what you want to be doing on a Sunday is watching Doctor Who at 6.55PM. Give it a watch, catch up on BBC iPlayer and relax from university work. Be taken back to your childhood... I’m sure many of you watched Doctor Who. Be that child again. Be a part of Jodie’s journey as the Doctor, which looks set to go from strength to strength, all thanks to that Sheffield steel, of course!

## “When people need help, I never refuse!”

feeling of panic had subdued and instead developed into a fire of excitement. Jodie had won me over. I still missed Capaldi but the emptiness wasn’t as large as it had been.

It might sound daft but as a fan of the show, a show which I’d pick to watch over any other if I had to make a choice, the idea of a new Doctor seems daunting. You grow to appreciate the main character and just like that, everything changes. The character itself stays, but those portraying it chan-

performance was always going to be analysed and scrutinised extensively. I’m including myself in this. I wanted her to succeed and it seemed like she did. All those who feared the idea of a female Doctor were proved wrong.

I mean seriously, a female Doctor seemed absurd for some? An alien, with two hearts but the idea of it being female was the final straw? Laughable.

A record breaking 8.2 million people tuned in to watch the monumental epi-

## What is wrong with my arts degree?

Natalya de la Motte

**W**ell what are you going to do with your degree when you are done?’.

I’m studying English Literature and when I’m asked this question, I hear sniggers and humorous comments about me becoming a librarian or a teacher – as if obviously those are the only options for me. I’m not trying to say I embarked on the most impressive degree, I didn’t, but I still have lots of careers that are accessible to me.

My course isn’t just reading, nor is it a waste of

money. I chose to study a degree that I love, which I believe is the purpose of university. How is it wrong to choose a degree based on interest? It’s the way I believe I will get the most out of my university experience. What careers you can enter after graduating are not bound to the title of your degree. If you are an English student, you can do more than read and write for a living, and the same applies for all degrees.

While there are some people who go into the exact career their degree has set up for them, mainly medics and dentists, the majority of people on less specialised courses end up in unrelated jobs, and this isn’t a negative thing.

There shouldn’t be such a stigma placed on careers being bound to your degree title. I want to go into media and publishing when I graduate, however I haven’t taken media studies, or a more tailored course because I want options. To some, my choice of degree may seem dead end, but to

me my possibilities are vast as my course is my passion.

In the wider world, people like Theresa May are not helping this stigma against arts courses, in fact they are fuelling it further. It is not just individuals that hold these biases against perceived dead-end degrees but employers too. So for the PM to announce in a speech at Derby College that the amount paid to universities, especially by low income families is making young people ‘question the return they get from this investment’ brings a whole other set of problems.

The review aims to ‘future-proof the economy by making sure we have a post-18 education system that is providing the skills that employers need’.

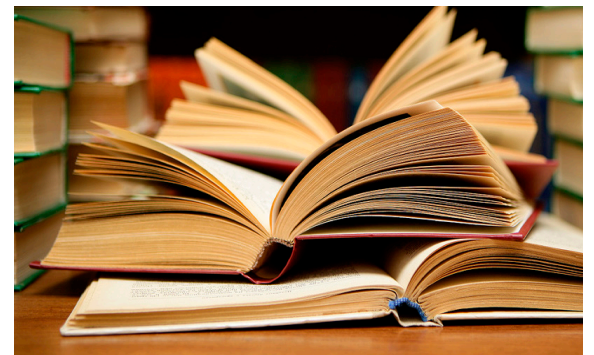
Throughout her speech May constantly reiterates that we are living in a modern and tech savvy society who need young people that are going to further this and help us compete with the rest of the world in technological development. How, then, is this enabling

us to ‘become a country where everyone from every background gains the skills they need to get a good job,’ when there is apparently

only a necessity for certain degrees and job types?

What sort of message does this send to employers that were already sceptical about certain arts degrees? It weakens their interest even more, reinforcing the idea that a humanities degree is of less worth than a more technical or modern degree such as business or computer science. It also has damaging impacts on the students studying these arts based courses who struggle to not become unmotivated by their lack of prospect.

May states ‘I want the Britain which these young people will be living in to be a self-confident, outward looking Britain’, yet I see this as impossible when the



government are making it virtually impossible for humanities degrees to stay afloat. I already felt nervous when applying to work experience and internships that did not apply directly to my course, so when politicians and influential figures introduce measures that would hinder me further it damages my self-esteem even more.

In a changing society, it’s hard for classic and once highly valued degrees be seen as necessary. In such a tech savvy world we need to remember there is still a world of opportunity out there: don’t be disheartened by seemingly narrow career paths that wait upon graduation.





## KOTSAK-IS TALKING

ANNA-ALEXIA KOTSAKIS

### The Only Way is Essex: Pumpkin Picking Adventure

Every year when Autumn rolls around I have the need to embody the season in every way possible. I actually have a checklist of things I want to do before we enter the Winter blues. One thing on my list has always evaded me, that is until now; pumpkin picking. I knew that when I moved to London I would get the chance to cross it off my list, I did; however, underestimate the lack of pumpkin patches in central London, which prompted me to a quick Google search and the conclusion that there are virtually no patches in Central. That stumped me for a moment and made me question my commitment to this project, but alas, I pushed through and decided to broaden my search.

The next closest destination was Basildon in Essex, a farm named Foxes Farm Produce. I knew of the eponymous show and that was enough for me. The following step was to coerce a friend to join me and, bless her, Jess, she agreed to go on this adventure with me. We got up early on a Saturday and met at Liverpool Street Station far too excited to care about how sleepy we were; our adventure was just beginning and it wasn't without its challenges. When we got to Basildon we took a bus to the farm and then, out of the blue, we saw the patch and thousands of orange dots appeared. At the entrance there were people that directed you to carts you could wheel around to load your pumpkins on and so, armed with wellies, we went through the mud and started picking. It was a beautiful medley of colors; you had your typical halloween pumpkins, bright and orange, there were odd shaped ones, red with splashes of green, yellow oblong ones with green stripes and pale white ones. It was wonderful. The picking itself doesn't take that long but spending time with your friends in an environment like that feels special and definitely different from a typical Saturday activity.

Suffice to say we roamed through the fields picking as many as we could. On the way home we named the pumpkins and decided to make this an annual tradition. We carved the halloween pumpkins and then cooked some others, some became decorative. We had the best time, a sunny, warm day, walking through pumpkin fields, going through corn mazes. A Saturday brilliantly spent.



EMMA LOUISE LEONG

## DON'T MIND ME

### Call it the starting point of psychological maturation, if you will.

I'm sure many of us see narcissists as vain, apathetic, and self-absorbed. We've all met these people at some point in our lives. People who feel entitled, who can exploit others without guilt, or who need constant praise. But is this what a narcissist really is? And by calling someone a narcissist, does this make you a hypocrite?

In short, yes it does. Everyone is a narcissist at their psychological core; everyone needs to be (to an extent). It's a way to create stability in how we perceive the world, to provide a sense of self-esteem, to bridge the gap between soul and reality, and to protect ourselves from rejection. This, I'd say, is healthy narcissism. Imagine narcissism like a mirror. Everyone wants to see their ideal self in a mirror. As a child, your self-fulfilment is provided by your parents. They reflect the positive qualities about you, balancing the art of fusing you into reality, as well as individualising your identity. However, different mirrors produce different images of the self. One mirror could reflect little light. Your self-love is absorbed into the mirror, but little is reflected back onto you. The lack of reciprocation means less protection and nurturing towards yourself. Another mirror can reflect too much light, providing a sense of entitlement and perfectionism. With these distorted mirrors, your identity becomes flawed and disturbed. As a result, you create a mask instead to cope with such distortion (displaying symptoms trivially shown in a narcissist). The problem with keeping this mask on is that you disrupt the mechanism of separating yourself from the world. You are not an individual, instead you are absorbed in perfecting your ideal portrait.

If you've heard the story of Narcissus, you would know that Narcissus believes he is perfect. He loves his reflection so much he simply stares into it until he wastes away. But if you believe you are so perfect, you stay in the same spot forever and reality will eat you up alive and destroy you. Reality does not care about your godlike ideal. This is the same if the mirror is reversed.

If you relate to this analogy, perhaps think about what your reflection may mean to you. You can't go back in time and rely on your parents to be that mirror anymore. But, with the right environment, perhaps change is possible.



## WHAT THE BOOK

EMILY KELLY

It feels like everywhere I look, I see *Sapiens*. From my housemate to my best friend's mum, my shift manager to the sweaty commuter sat next to me on the Central Line... they're all entranced by this book.

Here I have to make a confession- my original intent for this column was to feature books published in the last year, in order to keep things hip 'n' relevant. This is not true of *Sapiens*, which was originally published in 2011 by Israeli historian Yuval Noah Harari, translated into English in 2014. However, the publication of Harari's most recent work *21 Lessons for the 21st Century* means that it's having somewhat of a resurgence, sprawled across Waterstones displays all over the UK- hence why everybody and their cousin is talking about it.

Despite existing for a mere spec on the cosmic timeline, we have made full use of our time. Harari begins with the birth of 'humanity' as we now know it, the species (our species) 'Homo Sapiens', and examines how we have, at a mind-blowing pace, evolved to become what we are today, the most dominant species to ever walk the earth. He weaves through history reflecting on a variety of themes; religion and capitalism, empires and robots, pausing at points for more detailed historical case-studies (such as the Spanish invasion and conquest of the Aztec empire), arriving in the present day.

For what has the potential to be an incredibly dense and overwhelming book, Harari manages to move through the entirety of human history in a remarkably concise manner, whilst never compromising on quality of content. For a rigorous historian, he may seem in parts simplistic but for us 'common readers' who are not taking a history degree his reflections are incredibly digestible and engaging. Many of Harari's observations are original and thought provoking, at times even a little hard to swallow- if there is one thing he wants us to know, it's that we sapiens are not that special. History has unfolded as it has because evolutionary wise, we got lucky. This idea becomes particularly important in his discussions on modern animal agriculture and the environment, which form some of the most poignant passages of the book. We may have dominated the planet but we had better accept we have no greater claim to it than anything else- and start looking out for our earth (and each other) a little better.

**Next month's book:** *Notes on A Nervous Planet* by Mark Haig





GABRIELLE AGYEI

## Yayoi Kusama: THE MOVING MOMENT WHEN I WENT TO THE UNIVERSE

**Y**ayoi Kuma's much anticipated 'THE MOVING MOMENT WHEN I WENT TO THE UNIVERSE' exhibit, showing at the Victoria Miro Gallery, explores themes of personal obsession and the cosmic. One can see this through her signature dotting technique. From sculpture, to installations and painting, this approach creates an almost trippy, overwhelming feeling for the viewer. The cosmic can be particularly noted in Kusama's installation 'Infinity mirrored room – My heart is dancing into the universe'; a dark mirrored room filled with colourful lanterns – iridescent spheres creating true magic. The only downside is that each visitor is only allotted one minute in the installation, but this is a small price to pay for experiencing what feels like otherworldly endlessness; for just one minute time ceases to exist.

You may be wondering why this use of dots obsessively adorns Kusama's work. She is very much influenced by the 'self-obliterating' hallucinations of her childhood, feeling as if she were disappearing into her endless vision of dots.

I think here is an important discussion of the role of art when it comes to mental health; particularly with World Mental Health Day having just passed on 10th October. For Kusama, incorporating dots into her work has allowed her to become one with the experience, using art as therapy to explore personal issues or address trauma.

On a much simpler level, when stressed or worried you might catch yourself picking up a pen and doodling, or taking pen to paper and jotting down your thoughts. The former, as well as going to galleries and museums, is a wonderful form of escape. For the amount of time you are there everything else going on comes to a pause. Whether you simply appreciate art or create it (through music, art, writing etc) the freedom it brings can feel like flying.

The final part of the exhibit takes place upstairs: 'My eternal soul paintings'. This room exhibits a large scale painting that use bold tones and fluid shapes. Nothing about these pieces feels rigid, it's as if paint has been haphazardly applied to canvas, creating all sorts of pieces that vary in appearance. Their subject matters feel distorted; as a viewer one can't quite tell what's being depicted but we find ourselves falling into their pools of colour anyway. Kusama's large scale painting in this bright and open space invite curiosity. There never seems to be a dull moment moving through the exhibition space.

Yayoi Kusama's free exhibition THE MOVING MOMENT WHEN I WENT TO THE UNIVERSE, showing at the Victoria Miro until 21st December 2018, is a must. Tickets are currently sold out however, do turn on their social media notifications as they could be releasing extras (that's how I got my ticket).

Instagram: @victoriamirogallery

Twitter: @victoriamiro

Facebook: Victoria MiroW

Book tickets here: <https://kusamatickets.victoria-miro.com>

If you'd like any support with mental health at Queen Mary don't hesitate to have a look at the Advice and Counselling website here: <https://www.welfare.qmul.ac.uk>



KATIE BEVAN

## A TALE OF TWO CITIES

**D**espite the election of he-who-shall-not-be-named as President of the United States of America (USA) in 2016, I still anticipated my column to be a lighthearted discussion revolving around the differences between living in the UK and the USA. Alas, recent affairs have left me feeling the same way as I have often felt as a young, female, liberal 'millennial' back in London: surrounded by like-minded people but unheard.

The days following the confirmation of Brett Kavanaugh to the Supreme Court feel somewhat reminiscent of the atmosphere amongst the majority of my classmates when Britain voted to leave the European Union. This sucks. In this case, they didn't even get a say. Despite all of their rights enshrined in the constitution, they have been silenced. No right to vote. No right to verbalise that they do not see Kavanaugh fit for the role. No right to defend survivors. No right to stand with Dr Ford. We are all on the same page, and yet it feels like we are living in a different book, so disillusioned and confused by what is unfolding in front of us.

I know that I have felt this feeling before and cannot help but wonder whether it is my own doing for encompassing myself, not exclusively but predominantly, with individuals who share my views at university. I am well aware of confirmation bias and how we are naturally inclined to read things that we agree with, as well as following and liking the social media pages of those that hold similar viewpoints. But is university another one of those bubbles? Are we writing our own novel separate to that of the majority of people in our society?

For now, the words 'Go and vote in the midterms' will be ringing in my ears as every professor ensures that their students have registered. Or at least, I think that every professor is saying that. But is that the case only within my bubble of political science classes? Of course we care, but does everyone else?

Unable to vote (unless Theresa May has called another snap election between me writing this and publication), I am watching this one from the sidelines, desperately cheering my team on in the hope that change might be on the horizon. It's out of my hands. It's down to the players to get the win. I hope that this time we are heard.





# MONSTER HOUSE

*"I needed to keep the curtains closed otherwise blokes would stare into my room."*

Liam Pape

In order to fully complete your experience as a student in London, at some point you need to experience a housing horror. Mine came this year.

Having endured halls in first year, I knew that I never wanted to live with students again. So for the last two years, I have tried to find a place using a popular room-hunting app. In theory, the app is great; you search rooms in the

suit you perfectly."

After this happened a few times, I eventually wised up to their slimy tactics and tried playing them at their own game. I did what I thought I should have done in the first place: be dominant, confident, and unwilling to back down. Unfortunately, this strategy didn't work either as it just made one conversation with an agent sound a game of 'Questions Only' from that 1990's show *Whose Line Is*

needed to pay cash in hand so I probably wasn't dealing with the most legitimate of landlords, but at least I had found somewhere in time. This year, I wasn't so lucky.

With less than 24 hours before my train, I was getting nowhere with the dozens of agents I had called so I booked five nights in the cheapest hotel room in Hackney I could find, thinking this would hopefully give me enough time to sort out permanent accommodation.

I was miserable the day I arrived back in London; lugging a suitcase the weight of a small moon plus a huge rucksack from Kings Cross had left me weak. Plus, I was still rather annoyed for letting myself get into a situation where I needed to waste money on a hotel room in the first place. Five nights in the hotel only made my mood perpetually worsen.

The room was on the ground floor, backing onto the smoking area. This meant that I needed to have my window closed to stop the whiff from cigarettes drifting in and I also needed to keep the curtains closed – otherwise the blokes stood out there would stare into my



room, like I was some sort of zoo animal the hotel had provided for entertainment.

It was a shared kitchen and bathroom with the other ground floor guests. The bathroom was covered in a carpet of hair, the toilet had permanent skid marks, and the shower had a ten-minute time limit – not because of a timer, rather because the plug hole was clogged with that much hair, dead skin and whatever else that the shower tray would overflow into the rest of the room if you were in there for too long (which, in reflection, might not have been such a bad thing; at least then the floor might have ended up a little cleaner).

My last night in the hotel came after five long days. The ball had started rolling on a room in Mile End but before I could move in, the landlord wanted to run background checks on me. I was required to submit bank statements, proof of identity, utility bills, an essay about what I did last summer, a list of my favou-

rite surrealist paintings, pictures of all my pets, and – of course – a document signing over the rights to my first-born child.

In the time between leaving the hotel and moving into the new flat, my friend who was out of the country said I could stay in her room in the Stratford One student halls. I rocked up early afternoon on a Monday, made up some lie to the receptionist about how I needed to drop off some bags in her room, and was then handed a key no questions asked. The key card granted me access to the building, her flat and her room for the whole week I was there. It is rather staggering that students are willing to pay a premium (apparently rooms start at £200 a week) to live in a building with such poor security. Anyway, I'm grateful they are because it meant that I wasn't left homeless.

Eventually I got a room in Mile End but for many, getting a room sorted is only the start of the story. Although this (hopefully) isn't the case for me, you pray your landlord turns out to be a semi-decent human being who doesn't let themselves into your flat in the middle of the night whilst you are sleeping or hire cowboy builders to do repairs – although they are, according to friends, common traits from London landlords. Anyway, happy new term everybody. I hope you sleep well this year.

Have you got a horrible London house-hunting experience you want to share? Email me: [liam@theprintnews.co.uk](mailto:liam@theprintnews.co.uk)

**'The bathroom was covered in a carpet of hair, the toilet had permanent skid marks, and the shower had a ten minute time limit.'**

location you want and you can even apply a price filter. However, in reality the app is used by landlords and agents to bait apprehensive innocent souls (like myself, of course) into thinking you have found a large room available with plenty of sunlight, in a safe(ish) area of Bow, and it will also only cost you your arm – which is bargain considering most rooms cost you an arm, a leg and your first born son just as agency fees.

So, rather naively, you find yourself messaging the agent to enquire if the room is still available to which a large majority of them reply with: "Well, that room isn't actually available however there is a slightly more expensive one located in Huddersfield which I think will

It Anyway?

Me: Is this room still available?

Agent: Are you in London?

Me: Is the room in the location it says it is?

Agent: What is your budget?

Me: Can you answer some questions about the room?

Agent: Would you like to book the room in advance?

In the end, I found out nothing about the room apart from if I wanted it, I needed to move in immediately. Not a risk I was willing to take.

At the start of second year, less than 24 hours before my train down to London, I did manage to find a room. The agents barely took my name and phone number before letting me move in. Every month I





# Approaching mental health

*Madina discusses improving mental health awareness at university*

Madina Taraki

In today's world, students are faced with the mounting pressures of 'adulthood' as a millennial - which to me just means learning what a mortgage is - university students are paying the price by increasingly sacrificing their physical health as well as their mental wellbeing in the hopes of achieving society's expectations of 'success'. The burden to sort our lives out in our early twenties, while a fairly unrealistic task, has led to unnecessary stress on our physical and mental health. Sleepless nights, unhealthy diets and a cycle of stress can contribute highly to this. Although these last few years have shown that mental health at university has become a hotly debated issue, more can and should be done to tackle it.

Tackling the concerns of mental health has been a growing mission for many campuses in recent years, after concerns had been raised

through statistics, reports and social media, that students were four times more likely to seek advice on mental health.

There have certainly been important initiatives across universities to de-stigmatise and learn to manage any problems with mental

tal and emotional wellbeing globally and pushing for change. It is a cause that has been picked up by many institutions in response to statistics which indicate high figures of mental health problems are made worse during university years due to ongoing stress.

While achievements like these are huge in dealing with these issues, universities need to start playing a key role in ensuring this level of help is consistent throughout the entire academic year.

A singular day dedicated to mental health awareness feels redundant when recent statistics have shown that 1 in 4 students have mental health problems with 77% being depression-related and 74% being anxiety. Throughout university, deadlines, finances, rent, pressures of the future, tackling loneliness and maintaining a healthy social life are just a few factors of life that students deal with on a daily

basis. It's no wonder there seems to be a rising issue of mental health problems. What is needed from university administration and staff is a well-balanced and consistent approach to tackling concerns students are having. All of which cannot be achieved in a day.

So what more can be done? Firstly, it is vital that universities across the country begin to take a proactive, rather than reactive, approach. What does this mean? Well, essentially, there should be measures set up across unis to prevent students from feeling overwhelmed, stressed, lonely etc. This might include not having multiple deadlines on one day to reduce academic pressure, or enabling a 'buddy system' for those moving away from home for the first time. Whatever it may be, there are many ways universities can take small steps to make a difference in the lives of students.

Also, it is all well and good having all of these measures set up, especially at the beginning of university when everything is new and un-

familiar, but mental health does not work on a schedule. Some people may find they are struggling in the middle of the year or during exam period, like I myself found. The overwhelming anxiety developed through multiple upcoming deadlines proved to take a significant toll on my mental health. Luckily I was aware of QM Advice and Counselling and knew they had drop-in services. However, this may not be the reality for everyone. This is why universities must ensure that these provisions are consistent throughout the year and students are made aware of this. Stress, loneliness, isolation, all of these factors that contribute to mental health concerns, can appear at any given point in their lives.

**If you are struggling with anything, QM Advice and Counselling offers same day appointments, with slots opening at 1.30pm.**

**The Advice and Counselling Service is on the ground floor of the Geography building on Mile End campus.**

**'The burden to sort our lives out in our twenties, while a fairly unrealistic task, has led to unnecessary stress on our physical and mental health.'**

health, like drop-in Advice and Counselling services and a QM's World Mental Health Day activities that took place on October 10th.

Through discussion and activism, this generation has succeeded in opening the conversation of men-

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# THE GUILLOTINE

## WORLD NEWS WITH YOUR FOREIGN CORRESPONDENT

Sihem Jouini

Welcome to Queen Mary World News, your monthly satirical update on current affairs. In other news...

Kanye West now lives at the White House. The poster boy for the Trump administration has now his routine habits: chilling in the Oval office with the President when the room is filled with media, admiring his 'Make America Great Again' hat collection and cuddles with Donald everyday at 5pm.

#SNLpetedavidsonisright#makekanye2006again



C.C.+S.J



Guadalajara, Mexico, just passed a law legalising intercourse in public places. It was reported police enforcement used to fine couples kissing. Well, if they were giving fines just because they were jealous, now everyone can take part. Next step, make rape legal.

Speaker Bercow was named in a claim regarding bullying behaviour within House of Commons. The claim was raised to shine a light on alleged misogynistic behaviours involving harrassment and assault. If recent history – through the Kavanaugh committee – has taught us anything new... well actually it has not, nothing is new.



Kensington Palace confirmed that the Duke and Duchesse of Sussex are expecting. Royal family is to place bets on whether the future royal will be a ginger.



Recent reports of the Brexit negotiations show discussions are at an all time low and the possibility of a "No Deal" becomes more of a reality. Both sides are standing their grounds while the pound is fluctuating like the hormonal changes of a woman in menopause. Everyone is contemplating a future financial crisis to come. But really all we care about is if the queue at customs will be longer.

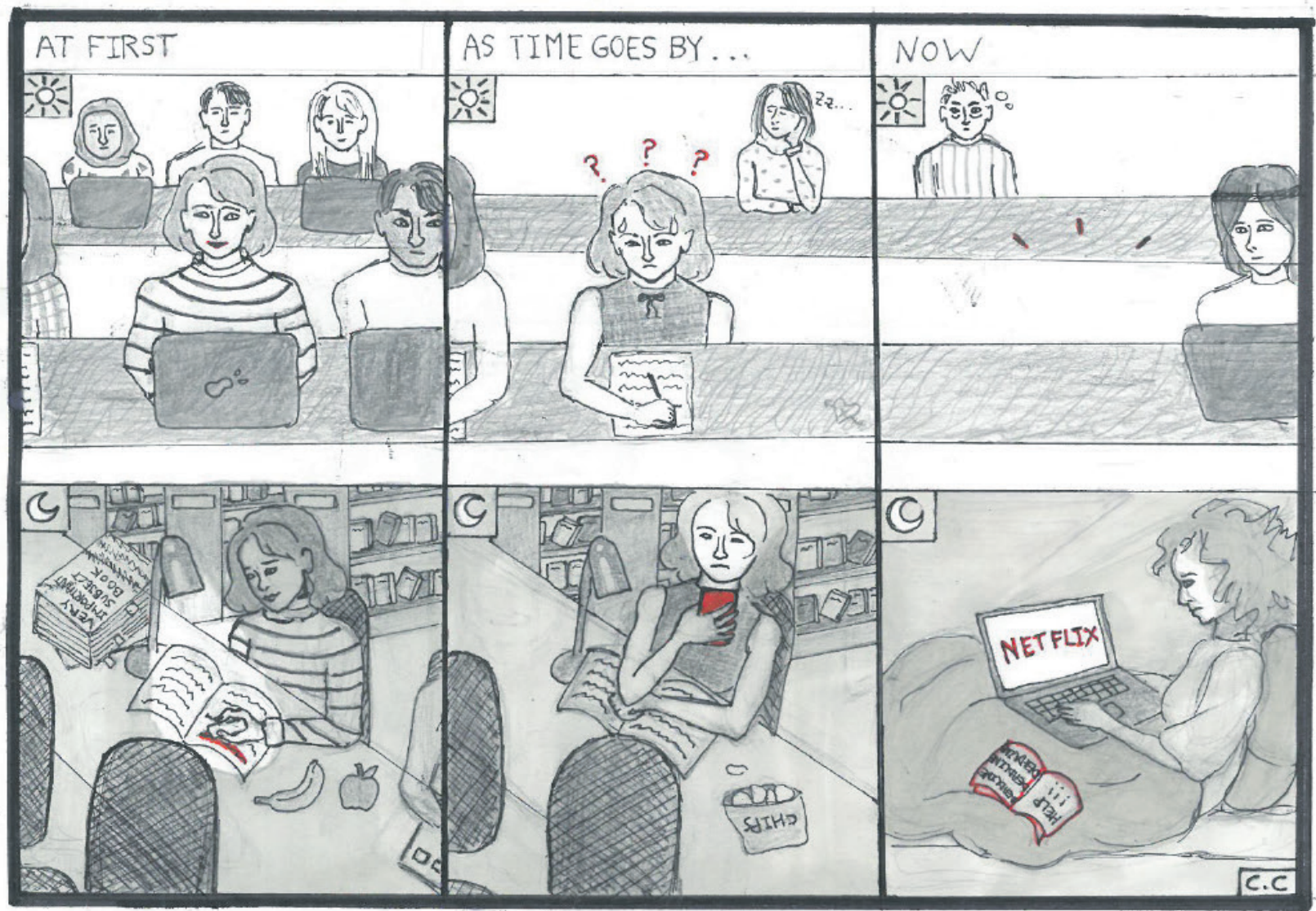


In Hungary, lawmakers passed a law against "rough sleeping". As this will target homeless people, this measure is repulsive. The United Nations qualified this act as "cruel", as it goes against Human Rights. I believe by that they mean the Human Right of being homeless... apparently.

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# Black History Month: THE GREAT DEBATE

*When we actually start caring about black people*

Sihem Jouini

October is 'Black History Month,' or for thirty one days people are going to embrace the temporary awareness of a part of history which should be integrated all year long.

Black History Month is rhymed with events for everyone to get involved, but every year we see the same outcome. Once a year, white people suddenly have that one black friend, eat jerk chicken and only after trying plantains for the first time, will have strong opinions about how to pronounce it.

Social media gets filled with posts and captions to show the world love and support for Black History Month. Also #Wakanda becomes viral again. It is like travelling but staying here at the same time, just safer, try the exotic experience everyone is scared of at other times of the year.

Black History Month is much more than that. It is a step towards inclusion of Black History. For this part of History should be recognised with respect. But the problem with Black History Month goes beyond this. It also illustrates how people's interest is

as flighty as all trends on instagram and snapchat. For some, BHM means and represents a step towards a true recognition of historical facts which have been hidden, dismissed, and considered irrelevant.

Discussion, not DMs. Open minds and not social media exposure. However, sadly, still no cure for egocentric and selfish people. October is Black History Month, and for this minority of people we say do not worry, we know it is very much about you.

Next stop, Diwali.

*Hacking... is it all that bad?*

Sihem Jouini

A new crime has been targeting universities and colleges: student hacking. Tragic. Who would have thought? In this new era where technology runs the world, it seems important to shine a light on this technological scourge.

It also highlights the main fact that student are now using tech 3.0 tools to get a pass. Is using ransom to negotiate a bad grade just to get a pass really that different from harassing a lecturer and doing a PowerPoint presentation on why the grade should be changed?

A main criminal activity is actually hacking servers to access tuition fees. Well, again is the "crime factor" debatable. What if the lecture is really bad? Or if you

decide university is not for you but you already paid?

I mean really, hacking makes so much more sense than switching credits or asking for a refund. Why spend many hours running after an administrator around campus when you can do it yourself?

Some of you might see it as putting into practice what you just learned in your Computer Sciences course and want to make your lecturer proud.

My main question is, can't IT services accept last minute FAE download amendments after the deadline? Most of the time they are minor changes, but it still penalizes us.

And, let's face it, we all forget to put the word count on our essays.



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# Eco-unfriendly: food trends?

Science and Technology editor Alex Richardson explores the effects common health foods have on the environment



Alex Richardson

When thinking of foods that are bad for the environment, meats or dairy products are probably the first to come to mind. However, there are many foods that are touted as healthy alternatives to meat products that aren't looking quite so rosy either when looking at their cultural and environmental effects.

Soybeans, a crop used to make soymilk and tofu, is a common meat replacement, with 370 million tons grown each year. Soybean growing requires masses of land, which does not last for long due to erosion of the soil by the crop. Millions of hectares of forest have been cleared for soybeans in the last decade, with large amounts of this land coming from forests in South America such as the Amazon forest.



Over 90% of soybeans grown worldwide are used for animal feed as a naturally good source of protein. This doesn't mean, however, that cutting our reliance on meat products would

necessarily solve the problem. Compared to meats such as chicken and beef, soybeans generally contain less protein per unit weight once cooked. If we were to follow the current trends of increased consumption of soy-based products, we would be no better off than when we started.

Almonds, it turns out, are a very greedy crop when it comes to water. Each almond grown uses over 5 litres of water; a litre of almond milk takes over 300 litres of water to produce. Over 80% of almonds are grown in California, which during the drought in the past few years caused quite the controversy when it was found that 8% of the state's water supply was consumed by the crop. This isn't to say however cow's milk is any better; each litre takes over 1000 litres of water to produce.

The biggest problem with almonds, however, is shipment. With the majority of almonds being grown very close together, the crop must be transported vast distances, resulting in a huge carbon footprint. Cow's milk, alternatively, has a lesser impact in this regard, as its production is spread out far more across the world, so it is not transported nearly as far.

The avocado, known as "green gold" in Mexico, also requires a large amount

of water to grow. Furthermore, the sudden increase in international demand has resulted in the illegal clearing of forests of the country in which it grows, to make more room for plantations, which are then sprayed with thousands of litres of pesticides, further damaging the local ecosystem.

There is, however, an even darker side to the beloved fruit. Increase in demand, especially here in the UK, has not been ignored by Mexican cartels, especially in the town of Tancitaro, where the Caballeros Templarios (Knights Templar) decided that they wanted to have some control of the trade. They have demanded 'protection money' from the farmers. Reports state repercussions towards those who refuse to pay range from orchards being burnt all the way to kidnappings and murder. In 2014, the cartel was making approximately \$152 million per year from farmers and their 'protection money,' and thus the term 'blood avocados' was born.

Obviously this does not mean you should stop eating your avocado toast or put down your glass of almond milk, but it is important to know where your food is coming from and its impact on the world. Try reducing your carbon footprint by cutting back on certain products, or by purchasing food grown closer to home.

## New font helps students remember study notes

Scientists say 'Sans Forgetica' prompts the brain to engage in deeper processing of information

And in the end,  
the love you take,  
is equal to the love  
you make...

Liam Pape

In the midst of exam season, do you find yourself revisiting old study notes, your eyes drifting through line after line of seemingly-endless documents and feeling like nothing is going in? Your eyes are burning, your brain is aching from trying to recall pages of bullet points and diagrams. What were once logical and methodical notes are now just random, meaningless words all jumbled up in a useless order, making no sense whatsoever. Does this sound all too familiar?

Fear not! A group of Australian scientists and designers have recently developed a brand new typeface which claims to improve readers' memories.

The font, appropriately named Sans Forgetica, resembles a regular italicised Sans font. At first glance, you wouldn't be mistaken for thinking it had been printed through a printer low on ink. This is because chunks of individual letters appear to be missing.

Stephen Banham, a ty-

pography lecturer at the Royal Melbourne Institute of Technology (RMIT) says this was done in order to 'boost memory retention by disrupting a person's usual reading patterns'.

Creators of the font merged typographical and psychological theory to create a typeface that is 'desirably difficult' and aims to boost human engagement with the words.

'It should be difficult enough, but not too difficult or too easy', explains RMIT lecturer, Janneke Blijlevens.

It is believed that the font should be able to help students as it will improve their ability to recall dates, events, quotes and other key information that students need to memorise before exams.

When pitted against the popular font Arial during a test, it was found that students remembered 7% more of a section of text when it was written in Sans Forgetica.

The font is available to download for PC and Mac at [www.sansforgetica.rmit](http://www.sansforgetica.rmit)

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# The 2018 Nobel Prizes

Contributor, Magdalena Ines Schacht, gives us the lowdown on the winners of the Nobel Prize this year

Magdalena Ines Schacht

The Nobel Prize is one of the most prestigious awards in the world. There are six categories: peace, literature, physics, chemistry, physiology or medicine, and economic science. The Nobel Foundation and Prize were established by the Swedish chemist and engineer, Alfred B. Nobel (known for the invention of dynamite) towards the end of the 19th century.

He had decided to dedicate the majority of his wealth (31 Million SEK at that point in time which converts to 2.6 Million GBP today), to reward great discoveries that were beneficial for mankind. The first prizes were awarded in 1901, five years after Nobel's death on 10th December 1896. Since then, they have been distributed annually on that day (besides a few years during World War I and II).

This year's Nobel Prizes honour the work and discoveries in cancer therapy (medicine), laser physics (physics), enzyme evolution/phage display (chemistry), and sustainable economic growth (economic science), as well as war crimes (peace). During the time this article was being written, the announcement for the Nobel Prize in literature had been postponed.

James P. Allison and Taku Honjo (Laureates for the Medicine Nobel Prize) were awarded jointly for their discovery of cancer

therapy by inhibition of negative immune regulation. Both researchers each identified a protein (CTLA-4 and PD-1) operating as a brake in immune cells. Their discoveries are based on the idea, established during the late 19th and early 20th centuries, that activation of the immune system might possibly attack tumour cells. However, it is important that the immune system is not over-accelerated, which may cause the attack of not only the foreign microorganisms, but also healthy cells. The identified proteins acting as brakes avoid autoimmune attacks. However, Allison and Honjo used the brakes to unleash immune cells to specifically attack cancer cells and their discoveries are used in new cancer therapies (immune checkpoint therapy).

In Physics, the Laureates Arthur Ashkin (for the optical tweezers and their application to biological



keeping them in that position and providing a new technique that grabs particles, atoms, viruses and other living cells with their laser beam fingers. Strickland and Mourou successfully created ultrashort high-intensity laser pulses which led to the invention of chirped pulse amplification that is used in corrective eye surgeries.

of enzymes describes the process in which the molecular structure of proteins is altered in the laboratory so that the enzymatic activity, binding affinity or specificity matches a desired level. As a result, enzymes can be tailored so that they can find applications as biocatalysts, or in chemical and pharmaceutical industries. Phage display is essential for the physical coupling between phenotype and genotype, which in turn facilitates directed evolution. These discoveries can be applied to human therapeutics and are used against inflammatory diseases and cancer.

The Nobel Prize in Economic Science was awarded jointly to William D. Nordhaus (for integrating climate change into long-run macroeconomic analysis), and to Paul M. Romer (for integrating technological innovations into long-run macroeconomic analysis).

Both Laureates invented models that showed the interaction between economy, nature and knowledge. Romer's research led to the establishment of the endogenous growth theory explaining how our knowledge (especially improvements in productivity), is somewhat essential for faster innovations and therefore growth. Nordhaus' discoveries focused on climate change and created an integrated assessment model to explain the global interplay between economy and climate. These findings provide insight into both how and why technical innovations influence climate change.

For their efforts to end sexual violence as a weapon of war and armed conflict, Denis Mukwege and Nadia Murad were jointly awarded the Nobel Peace Prize. Both Laureates have contributed significantly in the attainment of attention on war crimes, especially those involving sexual violence. Mukwege has worked largely in helping victims of sexual assault in the Democratic Republic of Congo. Murad, victim of war crimes herself, has shared her experiences. However, her voice is also the voice of other victims. She became the UN's first Goodwill Ambassador for the Dignity of Survivors of Human Trafficking in 2016. Murad and Mukwege have fought courageously against war crimes and for victims by seeking justice.

**'Justice is to be found only in the imagination.'**

~ Alfred Nobel

systems), Gérard Mourou and Donna Strickland (for their method of generating high-intensity, ultra-short optical pulses) were all jointly awarded the Nobel Prize. Ashkin's optical tweezers can move small particles and place them in the centre of a laser beam,

Frances H. Arnold, and George P. Smith and Sir Gregory P. Winter were jointly awarded the Nobel Prize in Chemistry for the directed evolution of enzymes (Arnold), and for the phage display of peptides and antibodies (Smith and Winter). Directed evolution

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# What to do on a Saturday

Daniele Accurso

Columnist Daniele provides you with information of how to best spend your time when at a match at Leyton Orient's ground, Brisbane Road



Leyton Orient FC have a proud history which has unfortunately been hurt in recent years, thanks to the poor ownership of Italian, Francesco Becchetti. With the club having just lost the play-off final, which would have seen them promoted into the Championship, Becchetti decided to buy the East London club and since then, it has been a downward spiral. In his first season as owner, Orient went from the lofty position of 3rd all the way down to 23rd place, consequently getting relegated into League Two. Thankfully, the regime which many fans protested was over, with businessman and Leyton Orient fan Nigel Travis taking over the outfit in June 2017.

Orient finished eighth in the 2015/16 season and seemed to have steadied themselves in League Two. However the

2016/17 campaign was one to forget for the O's. Losing a whole host of key players, such as Jay Simpson, Dean Cox and Armand Gnanduillet, and an influx of managers being appointed throughout the season, resulted in Orient falling out of professional football for the first time in their history (112 years they had played in England's top tiers).

Now in the fifth tier of the English football pyramid, Steve Davis was originally given the task of steadying the club under new owner Nigel Travis. Davis failed to get results but Justin Edinburgh has been taken on board and is someone who has managed in the football

league. Thus, with a new owner who clearly cares about the club, Orient fans have a new sense of hope surrounding their beloved club. This sense of hope has



been heightened due to the O's start to the season; currently sitting second at the time of writing and only one point behind table toppers Salford City, Orient are well and truly in a title race this campaign.

This sense of excitement has made Brisbane Road a much happier place to visit than seen in previous years, with the atmosphere visibly different from that of twelve months ago. With a fanbase behind the squad who feel they have their club back again, a day out at Leyton

Orient is a must this season.

## Directions

From Mile End Tube Station, get the Central Line to Leyton. Once out of Leyton Tube Station, it is just under a five minute walk to the ground. Overall, from Mile End Tube Station to The Matchroom Stadium, the journey is expected to be the shortest of this series and will only take 10-12 minutes. The exact address is Oliver Road, Leyton, E10 5NF.

## Prices

Prices vary depending on whether you choose to buy tickets beforehand or if you purchase on the day. A concession is someone aged between 18-21 or if you have a valid student ID on you. I would recommend that you go to the West Stand as it's the largest stand Leyton Orient have and provides the best view on offer.

There are four stands

you could place yourself in: Baskin Robbins North Family Stand – Concession (Matchday) £16, (In Advance) £14; Tommy Johnston South Stand – Concession (Matchday) £16, (In Advance) £14; West Stand – Concession (Matchday) £18, (In Advance) £16; East Stand – Concession (Matchday) £18, (In Advance) £16.

Leyton Orient have some cracking fixtures in November; a derby with South London side Bromley takes place on 17th November (3.00PM Kick-Off), whilst Gary Waddock's Aldershot Town visit Brisbane Road in late November on Tuesday 27th at 7.45PM. So please make sure you get yourself down to Leyton Orient, a club firmly on the up and vying to get back to where they most rightfully deserve to be.

## Why you should run away from boredom every Saturday

Rachael Griffiths

Our Sports editor, Rachael Griffiths, is here to inform you of why you should source out your local parkrun

The sky is azure blue and the crisp leaves sway in the early Autumn breeze. The air is clear and the sky is cloudless. With Winter just around the corner, now is definitely the right moment to spend as much time outdoors as possible.

But what can you do?

If you're not drowning in essay deadlines or vodka (or both), I have an idea. What if I told you there is an activity you could be doing every Saturday morning that boosts your energy levels, improves your fitness, makes you feel good, introduces you to new people, and...(drumroll

please)....it's free?

Yes, dear readers, in the eye-wateringly expensive capital of the country where it costs you £5 to even breathe, such free activities do exist.

Founded by Paul Sinton-Hewitt in 2003, Parkrun is a five kilometer timed running event that takes place every Saturday morning and is organised solely by volunteers. The first event was in Teddington, where a mere thirteen intrepid park runners attended. But it was not long before the Parkrun quickly took off...

More than 250,000 people attend a parkrun every week across 20 countries and by 2011, the first ever events were introduced in Australia and South Africa. Fear not, my reader, your nearest parkrun is just down the road from university at Mile End Park. Though there is a hill, the views of the city in the distance and lush green trees and grass will surely keep you going.

It's ethos is simple; 'No one should ever have to pay to go running in their community', says Sinton-Hewitt. 'Parkrun's simple concept should – and can – exist in every town in the world.' This is why Parkrun does not exceed five kilometers because it's a respectable, safe distance that everyone can complete. Including you, dear reader!

All you have to do is register online, print off a set of barcodes, and you're off! You are then eligible to do a parkrun anywhere in the U.K (there are now over 400). Once you have these barcodes, if you become ad-



dicted to parkrunning after your first run, you can attend one close to wherever you may be for Christmas!

Aside from the physical benefits of running (improved fitness, stress reliever, weight loss), Parkrun also hears stories of people who haven't done any sport since leaving school, or feel that the sport is just not for them. Yet, Parkrun has proven able to reach parts of the population that other sports cannot. Indeed, for some, Parkrun can be a gateway to becoming more serious within the sport,

with around 8000 people subsequently joining an affiliated running group after completing a Parkrun. No membership fees, no fancy equipment, no tight lycra, just your running shoes.

Whether you want to become an Olympic athlete or are merely seeking to try something new, there is always a place for you at Parkrun. Why pass up the chance to meet new people, or reach 10,000 steps on your fitbit?

So, what are you waiting for? Register online at your local parkrun website.