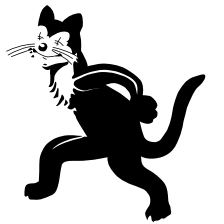


felix ...

THE STUDENT NEWSPAPER OF IMPERIAL COLLEGE LONDON



QS World Rankings

PAGE 5 **News**

Student blues on the rise

PAGE 7 **News**

Daytime cinema magic

PAGE 12 **Culture**

Cathartic reads

PAGE 14 **Culture**

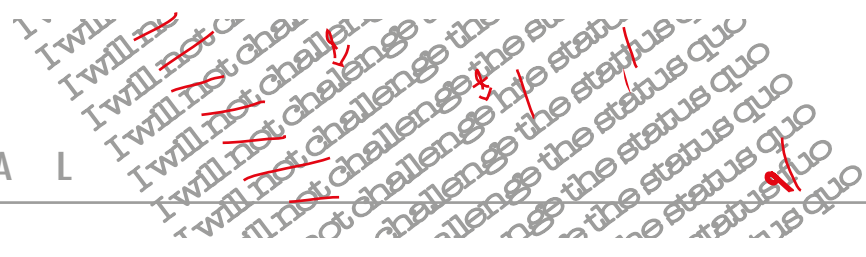
Comfort drinking

PAGE 23 **Millennials**

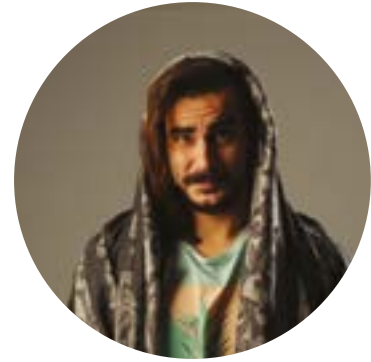
Self-care Self-love

PAGE 26 **Millennials**





Mememememememe



Chill. Happy thoughts. Breathe in, breathe out. This issue is about self-care, which, ideally, would have involved me taking a holiday and getting my tan on, maybe on a small, secluded beach in the Canary Islands. But obviously I can't just leave you guys hanging. How are you supposed to do the puzzles and stare at naked people if we don't put together an entire 40-page package of content?

I kid. Obviously *felix* is part of my self-care/self-harm routine, as it is for many of our editors and writers. Which is why this felt like a natural theme for us to go along with (in case you're wondering where all the self-care content is #stfu).

At the same time this is a very appropriate time for a self-care issue. Everyone is at their limits, having miraculously endured another term at Imperial. Whether you guys just finished your exams, or you're about to start them, or your final-year project is about to kick off, or you have a viva to prepare

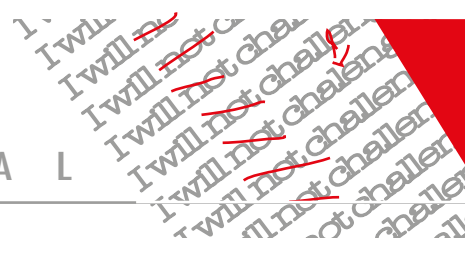
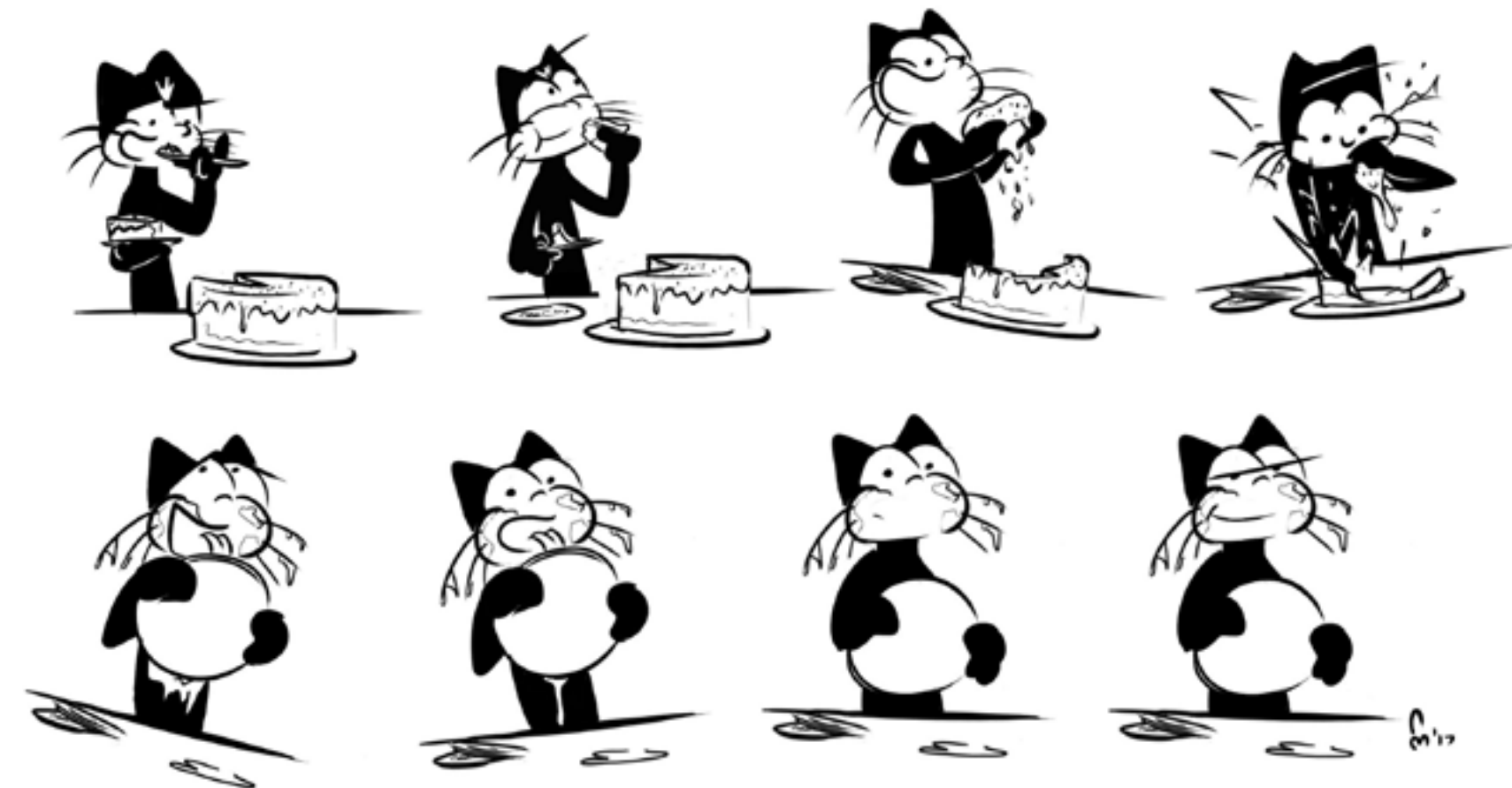
for, or a dissertation that you're frantically writing, or you're being put through any of the countless torture mechanisms Imperial has meticulously developed... maybe just take a break. Watch that movie you've been meaning to watch since the beginning of term. Or read that book that's been sitting on your bedside table since Xmas. Or sit by the window staring at the ceiling while you're eating a tub of Ben&Jerry's. You know, treat yo' self.

Especially if you've been running an election campaign. Stop worrying. You're gonna win. It's not like you have any competition. And if you don't win, embrace the miracle which will allow you to get on with your life and enter the real world where taking breaks is a legit thing.

I'm serious. Take care of yourself 'cause it's not like there's anyone else around to pick up the slack.

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Letters to the editor

In response to 'Labour has a one way ticket to Switzerland', which appeared in issue 1659

"I don't appreciate equating Switzerland with Dignitas/assisted suicide as one of the commenters did. I think the comparison is in bad taste and it treats the issue of assisted suicide far too lightly, Switzerland takes a progressive stance on the subject and I wish, no matter the outcome, other countries had a similarly mature discussion on the issue, instead of joking about it.

Also, if any such equivalence would be drawn between other countries on a different subject, people would shout racism! Which, for the record, I don't I'm just saying it's in bad taste. I hope you can edit this stuff in the future.

Best,
Thomas - a Swiss



Plot twist

wut?

Do you even edit brah?

Definitions of racism from the Oxford Dictionary:

1 Prejudice, discrimination, or antagonism directed against someone of a different race based on the belief that one's own race is superior. 'a programme to combat racism'

1.1 The belief that all members of each race possess characteristics, abilities, or qualities specific to that race, especially so as to distinguish it as inferior or superior to another race or races. 'theories of racism'

An excerpt from the article in question:
"Of course the title of this article is inflammatory. I'm not really suggesting that he should register for the Dignitas™ treatment, but looking at it this way, Labour was already on life support, and Jeremy is helping to assure that the Labour Party is on the train to Bern"v

Thanks for your feedback Swiss Tom!

<3

Chemical spill causes closure of RSM

Four ambulances and two fire engines were called to the site

Last Friday the Royal School of Mines (RSM) building had to be closed off while a crew of firefighters investigated a potential chemical spill. Emergency services were called to the site after a member of staff detected an unidentified smell in one of the labs following the movement of a bottle. This resulted in the closing off of Prince Consort Road and the dispatch of two fire engines

and four ambulances. It remains unclear what the unidentified chemical which the member of staff detected was. One student told *felix* it might have been Hydrochloric Acid, a clear, poisonous liquid which is highly corrosive, meaning it immediately causes severe damage, such as burning, on contact. Another student in a neighbouring lab told *felix* "I was in the lab next door and it smelled so chemically." The staff member

responsible for identifying the smell and three students were taken to hospital as a precautionary measure. Control of the RSM building was handed back to College that afternoon. The staff and students affected have since been discharged according to a College spokesperson. College will be investigating the incident further. The RSM building is now operating again as normal.



#Drama \ felix



CodeCon finals prove (expectedly) tricky

“Firefighter Tim” posed particular difficulties

Matt Rego

London has been host to amazing competitions in recent years. We hosted the Olympic Games in 2012 and shows like The X Factor and Britain’s Got Talent have been world renowned hits for the better half of a decade, but last January, London was host to a different kind of competition, one that it was no surprise to see Imperial students thriving in.

Four Imperial students were finalists in the competition that hosted 45 different schools

On 27 January, London’s Bloomberg office was host to Global CodeCon Finals (GCCF), a two-hour long competition between 140 of the top coders from universities and colleges throughout the world. Four Imperial students were finalists in the competition that hosted 45 different schools from all over Europe, the U.S. and Canada. Szilveszter Szekely, Jacek Bury, Mihai Popa Dan Alex and Paul Gramatovici,

proudly represented Imperial. Bloomberg engineer, Rangan Prabhakaran, created the competition in 2014 with the intention to incentivize students to improve their coding abilities through competition. Throughout the whole of last year, competitions were held at universities with strong computer science programs all over the world. The winners of these competitions were invited to London and New York for the finals.

Bloomberg software engineers created all of the questions in the final event.

Similar to a final exam, all of the questions were kept secret from competitors; the different puzzles and questions were presented in random patterns meant to stump competitors.

“The contest itself was very intense, as solving the tasks quickly was crucial.” Said Mihai Popa, one of the finalists from Imperial. “When coding, you must be confident in your thoughts, it is a demanding activity which requires sustained training. At the Bloomberg CodeCon finals, I feel that the main difficulty was implementing the solutions to the problems rather discovering the actual solutions.” He said.

Only one participant was able to answer every one of the questions and he was eventually crowned winner of the competition. One question would ask students to arrange antique statues by height in as few moves as possible, the next may ask them to write a

program to win at Pokémon Go. According to Bloomberg’s blog covering the event, one question in particular, dubbed “Firefighter Tim” gained some notoriety for its difficulty. It had only a two percent success rate across the 140 finalists. The question tasked students to write algorithms, test optimizations, and create different data structures to save as many people as possible from the burning walls of a building, all with a limited amount of water. The Bloomberg software engineer



Only 2% of people were able to save lives

Only one participant was able to answer every one of the questions

that created it, Chris Benedict, said that it even took him a while to solve the puzzle himself.

Aside from being just a competition, the event has been seen as an opportunity for Bloomberg and other companies to scout out potential employees. Several students from America took an internship with the company’s New York office following his success in the competition. The questions from CodeCon have been used throughout the world; more than 15,000 participants have used its browser based e-Learning tool to sharpen up their coding skills.

Matt Rego

Fashion reigns Supreme

If you walk through Beit Quad, you’re more likely than not to find at least one person wearing some sort of flashy outfit. Imperial is not known for any sort of fashion programs but students still love to flex their personal styles, whether it’s the preppy jocks from the Rugby team or flannel clad hipsters from the art clubs. London’s fashion week has come and gone but that has not stopped streetwear fanatics from continuously shopping throughout the SOHO area.

Supreme, a skateboard and streetwear company based out of New York has been making waves in the high fashion industry with a collaborative collection with Louis Vuitton from Paris’ fashion week last month. Supreme’s store in London had a massive queue of over 150 guests, cloaked in popular brands like Palace, Tommy Hilfiger, Thrasher, and Tommy Hilfiger, Thrasher, and Tommy Hilfiger. All of who hoped to get their hands on their latest drop of clothing. Every Thursday morning, Supreme releases new clothes in stores throughout the world

and on-line. Though the drops are frequent, supplies are limited so once the stock sells out, there is no more supply, causing a high demand for all things Supreme and prices to skyrocket on the resale market.

The queue formed several blocks away from the store and wrapped around the block in an alley plagued by violent gusts of wind. No items from the Louis Vuitton collaboration were on sale, but that didn’t stop shoppers from buying most of the inventory stock in the store and on sale. By

14:00 almost every top and hat that Supreme had debuted that day had sold out online according to their website.

Tim Collins, a teenager from Blackwater, was at the front of the queue and had gotten there at 7:00, four hours before doors opened. It was his first time buying Supreme the day it came out at the store. “Every other time I’ve bought clothes, I just got them online or from my mates.” He said.

Another teenager that was skipping school for the drop was named Vova, a 14 year

old who had travelled all the way from Russia.

The guests were not just teenagers though; a 25 year old from Brunswick said that this was his seventh time waiting in the queue. “I never buy online. I always come here for my clothes.” He said.

The next day, Palace Skateboards released their line of items for the Spring and Summer seasons; massive crowds lined up outside the London based streetwear company’s shop in SOHO for their one and only drop.



QS World Rankings by subject released

Gender equality comes to the forefront

Lef Apostolakis

The QS university rankings have just released a breakdown of ranking by subject and while UK universities remain global leaders in higher education it would appear that competition keeps getting more intense each year.

The latest instalment of the rankings takes into account 46 different Subjects and five composite Subject Areas. Initial results show the UK taking the lead in eight subjects, including Anatomy and Physiology, Archaeology, Development Studies, Education, English Language and Literature, Geography, and Sports Related Subjects.

Imperial landed on ninth place this year and was overtaken by three UK institutions, with UCL taking seventh place, the University of Oxford taking sixth place and the University of Cambridge, the highest scoring UK university landing on fourth place.

In Engineering and Technology related subjects,

Imperial landed on ninth place this year and was overtaken by three UK institutions

Imperial placed sixth, behind Cambridge but ahead of Oxford which placed ninth. In Life Sciences and Medical Subjects, Imperial scored twelfth falling behind Cambridge, Oxford and UCL. Finally in Natural Science Subjects, Imperial landed on tenth place, which put us behind Cambridge and Oxford but ahead of UCL which landed on 62nd place.

- 2013/14
- 1 MIT
 - 2 Harvard University
 - 3 University of Cambridge
 - 4 UCL
 - 5 Imperial College London
 - 6 University of Oxford
 - 7 Stanford University
 - 8 Yale
 - 9 University of Chicago
 - =10 CalTech
 - =10 Princeton

- 2014/15
- 1 MIT
 - =2 Imperial College London
 - =2 University of Cambridge
 - 4 Harvard University
 - =5 UCL
 - =5 University of Oxford
 - 7 Stanford University
 - 8 CalTech
 - 9 Princeton
 - 10 Yale

- 2015/16
- 1 MIT
 - 2 Harvard University
 - =3 University of Cambridge
 - =3 Stanford University
 - 5 CalTech
 - 6 University of Oxford
 - 7 UCL
 - 8 Imperial College London
 - 9 ETH Zurich
 - 10 University of Chicago

QS World University Rankings Top 10

- 2016/17
- 1 MIT
 - 2 Stanford University
 - 3 Harvard University
 - 4 University of Cambridge
 - 5 CalTech
 - 6 University of Oxford
 - 7 UCL
 - 8 ETH Zurich
 - 9 Imperial College London
 - 10 University of Chicago

So at least we’ve got that going for us.

Out of the Engineering and Tech subjects that were evaluated, Imperial’s strongest was Civil and Structural Engineering coming fourth globally just after Cambridge, while it scored lowest in Computer Science related subjects which placed twelfth. However all Engineering and Tech degrees still managed to bag a top ten spot.

Out of the Life Sciences and Medical Subjects that were evaluated, Imperial’s most internationally competitive degrees were its Medical degrees, in 12th place, followed by Biological Science degrees in 19th place and finally by Pharmacology degrees in 26th place. Imperial fell behind Cambridge and Oxford in all three categories but scored higher in Biological Science degrees than UCL.

Finally out of its Natural Science degrees, Environmental Sciences scored the highest coming in ninth while Earth and Marine Science degrees scored the lowest landing on 26th place. No other Natural Science

degrees got in the top ten.

This meta-analysis is an addition to the rankings which were originally released earlier in September 2016. The rankings saw Imperial fall to ninth place, from eighth in 2015 and joint second with Cambridge in 2014, scoring 94.1 overall. Imperial’s ranking reflects its decreasing overall score which has fallen

All Engineering and Tech degrees still managed to bag a top ten spot

from 96.1 points in 2015 and 99.4 points in 2014.

The QS World University Rankings, take into consideration six metrics: Academic reputation which is weighed 40% and is calculated by a global survey asking academics to identify the world’s top institution. Employer reputation is weighed at 10% and is similarly calculated through a global survey. Student-to-faculty ratio

which is weighed 20% and aims to identify the universities that are best equipped to provide small class sizes and a good level of individual supervision. International faculty ratio and international student ratio are both weighed at 5% and aim to assess how attractive an institution is to foreign students and lecturers. And finally citations per faculty which are weighed 20% and aim at assessing an institution’s research impact. QS uses Scopus, “the world’s largest database of research abstracts and citations”. It takes into consideration the five most recent complete years of data and assesses the total citation count in relation to the number of academic faculty members.

Although Imperial achieved a perfect or near perfect scores (100) in almost every metric this academic year, it landed on a 69.8 in citations per faculty, which marks a four year low.

Despite the minor move down the league table, Imperial remains a leader in STEM, while UK and US institutions still dominate the

global academic rankings. Cambridge still reigns supreme. It ranks in the top ten for more subjects than any other institution in the world (36) and UK unis take just over one-third of all top-three positions, and over a quarter of all top ten positions.

QS Head of Research, Ben Sowter, said: “If last autumn’s overall rankings suggested the winds of winter blowing towards the UK’s higher education system, this year’s subject rankings – enabling observers to drill down into university performance more deeply – provide a less chilling forecast. Though the UK does see its share of overall places decrease, this is a trend observed by institutions in the US, Canada, and Australia, as other nations grow increasingly competitive.

We observe nations in both Eastern Europe and Asia – most notably Russia and China – increasing their overall share. However, the upper echelons of the tables remain dominated by the US and UK, and this seems likely to continue for the foreseeable future.”

WRITERS WANTED

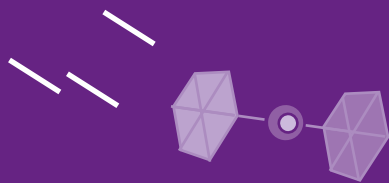
games.felix@imperial.ac.uk



Another Castle

THE GAMING MAGAZINE OF IMPERIAL COLLEGE LONDON





Fear Food, Fear Death

Alexandra Lim discusses on how our choice of food goes beyond the need of eating for survival

Last week I was at a posh restaurant, because pretending to have money with mediocre savings is this new and dangerous trend I have undertaken. Dessert being my ultimate weakness, I made a big deal out of the pre-dessert and dessert. Meringuelets shrouded in freeze-dried raspberries, swimming blissfully in Chantilly. Then, a brown sugar tart with a delicate scoop of stem ginger ice cream. The ice cream melted atop the chocolate mousse nestled under a skinny membrane of coffee jelly, and I started to think about the unspoken connections between food, body and mind.

To start, I'd just like to say that there is a need for clarification in any field of knowledge. But there are surprising twists, and in this case of course I'm talking about the wild, young, uncertain world of nutrition. There are lots of irrefutable nutrition facts, like how we as humans need certain nutrients to grow and develop properly, keep our



brains and bodies optimally functional. There are different people who undertake theories in different ways and with very different behaviours. You have X, who treats this whole nutrition thing very, very seriously. He has a Vitamix to keep his wild green soul satiated in the morning,

and a spoonful of blackstrap molasses mixed and heated with turmeric and perhaps just a dash of spirulina at night. Turkey is good and everything else might kill him. He gets shifty at restaurants. And all that being said, the variations of X, whatever diet culture he may adhere to, are endless. There's Y, who likes to run and have an apple every day. He tries, but may forego the strict gym session. Then there's people like me with incredible levity, who are interested and read up on all the latest finds, but still don't mind the occasional cake-gorge and wine splurge (yes wine is good for you, but do you know how many bottles you need to get a desirable amount of resveratrol...?).

I guess X is the good sir I would like to elaborate more on now. His soul is bright when he churns the kale and frozen bananas at precisely 8 o'clock every morning, pouring it into a clean and wholesome Mason jar. Mind you, this is all fictional, and I'm just keeping in line with less ubiquitous



\\ No matter what, we must consume other life forms to sustain ourselves, and in doing so we transmit energy from one to another \\

letters-of-name-beginnings, so bear with me. The drink is delicious, and I would agree. He says he is better than the 18-year-old X who dined on sausages and milkshakes without a qualm, all those years ago. He's right, and yet not quite so. Has it ever dawned on you (yes you, dear reader), that eating, despite being this magical, holistic ritual, this beautiful constant fest of discovery and perhaps healthfulness, is downright scary? No matter what you consider yourself, how healthy, how vegan or carnivorous, that we are still somewhat the same? No matter what, we must consume other lifeforms to sustain ourselves, and in doing so we transmit energy from one to the other.

Self-awareness is also awareness of death. As stated recently in a very interesting recent article in the Atlantic, once we cultivated the means to indulge ourselves in piles of grapes and doughnuts, the Ancients (think Julius, Cleopatra, Nero), decided that there was so much more to life than just having full bellies, and went on to build cultural legacies, filled with meaning and sustenance that exceeded the physical, with pyramids, recreation, and material. Food and eating went from mere sustenance to settling exactly in this category of recreation, symbolism and complicated meaning. We eat to celebrate, or use

Moon of my life



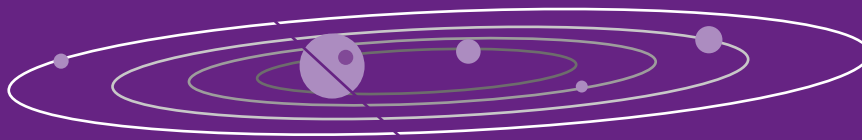
Fact: Your body has 'tides' because of the moon.

They are just really, really, really small.

The moon causes tides in the ocean by exerting a gravitational pull on the water, which changes over the course of a day as the relative positions of the earth and the moon change. The gravitational pull of the moon will, in theory, exert those same forces on the water inside your body, meaning you have high tide and low tide twice a day.

'Human tides' have been proposed to affect the brain and be drivers of suicide and murder, aggressive behaviour in animals and even to influence the timing of menstruation. However, simply due to us being much, much smaller than the oceans and the moon being really, really far away, the effect of lunar gravity on an individual human is in practice so small as to be immeasurable, and so it's unlikely that it could possibly drive any sort of change in behaviour (although this hasn't stopped some questionable studies claiming to have found a link!)

In fact, the gravitational field of a mosquito on your arm would exert a greater gravitational force on you than the moon simply by virtue of being closer, which puts into perspective just how little impact this particular science fact will have on your life.



it to distract from depression, let lie fallow when we are too tired to think about it (for some people). It is true that X's diet culture, that is clean eating, may indeed be a means of trying to harness some sense of immortality in the face of mortality, attempt to transform the body into some perfect form. As humans who dine on everything from plants to meat to chalk, we are not

satisfied with the bamboo shoots pandas happily gnaw at on a daily basis.

We want variety, satisfaction and flavour. And yet, we are the only beings who, though so excited when it comes to trying new foods, are still somewhat petrified by them, out of an evolutionary averseness to toxicity. We have to think about and negotiate trivial food matters before we can walk or read,

how crazy is that? Back to clean eating, X has told me about the wellness gurus he looks up to, saying how much more beautiful this wholesome life seems compared to stark, bleak facts and statistics some nutrition scientist typed up online. X will forego carbohydrates to have one more kale smoothie, no matter what the literature says about the goodness of grain for the

brain.

According to the philosopher Becker, there may be a strange motive for these strange eating habits. Perhaps we as humans feel guilty for having such large, easily whetted appetites, for having flesh that takes up space just to consume more flesh, and so we succumb to regimented consumption, rules and restriction, and in doing so easily forego all the classic signs

of the human condition that remind us of our inevitable immortality – ageing, illness, and maybe even just feeling old. So if we cannot escape death, at least someone like X can say, “well at least I did everything right, right?”

The pre-dessert and dessert surpassed all expectation.

There is no One Infallible Diet. There is just food, enjoyment, and awareness.

Food flushed down the drain

Ipsita Herlekar talks food waste and how it's not just about the food that goes in the bin but also about the food that goes in your tum-tum

Food waste is a global problem. As per the Food and Agriculture Organization (FAO), over 870 million people are malnourished and the figures will grow in the future with increase in population.

To study factors which contribute to food waste across the globe, researchers at the University of Edinburgh in the United Kingdom, used data from United Nations' FAO. They found that overeating

developing world consumes 20-30 percent more calories than the recommended daily requirement. Over-eating is now also considered a major driver behind waste.

Using the data collected by the United Nations Food and Agriculture Organisation, the researchers examined ten key stages involved in the global food system that included growing and harvesting of crops and food consumption, using the data to quantify the total waste that occurs.

It was found that around 10% of the food produced globally is lost to overeating and over 9% lands up in the dumpsters. This is the first study that acknowledges overeating as a way of wasting food. There are studies that report that an average person from the developing world consumes 20% -30% more calories than their daily requirement. This is termed as a waste as even though the food is being eaten, the person eating it does not benefit from its consumption. Especially as it leads to problems like obesity and increased risk of heart diseases.

According to the United Nations Food and Agriculture Organisation, over 870 million people around the world



\\ Anthony Albright

suffer from malnourishment. While on one hand people are trying to find solutions to eradicate hunger and find ways to ensure global food security for the future, most of the food that is produced lands up in the dumpster. It has been estimated that an average household in the UK throws away as much as sixty pounds worth of food each month. Also, North America's and Europe's combined disposal amounts to nearly 2.1 billion tonnes of food, a quantity that is equivalent to the annual crop produced in the entire sub-Saharan region.

Our dependency on livestock for meat and dairy

products is another major driver contributing to 40% of the food that is lost. 1.08 billion tonnes of the crops that are grown and harvested are used up to produce only 240 million tonnes of animal products, such as meat, dairy and poultry. The quantity of grain that is grown to feed livestock in the US can alone feed over 800 million people. Therefore, the growing demand for meat and other animal products not only decreases the efficiency of the food system but also increases the greenhouse gas emissions, depletes water consumption, and also results in great losses to biodiversity.

\\ Most of the food that is wasted comprises of vegetables, fruit and cereals and up to 80% can be salvaged by better management and storage practices \\

The global human population is expected to rise by 50% by 2050. This translates to more mouths to feed and less land to grow our crops. Findings of this study raise concerns and point out challenges on how the world population can be provided with a sustainable and secure supply of good quality food. Most of the food that is wasted comprises of vegetables, fruit and cereals and up to 80% can be salvaged by better management and storage practices. Also, rethinking our dietary patterns and restricting our food consumption to our nutritional needs, which includes reducing our dependence on animal products, will to a large extent help reverse this trend, the scientists believe.

\\ In addition to the food that is thrown away or left to spoil, over-eating in now also considered a major driver behind waste \\

and meat consumption were two leading causes behind food wastage.

According to the researchers, “we are growing more food than required for nutritional needs”. For example, a study (but not from the same group) noted that an average person from the



Certain Women | Postcards from the edge of solitude



Michelle Williams excels as one of the women at the heart of Reichardt's tale \\ Park Circus



Fred Fyles

Kelly Reichardt fashions a beautifully-intimate portrait of **four women**, in her sixth feature film, *Certain Women*, which details our **relationships** with the natural world, other individuals, and **our own loneliness**

Certain Women, American director Kelly Reichardt's sixth film, begins with a shot that serves as a statement of intent: a rusting old train slowly drags itself across the Montana landscape, framed by snowy mountain peaks; stoic in its solitude, it chuffs and puffs along the track, determined to reach its destination, piercing the early morning air with sharp whistles, announcing its presence. It's a fitting representation of Reichardt's films, which centre around the normal day-to-day lives of average Americans, portraying their struggles, their defeats, and their small triumphs with a relentless

\\ Reichardt's films centre around the normal day-to-day lives of average Americans, portraying their struggles, their defeats, and their small triumphs with a relentless internal energy and endless empathy \\

internal energy and endless empathy.

Certain Woman, based off a number of short stories by Maile Meloy, acts as an exploration of loneliness and isolation. The women at its centre are tangentially related to each other, but never really meet; they are trapped within their own worlds. Laura Dern is a lawyer dealing with a difficult client, who refuses to listen to her advice about a personal injury claim. Dern plays her character with great depth, each subtle movement revealing the frustrations of not being heard on account of her gender. "It'd be so lovely to think that if I were a man and I could explain a law

people would listen and say 'Okay,'" Laura reports to a friend, "Oh, that would be so restful."

Like Laura, Gina (Michelle Williams – in her third outing with Reichardt) is used to not being listened to; she's trying to build a house with her husband, but is undermined by her daughter, and ignored by the elderly man she's trying to get sandstone from. From the first scene we see with Gina – she's dressed from head to toe in running gear, lighting up a cigarette – we know that she's a bundle of contradictions, contorting herself to the different roles society gets us to play. Williams does a great job portraying the impossible dilemma she finds herself in: one that asks her to act friendly, but then chastises her for acting at all.

In the most haunting segment of the film, Kristen Stewart plays Beth, a trainee lawyer who has agreed to teach class law in the middle of nowhere after panicking that she wouldn't be employed following graduation. Her class is attended by lonely ranch-hand Jamie (Lily Gladstone), who accompanies her to a diner after every class, before Beth makes the 4-hour drive back to Livingston; two individuals, united in their loneliness, but separated from each other by a distance too great to traverse, Beth and Jamie circle around each other, trying but failing to speak across the gaps.

The separate tales in *Certain Women* weave around one another, creating a narrative structure that appears loose, but belies an internal rigor and structure. Reichardt's gift with dialogue shines through; the lines spoken by the characters, unlike in many films, seem completely naturalistic, with Reichardt expertly capturing the nuances and rhythms present in the conversation.

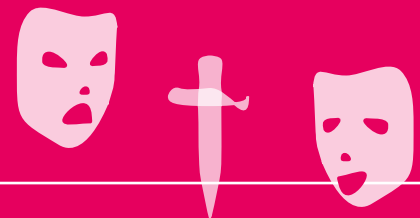
Like the progenitors of the mumblecore movement, Reichardt focuses on dialogue over visuals; but unlike Andrew Bujalski and Lynn Shelton, Reichardt's work is never anything less than completely focused on its subject

\\ By exalting and elevating the individual human experience, Reichardt has created a film with grace and deep humanity \\

matter, which is handled with delicacy and grace. The crushing weight of isolation is borne with a lightness of touch; her characters have a sense of tragedy surrounding them, but they themselves are never viewed as tragic – they are the heroes of their own stories.

To me, the closest comparison to Reichardt's work is not to be found in other films, but rather in the work of Edward Hopper, that American painter who masterfully conveyed the experience of being isolated amongst others. *Certain Women* is like Hopper's canvases, acting as a postcard from the edge of solitude. Both Reichardt and Hopper act, in the words of Olivia Laing, 'as if loneliness was something worth looking at' – and this is an act of highlighting, of thrusting forward into the spotlight, that takes supreme artistic courage.

Certain Women is allowed to unfold at its own steady pace – Reichardt never attempts to rush forward the action, but instead lets the narrative reveal itself organically. She is not interested in large dramas, or epic climaxes, but lets her camera linger on the minutiae of everyday life; what could be more authentic than a lived reality? Reichardt shows us that everyone has their own story, and everyone is worth listening to. *Certain Women* is affirming in the truest sense of the word – by exalting and elevating the individual human experience, Reichardt has created a film with empathy, grace, and deep humanity.



The magic healing power of daytime cinema



Going to the cinema in the middle of the day is the perfect form of self-care – indulgent, self-focussed, relaxing – as Culture Editor Fred Fyles realised when he went along to a midday screening of Jacques Rivette's *Celine and Julie Go Boating*. Here, he encourages you to skip lectures, head down to your local cinema, and settle in for a midday treat

\\ BFI

In Jacques Rivette's 1974 new wave classic, *Celine and Julie Go Boating*, there exists the perfect metaphor for going to the cinema in the middle of the day: the plot revolves around two women playing magical games in a Paris-turned-playground; towards the second half of the film, they discover a mysterious house, into which they repeatedly disappear, only to return several hours later, dazed, with no memory of what has happened.

For me, *Celine and Julie Go Boating* is a case of life imitating art: after finishing a screening that had started at midday, I emerged into the bright spring sunshine, just as confused as Celine coming out of the walled-off mansion. The film had sucked me into its peculiar rhythms, which – over its three-hour runtime – had ebbed and flowed, and being confronted by the real world was like taking a cold shower: a sharp shock, but completely refreshing.

This screening kindled in me two things: firstly, an appreciation of film that has continued ever since; and secondly, the magic of daytime

cinema. Going to the cinema is, anytime of the day, a form of self-care; an act that says to the world 'I am going to spend this time on myself'. But going during the day has an extra buzz to it – it feels a bit naughty, like you've been skipping school, and coming out of the cinema while everyone is still working at their desks feels wonderfully indulgent.

In my mind, self-care is one end of a spectrum of coping mechanisms which stretches all the way to self-medication. While self-care might be the acceptable face of dealing with stress – all scented candles, relaxing baths, and calorific food – self-medication, often with drugs or alcohol, seems to represent the 'bad' way of handling our problems. Where does the cinema fit onto this scale? To me, it seems to fall somewhere in-between: while it's not quite the same as downing brandy sours, going to the cinema is more heady and powerful than other forms of self-care.

Like with drinks and drugs, to a large extent going to the cinema involves active consumption. There is, of course,

the whole ritual of purchasing the ticket – and those of us who obsessively frequent the same cinema will often choose the same seat – but to visit the cinema is to make an active choice; a choice to sit, in a darkened room, alongside fellow cinema-lovers, for the sole purpose of watching a film.

The very best films will

\\ Going to the cinema is, anytime of the day, a form of self-care; an act that says to the world 'I am going to spend this time on myself' \\

intoxicate you. In a sort of reverse-mindfulness, they will transport you away from your cinema, with its frayed seats and sticky floors; away from your deadlines, looming on the horizon; away from your phone, and its constant ping-ping of emails and texts; and – most importantly – away

from yourself. But while the cinema can act as a distraction, it is far from mindless: to get the most out of a film, you need to focus on it completely; step away from your surroundings, and immerse yourself in the screen.

Going to the cinema is still my most regular form of self-care. To me, it serves as a statement: I am telling myself 'it's ok, you might have exams coming up, or revision you're meant to do, but for the next few hours you're going to spend this time on yourself'. But unlike, say, a Netflix binge, going to the cinema never leaves me feeling deflated: annoyed, maybe, that I've spent money on a shit film, but never unfulfilled. Whether it's a cheesy blockbuster, or an astringent Danish flick, the cinema never leaves me feeling empty.

For those of you who wish to follow me on this path to cinematic enlightenment, I have a few words of advice: first of all, get to know your cheapest local cinemas. If you want to go more than once a week, things can add up pretty quickly, but knowing that the BFI offers under-26s £3 last-minute tickets, or that

ICA members can have £3 tickets during the day, really takes the pressure of your student loans.

Secondly, try and keep an open mind: if you're feeling down, you might instantly reach for the latest feel-good release, but there is catharsis to be found in emotional cinema, and sometimes having a good cry in the dark can do wonders for your mental health (don't go too far though: Shoah isn't that great for self-care).

Finally, and most importantly, embrace going by yourself. Many people I know would never go to the cinema by themselves, but think about it: you're going to be sitting in a dark room, with ideally nobody talking – there is never a more appropriate place to go by yourself. While it might be great to go with friends, don't let their availability limit what you go and see. Remember: you're going to the cinema for yourself, so practice saying 'ticket for one, please' in front of the mirror, and get on down to a midday screening!



The best picks for some cinematic self-care

Fred Fyles recommends the best films for some indulgent viewing. From New York-based comedies, to Cantonese stories of unrequited love, these four films should leave anyone feeling a bit better after a couple of hours. So go on – treat yo'self!



\\ Pine District LLC

Frances Ha (2012)

If there's one scene that encompasses the exuberant joie-de-vivre present in Noah Baumbach's *Frances Ha*, it's the titular character – played brilliantly by Greta Gerwig, who also co-wrote the screenplay – running and dancing along a Manhattan street to David Bowie's 'Modern Love'. Any film that features Gerwig dancing is ripe for self-care – see the recently-released *20th Century Women* – but *Frances Ha* manages to balance a sense of wonder with the grim reality of adulthood. Gerwig plays Frances, a contemporary dancer who is unable to make her passion into a

paying career, and whose relationship with best friend Sophie is strained. When Sophie moves out of the apartment they share, it is the catalyst for a series of house-swaps for Frances, and signals the beginning of a new part of their friendship. Certain scenes stick in my mind, such as Frances trying to find a 'new Sophie' and making them play-fight in Central Park, but what makes *Frances Ha* so enjoyable and watchable is Baumbach's ability to temper Gerwig's innate sweetness and prevent it from becoming cloying.

In the Mood for Love (2000)

As we all learnt from Don Draper in the Season One finale of *Mad Men*, nostalgia 'literally means "the pain from an old wound"'. It doesn't quite, but no matter. What marks nostalgia off from other painful emotions, is the sense of enjoyment that we derive from it; while we might mourn for what has come before, we can still enjoy our memories of it. Nostalgia is the emotion that is at the heart of Wong-Kar Wai's masterpiece *In the Mood for Love*, which is suffused with the heady aroma of the past. Exploring the platonic relationship

between a man and a woman living in Hong Kong in the 1960s, everything about the film is designed to conjure up memories and emotions, from the stirring string theme to the beautiful cheongsam that Maggie Cheung's character wears. Even the film's original Chinese title, "The Age of Blossoms" has a double meaning, referring to fleeting beauty and love. Watch this film, and allow yourself to revel in nostalgic melancholy.

\\ Jet Tone Productions



Annie Hall (1977)



\\ AllStar

While *Annie Hall* might not be the best of Woody Allen's extensive filmography – I'd argue that that honour should go to *Manhattan* – nothing can cheer me up quite like watching Diane Keaton absolutely steal every scene she's in. Keaton plays Annie Hall, while Allen plays Alvie Singer, and the film explores the formation of their relationship, and their subsequent

break-up. Allen is known for his off-beat humour, but *Annie Hall* delivers up one of his most complex screenplays, with individual gags – whose subject matter ranges from growing up in Coney Island to the work of Marshall McLuhan – coming together to form an intricate whole. *Annie Hall* is a love letter to New York City, to comedy, but most of all, to Keaton, whose presence is a luminous beacon throughout.

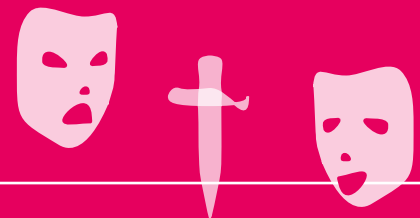
Carol (2015)



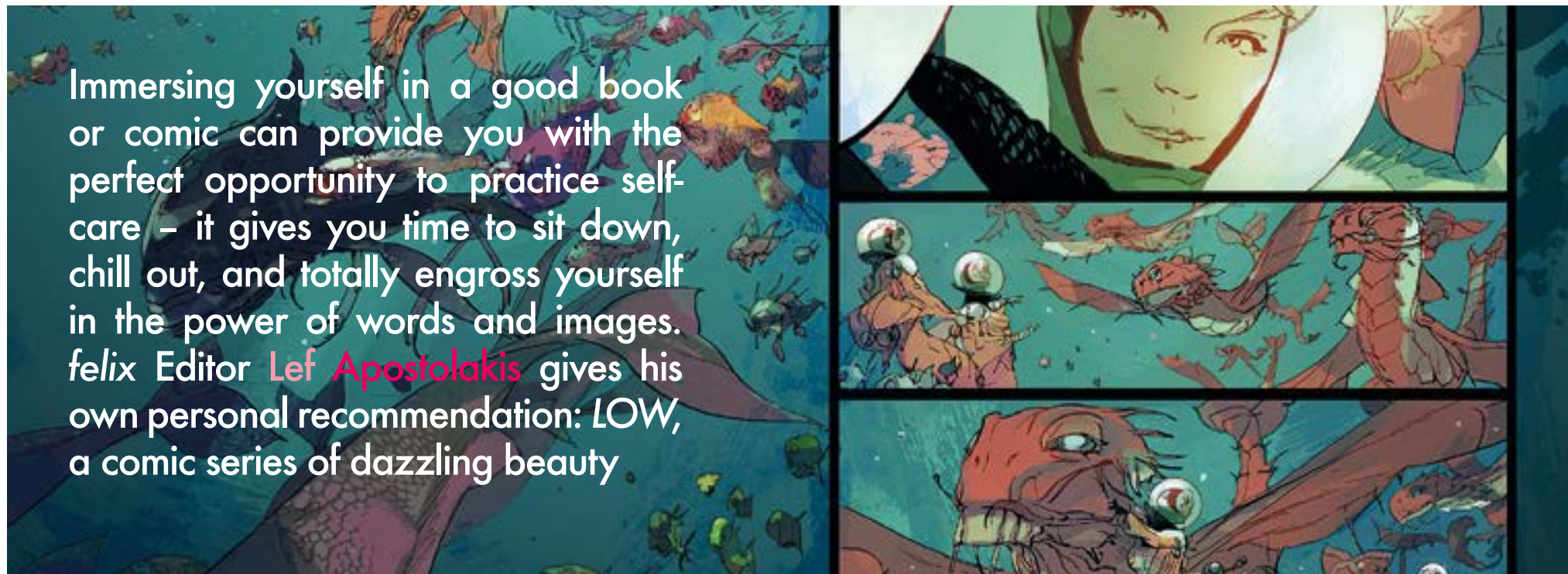
\\ Festival de Cannes

It is impossible for me to watch *Carol* – Todd Haynes' story of two women falling in love in the 1950s – without a huge smile on my face. The film is ground-breaking in the fact that it allows its two leads – Carol Aird (Cate Blanchett) and Therese Belivet (Rooney Mara) – to have a happy ending, but more than that, Haynes and scriptwriter Phyllis Nagy have created a love story that really makes you root for

the characters involved. Beginning in media res, we know that Carol and Therese will find each other, and this knowledge imparts significance to every glance, gesture, and touch between the two. More than a simple love story, *Carol* tells the tale of two people trying to bridge the gap that society has placed between them, and takes us along for the ride.



Get brought *LOW* | Reading as relaxation



\\ Image Comics

Immersing yourself in a good book or comic can provide you with the perfect opportunity to practice self-care – it gives you time to sit down, chill out, and totally engross yourself in the power of words and images. *felix* Editor **Lef Apostolakis** gives his own personal recommendation: *LOW*, a comic series of dazzling beauty

Life without art is not worth living” I don’t often write reviews. I find it hard to judge someone’s work – partially because I never feel like I have the authority or knowledge to publicly share my personal criticism, and partially because I believe in making art for the sake of art, which makes it even harder for me to think along the lines of a review-format. But I felt I should make an exception for *LOW*; not only has it become one of my favourite reads, but it has also, unexpectedly, entered my ritual of self care.

LOW is a comic series, set in a futuristic, underwater, somewhat post-apocalyptic world, where the Sun’s progression into a red giant has unexpectedly sped up, forcing humans to recede into the deep to take cover from their star’s radiation.

We enter the timeline millennia later, at a point where humanity seems to quite literally be on its final few breaths of air, and the last remaining human colonies are on the verge of collapse. The story centres around Stel and her shattered family, who is attempting a trip to the surface in order to collect

a space probe which might contain the coordinates of a hospitable world.

During the course of her self-assigned mission, she discovers lost worlds only to shatter them, encounters beautiful creatures only to eradicate them, and is trapped in a constant back and forth between finding and losing her family, her objective, her hope, her life.

Though the story at first glance seems to be little more than an adventure packed with action, sex, and violence, what writer Rick Remender really deals in is hope. In this world he has constructed, hope becomes quite literally a commodity. In one of the colonies, Salus, hope and optimism have become a pointless religion, abandoned in the face of humanity’s inevitable end in favour of an Epicurean existence centered around pleasure, its residents literally living their final moments in a garden of Eden. What’s the value of hope when you’ve “seen the truth and you’ve accepted it”, when “the Universe has given you the middle finger?” one of the elected leaders asks Stel.

In another colony, Voldin, hope is seen as dangerous,

becoming contraband; its propagation punishable by death. Artists go underground, and attempts to inspire the hope-starved populace are seen as a major threat to stability and survival, in need of suppression by the Ministry of Thought. Hope is seen as dangerous because of its ability to lift up its bearers, only to bring them crashing down when it’s inevitably proven to be false: “the

\\ Take your time reading it, and allow your eyes to drift as you lose yourself in the wonderful illustrations, trying to find meaning that may or may not be there \\

inevitable fall killing every one of them” to paraphrase Voldin’s leader .

The story goes forward through the constant breaking and mending of the characters: we see them reunited

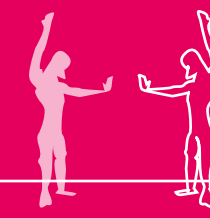
only to be torn apart again; they search for their purpose only to realise it involves their sacrifice; they find love only to experience heartbreak. At points, hope is the only thing powering them, pushing them forward. And while they successfully manage to overcome whatever ridiculous obstacle they’re faced with, they do so only to plunge deeper into an abyss of despair.

Meanwhile, Greg Tocchini’s artwork perfectly complements this constant juxtaposition of hope and futility, optimism and nihilism. His lines are loose, and his colouring work flows effortlessly through shapes and panels. Though his illustrations have the clear purpose of communicating this epic, they might as well not: they often seem like nothing more than windows in this beautiful world residing in Remender’s mind, stills from a natural history documentary, a glimpse of nature and the universe which simply exist defiantly, purposelessly. The series is full of gratuitous sequences of beautiful silence. Expertly designed panels calmly illustrate the thriving world that humans are desperately trying to escape from. Vibrant life and colour contrast humanity’s

bleak and anthropocentric perception of their world.

It takes twelve issues, and humans setting foot on the Earth’s surface for the first time after thousands of years, for someone to finally utter the bitter truth. “Hubris. Proposing that we were the last embers of some unique flame.... We are not unique. Our absence wasn’t felt. Life continued on. As if we’d never been.”

LOW is truly a work of art. I recommend its consumption in volumes as its reading en-mass becomes a long process, one that requires setting time aside for it and for you. Take your time reading it, and allow your eyes to drift as you lose yourself in the wonderful illustrations, as you discover purposeless detail, as you consider the composition of the panels, trying to find meaning that may or may not be there. Take time to love the characters who are so beautifully constructed, to know their hopes, and see their flaws crush them. Allow your breath to catch up with your heart as catharsis washes over you and you sit there numb, after your expectations have failed to be met. Give yourself space for when you’re brought low.



Ugly Lies the Bone | VR therapy and emotional trauma



\\ Mark Douet



Ugly Lies the Bone follows the story of Jess, a young woman returning home following 3 tours in Afghanistan, which have left her with severe burns after an IED. Struggling to fit back into her old life in her declining Florida home town, and struggling to cope with her disability and chronic pain, Jess becomes involved in a virtual reality therapy program. The disembodied voice of a therapist guides her through this experience, helping her create new worlds to overcome her pain and frustration.

Although it sounds like a product of fantasy, the virtual reality therapy at the centre of *Ugly Lies the Bone* is actually based in reality: the world Jess visits is based on *SnowWorld*, a virtual reality experience created in the late 90s and used to help victims of severe burns with chronic pain. Although *SnowWorld* itself is no longer in use, it has led to the creation of other virtual reality experiences and technology – one of these is *Cool!*, a snowscape populated by otters and floating fireballs, which has been used in experimental trials to treat sufferers of chronic pain – and these real world implications add an interesting

extra dimension to the play.

The production itself is visually striking. The stage is a hemisphere with sloping sides, giving an interesting depth to the virtual reality moments, and the play transitions smoothly between the surreal world of the virtual reality program and the unremarkable reality of Jess’ hometown. This beautifully mirrors Jess’ shifting emotional states – her hesitant wonder at the world created by the virtual reality and the awkward pain of being a poor fit for her old life.

Kate Fleetwood is a compelling Jess, fluidly shifting between drawing laughs with her delivery of dry and sarcastic humour, and heart rending raw emotion in her portrayal of physical and emotional struggles. She is particularly brilliant at capturing the physical difficulties Jess faces due to her multiple skin grafts: her movements capture the physical pain as well as the psychological toll the changes to her body are exerting. In one particularly unforgettable scene, Jess attempts to change from her comfortable ‘boys clothes’ to a pretty dress – Fleetwood beautifully captures Jess’s physical struggle against her own body, as well her emotional turmoil at wanting

the dress.

The rest of the cast certainly doesn’t let her down. Ralf Little is endearing as Stevie, Jess’ awkward former boyfriend. Their interactions are emotionally charged, at first with the awkwardness of change, but evolving gradually into a complex portrait of love and loss and regret. Olivia Darnley plays Jess’ sister Kacie who struggles to support Jess’ recovery. Though it sometimes feels forced and cliché, her cheerfulness and relentless optimism are a great contrast to Jess’ pain and frustration.

The play is not without its flaws: though the characters are emotional and compelling, their interactions are sometimes predictable and lack emotional depth. The virtual reality too has its shortcomings; although visually striking, it lacks the emotional impact of Fleetwood’s performance.

Despite this, it’s undeniable that *Ugly Lies the Bone* leaves an impression. The strong cast and storytelling as well as the visual beauty of the virtual reality combine to create a truly immersive experience.

Ugly Lies the Bone is on at the National Theatre until 6th June. Tickets from £15

By Vaishnavi Gnananathan

Phoenix

Coming soon



Ballet Black's triple bill at the Barbican consisted of three works, which covered an eclectic range of compositions and dances. The first work, *House of Dreams*, was a non-narrative work consisting of three pas de deux and a finale to a diverse selection of compositions by Debussy. The compositions were not entirely disparate: all were solo compositions for piano, producing a minimalist atmosphere which was matched by the sparsity of props on stage and the simple lighting used throughout. Each piece conveyed a distinct emotional tone – the work opened with the melodic and whimsical *Prelude* from the *Suite Bergamasque* but proceeded to the haunting and introspective *Des Pas Sur La Neige* before finishing with the frantic and bold *Passepied*. However abrupt, these transitions were not jarring as they were confidently handled by the dancing pairs: in particular the partnership of Sayaka Ichikawa and Damien Johnson stood out as terrifically coordinated and emotive.

The second work of the first half was called *Captured* and was based on the seven movements in Shostakovich's *String Quartet No.11 in F minor*. Originally performed in 2012, the work sees two pairs of dancers move back and forward across the stage in a territorial fight. Despite the orchestral accompaniment the style and lighting remained deliberately minimal. I particularly admired the costumes of the male dancers, who were dressed like farm labourers with a tucked in shirt and rolled up trouser legs. This prompted my imagination to question what type of story choreographer Martin Lawrance was hoping to tell, whilst the minimal setting left things ambiguous enough to let my own narrative take hold.

The final work, *Red Riding Hood* was a funny, bold, and at times salacious portrayal of the classic fairy tale.

Choreographed by Annabelle Lopez Ochoa as a coming of age story, it sees a young girl break from her parent's rules to discover her own sexuality and personality. For this, Ochoa explored the symbolism within the classic fairy-tale and crafted her own narrative from it, knitting together a well-balanced selection of nostalgic pieces by French composers such as Rene Aubry's *Monday* and Armand Amar's *Le Petit Loup*. The final result is thoroughly entertaining and both leads, Cira Robinson and Mthuthuzeli November, were well suited to their light hearted roles.

The lack of live musical performance was the only major flaw in this otherwise expansive production. One of the advantages of having a live orchestra is that it allows 'feedback' between the orchestra and the dancers. The conductor's eye level will normally correspond with the stage floor so the musicians are able to respond dynamically to the performers movements, for example by extending a crescendo depending on the number of pirouettes a dancer manages. Without an orchestra individual performances become far more static and the choreography at times felt robotic and artificial. There were a few instances of this throughout the night, but for the most part the narratives were immersive enough that the pre-recorded music wasn't an issue.

Ballet Black was founded in 2001 by Cassa Pancho, an alumnus of classical ballet at the Royal Academy. Shocked by the lack of non-white students and performers of ballet Pancho established the company with the aim of providing dancers of black and Asian descent opportunities in classical ballet. Sixteen years later this aim is still clear: "It's all about the D word: Diversity" Pancho writes in the programme's welcome letter. The idea being that diversity on stage will produce diversity at local ballet schools, which are the foundation of the "classical ballet food chain". This will have numerous consequences, on stage

and off: for one thing filling ballet recitals with non-white audiences. This was the case in the Barbican which, for a ballet performance, would have been unprecedented twenty years ago.

Pancho's goal is gradually being realised: in August 2015 Misty Copeland became the principal ballet dancer at the American Ballet Theatre. Copeland – who as a young girl in working class Los Angeles was able to strike a partnership with the renowned instructor Cindy Bradley – is the first black woman to achieve this distinction in the theatre's 75 year old history. Similar successes are occurring across the Atlantic: one dancer of immense renown is Yuhui Choe, a Japanese dancer with Korean parentage who is a soloist in the Royal Ballet in London; this position is also held by Eric Underwood, a talented black American dancer who discovered ballet at the relatively late age of 14.

There is still a lot of work to be done, as the historic associations of ballet in Russia, Italy, and France mean it remains a disproportionately white enterprise. This is exemplified by the difficulty faced by non-white performers in getting ballet shoes that match their skin tone: ballet shoes are traditionally manufactured in pink or beige tones, and until recently there were no ballet shoes for non-white feet. Instead black dancers had to cake their shoes in makeup before a performance. Following a request made on Instagram by Underwood, the manufacturer Bloch has now created a line of darker colours. Not all were so understanding of Underwood's predicament: one Russian ballet company even responded "You are black, you should wear black ballet shoes".

Whatever it lacks in technical finesse Ballet Black compensates for in bravado and panache, it is a thoroughly enjoyable spectacle that is bringing ballet to a diverse audience and is enjoyable regardless of your past exposure to ballet.

Ballet Black | A rough-cut gem



Ballet Black, Triple Bill, Cira Robinson, José Alves and Mthuthuzeli November in *Captured*, choreographed by Martin Lawrance \ \ Bill Coope



Ezra Kitson

Ballet Black's Triple Bill was on at the Barbican from 2nd–4th March

Ballet Black will return to London on 1st April as part of the *Barbican on Broadway* programme, which runs from 31st March – 1st April



Some Strings Attached | Casual



Modern mother-daughter relationships are weird \\ Hulu



Saad Ahmed



This is a show about relationships in every sense of the word, though as its name may imply, the focus here is one of those casual, one-off encounters that many people are engaged with in this day and age. This idea is explored with a very simple premise; a woman, in the wake of her divorce, moves herself and her daughter to her brother's

**\\ The three main characters all have their quirks and inner demons they're trying to fight **

home.

The three main characters all have their quirks and inner demons they're trying to fight. Valerie, the mother, is fresh out of a divorce and trying to get back into the dating scene and get some action. Alex, her brother, has a self-made fortune thanks to his dating site, but personally struggles to find a meaningful relationship, instead taking part in a series of one-night stands. Finally, we have Laura, the teen daughter, who deals with being a teenager in an age of social media panics and sexting, as well as an initial crush on her teacher.

This is the kind of show that's better to binge-watch than watch in weekly instalments. The short format and solid performances hook you in straight away. Later, the characters are developed further and become more nuanced, leaving you more engrossed and intrigued by what's in store. When you hear about their childhoods and learn how damaged they all are, it explains much about their present behaviour.

For example, Alex initially comes off as a bit of a tool who sleeps around with multiple women. However, as he matures and tries to get into a long-term relationship of his own, his scenes end up becoming the most compelling material of the show.

There's an interesting role reversal between him and his sister; at the start, Val seems like the responsible one and Alex the selfish narcissist, but he starts to understand and even anticipate the consequences of his actions, while she goes and has sex with her brother's girlfriend.

As far as young teenage characters go, Laura is a refreshing change of pace from the norm. She's fairly comfortable in who she is and not ashamed of what she wants in a relationship. Her relationship with her mother is open and frequently poignant. The two of them are more like friends who discuss the intimate details of their lives rather than a distant mother and daughter. Interestingly, things between them become a little shaky when Val tries to be a more responsible mother at times.

The three characters form an odd, dysfunctional family unit, whose level of appropriateness is called on several times. They're able to vaguely function as human beings when they work together but on a codependent, self-destructive level that makes the possibility of broadening their circle beyond the three of them almost impossible. While none of them are perfect and perform not-so-great acts, the show is able to make you empathize with the main characters even as it refuses to forgive them for their worst. The acting goes a long way in making you understand the characters.

Val seems the sanest of the bunch but her actions are the most destructive. Through her expressions and scenes you can see how and why she chooses to go down the wrong path.

In the middle of all the character drama, some interesting ideas are tossed around and considered. If the internet has made it easier to find the right people for our personal or social needs, then

**\\ As far as young teenage characters go, Laura is a refreshing change of pace from the norm **

why do we still form bonds with people who disappoint us? Why do we adhere to the same social structures for so long when there are other options we could try? It's when the show starts to tap into these questions and issues that it becomes more special and intriguing. Some relationships hold themselves together out of inertia, but as the show might suggest, some run more deeply than we can understand.

Even though the show may be touted as a comedy, it's more half-hour drama than funny, though its sharp observations and moments more than make up for it. It has a very indie feel with strong performances and writing throughout. If you're up for a fun, introspective look on relationships and one-offs, this is a show to watch.



Beige surroundings for beige characters \\ Hulu

Under Pressure? Take a break



As part of this campaign, we are putting on a range of activities and events to help students find ways to manage stress and pressure, from Monday 13 – Friday 17 March. We want to see students at Imperial College London stretched, not broken.

As well as offering **free massages** at three campuses over the week, there are opportunities to try **yoga, relaxation and mindfulness**.

The Listening Post located on the Queen's Lawn is a place students can go if they need help or advice, staffed by the Advice Centre between 12:00 - 14:00 all week.

Events include:

- ▲ Massage Sessions
- ▲ Yoga Taster Sessions
- ▲ Relaxation Sessions
- ▲ Listening Posts

For a full range of the activities being offered and more details check out:

imperialcollegeunion.org/under-pressure

Coming soon - Enterprise Week, Monday 20 - Friday 24 March



Imperial
Enterprise Lab

Enterprise
Week 2017



Venture
Catalyst
Challenge

Enterprise Week is a whole week of events designed to showcase enterprising student initiatives across college. Join A.C.T. Now! Althea Imperial, and the Venture Catalyst Challenge in their final events of the year are showcasing the amazing talent of student entrepreneurs at Imperial.

Events include...

A.C.T. Now! Social Enterprise Showcase

The Union's social enterprise support programme, A.C.T. Now! is kicking off Enterprise Week on Monday 20 March, 17:30 - 19:30, showcasing student social enterprise initiatives and with your help awarded £1,500 to our fantastic teams! This is a live crowd-funding event where every £5.00 ticket sold will be pledged directly to the enterprise of your choice, and match funded by us. We'll be hearing pitches from student entrepreneurs LearnforLife, IRIS, Symbiota and City Giving.

Althea Imperial 2017

This programme is designed to inspire the top female students at Imperial College London to develop their entrepreneurial spirit and leadership skills. Join the finalists on Tuesday 21 March, 18:00 - 21:00 and see who is awarded the top prize of £10,000!

Venture Catalyst Challenge

A showcase for early-stage, commercial technologies at Imperial. You'll hear from a selection of the most exciting technology and science ventures from Imperial Enterprise Lab. This year's finalists will be pitching for the win on Thursday 23 March, 18:00 - 20:00.

For more information and a full list of events, check out www.imperialenterpriselab.com.



Games to feel good

Saad Ahmed gives his recommendations on which games to play if you just want to relax, enjoy yourself and not drive yourself crazy because of bullshit random number generators

Life is tough and stressful, and often involves putting in way too much effort for very little gain. This is why a lot of people play video games, where virtual achievements can make you feel good (for not doing much at all). Having said that many video games can actually be quite gruelling, making you stress out and forcing you to put in maximum effort. Often, this can actually be more physically tiring and taxing than taking an exam in the Great Hall. But these are not the games we're going to be looking at today. In the spirit of self-care and without further ado, I'm going to highlight some games which are not only fun to play but also extremely relaxing.

Truck Simulator | Or any simulator

When you first hear about it, *Truck Simulator* sounds like a pretty boring game. You're a truck driver and your job is to make deliveries from one city to another. You're not even supposed to drive crazily; you're supposed to obey the traffic laws and you actually get penalties for each one you violate. In spite of all this, it's actually really fun and satisfying, and because the gameplay is so chill, it makes you feel pretty chill too. Any simulator game can be played to get this feeling of enjoyment, even *Goat Simulator!* (Much lauded for its accurate representations of goats)



\\ SCS Software

Animal Crossing | Any one

The main gist of any *Animal Crossing* game is that players move into a new town and spend their days building up relationships with villagers, harvesting fruit, fishing, catching bugs, decorating their house, and tackling any of the almost innumerable other activities that comprise one's *Animal Crossing* life. It doesn't sound like a to-do list that would necessarily make for the most enthralling game, but that's exactly what it amounts to. There's something about the relaxing rhythm of each activity that keeps you coming back for more, bolstered by the subtle yet effective way the game incentivizes you to keep playing, keep collecting, and generally keep on ticking.



\\ Nintendo

Undertale | Pacifist Path

This indie game made its appearance in 2015 and was an instant hit. I definitely recommend it if you want to wind down but only on the condition you do a pacifist run. When you play the game this way, it's fun and endearing. You're a little girl in a world of monsters and you befriend them, interact with them and get to learn about all their quirks and backstories. It's quite unlike any other RPG where you compliment and talk your way out of fights instead of taking part in them. That is of course, unless you choose the genocide route where the game is much shorter, and you literally feel like Satan once you're done.



\\ Toby Fox

Little Inferno | For Pyromaniacs

The point of this game is to just burn things in different ways and combinations; that's literally it. It's been described as a game with few objectives to complete and no way to lose. When you start burning things you become hypnotised as the realistic fire effects consume everything in sight. Every once in a while burnt objects will drop coins, which you can use to purchase bigger and better items to burn. It's basically a game to soothe your inner nine-year-old.



\\ Tomorrow Corporation

Just Cause 2 | The multiplayer one

Just Cause 2 isn't exactly the most relaxing game. It has large maps and a huge variety of quests to complete. The free multiplayer mod however is just insane and open-ended fun. There are no goals, no tasks, and no missions. You spawn on the map in a complete free fall, with as many as a thousand other players enjoying a giant sandbox of crazy. Join a race or a destruction derby, steal a plane and land it on a highway—with your buddy riding up top. Or just run around like a madman and shoot everyone in sight. If you ask yourself, "What am I supposed to do now?" you're playing it wrong.



\\ Avalanche Studios

Pokémon | All games after 2003

Pokémon is a largely popular franchise and when you first look at it, it's hard not to see why. The games are filled with all sorts of colourful, cute and cool looking creatures which you can capture, befriend and battle with. The eternal quest to catch them all is a sure and fast way to get addicted and with no drastic elements like death or destruction, the kid-friendly games are a nice way to relax in your down time. As a recommendation, only play the games released after 2003 because that's when they really refined their gameplay; also because the original games do not age well.



\\ Game Freak

Dance Imperial Show 2017

16-18 March



DANCE IMPERIAL





Treasures from the Levant

felix visits Ceru, a new addition to the South Ken restaurant scene that oozes middle eastern comfort, from the warm, welcoming interior to the sumptuous yet refined food. So that you too can treat yourselves to an excellent meal out, we've arranged an exclusive Imperial discount.

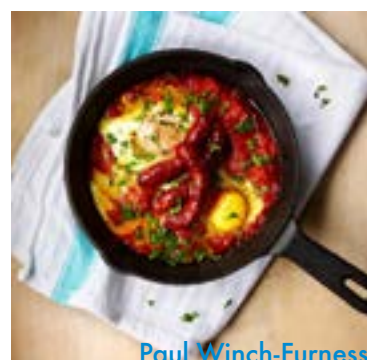
Sanjay Bhattacharya

To look on at the birth of a new restaurant is always exciting – I've been a part of it, having seen the place I worked at in Oxford rise from the ashes of a mediocre Italian cocktail bar, and realising that I really wanted to be a part of that. Teething problems ranged from gutters that drained into the balcony (we bailed it out with saucapans, literally) to much more minor tweaks, like who supplied our bread. The tentative first few months were some of the most stressful and intense that I have ever worked. It was therefore amazing to me to step into the fresh faced Ceru, in South Kensington, and witness a polished, refined machine that was only three months into its operation. I'd cycled past it for the few months that it took to strip away the previous occupant and revitalise the interiors, and so knew that it was absolutely brand new, and yet when I went, it looked like it had been a local fixture for ages. So how had they done it?

Simple – they'd meticulously planned before they opened. Barry and Patricia Hilton, the husband-and-wife team behind Ceru, tested many of the ideas beforehand with their successful pop-up under the same name – visiting festivals, private dinners and shows to serve simple, yet delicious dishes from the

Levant to a huge audience. It's reasonable therefore to say that they have some experience, and inside the restaurant it shows. I've visited twice now – for a post exam lunch, and a more relaxed breakfast. The former trip was an escape from the drizzle we have been used to over the past few months, and the cosy booths, lit with beautiful geometric lighting on the walls behind, provided a warm embrace to whip away any memories of either the weather, or the equally miserable exam that I had just sat. And yet when I visited on a bright spring morning last week, it was equally as homely in the early rays of sunshine that were just peeking under the deep blue awning. The whole restaurant took on a brilliant palette of colours, with the patterned seating, tiles and lights transporting me straight back to one of the many cafés in Istanbul – one of my favourite cities, especially for food and drink.

Post exam, we decided that cocktails were a necessary fix for our mood. A Cucumber Martini (made without Hendricks, something I am personally glad to see the end of) and a delightful gin-and-Campari based Trouble in Paradise quickly lifted our spirits, and in perfect sync with the cocktails arrived the first dishes, a rarity in some restaurants these days. With



their tagline of "Share the flavours of The Levant", don't expect dainty portions for you to nibble at and politely enquire how everyone is enjoying their food – you'll want to ask your lab partner for some of their creamy roasted aubergines with piquant, earthy chermoula, and expect to trade it for succulent, tender lamb shoulder – two of my favourite dishes, and both wonderfully executed: the lamb not too fatty, yet unctuous still, and the aubergines roasted enough to give a smoky tang but not an ashtray like sting. The Village Salad cleansed us in between mouthfuls, providing a wonderful fresh contrast and packing flavours of its own, with fried capers and sumac to give it body. Lunch finished with some of the best fried halloumi – something I normally regard as the most humble of dishes, but one that here was a stand out hit with everyone, with the fruity red peppers and harissa cutting the perfect balance to the crispy, golden cheese.

The biggest success of the day, however, was for my coeliac friend, who I must confess I normally dread

// Quite by accident, the All Day Menu is entirely gluten free leaving my coeliac friend gawping like a kid in a toy shop, able to choose whatever she wanted without hunting for the illusive (g) on the menu //

taking to a new restaurant. Quite by accident, the All Day Menu is entirely gluten free (avoiding the pita bread, understandably), leaving her gawping like a kid in a toy shop, able to choose whatever she wanted without hunting for the illusive (g) on the menu.

They haven't managed the universal gluten-freeness on their breakfast menu – but there are plenty of delicious options to choose from. Sweet, soothing Apple Tea to start, followed by shakshouka (just-baked eggs in spiced tomato sauce) with tender,

perfectly cooked merguez sausage is the divine middle-eastern equivalent of a Full English, without making me feel quite as guilty afterwards. To see it away, some homemade Basil-honey lemonade and fresh breads, with black olive, feta and barberry jam. Not quite a substitute for a trip to the med, but a very close second.

It's inspiring to see the rise of a new restaurant like Ceru – and wonderful to have graced its doors before the inevitable crowds of regulars appear. Get there soon, or you'll have to queue round the block.

And exclusive to Imperial students, so that you and friends can also treat yourselves to a post exams meal: 10% off your total bill at Ceru on presentation of a valid Imperial College ID, for up to four people. Who says felix isn't good to its readers?

Ceru, 7-9 Bute St: 7 minutes from campus, 2 minutes from South Ken tube station. Lunch/Dinner: £10-15 for an ample meal, £9 express lunch with a taste of everything. Cocktails £7.5, Breakfast £5-10

Paul Winch-Furness

Liquid Comfort

The penicillin for all woes, we couldn't leave booze out of the comfort equation, especially when it makes you feel so damn good. We've taken a range of scenarios that we found ourselves in over the last few weeks and developed extensively tested cures. Don't worry, alcohol free options are available.

Andrada Balmez

This will start as usual, with a funny story. I wanted to write about some lamb ribs - see, I kind of have a thing with ribs, but then the subject changed to comfort food (I am stating this in case you didn't notice already) and because East Europeans don't do comfort foods, they do alcohol, here I am.

My sincere opinion is that alcohol shouldn't be mixed with anything else; also, different kinds of alcohols shouldn't be mixed. I mean, yes, some of the cocktails and different mixtures found in shots are cool, but not too often. I know, I'm disappointing the student spirit in you, but hey, as a person who can drink a whole bottle of vodka (a medium one) and not end up in a hospital, trust me that I know what I'm talking about.

So, here are the best comfort drinks depending on the situation:

// I was told to write about comfort food, but because Eastern Europeans don't do comfort foods, they do alcohol, here I am //

Did he/she break up with you over text? Well, I suggest you to find a bottle of vodka. Forget about them! Forget about the fact that you should be studying! Forget about everything! But if you don't want to be in this college for one more year, just head to the closest place that has nipples - pun intended - and try a Buttery Nipple or a Slippery Nipple; basically, just some Baileys Irish Cream and Butterscotch Schnapps. Or something very sweet and creamy - a White Russian maybe.

You did not, in fact, pass that exam? Oh, it happens even to the best of us, don't worry. But if you failed your exam because of drinking, maybe you should ask yourself some serious questions and stop drinking. Ask for help? I don't know – but if you failed your exams because you were too stressed, then you need some help to relax. Maybe you want to feel like Alice in Wonderland (Grand Marnier, Tequila, Tia Maria) and combine oranges and coffee, or experience a Mind Eraser (Vodka, Kahlua, 7-Up).



Treat this as the pharmacy for your woes... Credit: Achim Schleuning

Your algae just died? And they keep dying? Yes, this is specially directed to biologists. But, well, if any of your experiments died/exploded/failed/weren't muddy enough while you weren't on watch, just take your group mates and head for the closest place where you can enjoy some really good Kamikaze (Vodka, Triple Sec and Lime) or A Kick in the Crotch (Vodka, Blue Curacao, Cranberry Juice) but don't take it too literally. Alternatively, go for a healthy detox and blitz that algae with some kale, quinoa and blueberries. That will take your mind off their death.

You ran out of money? Your parents decided that you don't deserve that much anymore? Your student loan is... not coming fast enough? Oh, well, then you shouldn't drink. That simple. But you still can probably afford a couple of beers. But, well, if you really want some comfort, go and have an amazing freakshake and indulge into too much chocolate. Or get some chocolate milk at home while watching some Netflix. We know it's not alcohol, but you will still feel better and without a migraine.

Your goldfish died? This one requires something very strong, because, let's face it, you loved that goldfish! And it dared to die! Son of a bitch! But you still miss it! Ok, we get it, your feelings are very contradictory. If you feel fancy, go somewhere where you can find some Corpse Reviver (Lillet Blanc, Gin, Blue Curacao, Lime Juice, Absinthe and lemon), but don't treat your fish with that. Who knows, you might start a zombie apocalypse! Or you can just go for the pure absinthe. Stronger, but you actually need that strength, right?



...and there is a wide range of medicine



Kombucha Kraft

felix boldly uses the lab experience acquired at this noble institution to **probe** the depths of **SCOBYs**, tea and **Kombucha**. Is it the **elixir** we've all been looking for, or **just another fad?** More importantly, will it be **drinkable** at the end of it all? **Place your bets**, and read on.

Christy Lam

I try to be healthy. Sometimes. You see, when you have to sustain a food blog full of cakes and ice creams and burgers and doughnuts, you have to find a way to balance it out. And luckily for me, the healthy food world is not limited to chomping my way through an iceberg lettuce for dinner while balancing on a yoga mat (which recently transformed into a neglected, pink rolled-up piece of plastic gathering dust in the corner). So far, I've tried most of the #eatclean superfoods suggested by the lovely vegans on Instagram, including chia seed puddings, quinoa and kale.

But I simply wasn't liking them, from my mind, my body to my soul. My mouth hated the blandness and slimy texture of the chia seeds. Quinoa was getting a tad steep for my wallet, and I couldn't be bothered to look after it on the stove to get that "fluffy" texture without burning the bottom. Kale gave me horrible indigestion (Ok, fine, I was trying to demolish 1 kg of kale in a day before its expiry date).

After all those clean eating failures, I got hooked up to my next new fad: kombucha.

Kombucha is apparently known as the "immortal health elixir" by the Chinese and has been around for over 2000 years. (Weird. I'm Chinese and I've never heard of it in the last 20 years until

2 months ago on some food blog.) It's basically a fermented, sweetened, tea drink produced using a SCOBY. And SCOBY stands for "symbiotic colony of bacteria and yeast". The SCOBY is mainly formed from *Saccharomyces*, a probiotic fungus, and *Gluconacetobacter xylinus*, the bacteria. It claims to have amazing health benefits, such as treating AIDS, cancer, diabetes, all the way to boosting the libido (Oh yeah). In the mouth, it tastes sweet with noticeable acidity and a bit of fizz.

Despite being another one of those new health fads, they come in an approachable price tag and actually cheaper than your daily Starbucks. Hmm, perhaps it's a good idea to start swapping your Coke or iced tea to this exciting concoction. I also did a bit of Googling and found that you can actually grow your own kombucha SCOBY from a shop-bought bottle. And from that SCOBY comes a lifetime of kombucha (you'll see how it works in a sec).

So, with my natural cheapo identity, thumping curiosity and that love for experimentation, I gave in and bought a bottle of raw, unfiltered, unpasteurized, original-flavour kombucha from Wholefoods. I poured myself a glass – it tasted like diluted vinegar. I carefully closed the bottle.

Lab coat. Check. Goggles. Check. Hair. Check. Risk



assessment. Check. Let the brewing begin.

The first step of creating this self-sufficient supply of kombucha is growing the SCOBY. The bacteria and yeast in the SCOBY survives on the minerals, nitrates and sugar in the sweet tea. Where to find the microorganisms? From that shop-bought bottle of kombucha, of course. But make sure it's raw and unflavoured to get all the good stuff. We'll call this "starter tea" from now.

Your success depends on the choice of tea: choose plain black or green tea, with the best being the trusty English Breakfast. Avoid flavoured teas such as Earl Grey as the oils in them will destroy the colony. The sugar you use is also important – plain white cane sugar gives the best results while the impurities in brown sugar or sugar alternatives are also likely to destroy the microorganisms. Make sure the jars and pots you use are sterilized with boiling water, not soap or alcohol.

I added four tablespoons of sugar to a cup of boiling water, chucking in three teaspoons of loose leaf Oolong

// I've tried most of the #eatclean superfoods suggested by the lovely vegans on Instagram, including chia seed puddings, quinoa and kale. But I simply don't like them //

tea and let it steep for 20 minutes. When the tea has cooled down, I poured the tea and the "starter tea" into a sterilized glass jar in the ratio of 7:1. I covered the jar with a paper towel, secured it to the brim with an elastic band and left it in a dark corner in the cupboard under the sink.

Knowing that it takes up to two weeks for a SCOBY to form, the next few days were a mixture of excitement of anxiety. On one night I was worrying about it so much I couldn't sleep. What if it went mouldy? What if it got contaminated? What if it turns

into some neon green, radioactive liquid seeping through the floor and poisoning my neighbours below?

On the sixth day, I couldn't wait any more and visited the jar. Guess what? A SCOBY was floating on the surface of the brown, sweet tea! It took the cross-sectional area of the jar, had a jelly-like texture and a pinkish colour, rather like a jellyfish. I left the SCOBY for another 6 days until it grew to a thickness of about 1 cm. I repeated the same preparation procedure as above but with twice the amount of liquid, and added the new SCOBY mother.

Another week went by, when the brew should be ready to drink. A new baby SCOBY formed across the surface of the liquid. But much to my horror, it wasn't pink and plump as the first time round. There were spots of dark green mould on top, too gruesome-looking to be published on paper. I must have got the tea:sugar ratio wrong, or didn't sterilize the glass jar enough. I held back my tears, emptied the failed brew to its grave, and ended the kombucha cycle. RIP SCOBY.

Imperial College London



Student Support Fund

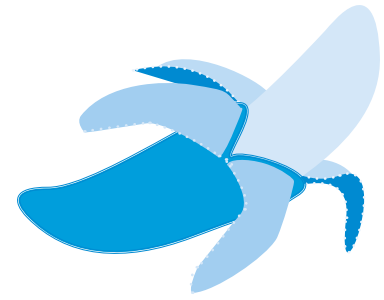
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SEX

Self love | if you can't love yourself how in the hell you gonna love somebody else

B.C. Maile

Toys for girls

If you're a girl and you've never tried a sex toy, that's absolutely fine. It's your body and you should do with it as you please. I do feel, however, that if you weren't aware of the existence of sex toys, you should probably know about them. There are a wide range of dildos and vibrators available online, often for very reasonable prices. By this point, as far as I'm aware, the taboo is mostly dead. If you haven't picked one up yet, nobody is judging, so why not have a pop?

attached to fleshlights. Perhaps people see it as a symbol of acceptance that you're not likely to get much action, but I think those people can go fuck themselves. Nearly everybody wanks, and everyone who wanks shouldn't feel ashamed about trying to make it feel better. You can pick up a penetrable toy for about £25, and the difference it makes is pretty worthwhile. It's not quite an everyday thing. There is a bit of prep and clean-up required, but for those wastey hangover days it's perfect. Fill up a sink with hot water and leave your equipment in there to warm up a bit. Get some lube, and the rest is fairly self explanatory. I's recommend you make sure your toy is silicone. That way it lasts a long time and it's dishwasher safe for easy clean-up.

Rubber gloves

We're starting to get a bit alternative now. Rubber gloves are cheap and add a new range of sensations to the masturbation experience. The slightly reduced sensation on the hand gives a novel feeling which can be a lot of fun. If rubber isn't your thing, you could try other sorts of gloves to see if anything hits the spot.

Lube

If you've never tried lube during a solo session, you really should. If you're a circumcised male, you're probably used to lubricating your wanks. If you're a girl or a member of the foreskin flock, you might not have considered the pleasures of a slippery hand. Get a towel, sit down and get yourself a bottle of lubricant. I personally recommend J-lube, an ex-veterinary lubricant which comes in powder form, which you can dilute in a protein shaker. If you can't be bothered with the hassle, grab yourself a silicon/water hybrid lube. You'd be surprised what a difference it can make.

Fleshlights

There's a certain stigma

Bum fun for boys

If you're a guy, you're likely scared of having something in your bum. That's perfectly natural. You've probably lived your whole life only experiencing things coming out of it. Unpleasant things. I'm not going to say that the first time you try sticking something up there will be a totally comfortable experience, but I sill say that perseverance can yield unprecedented reward. If you ever pluck up the courage, have a little google and work out where your prostate is. Aim for that with a finger while masturbating. If you get it right, you'll understand why it's a thing.

F-machine

What if I told you could delegate all that hard work of pleasuring one of your orifices to something which wouldn't cramp or fatigue? If that sounds appealing to you, and you have an open minded friend in mech-eng or a decent budget, you could consider a fucking machine. If that sounds interesting to you, google F-Machine and see what you think.

Electro

This is probably a new one for most of you, but if you're an experimental type, it's worth a try. Small electrical pulses can yield interesting sensations. They don't always have to be painful, but if you're into that kind of thing then it's obviously on the cards. If you look in the right place, you can get yourself electrodes for the skin, insertable electrodes or electro wands, which provide a large area of contact on the end of a long handle. You'll also have to pick

up an electrostim box to plug them into. These allow you to control the pulse frequency, intensity, choose the waveform of the pulses. Sometimes they even have an audio input, so you can sync your sexy shocks to your favourite song.

Sounding

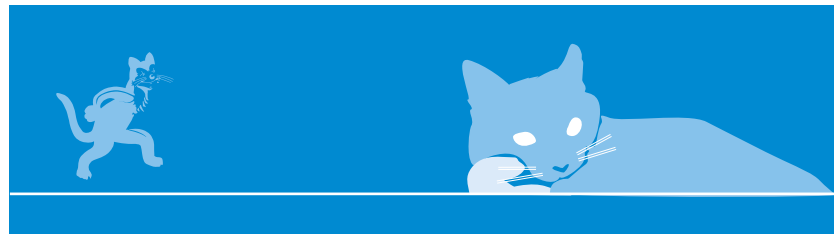
This is the last one on the list, and probably the most controversial. Sounding is a name given to the act of putting things up your urethra. I can't personally comment on this but I've been told it's like masturbating from the inside. Generally, it's wise to start small, but with experience, upgrading to larger sizes is possible. If you look online, you'll find sets of urethral sounds with a range of girths. It's very important here that you look at reviews and make sure your product is sterile to avoid infection. It's generally not advisable to put random objects up your dick hole, so if you want to try this you have to go slow. Make sure you have a set of smooth, clean sounds.

If any of these things have enlightened you or sparked an interest, I'm glad to have done my job. If not, then there's always next week. Have fun and love yourself responsibly.

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It's cumming

The felix SEX SURVEY

Survey opens next week

Probably

frindr

felix, 67

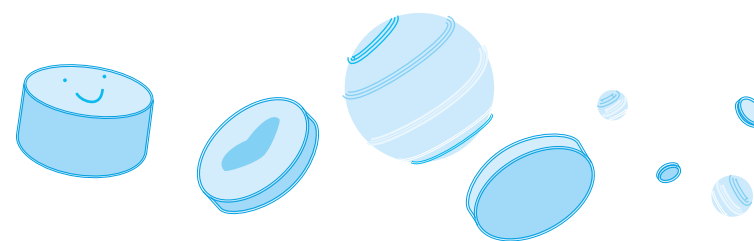
Would you like some pizza?

DON'T COM IN!

#prosta

pop!

conductor



DRUGS

Let's talk about Drugs #realtalk

David Charchoglyan discusses the discrepancy behind drug science and drug policy, by using the science and culture of MDMA as a case study

Do you know why some drugs are called 'Drugs' with a capital D? Or why your school was so eager to drill into you that some things are bad no-questions-asked-because-I-said-so during those insufferable PSHE lessons? Why some substances are kept completely out of our reach and have a seven year sentence attached, while others have the privileged liberty of being sought and found not just at the chemist's, but even at the off-license? Let's scrutinise rationally, calmly and scientifically on the question of why drugs are such a big deal, and why everyone appears to believe what they do, by examining the drug MDMA and its potential utility. Let's do away with the lies for good, and uncover the truth, shall we?

MDMA was synthesised by Merck in 1914 and was largely left untouched until psychotherapists in the 1970's began applying this agent, along with other recreational substances such as LSD, as a compliment to normal talking therapies for helping treat patients with depression, anxiety and a host of other psychiatric problems. By the early 80's, the drug was used an estimated 500,000 times in therapy. Reports of toxicity or abject therapeutic failure were non-existent,

though rigorous studies as to its efficacy were in the same quandary. The drug eventually leaked from the therapist's couch and permeated into the emerging youth culture of raving nightclubs. An abyss of scientific ignorance about the risks and benefits of the drug, coupled to widespread recreational use and controversial cases of death associated with the drug, subsequently led to its ban. It was labelled a Class A substance, one "of minimal to no medical use", joining the ranks of cocaine, heroine and meth. This stands true in the majority of countries in the world, since most drug policies follow the guidance of the UN Single Convention

\\ More than 60 million tablets of Ecstasy are consumed annually in the UK alone \\

on Drugs.

What has happened since the fateful events of the 80s? It is still widely used – more than 60 million tablets of Ecstasy are consumed annually in the UK alone. It is still a Class A drug, carrying a hefty seven year imprisonment for possession, and free from governmental acknowledgement of any potential

therapeutic use. Something has changed however. The past decade has seen a heroic effort to recommence its safety and efficacy testing, along with its utilisation in small cohorts of psychiatric patients with severe treatment-resistant and debilitating conditions like post-traumatic stress disorder (PTSD). It has, and I speak free of hyperbole here, demonstrated the magic-bullet-like properties of an antibiotic, and the clinical safety of a teacake. Study after study is building on the evidential base that it appears to be one of the most promising psychotherapeutic tools ever found, with a myriad of potential uses in everything from social anxiety to end-of-life care. The caveat here is of course that pure controlled-dosage MDMA used in a safe clinical setting could not be more different to poly-drug Ecstasy use in a nightclub. With MDMA, not a single significant adverse effect has occurred in any of the 1133 patients so far tested, and many large epidemiological studies are demonstrating that its risks are marginal taken as an isolated compound. One large epidemiological study concluded that having two pure MDMA tablets is the equivalent of having 1.5 cigarettes in standard measures of adversity for your health. Moreover, much of the older research on the

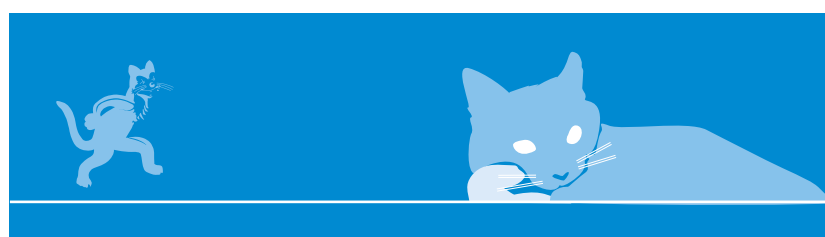
safety of MDMA that was used to inform our drug policies is now under heavy criticism for having poor scientific rigour, significant bias, and tenuous, or even purposefully inflammatory, conclusions. In the words of

\\ It has, and I speak free of hyperbole here, demonstrated the magic-bullet-like properties of an antibiotic, and the clinical safety of a teacake \\

the famous Professor Nutt at Imperial who spearheads research in this field "all drugs can be harmful under specific circumstances" and MDMA is truly no exception – but in light of new rigorous evidence it appears that its therapeutic window appears to be far away from its toxic window, enshrining its status as one of the safest psychiatric drugs ever to be tested.

MDMA's recreational use, in the form of Ecstasy, is an area of much speculation and concern, however. Ecstasy contains very variable amounts of MDMA (often none at all) and is usually mixed with other substances

such as methamphetamines. Ecstasy when used on the streets has been linked to deaths from dehydration, over-hydration, seizures and life-threatening high blood pressure. Roughly 20 people die from it annually. There is some consensus that very prolonged, heavy and frequent use can have some unpleasant effects – although such a modicum of application is seldom seen, as its addictive capacity is very low. The risks observed are also confounded by the fact that Ecstasy use is also frequently associated with the use of other drugs, such as cocaine, which is known to cause serious health problems. Taken in isolation and in moderation, however, some indicators of the relative safety of Ecstasy include its listing as the 17th least damaging drug of those commonly taken in the UK (compared to alcohol which came top, and tobacco which came 6th). Its risk to others, and to society generally, was virtually non-existent, given the nature of the drug. One study showed the risk of death per Ecstasy tablet, even in its impure form, is one in two to four million, indeed usually as a result of either the tablet's impurity, irresponsible and excessive drug use, or ingestion in a dangerous environment often alongside other drugs. It appears the risks of even impure MDMA use, in the form of



Ecstasy, are very small. Nutt even wrote a controversial paper comparing the risk of horse-riding (with 100 deaths annually) to ecstasy use demonstrating the absurdity of our unscientific and often hypocritical approach to what at bottom appears to be a question of private leisure. It seems we are accumulating more evidence in favour of its use, and against its Class A classification – but an important and necessary acknowledgement to make is surely that its use has to be in the correct context and for the correct population, or else the risks do truly tally up, and the benefits diminish.

Much obscurantism and poor science encapsulates the discussion of MDMA, and indeed many false inferences are made upon it by drawing on the behavioural and sociocultural practices inherent to Ecstasy use, which as we have seen is quite different. A false deduction is recurrently made that the evidence of its (marginal) risk when used on the streets acts as evidence for the ineligibility of the provision of MDMA as a pure drug in a controlled environment under the supervision of a licensed medical practitioner. It is the equivalent of banning painkiller use by doctors because there are addicts that abuse heroine. Worse yet, it is banning their scientific research. The debate and inquiry is shut down before it can even begin. Thankfully,

\\ Nutt even wrote a controversial paper comparing the risk of horse-riding (with 100 deaths annually) to ecstasy use demonstrating the absurdity of our unscientific and often hypocritical approach to what at bottom appears to be a question of private leisure \\

such an infarct to reason is in gentle recovery, as the enormous chasm between the practices of therapeutic MDMA use and recreational ecstasy use are under continued exegesis.

MDMA works by significantly increasing serotonin levels in your brain – the chemical responsible for positive feelings and intonations. It immerses people in feeling of 'love, connection and trust' and is generally a highly positive experience, though some feelings of anxiety and restless are documented. Most notably, it fosters a shift towards openness, emotional candidness, and introspection. This allows people to talk honestly, and indeed positively, about themselves, their lives, their relationships, and the world at large, free of the tinted glasses of neuroses and self-consciousness that usually encumber us. It is not a magic bullet for solving the problems of the mind in itself, but is instead seen as a 'catalyst' that greatly amplifies the power of established talking therapies. MDMA's effects are distinct



from other substances, in that it does not distort cognition or perceptiveness, leaving the user perfectly aware of reality and clear in thought and consciousness. In the absence of defensive conditioning, anxiety and fear, a seamless platform for trust and open communication is established – this, indeed, is usually one

of the biggest difficulties in therapy, whilst also being one of the biggest predictors of therapeutic success. When this open channel of communication is grounded, a well trained therapist can work with a patient to facilitate an introspective and reconciliatory analysis of personal issues, nurturing an alternate perception of certain unpleasant experiences or thoughts.

Unlike the drug's eight hour effect, the revelations are not fleeting. It may sound like wishful thinking to some, but numerous studies are now demonstrating this to be perfectly true. For example, five years after follow up of PTSD treatment with MDMA in a rigorous study performed in 2011, it was shown that 85% of patients were successfully and permanently treated after just three doses, leaving many free of the disease, along with the burden of medication and therapy. Compare this to the current 'gold standard' therapies for PTSD, with poor uptake and terrible efficacy, and they begin to look like constructions of pseudo-scientific ignorance

\\ Despite 100 years of modern psychiatry the specter of trauma continues to underpin the clinical presentation for most chronic mental health disorders \\

mental health disorders." There is much discussion of MDMA's potential benefit for a myriad of serious mental health conditions, as well as for the treatment of less severe but nonetheless unpleasant problems such as generalised anxiety disorder. No doubt the confines of its applicability will only be expanded further as science progresses.

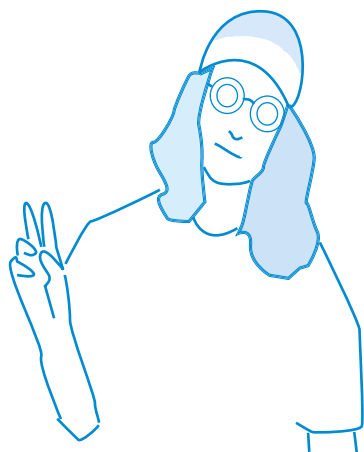
Psychedelics perfectly elucidate an interminable encounter between science and policy, and a gap between the evidence and the action. But how does such a predicament arise? A core component has to be a conflict of values. The scientific relentlessness for truth, inextricably entangled with disdain for non-evidence-based, non-deductive, logic-skewing, biased decisions (in other words, bullshit) appears to be in direct conflict with much of politics, for obvious reasons. Amplify the depravities we're in once the vermin of irrational thought are demonstrably and unfailingly applied for decades to shape our world, when society not only endorses such mistakes but feels positively smug about them, and when much of the scientific community itself is infiltrated by the nonsense of a brain-washed mob. Finally, compound this by making millions of lives depend on our answers to these questions, and there you have it – a zero-sum battle between reason and irrationality, from which only one victor can emerge, and indeed must emerge. Many of our current problems exist and persist under this ignoble climate – but perhaps one of the most salient examples remains the question of

recreational substances and their role in society.

We still exist in the midst of an age-old gridlock, but several years of relentless study, jaw-dropping results, and public engagement, have infiltrated the frontiers of prejudice and misinformation about MDMA, and commenced dispersing the unfounded. Though the process has been slow, we are now living through a psychedelic renaissance. In the words of Sessa "substances such as MDMA – as well as other psychedelic drugs including psilocybin, ketamine and LSD – could hold significant potential as adjuncts to traditional treatment models." When 16 million people in the UK alone will suffer from a debilitating mental health problem, things are in desperate need of change, as millions of minds, and indeed millions of lives, depend on it.

The research is beginning to reflect this reality, with many more studies under way. This situation, alongside numerous others, also highlights the imperative of disseminating an understanding of the scientific method to all, empowering normal people with the ability to discern good evidence from bad evidence, the capacity to equate benefits and risks, and the power to observe the workings of politicians and scientists alike with a critical eye – in essence, a self-owned filter for truth. The scheduling of MDMA, along with many other potentially therapeutic drugs, as Class A substances, has discouraged and obfuscated systematic clinical research in this area, and hindered the application of treatments that are showing significant, indeed, mind-blowing, potential to improve many lives at small costs. This is a question not just of science and truth, but one of morality. It appears that, slowly, logic and compassion are subjugating taboo, ignorance and vested interests, and in so graceful a way as only demonstrable by the beauty of science. The only question is – when will the policy catch on?

felix ... M I L L E N N I A L S

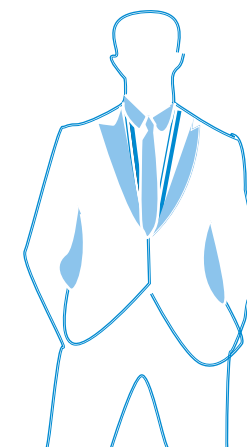


I constantly self-care and no, I don't mean wank... mostly

Jonathan Masters' takes us through his daily regimen of self-care, which mostly involves slathering lotions on their bod

You don't need to self-care, you're on constant holiday you student scum

Monathan Jasters doesn't need to self-care, he's a man who has an obedient woman caring for him



VOS

Self-care is the most important regime of my day. Whenever I get stressed by current events or the anxiety of having my parents paying for this three year holiday (my English literature degree), I go through my regime, and I come through the other side, ready to face whatever trolls have commented on my vegan cooking blog this week. As a side note, can pussydestroyer457 please stop posting photos of pornstars with Alice Gast's face photoshopped onto them and calling me a fag. Thanks. I start my regimen off with bathing in lightly sweetened soya milk, making sure I wash below the glans and right in the urethra as there is no sweeter feeling than a dairy-free urethra. The next step is some nice exfoliation using the finest pumice from Bolivia and a little bit of jellyfish extract (vegan of course) mixed in with hummus (well I'm white aren't I). I then start by focussing on my testicles, making sure to get rid of all the excess skin and bran flakes that have accrued there.

Once I have taken care of the skin situation, I then move onto my haircare regimen involving various serums and conditioners, all overpriced but cruelty free. First I use my avocado and quinoa hair serum (Editor's note: This is genuinely a real vegan shampoo. They are beyond parody) [Real Editor's note: This may or may not be true], first taking two handfuls and gently rubbing them into my pubic area; however, I do have to remain vigilant, as you'd be surprised how quickly this can turn into me wanking. Next I move onto the cauliflower conditioner which is

important for maintaining the gloss and modest scent of vegetables, an essential quality for me in day to day life. Eventually I move onto the hair on my head, but as you guessed, the secret to a happy life is well kept balls, and so I rub this good stuff all over the wrinkles and crevasses. Whilst doing this you may also find time to investigate your gonads for any lumps and bumps in order to detect whether or not you have any tumours; however, once again I would advise readers to be careful when performing this procedure as it has led to many a wank on my part.

Once the body has been taken care of, the mind must also be comforted. For me this consists of going onto the KFC Facebook page and commenting on every post about the amount of carbon that eating chicken creates. Of course once again I have to ensure that I don't masturbate to my sheer wittiness, but often I fail, leading to me having to clean the laptop with recycled tissues. I feel very self-cared for though.

Apparently it was international women's day this week? I mean I only noticed as the women in my office were doing even less work than they usually do and I assumed they were celebrating the fact that they menstruate once a month or something like that. I don't really understand what there is to celebrate about consistently earning less than your male equivalent for the same job or having to repeatedly fight for your right to choose whether or not you have a baby, but it has been medically proven that women have smaller brains than men (Borat et al, 2006) so that may play a role in it. Apparently there is an international men's day on November which doesn't really make much sense to me since being a white man is reason to celebrate each and every day so why do we only get one recognised day.

I hear that the theme of this week's rag is some neo-liberal shit about self care. There is only one important self-care protocol that I follow and that involves firmly gripping your genitals and rhythmically rubbing them - I don't need any known homosexuals telling me this. I have to say it's not a big surprise that these liberals are asking for time to self-care when they've been receiving hand outs every day of their life - they've self-cared too much I think. Look at the NHS - these junior doctors have probably caught wind of this idea, and think they need to work less hours for their self-care - here's an idea DO SOME FUCKING WORK. They spend six year's drinking

and fucking each other and then at the very end they want to complain about doing a day's work. Scroungers. All of them. I'll tell you why there's a bed shortage: too many fatties being too lazy. Yes you've got cancer, but you still have legs right? Think of all the coma patients that are wasting valuable space - if they're not conscious, they're not in need of a bed. As long as you keep them away from any 70's BBC television stars, then there is no reason not to just put them all in one room - maybe stack them?

Oh yeah don't forget to vote in the ICU elections so that I can get my free drinks in on Friday. This rag needs to be reduced to a PDF as soon as possible so that I can spend the column money on lubricant. Industrial mint flavoured if you must known.

* Sponsored by Men's rights



CRISIS

Chris

Dear Chris,

I'm writing to you because I constantly feel drained. Physically and emotionally, and probably also economically.

When I come back from uni, even after my Ecology and Conservation lectures which I love, all I want to do is scream into a pillow.

When I come back from the soup kitchen where I volunteer, all I want to do is sleep, sometimes for ever.

Even after a good RAG sesh, no matter how much money I've raised, when I go home, I just sit in front of the TV and watch East Enders.

What is up? Like for real? I haven't had the energy to play Lacrosse in months.

Best,

JJ, Biology

Dear JJ,

Let's for a moment assume you don't suffer from crippling depression. You're just spreading yourself too thin gurl! Let's start with your love for Ecology and Conservation. Like have you not noticed we're going through the sixth or seventh mass extinction or something? By the time you graduate there won't be anything to conserve! Just go into big Pharma and discover the next Viagra or something!

Also what's up with the soup kitchen and the charity work? You know who needs charity? Me! I've been giving advice to strangers out of the goodness of my heart for two terms now and what thanks have I received? Nothing! Nada! Zilch! Next time you go out with a RAG bucket, take it home and empty all the contents into a bathtub and take an extremely uncomfortable but hugely satisfying money

bath. Or just set fire to it and watch it burn. Who cares! You've earned it and also charity is so 20th century.

And can we take a moment to address your Lacrosse habit? Like let's be real, do you even enjoy playing Lacrosse? Does anyone? It's like handball but with hockey sticks. Just go to the drinking socials to numb the existential pain.

My mama said, there's nothing drinking can't solve. Allegedly. She left us when I was five – ran away with her AA coach.

There's no 'us' in me JJ. So just live your life for you and fuck everything else 'cause at the end of the day, you're the one stuck with the bill.

Big luv,
Chris xxxx

HOROSCOPES



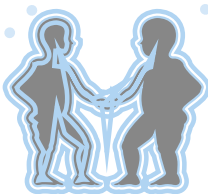
ARIES

This week you're disappointed when security don't do pat downs at Varsity. You were rather hoping to get to second base.



TAURUS

This week you hire a Barclays Bike to get home after a night out at fabric. I mean Lance Armstrong won seven Tour de France's on drugs, how hard can it be?



GEMINI

This week you think you see a dick on the front cover but you don't say anything in front of your friends in case you're wrong. But you're right. There is a dick on the front cover. And it's smiling.



CANCER

This week you wake up after having the same recurring dream about going on a family vacation to Mordor. Also you have crabs. Weird.



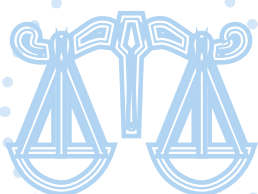
LEO

This week you get elected Union president even though you didn't even bother putting up a picture or a manifesto. Your sexy sexy name did all the work for you.



VIRGO

This week you take a day off and dedicate it to self-care. You try all the masturbation techniques felix suggests and break your genitals. But it was so worth it.



LIBRA

This week you end up in the west basement in your attempt to find Metric. You come across a pale, emaciated, hollow-eyed figure. For a moment you think it's the grim reaper, but it's just the felix editor.



SCORPIO

This week you get offered a PhD at Imperial but decide life's worth more than that, flip your supervisor off and take off for a two year trip around the world. Fuck you science.



SAGITTARIUS

This week you discover the clitoris.



CAPRICORN

This week someone calls you an ugly cunt. It's Mr ugly cunt you filth.



AQUARIUS

This week you find your virginity. It had fallen behind your living room sofa. You have mixed feelings 'cause on one hand you had no idea where you lost it, on the other hand you're a virgin again.



PISCES

This week you realise you're allergic to cucumbers. That's what you get for playing without a condom.

Your Union events

Friday 10 March

h We love wine
Wine tasting

15 March
17:30 - 19:30

This month is a celebration of all things sparkly. If you wish you knew more about wine, or knew how to make a better selection, our expert taster will take you on a truly delicious tour of our carefully selected sparkling wines, Prosecco and Champagne.

£6.50
Deal: Get four for only £20!

imperialcollegeunion.org/food-drink



SPRING CARNIVAL
SPRING IS COMING

FRIDAY 24 MARCH
FIVESIXEIGHT, METRIC AND THE UNION BAR

imperialcollegeunion.org/whats-on



IBBY HOLDS
BATTLE OF THE BANDS
BB
2017

BATTLE OF THE BANDS

The heats are on! Who will survive?
Join us at the Reynolds Bar to decide

Heat #2: Thursday 16 March, 19:30
Heat #3: Thursday 23 March, 19:30

£2.00 entry

The line up of each heat will be announced online. There's £500 up for grabs for the winner of the final in March, plus the chance to play at the Union's Summer Ball

imperialcollegeunion.org/battleofthebands



The **LEADERSHIP ELECTIONS** 2017



RESULTS PARTY

Friday 10 March

20:00 - 02:00

Metric & FiveSixEight, free entry

Hear the results from the Leadership Elections in Metric from 20:00 before the BPM DJs take over in Metric and FiveSixEight to help us celebrate from 23:00.

imperialcollegeunion.org/elections



Get exclusive offers, discounts and more on our bars' Facebook Pages.

imperialcollegeunion.org/whats-on





IC Gospel Choir make it to UGCY Finals

Daniel Ogbonna

The Imperial College Gospel Choir (ICGC) family cordially invite you to come and support us in our attempt to make ICGC history by placing top three in the University Gospel Choir of the Year (UGCY) finals.

ICGC is a non-auditioned, relaxed choir and we pride ourselves in our ability to bring together people from a variety of backgrounds and skill levels based on a common love for singing. Our membership is open to all regardless of religious affiliation or singing experience. We also provide the opportunity for those curious about the Christian faith to find people to direct their questions to in a laid back atmosphere. We ensure that all members are well integrated and feel at home when we are together – whether we are singing at the top of our voices or stuffing

our faces with food at one of our club socials.

The University Gospel Choir of the Year (UGCY) is like the World Cup for University gospel choirs and we have made the finals on 4 occasions – 2011, 2012, 2013 and 2015. However, in our four previous attempts, we have not managed to place in the top three. This year we have made it to the finals again under very stiff competition with many universities forming gospel choirs in recent years. This is testament to the progression of our choir over the years and it is our hope that this year, with all the momentum we have gathered recently, we will be able to place in the top three.

Last year, we celebrated our 10th anniversary with ICGC's biggest concert till date – welcoming over 100 spectators to St Paul's Hammersmith. This was a turning point in the history of the club, a clear sign of ICGC's growth



The Imperial College Gospel Choir in concert \ ICGC

and development as a choir and also as a family. The faces of ICGC continuously change but the vision has stayed constant – continuously infusing our passion for singing with our passion for sharing the gospel message. This vision has been the main driving force for the ongoing

improvement in the quality of our performances.

Our activities include regular performances at a variety of events such as: Supperclub (a dinner held for homeless people), Ideal homeshow, at churches, and at events put on by Imperial societies. We host our annual Christmas

and Easter concerts with our Easter concert coming up on the 14th of March, (6:30p.m. at St Alban's, Fulham, W6 8H)

The details for UGCY are: 18th March, 6:30pm, The Hippodrome, North End Road, Golders Green NW11 7RP.

The 2017 IC Cinema Spring All-Nighter

Sophie Sagawe

This year's Spring All-Nighter will take place on Tuesday the 21st of March at 6pm, ending at approximately 7.45am the next day. For those who are inexplicably out of the loop with this beloved Imperial College tradition: it's a whole night of films, shown back to back, on a screen 8 meters wide, for a tenner. Oh, you want unlimited hot-dogs too? We got you.

18:00 **The Lego Batman Movie**

"I'm Batman." If you liked *The Lego Movie*, you'll love *The Lego Batman Movie*. Because it has more Batman in it. Lego is great and Batman is great. Batman.

20:20 **Hidden Figures**

You think being a girl at Imperial is hard? Try being a woman in the sixties. And black. In America. At a male-dominated tech company. *Hidden Figures* is the true story of three women, all brilliant mathematicians, who made significant contributions to the NASA missions that put people into space, but had to fight tooth and nail to get the recognition they deserved. Equal parts frustrating and uplifting, it's a film that reminds us how far we've come – and how far we still have to go.

23:05 **T2 Trainspotting**

Choose Life. Choose Imperial Cinema. Choose the All-Nighter. Because

it'll include the much-anticipated sequel to the 90s cult classic based on Irvine Welsh's novel. Can you think of a better way to spend two hours than in the company of a bunch of potty-mouthed, backstabbing, violent, (ex-) drug addicts with a lot of history to sort out? Ah cannae.

01:15 **Moonlight**

Barry Jenkins' Best Picture-winning film is the story of Chiron, who grows up on a housing estate surrounded by poverty and violence. The story is told in a triptych of life-defining events from the perspective of child, adolescent, and young man, each portrayed by different actors. It's full of sadness but simultaneously deeply moving in its

exploration of themes such as identity and love. Expect this to become a modern classic!

03:20 **Fences**

Adapted from the award-winning play by August Wilson for the screen, and starring none other than Denzel Washington and the ever-fabulous, now Academy-Award-winning Viola Davies. Washington plays a man whose dreams of a baseball career were thwarted by the American Leagues not accepting black players in the 1940s – a complex of bitterness and regret that eats away at his relationship to his wife and his son, until he reaches a breaking point.

05:50 **Sing**

A star-studded (although

you can't see it, because animation, duh) feel-good film about a koala bear who puts on a singing competition to save his theatre, and finds his hands full of crazy and crazily talented contestants! Listen out for voices of A-listers such as Matthew McConaughey and Scarlett Johansson.

The All-Nighter takes place in the Union Concert Hall, 2nd floor of the Union Building, Beit Quad. Tickets are £10 online (until 4pm on the day) and £12 on the door. If you don't fancy staying all night, tickets for individual films can be purchased at £3 each on the door. An additional £5 buys you all-night, all-you-can-eat hot food and drinks.



Netball Club ExeTour

15 of Imperial Netball Club's finest take Devon. And also play some Netball.

Madeleine Webb

In the lead up to Varsity, most clubs double up on training, start running extra fitness classes and generally work even harder on their sport. Naturally, netball chose to spend the weekend partying in Exeter. Getting the first bus out of London, 15 girls from a mixture of all 6 teams headed into Exeter tired but excited to see what the night life is like for other universities. Despite not getting to the hotel until ten, the squad headed back out an hour later.

Conveniently our night out was only 5 minutes down the road at Unit 1. It would be a lie to say that the discovery of £4 doubles and the ability to get a drink without queuing for over half an hour wasn't significant for a group of girls who spend their nights out in one of the most expensive cities in the world. It was also interesting to see how the local students reacted to a bunch of city girls. Our social sec Sophia managed to amass a group of locals who spent the evening cheering on her dance moves which was both confusing and amazing in equal measure. Don't let anyone say that

ICUNC dance moves are not impressive.

Our two netball matches started very early the next day, with everyone dragging themselves and their

\\ Thanks go to Exeter University Netball club for playing a match on a Saturday and showing us all the best nightlife in the city \\

hangovers out by nine the next day ready to play some matches. The first match was played by a mixture of players from the 3rd, 4th and 5th teams and they did well to adapt to playing in combinations and positions that were new to them. The girls in defence did really well to keep up with a very fast attacking side and got in some great marking practice ahead of Varsity. Siu's performance in mid court was especially impressive considering the fact that she played in both games. The second



The netball girls out and about in Exeter \\ ICUNC

team was composed of five 1s team players, Zoe from the 2s and our club captain Minnie. Minnie's team mates on the 3s were especially vocal about Minnie's performance on the court which included some great shots from the outer circle. Kath took charge of the team's defensive strategy of the game, switching effectively with Annie and getting some great tips in. Despite playing 32 minute matches at full effort, our teams were outplayed by a more skilled and

less hungover home squad. Final scores 30-7 and 43-18.

After the matches, lack of sleep and intense hunger kicked in so the whole team headed to a local restaurant to eat our weight in carbs, although Zoe's total failure to finish off her mountain of nachos was definitely the most disappointing event of the weekend. After a

\\ Despite playing 32 minute matches at full effort, our teams were outplayed by a more skilled and less hungover home squad \\

restorative nap, ICUNC headed back out to meet the Exeter netball team at the local Wetherspoons to pre drink. That's right, Exeter is so cheap you can pre drink at a bar. Exeter netball team helped to decide where to head out on a Saturday night, which for our group ended up being a club called Timepiece in the city centre. Saturday on



Some of the netball girls in action! \\ ICUNC

The Dance Imperial show 2017

Eiril Mehammer

Next week, for the third year in a row, all dancers at Imperial are going to come together and show that it is not wise to underestimate the motor skills of scientists and that it's time to start thinking about taking dance classes to become just as light-footed as DI's performers!

DI is presenting the Dance Imperial Show 2017, a joint venture between the six different dance societies at Imperial – spicing up the night by supporting four exciting collaborations between the wide range of dance styles Imperial has on offer. Expect to see some interesting new creations resulting from innovative fusions, exploring the similarities but also the differences between the various styles.

For those of you not versed in dance styles, here is a quick overview of everything that Imperial's dancers have officially embraced: there is traditional belly dancing, as well as a more experimental tribal fusion belly dancing. Hip-hop, breakdancing, pole, aerial, ballet, contemporary, jazz, and tap are also represented, with weekly classes and rehearsals taking place for each style. If you prefer

a partner, you can sign up for International Ballroom, as well as Latin, Salsa, Bachata, or even Swing and Rock n' Roll! There is so much to choose from, it is hard to remind yourself that you're not actually, regrettably, studying dance.

The Dance Imperial Committee has worked hard to create and support a collaborative atmosphere between all the dance societies, starting with

\\ It is not wise to underestimate the motor skills of scientists \\

a big workshop weekend in November to get the ball rolling for show piece auditions in January and weekly rehearsals from then on. This year's choreographers have spent hours and hours on their original show pieces, blending together different styles to create something unique and harmonious. Equally, our dancers have been open to stepping out of their comfort zone and trying new things, even patiently moving furniture on a weekly basis to keep rehearsing as many times as needed to be



Some of the performers from the 2015 showcase \\ Alexander Yip Photography

able to inspire you with novel dance fusions.

There is a variety of performances to be excited about, with several pieces that have won awards at inter-university dance competitions across the country. Funkology travelled all the way to Edinburgh to show the Northerners how it's done, while Pole & Aerial were busy in Metric hosting and slaying it at London Pole Varsity 2017. Belly Dance dazzled everyone at their first ever dance competition in Warwick, whereas Dance Club are so used to their medals and trophies that the victories at multiple dance

competitions came to no surprise to anyone. Last Sunday, Dance Company returned from the second successful competition this term, and are now getting busy for the DI Show. No breather for ICSM Dance though – they have exciting events coming up this week and performing will be an old hat for them by the time the DI Show comes

\\ This year's choreographers have spent hours and hours on their original show pieces \\

around!

On top of these exciting pieces, there will be four dances that have been created as performance-only pieces and this will be your exclusive chance to see them all for the last time in one breath-taking show night. Since this is something you do not want to miss, you should get your tickets now, because they are known to sell out fast! Show dates are Thursday 16th, Friday 17th and Saturday 19th March, venue UCH, 7pm doors for 7.30 start.

To top it off, once the last show has closed, there will

be a big social in the Union Bar downstairs, celebrating Imperial's dance-related successes this year. Everyone is welcome to what promises to be a night filled with great dancing and good moves, so keep an eye out on Facebook for soon-to-be revealed details about this unmissable after party!

If you have read this patiently and are getting excited about the idea of taking dance classes, please join Dance Imperial and don't hesitate to try out any styles that tickle your fancy. More information about Dance Imperial and the other six affiliate dance societies can be found online. Please also feel free to get in touch with the Dance Imperial Committee under dance.imp@imperial.ac.uk, we are happy to answer any remaining questions.

Right after the show, on Sunday 19th, Dance Imperial is supporting a Zumba Charity event taking place in the Union Dining Hall from 4-5pm. What better way to de-stress after an intensive week of performing by letting loose in a fun, energetic Zumba class! Knowing that all the proceeds go to charity will help you give it your all and get all the tension out. Everyone is welcome!



One of the stunning performances \\ Alexander Yip Photography



London Varsity 2017 | Gymnastics on a Pole

The first thing that comes to mind when you mention pole dancing is pretty obvious. The sexual connotation it carries will remain for as long as clubs continue to offer such services, but there is a sporting aspect to it as well that, though rather well-known as well, is almost certainly not the first thing one would associate with pole dancing. That pole dancing is indeed a form of sport is advocated by plenty of pole instructors and societies out there, Imperial's very own Pole and Aerial Society being one of them, and after covering the London Pole Varsity 2017 for *felix's* sport section last Saturday, I must say that I completely agree with the notion. Considering that my knowledge and ability to appreciate anything with the word 'dance' in it, pole or not, is comparable to that of a potato, combined with pole dancing being almost non-existent in my home country (hence I'd never seen a pole dance prior to last Saturday), it must've been mighty impressive. Good news IC Pole and Aerial: it was indeed!

First up on the day was a guest performance by IC's very own Melissa Lee, starting her routine with some dance moves before proceeding to pull off some otherworldly acrobatics on the pole. The beginners' category, in my opinion hardly 'beginner' at all considering the athleticism in

\\ The sexual connotation it carries will remain for as long as clubs continue to offer such services \\

the contestants' moves, commenced afterwards and was followed by a lunch break. Head judge Lauren Elise kicked off proceedings after the break with a guest performance that had the crowd delighted and myself dumbfounded, at one point in her routine pulling off an immensely challenging move that I can describe as nothing



\\ Valle Varo

short of incredible.

The intermediate category took place after, the athleticism in the contestants' moves a step up from the beginners'. After that, the next category was preceded by a guest performance as before, this time by Renata "Renee" Sprenger, before moving on to the highlight of the day: the advanced category. Already, I could scarcely imagine how anyone could top the beginners'

fitness and strength, let alone the intermediates', but the contestants showed me exactly how it's done. With some truly challenging moves, like doing full splits while hanging upside down, and spinning while suspended upside down and holding onto the pole solely by the strength of their thighs no less, it was then that I mentally confirmed with myself that pole

dancing is, in fact, a sport. This was as much a display of fitness, raw power and strength as it was artistic.

In any case, group performances by UCL and IC followed, before the prize-giving session brought the event to an end. Imperial's Alina Padurarur and Brandon Tsang all took 2nd place in the beginners, intermediate and advanced category respectively (a joint

2nd in Alina's case), while UCL finished overall champions. Your cue, Memeperial.

Well, a review by a total novice is hardly the most reliable account of this event, but I must say that through all the cringing from time to time at what I imagine must be a terribly painful move I'm seeing, I'm thoroughly impressed with what I saw. From the beginners to the advanced,

\\ "If you can't appreciate what I'm doing on the pole, then that's your loss because you shouldn't be focusing on what I'm wearing, you should be focusing on the moves that I'm doing." \\

answer:

"If you can't appreciate what I'm doing on the pole, then that's your loss because you shouldn't be focusing on what I'm wearing, you should be focusing on the moves that I'm doing."

Her answer indirectly sends a message that pole dancing also empowers. The cliché about not being afraid of what others say certainly hold true for something shrouded with a negative image like pole is. I was also able to speak to Lauren and ask for her opinion on this, and she agreed:

"They come in with body confidence issues, and they can do something where they feel powerful, and they can make whatever they want. It's completely up to what you want to express and it really gives you a really nice platform to do that."

Well, if the purpose of Pole Varsity was to cast a different light on pole dancing, then it's definitely been a success in my case. In more ways than simply because I've never seen a pole dance before, it's been an eye-opener for me. It's given me the confirmation that pole is, in fact, a sport, and that it can empower as much as it can keep one fit. Great job, Pole and Aerial, and keep up the good work!

Beng Tan



KenDO or KenDONT? You be the judge

Last weekend on the 4th and 5th of March, the annual UK Kendo University Championships took place in Cambridge, where Imperial College took home several awards, including winning the kyu grade team competition.

Kendo is a Japanese martial art, similar to European fencing, where the objective in competitions is to score points by striking the opponent on one of several predetermined target areas with a shinai (bamboo sword), which represents a real Japanese katana. Kendo is a relatively recent descendant of earlier Japanese sword schools, which emerged due to a need to practice without the danger of real or wooden swords.

The University Championships are divided into six categories, with four individual events: the men and women's kyu for players with less than two years' experience; the men and women's open for players with more than two years' experience

or with a dan grade; as well as two team events: the kyu and open team competitions, where competitors fight in teams of five with similar experience restrictions as seen in the individual competitions.

Our competitors left for Cambridge on Friday evening, staying overnight ready for an early start on Saturday morning for the individual competitions. On Saturday, the championship began simultaneously with the men and women's kyu grade individual events, where a total of sixteen of our members competed.

In the men's kyu category, most of our members were knocked out in the pool stages, but one of our members, Spencer Cheung, made it to the semi-finals, winning joint third place. In the women's kyu, three Imperial players competed, with one making it to the quarter finals. Both the men and women's kyu were eventually won by players from Cardiff Metropolitan University.

On Saturday afternoon,

after the kyu grade events, the men and women's open competitions took place. No members from Imperial took part in the women's open, and both competitors from Imperial in the men's open were unfortunately eliminated in the pool stages. These were eventually won by players from York and Bradford respectively.

The championship adjourned here for the day, and after a short free practice session with competitors from other universities and senior kendo players, our members retired for dinner and early rest in preparation for the team competitions on Sunday.

On Sunday morning, the highly anticipated kyu team competition took place, followed by the open team competition. Two teams from Imperial took part in the kyu category: Imperial B was knocked out by University of Kent A in the first round, but Imperial A decisively won their first-round match against York, to face the strong Denshinkan A team in the second



round.

Against Denshinkan, Imperial A were not off to a great start, with the first two fights going to Denshinkan by two points each. The third fight, fought by Sup Song from Imperial, needed to be won, and Sup delivered with an impressive win of two points. Imperial's Liam Yasin was in fourth position, and won by one point, leaving the score at two fights each, Denshinkan with more points, leaving it to the fifth fight to decide the match.

Our fifth and final player, Spencer Cheung, was up against one of the strongest players in the kyu category, who had won the individual event the day before. A victory being necessary to continue; Spencer delivered with a decisive two-point win against the player from Denshinkan. Thus, Imperial A emerged victorious against Denshinkan A, three fights to two.

Imperial A, with further wins against Lancaster and the joint Glasgow/Strathclyde team, proceeded to the final against the team from Oxford University. With Oxford winning the first and third fights, and Imperial winning the second and fourth, it was again going to be decided by the fifth fight. Spencer won the fight crushingly by two points, giving Imperial A first place in the kyu teams

\\ A need to practice without the danger of real or wooden swords \\

category for the first time in many years.

Unfortunately, the Imperial team competing in the open category lost in the first round to King's College London, and was knocked out of the competition. This category was eventually won by Oxford University after an exciting final between Oxford and York, culminating in a representative match between the first and second place winners of the men's open the previous day.

Many congratulations go to the members of Imperial A (Ze Rong Lum, Jaime Rodriguez, Byung Sup Song, Liam Yasin and Spencer Cheung) for winning the kyu teams competition, and Spencer Cheung for placing third in the men's kyu individuals. Many thanks also go to our coach, Emiko Yoshikawa, who has spent many years coaching Imperial students in the art of Kendo, for her dedication and support to the club.

The 2017-18 University Championships will be hosted by Glasgow University.

Gabriel Ng





Try as you might, you cannot beat 'em

It's been an amazing couple of weeks for women's rugby, with three consecutive wins, all the hard work this season has really started to pay off. Most recently with a glowing 69-10 win over Kingston and a 38-5 win against Roehampton the week before, propelling Women's Rugby into the South-Eastern Conference Cup Semi-Finals. This improvement can in part be attributed to the decision to focus solely on the BUCS league, and the organisation of weekly weight lifting sessions to supplement their training.

The match against Roehampton got off to a blistering start, with the first half dominated by Imperial and Captain Charlotte scoring a

**\\ The takedowns and keeping ball possession throughout was a strongpoint of Imperial's game **

try within the first play. This was followed by a somewhat frustrating 20 minutes as the ball always remained within a quarter-pitch of the try line, but always unable to reach it. A couple of quicker pops to the wings as Imperial's forwards were tackled could have seen a better progression up the pitch, but proficient rucking over of all the takedowns and keeping ball possession throughout

was a strongpoint of Imperial's game. This stationary period was ended when forward Laura broke through two Roehampton players to score a try. The game was paused shortly after as kicker Moran successfully converted a little too enthusiastically, the ball flying over a fence and into a river carrying it downstream, never to be seen again. Several valiant rescue attempts were made, but alas - they don't make them like they used to and no player was willing to jump down the two metre concrete embankment. To finish an epic first half Charlotte scored her second try of the match, with a hat-trick in sight. 19-0.

The second half began with ten minutes of intense



middle play, Roehampton missing a key opportunity to kick the ball away from their half, leading to back Anna capitalising on a dropped ball, grabbing it and double dodging to a try. There were two further tries by Imperial before a huge opposing push

towards the end saw Roehampton score their first and only counter try of the game. Final match score 38-8, a great performance with a wide range of players scoring tries and conversions.

Rebecca Simpson

This Soggy Cockney is no wet dog

London took centre stage on the weekend of the 17th to 19th February as over 130 windsurfers from universities across the UK descended on the capital to share in the thrill of Imperial College London's brand new student windsurfing event: London Calling! Despite light winds

the weekend was a rip roaring success and a huge celebration of sport with the horizon scattered with windsurf sails taking in the February sun. The Student Windsurfing Association (SWA) certainly made the most of the many activities held both on and off the water. This weekend will not be forgotten easily and will

be the first of many to come.

London Calling, aka. Soggy Cockney, was the last of the three SWA core events held this academic year in association with Sport Imperial and Queen Mary Reservoir. This huge inter-university collaboration attracted windsurfing clubs from every corner of the UK. Some clubs even braved a seven hour haul through rush hour traffic to join the fray.

The windsurfing was spread over both days, with Saturday's main focus on personal development. Despite the calm water, eight windsurfing clinics hosted by student instructors and Queen Mary Sailing Club instructors were held. Different levels of clinics were put on for beginners, intermediate and advanced windsurfers. The

wind remained calm so on Saturday afternoon we held the Soggy Cockney Low Wind Olympics. Students competed on the backs of beginner boards with tug of war, sprints and tag featuring among the rounds.

On Sunday the wind picked up a bit. Windsurfing competitions of different levels including beginner, intermediate, advanced and freestyle were held. Team racing however was where Imperial windsurfing excelled, ranking 4th out of 14 other university teams. The freestyle is always a spectacle, incorporating impressive tricks and jumps as windsurfers show off to earn points for their universities.

Besides windsurfing, we hosted two after parties. Friday night was a private party in Reynolds, decorated

with old windsurfing kit and DJ-ed by our very own MC-Cooper. Saturday night led us to Walkabout, Temple. The theme of the night was Cockney Rhyming Slang. This led to funny looks on the tube with outlandish costumes such as Birmingham's Bees and Honey, and Imperial's Cows and Kisses! After partying away, all visiting students were hosted by the Imperial Windsurfing committee in their cosy houses. The hordes were fed with pasta bake on Saturday night and bacon butties on both mornings.

We would like to thank Sport Imperial and the SWA for supporting us throughout our event preparation and making this incredible weekend possible.

Janice Pun



Immortals through to semi-finals

Defeated, downtrodden, but with a fervent desire to win; that's how we entered the season. As Drake eloquently put it, "started from the bottom now we're here". After a winless season last year we have now risen to the top. A new coaching squad and great new recruits (as well as veteran players) has enabled us to maintain a flawless home record. Since we are top of our division our first playoff game was at fortress Harlington. We will ensure that no team desecrates our sacred runway. We surely won't allow any Demons to ravage it. Last Sunday we came ready to defend our ground against the 5-3 record Exeter

**\\ Defeated, downtrodden but with a fervent desire to win **

Demons in the Southern 1st division Quarter-final. And defend it we did.

First half saw defence dominate on both teams. A few lapses in concentration allowed the Demon's Quarterback to escape outside picking up a few yards, also, as if recently escaped from hell, their running back barreled his way through the Immortals Defensive line. These advances were stopped by Jason 'The Enforcer' Patrick Kuilan, with some savage hits, he ensured they did not want to make it to

the second level again. Due to the weather conditions, both teams' offense were very dependent on ground and pound run games. The effects of this playing style can certainly be felt the day afterwards. Lots of aches and bruises, but fortunately there are no lasting injuries. A standout player on the day, for causing much disruption in the Demon's run game, was Kem 'The Furious Confusion' Smooth. He often found himself in the back field, much to his own amazement as much as anyone else's, getting sacks. This is his second ever game playing American Football and second week playing defence. For his crazy athletic plays he was awarded 'best rookie defensive player' on the day. The offensive side of the ball was rather

unproductive, and it seemed to take a while for them to warm up and start to record some yards.

The second half was much more eventful on offence. This was mainly attributed to Guillaume 'postcorner' Fontan's very physical and aggressive running. Tumbling, crashing and pummelling through the Demon's defence; he ensured that we got the yardage we needed. For his monumental effort on offence (and defence), regardless of the fact he was playing through bad shoulder injuries, he was awarded offensive MVP. One humble hero that made many of these plays possible, making massive holes for which G to pass through, was Zinedine Da-Sam Hill. Without his aggressive blocking, that caused many a pancake to be formed, the offense would not have been able to function. He has been the staple of the offense for many years, but recently he has made appearances on defence where he made great plays too. Although offensive and defensive line are not the most glamorous positions, they are vital to the success of a team. The overall MVP, in perhaps one of the most exciting games of Immortals history (a bold statement), was awarded to Shill. A player that has been selflessly dedicated to the team over the last few years; the award could not have been better deserved. Another humble and very important role was played by rookie John 'Clay Matthews' Lister, whose plays at offensive line gave him Lineman MVP. Without the offensive line stepping up the team would not have been able to win. Immortals defence were as dominant as always ensuring that no Demon could score touchdowns. Unfortunately the Demon's defence was equally impenetrable.

Late in the fourth quarter

**\\ We had failed Mother Harlington. But she did not fail us **

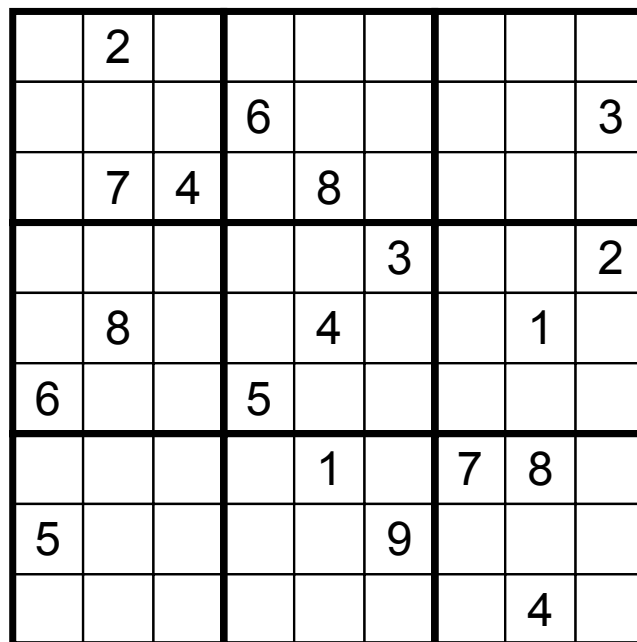
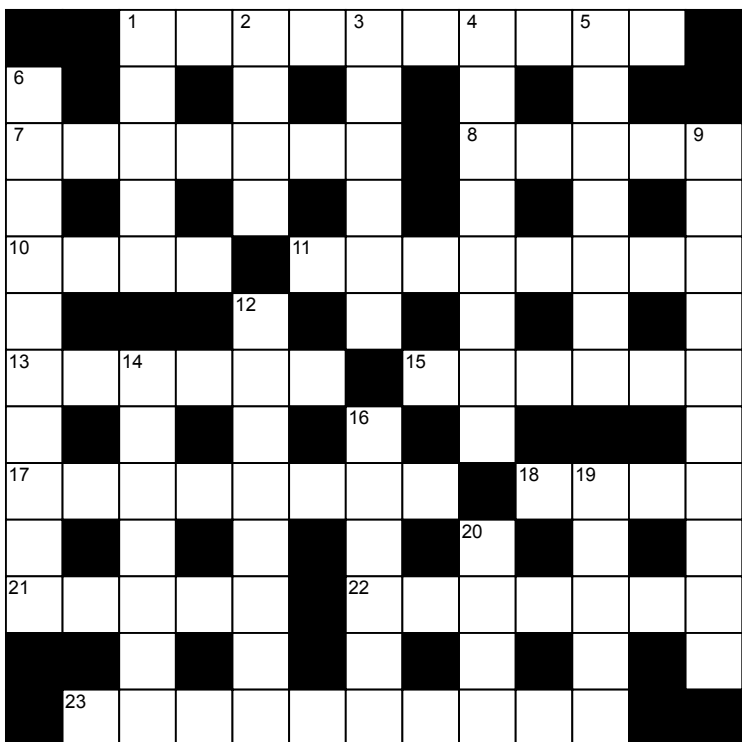
the score was still 0-0. Immortals had been unable to drive successfully, the Demon's offense were handed the ball with less than a minute to go. They started marching up the field toward our endzone. Our defence, that had been consistent all day, seem strained by the rallying Demon's. The tension was palpable on the Immortals side line; this was do or die. Every sinew of our heart, mind and soul had been sown into the fabric of each game we played. We wore this cape into every battle as a memory of how far we had come. From relegation to top of the league had required a ferocious desire to win. We still had that desire as the Demons made it well into field goal range... We finally curbed their advances, but this time it was too late. The Demons were only 15 yards from the uprights. All they needed was a field goal to secure the win. We had failed Mother Harlington. But she did not fail us. At the moment the field goal was going to be taken Mother Harlington struck the field with great vengeance and furious anger. A hailstorm made it impossible to make the kick, and the game ticked over into sudden death overtime.

After Mother Harlington smiled down on us, we protected her yet again and came away with the win. 6-3, the Demon's managed to get a field goal but we scored a touchdown. We are now off to the Southern Division 1 Semi-finals against the Cardiff Cobras. #BecomImmortal #SnakeHunting #TopOfTheLeague

Imraj Singh



felix ... PUZZLES



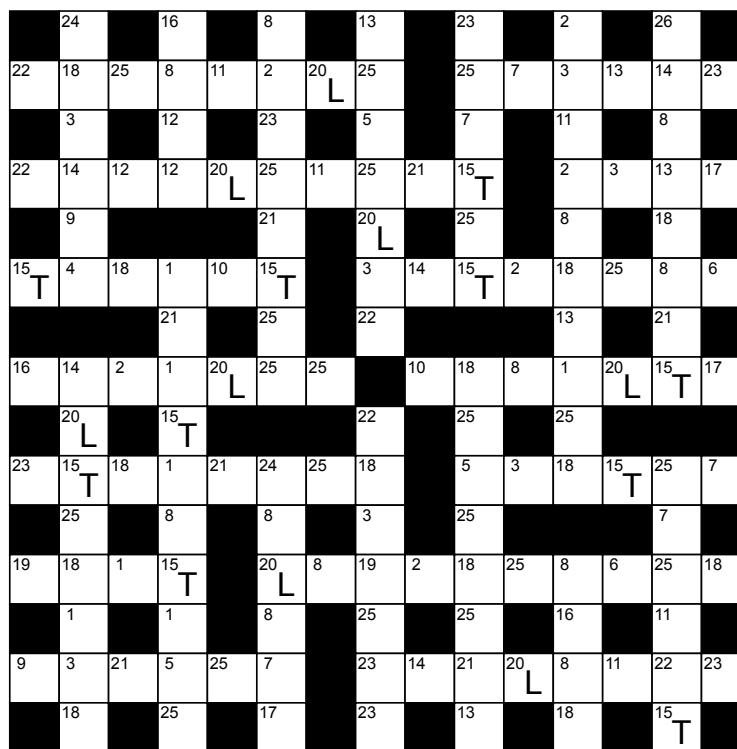
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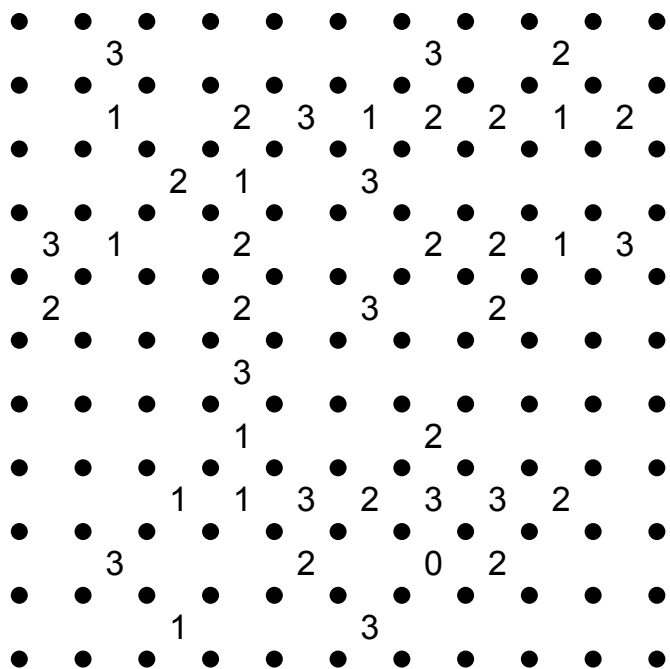
Anonymous	352
The Czechmates	347
NSNO	346
Willie Rush	346
Schrödingers Cat Strikes Back	333
Sneezing Pandas	269
Les Nuls	237
Guinea Pigs	221
The Gravitons	199
CEP MSC	159
The Anti-Gravity Acorns	156
TIA	152
Beasts	126
Kenny Wangler, Cunnyfangler	124
DQ	120
Grilled Cheese Inc.	116
THE Crystallographer	104
Yellow Fever	92
Civeng Eating	84
The Couple on the Train	77
Slyther Inc	69
Chemical Brethren	64
Puzzled	62
One in a M1riam	60
The Mystical Spankyman	50
Grand Day in Cullercoats	49
Luncheon Pals	42
RollEEEr	40
The Ultimate Fucwit	38
Big Mahmoud	36
Christo, Jay and Erkin	36
Salmon ft. Kanye	30
Computer Magic	24
Pseudo-coup	24
Lube Lords	23
Dat Boi	21
Banananana	20
Dairylea Dunkers	18
Les Baguettes	18
Rising Tsar	18
Whale and Male	18
Poulet	15
Hillary Killed Harambe	14
Shusie-Q	12
G. Hackman	10
Pintos-13	9
Sting Like a Butterfly	9
Tessa and Simran	9
Pollux	7
Mr Dick Tingler	6
The Erudites	6
Too gay 2 f(x)	6
Crosswordy McCrosswordface	5
Singed Potato	4
TP-LINK_M5_B057AD	4
Karet Slat	3
RIP Fray Bentos	3
Fanny Schmeller	2

Points Available	18
Crossword	6
Sudoku	3
Slitherlink	3
Codeword	6

- Across**
- 1. Qualms (10)
 - 7. Not fact (7)
 - 8. Sudden alarm (5)
 - 10. Minor chess piece (4)
 - 11. Brothers (8)
 - 13. Doubting apostle (6)
 - 15. Deer's horn (6)
 - 17. Finally (2,3,3)
 - 18. Sophistication in dress and manner (4)
 - 21. Hard work (5)
 - 22. Prickly bush (7)
 - 23. Unnecessarily (10)
- Down**
- 1. Type of parrot (5)
 - 2. Jump with a rope (4)
 - 3. Cold-shoulder (6)
 - 4. Powerless (8)
 - 5. Army rank (7)
 - 6. Discouraging (10)
 - 9. Became smaller (10)
 - 12. Gifted (8)
 - 14. Stare down (7)
 - 16. Make possible (6)
 - 19. Leisure pursuit (5)
 - 20. Deep-voiced male singer (4)



1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
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16	17	18	19	20	21	22	23	24	25	26				
				L										



Slitherlink. Draw a single, continuous loop through adjacent points such that the number in each cell has that many borders filled. Each point should be connected to two or no other points.

Solutions

Send in your solutions to fsudoku@imperial.ac.uk before midday Wednesday to get your score added to our leaderboard. Make sure you include the name/team name that you'd like us to use!

