



Felix

The Student Newspaper of Imperial College London

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election

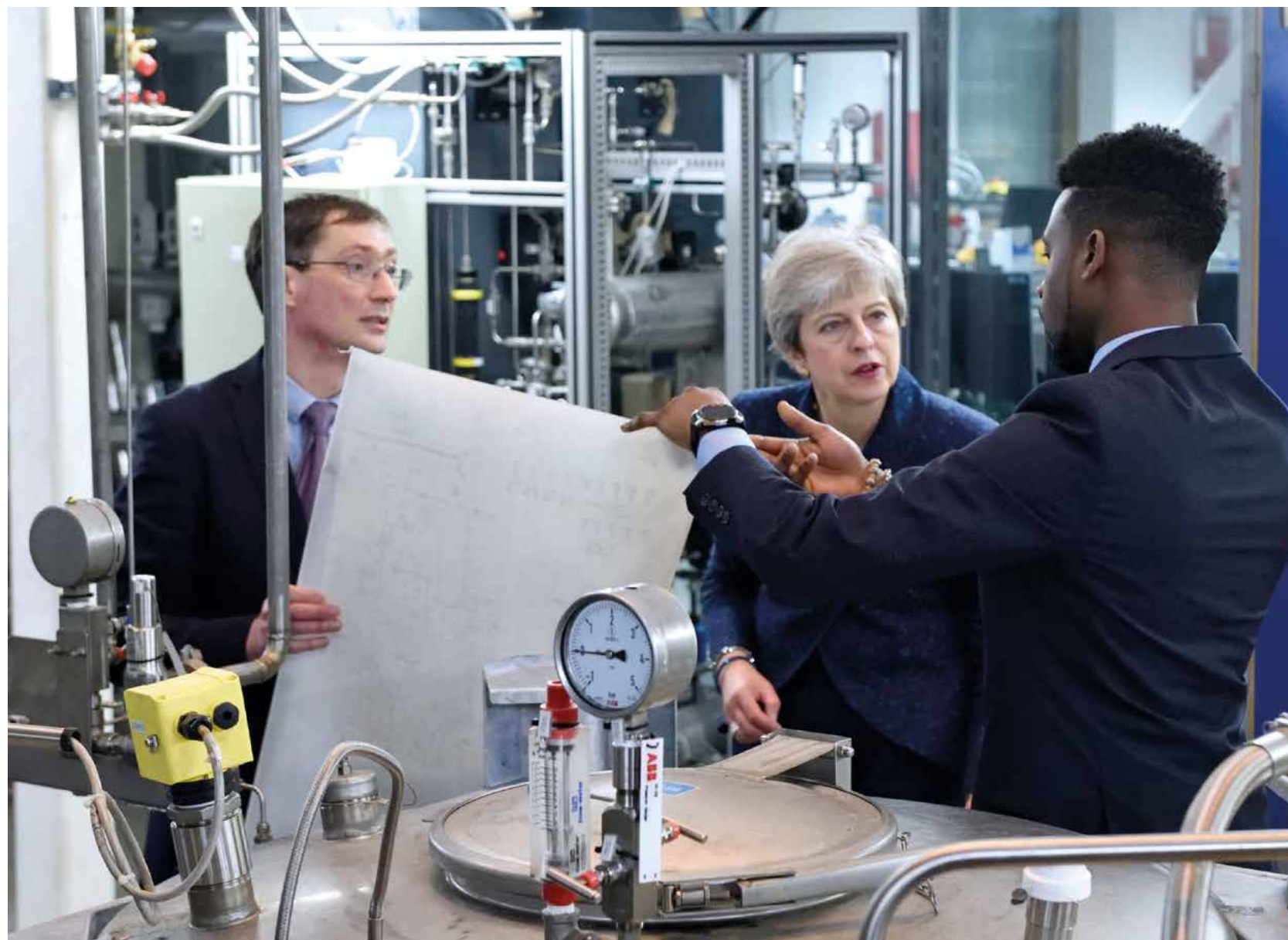
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Imperial Finish
Mile(s) Ahead

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3rd Year Undergraduate Chemical Engineering student, Ferdiand Agu, and Senior Teaching Fellow, Dr. Colin Hale, show Prime Minister Theresa May their work in carbon capture and storage // Imperial College London

Imperial hosts Prime Minister Theresa May

During the visit, the Prime Minister announced plans to end UK carbon emissions by 2050

NEWS

Andy Djaba
Editor-in-Chief

Prime Minister Theresa May paid a visit to Imperial College London on Wednesday 12th June. Senior Teaching Fellow Dr. Colin Hale played

host as the Prime Minister toured the department's Carbon Capture Pilot Plant.

The Prime Minister, who was accompanied by Energy and Clean Growth Minister Claire Perry MP, was also welcomed by the Provost, Ian Walmsley, and former co-director of the Grantham Institute, Professor Joanna Haigh.

The Prime Minister's

announcement that the UK plans to end carbon emissions by 2050 will see the country become the first G7 nation to legislate for net zero emissions. This news was welcomed by Professor Haigh, who also marked her retirement after 35 years at Imperial on Wednesday and, just weeks ago, led a group of eminent climate change researchers in urging the

Prime Minister to pass the target into UK law.

“This is the Industrial Strategy in action”

Dr. Hale introduced the politicians to a team of

third year undergraduate Chemical Engineering students, Alexa Vasey, Maika Ueda and Ferdinand Agu, who explained the work they do on the Carbon Capture Pilot Plant and spoke about Imperial's deep influence on industry and policy-makers. Following this, the Energy Minister and the Prime Minister both

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Crawling to the finish line



Andy Djaba – Felix Editor

This week marks the penultimate issue of *Felix* for the year. I know right, time really flies! As we creep to the end of my tenure as Editor-in-Chief, people keep asking me the inevitable question. "How do you feel Andy? Is it sad to be approaching your final issue?" To this, my honest answer is: I'm tired. It hasn't yet sunk in really that my last issue is next week. I'm sure if you ask me the question this time next week, I will be overcome by a wave of emotion but, for now, it's business as usual.

Having said all that, I have naturally been in quite a reflective mood over the last few weeks. Especially given that, this week, I started the hand-over process with next year's editor, Henry, I have been doing a fair bit of self-evaluation. If you ask me, it's been a strong year for the paper (though the quality of the Editorials has taken a real nose dive) and I couldn't have done it without the remarkable

efforts of the amazing Felix Editorial team. It's also been refreshing to witness Henry's enthusiasm for *Felix* on a first-hand basis and there's not a shadow of doubt in my mind that I'm leaving the paper in safe and more than capable hands. In slightly more sobering news, today marks two years to the day since the Grenfell Tower disaster. At the time, I was a third year Chemical Engineering

student living in Ladbroke Grove, a stone's throw from Grenfell Tower. I remember my housemate telling me about the sound of fire engine sirens blaring through the night. I remember seeing smoke billowing from the tower during my walk in to College that morning. I remember the gravity of what had happened not really sinking in until I got back home after my last exam that day and seeing countless 'missing person'

posters stuck up around the area. It is important that we remember this disaster. It is important that we remember that it has been two years and still nobody has been held accountable. It is important that we remember that it has been two years and some of the victims are still living in temporary housing.

Section of the Week for this week goes to the Politics section, which includes an extremely important article providing an overview of the humanitarian crisis currently happening in Sudan, written by my housemate, Bozza. Next week's issue of *Felix* will include a follow-up article detailing what we can do to help but, for now, spreading the word through social media, etc. is helpful in raising awareness of the situation so that it reaches mainstream news and media outlets.

#IAmTheSudanRevolution



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Imperial's magazine, formerly known as **PHOENIX**, returns...with a twist!

If you are interested in Grime & Black British music, we want to hear from you!

What does Grime mean to you?

If you're interested, please email Felix@imperial.ac.uk



NEWS

news.felix@imperial.ac.uk

Union Awards 2019: Celebrating the Union's best

NEWS

Henry Alman
Science Editor

The ninth Union Awards ceremony was held in Metric on June 6th, and saw the Union recognise and commemorate its top contributors for the year.

Winners included students and societies who demonstrated outstanding effectiveness in their roles, and have laid down a legacy that will benefit students long-term. The winners are chosen from nominations, by a student panel appointed by the Union President which usually includes members of the Union Council.

Ten specific awards were given. Campaign of the Year went to the Believe and Do Good campaign by the Muslim Medics and Imperial Islamic Society, while the Event of the Year was given to the Dance Imperial Show, a collaboration between all six dance societies at Imperial. The CGCU and Docsoc

won the Contribution to College Life Award for their Diversity in Engineering initiative. The best previously-existing and new Club, Society, and Project of the Year awards were given to Design Engineering and to ICSM Coding respectively.

The awards for academic and wellbeing reps were distributed across many departments. Mathematics had both the best wellbeing rep team and individual academic rep, which went to Bogosi Shashane. The best undergraduate academic rep team was ICSMSU's, while the top postgraduate team was Geotechnics' Augustin Ruiz Lopes and Julia Moeller. The award for individual wellbeing rep went to the RSM's Arman Sarjou.

Alongside these, 37 Union Colour awards were given to individual students who have made repeated contributions throughout the year. This is significantly lower than in previous years – 69 were awarded in 2017 and 2018. A further 17 Outstanding Service awards were given to those who went even further "above



Alejandro Luy, Deputy President (Education), presents Julia Moeller the award for best academic Postgraduate Rep Team // Imperial College Union

and beyond" their role. Eight of the most significant contributors - those who have contributed over a number of years - were awarded Fellowships, which include honorary life membership of the Union. The winners of these awards can be viewed on the Union website.

Among the Fellowship

earners was Joe O'Connell-Danes, described as the "heart and soul" of the newspaper in his nomination. Joe served as the Arts and Entertainment Management Chair during the year, and (amongst other things) facilitated the media coverage of Meet the Candidates as well as the IC Symphony Orchestra's upcoming tour

of China. He shared what the award meant to him:

"Receiving the fellowship was a nice recognition of the work I've put in over the last few years. The nature of my role is very operational - it involves working behind the scenes on issues that aren't very creative or glamorous, and if you're doing it well nobody should really

know much about it. In fact, the highlight of the awards evening wasn't my Fellowship, but Dance Imperial winning Event of the Year for the Dance Imperial Show. The award was a nice indication that people have recognised the work that goes into this 'behind the scenes' maneuvering."

Imperial hosts Prime Minister Theresa May

NEWS

(cont.)

expressed their admiration of Imperial's Carbon Capture Pilot Plant and the College's wider work in carbon capture and storage, climate change and energy research. Claire Perry MP commented, "it's an amazing facility here... to me, this is the Industrial Strategy

in action".

Speaking to *Felix*, Ferdinand commented: "The UK's commitment to net zero carbon emissions by 2050 is indeed exemplary and the sort of radical decision making required to curb global warming. Carbon capture and storage is an imperative part of this and the PM was able to get a feel for the techniques, scalability and problems facing the technology. She

was full of questions and seemed pleased with the answers she got, as such I'd consider the visit a success." The PM and minister also met PhD students, Janet Skitt and Parth Shah, who demonstrated their work. Janet's work, which focuses on generating liquid fuels from second generation carbon neutral fuels that are compatible with existing vehicles, could play a pivotal role in

decarbonizing transport. Parth's work revolves around the continuous synthesis of metal oxide nanoparticles, while developing scalable, energy efficient processes that minimise waste water.

Prime Minister Theresa May concluded her visit with the following: "As the first country to legislate for long-term climate targets, we can be truly proud of our record in tackling climate

change. We have made huge progress in growing our economy and the jobs market while slashing emissions. Now is the time to go further and faster to safeguard the environment for our children. This country led the world in innovation during the Industrial Revolution, and now we must lead the world to a cleaner, greener form of growth. Standing by is not an option. Reaching net zero

by 2050 is an ambitious target, but it is crucial that we achieve it to ensure we protect our planet for future generations."

"She was full of questions and seemed pleased with the answers she got"



POLITICS

Biyaser Abuelgasim
Politics Writer

Sudan Crisis: An Overview



Barricades in roads have been set up as part of the civil disobedience campaign. These have helped to reduce access for the RSF. // Getty Images

On 19th December 2018, hundreds of people protested in Atbara and several other cities in Sudan against the rising costs of living and dramatic worsening of economic conditions. Even bread, a commodity we take for granted, tripled in price. The protests spread quickly to other cities, including the capital, Khartoum, demanding for President Omar al-Bashir to step down.

“Since Omar Al-Bashir’s ascension to power, Sudan’s economy has significantly deteriorated”

Al-Bashir was the ruler of Sudan for a span of thirty years, between June 1989 and April 2019. He is wanted by the International Criminal Court (ICC) for war crimes, genocide and crimes against humanity committed in the Darfur region of Sudan. Since Omar Al-Bashir’s ascension to power, Sudan’s economy has significantly deteriorated. The country’s economy increasingly struggled following the secession of South Sudan

in 2011, leading to a devaluation of the Sudanese pound and huge increases in inflation. Without South Sudan’s oil output to help strengthen the Sudanese pound, there was a shortage of cash in circulation. People would have to regularly queue for many hours for petrol, bread and to simply withdraw cash from ATMs.

By early January 2019, deaths were being reported in anti-Bashir protests in the city of Omdurman. Over 800 anti-government protesters (opposition leaders, activists and journalists) had been arrested by the widely feared National Intelligence and Security Service (NISS). On 22nd February, Bashir declared a nationwide year-long state of emergency. As Al Jazeera’s Hiba Morgan said, the state of emergency gives the “military the right to arrest anybody they deem a threat to the country’s national

security and economic development.” This would translate to more force being used against protesters.

“Security forces attacked universities in the cities of Khartoum and Omdurman, violently beating students with sticks”

Also on 22nd February, Al-Bashir announced the dissolving of the government at the federal and provincial levels. All state governors were replaced with military officials. Two days later, security forces attacked

universities in the cities of Khartoum and Omdurman, violently beating students with sticks.

On 6th April, thousands protest outside the army headquarters, which also houses president Al-Bashir’s residence. This was organised by the Sudanese Professionals Association (SPA), a union which has taken an increasingly prominent role in these anti-government protests. As the sit-in at the military headquarters continued throughout the week, social media was blocked and the power was cut all over Sudan. Over the weekend, the rapid reaction force of the secret services was trying to attack protesters coming from the north and the army took the side of the protestors and fired back. This resulted in six deaths, 57 injuries and 2500 arrests in the capital.

On 11th April, the army announced that Bashir has been removed from

power and detained. It was also declared that a Transitional Military Council will be replacing Bashir for two years. The TMC is currently headed by career soldier, General Abdel Fattah al-Burhan, after public pressure forced General Awad Ibn Ouf to resign as leader only one day after the coup d’état. On 15th April, marking the tenth day of protests outside army headquarters, demonstrators demanded a power transfer to a new civilian government. Protest leaders announced plans to create their own transitional council if the TMC refused to step aside. TMC leader, al-Burhan maintained that the TMC was “committed to handing over power to the people.” However, protest leaders did not believe that the military junta was serious about transferring power to civilians and that the council consisted of remnants of al-Bashir’s regime. As a result,

protests intensified.

On 24th April, in response to the protestors’ demands, three military council generals submitted their resignations. Three days later, an agreement was reached to form a joint civilian military ruling council. On 15th May, a three-year transition period to full civilian administration was agreed. However, as both sides wanted to have a majority, talks between protestors and the military council became deadlocked with no accord on the make-up of the ruling body. This resulted in the launch of a two-day national strike to put pressure on the ruling military to hand over power to a civilian-led authority. The SPA encouraged people to show up at work but to refrain from any activity. A group of employees were heard chanting “freedom, peace, justice and a civilian-led authority is the choice of the people” outside the

Byblos Bank headquarters. General Mohammed Hamdan Dagalo (commonly known as Hemedti, deputy head of the military council) criticised the strike, saying, “this situation doesn’t lead the country forward” and that “we are part of the revolution, without the armed forces and without the security apparatus, Omar al-Bashir would stay in power until now.”

On 3rd June, the TMC’s security forces, including the Rapid Support Forces (RSF, formerly the Janjaweed) led by Hemedti, used force to disperse thousands camped at the army headquarters. Live ammunition was used, as well as physical assault and sexual violence. This coincided with a shutdown of the internet imposing a de facto media blackout. More than 100 civilians were killed and 750 seriously injured in the Khartoum massacre. Security forces also opened fire on protestors inside medical facilities. The World Health Organization (WHO) stated that emergency and health services were forced to shut down. Tent clinics set up to treat wounded protestors were destroyed and healthcare workers assaulted. Furthermore, at least 40 bodies were found dumped in the River Nile and many remain missing. Sudanese political cartoonist, Khalid Albaih, described Dagalo as “Sudan’s version of Saudi Crown Prince Mohammed bin Salman...young, power-hungry and ruthless.”

Indeed, one factor behind Hemedti’s power is his support from regional allies (Egypt, Saudi Arabia and UAE). According to Al Jazeera, Hemedti met with Mohamed Bin Salman in May, promising to support Saudi Arabia against Iran and Houthis militias by continuing to send Sudanese troops. Therefore, it would be in the prince’s interest to preserve a strong relationship with Hemedti. In addition to this, Hemedti is supported by the politicians who created the infamous Janjaweed, who were responsible for instilling fear into the residents of the Darfur region of Sudan during the major armed conflict there in 2003.

“At least 40 bodies were found dumped in the River Nile”

On 4th June, the SPA announced that a “complete civil disobedience” and an “open political strike” would take place in all workplaces in Sudan. In a statement, the SPA affirmed that the civil disobedience will “end only when a civilian government announces itself in power on state television.” They also encouraged activists to strictly follow the techniques of non-violent resistance in their campaign of civil disobedience against the TMC. Protest leaders have asked civilians to remain at home, with demonstrations being no longer possible due to the violent actions of the military council. There have been reports of gunfire in Khartoum as security forces remain distributed throughout the capital.

Also on 4th June, China blocked a bid at the UN Security Council to condemn the killing of civilians and issue an urgent call from world powers to put an immediate stop to the violence. According to Al Jazeera’s diplomatic editor, James Bays, China strongly objected to the draft statement, saying that it was an “internal matter.” China was backed by Russia, and Kuwait said the “draft needed amendments.”

The Russian Deputy Ambassador Dmitry Polyanskiy believed that the proposed statement was unbalanced, something they did not want to promote as it could “spoil the situation.” After the failure of the Security Council to reach a mutual understanding, eight European countries stated that they condemned the violent attacks in Sudan by Sudanese security services against civilians. These countries included Belgium, Britain, France, Germany, Italy, Poland, The Netherlands and Sweden. In a joint statement, they urged for an agreed transfer of power to a civilian government as demanded by the Sudanese people.

On 7th June, Ethiopia’s Prime Minister Abiy Ahmed met representatives of both sides in an attempt to revive negotiation between Sudan’s ruling generals and protest leaders. Protest movement delegates who met with Abiy Ahmed included opposition politician Mohamed Esmat and a leader of the Sudan People’s Liberation

Movement-North (SPLM-N), Ismail Jalab. Esmat was arrested soon after the meeting and Jalab was arrested from his own home the following morning. Sudanese security forces did not give any reason for these arrests. Both arrested men are leading members of the Alliance for Freedom and Change, a coalition formed in January 2019 to bring together the Sudanese opposition to al-Bashir. They called for the collapse of the al-Bashir regime and a transition to democracy under civilian authority.

Awol Allo, an Africa analyst, maintained that Abiy Ahmed stands a “much better chance” than anyone else in bringing Sudan’s military rulers and protestors together to find a consensual solution to the current crisis. Abiy is a young reformist who was at the centre of restoring diplomatic ties between Ethiopia and rival Eritrea. He has strong relationships with the West, which has aided political reform in Ethiopia. Abiy also has good relations with powerful Gulf states,

such as Saudi Arabia, that have influence over Sudan’s military.

On 11th June, the TMC has demanded the United Nations-African Union Mission in Darfur (UNAMID) to hand over the remainder of their bases directly to the RSF. The RSF is primarily composed of Janjaweed militias, the very reason why UNAMID exists to protect tens of thousands of civilians.

The African Union (AU) and UN are considering withdrawing all the remaining peacekeepers from Darfur by June 2020, with the majority being removed by December 2019. The closed UNAMID bases were meant to be handed over to the government; however, most of them are actually being used by the RSF. As stated by Kumi Naidoo, Secretary General of Amnesty International, a decision to close UNAMID would place the lives of these civilians at risk as it would remove their “only safeguard against the government’s scorched earth campaign”. Indeed, on

11th June, Hemedti’s Janjaweed militias attacked the towns of Dileijj and Zalingei in Central Darfur State. There is currently no information on the number of deaths and injuries.

Sudan has long been beset by conflict. It has endured decades of civil war, twenty years of US sanctions and an Islamist military dictatorship. These current protests are not simply over extortionate bread prices or fuel shortages. The Sudanese people are choosing to risk their lives, facing live bullets, to fight for democracy under a civilian-led government. The number of martyrs and injured continues to grow, and the situation in the hospitals is dire.

I pray for the country that has endured so much hardship throughout its history, the country where most of my family still live, the country where many people have lost loved ones to toxic government regimes and the country that once had such a bright future. I pray that all hope is not lost. I pray for a democratic Sudan.



Alaa Salah, a young woman leading the demonstrators’ chants whilst standing on a car, became a symbol of the Sudanese movement // Lana H. Haroun

COMMENT

comment.felix@imperial.ac.uk



We need an election

COMMENT

Charles Titmuss

Comment Editor

There have been moments in world politics in the past four years where I have been surprised and perturbed by the result. Post-election hangovers are nearly always the best way to dull the immediate pain of being slapped in the face by certain events. At precisely 13:21 on Thursday 13th June, I read the results of the first round of voting for the next Conservative leader, and my ACC hangover was completely ruined. It is now obvious that in concert with an opposition leader that is at best clueless and at worst, criminally incompetent, we shall have a Prime Minister that is, at best, criminally naive, and at worst, criminal. I am, of course, referring to the walking, talking mound of piss–yellow thatch that is Boris Johnson. I cannot wait for their symphony in mismanagement.

“I am, of course, referring to the walking, talking mound of piss-yellow thatch that is Boris Johnson”

In the first round of voting, The Johnson, as he is affectionately known by those that bleed red, white and blue and believe that the Empire was a Good Thing, was able to secure 114 votes to be Tory leader. Jeremy Hunt and Michael Gove, Boris’ nearest competition were only able to obtain 43 and 37 votes, respectively. Gove was probably too busy snorting cocaine in the boys’ toilets to garner adequate support whilst Jeremy Hunt’s pro-remain stance means that his campaign will be aborted before he reaches the final stages; just not by him. The other candidates, smiling Hannibal Lecter, the depressed Humanities teacher, Trump’s best friend and that guy that smoked weed one time, are not likely to be able to muster sufficient support in the remaining time to reach the final stage. It is almost a certainty that Boris will surpass the 1/3 of Tory MPs necessary to reach the final stage. Here, Boris and his opponent, whether it is Gove or Hunt, will be exposed to the Tory membership that will ultimately decide the next Tory leader.

Boris’ rabid Brexiteer stance, as well as his fiscally irresponsible tax cut proposals for the wealthiest among us will almost certainly resonate very strongly with the Tory membership. If they weren’t already queuing up to arthritically cross the box with his name in it, then they certainly will be now. It doesn’t matter that these plans are being financed by a readjusted budget ceiling that was



Could this man be our next Prime Minister? // Wikimedia

created to prepare for a no-deal Brexit scenario and that, in order to finance them long term, it will probably involve tax cuts for the rest of us. Most of them will already have voted for fiscally irresponsible things before, such as err... Brexit. Boris has clearly hit on a winning strategy. Promise unrealistic financial dividends and reap the benefits. Populist and dishonest as it is, this has certainly been an effective strategy in patrimonial elections throughout history. His competitors, with their carefully thought through proposals, reek of Remainer fear-mongering and expert driven advice. This will not go down well with a membership that wants big, brash, bold promises to solve their problems.

This is ultimately the fundamental issue

“Gove was probably too busy snorting cocaine in the boys’ toilets to garner adequate support”

with the Tory leadership elections so far. 120,000 people will get to vote for the Prime Minister that will enact policies beyond Brexit. These policies will almost certainly afflict the many to the benefit of the few. The Tory party membership are some of the most rabid Brexiteers and free marketeers that you could possibly find. I did see the BBC cast

them as “passionate about politics”, in an attempt to legitimise the vote, but the facts remain; if this were a national election, promising tax cuts for the richest members of society would probably be political suicide. However, with the majority of the electorate’s voice comfortably muted, they can press ahead with these promises.

The only way in which the results of this election can become legitimate are if, following the election of Bozza to the post of Prime Minister, parliament is dissolved and a general election is called. The issue of the proximity of Brexit is irrelevant. 120,000 people should not possess the power to dictate the course of a nation of millions, where we are, at least nominally, a democracy. A brief period to engage in frac-

tious internal civil war should, of course, be permitted, in order to provide Boris with a cabinet as rabid as its membership, but ultimately there is a responsibility to the democratic institutions that we all hold as sacred to do the honourable thing. Fight it out in the sphere of public discourse, not the safe space of the Tory membership.

“Fight it out in the sphere of public discourse, not the safe space of the Tory membership”

impromptu.

Spontaneous Things To Do With People Nearby

Impromptu is launching to Imperial students in two months' time // Impromptu

Impromptu Part IV - Our Own Story

Founders of Impromptu share the story of its development

TECH

**Sahir Khurshid
Tom Burgoyne**
Impromptu

Hello *Felix* readers! This week Tom and I move into more personal territory, touching on the beginning of our journey as entrepreneurs. This will be followed next week by a final piece detailing Impromptu itself.

“The inspiration for our decision to create an app stems from our time as PhD students in the Faculty of Medicine.”

The inspiration for our decision to create an app stems from our time as PhD students in the Faculty of Medicine. For years we had talked about random app ideas; several of which launched at a later date and became very successful. We eventually realised that it was pointless having these conversations (and the subsequent depression!) unless we were willing to take the proverbial bull by the horns and act upon our ideas.

Our aim was always to develop an app which would benefit university students and academics. If we could also extend this idea to society at large, even better. Our initial brainstorming sessions yielded no short of a dozen ideas. To our credit we were able to immediately recognise that the majority of these were poorly thought through and devoid of any significant USPs. Twelve became two! At this time Tom and I decided to meet with someone who had been recommended to

us as a potential partner. Our team grew, adding relevant industry expertise. This gentleman was smart, personable and established in the tech world. We collectively selected our preferred idea, a community based lending platform, and set about realising this by designing our own prototype using online resources.

“Our goal was to be as self sufficient as possible and to design and build the platform without seeking expert help. In hindsight this was a mistake.”

Our background research into the viability of this idea was favourable. Our goal was to be as self-sufficient as possible and to design and build the platform without seeking expert help. In hindsight this was a mistake. Our choice of name was spot on. Our colourways were great. But our knowledge of branding, functionality and back-end (databases and so on) left a lot to be desired. Our new partner was also finding himself incredibly busy with two young children and his day job (his employer had recently been acquired by Microsoft). Despite his best intentions he was finding it harder to allocate time to the project and the technical aspects he was expert in.

This state of limbo went on for months before we formally approached a development house. This was exciting to say the least and also served to reaffirm confidence in our ideas. The developers were keen and offered to build our prototype for a small upfront cost.

This was to include high resolution mock ups of 20 screens, branding, colourways and technical specifications.

The next two months saw various changes in the team and the near-completion of our prototype. We were almost there, or

“As I’m sure you can gather, our journey to date has proven to be somewhat of a rollercoaster.”

so we thought.

The final week of prototyping brought some unwelcome news. A startup had just launched with exactly the same idea. Furthermore, they had executed the idea nicely and had announced the procurement of significant funding. We were left with a dilemma; continue on,

knowing we would have to adapt functionality to compete, or change track entirely.

The former was simply not viable for a number of reasons. We had no alternative but to start again. As you can imagine this was disheartening. However, the decision to pursue this first idea was narrowly won and we had an alternative which we were very passionate about and which our developers thought was easier to implement. Our developers took pity on our situation and were kind enough to allow us to switch ideas without penalty. This idea was to become Impromptu.

As I’m sure you can gather, our journey to date has proven to be somewhat of a rollercoaster. This is not dissimilar to many others in our position and is not meant to deter you. Rather we hope to illustrate that there are often solutions to seemingly massive problems.

Join us next week where we detail our app and its functionality.

**NEW CHALLENGER
APPROACHING**



**IMPERIAL COLLEGE SMASH BROS
TOURNAMENT**

Sign Up Here:



This Saturday
(15th June)
1-6pm

RSM G.01, South Kensington Campus
Bring your own controller and cord

GAMES

games.felix@imperial.ac.uk



A poor score at the dog show for Duck Hunt Dog // Nintendo

Smash Corner: Mr. Game & Watch: Nintendo's 2D Grandpa

Today we are going back to the beginning of Nintendo's videogame history with a character that embodies their very first handheld console. He's an oldie but a goldie, he is fighter #26 in the roster: Mr. Game & Watch.

GAMES

Michael Cognet

Games Writer

As his name suggests, he is a character found in the Game & Watch consoles. These were the very first handheld gaming devices released by Nintendo way back in 1980. A total of 59 different models of the pioneering consoles were developed each with its own unique game. Mr. Game & Watch was the generic character of these handhelds so he isn't given too much depth, however, his many games inspired his diverse moveset in

the Smash Bros. franchise ever since Brawl. He is a very lightweight character, with average speed and damage but with many unique tools at his disposal.

Most of Mr. Game & Watch's attacks have a useful twist to them. His throws, normal, tilt attacks all have unique hitboxes and animations. His smash attacks are all quite fast and powerful especially the side- and up-smash. In addition, his down-smash can root opponents on both sides, extremely helpful to secure a kill or start a combo. In the air, all of Game & Watch's attacks have a different property, from his huge neutral-, his exploding forward-, his multi-hit back-, his

projectile up- and finally to his spiking down-air. All these particularities become very useful in the right situations.

Then comes his unique specials. With his neutral-B Chef, Mr Game & Watch will throw slow arcing projectiles to stagger his opponents. His side-special, Judge, is a

"From the very first handheld gaming devices released by Nintendo way back in 1980"

Russian roulette: Game & Watch will take out a hammer and a number over his head which will decide the effect of the move if the hit connects. It goes from 1, where you take 10% yourself, to 9, where you will flat out kill the enemy, with various properties such as electrocuting, freezing or healing in the middle. Mr. Game & Watch's up-B is Fire, where he will jump off a trampoline and glide down with a parachute, both a great horizontal and vertical recovery tool. Finally, his coolest and most unique moved is his down-special Oil Panic, a bucket that will absorb energy based projectiles or reflect all others. Once the bucket is filled, Mr. Game & Watch will chuck

oil on his opponents for a critical finisher.

Whilst using Fire, Mr. Game & Watch can cancel the parachute with any

"If you are feeling lucky, this is definitely the fighter for you"

normal attack. Which can be combo-ed with his up-special followed by his aerial to get some easy and safe damage on your opponent. With all these tools at his disposal, you can be very creative with combos and adapt them to

a wide variety of situation. Furthermore, I would advise that you use Judge to end a combo only when your opponent is at a low percentage, as with a bit of luck you can land lucky #9 and get an early kill. In higher percentages, however, a smash attack is much more reliable to end the stock.

With his unique arsenal, I highly suggest for anyone to try out Mr. Game & Watch as he has a little something for everyone. Due to his unreliable random side-special, he can only make it to the top of mid-tier, however, if you are feeling lucky, this is definitely the fighter for you, so get smashing!

GAMES

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You are breathtaking// CD Projekt Red

Highlights from the Electronic Entertainment Expo

Lots of announcements have been dropped over the past couple of weeks, some quite breathtaking, some needing a graphical upgrade.

GAMES

Anthony Onwuli
Games Editor

E3 is drawing to a close but the big reveals have already happened. There are many games releasing this year and next year which we get to look forward to, but let's dig into the highlights from some of the conferences.

EA

After multiple controversies with the Star Wars Battlefront series from DICE, EA is now trusting Respawn Entertainment with Star Wars Jedi: Fallen Order. This E3 saw gameplay reveals for the game which apparently played better behind the scenes than on stage. EA's money maker, FIFA 20 was also shown off

with some new gameplay mechanics to make the experience more varied. Season 2 of Apex Legends was started off with a double XP weekend, a new character and a new gun, with the developers of Anthem learning a lot from the mixed reviews.

Microsoft

Project Scarlett has a 2020 release and it is launching with Halo Infinite. It's expected to be four times more powerful than the Xbox One and will have a non-mechanical SSD, for faster loading time.

Though one could say that it was CD Projekt Red which stole the Microsoft conference with the reveal of Cyberpunk 2077, and bringing Keanu Reeves on stage as John Wick is now a character called Johnny Silverhand. He was breathtaking.

The Project xCloud will soon be open for

public testing in October. It is Microsoft's game streaming service and it promises to deliver a high quality experience to smartphones.

Bethesda

Bethesda apologised. Bethesda acknowledged their mistake. Bethesda took a humble approach to the mixed response to Fallout 76 and has now planned a lot of content for the year 2 of the game. If you thought Fallout 76 was a barren wasteland, then the NPCs set to populate this world will change your mind. Besides NPCs, there will be a Battle Royale mode.

"Bethesda apologised. Bethesda acknowledged their mistake."

The attention for the Bethesda conference was turned to Doom Eternal which is looking to be an amazing game in single and multiplayer.

Ubisoft

If you have not had enough of London at your time at Imperial, nor had enough of Brexit, then get prepared for Watch Dogs: Legion. It is set in a post-Brexit London. Ubisoft has also introduced its own gaming subscription service adding to the increasingly saturated market for video game subscription services. The Just Dance series is also now celebrating its 10th anniversary

PC Gaming Show

Deep Silver might be blacklisted from the libraries of many gamers as Shenmue 3 has finally been revealed as an Epic Games Store exclusive. The controversy surrounding this was due to

Kickstarter backers of the game being promised a Steam Key, which is now just a fantasy.

Square Enix

Four years have passed since the initial reveal of Final Fantasy VII: Remake at E3 2015 and now we have a March 2020 release (for Part 1). T Midgar has been expanded into a standalone game, so it might be a few years before we see the Remake in its entirety though.

"Four years have passed since the initial reveal of Final Fantasy VII: Remake"

It was quite appropriate to give Squall a face for Final Fantasy VIII Re-

mastered for this game's 20th year anniversary.

Marvel's Avengers: A Day opened to some quite mixed reception. Most likely as some fans were hoping to see the MCU Avengers recreated within the game.

Nintendo

Let's be real. We all expected a character reveal for Super Smash Bros Ultimate at E3. So what did Nintendo do? They revealed two characters - The Hero from the Dragon Quest series (Japan's beloved RPG series) and Banjo & Kazooie raring into the fight from Banjo-Kazooie.

Zelda has a new haircut, Ganondorf's body (though looking very lifeless) finally makes an appearance during the Breath of the Wild era of The Legend of Zelda series. A direct sequel is now in development for the Breath of the Wild.

BOOKS

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A Review of *Petals of Blood*

A deeply empathetic story set in post-colonial Kenya

BOOKS



Artur Donaldson
Sustainability Editor

In a sentence, *Petals of Blood* is a story of change through the eyes of those oppressed. The author, Ngũgĩ wa Thiong'o, uses the murder, by arson, of three prominent figures in an emerging town to frame the narrative of the transformation of a backward (or unblemished?) village into a prospering (or soulless) town. Its cast of protagonists: Munira, the teacher and flawed hero, Karega, one of his former students, Abdulla, a crippled business man and Wanja,

a strong-willed but mercurial prostitute, are symbols for the means by which the people are oppressed. It is a deeply empathetic and deeply intelligent novel, alluding to Shakespeare and the Bible with equal ease as to former leaders of the Kenyan resistance and early British colonists. For instance, together with the oppressors, the characters map unexpectedly to those in a passage from Walt Whitman quoted by Ngũgĩ, "frightened monarchs come back; Each comes in state, with his train - hangman, priest, tax-gatherer, Soldier, lawyer, lord, jailer, sycophant". Although they are clearly symbols of something greater, Ngũgĩ does create multi-dimensional and rich figures whose stories, although

interconnected with masterful serendipity, are slowly revealed as we journey through the book. The one character whose story I feel could be told better is Karega, whose tale is told largely in intermittent bursts of drunken monologue.

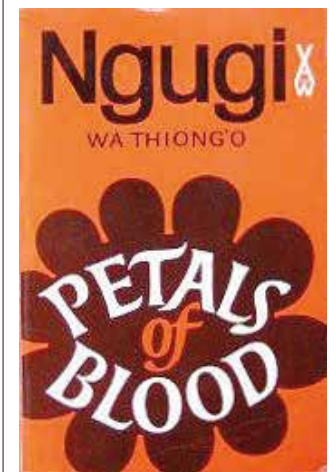
I found it a challenging read because it is a book not written, as the majority to be found in the English language, for consumption by white Europeans and Americans. Indeed, it is probably these who Ngũgĩ refers to as the white tourists or "watalii" who unsuspectingly buy fruits and sheepskins from characters such as the destitute Karega on the roadside. There is so much rich culture and history that I feel is inaccessible to me as a white European lacking the oral heritage

of Africa and, although painful, I found it a welcome discovery. The book is a message of lament for the suffering endured by a nation, of caution about the promises of "development", and of hope to Kenya of the 1970s. It is a message addressed by Ngũgĩ, perhaps to his fellow countrymen, or maybe to himself. Either way, it was clearly a message heard since, like Karega in *Petals of Blood*, he was imprisoned shortly after for his publication of a play, *Ngaahika Ndeenda* ("I will marry when I want").

One lesson that stood out to me from *Petals of Blood* is how capitalism has the potential to destroy culture. That is to say, the actual stories of the people affected. What might be counted as progress by international development organisations leads, in the story, to the destruction of culture

and local self-sufficiency. When the villagers create an enterprise out of Thenget'a, a drink brewed occasionally as part of local tradition, a monstrous narcotic monopoly is created which overturns the lives of many, including Munira, and is quickly taken over by powerful Kenyan elite and international corporations. Furthermore, this was facilitated by the construction of a major road through the village which supplied thirsty road workers and truck drivers - the first unwitting customers. Though the village becomes famous, the herdsmen are no longer dependent on fickle rains and the owners of the new businesses have access to businesses and trade, the ones who created the transformation of the village into a town become destitute while powerful politicians and businessmen profit.

Though I cannot speak for the relevance of the book to modern-day Kenyans or if the story reflects historical devel-



opment of any village, I can say that the book is a precious unfiltered glimpse into a rich and largely unwritten culture of the country. It gives an understanding of the country that will be missed by those who only read books of African history produced by white academics, those who follow tourist books, or go on package safari holidays. I am very grateful for having found this precious gem of a book in the Imperial College library, especially in a University that sadly shares its name with the force that caused so much of this suffering.


 THE TIMES
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ARTS

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Immersive or distracting? // Royal Albert Hall

Cinderella: sculpture of a fleeting magical moment

A mesmerising albeit slightly unconvincing performance of a much-loved fairytale classic.

ARTS



Where? Royal Albert Hall
When? 6th-16th June
How Much? From £23

Disha Bandyopadhyay
Arts Writer

Christopher Weeldon creates magic right next to Imperial's main campus at the Royal Albert Hall, in *Cinderella*, performed by the English National Ballet Philharmonic. A retelling of the Brothers Grimm fairy-tale, over ninety dancers and a live orchestra unfold a dream-like sequence with resplendent balls, forest creatures and a familiar love story.

Different from the

graduation setting that we are more accustomed to, the ice rink-shaped stage of the Royal Albert Hall is beautifully harnessed with an entourage of light projections, a chandelier, and curtains, building each scene to aid the storytelling. Whether this be by the palace façade, or a ballroom with portraits of royalty (which change in a comedic way), the setting exudes a feeling of grandiosity that you cannot help but want to be a part of. The 18th century costumes of the human characters are gorgeous, the creativity and comedy of the woodland creature costumes (massive puppet and bird heads) equally elaborate, and they all tie into a wonderful, mesmerising piece.

This opulence, however, is frequently disturbed for those seated near the aisles as dancers constantly scuttle back

and forth. Although the curious movement of the four Fates through the aisle facilitate an immersive act, overall this was just distracting and made the transitions between the scenes more jagged and discontinuous.

"Little of the new or different"

The performance had a dream-like quality, albeit starting off as mundane when Cinderella's mum dies and she becomes isolated and ill-treated in the new family dynamics. The show builds up a spectacle, with ranging tones and moods from amusing to charming. The highlight scenes include the stepsisters fighting, Cinderella's transforma-

tion into a beauty with silk wings, and her stepmother in a duet with her champagne glasses and waking up hungover and puking into the pot of porridge. A routine with the woodland creatures and the comedic search for the shoe's perfect fit provided a myriad of reactions, from enthralment to laughter. Culminating in (spoiler alert!) Cinderella and Prince Guillaume's wedding, Cinderella gets a happy ending despite the trials and tribulations of her stepmother and stepsisters.

Alina Cojocaru presents as a graceful and elegant Cinderella, calm and subservient to begin with before eventually taking hold of her own destiny to meet strong-willed Isaac Hernández as Prince Guillaume. Where the absence of the fairy godmother disappointed me, the strange, obfuscate

four Fates took over the mysticism. Present in the looming background throughout, Fates moved Cinderella across the dining table, or just sat splayed, watching her.

"The performance had a dream-like quality"

Essentially a ballet performance, the show was primarily carried by the grand setting, costumes and props, less so by the physical dancing. Dreamy routines reached too close to drowsy, the opening routines lacked oomph. It was only once that royal grandiosity was established that the choreography alternated between unspeaking beauty and

magical marvel. Crucial to the fairy-tale, the love story was sadly unconvincing and lacked the euphoria and exhilaration Cinderella and Prince Charming deserve. The duet between the two, although well performed, didn't portray the passion and love a *Cinderella* performance requires.

The show was spectacular for the performance as a whole, but not by the ballet in isolation. Weeldon's interpretation of the classic retells the love story we are ever so familiar with, but unfortunately brings very little to satiate any appetite for the new or different. A comforting show, *Cinderella* promises to lighten your mood and provide an escape from deadlines and exams, especially when you know exactly what to expect next in the story.

ARTS

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'Now I see that love is selfish. It makes you a country of two. At war with the rest of the world.' // Johan Persson

Rosmersholm

A stunning production of Ibsen's lesser known classic is more relevant than ever.

ARTS



Where? Duke of York's Theatre
When? 24th April-20th July
How Much? From £15

Marena Gray
Arts Writer

Ibsen wrote *Rosmersholm* (pronounced Rosmers-home) in 1886, and it is considered to be his masterpiece, over *The Wild Duck* and *A Doll's House*. Yet it is rarely staged. The day I saw *Rosmersholm* was ironically the day of the European Elections, and the parallels were astonishing, regardless of the

134 years between the two settings.

Ibsen's Nordic noir is rarely revived - although when it is, it is timely. In 2008, the world was suffering the effects of the financial crisis; in 1992, there was the Queen's annus horribilis amongst other political fiascos. It's a play that inspires change in its audience, in the way of life imitating art.

"[Atwell] is breaktaking and show-stealing"

The play is set on the night before an election, with opposing parties

vying for the vote and for the backing of John Rosmer (vividly portrayed by Tom Burke) - town priest and landed owner of the eponymous Rosmersholm. Unfortunately for the two parties, Rosmer himself has lost his faith and renounced his family's wealth, practically throwing heirlooms at his staff. This sudden change follows the suicide of his wife the previous year, and the urging of Rebecca West (the breathtaking and show-stealing Hayley Atwell), whose progressive beliefs of equality and politics spur Rosmer to act in the best way for the people.

Hamilton's Giles Terera is worryingly charming as an almost-fascist local governor determined to sway brother-in-law

Rosmer, with Jake Fairbrother chilling and cool as the opposing radical left-wing newspaper editor Mortensgard. Both eventually abandon Rosmer to Rebecca and his house. Rosmer and Rebecca are so tragically intertwined in their desperation to escape, with the quote "Now I see love is selfish. It makes you a country of two. At war with the rest of the world", encompassing this..

"The sound design was haunting"

The revelations that arise throughout the second act of the play are

almost absurd, especially regarding Rebecca's past, but Atwell and Burke are so convincing in their respective losses, it is accepted and embraced.

"A play that inspires change"

There was a larger supporting cast here than the usual *Rosmersholm* portrayal, with amusing performances from Lucy Briers and Peter Wight, who play Mrs Helseth, the ever-patient housekeeper, and Ulrik Brendel, Rosmer's former tutor and current drunk who lectures to the unappreciative masses.

Stunning imagery is utilised, none more so than the final one, with the ominous sound of the water wheel coming to a stop and a lone man standing against the floods of change.

The costumes by Rae Smith were divine, with the set and lighting used to an incredible degree to show not only the passing of time, but also the growth of the characters. The sound design was haunting yet not overwhelming, with almost-leitmotifs associated with concepts rather than specific people. The turning of the water wheel, in particular, and its importance to Rosmer, Rebecca and the town, is foreboding and cleverly brings our attention to the minutiae of the dialogue.

Stunning imagery is utilised, none more so than the final one, with the ominous sound of the water wheel coming to a stop and a lone man standing against the floods of change.

SUSTAINABILITY

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Palm Oil: Friend or Foe?

A report on palm oil, commissioned for the Imperial College Union shop, suggests palm oil can be environmentally and socially positive so long as it is sourced sustainably

SUSTAINABILITY

Petra Bachanová, Samuel G Jones, Eshita Joshi

Sustainability Writers

Palm oil is a widely used vegetable oil derived from the fruits of the African oil palm. This article aims to summarize the implications of growing production and export of palm oil, primarily from South-East Asia and the controversial question of its sustainability and certification.

Palm oil has a very high yield compared to other vegetable oils. In 2011 it produced 22% of the world's vegetable oil despite using less than 2% of the area used for growing oil crops. Palm oil is often grown on

newly cleared forests, as producers use the profit from timber to subsidise setting up a new plantation. Due to this, palm oil plantations have led to destruction of natural habitats and thus driven native wildlife to face extinction. Certified sustainable sources of palm oil try to strike a balance in being environmentally friendly and economically viable.

What is the big deal with palm oil?

A number of issues have been raised regarding the use of palm oil, including claims that it is a leading cause of deforestation and decline in populations of wildlife - in particular, orangutans. In addition, there are concerns over the social welfare of plantation workers and greenhouse gas (GHG) emissions in production.

Is palm oil production leading to habitat loss? Most likely yes. A study using information from satellite imagery and the Food and Agriculture Organization of the UN found that a significant proportion of land which was covered in forest in 1990 was used for palm oil production by 2015 in Malaysia and Indonesia. This is particularly concerning as the peat-rich soil in these regions continues to release GHGs from soil for decades after deforestation.

Is palm oil production responsible for the dramatic decline in orangutan populations in Indonesia? A study of orangutan populations on the Indonesian island of Borneo found that 50% of the population was affected by natural resource extraction, including deforestation for

oil palm plantations, and also found a decline in the Bornean orangutan population of 100,000 between 1999 and 2015. However, the same study found that the greatest factor in the decline in orangutan populations was likely hunting, while clearing for oil crops was responsible for approximately 9% of species decline.

“Palm oil has a very high yield compared to other vegetable oils. In 2011 it accounted for 22% of the world’s vegetable oil despite using less than 2% of the area used for growing oil crops”

Some big brands in the UK have reacted by boycotting palm oil; for instance, Iceland pledged in 2018 to “remove palm oil from all [its] own label products” in a planned TV ad at Christmas. Holland and Barret no longer stocks raw palm oil, even from certified sources. However, since palm oil is the highest-yielding oil crop, and millions of farmers rely on it for their livelihood, boycotting palm oil is likely to cause



Know your label. The “Certified” RSPO logo (left) indicates palm oil contained has been traced from source. The “Mixed” logo (right) indicates that the product contributes to production of certified palm oil // RSPO

more harm. The WWF argue that palm oil “has the potential to be a major force for sustainable development”.

Also, according to the WWF, of the top five UK-based users of palm oils, four are manufacturers including Reckitt Benckiser (which produces Dettol, Cillit Bang and uses 125000 tonnes) and United Biscuits (McVitie’s, go ahead!, 76000 tonnes) and one is a retailer (Tesco, 31000 tonnes). All of these use 100% Certified Sustainable Palm Oil (CSPO). However, few have ensured that the palm oil is from segregated sources, meaning that

“Just 19% of the global palm oil production is RSPO certified”

geographical origin for many is unknown.

Palm oil is used in over 50% of supermarket products ranging from bread to shampoo. Reasons for its abundance include its availability, low cost and favourable

chemical properties for a wide range of applications. It also has low levels of trans fats, which are associated with cardiovascular diseases, compared with other oils.

Furthermore GHG emissions in the growth and production of oil palm are relatively small, setting aside any deforestation, compared with other oils, and the Roundtable on Sustainable Palm Oil (RSPO) has developed a tool for palm oil producers to monitor and control the GHG emissions in their operations.

What is certification?

The RSPO is an international non-profit consortium of palm oil industry stakeholders. It issues a set of environmental and social criteria which producers must comply with in order for their palm oil to be labelled as CSPO.

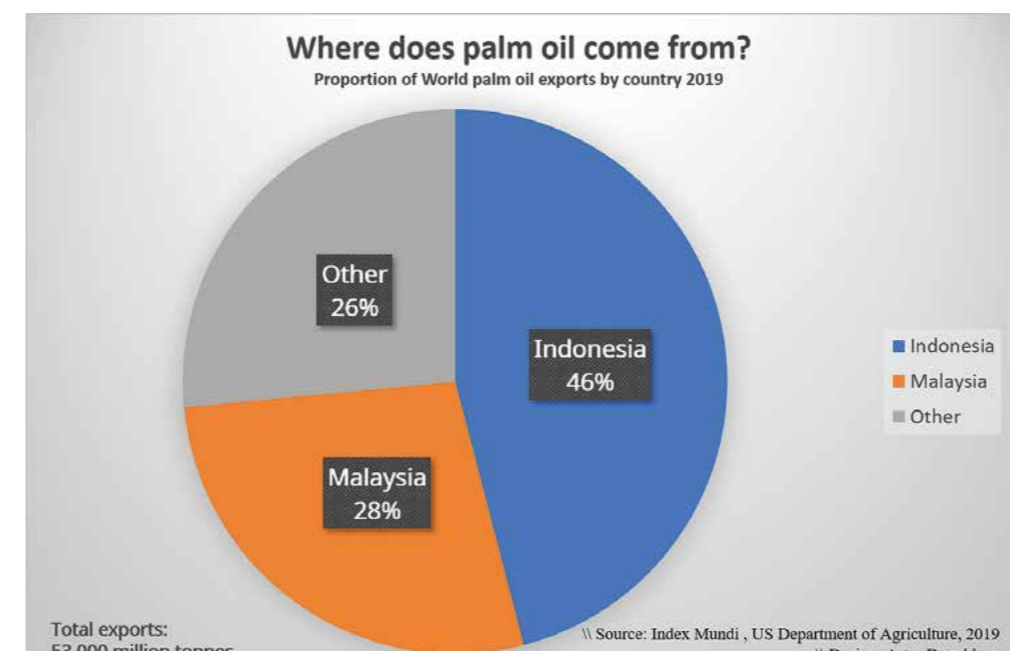
Palm oil growers must be assessed for certification by the RSPO regularly in order to continue to be have RSPO certification.

Is certification a complete solution?

There has been some criticism regarding certification of palm oil. When the RSPO revised

SUSTAINABILITY

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The majority of palm oil is sourced from Malaysia and Indonesia // Artur Donaldson

its standard in 2013, the WWF and others stated that the changes had not gone far enough to address the issue. The WWF has argued that RSPO standards have fallen short in terms of greenhouse gas emissions, banning of the most harmful chemicals like paraquat, and ensuring that only legal palm oil was entering mills. Several leading growers agreed, and individual brands and growers have made their own “no deforestation” commitments since then.

It can be argued that the pace of change is too slow. 14 million tonnes of palm oil is RSPO certified, which is just 19% of global palm oil production. This low proportion of sustainably-sourced palm oil is despite commitments made by major manufacturers and producers of palm oil to source 100% of palm oil sustainably by the mid-2010s, a deadline which a considerable number have failed to meet.

Furthermore those who have had adopted certification initially struggled to find demand. Nearly half (48.3 %) of the 8.59m tonnes of certified palm oil produced in 2013 failed to attract a buyer. This is a huge issue since the oil itself was sold at the same price as conventional

palm oil and therefore didn't give the incentive for producers to get their oil certified.

However, government regulation can be effective in creating change. In 2014, the EU introduced legislation mandating transparent labelling of palm oil on all products. This means that it must be explicitly labelled, as opposed to listed as a generic “vegetable oil” or other synonyms. In the first two quarters of 2014 there was a 65 % increase in sales of certified palm oil. The governments of Malaysia and Indonesia have introduced legislation on palm oil producers which is essentially a “watered down” version of RSPO criteria. Government legislation both by palm oil-producing countries and by countries that are the largest consumers of palm oil can be effective in tackling the issue.

Conclusion

Palm oil is an incredibly energy efficient crop compared to other oil crops - it requires fewer resources to grow and produces up to three times more oil in the same area of land. Replacing palm oil with any of its substitutes will be worse for the environment, as more land will be needed to yield the same amount of

oil. Furthermore, some of the properties of palm oil mean other oils would be unsuitable.

Having said that, deforestation due to agriculture is a very real problem in many countries. The largest users of palm oil are manufacturers, and thus pressure must be placed on industry to ensure they meet standards. Government legislation can be effective in achieving this, as demonstrated by the impact of mandatory transparent labelling in the EU. Furthermore, by making informed choices, customers can have an impact. Instead of boycotting palm oil completely, opting for sustainably grown palm oil from certified producers is a good first step towards sustainability. A further steps would be to ensure that palm oil is fully traced (not just mixed). Despite there being some concerns about the rigor of palm oil certification, certification brings transparency throughout the supply chain and forces producers to be more mindful of their environmental impact.

Today China has consumed more natural resources than it can replenish

Yet it is far better than the UK which has already consumed more natural resources than it can replenish within a year

SUSTAINABILITY

Artur Donaldson
Sustainability Editor

For each year since 1970, the first year that humanity began to consume more resources than the Earth can replenish in a year, the Global Footprint Network (a non-profit think tank) has calculated the date when humanity exhausts its budget of natural resources for the year. The calculation of this date, which they refer to as Earth Overshoot Day, has been completed and was

announced recently. As consumption of resources has increased, Overshoot Day has advanced toward the front pages of the calendar. Last year it was August 1st.

This year, the trend has continued and the date for global Earth Overshoot is July 29th.

There are also estimates for each country individually based on national rates of consumption compared with territorial biocapacity.

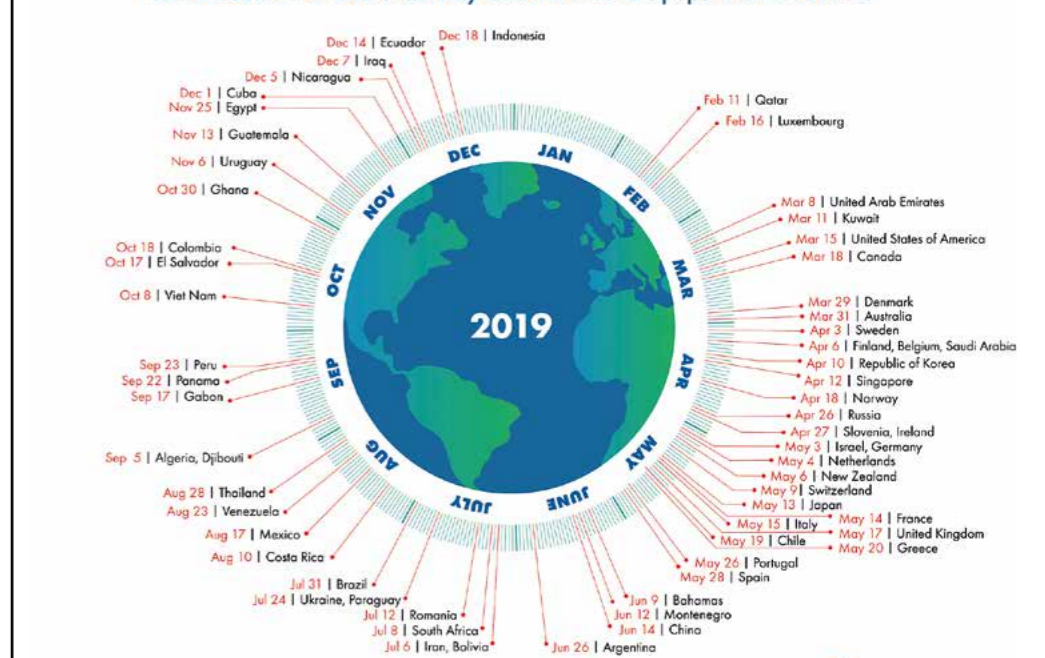
The country with the greatest earliest date is Qatar, which overshoot on February 11th. The UK lasts only a few months more. As a

country we over-reached our capacity to replenish natural resources consumed on May 17th. China, the world's largest manufacturer, overshoots on the day of publication of this issue.

The infographic below displays the overshoot dates of different countries throughout the year. Though less wealthy and larger countries tend to have later (or no) overshoot date, it is not totally correlated.

Country Overshoot Days 2019

When would Earth Overshoot Day land if the world's population lived like...



Should you bar palm oil from your chocolate bar? Products containing sustainably-sourced palm oil must be labelled. This Nestlé chocolate bar lists uncertified palm oil in its ingredients. Despite pledging to supply 100% of its palm oil from RSPO certified sources by 2013, in 2016, 76% was uncertified // Artur Donaldson

FOOD

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Spice Up Your Summer in 3 Recipes

With summer just around the corner, Felix brings you three seasonal recipes guaranteed to refresh your palette...

FOOD

Eva Tadros

Food Editor

Exams are nearly over, the sun is out (thanks, global warming), and you can almost taste the sweet, sweet freedom that comes with summer; what better way to relax and refresh than by savouring some of the season's finest produce in easy-to-follow, simple recipes?

Here are *Felix's* top three recipes:

Panzella

This energising Tuscan tomato and bread salad is ideal for when you want to whip up something that is bound to impress everyone, with only minutes to make..

- 200 g stale ciabatta

- loaf/croutons
- 600 g ripe mixed tomatoes, roughly chopped
- Sea salt
- Freshly ground black pepper
- 1 handful small capers, drained
- 1 small red onion, peeled and very finely sliced
- 280 g jarred red peppers, drained and roughly chopped



Panzella // Jamie Oliver

Forbidden Rice and Mango Salad

Mango is a staple summer fruit that is bound to zing up any dish you add it to, and black rice is no exception. This dish is literally explosive with flavour, and you're not going to want to miss it, especially when all you have to do is mix all the ingredients together in a bowl!

- 2 cups forbidden black rice, cooked and cooled
- 1 1/2 cups ripe mango chunks
- 1 cup cucumbers, finely chopped
- 1/2 cup red bell pepper, finely chopped
- 1/2 cup red onion, finely chopped
- 1/4 cup cilantro, chopped
- 1 tablespoon jalapeno peppers, chopped
- 1 tablespoon mint leaves, chopped

- 1 teaspoon lime zest
- 1 tablespoon lime juice
- 1 teaspoon salt



Forbidden rice and mango salad // OneGreen Planet

Sheet Pan Chili Lime Salmon

Bursting with zesty flavours from the limes, and the perfect smokiness from the peppers, this dish is perfect for a quick and easy dinner dish after a long day.

- 1/2 cup freshly squeezed lime juice (or juice of 2 limes)
- 1/4 cup fresh chopped parsley
- 2 tablespoons olive oil
- 2 tablespoons water

- 1 tablespoon minced garlic (or 4 crushed garlic cloves)
- 1 1/2 teaspoons red chilli flakes
- 1 teaspoon ground Cumin
- 1 tablespoon honey
- 4 salmon fillets (wild caught if possible)
- 1 red, 1 green and 1 yellow bell pepper (capsicum), deseeded and chopped
- 1 onion, cut into wedges



Chilli lime salmon // Cafe Delites

How to:

1. Whisk lime juice, parsley, olive oil, water, garlic, chilli flakes, cumin, salt and parsley together to combine. Add the honey and whisk again until the honey runs smooth through the rest of the ingredients. Arrange the salmon fillets, peppers and onion in a single layer on the

prepared baking tray; and pour over half of the marinade

2. Broil / grill until the peppers are just beginning to char at the edges (about 10 minutes) and the salmon is cooked to your liking (about 10 minutes). Remove from the oven and serve immediately with lime wedges and remaining marinade for added flavour.

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LIBERATION

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Breaking the Taboo on Eating Disorders

LIBERATION

Emma Couves

PhD Student & FoNS Academic & Welfare Officer

Four years ago this week, I remember completing my UCAS form and putting Imperial as my first-choice university. At the time, I was oblivious really to my falling mental and physical health. My eating disorder started long before Imperial but it wasn't until I got here, away from my family and support, that I realised just how overwhelming an eating disorder can be.

Eating disorders are difficult illnesses to cope with and there is a lot of misinformation about them. The media, in some ways, glorifies eating disorders and never addresses the true crux of problem. In some cases, eating disorders are about body image. However, it's not that simple; not all eating disorders are about weight loss and the majority of eating disorder sufferers are not underweight. Eating disorders are about control and perfection. The sufferer feels out of control when eating and then might go to great lengths to regain control over eating, which manifests as dangerous behaviour.

"Eating disorders are about control and perfection"

Coming from A-levels, where you are expected to obtain >90% in exams to get an A* and anything

less than 80% probably means you wouldn't make your grade offer for this institution, fosters a level of perfectionism. Then being thrown into an environment where perfectionism in academia is nigh-on impossible is a bigger challenge than anyone really admits. For seven years, we have been trained to believe the university expectation of a "good score" is just simply not good enough. This drastic change can leave high-performing students feeling vulnerable and out-of-control.

"Not all eating disorders are about weight loss and the majority of eating disorder sufferers are not underweight"

Now, I'm not saying that A-levels or Imperial gave me an eating disorder. What they did was contribute to the lack of control that I was already feeling due to events in my own personal life. Whether my perfectionism put me at a 'predisposition' for an eating disorder is neither something I dispute, nor something I can really change. On some levels, perfectionism makes me a good scientist but it is unmanageable in this environment.

I had to get some control back. Eating, weight, body shape, that was something I could control. Mixed in with some poor self-esteem

and body image, I didn't even notice the illness run away from me until I was very much under its grasp.

Getting help for my eating disorder was a long process. Ultimately, I was in denial and an over reliance by doctors on BMI can mean it is difficult to access the support needed. There is dangerous underfunding of eating disorder care, which means you can be "not ill enough" to access the therapy you so desperately need. This is something battled tirelessly by campaigners but it can make accessing care tricky. BEAT, an eating disorder awareness charity have some excellent advice on how to negotiate that first meeting with a doctor. Being prepared massively helped because even when I got upset or found it difficult to talk, I had already planned what to say. The support BEAT gives is excellent and I remember being on the phone with one of their advisors the night before, talking me through the appointment and what to expect.

I was already seeing a doctor about my mental health before that 'first meeting about eating'. My first appointment was difficult, I didn't feel like I managed to convey my behaviour with food and the whole consultation revolved around BMI and weight. It would take another two months before I went for another appointment. The second time I was switched to someone else last minute and she seemed to take my concern more seriously. I was eventually referred onto a medical study looking at the impact of early intervention therapy in eating disorder recovery and luckily accessed therapy soon after my referral. I say "lucky";

five years with an eating disorder I was still classed as "early-intervention".

There were times at Imperial I felt very alone. Due to an outdated and frankly horrendous notion that eating disorders only affect teenage girls, I felt that I was the only person who could possibly be walking around in this position. I was embarrassed to admit how much it was impacting my work, my relationships and my enjoyment of university. When I did reach out for help, I would categorically refuse to tell any member of staff, mental health first aider or university counsellor that I had an eating disorder. It was a secret I guarded very closely until the hold anorexia had was so strong that it became noticeable to my close friends.

"There were times at Imperial I felt very alone"

I can't thank my friends enough. My friends weren't there to help solve my problems or advise. They're not trained to deal with it and nor is it fair for them to have that kind of pressure. However, they were there in so many other ways; they would sit with me one-on-one because having lunch in large groups was too frightening, convince me to book an appointment with the doctor or take me for coffee before hospital appointments I was really worried about. Their willingness to support made the road to recovery seem almost doable. I felt like, even though no one knew how I felt, I wasn't alone anymore.

"I found charity helplines or message boards were able to give me in-the-moment support until my next appointment"

Sometimes waiting for a doctor's appointment or a counselling appointment can be too long. I found charity helplines or message boards were able to give me in-the-moment support until my next appointment. Relapse is a part of recovery; every relapse back to poor behaviour with food felt like another failure. When I did relapse, the BEAT message boards or Samaritans phoneline helped me get back on the right road much quicker than waiting for an appointment with a counsellor. Even if it were just a reminder of why I wanted to get better in the first place.

"The biggest thing that helped my recovery was finding a way to relieve the pressure and stress I was under"

Finally, the biggest thing that helped my recovery was finding a

way to relieve the pressure and stress I was under. This gave me a release of tension and allowed me to cope with and take control of my anxieties rather than having to restrict my food intake or exercise obsessively. Getting running back under control was a huge hurdle to recovery, and keeping it as a way to relieve stress and not to burn calories is at times a struggle, but it introduced me to some great new friends and gave me a place to process my problems in my own time. The extra endorphins and serotonin gave me a little boost in my day-to-day mood, which anti-depressants never managed. Most importantly, when I fell in love with running, I fell out of love with losing weight. I began to realise I needed to fuel my body.

"However hard it is, the more I started talking, the easier it got"

Six months into my second degree at Imperial and officially half way through my total time spent here, I have learnt a few important lessons about my mental health. Firstly, however hard it is, the more I started talking, the easier it got. Secondly, everyone needs a coping mechanism; some are far better than others. Finally, even though I don't know anyone else at Imperial with an eating disorder, I know no one else is alone.



One more week until the Summer Ball

The Summer Ball is only a week away. Before we get all glammed up for the big night, here's a checklist of things you should get ready before then:

- Exchange your ticket for a wristband in Metric between 11:30-15:00 on 20 and 21 June.
- Join the Facebook event page for the ball for updates at [imperialcollegeunion.org/summer-ball-event](https://www.facebook.com/imperialcollegeunion/summer-ball-event)
- Complete the guest registration form if you are bringing an external guest to the event at [imperialcollegeunion.org/transfers](https://www.imperialcollegeunion.org/transfers)

- Don't want to miss out on the fireworks display? Submit your mobile number at [imperialcollegeunion.org/fireworks](https://www.imperialcollegeunion.org/fireworks) for a reminder on the night.

And most importantly...

Get your red carpet outfit ready and arrive early to make the most of all on offer.

There are still limited tickets left for the Ball - we're almost sold out. So if you don't want to suffer from FOMO on Saturday 22 June, buy a ticket at [imperialcollegeunion.org/summerball](https://www.imperialcollegeunion.org/summerball)

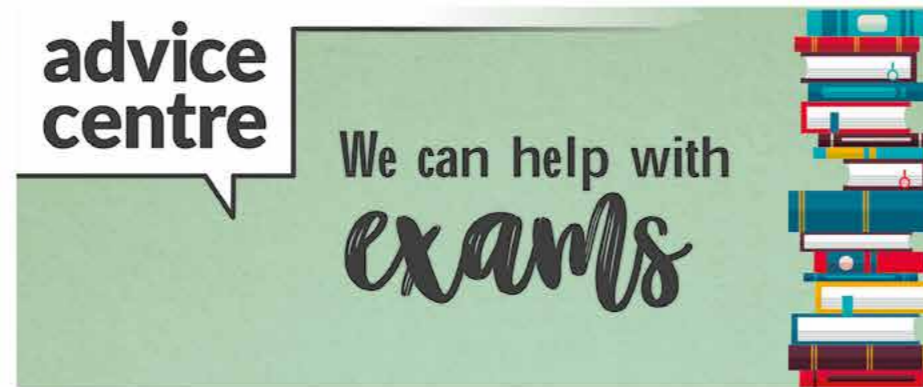


Join the Welcome Team

Help us welcome new Imperial students next term as part of the WelcomeTeam. It's one of the most rewarding volunteering opportunities available on campus as you get to make a difference in the lives of our exciting new cohort of students.

Members of the Welcome Team help provide directions and advice, staff stalls and events, help with the move into halls or just provide reassurance and a friendly face. We provide training, a shirt so you're easily recognised and everything you need to be a great volunteer!

Sign up at [imperialcollegeunion.org/welcome-team](https://www.imperialcollegeunion.org/welcome-team)



Struggling with exams and deadlines?

If you are worried about sitting your upcoming exams, come talk to the Union's Advice team. We may be able to help you through the College's Mitigating Circumstances Policy and Procedures.

Go to [imperialcollegeunion.org/examtime](https://www.imperialcollegeunion.org/examtime) to find out more information about how we can help this exam season. The Advice Centre is also here to help you navigate the appeals process, coping with stress, or anything else at all - you are not alone. The Union has a full-time Advice team dedicated to helping you.

Visit [imperialcollegeunion.org/advice](https://www.imperialcollegeunion.org/advice) for more information and to find out how to get in touch with the Advice Centre.

Wind Down Wednesdays

15:00 to 01:00 | in May & June
Beit Quad

Deck chairs Games
Drinks Tasty meals

Drink Outside The Box!

18:00 - 23:00 | Thursdays, in May & June
FiveSixEight & The Union Bar

2 cocktails for £7.90
and 1 for £4.70

Thank Goodness It's Friday

14 June | 20:00 to 02:00 | Beit Quad

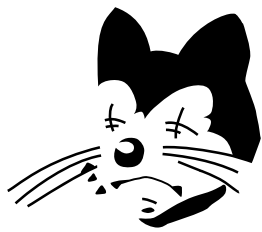
VK Outdoor Bar DJ Booth
Photobooth Drink deals

Summer carnival

28 June 2019 | 12:00 - 03:00

THE UNION BAR FiveSixEight metric

imperial college union



Hangman

College hosts Unethical Careers Fair for desperate students

HANGMAN

Negafelix
Editor-in-Chief

The event connected both companies and students who similarly give no fucks about corporate social responsibility.

The College held its final major careers event of the year this

past Tuesday, helping students looking for jobs with companies with less than honourable public reputations.

Held in the Business School (naturally), the aptly-titled ‘Unethical Careers Fair’ had been previously advertised to students looking to “maximise their earnings without caring about social responsibility and other similarly foolish millennial concepts”, according to the circulated e-mail invite.

Rebecca Foghorn, Co-ordinator of the

Careers Service, was steadfast in her department’s decision to host the event. “Well they were all going to fuck off to where the money’s at anyway,” she maintained, “so let’s not kid ourselves by offering them actual science jobs they’re not going to take.”

The event was met with a sizeable turnout from students, with many engaging with available companies, in at least one instance crying at the feet of a recruiter for a job. “I mean, being an eco- and social justice warrior

“Well they were all going to fuck off to where the money’s at anyway...”

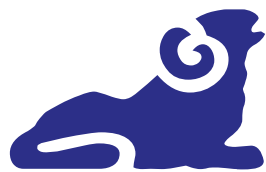
makes me feel good,” said Jamar Chaudry, final year Chemistry student, “but so does money, and I intend to make lots of money. Why not sell my soul to the devil? This place has



Screw morals, get money // Imperial College

crushed it anyway.” Companies present included Shell, Exxon-Mobil, and Amazon, all of whom were known contributors to College

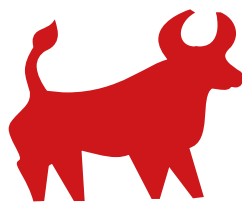
Autocrat Clarice Blast’s recent purchase of prime fracking land in the north-west of England.



ARIES

This week all your usual library buddies but you are done with exams.

You can practically smell the booze-filled vomit from Level 3.



TAURUS

This week your body hasn’t quite understood you’ve finished your degree.

Your 10:30 AM breakdown happens as scheduled.



GEMINI

This week the postman accidentally drops off your parcel at your neighbour’s.

She sends her son to hand over the butt plugs you ordered.



CANCER

This week you get ready to live your best life this summer. Unfortunately the weather has other plans for your life.

Talk about systematic oppression.



LEO

This week you decide to get into Love Island since you’re not doing anything anyway.

Suddenly Quantum Field Theory is sounding like a nice distraction.



VIRGO

This week your group project members decide to all fuck off on holiday before your 4pm write-up deadline.

Time to get the battery acid out.



LIBRA

This week you allow yourself to be used as a tool of an oppressive system used to keep the man down.

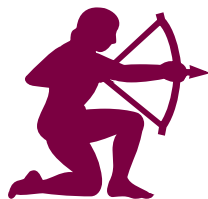
Never again are you agreeing to write the horoscopes.



SCORPIO

This week after your last exams, you get back into bingeing your favourite Netflix show.

It’s just not the same without the guilt.



SAGITTARIUS

This week your supervisor asks you to present results of your simulation to the group.

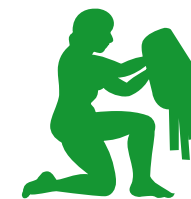
She’s not impressed when you show her your Sims family



CAPRICORN

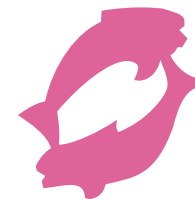
This week you’re Michael Gove. You believe being a leader is knowing where to draw lines in the sand.

Too bad you just end up snorting them.



AQUARIUS

This week you seem to be releasing pheromones into the atmosphere, because you keep getting chased by Mormons.



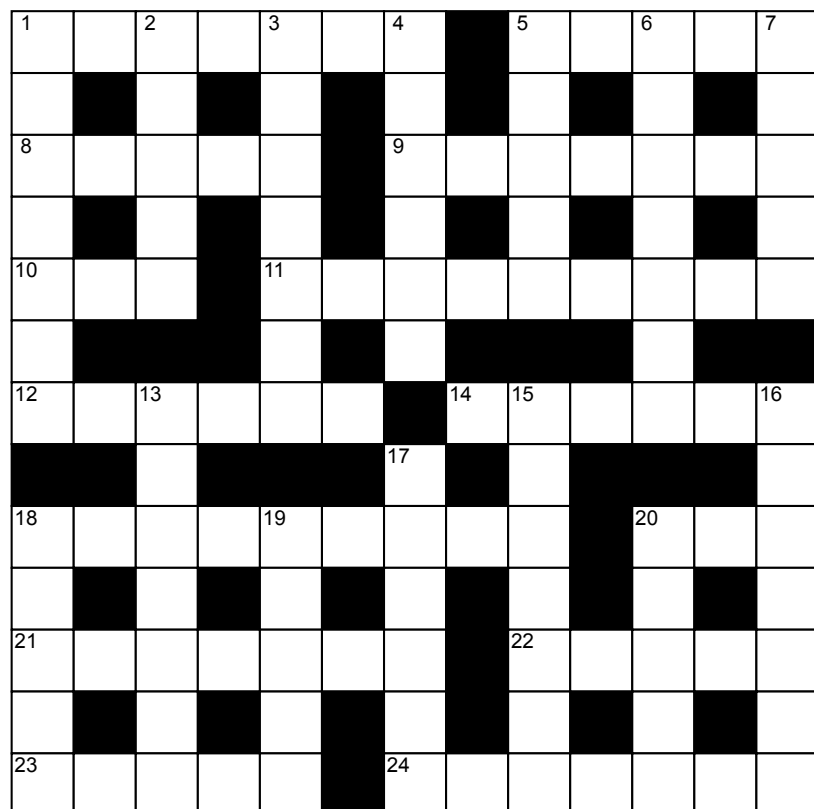
PISCES

This week you’re the NegaFelix editor.

Can’t wait to attend Alice Gast’s top secret Illuminati party yay!

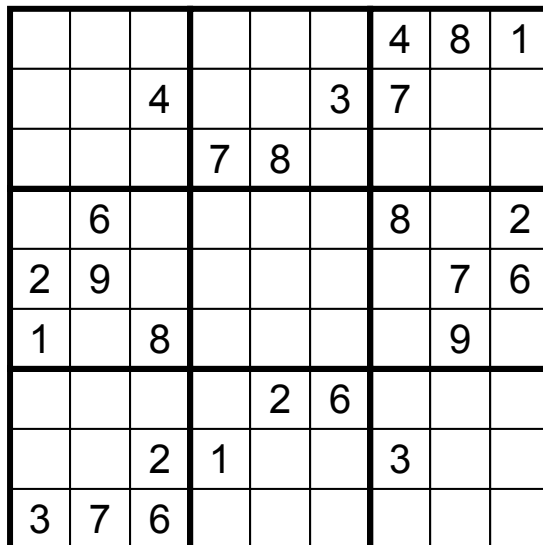
PUZZLES

fsudoku@imperial.ac.uk



SUDOKU

Fill all the boxes with a number between 1 and 9. A number can only appear once in a row/column, and only once in each sub-box.



FUCWIT

1	Trollheim	238
2	DQ	234
3	Yeet Infection	230
4	Maxiane	222
5	O1G	204
6	Wooloomooloo	148
7	Big H's Boys	126
8	Computer Magic	117
9	Rock, Flag & Eagle	108
10	S. B. S.	95
11	Quizlamic extremists	87
12	Luncheon Pals	85
26	Katienoch	16

Send your solutions to fsudoku@imperial.ac.uk before Wednesday midday to take part in the leaderboard!

Points available

Crossword	6
Minesweeper	4
Sudoku	3
Shikaku	2
Nonogram	3
Total	18

Across

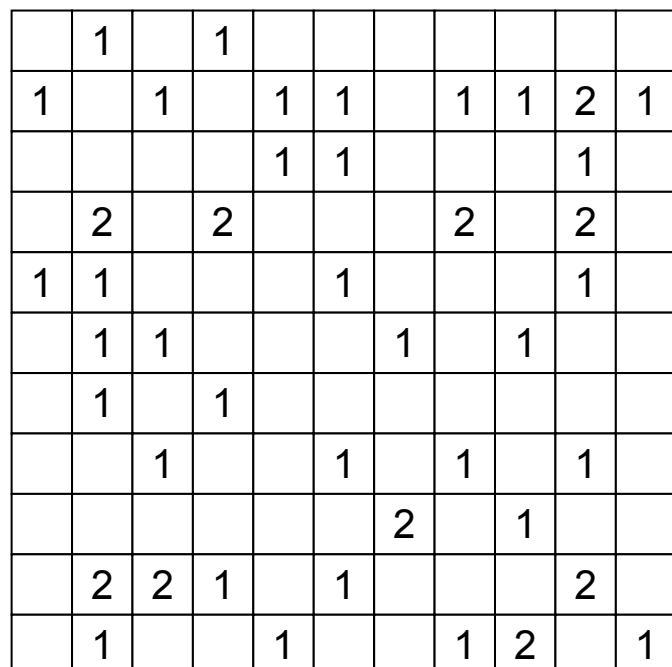
1. The windy city (7)
5. Do this when house plants get too big (5)
8. White beard on fruit and veg (5)
9. Ceremonial tune (7)
10. Belongs in museums (3)
11. Thursday Instagram activity (9)
12. 3D circle (6)
14. Reason for an inhalator (6)
18. So-called universal language (9)
20. Cry loudly (3)
21. Folded paper (7)
22. Turns white light into rainbows (5)
23. Turn into law (5)
24. Firearm for ensuring hesitant weddings (7)

Down

1. Always points North (7)
2. Inhabitants of the American Arctic (5)
3. Checks business accounts (7)
4. Home of a famous comma (6)
5. Continue a contract (5)
6. Top of the first ever pyramid scheme (7)
7. Make small adjustments (5)
13. Yummy orange spice (7)
15. Born in October or November (7)
16. Egg white (7)
17. Slimy French delicacy (6)
18. Chip away (5)
19. Obey Newton's third law (5)
20. Child pendulum (5)

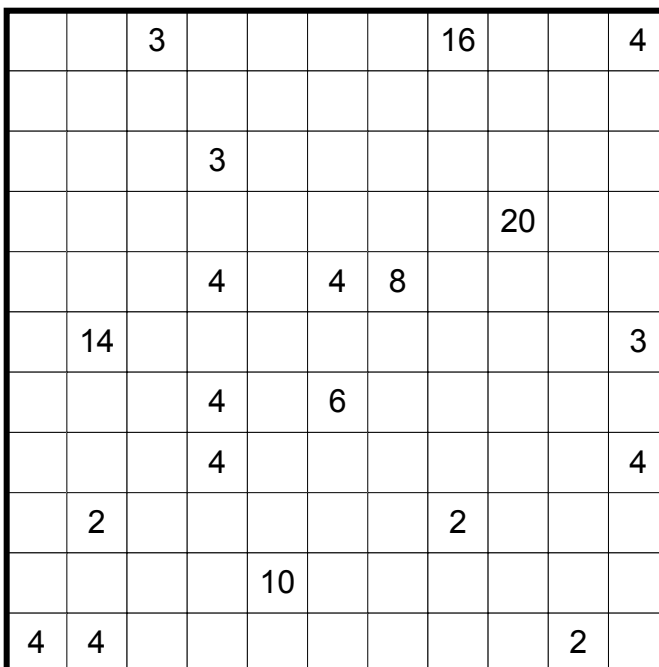
MINESWEEPER

The number in a cell represents the number of mines adjacent to that square (up/down, left/right, diagonal). Find and mark all of the mines to clear the board.

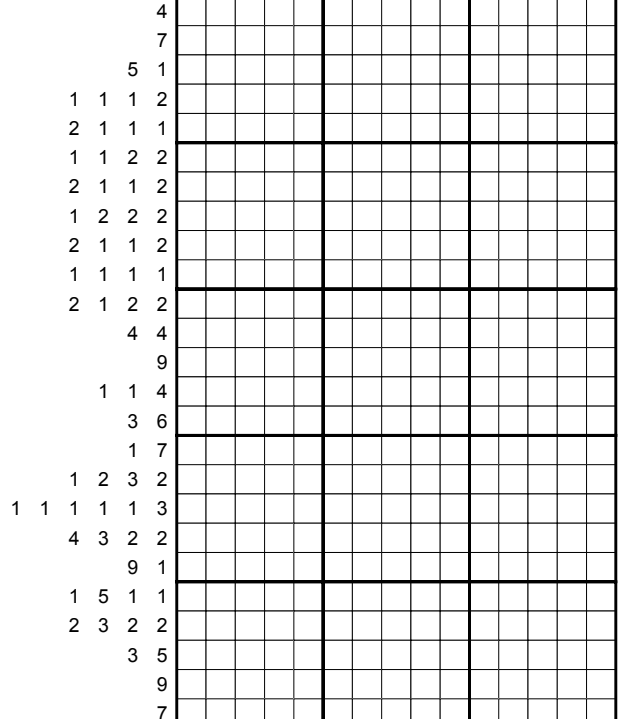
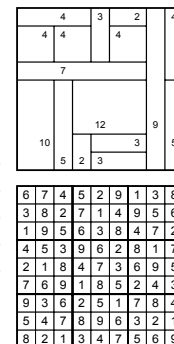
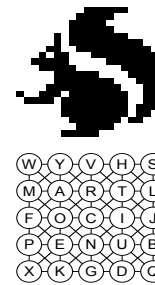


SHIKAKU

Divide the square into rectangles, such that each rectangle contains exactly one number. The numbers given represent the area of the containing rectangle.



Last week's solutions



SPORTS

sport.felix@imperial.ac.uk



Silver Salvagers: Imperial Athletes take home half the crockery in front of Buckingham Palace // ICXCAC

Imperial Finish Mile(s) Ahead

Cross Country and Athletics end the year on a high with strong performances in the Westminster Mile and dominance at the annual LUCA Awards

SPORTS

Fergus Johnson

Sports Editor

Just one day after their triumph at the *Battle of Battersea*, as previously reported by *Felix*, Imperial's top athletes headed off to one of the iconic parts of London for the Westminster Mile, a legacy event from the 2012 Olympics Games.

Starting on the Mall facing towards Horse Guards Parade, the one mile route takes runners around St. James's Park and along Birdcage Walk before turning to finish in front of Buckingham Palace.

This year saw the first ever London Universities and Colleges Athletics (LUCA) wave in the event, meaning athletes from London's universities had the streets to themselves for the duration of their

one mile lap.

With the runners assembling on the start line beneath the glistening midday sun, the more revision-focused members of the squad came to the realisation that the race was being streamed live by the BBC!

Following this revelation the BBC's viewing figures increased by approximately 200 as Cross Country and Athletics members scrambled to find the link to watch their peers race against their sworn London rivals.

Before they knew it they were off and flying down the first section, with Imperial's navy and blue vests well represented in the exam-season depleted field of the London student athletics scene.

Fantasy Football Club Champion Niki Faulkner hit the front early on, and the online spectators were delighted to hear specialist commentary from

the BBC who picked out Niki, suggesting it was an "individual time trial" for the athlete, and that he would have been aware of this "from the beginning".

In the background of the shot from the lead motorbike cameraman, Mihaly Ormay, Matt Ryan, Jim Warren, Alex Mundell, Jack Teh, and Steph Hewitt were all within sight.

As the relatively short race progressed, the runners passed the giant green figure of Arsenal FC's dinosaur mascot - Gunnersaurus - who was still making his way around the course from an earlier way. No wonder dinosaurs are extinct.

With Niki nearing the end of the race, the rest of the field were becoming more and more distant. However, much to the dismay of the commentators, this did not stop him looking behind him to keep an eye on the ever-increasing gap.

Meanwhile, as Niki dipped across the line in a time of 4:28, Imperial's dream team were building for their sprint finish.

“Following this revelation the BBC's viewing figures increased by approximately 200 as ICXCAC members scrambled to find the link”

Mihaly Ormay gave it everything to finish in fourth place, just managing to finish one second under the all-important 5-minute barrier.

Close behind were the club's candidates for

bromance of the year - Matt Ryan and Jim Warren - who both finished within touching distance of one another in 5:10, followed by Jack Teh in a strong 5:28.

Whilst the men's category was somewhat lacking in suspense, the women's title went all the way to the line, as the top two finished in the same second - but it was Imperial's Alex Mundell who took the title.

Knowing that 'silver salvagers' had been promised for the top three athletes, Steph Hewitt made sure to stay ahead of 4th, ensuring she won the smallest silver plate you have ever seen.

In the LUCA Awards presentation which took place that evening at Imperial, Imperial College Cross Country and Athletics took home Club of the Year, thanks to nominations from non-Imperial athletes who had spotted and admired

the club's friendly, excited atmosphere at events throughout the year.

Individual awards went to Women's Captain Charlotte Barratt for widening participation thanks to her supervision of the new Couch-to-5k group, Men's Captain Jack McKeon for Coach of the Year due to his excellent circuits sessions every Monday evening, and incoming Women's Captain Georgia Curry, who picked up the award for Female Athlete of the Year following her performances in the cross country league and recent athletics fixtures.

This weekend of success ensured the club finished the year on a high, and hopefully many athletes will continue to compete over the summer before returning to College in October ready to hit the cross country season hard.