

Felix

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Union apologises for staff treatment

► UNION PRESIDENT APOLOGISES FOR UNION'S PAST TREATMENT AND LAUNCHES CONSULTATION



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Bleach beers and haram burgers at the Union

Calum Drysdale Editor in Chief

Anonymous sources in the Union have revealed that a culture of over-work and callous management led to a student being served a pint that contained bleach, not cleared out after the line cleaning that had occurred the previous day and that non halal burgers were served as halal to freshers and their families for the whole day as new students moved into

halls.

The two incidents occurred in 2018 in the Union bar and in 568 respectively, however, in neither case were the students or customers informed of what they had just eaten or drunk. Nor were procedures altered to prevent this happening again.

The contaminated pint was served after a permanent staff member failed to complete the line cleaning process the night before.

The issue however, has been described as an “accident waiting to happen” by student bar staff members who expressed frustration at chronic understaffing leading to a lack of permanent bar staff supervisors who were supposed to do line cleaning and the introduction of Union breakfasts which made it impossible for essential maintenance to be carried out in the

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COVID WARNING

IF YOU PICK UP THE PAPER
PLEASE TAKE IT AWAY
WITH YOU

NEWS

WHAT IS FELIX?

Felix is the newspaper of Imperial College Student Union. We provide entertainment, information and news while also being a space that members of the Imperial College community can use to publish their views and respond to the views of others.

CAN I WRITE FOR FELIX?

Yes. We welcome all submissions and aim to publish everything we are sent. An editor will work with you to make sure your article is in the best condition it can be for publication. We also produce video and audio content if that interests you more.

HOW DO I SUBMIT AN ARTICLE TO FELIX?

- If you already have an article in mind or have written one already then send it to the section editors via email. These email addresses can be found at the top of each page in a section.
- If you want to write but don't have a topic in mind, check out or section specific writers Facebook groups that we update every week with topics we would like articles about or email the section editors

Send your article to us by 8 o'clock on Tuesday and we can then have it ready for publication that Friday!

We are also always recruiting editors, copy editors, photographers, artists and more. If you would like to get involved in Felix in a regular capacity, email Felix@ic.ac.uk

College's response to the A-level fiasco

Maeve Johnston News reporter

The cancellation of A level exams in March 2020 left students and the examinations regulator Ofqual with a fundamental dilemma - to accept centre assessed grades calculated by teachers (CAGs) or obtain grades for students alternatively. The government decided on the latter, building an algorithm to determine grades based on previous centre (school or sixth form) attainment and the ranking of each student relative to others in their school.

Concerns were raised for months after the announcement - MPs warned that only 16% of students actually achieve their predicted grades, prediction can be mired with bias and the system of ranking relative to past results may disadvantage bright students at historically low-achieving schools. On results

day, the problems with this approach became evident, and after four days of chaos - students being marked down or even failed in exams they hadn't taken, losing out on university places and being pushed into gap years - the decision was reversed and students given CAGs. As there was no freeze on admissions to universities in the interim, many institutions were left with far more students meeting their offers than they could cater for. By the 7th of September, College had contacted all affected incoming students, advising them that they could either take up their place or defer before enrolling in October 2021. The ~100 students in the latter situation are being offered mentorship and support from college during their gap year. For some, the year out will offer the opportunity to develop new skills and buffer entering University at a time when the 'University experience' is socially distanced and bound by behav-

our codes and hygiene rules. However, with some university educators already concerned about the knowledge gap produced by students out of education for six months, and a lack of jobs and travel opportunities, having a gap year may be daunting or in some cases completely financially unfeasible.

Priority for places on courses this year was offered to those from widening participation backgrounds, as was advised by the Office for Students - Imperial College was recently ranked the 112th of

116 UK universities for social inclusion by the Times, and given sustained efforts to increase the participation of under-represented groups in College, this moment could act as an inflection point for the University to reconsider how to assess incoming students and dole out offers. Exams further down the line could create



STUDENTS HAVE MISSED OUT A LARGE CHUNK OF LEARNING...THAT COULD BECOME SUBJECT TO MORE SPORADIC SUSPENSION

similar admissions problems over the next few years - GCSE grades were also assigned by CAG, potentially affecting university applications, and contingency plans for exams under a potential lockdown in 2021 have not been announced. Students have also missed out a large chunk of learning, that with a dysfunctional track and trace system and whole school years in covid bubbles could become subject to more sporadic suspension. How the college will deal with this, and how uncertainty around grades will inform further widening participation work remains to be seen.

Have you been affected by the changes to A level grades? would you like to tell us about it? Email Felix@ic.ac.uk

GSU lobbies College to bring stranded Chinese students to London

Nick Manrique News reporter

One of the many ill-effects of the current pandemic has been its impact on international travel, and few countries have been more affected than China. Due a complex mix of governmental policy, international politics and pandemic measures, the number of flights between the UK and China has been far lower than usual.

For the thousands of Imperial students and offer holders living in China, this means being effectively stranded in their home country for the start of the academic year. Prices for flights to London are often prohibitively high, and availability is scarce. What's more bookings are often cancelled at short notice, resulting in enormous financial uncertainty. One PhD student in the Civil Engineering department recalled how he spent "more than £6000 on tickets" while still not having a confirmed flight

home. Such cases are not unique either, says the Graduate Student Union (GSU) president Zixiao Wang.

According to a GSU survey of 1328 new and current Imperial students in China, 98% hope for the College to arrange private charter flights from various cities back to London. Such a solution wouldn't

be without precedent. Recently Queen's University Belfast, Exeter University, and others have confirmed similar plans to get students back to

the UK in time for the start of term, highlighting the national scale of the problem: there are currently over 120,000 Chinese students studying in the UK, many of whom will be facing this issue directly.

The uncertainty of the situation is a massive cause for concern for Mr.

Wang. "I think the impact is very significant. There are more than 2000 students at Imperial in China facing this problem. What I want to emphasise is that this isn't just 2000 students, but 2000 families". He says the impact will be felt not just practically (re-

searchers face "disaster" without access to their labs), but also in terms of the value families feel that they're getting: "they're paying to study in London".

In view of the national scale of the problem, the GSU has called on the College to "take a leading role" in its alleviation. In response to Felix's request for comment, an Imperial College London spokesperson said: "We know some of our international students are facing difficulties getting to Imperial for the start of term [...] and we are do-

ing all we can to support them. We continue to make the case for more flights to airlines and are exploring various options to help our students experiencing this problem. We will update affected students as soon as we can."

They went on to say that a "wide range of innovative educational experiences such as virtual labs and field trips" will be used to mitigate the potential harm, specifically citing the use of VR for radiology training in the medical school, and reassured students that "our global student community is part of what makes studying at Imperial such a rich experience. International students will continue to receive a warm welcome by Imperial wherever in the world they are studying - remotely or in person." For many however, these reassurances may not be enough.

Imperial top for graduate prospects says The Times

Calum Drysdale Editor in Chief

Publication of the Times Good University Guide 2021 has seen Imperial top the national league tables for graduate prospects with more than 95% of graduates in high skilled employment or post graduate study 15 months within 15 months of graduation. It also led amongst leading universities on its spending on services and facilities.

In the overall rankings however, Imperial performed less well, slipping down a place in the from 4th to 5th be-

5th best overall ranking for university in the country

117th ranking for social inclusion

hind Cambridge, Oxford, St Andrews and LSE which moved up two places from last year to displace Imperial. The fall in Imperial's position reverses the gain made between 2019 and 2020.

These rankings were determined using 8 metrics (entry standards, student-staff ratios, student satisfaction, services and facilities spend, completion rates, first-class and 2:1 degrees, graduate prospects and research quality) with student satisfaction and research quality being weighted at 1.5.

The main drivers of Imperial's fall in

position were poor teaching quality, completion rate and the student-staff ratio that put it below LSE, despite outperforming the other London university in a number of other fields and coming second in the country for research quality.

While the top of the leader board was fairly static there was significant movement further down with Durham (6th), Lancaster (=10th) and Loughborough (7th) falling and Bath (9th), UCL (8th) and Bristol (13th) rising up the table.

The guide also highlighted major issues with Imperial teaching quality that it ranked as 117th in the country as well as social inclusion where it ranked 112th with a black attainment gap of -7% beating only Cambridge, Durham, Oxford and Bristol. The Guide acknowledges, however, that outreach

and access programs are having a positive effect.

Oxford was named as the University of the year for the work by the Univer-

57th ranking for student experience

sity's first female vice chancellor in admitting students that had been downgraded by the government's results algorithm and its work on the COVID-19 vaccine.

The results of The Times/The Sunday Good University Guide 2021 can be read at www.thetimes.co.uk and is one of several university ranking guides.

NEWS

Union bar staff speak out against

Calum Drysdale Editor in Chief

Current and former bar staff working in the Imperial college union bars have spoken out against the way they were treated by management in the Union. Felix has heard how staff members reliant on the bar for rent and food money, were treated as thieves and had their freedoms slashed away.

Complaints allege that the implementation of the new Commercial strategy in 2018 resulted in the decline in quality of all the Union managed bars as well as revenues. Before the Commercial strategy in 2018 the bar had managed to maintain consistent profits

for the previous 6 years. However, upon its implementation expenditure grew by £300,000 a year while income fell, in real terms.

This increase in expenditure can be attributed in part to the rise in agency staff fees that became necessary due to the effect that the policy's focus on increasing food sales and cutting staffing costs had. Staff report how the 2 chefs that could fit into the kitchen had to deal with +40°C temperature as they worked over constantly on grills, pizza ovens and deep fat fryers to provide freshly cooked food, a key component of the policy. These conditions lead to the resignation of many of the chefs re-

Credits: Calum Drysdale



Only 2 chefs can work in this small cramped space that can reach +40°C

CONTINUED FROM PAGE 1

Bleach beers and haram burgers

mornings.

The permanent supervisor was expected to begin the cleaning, a 3-4 hour job, "at 2 am after a busy night" said a student manager at the time. He was one of only 3 permanent supervisors "when we needed 4" said Drew Loynes, former bar staff student supervisor. On top of this "because the management thought [the student bar staff] were stealing they insisted that a permanent staff manager or supervisor was on every shift" forcing already overworked permanent staff supervisors to work long double shifts and weekend shifts when having multiple managers was unnecessary.

The staff member that identified the

drink as contaminated was taken to hospital but suffered no long-term consequences. The condition of the original customer is unknown.

The sale of non-halal burgers occurred on a freshers' move in day in 2018. The mistake was noticed a day or two later and it is alleged that senior managers in the Union, decided against informing students as, according to a manager at the time, "not many were sold". However, due to a till malfunction at the time all staff members were having to record their purchases on paper rather than through the tills, leaving the total number of burgers sold unknown.

quiring the hiring of even more agency staff.

The culture of the Union at that time was criticised. Working there involved "awful mind games and horrible comments" according to one former sab-batical officer, while student staff were described as "resources".

"Before [2018], we had three great managers. But within 6 months of [the policy being implemented] they had all left. I don't think that was a coincidence" said a staff member who asked to remain anonymous.

The process of replacing them was handled "incompetent[ly]" with student staff relied on to fill out paperwork, place orders, hire security and even in one case, log their own hours. However, despite this staff were regarded as the reason for the falling revenues

and were "treated as thieves" with the possibility of staff being searched on arrival and departure for cash being raised.

A former staff member described the campaign against them as "ludicrous. They clearly had no idea how the tills worked".

Staff also have seen their perks being withdrawn. The Food and Drink Policy implemented in November 2018 by the same architects of the Commercial strategy policy replaced a 60-70% discount on a small list of items (the 'at cost price') with a flat 15% discount on all menu items. Staff were also forbidden from drinking coffee from the machine that was used to serve customers. Instead they were given instant coffee, that was more expensive than the beans used in the customer coffee, in "spite".

Picking favourites in the Union bars

Calum Drysdale Editor in Chief

Bar staff have also condemned the arbitrary and unprofessional management styles of some previous top members of the Union.

Staff describe the dysfunctional way that favourites were picked, and people were leaned on to make them do work beyond their paygrade with the promise of promotion dangled in front of them, while those that raised issues with staff treatment were 'blacklisted'. One staff member describes the response they received to complaints about working conditions was being described as "difficult" and that management "couldn't stand [them]".

Will Shepard, a recently promoted supervisor at the time, was encouraged to "prove himself" capable of promotion by arriving an hour early for his shifts to complete managerial paperwork with the promise of a

promotion to manager without an interview process held out as a reward. When complaints were raised about this by other staff members who felt overlooked by Shepard's promotion the response was that "Will been promoted by me as in my right and position is to promote any staff member if they are suitable for the position without any application process. Will is only duty [H] bar manger not the 568, if there will be a position for 568 open I will open application for anyone but currently nobody is suitable for the role anyway[sic]"

It has also been alleged that staff members were pressured into taking shifts by being taken into the office, the self-locking door was closed behind them and urged to work more shifts, being forced to turn down each available vacant spot shift when already working more than 20 hours a week.

poor treatment by management

Credits: Calum Drysdale

Casual staff were discouraged from drinking in Union bars as a further anti-theft policy with staff parties being treated with suspicion and hostility. Managers hired security to watch parties and would themselves loiter nearby, watching over proceedings, contributing to the culture of intimidation.

Unfortunately for many staff, there was no possibility of leaving. A former student manager told Felix that for many EU students the bar is the only way that they can get through university. While qualifying for Home Student tuition fees they are not eligible for maintenance loans or support. There-

fore, unless they can be entirely parent supported, these students must find work in order to eat. Felix has heard of two students in the last two years that failed their exams while working over 30 hours a week in the bar and of many more people that struggled to learn while working 40+ hours a week with requests for Departmental assistance being met by an attitude of "if you are too poor you shouldn't be here".

Student bar staff are still not paid London Living Wage.



All the deep fat fryers are on constantly making the kitchen a furnace to work in

Union apologises for staff treatment

Calum Drysdale Editor in Chief

Union president Abhijay Sood has apologised for how student staff were treated in the past saying, "We apologise and want to stress that we have learnt valuable lessons from this period".

Sood acknowledged the frustration that was felt by bar staff members and has initiated a consultation on Union staffing and reorganisation. One of the key aims of this consultation is to give the staff an hourly pay rate that reflects the London Living Wage, a key manifesto point of Abhijay Sood's Union President re-election campaign.

While he stated that COVID restrictions make definite plans difficult he has said that he regretted "the loss of confidence and drop in satisfaction amongst students and student

staff" and acknowledged the need to "change dramatically in every single area that we operate, including within our leadership and management teams".

Other staff members have echoed this Union attitude paradigm shift, saying that they would work shifts down in the bar, in order to get a better understanding of conditions for student staff workers.

Sood also recognised that there has been a disconnect in previous years between the service provided by the Union and what students actually want saying that they are looking to adopt a "strategy that better aligns them with what students want"

The staffing consultation can be completed and more details can be found at www.imperialcollegeunion.org/news/union-staffing-consultation-and-reorganisation

EDITORIAL

This statement and other comments coming from the Union point towards a real change in attitude occurring. Union officials are reportedly frustrated by the disconnect between student staff and the collapsing moral of the workforce. Already there are positive signs of change in the air.

Casual bar staff were kept on the furlough scheme over the summer in what is an encouraging gesture given the difficult financial situation of the Union. We here at Felix hope that this is not a flash in the pan and that the conditions of bar staff will continue to improve into the future.

THE ORIGINAL STATEMENT

During the 2019/20 academic year it is obvious that the Union faced a number of significant challenges within our own operation, most notably within our bars and kitchen functions. This clearly resulted in a loss of confidence and drop in satisfaction amongst students and student staff alike. Whilst we cannot comment on specific staffing matters, we completely accept that we did not deliver a service that Imperial College students deserve. We apologise and want to stress that we have learned important lessons from this period.

The COVID-19 pandemic has required the Union to change dramatically in every single area that we operate, including with-

in our leadership and management teams. Due to social distancing rules, the only venue we are able to operate for the foreseeable future is 568 under an entirely different operating model. This context has therefore required the Union to make significant alterations to our permanent staffing team. The consultation process for this has now been completed, and some further details can be seen here: www.imperialcollegeunion.org/news/union-staffing-consultation-and-reorganisation.

Over the next six months we are planning a strategic review of the entire Union, as we seek to become a better run and more effective organisation. Our plan is to positively rebuild

our commercial outlets once the pandemic has eased – but based on a new strategy that better aligns them with what students want. A major element of this work will of course be how we deliver a better service, but we also plan to look at how we maximise the opportunities available to student staff. We are committed to becoming a Union that trusts students to help us run our bars and our shops, and ensures as much money as possible is put back into the pockets of our members.

We will be consulting heavily with students (and student staff) over the coming months and are excited to start the process of our long term transformation.

SCIENCE

The Imperial mathematician who won the \$3m Breakthrough Prize

Photo credits: Imperial College London

Ansh Bhatnagar Science Editor

Professor Sir Martin Hairer, Chair in Probability and Stochastic Analysis at Imperial College London, has just been awarded the \$3m 2021 Breakthrough Prize for contributions to the mathematical field of stochastic analysis.

The Breakthrough Prize was founded by billionaire philanthropists such as Sergey Brin of *Google* and Mark Zuckerberg of *Facebook*. First awarded in 2012, it aims to “honour the most profound and transformative discoveries” and counts Stephen Hawking amongst its laureates.

Sir Martin Hairer has previously been awarded the prestigious Fields Medal and joined the maths department at Imperial in 2017.

Felix sat down with Sir Martin Hairer (over *Microsoft Teams*, of course) to discuss his research and what it’s like to win a \$3m prize.

Felix: Firstly, congratulations on winning the Breakthrough Prize! How did you feel when you heard you had won?

MH: Surprised! I was first told by the head of the selection committee, Terence Tao. I didn’t expect that at all - he sent me an email asking if we could have a chat on Skype, and we were both involved in the organisation of the next Congress of Mathematics, so I just thought it was something about that. But obviously I was extremely happy and honoured that they selected my work for that prize.

Felix: Has there been a ceremony?

MH: Not yet - the ceremony was meant to be in November, but because of the whole COVID situation that’s not working out. So it’s been postponed to the end of March. We’ll see how that turns out.



Professor Sir Martin Hairer, Fields Medallist and winner of the 2021 Breakthrough Prize in Mathematics

Felix: You’ve been recognised for your work in stochastic partial differential equations. How would you describe this field?

MH: So first I should start by explaining what a differential equation is. These equations are used to describe, for example, the movement of celestial bodies. In that case, you have a physical law that tells you how their position, which is a function, changes instantaneously with time. Now, partial differential equations are a similar type of equation, but where you could have a function dependent on two or more variables – so before we had time, and now space can join the game as well.

These can describe the motion of a fluid, and the function would be the velocity of the fluid at every point dependent on density, maybe temperature and other parameters as well. So it

would vary not just in time, but also in space, and the partial differential equations that describe this system will also involve both time and space.

Stochastic partial differential equations consider the randomness of the system. There’s some random influence that acts on

your system, and there would be an additional term in the equation to describe that. So for our fluid example, randomness could be thermal fluctuations, or wind

blowing on the surface of the water. One example I’ve used several times is stirring a cup of tea – the motion of the spoon might be modelled by a random

term. These are the type of equations I am interested in.

More specifically, the chunk of work I got the prize for was for analysing a class of such equations where the solutions are extremely irregular, and the randomness acts in such a way that the

solutions vary rapidly in space. They become so irregular that when you write down an equation, it’s not even clear how to interpret the equation from a mathematical point of view.

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IT’S ABOUT TRYING TO UNDERSTAND THE PHENOMENON OF UNIVERSALITY.

Felix: So these solutions are not even analytical then?

MH: No, not at all, in some cases

they're not even continuous. They're extremely irregular.

Felix: Do you make use of a lot of computation in your work then?

MH: I do use simulations to guide intuitions, sometimes. If you want to figure out what some system does you code it up and see what it actually does on a computer, and that might give you hints of what you might be able to prove mathematically. But I wouldn't say it's a major component of my work. And of course, I use simulations to help illustrate my lectures as well.

Felix: Is it fair to say that your work is quite often dealing with emergent phenomena?

MH: Yeah, you could say that. In the physicists' language, it's more about trying to understand the phenomenon of universality, trying to understand why there are a lot of different systems that, when you look at the fluctuations at very large scales, they actually kind of look the same. Typically at large scales, a system doesn't really depend on the microscopic details. It's something that as a physicist you would take for granted, but as a mathematician it's not at all something that's obvious. So it goes in the direction of trying to understand that phenomenon.

Felix: When researching you I found out that your father is also a mathematician! What's it like having two mathematicians in the family?

MH: Three, actually! My wife is also a mathematician, she's even a professor at Imperial as well. When we go back and visit my parents, it's not like we're all just talking about math at the dinner table or anything at all, it's just normal family conversations. I mean, what my father does in math, isn't that close to what I'm doing. We can still understand each other and what research the other is doing, but we're not really that close research wise. With my wife, Professor Xue-Mei Li, we're a bit closer because she also works in probability. We actually have published a joint paper together. But yeah, we don't always talk about math at home.

Felix: Did he play a part in inspiring you to study the same discipline?

MH: Certainly, in the sense that he would always be willing to answer my questions and I would ask him what he was working on. I was always interested in sciences, and I actually started by studying physics, I was in the theoretical physics group in Geneva. But then I got more and more attracted towards the mathematical side.

Felix: You did your PhD in physics as well – how come you switched over to maths?

MH: Yeah, well I did the PhD formally in the physics department, but it was really a PhD in math. At any other university my supervisor would have been in the math department. I felt I was just better at math, and I like the fact that in math, when you prove a theorem, it's true forever.

Felix: You've been awarded the Fields Medal, you've been knighted, and now you have also won this Breakthrough Prize. As someone who has been awarded so many honours, what's your opinion on these honour systems?

MH: Maybe slightly ambivalent. I'm obviously extremely happy to have been awarded, but I get the feeling that there are certain types of work that are easy to honour because it's clear that one person has made the main contribution. So

in that sense, I got lucky because I developed a chunk of theory and it was really clear to see that the founding paper was written entirely by myself, and many of the later papers were written in collaboration with students, or postdocs, and so it was clear that I founded that theory. Whereas what happens in many cases is you have math that gets developed by several people together. And there it's much less clear who you would want to honour – if there's five people from different institutions that all contributed to it in various bits and pieces, then someone who deserves to be recognised may miss out. But it doesn't mean that the math they produced is any less impressive. So that's always the thing that makes me feel a bit uneasy about them.

Felix: This interview is for the fresher's issue of Felix, and presumably many maths freshers will be reading this. Is there anything you would like to say to them?

MH: This year is especially challeng-

ing, because they will have to follow lectures from home and there will be very little interaction with staff. I want to wish them good luck, and I hope that this unusual format isn't going to turn them away from their studies, and they can still find a way to motivate themselves, even if there is less social interaction, which is of course a very important part of university life. So I can certainly sympathise with them as they've drawn the short straw here.

Felix: Final question – which mathematician, historic or present, do you believe should be more recognised?

MH: Well, it always depends on: recognised by whom? One of the mathematicians I found most impressive is von Neumann, and he is of course well known among mathematicians and presumably you've heard about him too. But everyone knows Einstein, or Newton, but very few in the general public know von Neumann. He certainly deserves to be a household name.

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IF THERE'S FIVE PEOPLE FROM DIFFERENT INSTITUTIONS THAT ALL CONTRIBUTED, THEN SOMEONE WHO DESERVES TO BE RECOGNISED MAY MISS OUT.

Felix Science wants you.

If you're a writer, videographer, digital artist, or just someone who loves talking about science, then the Imperial Science Communication Network is for you.

Go on, join it. You know you want to.

 Felix



SCIENCE

COVID-19 VACCINE TRACKER: Felix Edition

In order to put an end to the global coronavirus pandemic, researchers around the world are working tirelessly to develop a vaccine to protect against COVID-19. While

vaccine production usually takes multiple years, a coronavirus vaccine is hoped to be developed within 12-18 months.

Vaccine testing can be split into 5 stages:

Pre-clinical – animal testing to see whether the vaccine elicits an immune response.

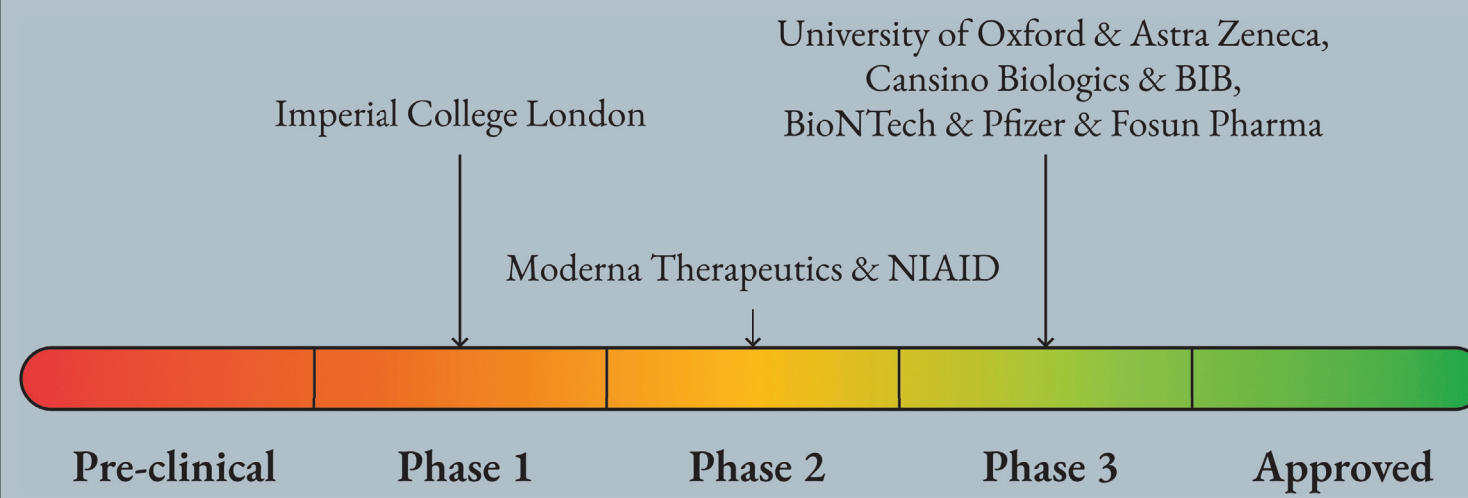
Phase I – healthy human volunteers to determine safety and evaluate immune response.

Phase II – hundreds of volunteers to identify correct dosage.

Phase III – thousands of volunteers to confirm safety and efficacy vs. a placebo.

Phase IV – studies on adverse effects, long-term immunity and vaccine usage following the approval and licensing of the vaccine.

The WHO is currently tracking the progress of over 170 candidate vaccines; at Felix, we've chosen 5 of the most promising candidates to follow, so watch this space!



The Science of Procrastination

Julia Dabrowska Science Editor

Procrastination: more prominent now than ever, as everyone adjusts to studying and working from home - but what exactly is it? Experts define it as the voluntary delay of an important task - usually to focus on more short-term, satisfying activities - despite knowing that we'll suffer as a result. Studies find that around 20% of the population are chronic procrastinators. Unfortunately, while some claim that it sparks creativity, research shows that people who procrastinate have higher levels of stress and lower wellbeing.

So why do we still do it? A common explanation is poor time management. While that is a contributing factor, true procrastination is a failure of self-regulation, with the inability to manage emotions at its very foundation. Procrastinators recognise the temporal harm in their actions, but can't overcome the emotional urges towards distractions resulting in feelings of guilt and anxiety. Being in a negative mood then hampers your ability to perform, restarting the cycle.

Reasons for this vary, but there are a few key procrastinator types. Thrill-seekers like the adrenaline rush once the deadline rolls around. The last-minute pressure is the only thing that actually motivates them - and, chances are, they

have a history of getting away with it. The fearful are afraid of being judged for their inadequate performance and would prefer to be regarded as lacking effort, rather than ability. Perfectionists want an ideal final product, and so think that there will be a 'better' moment, as their future self will be more knowledgeable or prepared. Others may get overwhelmed by the number and complexity of sub-tasks required, delaying the entirety of the task.

Psychologically, a phenomenon called temporal discounting or present bias may be to blame. This means that a stronger weight is given to payoffs that are closer to the present, even if the value of something presently and far away is the same. Procrastinators enjoy instant gratification, while the future self seems like a different person. For example, studying for a Friday test for 1 hour daily is less preferable to studying many hours on Thursday night because alternative options such as socialising with friends are more fun at the time.

Neurobiologically, procrastination

is a battle between two brain regions: the limbic system and the prefrontal cortex. The limbic system contains the pleasure centre, controls mood, instinct and reward, and functions automatically. When you attempt to do something painful or stressful, the limbic system will urge you to stay away in order to provide immediate relief (for example, taking your hand

away from a flame).

The prefrontal cortex controls integrating information, planning, and decision making, but has to be actively forced to work. Since the latter isn't as developed, the limbic system frequent-

ly wins, leading to procrastination - until the prefrontal cortex, realising that the task is urgent, eventually forces you to take action. Additionally, every time something pleasurable is done, dopamine is released, strengthening neuron connections and reinforcing positive associations with that behaviour for the future.

The stressful feelings accompanying procrastination can be linked to the amygdala - a brain region associated

with automatic emotional reactions and the 'fight or flight' response against challenging tasks. When activated, the brain protects against possible difficulties, releasing adrenaline, in turn increasing levels of fear and anxiety. Interestingly, research has found that those who chronically procrastinate often have a larger amygdala than those who don't.

Since procrastination is harmful - how can you minimise it? Breaking up tasks into smaller chunks, and simply beginning, even if only for 5 minutes, will help you get started. Set yourself internal deadlines, remove temptations, for example by using app/website blockers, and reward yourself with a 10-15-minute break for every 45 minutes. Finally, studies show that the best treatment is targeting the emotions: when you find something positive about the task itself, it will encode a positive association in your brain. Remember the amazing feeling of managing to complete something prior to the deadline, and, most importantly, forgive yourself if it does happen, so that you can start fresh next time. And if someone complains about your tendencies to leave work till the last minute (cough cough your parents), you're not 'just lazy' - it's a scientifically-legitimate condition!

“

PROCRASTINATION IS ESSENTIALLY A FAILURE OF EMOTIONAL MANAGEMENT

Open Letter on anti-racism to the Department of Mechanical Engineering

► *Mechanical Engineering Students present this letter to their Department, with calls of reforms to BAME support, anti-racism training and procedures dealing with racial issues.*

Mech. Eng. students



To the Department of Mechanical Engineering, Imperial College London is not doing enough to support Black, minority ethnic and other under-represented students and staff. Where actions have been taken, the university has failed to effectively engage with systemic and structural problems of racism and discrimination. Imperial removing its Latin motto due to its ties to colonialism is, fundamentally, an empty gesture, one that is especially tokenistic considering the university's imperial-istic name. The College fails to take true accountability of its ties to colonialism and the legacy of the British empire. Instead of making superficial changes, we call on the university to champion effective anti-racism initiatives and support the wellbeing of its Black, ethnic minority and other under-represented students and staff.

As Mechanical Engineering students, we recognise the positive steps our department has taken toward fostering an open and supportive environment for all. It is a place where the wellbeing of students is valued, as exemplified by the encouraging work of our dedicated

Senior Management Team. However, it is also a place where there are no Black staff and only a handful of Black and ethnic minority PhD students, and where conversations about race and gender inequality are limited to the minorities affected. The onus to establish action and accountability within the department has been placed solely on staff and students of the associated minorities. We believe that the onus should be shared by the majority white, male, and /or middle-class department populace.

It is for these reasons that we, the students of the Mechanical Engineering department, implore the department to act on the following fronts where anti-racism and pastoral supports for Black, ethnic minority and other under-represented communities are still lacking. We hope that such action will also catalyse change on a university-wide level, to begin tackling Imperial's deep-rooted links to racism and discrimination.

We, the students of the Mechanical Engineering department, understand that the department is already engaged in outreach aiming to "widen participation and access for Black, Asian & Minority Ethnic students" to the College

(Strategic Planning Division, 2019). While this intervention is a welcome development that will undoubtedly have some positive effect, increasing the number of under-represented students without addressing the systemic racism prevalent in the university only increases the number of under-represented students dealing with the psychological stress of discrimination.

An Equality and Human Rights Committee (EHRC) inquiry into racism in higher education reported that those who make formal complaints of racial harassment often deal with a profound impact on their mental health. Out of 559 recorded complaints of racial harassment, 8% of complainants reported feeling suicidal. 1 in 20 students, who responded to the EHRC's call for instances of racial harassment, left their course, and 3 in 20 members of staff left their jobs (EHRC, 2019). We demand the department to:

1. Facilitate a departmental mental health support system equipped with counselling and support for Black, minority ethnic and other under-represented students who are experiencing racial trauma and discrimination.

a. Employ additional student wellbeing advisors equipped with the cultural competencies and specialties for Black students and other under-represented groups.

b. Engage in data collection & investigation to ensure there is not a mental health service access gap.

c. Produce yearly reports recording participation and engagement to the said mental health support services.

We, the students of the Mechanical Engineering department, understand that it is the responsibility of the teaching staff, personal tutors, and administrators of the department to support the academic and pastoral demands of Black and minority ethnic students.

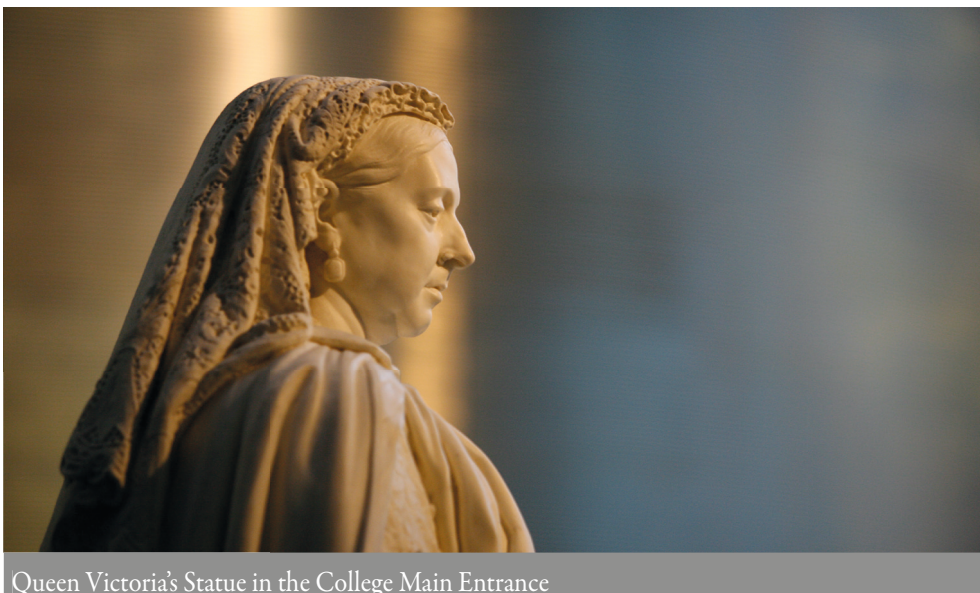
Photo credits: Imperial College Asset Library

STUDENT TESTIMONY

" I experienced so much racism in halls. The people I was literally surrounded with were overwhelmingly white and privileged, so I constantly felt othered. On one occasion, I made curry and ate it with my hands, this prompted a white friend to tell me that was unhygienic and disgusting. When I told him, it was completely normal in other parts of the world, other people told me to let it go and to cut him some slack. I was repeatedly called the 'token brown friend', with some saving my number as that in their phones. My white friends would complain that there were too many ethnic societies at Imperial and that third world countries should be grateful for colonisation. They would say the N-word freely and without consequence. I felt like I had to assimilate so much just to avoid ridicule and embarrassment. I changed my accent, the food I ate, and the things I enjoyed just to please people that were meant to be my friends. "

In order to fulfil such a role, effective training is essential. Yet, the current Unconscious Bias and Active Bystander training is inadequate and generic. Staff are ill-equipped to address fundamental matters of racial inequality, institutional racism, white privilege, and racial microaggressions in education – issues that Black and minority ethnic students face on a daily basis. Thus, it is imperative that the department:

2. Reform the current inadequate Anti-Bias work at both a staff and stu-



Queen Victoria's Statue in the College Main Entrance

COMMENT

CONTINUED

dent level. The current Unconscious Bias and Active Bias training are ineffective in tackling the existing culture in the college. Staff are reluctant to engage in anti-discrimination speech and advocacy for fear of failure. There is zero personal accountability for implicit, and sometimes explicit, complicity by staff in furthering the non-inclusive, non-diverse, and at times hostile status quo.

a. Reduce the size of the workshop to encourage greater personal impact on workshop attendees.

b. Replace the current one-off tick box Active Bystander Training and Unconscious Bias training with higher frequencies of Anti-Discrimination Work and Anti-Institutional Racism Classes.



THE CURRENT UNCONSCIOUS BIAS AND ACTIVE BYSTANDER TRAINING IS INADEQUATE AND GENERIC.

A Guardian investigation conducted in over 131 universities found that out of 996 formal complaints of racism, only 367 were upheld. Of the complaints made against students only 78 students faced suspensions or expulsion, and of complaints against staff, only 51 staff faced dismissal or resigned (Batty, 2019). It is clear that universities prioritise their reputation over protecting and supporting the students and staff of minority backgrounds. Those tasked with addressing these complaints either receive minimal training or are dismissive of the systemic racism endemic to their communities.

Priyamvada Gopal, a reader at the faculty of English at Cambridge University, said complaints of racism were met with “race illiteracy”: “Complainants get exhausted and give up simply

because there is no comprehension of what racism is. There is either outright denial, ‘gaslighting’ or minimising... There are few mechanisms and still fewer trained staff able to deal with race matters” (Batty, 2019). Therefore, we demand the department to:

3. Establish a Racial Misconduct Liaison Team to provide thorough support to students and staff in reporting racial harassment and other form of racial misconduct. The responsibilities of this team must include, but are not limited to:

a. Provide 1-2-1 support to staff and students experiencing racial harassment, as well as personal guidance and step-by-step help for victims to formally report said incidents to College Disciplinary Panels with due recognition of the harassment’s racial category.

b. Collaborate with the College Disciplinary Panel to mandate anti-bias, anti-racism and institutional racism classes to racial misconduct perpetrators, on top of other disciplinary actions as stated in paragraph 64 in Ordinance E2 (College Council, 2018).

Throughout the policies and initiatives enacted, higher education institutions, Imperial College London included, have hidden true accountability under the acronym of BAME. This initialism reduces students of diverse identities to a single, homogenous group; a group where the vast range of racial, cultural and ethnic experiences, and structural inequalities unique to each minority group are erased and invalidated. For this reason, we demand that initiatives created and policies made for under-represented communities be made with the under-represented communities.

4. Establish an Equity and Equality Student-Led committee as means of continuous ongoing feedback into the work of the EDDCC and Senior Management Team. This committee will meet up with the Senior Management Team and EDDCC to expedite additional initiatives and structural reform.

A significant step to institutional accountability is public accountability. It is for this reason that, we call upon the department to dismantle its system of information gatekeeping under the

guise of GDPR compliance and engage in public acts of data transparency. We call for the data to be disaggregate where relevant, and findings published to the Mechanical Engineering cohort and its alumni, with respect to:

5. Provide transparency in demographic data including details in attainment, access, and progression in the department with due diligence done to comply with GDPR Approval. Actively disclose reasons as to why said data is inappropriate for disaggregation if that is the case.

a. Moreover, engage in staff & student forums and town hall meetings, where department administrators are in communication with the wider cohort to disseminate data, clarify information, and answers questions students might have.

The Department of Mechanical Engineering is a department that respects equality, inclusion, and equity, but words alone will not eliminate the racial challenges and barriers faced by students of these minorities. It is in times like this that the department must act, not only to reject its ties to Imperial’s deeply racist past, but also set out an inclusive and equitable future for all its staff and students.

We stand with the men, women and children abused, brutalised, and murdered at the violent hands of racism, anti-Blackness, white supremacy, and white nationalism. We denounce and reject the institutional suppression directed towards Black communities and we call for power and justice to the Black lives taken by the hands of racism; the names of Trevor Smith, Mark Duggan, Sean Rigg, Rashan Charles, Sheku Bayoh, Julian Cole, Dalian Atkinson, Jimmy Mubenga, Belly Mujinga, Sarah Reed, Elijah McClain, George Floyd, Breonna Taylor, Atatiana Jefferson, Philando Castile, Eric Garner, Trayvon Martin, Tamir Rice, Ahmaud Arbery, Stephen Clark, Michael Brown and others whose names and stories we may never know.

Yours,

The students of the Department of Mechanical Engineering

STUDENT TESTIMONY

“One white friend told me he was more of an immigrant than me as he had briefly lived in another country. This was despite the fact I had told him my parents were refugees.”

“On a university trip, I was one of only 3 people of colour. The topic of colourism came up once whilst I and a black friend were in the room. When we talked about our own experiences with colourism, we were completely dismissed by our white peers. One even insinuated that they hadn’t seen any evidence of colourism during their trip to an African country.”

“When I have shared my feelings about experiencing casual racism to white friends the conversation was quickly changed as if my trauma was too uncomfortable a topic.”



To add your signature to this letter, go to bit.ly/3coEcsx or scan the QR code.

To share your experiences, contact us at antiracism.imperial@gmail.com.

This edition was produced thanks to the work of

Isabelle Zhang	Deputy Editor-in-Chief
Maeve Johnston	News writer
Nick Manrique	News writer
Andrew Melville	Comment editor
Sung Soo Moon	Comment editor
Eamon Farhat	Comment editor
Khama Gunde	Comment editor
Ansh Bhatnagar	Science editor
Julia Dabrowska	Science editor
Sudarshan Sreeram	Tech editor
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Amanda Barden	Sports editor
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Enny Tran	Copy editor
Kavan Clark	Copy editor
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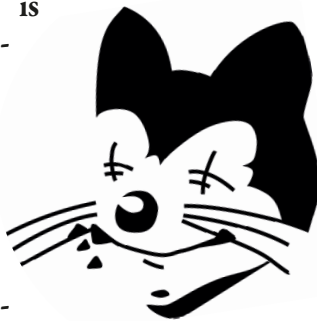
And our numerous contributors

The Felix Editor on

The long hiatus, now thankfully over

Welcome back. It is with great joy and relief that I bring you Felix issue 1749, the first of our post lockdown issues. Felix as a paper has been in print consistently since its inception in 1949. This hiatus, stretching 28 weeks since last year's final issue has been the longest period in our history that Felix has not been in print. With this issue, we put that behind us and look to the future.

We return to you much stronger than when we left. Our team is the largest that it has been for 4 years and has been overcoming difficulty to continue producing articles from home by remote desktoping into the office to layout pages for print. I have pushed the team hard and I would like to thank them very much for the work they have done. I hope they felt it was worth it and that that they are proud of what they have produced. I am certainly proud of them. Special mention goes to the Science section that has recruited over 60 writers and interviewed the prize-winning Imperial mathematician Professor Sir Martin Hairer. It is well worth a read.



Keen readers may have spotted our new layout. We hope you like it and that it will stand the test of time. Those unhappy with the change are welcome to complain to not_an_email_address@ic.ac.uk. My eternal thanks go to Isabelle Zhang for her tireless work getting it ready. Felix wouldn't happen without you.

The collected articles published on our interim website felixonlinesummer.uk will be gathered into a single issue, 1748 as a record of the way that Felix continued publication throughout adversity and will be displayed on our new online home at Felixonline.co.uk. This website has also been the product of work over the summer replacing its worn-out predecessor and it will once again make the archives and back issues fully searchable. Many thanks to Andy Wang and Pete Bridgman for their work on this. I hope you will agree with me that it is infinitely nicer than what came before.

Thanks for reading.
Calum Drysdale Editor-in-Chief

Statement of Intent

We here at Felix believe that it is always in the interests of the students to know. That cover-up and paternalistic obfuscation is never right and that as intelligent people students should be treated with respect and given the ability to make up their own minds. Therefore, I, the Felix Editor, on behalf of the team promise that:

We will to the best of our ability tell you the whole truth and nothing but the truth.

We will keep your confidence and will only publish something you say to us if you have explicitly said that we can.

We will work to expose unfairness and discrimination in all forms that it takes both at the College and elsewhere.

We will treat fairly any article sent to us, regardless of point of view and do our best to work with you to prepare it for publication it in our pages.

**Signed by Calum Drysdale
Editor-in Chief**

Keep the Cat Free

While masquerading under a motto of "Keep the Cat Free" I write to you, our readers, with an apology. This week, we have been forced to withdraw certain aspects of one of our stories as they identified staff members who on the basis of our allegations, could use the contents of the article as a basis for an employment tribunal against the Union.

We concede that with Union finances being so threadbare, initiating a round of court appearances and

legal confrontations would not be in the interests of the student body.

However, I would like to assure you that our zeal to print uncomfortable truths remains. If you feel that students or staff are being mistreated and would like to bring this to the attention of the Felix team contact Felix@ic.ac.uk. All conversations will be off the record until explicitly said otherwise.

Felix Office
Beit Quad, Prince Consort Road
London, SW7 2BB

Tel: 020 79548072
Email: felix@ic.ac.uk

felixonline.co.uk
[@feliximperial](https://twitter.com/feliximperial)

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HANGMAN

Student Representatives Calls for Thinner Walls

Credits: wikimedia

Tarlie Hitmuss NegaFelix Reporter

Deputy President for Welfare, Hervin Habeghi, has delivered a petition from first year students to the College Housing service describing the thickness of walls between student rooms unacceptable and demanding an immediate decrease in the amount of sound proofing that they provide.

Freshers arriving in halls for the first time were said to be dismayed that they couldn't hear enough sound coming in from next door rooms. To the dismay of parents helping their children move in it is almost possible to forget you are living in a box surrounded by other people.

This behaviour stems from restrictive COVID rules limiting student freedom so much that talking through the walls is the only form of socialisation available.

Feb Senton, a new Beit resident explained that unable to go on a night out he had been really looking forward to being assigned a room next to "the bastard that wants to play techno at 3 am."

What would once feel like a death sentence is now

hot real estate as Facebook Welcome groups light up with requests to move closer to alleged noise makers and freshers advertise their huge subwoofers on dating apps.

The trend towards thinner walls has got so fierce that freshers are being searched on arrival and cofiles, pickaxes and drills are being confiscated in their hundreds.

The strict rules have also assisted those in the dating game.

One Wilson resident, Woliver Eir, said "I am not exactly a looker and I was quite excited about the whole idea. After 6 weeks of getting to know each other in Morse code by tapping on the radiator pipes, the friends I make will definitely over look my lethal halitosis when we finally met."

Unfortunately, this method of socialising can't substitute completely for face to face interaction. NegaFelix has reports that attempts by first years to lose their virginity through the walls lead to confusion and frustration when the hole through the wall was completed and it was found that both parties had lied about their gender.



Channel 4 announces "Come Dine with Me - Student Halls Edition"

Credits: Thomas Angus

Tarlie Hitmuss NegaFelix Reporter

Channel 4 announced a new spin-off to the popular game show Come Dine with Me, where Imperial students from various halls compete for a 15 minute counselling session.

Hosted by Mr Blobby, the programme pits freshers from Beit, Princes Gardens, Xenia, and North Acton in a competition against each other to provide the best evening of food and entertainment. Felix received early access to first episode, which airs on Monday 5th October.

The first round saw Beit resident Feb Senton hosting. His menu was inspired by his EIE module Simulation and Modelling. His messy, spicy fajitas were served on a bed of Doritos, experienced only through his guests' VR goggles. Susanne Clifford from Xenia commented, "they tasted lovely but they were a little light."

For entertainment, Senton had everyone lie in bed and try to sleep while the Metric speakers blared the top tracks of Now That's What I Call Music 23.

The second round in Princes Gardens was hosted by Marco Fusilli. His three course menu consisted

of: a boiled pasta starter lightly drizzled in Dolmio's Bolognese Original Pasta Sauce 500g from Tesco (like his mother made in Sicily; a fajita pasta bake with sliced Sainsbury's Garlic Baguette x2 420g £1.65g/unit; finishing off with a Cadbury Dairy Milk Buttons Chocolate Dessert 85g each.

The third evening was spent at Susanne Clifford's kitchen at Xenia. Unfortunately the experience was quite forgettable, like everything else about Xenia. But there were definitely fajitas involved.

The final night was hosted by Doug Campbell. In a gesture sure to help his final score, he provided donkeys and guides to help his guests make the trek. He planned to serve up spaghetti hoops, baked beans, tinned mash potatoes, and tinned peas, but unfortunately had forgotten to buy a can opener. Undaunted, he started the entertainment early, encouraging guests to join him in a noisy rendition of I'm Gonna Be (500 Miles).

After the sing-along, the results were announced.



With a 15 minute counselling session on the cards, tensions were high. In last place, Susanne Clifford from Xenia, for obvious reasons. In third, Doug. Though he kept spirits high, his lack of can opener proved to be a fatal error. In joint second place, the winners Senton and Fusilli were given half of the 15 minute slot each.

Delighted, Senton told NegaFelix, "I can't wait to attend my session, I've already got the first available slot. 2026 is gonna be my year!" Fusilli was similarly pleased, "I just sold my slot to a JMC student for 50 quid and a sexy back rub."

Something about lectures

Credits: wikimedia

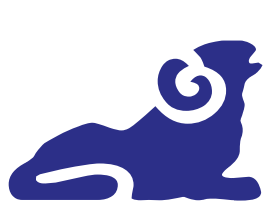
Tarlie Hitmuss NegaFelix Reporter

Collective of Imperial Student complain at not being able to 'show off' during pre-recorded online lectures

A small group of Imperial students have called for a return to in-person live lectures rather than the new COVID friendly, pre recorded lectures. It is understood the motivation behind the campaign is due to the new lecture format offering scarce opportunity for these students to demonstrate their superiority over their peers. In its most basic case this is attempting to correct a lecturer, however it can also take the form of asking drawn out, self-answering questions during the lecture.

Academic representatives across all departments have been inundated with angry, perfectly worded emails about this issue. NegaFelix reached out to

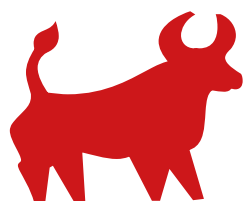
Crarchie Awford, the third year physicist behind the campaign. I asked him "You've started this campaign because you have less opportunities to question lecturers, tell me more about that", showing an uncharacteristic flicker of emotion he smirked and reminded me that it should be "fewer opportunities". After refusing to answer my question until I rephrased, he elaborated; "It's simply something the College hasn't considered when making the decision to host online lectures, I need to get my self-approval from somewhere and there's only so much winning the family zoom quiz will do for me". I suggested that if he wanted to ask the lectures questions why didn't he just email them, he retorted "If a tree falls in the forrest and no one is around the hear it, did it really make a sound? Yeah, didn't think so". NegaFelix contacted Imperial College Union for comment, they declined.



ARIES

This week the Union rejects your request for a Virgins Liberation Officer.

Apparently Liberation Officers are for minority groups only.



TAURUS

This week Alice Ghost gives birth to a parasitic cyst.

Midwives say the resemblance is uncanny!



GEMINI

This week you're an anti-vaxxer.

You're terrified of tiny pricks.



CANCER

This week you're Boris Johnson.

That's it. You're the joke.



LEO

This week you're ready to impress your ex-boyfriend with your revenge body.

It's starting to decompose a little but he'll definitely regret breaking up with you now.



VIRGO

This week your friend group has a bit of drama going on.

Fran discovered you guys made a Microsoft Teams without her and she is pissed.



LIBRA

This week it's your anniversary with your girlfriend of six years.

Yeah she's kinda young but she's really great at listening.



SCORPIO

This week you're fed up with your rodent situation at home and take matters into your own hands.

Now you're wanted for questioning about your flatmates' disappearance.



SAGITTARIUS

This week you're bored of Tinder.

The NHS Covid-19 app is way better at finding hot sweaty singles in your area.



CAPRICORN

This week you face the biggest question of 2020 so far.

- Huel or nutritional yeast?



AQUARIUS

This week you lose your virginity.

You attempt the missionary position but accidentally convert your partner to Mormonism.



PISCES

This week you're a non-regular reader of Felix. Some of these horoscopes seem quite funny, you'll never know we're actually reprinting them,

HANGMAN

Credits: Diego Cambiaso



Letters to the Editor

Dear sir,

I am writing to complain about your awfully intermittent publication schedule. During the first days of the national lockdown I searched high and low for copies of Felix to use as loo paper, to no avail. Please improve the reliability of your printing.

Christopher Blint
4th year EIE

Dear sir,

I am writing to demand you increase your coverage of my society's events. As the Vice President (Media relations) of the IC Friends of Javanese Pygmy sloths your failure to do so shows reveals you to be a palm oil loving hack. We are a central part of Imperial culture. Do better.

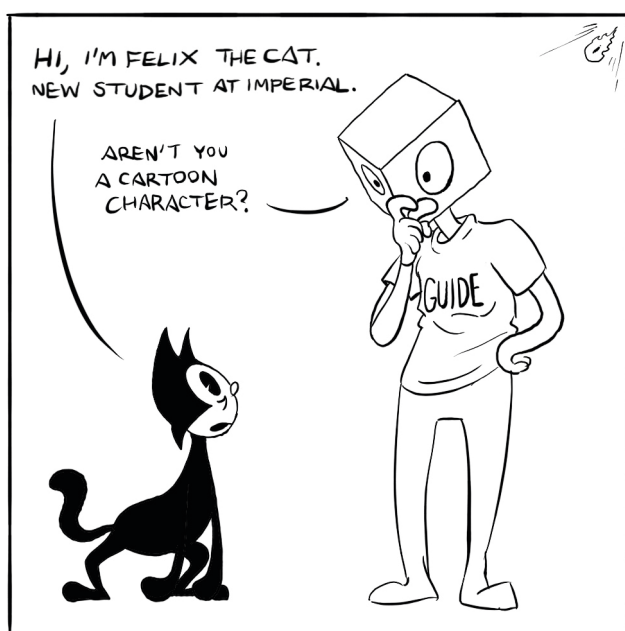
Michael Credon
Petroleum Engineering Masters

Dear sir,

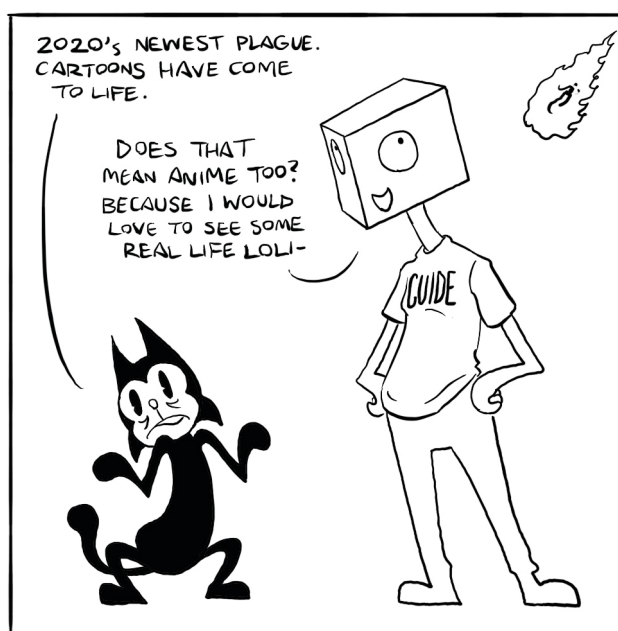
There was a very attractive young man in the first row of my Planetary movements lecture. He was using a silver laptop, had curly brown hair, fine features and glasses. If he reads this then would he please contact me.

Dr Masters
Department of Physics

Comic



FRESHER



-NIGGT

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ARTS

Meet the Editors

Ozbil Ege Dumenci

Often found thinking 'I should have done an artsy degree' 6 years into medical school.

*Rating: ★★★★★★★★★★★★
(atleast according to his grandmother)*

Location: *A Piccadilly Line service... to Cockfosters (Mind the gap between the train and the platform)*

Dates: *28/08/1996 - probably soon*

Prices: *£0 now, whatever a junior doctor salary can afford next year (spoiler alert: still £0)*

Ozbil (also known as Oz depending on who you ask) considers himself to be ancient, being well into his sixth (and hopefully final) year at Imperial. One may mistakenly assume with age comes wisdom, but the only way Ozbil is wise is when it comes to finessing the London theatre scene to score cheap tickets.

Having been involved with Felix since his fourth year at Imperial, Ozbil deeply regrets not finding out about Felix Arts sooner. Not only does he feel like he's made many great friends, he has also received a shock-

ing number of free tickets to plays and musicals only to review them for the paper. In fact, there was a solid period where Ozbil joked around saying he spent more time in theatres than in lecture theatres or operating theatres.

Unfortunately, since the onset of the pandemic, none of this has been possible. Therefore, the only thing that's kept Ozbil from turning to alcohol has been shouting the entire Hamilton Original Broadway Cast Recording from start to finish, obviously repeating Satisfied seven times.

Ozbil is fascinated by how the London theatre scene is so inaccessible for young people and loves to write about the different schemes that make the theatre affordable and accessible for young people or criticising the lack thereof.

Ozbil seems not to be able to get enough of Felix, as he can also be found editing the TV section, mostly ranting about his most recent binges... and Schitt's Creek. Always Schitt's Creek.

Some of Ozbil's favourite musicals:

Company - Sondheim is the musicals what Shakespeare is to theatre, don't @ me.

Sweeney Todd - I mean, come on, Sondheim, murder



AND cannibalism?! What's not to love?

Hamilton - the musical intricacy of all the patterns blows me every time... Genius.

Some of Ozbil's favourite plays:

Who's Afraid of Virginia Woolf - seeing Imelda Staunton perform in this was a life altering experience.

War Horse - I started crying the moment the horse puppets appeared. I've since seen it thrice. I've cried to it thrice. I'm still not okay.

Amanda Hertzberg

The token white and female editor ★★★

Location: *Probably somewhere in Beit*

Dates: *Preferably filled with peanut butter*

Prices: *Never above £0*

Writing for Felix since her first year, Amanda only joined Felix as an editor recently as the position for token white and female arts editors opened up and she somehow landed both. She can be sighted anywhere from Tate Modern to the Royal Albert Hall, flexing her press tickets in the face of tax-paying, innocent civilians. Known to her friends as a worshipper of all things free, writing for Felix was a natural gravitational pull for her.

She mainly enjoys contemporary art, with a weakness for videography and surrealism. However, you can tempt her with a plethora of things, even plays and circuses (especially Cirque du Soleil). Outside working hours you can find her going to life drawing classes, sewing masks to sell on depop or running



(away from her problems) along the Thames.

Don't be fooled by her potential resting bitch face - Amanda is very happy to be approached. She'll happily discuss her favourite films over a free Pret coffee, provided you have the subscription. Or go through the free collections at Tate Modern for the 10th time, and that's this year only. Her best piece of advice to all incoming freshers is to get a Tate Collective

membership, with which you can get £7 tickets to all the big exhibitions. But also to join Felix Arts, either as a writer or as an editor.

Editor suggestions: Tate Modern, V&A, Whitechapel Gallery, Royal Academy of Arts, Barbican.

Meet the Editors

Vaidhiswaran Ramesh

Doctoral Candidate sighted near Art Venues



Location: *Often found loitering The National Gallery, British Museum or the ROH*

Dates: *Never hibernates*

Prices: *Blatantly abuses student discount*

He has been sighted in and around London art venues for over three years now, however his literary forays and exploits into the Felix art kingdom, have only began recently. Legend has it that when he first started venturing out, he did so by leveraging the free entry policy and student discount at London venues. However, things have changed now, and nothing stops him; A 20 quid exhibition does not stand in his way, and it certainly doesn't help that he has made inroads figuring out how to obtain free press tickets from Felix.

He is known to be a staunch advocate of the classical and is willing to die alone on that hill (take notes Tate Modern). Sources say that the Old Masters (be sure to catch his review on Titian's Poesies in this-



sue) are a personal favourite of his. Though he cannot shake a leg, he is also interested in the Ballet and the Opera. Russian performances here in London seem to be an Achilles heel of his and he is often seen coveting Bolshoi performances on YouTube and scouring the catalogue of the Hermitage Museum (Putin - beware).

His other interests include history and journalism, so if there is an event with the intersection of these, you can be almost sure to sight him there. Speaking of the high arts, half the time, he probably doesn't know what he is talking about, but strongly vouches to give a balanced and well researched opinion in his articles.

It's easy to lure him, all you need is to start a conversation about the renaissance or the Napoleonic wars. However please beware, he has been known to bite your ears off and speak endlessly on these subjects.

The pandemic doesn't seem to have slowed him one bit, and recent witnesses say he is boldly stepping out once again, eager as ever to bring you the latest in the artsy world of London.

Editor recommendations: National Gallery, Wallace Collection, Tate Britain, V & A, and the British Museum.

Eamon Akil Farhat

Felix Arts editor with a minor in Materials Sc. and Engg.



Location: *Reading (for whatever reason)*

Dates: *Long walks on the beach*

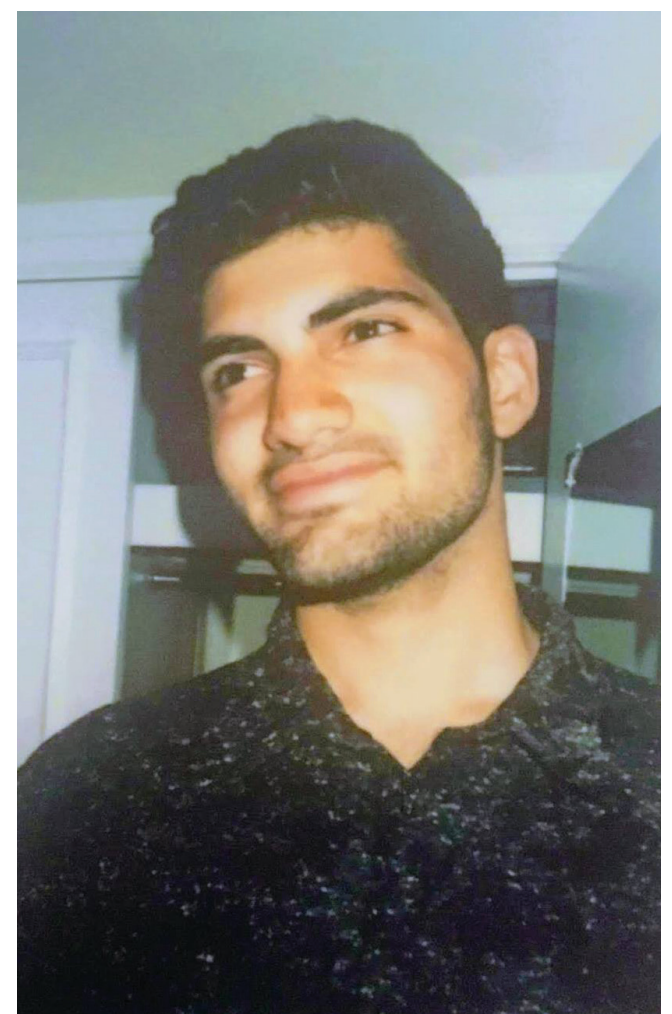
Prices: *6.23 x 1 10²³*

Eamon, also known as Baby Spice, is the youngest of all the great arts editors and which naturally makes him the most obsessed with TikTok. Before the pandemic he could be found watching West End musicals, Off-West End musicals and even Under-West End musicals every day of the week. Using his sugar daddy Mr. Felix Arts, this lifestyle has not had a big impact on his bank balance, while his love for the finer foods has.

In this post-lockdown world, Eamon had to replace his theatergoing personality traits with something new, so he learnt Renegade, Savage and Say So (not necessarily in that order). He even once performed WAP on a paddle board, becoming a Wet Ass Person in the process.

Beyond basic bitch musicals like Wicked, Hamilton and Jamie, Eamon does enjoy modern theatre, especially pieces that deal with coming of age stories – Soho Theatre is a great place for these. Eamon isn't patient enough to spend too much time in an art gallery but in small doses, he does find this to be very enjoyable -the Tate Britain is definitely a favorite of his.

When Eamon is not pretending to be an arts big shot, he enjoys eating out (to help out). Dishoom, Shack-Fuyu and Franco Manca are a few of his favorites. He also spends hours on end scouring charity shops from Chelsea to Hammersmith trying to find another pair of corduroy trousers. If you ever want recommendations on food, charity shopping or London in general, Eamon is always happy to oblige. He is most easily reachable via email, TikTok DMs a message using Monzo. Eamon hopes you all join Felix, as writers or editors as he hopes to meet and work with you all soon!



Credits: George Ainscough

FURLOUGHED AND FORGOTTEN



Music events are a rarity in the age of COVID-19

BY VAIDHISWARAN RAMESH

There aren't enough words in the English lexicon to describe the past few months. Furloughs, lockdowns, first and second waves, vaccine trials, herd immunity and more recently herd mentality - these terms have now become far too common.

The Creative industry is just like any other, where a few well-known faces shimmer in the limelight, constantly held up by the many. And when the lockdown arrived in earnest in March, the many had nowhere to go. Theatres, music venues, galleries — for the most part it was the same story. Shuttered and the thousands whose jobs revolved around these events suddenly were without a safety net. But even within the sector, the pandemic has affected people in vastly different ways. While museums and exhibitions have since reopened (albeit with social distancing measures and a reduced capacity), a vast majority of theatres, live events and music festivals are still shuttered, leaving the thousands who rely on these events for their livelihood with an uncertain future. To get a better grasp of the consequences the pandemic on the industry, we spoke to an insider, Imperials' very own George Ainscough, director of HW Ents; a lighting design, production and engineering company based out of Lancashire.

I met George at a cafe in Fulham Broadway in mid-September. Things have come a long way since March, when a complete lockdown was institutionalised leading to the entire industry closing. Following the lockdown, weeks of campaigning led the government to announce a £1.57 billion aid package for cultural and heritage institutions. To be honest, this had me quite upbeat and optimistic, even though as recently as last week, the Office of National Statistics estimated that up to 51% of the industry workforce is still furloughed (It is to be noted that this doesn't not account for freelancers, sole traders and limited company directors. In any case, the aid package has been a huge focal point of public discourse over the past few months and so we began our interview there. Has it been a relief?

George quickly clarifies “There is £1.57b in aid, but that figure is split with the heritage sector, and the majority of the funding is directed at the large theatres who are already subsidised through Arts Council England prior to the pandemic. There is little to no support for live music or the supply chain.”

I suspected this. After all, any government scheme is going to have a few cracks and any distribution scheme is bound to throw up a debate. But this inability to access funds is a concern shared by many. The ‘uneven’ distribution of these funds across the different sectors (museums, heritage centres, crown jewels, theatres etc...) ultimately means very little is available and accessible to people like George.

Even big names in the field aren't immune to this. The Royal Albert Hall, which operates as a charity, a crown jewel and recently socially ‘accredited’ bastion of British nationalism (Rule Britannia!), was unable to access the emergency grants available under the £1.57 government aid package. Instead, the charity has currently been advised to ‘apply for a government loan’ which, if successful, would make funds available ‘nine months after its ability to generate income was abruptly cut off’.

The situation can only be worse for grass roots artists and musicians. “The £1.57b package, while welcome — has made little to no difference for most individuals and companies in the supply chain” says George. “There is money, but we hardly see any of it, at least not now while we need it”.

But there is a sliver of hope in the horizon, with isolated music events, theatres, and even festivals, such as the Gisborne park festival, opening with socially distanced arrangements across UK. I bought this up. “It was reassuring to see some festivals still go ahead with social distancing, like the shows in Virgin Money Unity Arena in Newcastle, but the reality is that vast majority of festivals and shows rely on a huge number of people turning up and are not financially viable in the current scenario” he chimes in. [However, between the interview and this issue's publication the VMUA festival has been cancelled due to the localised lockdown in northern England.]

There has got to be something to spring the sector back to life, particularly with all the ideas being floated around by think tanks and opposition MPs. I quizzed George on some of the more popular schemes out there such as “Culture Vouch-

CONTINUED

ers". The idea, analogous to the 'Eat Out to Help Out' Scheme, suggests the government compensating ticket charges or matching occupancy rates at theatres and events. George is

noticeably sceptical about this. After a pensive sip of his coffee, he explains why "The Culture Vouchers, if they went ahead, would actually be more beneficial to workers than other forms of support (as the shows are happening, giving them work), but I am sceptical due to the high cost of tickets, and that with 30% capacity, the government would have to buy two extra tickets for every one sold to individuals [for the scheme to be of any real help]".

"Most of the people involved in the music events industry work on a freelance basis. They are the people who need funding the most and are falling through the cracks currently" says George. While it is undeniable that the furlough scheme and the 'self-employment income support scheme' (SEISS) have been moderately helpful to most, the fact remains that these schemes are unfavourable to freelancers and other members of the industry for whom work is seasonal. Most freelancers operate through their own limited companies and are often paid out with dividends, making them ineligible to avail government relief through these schemes, and with the furlough scheme and SEISS winding down in October, what little support was otherwise available is going to vanish.

It is a difficult outlook indeed, both for the people and fiscally for the government. The current relief efforts

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IN SHORT, THE SCHEME DID NOT REFLECT THE MODERN ECONOMY AND MODERN WORK PRACTICES, NOR THE WAYS IN WHICH SO MANY HAD BEEN LIVING - CLAIRE HANNAH, MP AT THE HOUSES OF PARLIMENT

and financial support by the government across industries have greatly increased the country's debt. "One of the things we would like to see from the government is guarantee cancellation insurance for the events", he goes on to

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THE VAST MAJORITY OF PEOPLE ARE LIVING OF THEIR SAVINGS AND THINKING CONSTANTLY OF BRANCHING OUT TO OTHER INDUSTRIES

say, "because at this point, it's not that the means aren't there to handle events... but the financial downside of a cancellation due to lockdown or anything is too high a risk". Cancellations related to COVID-19 are generally not covered by insurance providers.

Even with socially distanced performances however, there are two concerns looming. Scale and public confidence. The latter is something George is confident about, "With enough measures and proper outreach it is possible to attract people, because there is demand". But the former, scale, is something that even George is sceptical about. Performances depend on a minimum footfall to break even, but with reduced capacity performances now being the norm, these events are likely to add more financial strain on producers and theatres in the long run than do any real good.

Regarding the future of the industry, George feels ambivalent. He is certainly excited about the prospect of music festivals gaining an online dimension. The pandemic has pushed the industry to find ever more innovative ways of reaching their audience, with e-festivals propping up all over Europe and America. "But a lot of companies are folding up, going bust... Their equipment is being bought pennies to the pound, either by companies without the necessary experience or expertise here in the UK who don't know what to do with them,

or by companies on mainland Europe" he goes on to say.

As he says this, his smile goes away, and he says the dreaded word, one that we have all been avoiding for the past few months — Brexit. "We shouldn't forget that we are facing two issues at this time. Every industry is facing the brunt of the pandemic and the fallout of Brexit, which will hit us in earnest in January 2021" he warns. Of course, with everything happening, that is perhaps the last thing on our minds, but George worries that Brexit is going to lead to brain drain for the industry, as people with niche skills move to other lucrative mainstream jobs or find opportunities elsewhere in mainland Europe.

There have been constant calls on the government from familiar faces in the industry to do more. A nationwide demonstration, #WeMakeEvents, took place on the 11th of August to bring awareness to the plight of the supply chain workers of the live events industry. The group have since regularly organised events to create awareness across the UK. "We basically want to bring to light the concerns of the supply chain, freelance engineers, lighting equipment manufacturers... people who don't fit in the current definition of the government relief package" explains George. This call has indeed resonated with a lot of people and the movement has taken a shape of its own. There are now #WeMakeEvents movements in the USA, Netherlands and in Northern Ireland.

This resonance across countries is certainly a sign that this is indeed uncharted territory for everyone. George smiles as he acknowledges this and signs off by saying, "We will pull through, people always need art and music... it's not going anywhere, and

neither are we". As a sign of things to come - musicals are scheduled to make a return to the West End on the 14th of November, with 'Six', as the wildly popular show about the six wives of Henry VIII relocates to a larger venue for a socially distanced run. Most West End theatres have confirmed that they will remain closed at least until early 2021.

But with the second wave of the pandemic hitting soon and with the risk of a lockdown, I wasn't very hopeful - but I didn't let my scepticism show. George was an optimistic person - all things considered. He had a certain cheerfulness — even when our conversations meandered on the dismal outlook of his industry and livelihood. Call it what you want, 'Spirit', 'Resolve', 'Moxie', 'Je ne sais quoi', he seemed to have it... I have seen it in many before, the bus driver who shuttled many during the lockdown, the clerk at the supermarket who donned a mask at the high of the first wave, the NHS staff who are still battling this virus. Whatever it is — it's going to take something greater than this pandemic to knock people like George down. After the interview I watched him walk away and merge into the crowds at Fulham Broadway - one among many, braving this pandemic and eager to make the world a better place on the other side of this mess.



Credits:
Members of
Parliament
UK / Official
Portrait

Claire Hannah - Social Democratic & Labour Party MP for Belfast South

ARTS

COVID-19 and the Future of College Performances – Societies Weigh In

Ozbil Ege Dumenci Arts Editor

The lockdown in March has meant that societies have had to cancel or postpone the bulk of their in-person events scheduled for the Summer Term. Now, in September, as Imperial prepares to welcome a new batch of freshers, societies have been hard at work to adapt their activities, ensuring that they conform to the current government and college guidelines. However, given the collaborative nature of performances and the vital role audiences play in the running of performing arts societies, these societies clearly have their work cut out for them.

We reached out to the presidents of four major performing arts societies - Imperial College Drama Society (**DramSoc**), Imperial College Musical Theatre Society (**MTSoc**), **ICSM Drama** and **ICSM Light Opera** and asked them to weigh in on how COVID-19 has affected them so far, and what their plans were looking ahead at the upcoming academic year.

DISCLAIMER: The information provided below is based on the current government and college guidelines as of the third week of September. As the COVID-19 situation is rapidly evolving,

it is possible that further changes will have to be made, accounting for changing guidelines. Please get in touch with the respective society to get the most up to date information. Stay safe and welcome (or welcome back!) to London.

COVID-19 has affected us all in so many ways and going forward, this is going to fundamentally shape life on campus. Could you tell us a bit on what a normal year's schedule would be like for your society, in terms of productions and performances, had it not been for the pandemic?

DramSoc: October Show is generally the first show we put on in the year, where we have a double-act with **MTSoc**, and put on original plays. Then, we have a main show in each term, and these are great ways [for us] to showcase both our techies' and actors' skills. We have had some great plays in the past like 'The Resistible Rise of Arturo Ui' and 'And Then There Were None'. **DramSoc** gets heavily involved in events like the Summer Ball, SilFest, M Night and East Meets West, setting up all the big lights and speakers! Although hard work, these events are usually some of the most enjoyable for

the techies. During the Summer Break, we usually have a couple of our actors perform their own original pieces, which they thoroughly enjoy. We've had some good success there too, with our last show, *Compost*, getting great reviews!

MTSoc: During Autumn Term, following the October show we have our Revue! This is a compilation of musical numbers from a range of musicals, all directed by society members. In Spring Term, we run our biggest production, Spring Show. Previous shows have included *Sweeney Todd*, *RENT*, *Legally Blonde*, and *Footloose*. Since 2019, we have also run a small-scale Studio Show alongside Spring Show to accommodate for our growing society, with a smaller cast, and offering more creative flexibility to the directing team. We usually end the year with a 24-hour musical in Summer term. The show is kept completely secret until 24 hours before doors open; the cast, band, and crew then work throughout the night and day to get everything performance-ready! We also host termly cabarets where anyone can sign up to sing a song of their choosing, and in February we have a Very Vocal Evening, which is a collaborative night of performances from **MTSoc** and *A Cappella*.

ICSM Drama: We normally put on 2 large productions which are performed at Union Concert Hall - one in November (Autumn Play) and one in March (Main Play). We also perform 3 smaller plays throughout the year. One Week Play is our preterm play where cast and crew have one week to rehearse and learn their lines, Christmas Play which is performed in early December. And lastly, Fresher's Plays at the beginning of first term, which are written by our older years and in which all Freshers who audition get a part. Fresher's Plays are a brilliant way for new members of

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A WEEKEND AWAY TO A SECRET LOCATION AT THE END OF FIRST TERM

the society to get to know each other as well as older years. We also normally have regular socials and rehearsals, and a weekend away to a secret location at

the end of first term, as well as academic support, tutorials, and mock exams for the medical students.

ICSM Light Opera: Light Opera hosts two shows a year. The first is our Main Opera production, which is a musical at the end of the Autumn term. The second one is a 24-hour production in the summer term which, as its name suggests, is a full musical which is all prepared in just 24 hours! We also host Big Chill, an open mic night in the Reynold's Bar, which occurs at least once a term. Throughout the year we also have regular socials, as well as our Opera Tour and our fabulous Opera Dinner!

Have you had any productions from last academic year halted? If so, can we expect these to be staged this year?

DramSoc: We've unfortunately had to cancel our Summer term main and our Edinburgh Fringe performances this year, as well as the October show. Both Edinburgh Fringe and October show performances are original plays that our members' have written, so we were really disappointed that we had to cancel, but we're hoping that we'll be able to put these plays on later in the year!

MTSoc: Our 2020 studio show, 'About Last Night', was unfortunately cancelled just hours before opening night due to the lockdown in March. As a lot of the directing team and cast have now graduated, it's unlikely this will be staged this year. The 2020 24-Hour Musical and October Show have also been cancelled.

ICSM Drama: We were fortunate

Credits: Frankii Watson



ICSM Drama: The cast and crew of '13', the 2018-2019 Autumn Play.

Credits: Dingyu Lu

CONTINUED

enough to perform all of our productions last year, and if you're lucky you might be able to find some of our old ones on the ICSM Drama YouTube channel.

ICSM Light Opera: Sadly, we had to postpone last year's 24-hour production as it fell during the lockdown period. We are looking to stage this this year, if that is possible!

With the government guidelines continuously changing, you guys are probably having to come up with new contingency plans. What have been some of the biggest challenges in this process?

DramSoc: I think it's been really hard this year to try and come up with contingency plans, guidance is constantly changing for us. We've effectively had to cancel all in-person shows for the time being, but we've been working hard on finding alternatives, and we're excited for when we're allowed back on (and behind) the stage!

MTSoc: Each production requires months of planning to go ahead, from the proposal process, to rehearsals, to show week. Due to the changing guidelines and uncertainty surrounding first term events, we have faced delays which has put us significantly behind our usual timeline. The lack of specific support for performing arts societies and the severe delay in information makes planning our normal

events and contingency events difficult at best. While this has been challenging, the enthusiasm and dedication I've seen from my committee and our society members makes the process worth it, and there's definitely been a stronger sense of community between the performing arts societies! I can't wait to see what we all achieve this year!

ICSM Drama: We're all motivated to find a way to perform and produce theatre in line with government and college guidelines, so our main obstacle

will be adapting to last minute changes in this difficult and unpredictable time. However, we want to make this an enjoyable and exciting year for everyone in the society.

ICSM Light Opera: The biggest problems we have encountered centre around how we can carry out our Main Opera show, and our socials during the rehearsal term, whilst still adhering to government guidance. This has been particularly difficult as the guidance has been constantly evolving and things we thought were possible initially are no longer possible. We've also found problems with how to share our Big Chill events, although (hopefully) we can continue with all these events throughout the year!

And what can you share about the current plans for this year?

DramSoc: We've had to find other ways to perform. Therefore, we've been planning a radio show to perform this term, which we're all quite excited about! DramSoc has planned more workshops to be virtual too, including ones for script development, acting and techies. We have a whole host of lighting and sound desks at our disposal, so we'll be running lots of workshops on how to use them, as well as planning

lots of light shows on visualisation software too!

MTSoc: The committee does promise to offer performance opportunities every term. Over Summer term in lockdown, we held weekly Wednesday zoom calls; an MTSoc online

quiz, filmed a Lockdown Choir video titled 'I See Stars'; and held an online cabaret with our End of Year Awards ceremony. We are planning to host another online cabaret this term as well as other online socials like movie nights and quizzes. Last year, we debuted MTSoc Families; we hope that this year, these families can provide some in-person social activities to welcome newcomers face-to-face. Furthermore, while currently not confirmed, we are still hopeful that Revue 2020 can hap-

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WE'VE HAD TO FIND OTHER WAYS TO PERFORM, THEREFORE WE'VE BEEN PLANNING A RADIO SHOW



MTSoc performing Footloose

ARTS

pen. This is the most important event of the year for us as it's the first show experience most freshers will have with our society. It's not going to look the same as previous Revues, but it will be just as good (if not better).

ICSM Drama: Where we can, we will aim to produce performances for audiences to see. Whether this be in the form of short films, pre-recorded theatre, or sketches written and directed by members of our society, there are many ways to produce theatre and perform. Having an online presence will encourage involvement from all years (so even first years can get involved in the creative process if you so wish) to create short scenes/plays/record monologues and much more.

We're planning for all eventualities and I'm sure we'll find a way to spend the year doing what we love. We are also hoping to put a big emphasis on meeting as often as we can - whether that's in person or virtual - as we can't go very long without seeing each other's faces.

ICSM Light Opera: Because of the current government guidance, we have found it difficult to stage our normal Main Opera musical at the end of this term. However, instead of a full show, our incredible committee have been working to put together a musical revue this term. This will be socially distanced (of course) and will feature loads of numbers with lots of opportunities for everyone to get involved! We aim to release this online before the end of term so everyone can enjoy it as much as we will enjoy making it.

How can the incoming freshers get involved in your societies given the current situation?

DramSoc: We'll definitely be having events for Freshers - our workshops and events are open to everyone, regardless of experience. A lot of our members have never performed or done any tech before uni, but we're all really friendly so definitely get involved! We'll hopefully be putting on some virtual shows as well, so if you're

interested in performing, get in touch with acting@dramsoc.org!

MTSoc: We have a student-led dance workshop on Wednesday 7th of October, where we will also host a short Q&A after each session! This is a free but ticketed event; keep an eye on our social media and the Union website for when tickets go live! For any questions, contact us via email at musical@ic.ac.uk, or drop us a message on Facebook!

ICSM Drama: Freshers are an integral part of ICSM Drama. You will have as much of an opportunity to join in with the acting, and backstage production teams as everyone else. We really encourage you to join our socials (or as many as you can) just to

get to know everyone. Because, as much as we all say it's a cliché, we really are a family unit that will welcome anyone who wants to join, regardless of previous acting or technical skills. We also offer academic support for the medics, across all years, and try to have

socials as often as possible so we'll be super keen to help with anything you're struggling with throughout your time at Imperial (and beyond - our Alumni are always keen to come back and see our shows). When you join ICSM Drama, you make lifelong friendships - acting, directing, producing, building sets, rigging lights, and making costumes are a bonus! If you have any questions about the society or any of the changes we'll be implementing, feel free to find us on Facebook or Instagram @icsmdrama and drop us a message. We'd love to hear from you.

ICSM Light Opera: Make sure to follow us on our socials (Instagram: @icsmlightopera, Facebook: ICSM Light Opera) to keep up to date with all of our Opera antics! We will also be posting all of our updates here and on our mailing list, so be sure to come and check us out at the Welcome Fair if you'd like to see what we're all about! Alternatively, if you fancy getting involved in Light Opera this year, feel free to drop me an email (flw16@ic.ac.uk) for more information!

“ HAVING AN ONLINE PRESENCE WILL ENCOURAGE INVOLVEMENT FROM ALL YEARS

Credits: Weiran Liu



ICSM Light Opera performing 'Pippin'

Credits: Julianna Piskorz



Dramsoc performing 'The Resistible Rise of Arturo Ui'

COVID-19: The Rise and The Fall of Remote Theatregoing

Credits: Dan Gaken @Flickr

Ozibil Ege Dumenci Arts Editor

There is no arguing that 2020 has been a dumpster fire of a year for pretty much everyone. Of all the horrible things COVID-19 has caused, theatres closing may appear quite insignificant. However, due to the sheer volume of jobs lost (artists, front of house staff, backstage crew etc.), the industry has had to adapt new ways to keep people engaged with the marvels of live theatre. Therefore, in the six months that the West End has been shut down, there have been fantastic attempts at bringing the theatre into our homes, helping it become more accessible than ever before. Very early on during lockdown, as current productions kept extending their hiatuses and upcoming productions kept announcing enormous delays to their opening dates, various schemes were announced by major players in the London theatre scene to help keep theatre somewhat alive. Perhaps the two most notable examples to this are National Theatre's 'NT at Home' programme, and Andrew Lloyd Webber's 'The Show Must Go On' scheme.

Both schemes released previously filmed performances for free on their YouTube channels at a specific time weekly, vaguely emulating the feeling of being in an audience, sharing the theatregoing experience with millions of others. Brilliantly, for those who couldn't make the initial viewing window, the recordings were kept online for a week, allowing them to be watched at one's pleasure, allowing for each production to reach a global audience that's as wide as possible. In fact, according to National Theatre, over 10 million people engaged

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WATCHING PLAYS FROM A COMPUTER SCREEN DOES NOT EMULATE THE ACTUAL THEATREGOING EXPERIENCE IN ANY MEANINGFUL WAY



with their scheme, which is roughly equivalent to 4000 performances across all the National Theatre venues at full capacity! 'NT at Home' included some

fantastic productions such as the fresh yet faithful adaptation of Shakespeare's 'Antony & Cleopatra' starring Ralph Fiennes and Sophie Okonedo, 'A Streetcar Named Desire' starring the iconic Gillian Anderson and 'Frankenstein' starring Benedict Cumberbatch. 'The

Show Must Go On' had a fantastic selection of Lloyd Webber-composed musicals such as Jesus Christ Superstar

and 'Joseph and the Amazing Technicolor Dreamcoat'. Both schemes also encouraged donations to support not only the theatre industry, but also NHS-related charities.

As lockdown eased and things normalised, other theatres joined in on the fun, and some with brand new content, some of which aired live from the stage, filmed with no audience. For example, Claire Foy and Matt Smith performed their acclaimed production of Duncan MacMillan's *Lungs* on the Old Vic stage, charging a fee to be allowed into the remote audience. The audience was asked to pay between £10 and £65, although each ticket, regardless of the price, got the audience members the same view.

With the return of open-air and socially distanced performances, the age of remote and free theatre has already slowed down significantly. However, if airing these shows has got a handful of young people interested in the performing arts, I say we should be happy that it

happened, not sad because it's over.

Throughout my position as an Arts Editor, I have been a big supporter of making theatre more accessible, trying to draw attention to all the different ways the industry has done this over the years, and also to the many shortcomings that the theatre industry has placed upon themselves in this aspect. Therefore, it has been really interesting to me that all it took to share the gift of theatre with the whole world, without asking for extortionate prices or having to partake in weekly lotteries with miniscule chances of ever winning (looking at you, *Hamilton*) was a pandemic. Of course, watching plays from a computer screen does not emulate the actual theatregoing experience in a meaningful way, but given that it'll be a while before everything is back to normal, I'll take it.

ARTS

Art Exhibition

One room, seven paintings, an Old Master and his poesies

Titian's Posies



Where? National Gallery

When? Until 17th Jan 2021

How much? £12 student price

Reviewed by **Vaidhiswaran Ramesh** Arts Editor

Titian's visual poeties, Poesies - as he championed them, are reunited after over 4 centuries at The National Gallery's latest exhibition.

The paintings, considered among the artists' best work, were commissioned by Philip II of Spain in the middle of the 16th century. Titian was given artistic license to freely choose and interpret the subject matter, and thus in a unique way these paintings are the physical manifestation of the old masters' true ambition and creativity, unencumbered. Titian chose to source from Ovid's 'Metamorphoses' (quite literally - Book of transformations), a cornerstone of classical literature, hugely popular then among artists, encompassing around 250 Greek & Roman myths. He envisaged it as a series of 7 paintings, only 6 of which he was able to send to Philip before Titian's death. The seventh, 'Death of Actaeon' was never sent to Philip but is finally reunited with the rest of the series in this exhibition.

Painted over the span of a decade ('Death of Actaeon', there is debate over whether the seventh painting was ever finished), each of these seven paintings are grand, both in vision and in scale, and Titian has leveraged his freedom of subject matter to explore the depths of Roman-Greek mythology, producing some of the finest thematic exposition of 'seduction, power and disguise' in paintings. One of the most defining features of these paintings, one that is often stressed upon, is that the feminine characters in these poesies are in a state of undress. Contemporary interpretations are divided over Titian's motive - a popular modern view is that Titian was prodding Philip II's piety with the choice of models and his handling of nudity. One can never truly know what the artists' intent was, but it is hard to refute the fact that the nudity or the feminine in this instance is not purely allegorical. The nudity of the feminine is not treated as a parable to subjugation or feebleness, as it often is, but rather is given a sincere treatment and is used to add intensity to the characters and their plight. A beautiful exposition of these threads is seen in the three paintings featuring Diana, and most particularly 'Diana and Castillo', pictured above, which shows Diana's wrath when she realises one of her companions (vowed to celibacy) is pregnant.

It is difficult not to draw parallels between Titian's work and Bernini's masterpiece - 'The Rape of Proserpina' despite the two artists completely differ-



Diana and Callisto

ent mediums of choice. Interestingly, however, they are both inspired by Ovid's work. The strokes in the former are almost surreal, fragile and emotive... in the same way as Bernini's treatment is in the latter. The tenderness and the evocativeness of flesh come about in equal shades in these strokes. The faint haziness and texture of the paintings only elevate these features, almost as if we are there, only removed from the action, mere mortals witnessing mythology.

Arguably the highlights of the exhibition (if one can humbly say so about the old masters' work) are the paintings 'Diana and Actaeon' and 'Diana and Callisto' which were envisioned as a pair and are now collectively owned by the National Gallery in London and the National Gallery of Scotland.

The exhibition is special in this context that for the first time, we see the collection together, united after over four centuries, something that neither Titian nor Philip II was able to do. This was made possible because of the landmark decision by the committee of the Wallace collection in 2019 to loan exhibits for the first time in its 119-year-old history, breaking its terms of endowment.

And this produces something truly unique, allowing us to appreciate the artists' transition over the years, his own 'metamorphosis' of sorts, beginning with the lighter work in 'Danae' and 'Venus and Adonis' and the earthier 'Death of Actaeon' produced in his final years.

No work better exemplifies the Venetian school or

indeed the late Renaissance than Titian's ambitious work here. The exhibition which was supposed to conclude by 16th of June 2020, has been extended until 17th of January 2021 courtesy of the pandemic. After London, the poesies and the exhibition, are soon to embark on a grand tour, making stops in Edinburgh, Madrid and Boston. So, catch it in person while you can - this is one exhibition you don't want to miss.

Coming Soon

Artemisa @ The National Gallery

"In this first major exhibition of Artemisia's work in the UK, see her best-known paintings including two versions of her iconic and viscerally violent 'Judith beheading Holofernes'; as well as her self portraits, heroines from history and the Bible, and recently discovered personal letters, seen in the UK for the first time."

Be sure to look out for our review of the same in the next issue.

3rd Oct 2020 - 24th Jan 2021

Exhibition

The Eccentric Father of Pop Art

Andy Warhol @ Tate Modern

12th March - 15th October

£25 (concession £22 or Tate Collective ticket £7)



www.tate.org.uk

Reviewed by **Amanda Hertzberg** Arts Editor

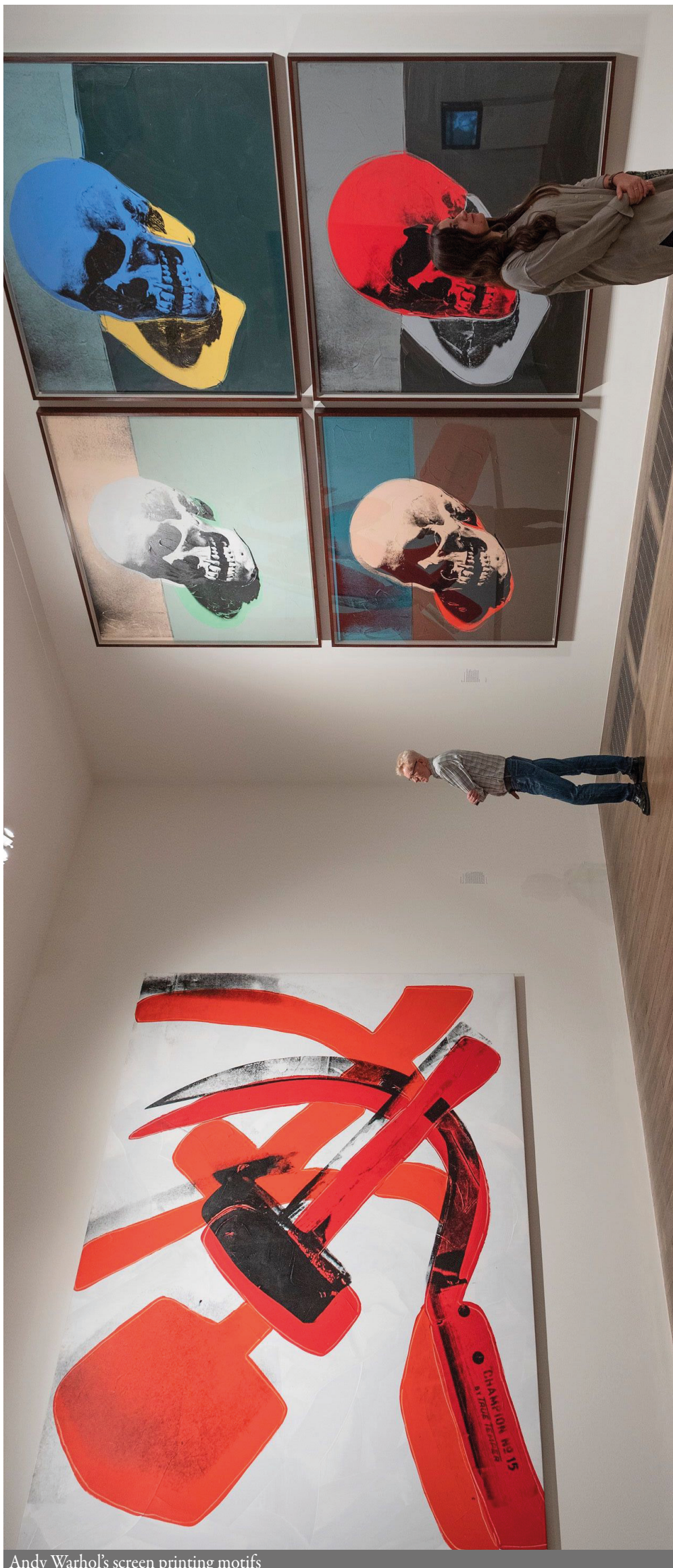
Tate Modern was running an exhibition of Andy Warhol before lockdown started, which was forced to be put on pause. Now it's up and running again for an extended time, which I guess we have got a certain virus to thank for. So if your online lectures are draining you faster than your lousy London sink is draining your dirty dishwasher, maybe now is the time to see what the father of pop art was all about.

Born Andrew Warhola, he was the son of two Slovakian immigrants who had migrated to an industrial Pittsburgh before Andy was born. During his earlier years as an artist he built up a studio that he called "The Factory", where his model- and artist friends joined him in creating constant art. He dubbed them his "factory superstars". In the factory, they would hang out and take photos and film each other, together forming some kind of a living artwork. One of the rooms in the exhibition is made to look like this factory, with its iconic silver-coloured walls. Photographs of the factory hang on the walls here, and some of his film reels are playing on the wall, giving us a feeling of being there in the factory, hanging out with Andy and the superstars. However, none of it feels quite welcoming. There's a levitating feeling of alienation in the air, in both the story of Andy's life and the way that he approached his art. He spoke and wrote about feeling alienated and left out during different stages of his life. This is something one can imagine not only relates to the obvious factors, like his immigrant background and homosexuality, but also his eccentric approach to life and apparent shyness. He also spoke of feeling like a machine when creating his pop art, and that being a machine was desirable as machines don't discriminate. Oh how disappointed Andy would be if he saw the racist and biased algorithms we have today.

Andy's life took a dramatic turn in the 60s, when he suddenly was shot by one of his own factory superstars. An outright and radical feminist, having released a manifesto stressing the need of eradicating all men, she stated Andy was stealing her work. Andy was pronounced clinically dead, but somehow the surgeons managed to save him. He then went on to have two more fruitful decades before actually dying (again).

Andy experimented with many different art media, for example making a lot of experimental films. He would just film a subject doing absolutely nothing for the whole reel. He filmed his then-partner sleeping over many different nights, putting together a five hour film with the idea that everyone coming in and watching the film would catch a slightly different moment of him.

I am enthralled by Andy's life story. Am I as enthralled by his art? Maybe not, but maybe that is because of the obvious prevalence and impact it has had in our society already. His pop art was paradigm shifting, but it has been milked dry in every art history course I've ever sat through. For this reason I'm happy the exhibition has been curated with a storytelling narrative in mind. From the very moment you enter, you are given not only a brochure but a QR code to scan, taking you to an audio-guide tailored to each room and period of Andy's life. This makes the exhibition very interactive and user-friendly. Just remember to bring your earphones, and you're guaranteed a good story!



Andy Warhol's screen printing motifs

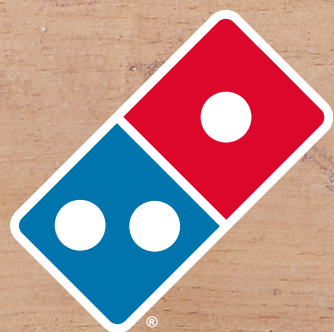
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NEW BEGINNINGS

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NIGHTS OUT

CLEAN WASHING

OLD FRIENDS

NORMAL



MUSIC

Feature

Meet Your Music Editors!

Guthrie Ruby

Middle parting, check. Fjallraven bag, check. A selection of “alternative” shirts, check. Coffee snobbery, check. Plant-based diet, check. Yup, my name is Guthrie and I’m a textbook hipster. Don’t worry though, I’m not as textbook when it comes to music.

My taste in music can swing between extremes. At times I’m engaging in ultimate snobbery of the highest degree, only listening to niche music that to the average listener may sound “like the most annoying alarm clock ever” (real quote from my housemate). However, I’m just as likely to have a week of bingeing nothing but the trashiest tracks from my childhood – JLS, N-dubz, Chipmunk, Tinie Tempah. A comfortable middle ground is what I’m striving for.

Writing articles is not something I do in an attempt to become an accomplished writer or gain esteem amongst fellow music heads. Rather, I use it as a catharsis for my own curiosities and intrigues about aspects of music. This includes exploring the genre of Japanese environmental music and why JLS’s ‘The Club Is Alive’ is a brilliant song, I have articles in the works for both (stay tuned my dudes). Putting it simply - I write to entertain myself, hopefully I can do the same for you.

Asad Raja

This will be my third year as Music Editor, which makes this my third “intro to me” aka “yeah I’m on my fifth level of Radiohead-before-Radiohead-ception discovery and now I have to point out that *Kid A* is blatantly derivative of the most banal trans-Celtic-post-glitch-horror-core albums of the 70s (1870s) but also I like Drake so I’m relatable!”. I feel like the most unembarrassing way for me to talk about my relationship with music is to talk about it the same way Pusha T talks about coke dealing – so unabashedly braggadocios about his synonymous status with the subject that the listener becomes the trade union to his labouring of the point. Don’t know if I can pull that off though, I’m just a suburban brown boy studying mechanical engineering. I’m too cynical to suspend disbelief, so why ask you to? After all, one NAV can distract from every Freddie Mercury, Talvin Singh, Four Tet, M.I.A, Jai Paul, Charli XCX, Jay Sean, Rishi Rich, Steel Banglez and Zayn that came before. Not trying to compare myself to any of the latter, I’m not a brown creative/music genius. I am a

brown creative-music Genius though (you know, like the website, Genius? It was a clever pun, trust me). I’m not above the self-aggrandisement of pouring out hot cups of opinion by the way – just wait till you read one of my reviews, or see my website, or ask who my top five is at a Hip Hop Soc social (a society founded last year by, guess who).

Martin Flerin

As I write this, I’m considering whether it would be my best bet to return to London by plane, train or donkey. The donkey seems like the most sure-fire option right now. Weird times for a global world. Weird time for music.

Those of us on the way out of Imperial have been put in a weird position. We aren’t really able to give assurance on what will happen to you in your time here, because we have no clue – we’re the pre-pandemic people, the PPP (now I’ve thought of the Beach House ballad and cried in my sleeve).

Nevertheless, let me take out my soapbox as I am wont to do (and I’m not even a physicist) and tell you why it’s important to Hear the Music, just in case Paul Johnson hasn’t convinced you yet.

Sonic breadcrumbs are the traces of my life. Now, without throwing up in my mouth, that means that I can tell you for hundreds of permutations of songs and moments that are dear to me, exactly how they

intertwine. Coming to university rigidified these dendritic highways and caused them to branch out MEGASTYLE.

I was forced out of my echo chamber (think rigid brickhouse rock –boomer, zoomer, doomer – if it had a guitar I was there). Back to present – I am now sitting on my couch listening to the new Moodyman remix of Dua Lipa’s ‘Break My Heart’ and shimmying in my seat. Four years ago, I would’ve cringed HARD AF BRUH. Point is: don’t underestimate the power of music, or your ability to appreciate what is currently foreign to you, and you’ll live a happy life. Or something.

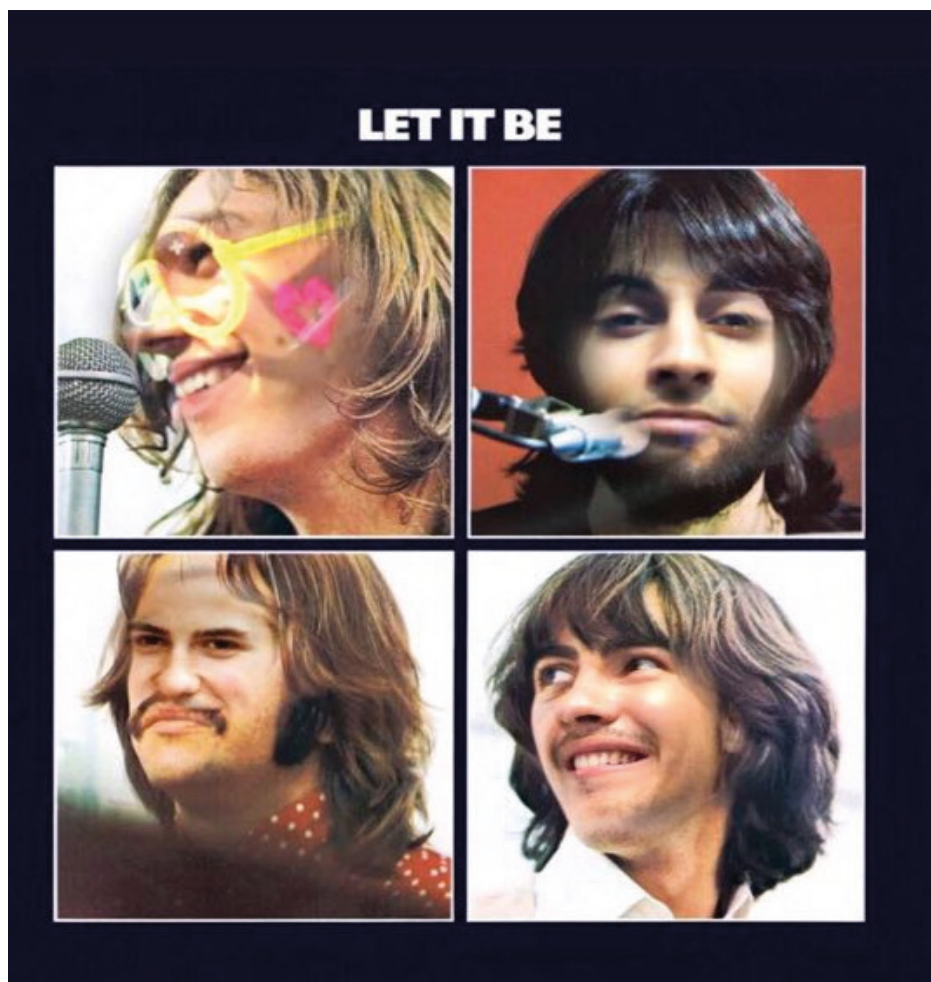
Miles Gulliford

Hi, I’m Miles, a 4th year chem eng student and one of Felix’s music editor team this year. I like music, and while there are currently fewer opportunities about to watch it live, or even share in it with friends, I believe music can be a ray of light in the rather gloomy world in which we find ourselves.

Less time out and about doing whatever it is we used to do out means more time in, and whether you are hard at work or taking time for the things you truly enjoy, this means more time when you can be listening to music (or at least in charge of what is playing). The fact that music is the perfect secondary activity while you are focusing on something else means that the pandemic is the perfect time to expand and enrich your listening.

But why bother? The language of music is, for practical purposes, one entirely of its own, by this I mean that understanding the psychical or contextual components of music adds no value to your life beyond a deeper understanding of music. But do you, the hard-working Imperial student, not deserve, not need some solace, some sliver of beauty amidst the mechanically violent rationality of your studies? I wouldn’t be this far into my degree if not for it.

Therefore reader, I implore you to nurture the seed, that mild or powerful affection you feel for music, which I am certain that anyone having read this far has, and let it grow by challenging your ears and cherishing each sound you take in. I hope that we Felix editors can guide you as you grow.



Album Reviews

Felix Recommends...

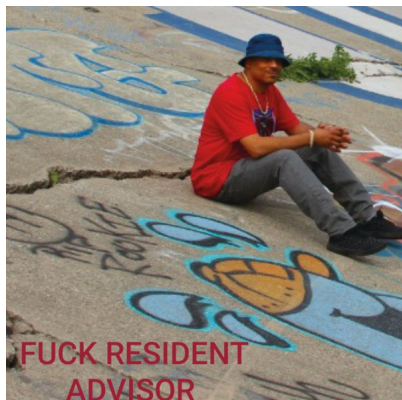
Simply (Fuck Resident Advisor)

EP by: **Omar S**Top tracks: **Gonna Luv You, Mell'like Boom Boom In'dair;**Run Time: **28 minutes;**Reviewed by **Martin Ferlin** Music Editor

It's hard to write about Detroit guys. They're all a bit out there. All a bit intense. And they're very serious about their music. They're either all façade or no façade at all, depends on how you look at it.

Omar S is chief amongst them. His breakout full-length was called *It Can Be Done But Only I Can Do It*, featuring an early 2000s Need For Speed-inspired cover of the man himself, wearing a fat jacket and a bucket hat, along with the most horrible font ever printed anywhere.

These kinds of artists will always be the most polarising. They're not giving you much wiggle room to form your own opinion. Can you not love a guy who is so true to Detroit that he held a permanent job in the Ford factory until only a few years ago, goes street racing at night, and calls all European minimal techno 'absolute garbage'? I may disagree with the last of these, but



props to him for calling them how he sees them.

Anyways, his newest EP isn't really all that good, but it's good enough for an EP which is apparently nothing more than a lash out against RA for having reviewed his previous release, his first full-length in 4 years, poorly. His lack of adventurousness in production was compared to the steadiness of a Ford Fiesta. He might have a case to be salty.

Enough about the man, let me tell you how the sound goes in a single paragraph. Simply is too simple, a tad boring with just the undulating 'OOH, DAMN' sample and some pad-glued drums to keep it going over the four tone bassline. It's on 'Gonna Luv You' that Omar shines for me. It starts with a brittle chord over a crunchy beat, which gets swallowed up in some wickedly constipated laughing from the man himself. This then flows into a beautiful sax sample, and the rest of the track goes swimmingly. The production highlight is a timely filter-and-flanger descent into the last minute. 'Bread Over Bed' is very old-school, but again on the boring side, with a single semi-intriguing melodic line amidst a flurry of hats. The last two tracks are more intriguing again, with an even more old-school touch, and some very deft moves from John FM on the closer (another Detroit local with a new EP worth checking out).

All in all, good try Omar, if nothing else, then for the lolz.



Africa Today

EP by: **Etuk Ubong** Top tracks: **Africa Today**For fans of: **Fela Kuti; Sons of Kemet**Run Time: **36 minutes;**Reviewed by **Miles Gulliford** Music Editor

Nigerian trumpeter Etuk Ubong has created a record that cuts decisively through the increasingly dense afrobeat/jazz scene with *Africa Today* and in doing so captures the emotional power of his predecessors. With muscular horn sections delivering tight – dance influenced arrangements (perhaps not so far removed from Shabaka Hutchings's sons of Kemet) and propulsive percussion drawing upon by the ritual drumming style of the Ekombi, the dense propulsive bodies of each track make a thrilling experience for the ears.

However, Ubong wields texture to his advantage throughout this excursion, often stripping instruments back, making for a more varied listen and allowing him to deliver more meaningful and powerful messages on politics and spirituality.



To Feel Alive

EP by: **Kali Uchis** Top tracks: **honey baby; TO FEEL ALIVE;**For fans of: **SZA; ABRA**Run Time: **10 minutes;**Reviewed by **Asad Raja** Music Editor

Kali Uchis has outdone herself with this one, proving her potential beyond the stellar discography she's already built up. In four songs and 10 minutes, she paints pure impact with a palette as vibrant as a full album. The tracks glide beautifully into one another both sonically and thematically as Kali recounts the stages of a short but intense flame love-affair. On 'honey baby', Kali's inflecting voice brings together lullabying keys, bird song and easy trap and bass layers like, well, honey. She fawns over

the eternal sunshine of mutual belonging and longing. 'angel' captures the soothing high of the love-drug, with Kali taking a more mellow vocal approach over bass-buried synth runs that climb and fall like a tide. Things shift as diffuse keys over a pulsing drum on 'i want war' express a falling off a tightrope of infatuation into neighbouring insanity. The EP ends with 'TO FEEL ALIVE', an awakening from the entire experience, as Kali is left to reflect on the void that a short, intense period of infatuation leaves; a void it was there to fill all along. Teasing, climbing strings are the plain backdrop for Kali's stretched vocals and pained lyrics, gripped with emotion. The urge to immediately hit pay again is telekinetic, and an effective metaphor for the cyclical nature of desire.

MUSIC

Feature

How to Write About Music

Guthrie Ruby Music Editor

American singer-songwriter Frank Zappa famously said about music criticism: “Most rock journalism is people who can’t write, interviewing people who can’t talk, for people who can’t read.” I can’t say that any of those three things are ever simultaneously true. I hope that if you’re staring at this page you can in fact read. I also hope that I never end up at an interview with someone who has nothing of value to say. However, I can say that when I started trying music journalism I sure as shit couldn’t write. I wouldn’t even say I could now.

Before I started, I barely read music criticism. I barely read at all. I enjoyed talking to people about music. I enjoyed sharing music with others, and having it shared with me. I was addicted to the dopamine hit I would get whenever someone would overhear the music I was listening to and ask me “who’s this?” or “what’s the name of this song?”. Not just because it’s gratifying when people agree with your taste in art, but because it gave me an opportunity to talk about the music I loved.

Does this sound anything like you?

First, I wrote an album review, then a soundtrack review, then an opinion piece. As I wrote more, I

gained more confidence in my opinions and became more fluent in the way I discussed music. I wasn’t writing articles that often and having them published in Felix was just an added bonus for my ego. The biggest benefit was the way it improved me.

In short - the barrier is low and all it takes is a little bit of passion.

Is there an album, single, artist, performance, venue, collective of artists, genre, era, soundtrack, even a ringtone that you just really want to talk about? Excellent, that’s step one done, only one more to go. Granted the next step takes longer, but the first step is the hardest.

Step two is actually writing. It can be tackled in a myriad of different ways but there are some core concepts to keep in mind (please be aware this is my opinion and not fact, there is plenty of other advice online).

The first key element, and probably most important, is to make sure you have something unique to add to the readers experience. If you don’t do this, you’ll just regurgitate facts and recall exactly what you heard. Why read that when you could just listen to the music instead? Tell us your opinion. What parts stood out to you and why? Did they remind you of something else and why is that interesting?

Use your opinion to alter another’s experience.

Okay, so we’ve established you have something original/unique to say. Now let’s make sure there’s a reason you’re sharing these thoughts. What is the point of your article? What are you trying to teach the reader? What are you trying to convince them of? Or maybe you’re just trying to share and entertain.

Which leads me to the final key element to any good piece of writing, and that’s to make sure it is at least somewhat entertaining and/or educational. Throw in some weird adjectives, a funny metaphor, an obscure fact, or even ask the reader thoughtful questions. Don’t leave the reader bored. Ask yourself, would I enjoy reading what I have written?

Hey-ho you’re a music writer, congratulations! I told you the barrier was low. Don’t worry though, there’s an almost infinitely high ceiling to music writing. If you want to be the next Lester Bangs or Anthony Fantano it’s going to take a lot of work. In the meantime, stick to what you’re passionate about and you may be surprised at what you produce.

Feature

Music for two (part 1.)

Miles Gulliford Music Editor

Of the many takeaways found in the Imperial sex survey (see next week’s issue for the survey’s results in full), I was particularly struck by the diversity of songs listed by respondents as their go to listening during intimacy. As someone who enjoys music in any and all contexts, I felt I could offer some suggestions for those who enjoy music as an accompaniment to these moments. Over the next 2 weeks I will be talking you through a few albums that I feel are particularly well suited to the bedroom by genre. I have endeavoured to include a selection that covers all bases, offering something for everyone.

Pop: *Beauty Behind the Madness – The Weeknd*

I have to concede that The Weeknd’s tasteful production and slick melodies make for an intoxicating listen which should certainly meld well into the intoxications of passion. A superficial examination

of lyrics on tracks like ‘Often’ might lead the reader to the conclusion that songs on records like *Beauty Behind the Madness* have been designed precisely for loving.

Jazz: *Moon Beams – Bill Evans Trio*

In the midst of a fairly large jazz kick myself, I was pleased to see that the genre was quite popular for sex jams, however many listeners seemed to go to playlists rather than artists directly. If there was an artist to choose for loving – Bill Evans is perhaps unmatched, his label even released a posthumous compilation titled *Bill Evans for Lovers*. His gentle yet rich playing has a near opiate effect that I defy listeners to not dissolve in bliss to. Moon beams is a personal favourite, packed back to front with impossibly delicate originals and velvet-smooth interpretations of classics like ‘Polka Dots and Moonbeams’, this record has the added prestige of featuring Nico of The Velvet Underground on its cover.

Indie: *Portishead – Dummy*

Portishead’s moody debut is hard to categorise, a slowed and warped take on early hip-hop instrumentals – perhaps the dub to hip-hop’s reggae, the UK trio accent their trip-hop grooves with mournful melodies and understated lyrics. These downtempo tracks are profoundly atmospheric and seem to be

waiting to envelop couples into their twilight world.

Electronic: *Jacques Green - Dawn Chorus*

While electronic ranked quite highly for sex jam choice, I found myself struggling to find a record I found particularly suitable for loving. I settled upon Jacques Greene’s latest effort; a collection of delicately danceable pieces built around cavernous synths borrowed from the ambient oeuvre. The result is an ethereal hour which retains some of the deep dance-floor rhythms upon which the genre is built, a listen that is equal parts tranquil and exciting making this record well placed to accompany nocturnal congress.

FIGHT FAST FASHION

Elizabeth Tong Fashion Writer

There seems to be an increasing need for our generation to keep up with current fashion trends. From the latest Nike drop to the E-girl hair, it has become the norm to throw away an item considered 'last season'.

On average each person in the UK buys 26.7kg of new clothing a year and from this, a huge £140 million's worth of clothes are dumped in landfill. The wave of fast fashion brands has swept the market. With the added increase from online fashion retailers like Misguided, Boohoo and PrettyLittleThing, there has been an increase in inexpensive clothing copied straight from the runway. It can also be seen that the rise of social media marketing and influencers has led to the boom of a throwaway society. So, what's the issue? Well, fast fashion is damaging not only our pockets, but also the environment. The fashion industry is the second biggest polluter, contributing more greenhouse gas emissions than the aviation industry. The use of non-biodegradable synthetic materials has led to the release of plastic microfibers into the oceans and subsequently into the food chain. It is time for a much-needed wake-up call.

1 DEPOP

A social shopping app where anyone can set-up an account to sell or buy pre-loved clothes at a negotiated price. From sellers all around the world, you can find a wide range of items to suit your own style, allowing you to focus on exactly what you want. You can also start your own shop and sell old items that may not fit.

2 Charity shops

A similar approach but relies on you having to leave your bed. Charity shops are a great way to buy second-hand clothing at a cheap price. Not only limited to clothing, many stores sell books, ornaments and kitchenware. There are over 11,000 charity shops in the UK, here are some around Kensington and Fulham.

- Shelter
- British Heart Foundation
- Cancer Research UK
- Little Lives UK
- Fara
- Sue Ryder
- Octavia Foundation
- Royal Trinity Hospice
- Oxfam
- Cancer Research UK

You can easily find many more around London!

FASHION in a Post-COVID World

Simran Gill Fashion Editor

The pandemic has efficiently ground the fashion and luxury industry to a halt: as seasonal collections fade away and clothes with longevity re-materialize, we wonder what else will come to light as the fashion world adapts to a post-COVID world.

Shopping habits

Perhaps not necessarily a priority for many but for the everyday shopper, the obvious restyle has been around retail routines. Hand sanitisation every minute, changing rooms out-of-action, and one-way systems may have drained the therapy out of retail therapy.

Is it fun anymore? Do people even want to shop offline anymore?

With people's disposable income for the most part decreasing, money put aside for designer goods and indulgent purchases may now be used for a more long-term fulfilment and investment.

The show must(n't) go on

Milan's fashion week still proceeded, as the current situation was apparently not considered a pandemic to some cities, whereas some designers made a decision to turn to other platforms to deliver their collections, largely due to the irresponsible nature of large gatherings and the travel bans set in place. This also meant that fashion week sales plummeted with no international buyers in attendance.

London fashion week transformed into a completely digital event, giving labels the opportunity to get innovative with their fashion expression.

3 Beware of Green-Washing

Apart from second-hand clothing, many retailers have taken it upon themselves to start promoting an eco-friendlier image by using misleading claims. The main instances of this can be seen with brands such as H&M's 'Conscious Collection' and Zara's 'Join Life' clothing line. Both have been accused of greenwashing by misleading customers using false marketing claims, such as exaggerating the use of recycled materials. This is becoming more prominent amongst the fashion industry as fast fashion brands can be seen to attract consumer buying through these methods. Therefore, it is important to beware of potential greenwashing claims that may infiltrate retailers and

The main medium used were live streams, with brands like Armani joining in; with other brands finding other avant-garde ways to connect with the community. Of course, social media makes this easier with filters and a bombardment of posts on your feed. And if lockdown/quarantine boredom has really gotten to you, Gucci has a 12-hour behind-the-scenes reel of their collections waiting for you. It's also interesting to note that with new collections proving more difficult to fabricate in this contemporary world, a decrease in lines follows suit. Whether the digital age is continued or if futuristic fashion exhibitions become the new norm is unknown for the moment.

A more ethical industry

Less negative repercussions on the environment have cropped up as a result of a reduced production of clothing and their dyes. Namely, the lowered carbon emissions and minimised aquatic toxicity as an outcome make for a strong step in the right direction. This time of reflection has allowed us to contemplate the ethics and politics of fashion. With the desire to be frivolous with cash diminishing and the push to bring fast fashion to a standstill, sustainable shopping through charity shops and rental systems, such as that of Selfridges, is a replacement for this season's new trend. The impact of overproduction can be reconsidered long-term and the welfare of the workforce behind the clothes rails can be reassessed, overall creating a more pleasant industry.

Despite the fashion world around us changing, we can hope it's for the better and brings more resourceful, visionary vogue to the world post-COVID.

be prepared to research a company before buying.

4 Vintage Stores

Although they may not be as budget friendly, you can find many pre-loved designer items in vintage shops across London. This is the best way to find one-of-a-kind pieces that no-one else will own. You can find many vintage stores around Brick Lane including ATIKA and Rokit, as well as the weekend market at the Truman Brewery. There are also many around Camden, my personal favorite being What Goes Around Comes Around.

Let's fight fast fashion with sustainable shopping!

“
AVANT-GARDE
WAYS TO
CONNECT

FASHION

The Last Fashion Week before COVID

Haute Couture week Paris January 2020

Louise-Cristine Pitsillides Fashion Writer

HAUTE COUTURE

In French means high dressmaking. It is the process of making high quality clothing by hand.

The very first couturiers originated from France dating back to the 1850's. Once a year, fashions most prestigious well-known brands meet in Paris for the spectacular Haute Couture Fashion week. This year's fashion week took place at the end of January and met all viewers' expectations (viewers of Instagram I mean, like mois). From Iris Van Herpens almost architectural dresses to Jean Paul Gaultiers theatrical show this year's haute couture week was one for the history books.

SCHIAPARELLI

Couture week started strong with Schiaparelli's quirky creations ranging from all over body embellishments to extravagant and colorful gowns. Schiaparelli is known for his ability to use patterns from nature but make it couture. However, you won't come across typical patterns leopard, cow, zebra print but rather see a blazer embellished in frog skin pattern, a tube top made of ladybug resembling beads, a dress with small black dots on it which are not polka dots but ants.

VALENTINO

Since Pierpaolo Piccioli became creative director of Valentino, sales of water-proof mascara have *not* coincidentally increased the day before each of his shows. People actually leave in tears - just like Imperial students leaving their exam halls. But better dressed. And in Paris. This year Piccioli stayed true to maison Valentinos identity by bringing a literal explosion of colour to the runway in voluminous gowns. Colour blocking, massive bows and heavy



**ECCENTRIC,
EXTREMELY LONG
EARRINGS – LONGER
EVEN THAN MY LAST
RELATIONSHIP TO
HAUTE COUTURE**

beautiful embellishments all made a strong showing. Piccioli made a bold move by introducing eccentric, extremely long earrings – longer even than my last relationship to haute couture. A questionable accessory for couture but we'll take it. Aduta Kech emotionally closed this show wearing a jaw dropping baby pink feather gown and yes people left in tears. Google it if you don't believe me.

Jean Paul Gaultier one of the biggest names in fashion, an icon, a master, a legend; announced that this year's couture show would be his last one. It was an

JEAN PAUL GAULTIER

hour long and very appropriately took place in a theatre. I could write a full essay on this but will leave it at this: If Coco Rocha dressed in madras print, plaid and feather, dancing a ballet inspired Scottish folk hybrid dance to Missy Elliot music in the background, doesn't capture Gaultier's aesthetic... I don't know what else could. Big models such as Karlie Kloss, Irina Shayk, the Hadids and the corset queen herself: Dita Von F* Tease were some of the legends parading Gaultiers latest and last couture creations.

GIVENCHY

Givenchy, another well-known fashion house also produces a couture line once a year. Kaia Gerber (Cindy Crawford's daughter for the non-Instagram junkies out there) closed the show with a dramatic bridal looking gown and a hat that to my childish eyes looked like papier-mâché.

BALMAIN

Not all fashion houses create couture collections. A notable absence was Olivier Rousteing, the creative director of Balmain. New last year, he was heavily criticised which might go some way to explaining his decision to stay away this year. Giambatista Valli did not take part in a catwalk this year as well but chose instead to present his couture line in a proper art exhibition space as fine art. Valli has been known for his voluminous tulle dresses the past few years ever since the goddess herself: Rihanna, wore a humongous pink one to the 2015 Grammys. This year Valli took the puffy tulle gowns to another length *literally*. I swear these dresses wouldn't fit in my London apartment.



**AS FUNCTIONAL
AS A NECKLACE
YET STILL SOLD
OUT GLOBALLY**

CHANEL

Chanel's new post-Lagerfeld creative director, Virginie Viard, paid homage to Coco Chanel's childhood spent around nuns, presenting a col-

lection that used both nun like colours and shapes. Though still haute couture I couldn't help feel a bit underwhelmed.

JACQUEMUS

Although not a couture line, Jacquemus showcased his "L'ancee 97" line which paid tribute to his late mother, 1997 being the first time he made a dress for his mother. Jacquemus rose dramatically in popularity when he took over the fashion world with his tiny (tiny). bags which are as functional as a necklace yet still sold out globally. But that is fashion!

On that note, stay tuned for our next fashion week cover whenever that will be in these weird COVID times.

Au revoir mes amours!

Editor Recommends

Begin with a classic: The Breakfast Club

Oliver Weir Film Editor

“Life is just a series of peaks and troughs, and you don’t know whether you’re in a trough until you’re climbing out, or on a peak until you’re coming down. And that’s it, you know, you never know what’s round the corner. But it’s all good” — D. Brent

It’s true that we give nothing so generously as our advice. I’d also venture that, when you’re not looking for it, there’s nothing more patronising to receive. For the first issue I thought I’d share some advice, but hopefully not in that preachy, finger-wagging way. Given that the cinemas are regaining their strength, I thought I’d recommend a true classic to make my point for me. My coming-of-age selection, perhaps unsurprisingly, is *The Breakfast Club*: a quintessential ‘80s movie, garnering nostalgia-driven praise from the old and young alike. The film is a goodbye to high school and, dare I say, to childhood. It features the entire gamut of high-school characters — the brain, the athlete, the princess, the criminal, and the basket case

— stuck in a Saturday morning detention, struggling to find their place at home, and struggling to let go of the stereotypes, routines, and familial mannerisms imposed on them. Although director John Hughes has had his share of big hits — being the writer and producer of the *Home Alone* trilogy — the emotion, sincerity, and truth in *The Breakfast Club* is second to none. While the film is nostalgic — perfectly portraying those aspects of school we come to miss, its real strength is that it tells us what we really ought to gain from an education.

As the *Breakfast Club* concludes, and what I can attest to as a 4th year, is that an education isn’t about learning physics, biochemistry, or computer science, nor is it even about the social side of uni. The true benefit of education is developing an awareness to choose which behaviours, which customs, and which patterns of thought you value and give meaning to in adult life (and all its unsexy associations) — as opposed to falling into such things unconsciously. As Brian (the nerd) mentions of their detention teacher Mr Vernon (Paul Gleason): “You see us as you want to see us...in the simplest terms and the most convenient definitions”.

Credits: Flickr/Olliver Simmones

You will be tested in this way at uni. Going shopping at 10pm after a long day studying, because all you have is some wilting spinach, some soured milk, and the arse-ends of some seeded bread you thought you’d try but now hate. And maybe you have a report due the next day. And maybe you get to Tesco and they’ve just closed, and so you have to travel a mile to the next one where everyone is grumpy and tired and the baskets

Ways to enjoy film... AT UNIVERSITY

- MUBI** — Conveyor belt of movies in all genres and languages (free for students)
- FilmSoc** — Imperial’s dedicated society for all things film. Sign-up at union website or join Facebook @ImperialFilmSoc
- Imperial Cinema** — Student-run cinema based in IC Union (@imperial_cinema on Twitter)
- BFI Southbank** — World-famous cinema in the heart of London
- Picturehouses of London** — New releases at fair prices
- Amazon Prime** — Students get 6 months free Prime
- Letterboxd** — Rate & review website to log your movies & see what friends are watching (follow me @BarbershopRaga)

are broken, etc etc. A truly well-adjusted person will be able to choose not to fall into the default channels of getting pissed off, indignant, or overly upset — and how much you know about Maxwell’s equations or enzymology will have nothing to do with this ability. Being a nerd, a jock, or a beauty queen is easy; however, stepping back, and consciously deciding which habits, pretences, and inclinations are truly worth your time is unbelievably difficult. Perhaps the ‘Breakfast Club perspective’ will sound like a nauseating cliché; but, as with most clichés, they usually end up being true. I think the message and optimism within this movie will do you good whether you’re a fresher or a postgrad. So: welcome, get involved, don’t take yourself too seriously, and have fun!



The iconic shot of the gang at their Saturday morning detention

Lockdown Flop or Summer Success?

Tenet

★★★

Directed by: Christopher Nolan
Starring: John David Washington; Robert Pattinson; Kenneth Branagh; Elizabeth Debicki
Studio: Warner Bros. Pictures

Reviewed by **Oliver Weir** Film Editor

Advert after advert, trailer after trailer — our grand return to cinema is finally here. *Tenet* certainly has the spectacular visuals, the action/thriller storyline, and the temporal hijinks that we have come to expect from Nolan. The plot is full of ambition, foisting upon the audience numerous moving parts requiring a level of vigilance few directors are willing to demand from audiences

these days. John David Washington and Robert Pattinson put in some decent performances as the stoic spies — especially given that the film is like an audiobook at times, and the chemistry between Russian oligarch Andrei (played by Kenneth Branagh) and his tormented wife (Elizabeth Debicki) adds a much needed human element to this fairly emotionless film. With a beefy 150 minute run-time, *Tenet* demands your full attention and constant engagement with the puzzles it poses. Frustratingly, the dialogue is barely



audible in several scenes and is an irritating barrage of exposition, with little consolidation or emotional underpinning. What was intended as thrilling, came off only as tiring. There are certainly some movies that make their name solely on the basis of their labyrinthine plots (cf. *Primer* (2004)), but *Tenet* is not one of them. Underneath the mildly interesting technology is a fairly unremarkable story; and amid the tiring tsunami of exposition, there’s a noticeable shortfall of tact and grace — things Nolan masters in *Dunkirk* and *Inception*. Ultimately, *Tenet* isn’t the spy-fi bang I’d hoped for, but boy am I glad we’re back.

FOOD

Oats: the superfood to kickstart your day

Noor Akhtar Food Writer

A good healthy breakfast is key to ensure that you make healthy choices throughout the day. Oats are highly nutrient-dense, stabilising your blood sugar levels, making sure you stay full right until lunch (we can't have your stomach rumbling during Panopto!). These dessert-inspired breakfast recipes are deceptively healthy, very quick and easy to make so please have a go! Your stomach and taste buds will thank you for it.

The Oat Base (vegan)

Ingredients

60g / ½ cup of oat bran (oat bran is ideal since it is the highest in fibre and protein, but old-fashioned oats are a decent substitute)

250ml / 1 cup of liquid (I like 1:1 cashew milk to water)

½ grated courgette (this makes you oats extra creamy and increases the nutrient profile!)

½ tsp of cinnamon
1 scoop of protein powder of choice

Myprotein™ flavdrops: I add 10 drops of raspberry and 5 strawberry once my oats have cooled slightly. There are over 20 fruity and dessert flavours to choose from on their website (myprotein.com)

Recipe

Combine the oats, liquid, courgette, cinnamon and a pinch of salt in a microwave safe bowl. Make sure the bowl is deep so the oatmeal does not overflow in the microwave.

Cook according to package instructions, stirring halfway. Make sure you keep an eye on your oats so they do not seep over the edge of your bowl!

Form a thick paste with your protein powder and a little water. Mix well into the oats.

Vegan Healthy Dessert Oatmeal Recipes (More to come next week!)

Brownie Batter Reese's Pieces

Add to the oat base before microwaving: 2 tsp of 100% cacao powder, 1 tsp of vanilla syrup or 10 Myprotein vanilla flavdrops and 1/8 tsp of baking powder.

Toppings: 1 heaped tsp of crunchy peanut butter and yogurt if desired.

Blueberry Muffin Batter

Add to the base before microwaving: Pinch of nutmeg, 1/8 tsp of baking powder, 1 tsp sweetener of choice, 1 tsp of butter or nut butter of choice

Mix ins: Stir in a small punnet of blueberries immediately after microwaving

Toppings: A drizzle of honey and 1 tbsp of reduced sugar blueberry jam. For an even lower sugar option, you can top with blueberry compote (recipe above).

Vanilla Cupcake with Berry Compote

Add to the base after it has cooled: 1 tsp of vanilla syrup or 10 Myprotein vanilla flavdrops to the base recipe

Compote: Microwave 100g of frozen berries for 40 seconds. Add a drizzle of liquid sweetener and spoon over the porridge.

PB&J

Toppings: 1 tbsp of high oleic peanut butter (this is runny and the perfect texture for drizzling!) and 2 tbsp of reduced sugar jam or chia jam. Alternatively, you can replace the jam with the berry compote recipe above.

Pumpkin Spiced Latte

Add to the base before microwaving: 2 heaped tbsp of 100% pumpkin puree, ½ tsp of cinnamon, pinch of nutmeg and 1 tsp of coffee

Toppings: 1 heaped tsp of crunchy peanut butter and yogurt if desired.

Increase the nutritional profile further

- Add seeds: e.g. 1 tbsp of hemp seeds, chia seeds, flax seeds etc
- Nut butters: 1 tbsp of peanut/almond/cashew butter etc
- Add more veggies: e.g. carrot, avocado, even beetroot!
- Superfood powders: Add 1 tsp of spirulina, chlorella, lucuma, maca etc

I hope you enjoy these recipes and have a go! If you want some more oatmeal inspiration, check out my Instagram @nooreatsalot where I have links to recipes on my website!
*These recipe are not endorsed by Myprotein™ nor Pip & Nut

Easy Mug Recipe to Get You Through Freshers

Haider Nazerali Food Writer

Ingredients

15g butter (1 tbsp)
15g caster sugar (1 tbsp)
15g brown sugar (1 tbsp)
1tsp vanilla paste
1 egg yolk
45g plain flour (3 tbsp)
50g milk chocolate

Get your favourite mug (I used my Imperial Mug for the flex)

Getting used to the pace of real life again is tricky and it can be really hard to find the time to bake like we did back in the early lockdown days – but that doesn't mean that the cravings for baked treats goes away. This mug cookie recipe is super easy, quick, hails friendly. You just need a mug, a microwave, and a spoon. It's a great basic recipe which can be altered to fit your taste. Sub in berries if you're feeling something a little lighter, or even chop up some of your favourite chocolate to make a cookie which is uniquely you.

Notes on sugar: if you don't have caster sugar, you can use normal granulated sugar; if you don't have brown sugar, use whatever you do have
Note on vanilla: vanilla paste >>> all other vanilla but I understand it's a bit bougie, so don't worry - this recipe still tastes LUSH with vanilla essence/extract

METHOD:

Add the butter and melt in the microwave (about 10 seconds)

Mix in the white and brown sugar, vanilla, and egg yolk and mix until no lumps or yolk are left – I used a butter knife to mix because I'm lazy, a spoon works too.

Mix in the flour until combined and then mix in the chocolate or any flavouring you want to add

- Berries can also work well in this mug

cookie – something like blueberries or raspberries (did someone say raspberry and white chocolate mug cookie?!)

- My personal fave is mixing in a spoonful of biscoff spread before putting it in the microwave (if you haven't tried it you HAVE TO)

Microwave for 1 min; wait 1-2 min so you don't burn your mouth, and enjoy (or chuck some ice cream on there and eat!)

Binge of the week

The Great

The satirical historical dramedy starring Elle Fanning and Nicholas Hoult is a triumph

The Great



Starring: *Elle Fanning, Nicholas Hoult*

Episodes: *10 (45-55 minutes) (1 season)*

Reviewed by **Ozbil Ege Dumenci** Television Editor

If one had to put 'The Great' into a box and label it with a genre, the most concise way to do so would be by calling it a satirical historical dramedy.

There is a lot to unpack within those three words:

Satirical – To say that the show takes the piss out of its characters would be the understatement of the century. What's interesting about the way *The Great* does this is the unique tone it has while doing so. It puts the characters into absurd situations (often by their own doing) and it makes some bold choices in the process. Some of these choices dance along the line of going too far (be it the jokes or the gory visuals). Some viewers would definitely think that the show goes too far, but for me, it went just far enough to reinforce its own points in memorable, striking ways.

Historical – The show revolves around Catherine The Great, a Russian empress who overthrows her own husband to rule the country 18th Century... well, at least a wildly fictionalised version of Catherine The Great. The show's opening card clearly states



Elle Fanning and Nicholas Hoult ooze charisma

that this is 'an occasionally true story', and upon some Googling, it is easy to spot the giant liberties the creative team takes to make a more engaging, poignant show.

Dramedy – This show is funny. In fact, it is often hilarious. However, calling it a downright comedy would be doing this show a disservice. It's not that there's anything wrong with comedies – I love a good comedy. However, *The Great* simply uses its comedic elements as a tool to embellish on the dramatic

aspects and create a unique take on the lives of these historical figures.

The Great was created by Tony McNamara who was one of the writers of a different highly fictionalised monarchical production *The Favourite*, which gave Olivia Colman her deserved win at the Oscars last year. Tonally, there are definite similarities in the way the two approach storytelling, however, they are both unique enough to hold their own as individual works with extremely different takes on what it means to be a woman in a position of relative power. *The Great* is an unashamedly feminist piece, however, this does not feel forced at any point.

Elle Fanning (*Maleficent*, *20th Century Women*) and Nicholas Hoult (*Skins*, *The Favourite*) are both magnetic in their roles. They are oozing with chemistry throughout the show, and the 'frenemy' dynamics between the pair is beautifully executed. Fanning, who has spent much of her career being compared to her older sister Dakota Fanning (*I Am Sam*, *Once Upon a Time in Hollywood*), not only holds her own in *The Great*, but fully embodies the character. The supporting cast holds their own too. Phoebe Fox who plays the lady-turned-servant Marial with gravitas, in the most charming way possible.

The Great is a brave and unique show that is unafraid of pushing the boundaries. While it may not be accurate enough to act as a history lesson, it is thoroughly enjoyable.

Credits: Courtesy of Hulu



Frenemies.

TELEVISION

Program Review

The Young Offenders

This Irish sitcom has captured my heart

The Young Offenders



Starring: Alex Murphy, Chris Walley

Episodes: 6 (30 minutes) (3 seasons)

Reviewed by **Jia Qi Tan** Television Editor

Irish sitcom *The Young Offenders* follows the lives of two mischievous teenagers Conor MacSweeney (played by Alex Murphy) and Jock O'Keeffe (played by Chris Walley) as they navigate through adolescence as borderline outlaws. On the surface, the duo is the farthest thing from what any parent would want in their children, but the show presents them in such a heartwarming and understandable way – Peter Foott, the show's creator, deserves some applause for this reason alone. The show is simple, hilarious, and it dares you to care for those on the edge (a little *Queen* reference) without shoving the message down the audience's throat.

With that being said, I would argue that this show is not excellent in a traditional sense. Yes, it is funny and relatable, but the story is clichéd, predictable, and dare I say a little clumsy. The setting is typical; the dialogues are stereotypically Irish. But the characters are so full of heart that it makes the show worth watching. The character development

throughout the seasons is incredible – their growth feels organic, and it is great watching them learn to care for others. I especially appreciate how the story moves with the character and not the other way around. Many sitcoms are guilty of stereotyping their leads to the point that the characters lose their charm and come across strange as the story develops – this is not something to worry about with *The Young Offenders*.

The friendship between Conor and Jock

Conor and Jock are besties – they do anything and everything together all the time. They rock the same hairstyles, get the same piercings, and wear the same colourful tracksuits as they wander around Cork stealing bikes under their funny masks. Their outward appearances may look questionable, but there is no question that they truly care for each other, though in a very cheesy and stupid way. Even if the entire world leaves the two of them behind, they will still always be there for each other. Conor defends Jock when everyone thinks he is a jerk – Jock has never blamed anyone for his misfortunes; in that same way, Jock always sees the best in Conor. It warms my heart to see two silly young boys who are willing to help each other unconditionally – Murphy and Walley's amazing chemistry alongside Foott's natural and witty writing both play important roles

in the delivery of the two characters.

'I love me mam'

Máiréad MacSweeney (played by Hilary Rose) is yet another highlight of the show. She is the mother of Conor and widower of Conor's father. Rose's portrayal of Máiréad is realistic, hilarious, and endearing as it can be. She is a fish butcher at Cork's market, and she raises Conor who she had at sixteen all by herself after Conor's father's passing. She cares for Conor, and she wants the best for him; she gets mad from time to time but still tries to guide him when he feels lost. As much as she dislikes Jock, she does not hesitate a single bit to save him from his alcoholic, abusive father.

'I love me mam' is the reference of the matching tattoos that Conor and Jock get. There is a soft spot in their heart for their mothers – and it is yet another clear reminder that they are not bad people, they really are just kids riddled with ridiculous stupidity, but underneath it all they have a loving heart.

Billy Murphy

Billy Murphy (played by Shane Casey) is an interesting character that adds dimension to the storyline. He is a local bully who is mentally unstable; he used

Credits: Courtesy of RTE



Besties Jock (Chris Walley) and Conor (Alex Murphy).

to mug Conor and Jock, went to jail, and developed an odd relation with the MacSweeneys. This is a simple example of how *The Young Offenders* incorporated a peculiar character naturally that complements the plot without him seeming out of place.

Conclusion

At its core I believe that Peter Foott is trying to send out a positive message with this show – stealing, being teen parents, failing school, etc. – this is not the sort of life the society encourages, yet he manages to show the charm of it, how the main characters are trying to be happy and make sense of their lives. It is written in a way that we can empathize with those who are a little awkward, a little problematic but kind and loving. All in all, I enjoyed the show and would recommend it to all of you if you are in the mood for a heartwarming journey.

Think Piece

Three reasons why readers are dying out

Hari Kumarakuruparan Books Editor
Jia Qi Tan Books Editors

Let's be honest, spotting someone reading in public; be it on campus, the bus or the train is a rare, almost extraordinary sight. When coming across such a phenomenon one most certainly feels at awe; somewhat like the feeling shared when seeing a wild animal. What type of animal? A peacock: rare and ravishing.

So, what does this mean? Firstly, you will realise that you may lack the title of being 'rare and ravishing', but most importantly readers are most definitely dying out! In order to prevent this calamity, we have compiled three reasons as to why students don't read as often; accompanied by tested solutions to help you gain the spanking new title of 'rare and ravishing!'

In all seriousness, the number of people seen reading on campus is dismal, and there is good reason for it. Three popular reasons we often hear are: that some students don't see the benefits, they don't have time, and finally that they don't have time.

Why – what's the point of reading?

Apart from those of you who want to read but are simply too lazy to (no judgement, I get into reading slumps too), some simply do not see the point in reading. It was required in school, we read all the classics and wrote essays on it – that's it.

Fair enough.

Speaking from experience, reading works wonders for one's emotional health. Trust me, Imperial has a 4-6 weeks waitlist for mental health support – it's something you probably did not know you would need until you arrive here. Reading allows you to see through someone else's lens – that usually helps puts things in perspective, not to mention the simple act of reading is meditative.

Literature is truly one of the most beautiful forms of art out there. To be able to tell a story through strings of words, to learn about the essence of one's life in a book, to experience and imagine a world out of someone's mind, it's honestly remarkable. That alone is a good enough reason to read.

“

PEOPLE OFTEN ENVISION READING AS A LARGE, DAUNTING TASK, PAIRED WITH DELAYED GRATIFICATION

Issue of it being time consuming

But let's be honest – reading is hard, harder than watching a Netflix show or swiping through social media. It requires thinking, concentration and most importantly – patience. There is a common perception to associate reading with “learning” and “gaining new information,” i.e. if astronomy interests you, you may pick up something by Neil deGrasse Tyson; if you want an overview of the history of civilizations as we know it, *Sapiens* by Yuval Noah Harari may be your choice. More and more the action of “reading” has been conditioned to feel like a heavy task with lots of resistance. Especially in the context of university where we are constantly being bombarded with a truckload of information, it leaves very little space for our curiosity and thirst to learn. It is thus rather ironic that University, an institution that strives to impart knowledge also takes away the appeal of learning.

As a result, people often cling onto the illusion that ‘they don't have time.’ People do have the time; however, they choose not to spend this time on something that does not yield instant gratification. And

this is what we feel is the biggest reason why individuals rather spend their spare time on their phone than with a book. Delayed gratification – the root of the reason why fellow readers are dying out. A phenomenon which further branches out to several other reasons: reading is difficult, I'd rather watch a movie, I don't see the point of reading. People often, as a result, envision reading as a large, daunting task; paired with the delayed gratification associated with reading, it makes tools like Instagram evermore enticing. So, what's the solution?

Four tips to get started

First, try reducing your consumption of facile and

guaranteed sources of dopamine, for example social media.

Secondly, take a moment and think, was there something that has always intrigued you that you've always wanted to learn more about? Is there a book that you've always wanted to read, but you simple never did? Pick it up and maybe give it a go.

Thirdly, start small. Very small. Small goals, which, through incremental improvements will result in larger results in the long run. The

two-minute rule is a well-known technique, in which you spend just two minutes on the task at hand. This instantly eliminates the daunting obstacle of reading a big book with many, many pages and words. Most often than not you'll exceed the two-minutes, which is exactly the point – you're tricking the brain.

Fourthly, being consistent. Actively trying to find opportunities to read. A good method is, instead

of using your phone whilst commuting, bring out a book and start turning those pages. However, reading on the train should then not become a discouraging task. Reading on the train should rather, become the objective of reading one page on the train. I'll examine and explore this idea of developing a habit under a larger, more impressive magnifying glass, in an upcoming review on the book *Atomic Habits*.

Conclusion

The point of this article is not to convert the entire Imperial campus into adamant booklovers all of a sudden – this is to hopefully serve as a gentle reminder of how much all of us loved reading – remember when we devoured Harry Potter or *The Twilight Saga*. It would be a little sad if we give up reading, to quote Lemmy Kilmister, “People don't read any more. It's a sad state of affairs. Reading's the only thing that allows you to use your imagination. When you watch films it's someone else's vision, isn't it?”

3 reasons

In a nutshell

WE don't see the point when we are studying so much already

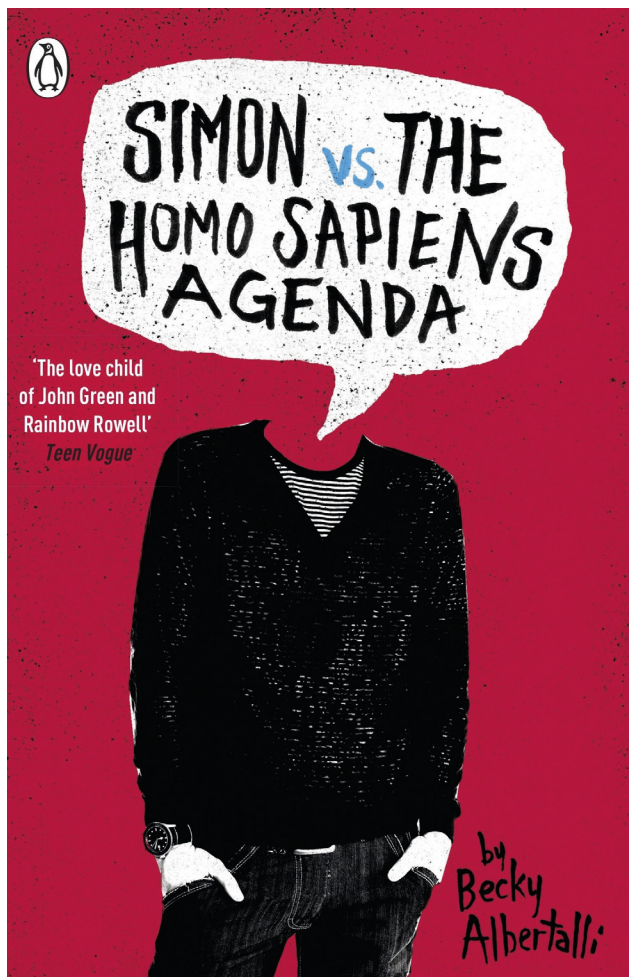
WE HAVE NO TIME when there's Instagram and Twitter

BASICALLY we need instant gratification for everything

BOOKS

Simon vs. The Homo Sapiens Agenda

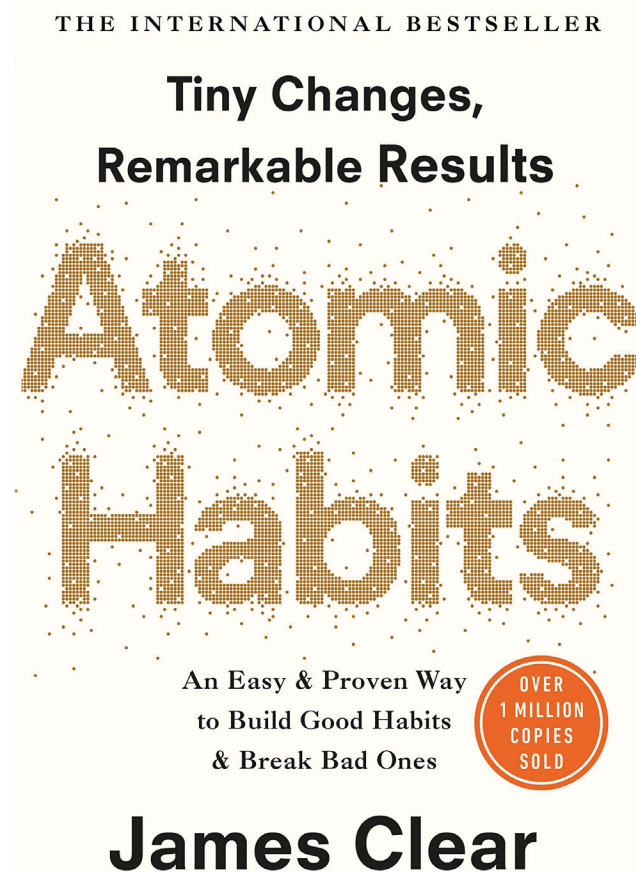
By George Elliot



You're cute, quirky, warm, and you always have a special place in your heart for all the good things in the world. I assure you, this book is one that will bring a smile to your face and take away a little stress of settling at a new place.

Atomic Habits

By James Clear



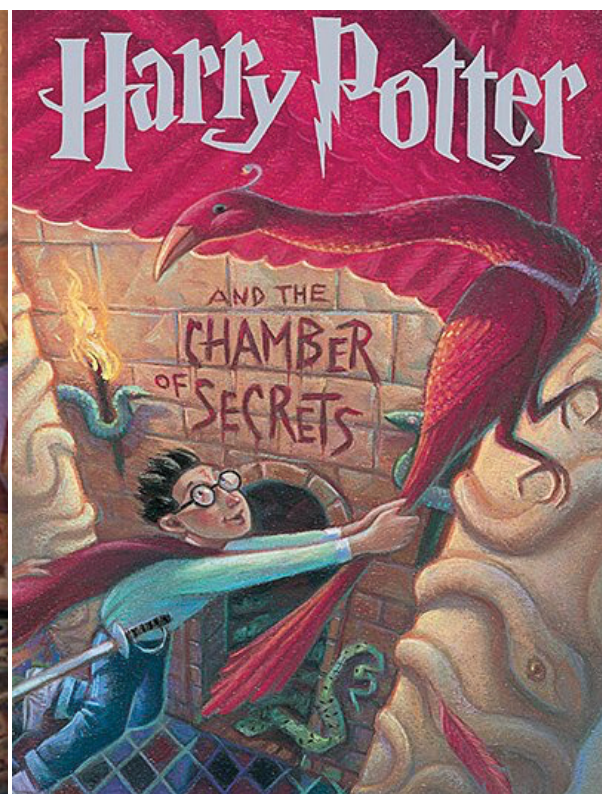
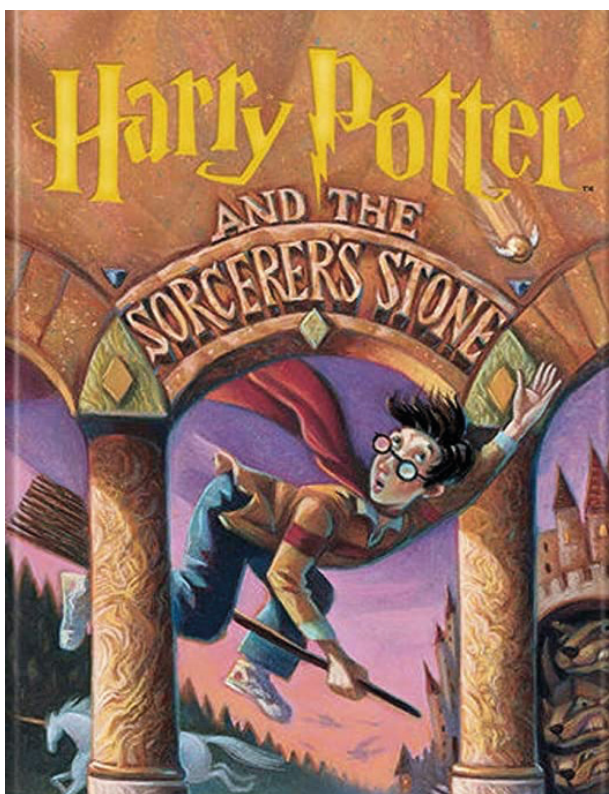
Let me take a guess... are you a pragmatic, ambitious fresher ready to forge a path of your own here in Imperial? You've come to the right place. Here's a book recommendation for you to make some new habits, break some old ones, and add a little oomf to your productivity toolbox.

Brave New World

By Aldous Huxley



Dear reader, I sense that you're witty, logical, intellectual, and unique – I present to you this classic dystopian novel. I challenge you to think critically about this world, to read, to think, to not get lost in the world as you step into your first year of university.



Harry Potter Series

By J.K. Rowling

Adventurous and imaginative are two words that sum you up best. Now that we can't wander travel and scour every corner like we used to, here's a recommendation hopefully to fulfil your adventurous heart through the wizarding world of Hogwarts.

Book quiz

What should you read?

Written by **Jia Qi Tan** Books Editor

1 You're walking out of a cottage in the middle of the woods. When you push the door open, what is the first thing that falls into your line of sight?

Talking squirrels and rabbits hopping around the bush

Go to Q4

An envelope containing a magical note from an anonymous fairy

Go to Q5

2 You get a vehicle that will be your ride to navigate the mysterious woods. You would prefer to have...

A flying unicorn that is basically a flying car

Go to Q8

The Pumpkin Coach made for Cinderella by the Fairy Godmother that will take you to a ball

Simon vs the Homo Sapiens Agenda by Becky Albertalli

3 The colour of the sky now changes with your mood. Close your eyes. Make a wish. Now look up at the sky, what colour is it now?

An ombre of pink and purple, like how it is everyday around sunset

Go to Q2

Bright blue sky surrounded by some white clouds, like any sunny morning

Go to Q7

4 You have encountered a bartender, offering you with a magic potion menu with a myriad of drinks. Which would you pick?

A fizzy lemonade that lets you relive your best summer in replacement of this cruel summer

Go to Q5

A warm cocoa in Santa Claus Village where you actually get to meet Santa Claus

Go to Q6

A spicy cocktail that lets you lucid dream and grants you the power to wake up from it anytime

Go to Q3

5 You can be teleported to any part of the world in the entire universe, well, at least anywhere you desire on earth. You would pick...

To be on a cruise on Hudson River, overseeing the skyscrapers of New York City

Go to Q7

To be on the back of a camel in the middle of Sahara Desert, on the way to the tomb of King Tut

Go to Q8

To be sunbathing on a tropical island with an absolutely stunning beach

Go to Q6

6 You have a pair of glasses that lets you see one thing about every stranger. You wish to see...

The one thing that lights them up, that makes their day, that puts a smile on their face

Go to Q3

Their darkest, deepest fear that they themselves may not even know, but these glasses tell you exactly what it is

Go to Q8

7 You have been given a choice to make all but one kind of flowers disappear, you would choose to keep...

Daisies, *Bellis perennis*, which symbolize innocence, childhood, youth, and a new beginning

Go to Q2

Roses, *Rosa*, *Rosaceae*, which are all about fiery love, passion, romance and beauty

Atomic Habits by James Clear

8 A magic piano has landed from the sky (don't worry, no one is hurt) and starts playing a piece the way its composer played it for the very first time. You would love to hear...

Rondo alla Turca, the last movement of Piano Sonata No. 11 by Wolfgang Amadeus Mozart

Harry Potter series by J.K. Rowling

Moonlight Sonata, the Piano Sonata No. 14 in C-sharp minor, by Ludwig van Beethoven

Brave New World by Aldous Huxley

Stay tuned for your results..

BOOKS

Book review

‘[Carnegie] changed my life’ – Warren Buffet

How to Win Friends and Influence People

By Dale Carnegie



Reviewed by Hari Kumarakurupara Books Editor

After envisioning a summer being spent mindlessly scrolling through Instagram (Facebook for you 21st century cavemen) and watching Netflix shows to remedy my featureless Lockdown Summer with intermittent wall-staring, I thought – meh that doesn’t sound too bad. But wait! What if I ran out of good shows to watch?

Amazon prime?

Don’t be silly.

With this haunting reality in the back of my mind, I picked up a book and came across this gem: How to Win Friends and Influence People. A book, I



TALK TO SOMEONE ABOUT THEMSELVES AND THEY’LL LISTEN FOR HOURS.

thought, would be ideal to share with you freshers trying to settle in as well as some of you older folk who’ve suffered an extended, socially stripped lockdown.

I wasn’t very intrigued by the book at first, given its ‘I have no friends, please help me’ title. I still remember the first few shameful days nearly being caught on the train mid-read, or by my mum walking into my room with the title nearly visible through my fingers. So, what swayed me? What made me overlook this eyesore of a title and carry on reading? Warren Buffett. Yes, the one man who can turn the hopeless into the hopeful, admitting to how, and I quote, ‘[Carnegie] changed my life’. With that in mind, let us get into this review. Alright...the title still bugs me.

But we’ll overlook it. Please.

Carnegie, the writer of the book for those of you still pondering over the ignominious title, uses one of Sigmund Freud’s most recognised psychoanalytic theories to illustrate his fundamental argument that ‘everything you and I do springs from two motives: the sex urge and the desire

to be great’, further articulated by Dr. Dewey, ‘one of America’s most profound philosophers’, who said that ‘the deepest urge in human nature is the desire to be important’. This idea that we have a ‘desire to be important’ is ubiquitous in Carnegie’s text and is the foundation upon which he shows us ‘How to Win Friends and Influence People’.

As egotistical and self-absorbed as it sounds, we all have a ‘desire to be important’. Even me, as I write this article. I foolishly thought that I wrote this article to help you lead more productive and happy lives. But no! Deep within, it makes me feel important. Apply it to anything, go on, any ‘righteous and honourable’ thing you’ve done, be it to save a cat from a tree or giving to charity, it could be argued that there is a hidden element of feeling important. Carnegie’s text is thus moulded around this crushing reality.

Published in 1937, many argue the book to be ‘outdated’, however I believe the methods within this book to be timeless and, quite frankly, a breath of fresh air compared to the constant cathartic huff and puff I find on social media.

Carnegie explores plenty of methods on ‘How to Win Friends and Influence People’, induced by making people ‘feel important’. Three methods that particularly resonated with me were: being genuinely interested in people, smiling, and remembering one’s name. Some of these may sound simple but I’ve been guilty of not following, well, all of them.

First, we’ll deal with being genuinely interested in people. We learn best through experience, and the next best thing is someone else’s experience. In this book, Carnegie skilfully uses many experiences and stories from households to historical figures like Abraham Lincoln and Napoleon the Third, allowing you to truly understand and appreciate the rules discussed in the book. With this rule, the key word is ‘genuine’, and Carnegie highlights this many a time. Genuine interest sparks conversation and can lead to everlasting relationships, be it at the workplace or a social environment. Believe or not, both sides benefit. A way of putting this into practice, if possible, is doing your research. Knowing a bit more about the person so you can ask those questions you so desire to be answered and before you know it, you’ve made another friend – hooray? Carnegie puts this best when he

says ‘talk to someone about themselves and they’ll listen for hours’. This quote does somewhat neglect the nature of being ‘genuine’, but it shines light on the fact that everyone wants to ‘feel important’, and that talking about oneself can be an enjoyable sport for some more than others.

Second is a smile. A startling, almost supernatural expression when we look at London’s public transport users who prefer to wear the popular deadpan, dethatched straight-face as their choice of expression. Seeing someone smile on the tube is extraordinary, almost inconceivable. Charles Schwab was one of these extraordinary individuals whose ‘smile had been worth a million dollars’. What does a smile say? A smile says, ‘I like you. You make me happy. I am glad to see you’. Again, Carnegie stresses ‘a real smile, a heart-warming smile...’ bringing back the idea of being genuine, rather than mechanical. Try smiling at someone in your workplace or wherever, and you’ll most likely receive one in return.

Lastly, remembering one’s name. This is such a small and simple courtesy but many people, including myself, don’t bother to remember names. Past historical figures, like Napoleon the Third, took it so far as to write down names he found difficult or felt were especially important and made sure to memorise and associate the name with the person. Carnegie speaks of the ‘magic’ contained in a name and discusses how the name of an individual ‘sets the individual apart; it makes him or her unique among all others’. Again, it makes them ‘feel important’. So, the next time you go to your favourite café, try and address the worker behind the counter by their name. This can be done by having a peek at their name badge or simply by asking because ‘remember that a person’s name is to that person the sweetest and most important sound in any language’.

To get the most out of this book, I’d recommend putting the methods into practice. Carnegie even wrote an introduction, ‘How to get the most out of this book’, where he stresses that the techniques and skills mentioned in the book can only be acquired when put into practice. Like any skill, ‘we learn by doing...learning is an active process’.

Union Page



Welcome to Imperial College Union

For the best Imperial experience

Welcome back!

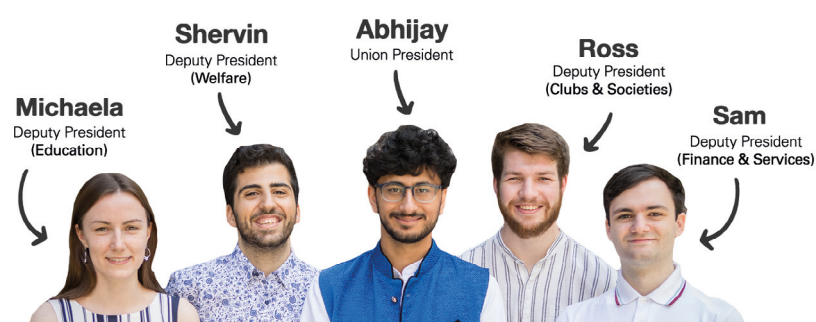
A huge welcome to all new students - we're excited to show you all we have to offer as your Union. As an Imperial student you're already a member and we're here to represent your interests and to ensure you have the best possible experience at university. This year may be a little different but we're here for you along the way and will keep you updated about our services with regular communications via email, social media and on our website imperialcollegeunion.org.

Stay in touch:

[instagram.com/icunion](https://www.instagram.com/icunion)

[facebook.com/imperialcollegeunion](https://www.facebook.com/imperialcollegeunion)

twitter.com/icunion



Meet our Officers

Our new Officer Trustees have been hard at work all summer, putting foundations in place to fulfil the aims and promises on which they were elected in March. The team, who will lead the Union full time for a year includes (left to right, pictured above) Michaela, Deputy President (Education), Shervin, Deputy President (Welfare), Abhijay, Union President, Ross, Deputy President (Clubs & Societies), and Sam, Deputy President (Finance & Services).

Read their plans for the year ahead at imperialcollegeunion.org/officers and keep in touch with them via email or social media.

Join us at our Virtual Welcome Fair

Welcome Fair 2020 is the biggest event of Welcome and is your chance to meet all of our over 380 Clubs, Societies & Projects. This year we are holding our Welcome Fair virtually from 5 - 11 October, when you can connect with fellow students, ask any questions and meet some of our partners for fantastic deals and discounts! You can also sign up to a Liberation & Community Network.

Keep your eyes peeled for our partner brand reveals on Instagram @icunion next week to learn who you'll be meeting at the Fair for the best discounts!

Register from 5 October at imperialcollegeunion.org/welcome-fair



Let's elect our Reps

Reps and Officers influence the student learning experience, help their peers access support, represent their area of study at Union Council, or ensure underrepresented groups are heard. **Nominations open at noon, Saturday 3 October** for those interested in becoming Academic Reps, Wellbeing Reps, Liberation & Community Committee Leaders, Constituent Union Committee Leaders, or Clubs, Societies & Projects Committee Leaders. **Nominations close at noon on Tuesday 13 October**, while **voting opens at noon on Monday 19 October**.

For more information and to stand for a position when nominations open, visit imperialcollegeunion.org/autumn-elections

imperialcollegeunion.org



FiveSixEight.

The Great British Bake Off & The Union Bake Off

#icubakeoff

Join the competition: Send us photos of your bakes on Instagram!

 @icunion

FiveSixEight.

 [beitbars](#)

Oh my God we're back again!

Saturdays

Live Music at
FiveSixEight

Sundays

Beer &
Burger Deal

Tuesdays

The Great
British Bake
Off

Thursdays

Super Quiz

The rest of the week

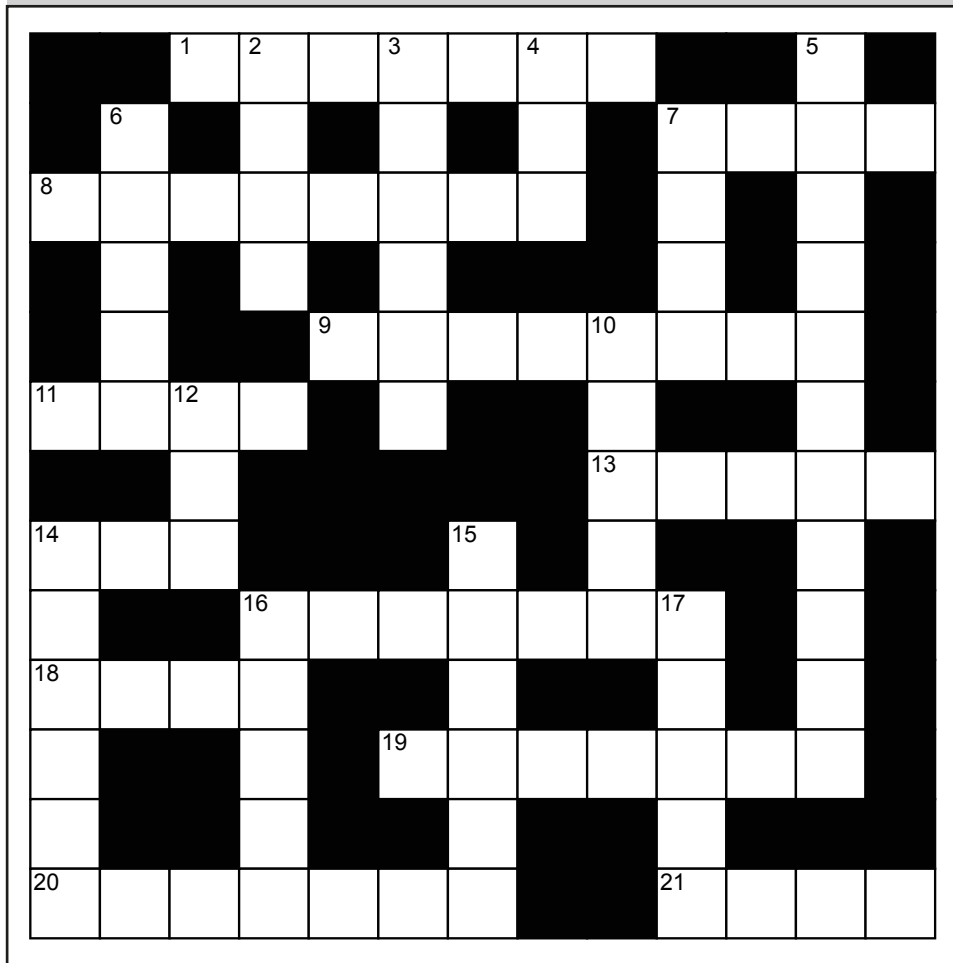
Come in, we're open!

Book a table or simply walk in, we're open!

 16:00 – 22:00  16:00 – 20:30

More details at: imperialcollegeunion.org/whatson

Concise Crossword



Across

- 1 First year university student (7)
- 7 Species in Star Wars (4)
- 8 Famous Imperial physicist (8)
- 9 Famous Imperial Civil Engineer (8)
- 11 Building where the Union is located (4)
- 13 Immature insect form (5)
- 14 ___ and tonic (3)
- 16 Imperial alumnus and nobel prize winner (7)
- 18 Demonstration (abbr.) (4)
- 19 Election Day stuff (7)
- 20 Burglars (7)
- 21 It's a ___ (4)

Down

- 2 Caught between a ___ and a hard place (4)
- 3 Arab chief (6)
- 4 ___, pray, love (3)
- 5 RNA virus that forced you to stay home (11)
- 6 First name of Imperial's president (5)
- 7 Send off, as rays (4)
- 10 Last name of a former Governor of Alaska (5)
- 12 Charged particle (3)
- 14 Inspector _____ (6)
- 15 Slaps on, as jelly (6)
- 16 Compel through coercion (5)
- 17 Casper, for one (5)

Your leaderboard will be here from next week!

Send in a picture of your solutions to fsudoku@imperial.ac.uk to take part. Working in teams is encouraged!

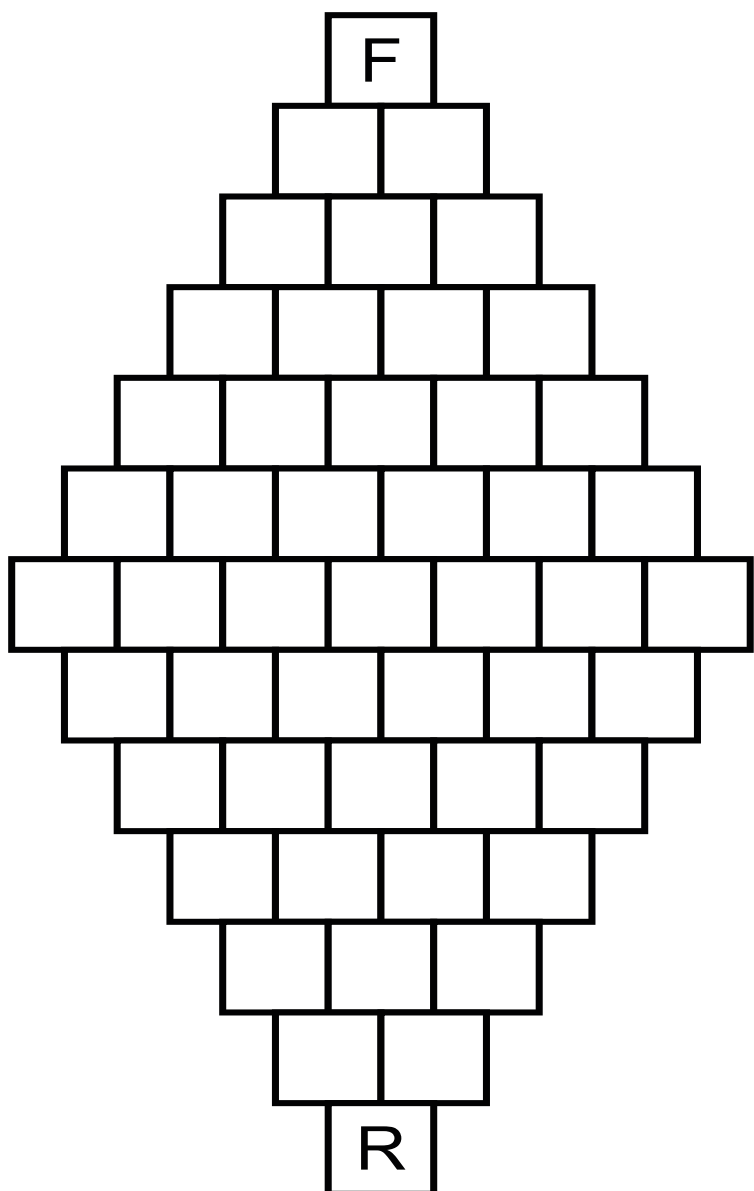
Points Available

- Cryptic Crossword: 10
- Concise Crossword: 3
- Nonogram: 3
- Hot: 3
- Medium: 2
- Mild: 1
- Shikaku: 2
- Gogen: 2
- Word Pyramid: 1

Clue Writing Competition

Your word is SALAMANDER!

Send in an original cryptic clue to fsudoku@imperial.ac.uk for a chance for it to be published in next week's issue.



Word Pyramid

Every row is an anagram of the previous word with one more or less letters.

Clues

- Common prefix (2) - University cost (3) - Nemo's home (4) - French brother (5) - GP does this often (6) - A first year (7) - Emancipators (6) - French mathematician, greenhouse (5) - Makes a mistake (4) - Latin object or thing (3) - In reply (2)

PUZZLES

Mild cZeus

			16 ⁺						
42 ^x		15 ^x	105 ^x			168 ^x			
	21 ^x								
49 ^x				5 ^x	240 ^x				
	63 ^x					40 ^x			
14 ^x								64 ^x	
	18 ^x					32 ^x			

Medium cZeus

						21 ⁺			
	140 ^x	4 ^x	16 ^x						
						18 ⁺			
	21 ^x		10 ^x				24 ^x		
						18 ⁺			
						19 ⁺			
						25 ^x			
						14 ⁺			

Hot cZeus

	14 ⁺		25 ⁺		26 ⁺				
		18 ^x							
			81 ^x						
	17 ⁺		31 ⁺		21 ⁺				
								4 ^x	
	16 ⁺							140 ^x	

Felix is proud to announce a new type of puzzle. Never before seen in a newspaper in the world, cZeus was developed by the Mathematical Games company and provided to Felix.

Shikaku

RULES

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

		4							6	
							2		3	
	27	16					3	2		10
			4	4						
				7	5					30
				5						
	6	10						5		
							5			
5			8			21				
	4	4								



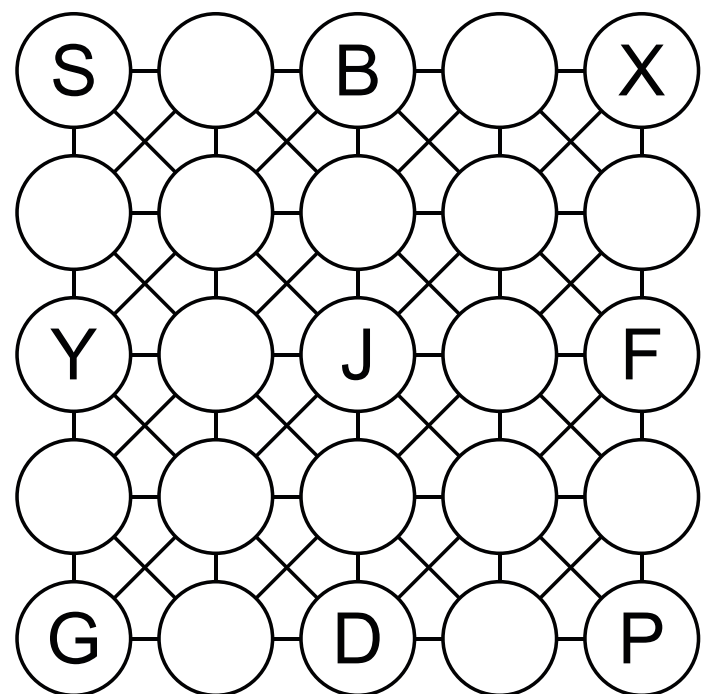
RULES

cZeus is a mathematical puzzle formed of four simple rules - follow this QR code for an explanation of how it works.

Gogen

RULES

Write letters into each circle to form the listed words. Letters can be linked by moving between adjacent cells horizontally, vertically or diagonally in any direction. You may use each letter in the alphabet only once.



Clues

CUT - EXHAING - FAIRY - JUTE - PLATE - SQUID - TOMB - TOY - VIAL - WEAK

WHAT'S ON October

Sports Arts and Entertainment Faith Academic
Charitable Other Cultural Department Social

Monday 5th

How Imperial are you?

Clinical Genetics Society

Clinical Genetics Society are excited to invite everyone to the Freshers quiz - "How Imperial are you?"! Join us for a round of Imperial and London related questions to get to know our committee and fellow Imperial students!

6 pm

Teams (Sign up on the Union website for more information)

Space society welcome event

Space society

We welcome everyone from Imperial (freshers, returning students, PhDs and members of staff) to join our on-line presentation event. Get to know the committee members, our ambitions for the year and the amazing chances we can offer you as a member (interesting projects, learning and networking opportunities and a free licence to KSP!).

10:30-11:30 pm

<https://zoom.us/j/97626719181?pwd=a0x1V111TE9tU-jhJY2h4aGphRU-03Zz09>

Tuesday 6th

Gospel Choir Freshers social

Gospel choir

Come to our social to get to know us, get to know each other, and find out how much fun Gospel Choir can be! Feel free to invite anyone else in our Imperial community who may be interested.

6 pm

Teams (link in @icgospelchoir Instagram bio)

Belly fit-Taster class

Belly dancing Soc

Imperial College Belly Dance Society presents its annual Belly Fit Class! In this class, we bring together fitness work out and belly dancing as the perfect way to introduce you to a new style of dance. Aimed at complete beginners.

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Debating soc

Try out the debating society which offers you an opportunity to discuss important topics and work on confidence and speaking skills in a friendly atmosphere. Short show debate, then an opportunity for you try debating out for yourselves!

6:30 pm

*Join Facebook group for more information:
<https://www.facebook.com/groups/228493201916541>*

Wednesday 7th

Taekwondo taster

Taekwondo society

Follow-along light interactive live session!

12-1 pm

Imperial College Taekwondo' Facebook group

Sailing taster

Sailing club

Try your hand at sailing

1 pm

Wembley Sailing Club, NW9 8SE

South Ken tour

Biochemistry society

An instagram live tour of campus and South Ken

1 pm

Instagram (@icbiochemsoc)

Robotics training

Imperial College Robotic society

Build a video game and socialise. Attendance essential for future workshops.

2 pm

*Register for the event at:
<https://bit.ly/3i7UVSb>*

Football taster

RSM AFC

Fun and inclusive football practice. All departments and abilities welcome!

2 pm

Hyde park near Imperial

Fresher trials

Medics Hockey club

Intense games, training and big socials if you join Medics Hockey. All abilities welcome!

2 pm

Indian Gymkhana TW7 4NQ, UK

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Energy Soc

A big welcome to all freshers and newcomers to Imperial's Energy Society! Join our talk for an overview of what you can expect this year and how you can take part in the ongoing discussion about the future of energy.

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6 pm

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Get to sleep y'all

Sleep soc

Imperial Sleep Society is back with one of the sleepest events of the year, Get to Sleep Y'all. Opening up with some key insights into how to maintain healthy sleep during freshers and the upcoming term, followed by a relaxation session and yoga.

6 pm

<https://www.eventbrite.com/e/get-to-sleep-yall-tickets-12228880093>

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Introduction to Imperial Women in Science, Engineering and Technology Society and Online Pub Quiz!

Imperial WSET

At this event, we will introduce the committee and tell you about who we are, what we do and how we can help you find internship and grad roles, as well as finding female friends during freshers! This will be followed by a pub quiz online, where you can sign up as a team, or we will put freshers in teams based on department.

2-4 pm

Microsoft teams, to sign up as a team, or to be put into a team, please using the following Google Form:

https://docs.google.com/forms/d/e/1FAIpQLSdZtB_Qy-dhJ1fHxmHOs75n-Q0Lx_AviWoC-hsH-NGtQPAqiFgxw/viewform?usp=sf_link

Coming up

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The first session of our one-term course for completed beginners, which covers the basics of fencing. Participants will learn and practice each of the three weapons: foil, épée and sabre. For more info, email us (fencing@imperial.ac.uk) or visit our facebook page (Imperial College Fencing Club).

4-4:50/5-5:50 pm

Ethos Court 5

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Synthetic biology soc

Professor Tom Ellis will be delivering our opening seminar. His talk, titled 'Exploring the flexibility of a eukaryotic genome using synthetic yeast', will cover his research on synthetic yeast genomes and their potential applications to biotechnology.

6 pm

Sign up at Fresher's Fair
Numbers capped

Wind Band rehearsal

Wind band

Wind Band meets on a weekly basis, usually in the Great Hall, from 6pm-8pm every Tuesday. We play a variety of music and welcome players from all levels!

6-8 pm

The Great Hall in Sherfield Building. But check our facebook page <https://www.facebook.com/ICwindband> to see if we are going to meet in the Great Hall or on Microsoft Teams

Thursday 15th

CMS Discord Social/ Games Night

Chamber music society

The music-themed games night is a great chance for you music lovers to get to know each other! You can meet fellow musicians here and form your own chamber music group!

6 pm

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There is no limitation on number of participants

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Join us for a short introduction to our society and to meet us! We will have a little quiz to have fun and chat about fashion.

7 pm

Link will be posted on society social media prior to the event

Weekend 17-18th Thursday 29th

History Society Online Pub Quiz!

History society

We'll be hosting an online quiz (feel free to have some casual drinks as we do it, we certainly will) full of history questions on multiple topics!

Fun, relaxed event and we welcome all abilities.

8 pm (17th)

Details on social media prior to the event

FACEBOOK:

<https://www.facebook.com/ichistorysoc>

INSTAGRAM:

<https://www.instagram.com/ic.historysociety/>

A Cappella Society Virtual Auditions Deadline!

A Cappella society

The first round of auditions will be entirely by video this year. If you're interested in auditioning for one of our 5 groups, please do sign up! Your video audition must include:

- A short introduction of yourself
- A range check
- Singing two songs of your choice
- Beatboxing (optional)

Once you've recorded your video, you can upload your audition via the submission form. The deadline for your videos will be 18th October 2020.

All day (18th)

All information can be found on our website: <https://www.union.ic.ac.uk/arts/acappella/get-involved/auditions2020/>

Lessons Learned from COVID-19

Infectious diseases soc

We'll be hearing from a range of experts, including researchers and frontline workers, about what we can learn from the COVID-19 pandemic so far. You'll even have opportunities to submit your own questions to the panel, so don't miss out!

6 pm

Microsoft Teams, just click 'going' on our Facebook event to stay updated.

Museum Murder Mystery: Sexpression Investigates

Sexpression Imperial

Sexpression is a society which aims to empower young people to make their own choices regarding sex and relationships. This event is a spooky murder mystery set in the National History Museum with a spicy Sexpression twist ;). You will work in teams of ~4 on zoom in breakout rooms to discover who killed Ben Dover... You can work in preformed teams or use the opportunity to make new friends! Either way sign up using the google form!

7 pm

Online on zoom!
Sign up here: <https://forms.gle/JmK-pooEcwk3RVrfjy8>

GET YOUR AD IN THE PAPER (Free for all CSPs)

Fill in the Microsoft Form for the Social Calendar (link on the Felix Facebook page)

No limit on number of ads!

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History Society Online Pub Quiz!

History society

We'll be hosting an online quiz (feel free to have some casual drinks as we do it, we certainly will) full of history questions on multiple topics!

Fun, relaxed event and we welcome all abilities.

8 pm (17th)

Details on social media prior to the event

FACEBOOK:

<https://www.facebook.com/ichistorysoc>

INSTAGRAM:

<https://www.instagram.com/ic.historysociety/>

A Cappella Society Virtual Auditions Deadline!

A Cappella society

The first round of auditions will be entirely by video this year. If you're interested in auditioning for one of our 5 groups, please do sign up! Your video audition must include:

- A short introduction of yourself
- A range check
- Singing two songs of your choice
- Beatboxing (optional)

Once you've recorded your video, you can upload your audition via the submission form. The deadline for your videos will be 18th October 2020.

All day (18th)

All information can be found on our website: <https://www.union.ic.ac.uk/arts/acappella/get-involved/auditions2020/>

Lessons Learned from COVID-19

Infectious diseases soc

We'll be hearing from a range of experts, including researchers and frontline workers, about what we can learn from the COVID-19 pandemic so far. You'll even have opportunities to submit your own questions to the panel, so don't miss out!

6 pm

Microsoft Teams, just click 'going' on our Facebook event to stay updated.

Museum Murder Mystery: Sexpression Investigates

Sexpression Imperial

Sexpression is a society which aims to empower young people to make their own choices regarding sex and relationships. This event is a spooky murder mystery set in the National History Museum with a spicy Sexpression twist ;). You will work in teams of ~4 on zoom in breakout rooms to discover who killed Ben Dover... You can work in preformed teams or use the opportunity to make new friends! Either way sign up using the google form!

7 pm

Online on zoom!
Sign up here: <https://forms.gle/JmK-pooEcwk3RVrfjy8>

GET YOUR AD IN THE PAPER (Free for all CSPs)

Fill in the Microsoft Form for the Social Calendar (link on the Felix Facebook page)

No limit on number of ads!

SUSTAINABILITY

A beginner's guide to sustainable living

Flora Dickie Sustainability Editor
Monami Miyamoto Sustainability Editor

University is an exciting time in your life; a time and place where memories and life-long friendships are made. A once in a life time opportunity to have the privileges of being treated as an adult, but without the responsibility of paying bills. But as students of Imperial, we also know all too well that it can also be a stressful experience when it comes to coursework and exam season. That's why, in this very first sustainability column article of this academic year, we'll be providing you with simple tips on how you can make a positive impact on the planet without overwhelming yourself. After all, we already have a lot on our plates. All actionable takeaways mentioned in this article have been ranked in order of how impactful they are, along with 3 quickfacts about why you should care. We recommend that you make a gradual transition towards a more environmentally conscious lifestyle. When it comes to sustainable living, it's much better to have everyone doing it imperfectly, than just a handful of individuals trying to master it perfectly. But before getting into the nitty-gritty details, it's also important to remember that one of the most meaningful ways you can help our planet is to reduce your consumption in general. The mainstream Western perspective on sustainability is focused on one small part of the problem while ignoring broader global issues. We cannot create sustainability by buying 'sustainable' things that we don't need in the first place. There is also a lot of focus on recycling, rather than reducing and reusing, because this allows us to consume while simply being an extension of the throw away culture driving environmental degradation. Sustainability is not what we buy. It is how we live our lives. With that in mind, here's your toolkit to living better - for your wellbeing, that of our planet, and those around you.

Fashion

Quick facts:

- 1) The fashion industry is the 2nd largest polluter after aviation
- 2) Microplastics comprise 35% of oceanic waste, many which come from washing of synthetic fibre clothes
- 3) Over 90% of workers in the garment industry cannot negotiate wages or conditions



Actionable takeaways:

Low impact: If you're purchasing something new, investigate the ethics of production. Watch out for signs of greenwashing, which is when brands use misleading information to portray their operations as more environmentally friendly than they actually are. Being curious about where your products come from is a good starting place to vote with your consumption choices.

Medium impact: Stop purchasing fast fashion. This not only includes specific brands but also avoiding purchase based on trends, impulse, discounts, Black Friday events, etc. You can instead opt for 2nd hand clothes or organise a clothes swap with friends.

High impact: Write an email to your favourite clothing brand or policymaker about what they're doing to address global issues. Ask for information regarding gender equality, safe working conditions, fair pay, modern slavery, water contamination, waste, landfill, carbon emissions, animal welfare, ocean plastic and deforestation. Many people don't bother doing this, which is why it's incredibly impactful if you do.

Recycling & Packaging

Quick facts:

- 1) In 2017, 46.2% of UK plastic packaging was collected for recycling, and of this only 34% was recycled in the UK, with the rest exported, often to countries with inadequate waste infrastructure
- 2) Globally, 8 million tonnes of plastic packaging enter the oceans each year
- 3) Plastic items can take up to 1000 years until they fully decompose



Actionable takeaways:

Low impact: Recycle properly by following guidelines of your local area. This includes simple things like washing out the food containers. Make sure you're not 'wish-cycling' - when we recycle items that we think or hope can be recycled, but actually can't, and cause problems at recycling centres by contaminating recycling streams. Everyday items that are wish-cycled include paper receipts, crisp packets, salad bags, toothpaste tubes, Pringle tubes and sticky notes.

Medium impact: Refuse single-use plastic items. Merely carrying around a reusable water bottle, straw, cutlery, cup, Tupperware, and a shopping bag can do wonders in the long run.

High impact: Reduce unnecessary packaging. Try buying foods (especially staples) in bulk or plastic-free packaging. You might do this by purchasing fresh produce from farmers markets (bring your bag), checking out the Imperial food co-op, or subscribing to sustainable fresh food delivery services that don't use packaging.

Food Waste

Quick facts:

- 1) 30% of food produced globally for human consumption is wasted or lost; this produces emissions of up to 4.4 billion tonnes of CO2
- 2) 6.6 million tonnes of household food are wasted each year in the UK, and 70% of this was edible - that's worth approximately £14 billion
- 3) Of all wasted food, the largest proportion is fresh vegetables and salad, that make up 28% of the total

Actionable takeaways:

Low impact: Cook with flatmates or friends. Not only is this a great way to spend time together, but you end up saving a lot more energy, water and ingredients compared to cooking just for one person.

Medium impact: Avoid clutter in the fridge. Being able to see what you have means that you're less likely to forget that there's a rotting piece of fruit at the back of the shelf which will be wasted. Organising once every few days also gives you a chance to check expiry dates of products (although remember that these are just general guidelines).

High impact: Start looking into businesses tackling this food waste. For example, OLIO is an app that allows you to sell/buy food that people no longer want but are edible. ODDBOX is a produce delivery that rescues fruits and vegetables from farms that would otherwise have been thrown away because of their odd shapes. 2Good2Go is an app that partners with restaurants which have leftover food at the end of the day, ready to be sold at a discounted price.



Energy

Quick facts:

- 1) Fossil fuel companies are responsible for significant air and water pollution, which disproportionately affects communities of low income & colour.
- 2) Transformative action is needed to transition our economy to 100% renewable by phasing out fossil fuel production.
- 3) The climate crisis is already worsening existing vulnerabilities in communities with regards to human health, safety and quality of life

Actionable takeaways:

Low impact: Walk or cycle instead of taking the bus. For longer trips consider taking trains over buses or planes.

Medium impact: If not in student halls, check if it's possible to switch your energy supplier to renewable provider.

High impact: Did you know that most major banks invest in fossil fuels and have a tax avoidance scheme? This includes Barclays, RBS, HSBC, NatWest, Santander, Lloyds and Halifax. Check what your bank invests in (e.g. fossil fuels, arms/military activities, coal power, mining, arctic drilling, tar sands, fracking) and if your bank pays taxes. Then, switch to a more ethical bank, such as Triodos Bank, Starling Bank, Monzo, Co-operative Bank, Atom Bank or Revolut.



Food Choice

Quick facts:

- 1) Beef and lamb meat contribute to 250x the GHG emissions per gram of protein than plant protein crops
- 2) The livestock industry accounts for 18% of GHG emissions, 64% ammonia emissions, 8% global water use, 70% global agricultural land
- 3) Meat consumption is expected to increase by 26% from 2007 to 2050



Actionable takeaways:

Low impact: If you're a meat-eater and can't see yourself giving up meat, don't worry. You can still make a difference by opting for chicken instead of beef or lamb, which has significantly lower environmental impacts. You can also try experimenting with vegan or vegetarian options that are available at most restaurants in London now.

Medium impact: Reduce the intake of animal products, including meat and dairy. You don't have to switch your diet entirely as this can be daunting. Simply choosing to have a no-meat-Monday, or limiting meat consumption to weekends is still a meaningful lifestyle change. You might start to notice that it also affects aspects of your health, such as quality of sleep, energy levels and digestion.

High impact: Eat a diet made up of local produce and plant-rich ingredients. Whilst it can be hard to eat entirely local in the modern globalised world, a quick google search will give you many businesses that work in London to provide consumers with local organic produce. Try investigating some so that you can do your part to support the planet and British farmers.



Individual behaviour change is not enough

Flora Dickie Sustainability Editor

Lifestyle changes are practical steps we can take to feel like we are having less of an environmental impact, empower us to advocate for the earth and remove some guilt from consumption. But we cannot solve major global crises via these changes alone. Even if we all made these individual changes to our behaviour, it would not be enough to prevent ecological collapse nor prevent climate breakdown. Personal change cannot be the only aim or end goal. Furthermore, not all of us will not make these individual changes as we are increasingly disconnected from the natural processes that make life possible. It is hard in a city like London to make time and space to be in nature; however, cultivating this relationship and respect for the processes that make life possible, is integral to our behaviour change.

It is not possible to work towards a more sustainable earth whilst there is still widespread global inequality in terms of GDP and consumption

recession will never alleviate poverty but instead sustain unequal wealth distribution.

Income inequality has social repercussions alongside environmental impacts as a result of higher income and affluence creating overconsumption.

23-45%
of global environmental impact is created by the top 10% of income earners

So, those with the power of affluence do have the responsibility to make better decisions when purchasing goods and services. Responsibility not only lies with the consumer but also with corporations extracting and producing resources and their regulatory systems. According to data from the Carbon Majors Report in 2017, more than 70% of greenhouse gas emissions are produced by just 100 companies, highlighting the responsibility of corporations and investors in tackling climate change and reducing emissions.

Producing zero emissions of greenhouse gases is not compatible with economic growth as growth creates demand for energy which makes it harder to cover such demand with renewable resources. Our economy must grow by 3% each year to avoid a recession, so it doubles in size every 20 years. According a paper co-published by the Centre of Environmental Systems

Research, this growth has direct effects on global resource use so that by 2050 our material consumption will be 260% over the safe limit (we are currently 60% over limit).

Furthermore, even with the optimistic assumptions of rapid technological innovation and taxes on resource extraction, our global consumption of resources will still be 164% over the safe limit by 2050. Technological advances are not out-running increases in consumption

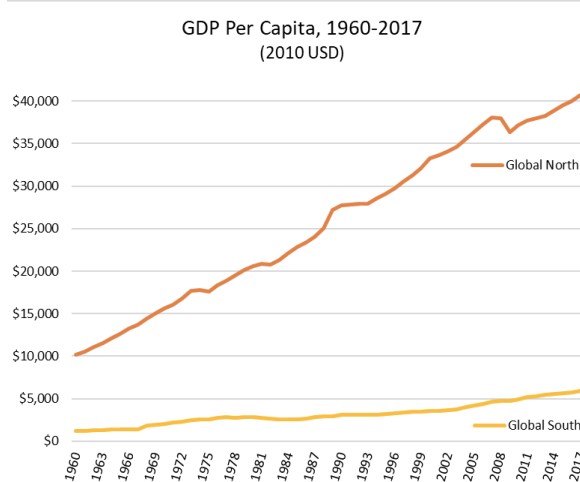
worldwide. So, it is not enough to just 'green' our consumption by implementing more efficient technology we must also reduce consumption dramatically in the Global North.

The IPCC (Intergovernmental Panel on Climate Change) proposes the scaling down of material throughput and resource use. This type of post-growth economic shift would involve prioritising wellbeing and ecological stability over GDP growth. Countries in the Global North, such as the UK, have a greater responsibility to reduce their environmental impact by reducing resource use and energy use so that renewable energy can cover demand.

Constant economic growth is one of the most hegemonic ideas in our current society, and it is causing global ecological and climate breakdown. Individual changes in day-to-day habits are useful and contribute to creating consciousness of our impact of living on earth. Although, to make real change, a politically significant number of people must reject GDP as a measure of the quality of life. Alongside some lifestyle changes, we can also:

- Denounce unjust economic policies
- Advocate for a post-growth socio-economic transition
- Show solidarity with those most affected by climate change
- Increase our communities' ecological literacy
- Put pressure on Imperial to divest from fossil fuels

Joining a direct-action group, such as Divest Imperial and Extinction Rebellion Imperial, is also a sustainability tip. It is vital to examine how we contribute to the current capitalist system and how we can de-program ourselves from these values. Our current mindset of individualism and growth-at-all-costs is a manifestation of the one-dimensional rationalist thought created by a severe lack of connection with nature. Therefore, the climate and ecological crises can also be envisioned as a spiritual crisis lacking a cosmivision. We can release ourselves from these neo-liberal capitalist, destructive, extractive values by having deeper spiritual practice within our communities.



Global inequality shown by an absolute metric of GDP using data from the World Bank

of resources. The current functioning of international economics is driving climate and ecological breakdown through overconsumption, which is having a disproportionately greater negative effect on the Global South, perpetuating global inequality and financial instability. Our production system is cannibalistic, designed to maximise profits for capital holders without considering the externalities of such production. Our need for constant economic growth to prevent

Our top 3 inspirations this week

Monami Miyamoto & Flora Dickie, Sustainability Editors

1. Green Giants

How Smart Companies Turn Sustainability into Billion-Dollar Businesses by Freya Williams. This is a great book to read if you're interested in sustainability on the corporate level, covering 9 highly recognisable global companies, including Chipotle, Toyota, Tesla, Natura and more, who are leading the world in terms of profit and purpose. Based on 6 key factors that ultimately resulted in their success, these companies show that making a positive social impact whilst making a profit is possible.

2. The YIKES podcast

Insightful and accessible conversations on climate change and human rights with 2 students, Mikaela Loach and Jo Becker. Every episode provides an in-depth intersectional take on current issues of justice, activism and anti-oppression. Recent special guests include Hassan Akkad, Kenny Ethan Jones and Aja Barber. You can find the podcast on Spotify or Apple podcasts, plus they also have a Patreon page for bonus episodes.

3. Giki app

This app allows you to scan barcodes of various products in the supermarket quickly, and provides you with a simple rating of how sustainable/ethical it is, based on criteria's such as:

- Greener cosmetics
- Better packaging
- No animal testing
- Organic
- Free from additives
- Responsibly sourced
- Low carbon footprint

GAMES

Best Co-op Games to Make New Friends

Freddie Ugo Games Editor

A new year at university is beckoning. For some, it will be their first, and for some, their last. One thing we all share is the fact that this year will be nothing like one we have experienced before. With the current “Rule of 6”, as well as college level restrictions in halls, none of us are going to be able to go on mad nights out quite as much as we would like to. Worried about making new friends during this time? Well, you shouldn't be! Video games are an amazing way to get to know people, while having lots of fun doing it. Here is a list of what I think are the best co-op games you can play to make new friends this year.

Human: Fall Flat

This is the perfect game for any puzzler fan. With 2 players local co-op and up to 8 online, the wobbly physics make for great laughs as you and your friends attempt to move your avatars through seemingly simple stages. Delightfully minimal in concept, Human: Fall Flat excels at just being damn fun and proving that you don't always need an extremely convoluted storyline or control system to make a game fun. It is available for PS4, XBOX One, Switch and PC – with the PC version allowing players to build their own levels for an extra layer of fun.

A Way Out

If you find yourself getting particularly close to someone and ready to move onto the next level – I would highly recommend A Way Out, developed by the same people who made Brothers: A Tale of Two Sons. This game was made for 2 players, meaning it has unique co-op mechanics, seamless split-screen,

Credits: IGDB.com//EA



and a twist at the end that will drive you crazy. In A Way Out, you and a friend of your choice attempt to escape prison, loaded with breath-taking set-pieces, environmental puzzles and even some shooting in there. Available for PS4, XBOX One and PC, A Way Out offers 6-8 hours of multiplayer gameplay, with only one person needing to own the game... even if you play online!

Mario Kart 8 Deluxe

Everyone knows Mario Kart. Everyone loves Mario Kart. Do I even need to describe Mario Kart? Drive round intricately designed tracks, use a myriad of weapons to knock down opponents, jump over ramps and twist upside down to race to the finish line. Mario Kart is non-stop fun for up to 4 players in person. If you have a switch and a pair of joycons then bam, you can have 2 players any time anywhere... I would be lying if I said I haven't sneaked a couple of rounds in during lectures – which also remains true for the next game.

Super Smash Bros. Ultimate

Super Smash Bros. Is a fighting game series that goes back to the N64 era of Nintendo, pitting famous characters from all over gaming against each other in a battle of pure skill (unless you use items then it's a lot of luck too). Ultimate is truly the complete experience of the game, with a low barrier to entry but a high skill ceiling, it is ideal for playing with up to 8 friends on the Switch. Being on the Switch, it is also extremely portable – meaning on the occasions where you can go visit people, it is a great low-hassle thing to bring to any gathering.

Death Squared

A charming, isometric puzzle game where you and up to 3 friends play as cubes trying to navigate increasingly complex scenarios seems like a perfect game for you visual learners out there. Complete

GAMING NEWS RELEASES

- PS5 and Xbox preorders are flooded causing much unrest in the community. Sony has apologised and stated that there will be more available “soon”.

- Microsoft purchases Bethesda and parent company ZeniMax Media leading many fans calling for a Fallout: New Vegas 2.

- Record setting August for the Switch: Double the sales of August 2019. More sales than the Wii in August 2008. Highest hardware sales ever.

- Nvidia has purchased ARM making way for future innovation in AI.

NEW RELEASES

Mafia: Definitive Edition
2K Games

A remake of the 2002 game MAFIA. An action-adventure game where you rise through the ranks of the Mafia during the prohibition era of organised crime.

Serious Sam 4
Devolver Digital
Fast pace, out of this world wacky first person shooter.

Tears of Avia
CooCooSqueaky Games
Turned-based strategy Anime game.

with a snarky narrator, much like Portal's GLaDOS, the game is great fun for anyone that loves to have their brain switched on while gaming. It is also available for all major consoles and PC, so whether you have every piece of tech under the sun or just a crappy laptop from a decade ago, you should be able to get the most out of this game.

Just Dance

Unironically, Just Dance is an amazing game for making friends. It keeps you active when you may be spending more time in doors when you would like. It gets everyone to move in such an embarrassing fashion that it is the perfect ice breaker. The gameplay is based on dancing by copying what you see on screen so anyone can play it as long as there is enough space for everyone to stand. There are a whole host of songs from different genres to dance to, and if you pay for a membership you get access to every song that has ever been in a just dance game. With up to 4 players locally it is the perfect game for you and your non-gamer friends. There has been one released every year in the last decade or so, with the most recent one being aptly named Just Dance 2020 – which is still available on the Wii if you can believe it. It is also available on the Switch, PS4, Xbox One and even Google Stadia (bet you forgot about that didn't you). The best part is that you don't even need a controller for

everyone... as long as you have a smart phone, you can download the app allowing your phone to act as the controller for the game.

I hope that I have given some good recommendations for games that will help break the ice with new faces, or solidify friendships that you are already starting to make. I look forward to editing the Games section for Felix again this year especially

considering the host of releases to look forward to. If anyone is interested in editing, or writing for felix, please feel free to get in touch! We could always use new members... or even just someone to chat games with. Stay safe and game on!

Credits: NintendoLife.com//Nintendo



Need I say more...? This is MarioKart we are talking about!

Game review

Days Gone Stole my Summer - and I do not regret any of it

Drifting



Created by: *SIE Bend Studio*

Published by: *Sony Interactive Entertainment*

For fans of: *RDR; COD Zombies; The Last of Us*

Reviewed by *Freddie Ugo* Games Editor

Days Gone might be a year and a half old, but it is definitely still worth playing. You follow the main protagonist, Deacon Saint-John as you venture through a post-apocalyptic Oregon, doing jobs for various camps, recovering your past, and mainly just trying to survive! In my 60 hours of playing I experienced every infested corner of the map, fighting back the triple threat of freakers (zombies), Rippers

(cultists that want to be zombies) and marauders (assholes that keep shooting me off my damn bike!). Speaking of bikes... this game is unique in that it allows you to customise your bike just as much, if not more than your own character. Upgrading the engine and traction may not feel like a boost, you will definitely benefit from it without realising. Apart from driving around the plagued wasteland of the Western US, you also can delve deep into the story with over 150 main missions. It is a story of loss, friendship and betrayal that will keep you interested for the entire time.

Days Gone really goes to show just how great

single-player games can be, and I cannot wait to see more from this studio. One gripe I do have with the game is how overly repetitive some of the gameplay can get. The amount of times I had to throw a molotov freaker nest, or chase down someone on my bike is uncountable. This paired with the fact that half the map becomes pointless to return to as you get more powerful weapons makes for the occasional feeling of redundancy.

Nevertheless, Days Gone is a fantastic experience, and with the upgrade to Playstation Plus coming with the PS5, you should be able to play it for no additional cost on launch of the PS5. I recommend some good speakers because oh boy, is that sound track beautiful.

SPORT

Struggles of exercising through COVID

Amanda Barden Sports Editor

COVID truly messed things up. With activities such as being able to pop into the gym whenever you wanted or having teammates cheering you on banned, we were left confined for months on end to a room or house. For many, this had the effect of sapping away any motivation to do anything except watch Netflix, binge eat, and maybe occasionally bake banana bread.

One of the many perks of going to a gym that most people don't realize is the change of scenery that it can bring. The atmosphere helps you break out of your house mindset, the place where you sleep, eat, and watch movies into your gym mindset, compelling you to sweat, move, and lift weights. If you are confined to a small space, finding the motivation to break the habit or routine of being a COVID-couch potato can be incredibly difficult.

Level of confinement varied from country to country; some people were able to leave their homes while others

were forced to stay in a single room. I empathise with the latter. I was only able to run in a confined space of 10 meters back and forth; it's impressive how much a 5km run works the calves when you have to almost continuously turn 180 degrees. The reason for this lunacy was a two-week mandatory quarantine in a hotel room in Australia; I am not a fitness fanatic, I just had to do something to fill up 16 hours of the day for 14 days to stop myself from going crazy and there are only so many movies you can watch a day.

After hours of scrolling through Instagram, I ended up falling down a rabbit hole of watching videos of people doing

home workouts in the time of COVID. Watching many people getting fit does bring out a certain motivation (or guilt) to exercise as well. However, the struggle then comes to try to find exercises to do. Many people who post "no equipment" workouts leave small footnotes saying, "apart from some dumbbells, kettlebells, and exercise bands", which might most people don't just have laying around.

Even after finally finding exercises I could do with my own body weight, I realized I wasn't as motivated to push myself to finish sets and would often find myself finishing early. Noticing this, it took even more energy to try to force myself to keep going.

The silver lining of it all after getting myself through a full body weight work-

out, was realizing I felt just as accomplished and as sore (and had worked out muscles I didn't know existed) as if I had done a hard day of weights. Once you accept the limitations of the exercises and work with what you have, you realize you can still make the most of it and still get the exercise you need from it.

However, this is in no way to try and tell anyone that they should or could have exercised during quarantine. It is completely ok if you didn't work out. It was a very challenging time and there is no need to put that extra pressure on yourself. There is no point trying to exercise if it'll strain and drain you mentally and emotionally or if you just don't feel like doing it. This was just to try and put into words the multiple aspects as to why it is so difficult to exercise during a world pandemic outside of the obvious.



Quarantine in Australia

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A Celebration of Boat Club Medics

Credits: PETER SPURRIER/INTERSPORT IMAGES

Lucinda Douse ICBC Member

ProProspective students often ask us whether it's possible for them to study medicine and to row at Imperial. The answer is of course, yes- but a brief look at the boat club history reveals much more than that. It's quite astonishing to see the huge contributions our alumni are making in their roles, not only within the NHS now, but have also made to the boat club over the years. **Three** members of ICBC-Toby Heaton, Emily Boother and Luke Whiting- were part of the cohort of final year Imperial medical students who sat online exams to graduate early and join the NHS staff on the frontline. Toby was an active committee member for many years, including as men's captain in 2017/8, and dedicated a great deal of time to organising last year's very successful Centenary Dinner.

They follow in the footsteps of last year's graduates Maddy Ardissino, Harry Knights and Rachel Whiting. Maddy learnt to row with us as a novice and went on to represent Italy at the U23 World Championships in 2016. She said of her time at Imperial:

"My time at ICBC has, hands down, been the highlight of my time at university. I have met people that have been my best friends since. I loved the wins, took the losses to make them into something better, and everything I learned during my time at ICBC definitely makes me a better doctor."

Jade Hubbard, Ollie Dent and Nina Dalton are now in their FY2 as junior doctors, while former team mate Tim Richards is working as an intensive care clinical fellow in Bristol having graduated a year prior in 2017.

Tim was part of the Imperial crew



Maddy Ardissino, class of 2019

which won the Prince Albert Challenge Cup in 2013. All but one of this crew were medical students. Coxswain, Ellie Smith, studied medicine as a graduate student:

"Rowing was a huge part of my life at medical school," said Ellie. "It provided an amazing group of friends and unparalleled experiences. I use the leadership and team working skills every day in my clinical practice and the early morning training sessions even prepared me for my early surgical starts!"

Two-time Olympian and Rio silver medallist, Melanie Wilson, also studied graduate medicine at Imperial. A kind face around the boat club from time to time today,

there is no doubt that Mel has been and continues to be a huge contributor to ICBC alongside her work as an NHS doctor.

"My time at Imperial was one of the most challenging, and most rewarding times in my rowing career. It's given me a deep-seated confidence that I don't think I could have found elsewhere. Getting through tough periods of training and study has undoubtedly helped me deal with working as a doctor in the NHS. It's given me my rowing career,

and it's also given me my career as a doctor."

The list goes on, with boat club alumni having worked at one of the NHS Nightingale hospitals at the very forefront of the current pandemic. Peter Reilly won at Henley in 1992 in a record-breaking time and is still working as a consultant orthopaedic surgeon at the Imperial College Healthcare Trust over twenty-five years on. He remains a valued supporter and contributor to the club.

With seven current students working towards medical degrees at present, there is no doubt that this legacy of success both on and off the water will continue.

"With medicine being nearly twice the length of most other degrees at Imperial, breaking up time spent in the library is quite a good idea, and ICBC has this way of making Monday 6ams seem like that good idea," said Gled, 2019/20 Club Captain. "For me, IC has provided a stable platform for progression and confidence both in my sporting abilities and in my studies."

Our boat club Chairman, Professor Alison McGregor, has dedicated a great deal of support to the club, but also to the sport of rowing in a wider sense, leading a research project into rowing kinematics that contributed to the success of the GB Rowing team at the London 2012 Olympic Games. Professor Mc Gregor has a unique outlook on our medical student members

via her position in the Faculty of Medicine, and said: "My involvement with Imperial's boat club came through two medical students, Rob Dennis and Peter Holt, who- through their persistence aided by the head coach Bill Mason- got me to research back pain and injuries in

rowers. Their drive and commitment drew me in and I am now part of this large family. I see the skills they grow and develop; rowing being so key to their successes. Now they are qualified doctors and their dedication to rowing is reflected in their medical careers. I am so proud of what they have achieved, what they are doing and what I know they will achieve in the years to come."

As a club, we are exceptionally proud of all of our medics and the incredible work they are doing in this time of crisis and grateful for everything they have contributed to the club during their time rowing for Imperial.



Luke Whiting, Emily Boother and Toby Heaton (fourth from left), class of 2020



Ellie Smith, class of 2016, with Henley winning crew Jonny Rankin, Henry Goodier & Ben Spencer Jones (class of 2015) and Tim Richards

If you are interested in joining ICBC you can reach out to any of the current rowers or coaches either privately or this years freshers fair, in whatever way it may be running!



Rachel Whiting, class of 2019



Tim Richards, class of 2017

SPORT

What sports facilities look like now at Imperial

Amanda Barden Sports Editor

There must be quite a few of you who must have a few different questions about how sports facilities will be safer at Imperial this year. Therefore, we have done some research and spoken to some people at Move Imperial so that we can answer some of them below.

With COVID restrictions limiting how many people can fit into once roomy areas, we here at Felix Sport have found out what exercising at Imperial is going to look like in the time of corona.

Imperial has opened 3 facilities currently this year: Ethos (Imperial's main gym located near Princes Gardens), Harlington (sports pitches near Heathrow), and the Boathouse (located in Putney). The staff have worked to ensure the facilities can be opened safely and to also still ensure the best student experience. For this, some new measures have come into play.

Firstly, all memberships must be

done prior to entering the facilities. Gym membership is £30 a year and membership for sports hall and pool is free!

Bookings are mandatory for everything at Ethos: gym sessions, classes, access to the pool, anything you can think of. This is in line with a fair usage policy: 2 bookings a day with a maximum of 7 bookings over the course of 6 days, and you can only book events 6 days in advance. All activities will be done in blocks of 45 min so that there is a 15min period of deep cleaning that the staff can do before the next block.

They have also reduced capacity to 35%. Sadly, the sauna, steam room, and rock-climbing wall will be closed due to social distancing. The gym has also limited equipment and boxed off areas to ensure 2 meters of social distancing.

Finally, some of the smaller rules and regulations put into place: there won't be access to dry changing rooms, showers, and lockers, there are designated one-way areas, and hanging out outside in

large groups is not allowed.

Move Imperial has also expanded its platform to adjust for people who won't be able to go to a gym. They have started and will continue to have some online exercise classes on their Instagram, which they started almost at the beginning of quarantine by posting videos of exercises, stretches, recipes, and general advice for athletes.

You can access all this information on Imperial's main website (imperial.ac.uk) under the subtab of Ethos, Move Imperial's website (moveimperial.co.uk), the Move Imperial App, and Move Imperial's Instagram.



Ethos with the new socially distant areas

What you need to do now:

-Pre-book all ethos activities

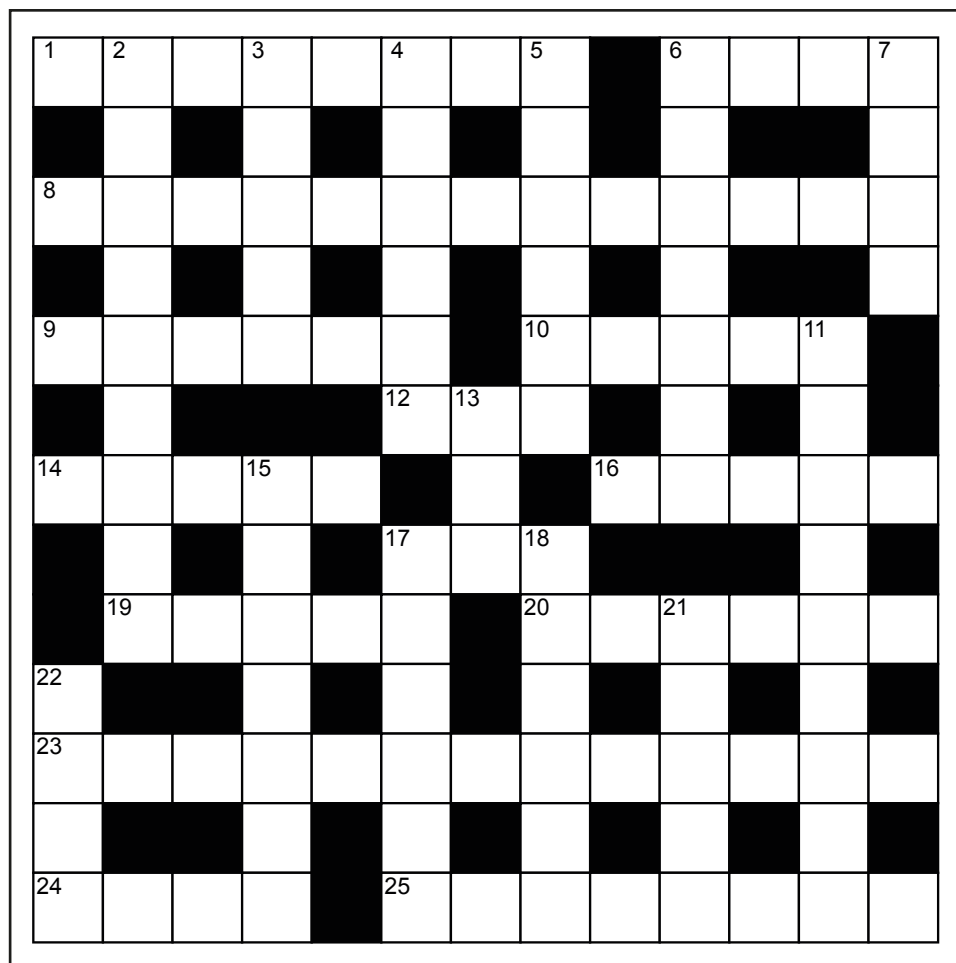
-Whats closed: sauna, steam room, locker rooms and rock climbing wall

-Buy membership online before hand

DO NOT COME IN IF YOU HAVE SYMPTOMS!

Felix cryptic Crossword

Serendip



Across

- 1 You may find yourself in hot water for him? (8)
- 6 Scoff back course (4)
- 8 Rewrite aimless clue - no jumbled types (13)
- 9 Shy, toe-curling canine (6)
- 10 Short girl quits type of company that's shady? (5)
- 12 A component in Rolls Royces occasionally (3)
- 14 Periodically succumb to a pair of tanks (5)
- 16 Urge engorged to give up Red Bull (3,2)
- 17 She's sheepish during farewell (3)
- 19 Clue to the answer provides incessant chatter? (5)
- 20 She dashes cases of Atlantic hydrofoil yachts (6)
- 23 Doctor finally learnt no air at lungs the cause of death? (13)
- 24 War fellow expected to return (4)
- 25 Unruly rascals drink touch of tequila at place where culture is taught (3,5)

Down

- 2 Nice friend without papers about actinium compound (5,4)
- 3 Half of Cancun upset how? Largely, this cheesy grub! (5)
- 4 Blasting treble? (6)
- 5 Contest the French surrounding European Union silver hoards (6)
- 6 Dwarf upset over a reserve hotel that's not up to scratch (7)
- 7 Insect seen in Iowa spud patch? (4)
- 11 A French refusal on quiet cycles is impersonal (9)
- 13 The old wide wood (3)
- 15 Career difficult for Cockney bird (7)
- 17 Riddle's twisted, heartless meaning (6)
- 18 Film about retiring English composer detailed in small flyer (6)
- 21 Hundreds of thoroughly expensive lobster starters served here? (5)
- 22 He could be Arabic? Doubtful! (2,2)

Enjoy solving cryptics? Head over to Page 46 for more puzzles and the chance to enter our clue writing competition and be featured in next week's issue.