First published in 1949, Felix is released weekly during term time and is distributed around Imperial's London campuses. All students, staff, and alumni are welcome to contribute to the paper.



Graduand dragged out from ceremony after protesting for Palestine

Editor-in-Chief MOHAMMAD MAJLISI

n Imperial graduate was removed from the graduation ceremony after displaying a sign stating "Imperial funds genocide" on Tuesday 3rd June. The protest, which has since been uploaded to social media, was a call for "divestment," in response to what the student called Imperial's "financial ties to the ongoing genocide and occupation of the Palestinian people".

As part of graduands' terms and conditions for the ceremony, they were not allowed to bring "sticks or rods, confetti cannons, tripods, flags (regardless of the size of the flag and also including items with flags on them such as: scarves, tshirts [sic] or any other clothing), noisemakers or air horns, alcohol, helium balloons and any other items that might potentially be used to disrupt the ceremony," according to section 15 of the Graduation Day 2025 terms and conditions.

The now-graduate explained that following the protest, they were escorted away from the stage. "They [security] had a tight grip on me the whole time we walked through the back hallways," they told Felix. Their cohort was the last to graduate, and the protestor had "anticipated being ejected."

Imperial Action for Palestine was aware of the protest, and has said the protest was "affiliated with both Action for Palestine and the Imperial College Liberated Zone".

A previous protest occurred outside Royal Albert Hall on Monday 2nd June as Imperial Business School held its graduation. It was conducted by an independent group not affiliated with any activist groups at Imperial.

The Israeli government has approved plans to escalate its offensive in Gaza, including a possible reoccupation of Palestinian territory. Israel resumed its offensive in Gaza earlier this year in March following the breaking of a US-brokered ceasefire, as well as the

cessation of food, fuel, medicine, and aid supplies. 59 hostages remain in Gaza, with the most recent Palestinian Health Ministry data indicating a death toll of 54,500 Palestinians, following on from a death toll of 1,200 people and some 250 hostages, according to Israeli officials, taken during Hamas's attack on the Nova festival on 7th October 2023.



@maacahdavis via Instagram

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DECLARATION

At *Felix*, we believe that it is always in the interest of the students to be in the know. Transparency in the workings of the College and the work of your student representatives is key. Therefore we, the *Felix* Editors, 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 at the College.

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.

Signed by:
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Located at Beit Quad, Prince Consort Road London, SW7 2BB

Printed by Iliffe Media Winship Road, Milton, Cambridge CB24 6PP

Registered Newspaper
ISSN 1040-0711
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EDITORIAL

23 issues behind me I feel like Michael Jordan

I'm knackered

Letter to the Editor

Dear Felix Editor and Felix Comments,

Thank you for the page 6 article "How the Supreme Court ruling on gender has impacted Imperial's queer communities" in the 23rd May 2025 edition.

What is perhaps not apparent to those who are not immediately affected by the SC ruling and the EHRC guidance is how deeply and systematically the anti-transgender narrative has been pushed over the last decade. This is a game of chess that is being played against us - not just random one-off events.

The result of the Supreme Court judgment is to turn all transgender people into 3rd class citizens, who are "The Other" set apart from the main body of society, to be despised and shunned in all walks of life - education, health, employment, sports, etc. - unto death*. The supposed limited and narrow scope will simply be lost in the perceptions and actions of the population as a whole.

The real behind-the-scenes planned outcome of this judgment is to place the Exclusion, Erasure, and Eradication of transgender peoples from society front and centre, at first couched in platitudes but in reality always presented as the "enemy".

Unlike ethnic groups with finite population sizes, transgender people are part of the natural diversity of non-binary biology and will continue to be born. So there will always be replacements for "The Other", an ongoing group of people to be hated for their existence to fuel the political

agender of the authoritarian regimes - the steady flow of human sacrifices to justify the enslavement of the population as a whole under the guise of "protection".

There is a bigger problem behind all this, in that the Supreme Court judges have clearly not followed the judicial principle of hearing both sides of the argument without personal bias, given that trans-people and trans-groups were not allowed to make statements - only those with exclusionary agendas were heard.

The reality of the Supreme Court's action is the breaking of a basic foundation-stone of trust in our legal system.

This is far wider than this one case, the fallout is that Justice is no longer blind, and judges are no longer able to be trusted to be impartial.

This is the actual line that has been crossed, one that will be fully endorsed by our government once Parliament approves the EHRC's recommendations into law.

This affects everyone, not just the transgender and intersex people (we are just the distraction).

Lois X.

* Death, the ultimate humiliation of dying in a hospital or a hospice in the "wrong" ward or stuffed out of sight in some corner to die alone.

Correction

The article "Imperial Zero Index to be released by end of academic year" published in Felix #1872 was erroneously attributed to Mohammad Majlisi. It's author was in fact Oscar Mitcham, and our digital edition has been updated to reflect the fact.

NEWS



New guidance issued in light of Office for Students conditions for registration, amidst free speech rules changing.

News Writer

OSCAR MITCHAM

News Writer

ISABELLA DUCHOVNY

mperial College has made several changes to its policy Supporting trans and non-binary gendered students. The appendix on the legal framework has been removed from the policy. This section explained how the Equality Act 2010, the Gender Recognition Act 2004, the Data Protection Act 1988, and The Human Rights Act 1988 apply to trans and non-binary people. The policy "is designed to enable staff to provide appropriate support to trans students." In the new version's introduction, the phrase "and [the College] does not tolerate transphobic behaviour" has been removed. References to videos from a trans perspective have been removed, as has the line, "Sexual Orientation is about who someone is attracted to."

In an email to Heads of Departments, shared with

Felix by Imperial 600 (I600), the College announced that Imperial had updated its policies "[f]ollowing the Office for Students' (OfS) decision in the matter of the University of Sussex and a university's free speech obligations, and our subsequent conversation with the OfS". The email explains that Imperial's policies "might inadvertently have restricted free speech and/ or academic freedom, particularly in relation to the expression of gender critical views," leading to an update of its policies.

A previous edition of the policy stated that that misgendering is a "mistake," which has been changed to "Apologise for any offence caused by use of terminology."

The email notes that the Supreme Court ruling does not remove the rights of trans people and points to some sources of support at Imperial.

The College has said that they "recognise the deep personal impact that these developments will have had upon members of our community".

Trans and non-binary students at Imperial are still waiting for a sign of support from the College. However, LGBTQ+ officer for Imperial College Union, Anson To, told Felix they are working on a council paper that resolves to be more vocal about the Union's support for

the trans community and to further lobby Imperial to do the same.

On 20th May, the Equality and Human Rights Commission (EHCR) opened a consultation on over 40 pages of proposed changes to their Code of Practice for services, public functions and associations. The consultation was initially only open for two weeks, according to Liberty, a civil liberties advocacy group, which began a legal challenge against the EHRC stating that the consultation period "simply does not comply with the law". The EHRC has now extended the consultation period to six weeks. Anson To and I600 are also working on a joint response to the EHRC consultation, open for Imperial students and staff to fill

I600 also shared some of the results of their survey on the Supreme Court ruling, which had 401 responses. In I600's survey, 79% of respondents expressed dismay or disagreement with the UKSC ruling and EHRC guidelines while only 18% expressed support. I600 also said all responses asked that Imperial respond in a measured and respectful way to all community members.

New data on Imperial professors' salaries reveals genders and faculty differences

News Writer GUILLAUME FELIX

recent Freedom of Information request has revealed the highest professorial salaries endowed by Imperial are mostly attributed to males and Business School professors.

Beyond the outsized numbers of male professors, gender discrepancies in earnings stood out. While the salary distribution for professors of both genders is comparable for pay bands inferior to £200,000, this does not hold true for the highest earners. All staff members paid more than £300,000 yearly are male. As the College anonymises data when there are less than five earners in a salary band, the gender distribution is less clear for the second-highest pay band (£250,000-£299,999).

Salary differences also occurred between faculties. In the faculties of Medicine and Natural Sciences, no staff member is paid more than £250,000, whereas between one and five professors in the Engineering department receive salaries exceeding that amount. But the department that stands out most is the Business School, with eight academics pocketing sums higher than £300,000. This is comparable to College President Hugh Brady's salary, which stood at £375,000 (excluding other non-salary allowances) for 2024-25. Only 55 staff on professor pay grade are employed in the Business School, compared to at least 252 in the faculty of Engineering. Elevated salaries are not unusual for university-level finance teaching staff, whose earnings tend to be inflated by the high demand for business education - the undergraduate program of the Business School is Imperial's most selective.

The base full-time annual salary for a London-based

professor – the highest academic grade – was £92,969 as of August 2024, with any further wage increases dependant on individual performance. The data indicated most professors obtained such increases, as the £100,000-£149,999 pay band is the most populated in every faculty.

This apparent prioritisation of more lucrative departments comes as academics across the country have denounced management decisions in British universities designed to increased profitability at the expense of the quality and breadth of courses on offer. In early 2024, the University of Kent eliminated six unprofitable departments in an attempt to curb financial losses. According to the Office for Students, these are responses to a souring financial climate for higher education institutions, with 43% of universities in England now in a budget deficit, compared to 35% two years ago.

UK and EU to "work toward" new youth mobility deal

News Writer NADEEN DAKA

he United Kingdom and the European Union have agreed to work toward the creation of a youth mobility scheme that could eventually allow young people to live, work, and study more freely across the continent.

Announced at the UK-EU summit at Lancaster House on 19th May, this initiative represents one of the most significant steps towards rapprochement since the UK's withdrawal from the EU in 2021. While it echoes the spirit of pre-Brexit mobility, this initiative has been rebranded as the "youth experience scheme". It offers a narrower pathway for young people from both the UK and the EU to access cross-border opportunities, albeit on renegotiated terms.

While no binding agreement was reached at the summit, both sides issued a joint statement committing to take steps toward implementing the reciprocal, timelimited programme.

The UK has made clear that any future agreement

must closely align with its existing Youth Mobility Scheme (YMS), which is in place with a dozen non-EU countries, including Australia, Canada, and India. Under this scheme, individuals aged 18 to 35 can live and work in the UK for up to two years without needing employer sponsorship, provided they pay a visa fee, healthcare surcharge, and demonstrate savings of at least £2,530.

The proposed youth experience scheme could mark a shift in the UK's post-Brexit posture. Prior to Brexit, young people in the UK and the EU could move with ease, enjoying reciprocal rights to travel, live, and study without requiring visas or incurring penalties. However, since leaving the economic bloc UK nationals no longer have automatic access to extended stays in Europe, whilst EU citizens must navigate visa requirements and rising costs to enter the UK.

EU students enrolling at British universities currently face steep international fees and reduced access to tuition loans. These changes have contributed to a significant decline in EU student numbers, from approximately 140,000 in 2018 to just 90,000 in 2022, according to the Higher Education Statistics Agency. In 2021/22, the year in which the fee increase took effect, the College

reported a 55% drop in EU-student enrolment.

Early efforts to restore youth mobility began as early as April 2024, when the EU tabled a proposal for a reciprocal scheme. But the offer was rejected by both the Conservative government and the Labour Party, who argued that any such deal risked creeping too close to the return of free movement. At the time, British officials warned that any like agreement would function as a "backdoor" to restoring freedom of movement.

In recent months, this resistance has noticeably eased. European Minister Nick Thomas-Symonds publicly confirmed that discussions were underway, and Prime Minister Keir Starmer gave his "strongest signal yet" that youth mobility could form part of a new strategic partnership between the UK and the European Union.

For now, the final contours of the scheme remain vague. No concrete parameters have been set regarding age eligibility, quotas, visa durations, or mutual benefits. Nor has the UK committed to reducing university fees or extending student finance to incoming EU nationals. What has been agreed, however, is a tone of cooperation.



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SCIENCE

Imperial team test "Mother Nature's" mental health solution

Prof Edalat's team combines attachment theory, AI chatbots, and personalised avatars to teach people how to find humour in almost any situation.

Science Editor AMBER DUNMORE

Science Editor TAYLOR POMFRET

esearchers from the Algorithmic Human Development (AHD) group here at Imperial recently spoke with Felix to discuss their upcoming study on the evaluation of a Self-Initiated Humour Protocol (SIHP), a study which aims to train you to initiate humour in a non-hostile manner. The group behind the study is led by Professor Abbas Edalat, a Professor in Computer Science and Maths at Imperial.

His group has pioneered a protocol, based on attachment theory, that aims to teach participants a way to laugh in almost all contexts. The group claims the main purpose and benefits behind the protocols is that they will increase positive emotions and moods and reduce the negative ones, and that it will enhance cognitive abilities. His group are interested in recruiting Imperial students to join their latest study.

Algorithmic Human Development Group

"We call our group Algorithmic Human Development because the protocol that is at the basis of our psychotherapeutic intervention is algorithmic." The psychoanalytic movement began with the Austrian psychiatrist Sigmund Freud, who coined the term psychoanalysis, which refers to methods of treating mental disorders. Professor Edalat goes on to explain that their intervention algorithm is developed via "millions of years of evolution, which produces healthy infants and healthy individuals," referred to as "Mother Nature's algorithm".

"Mother Nature's algorithm"

Abbas explains to us the two stages of Mother Nature's algorithm. The first stage is based on when a mother is preparing to have a child, a hormonal transformation in those raising the child is triggered through the release of dopamine. This means those raising the infant will be "focused, energised and incentivised to raise a healthy infant into emotional maturity."

The second stage of Mother Nature's algorithm is attachment theory,

developed by psychoanalyst John Bowlby. Professor Edalat explains that Bowlby "observed the separation anxiety of infants, when they go to hospitals or they go to orphanages, [or] when they lose their parents. He observed what later was formulated as attachment theory, and it's got one basic tenet. A good enough parent responds to the distress signal of a child quickly and appropriately until the child is comforted and [they] go back to playing or go back to sleep. As a result of tens of thousands of interactions like this, the child develops what is called secure attachment with their parents. This secure attachment is the basis of social and emotional learning of the child, as [they] grow up into adolescence and later adulthood. Without this secret algorithm that Mother Nature has had, we would not be here having this conversation."

Abbas states the algorithm, called the self-attachment technique (SAT), makes

use of two agents, a "parent agent and a child agent." In artificial intelligence, an agent consists of anything that perceives its environment and acts upon it, such as a robot with cameras and wheels. In the group's study, they take the algorithm and reformulate it such that it has just one agent, a user. This means one user can practice this on their own, as Abbas argues that we have two faculties: one we call the "adult self," a thinking faculty, and the "childhood self," an emotive faculty. The group in their study want to emulate this algorithm as close as possible, which they believe to be the secret behind enhanced mental health.

Self-Initiated Humour Protocol

This study is focused on evaluating a Self-Initiated Humour Protocol (SIHP), which is built upon SAT to enable the user to be humorous in almost all contexts, based on their own mindset and emotional



Algorithmic Human Development Group's Logo. Algorithmic Human Development Group

world. The group has developed a series of exercises. environments, and chatbots for SAT and SIHP. The study is eight long, weeks with the first weeks intended to the create "adult-child" affectional bond and the subsequent weeks involving daily interactions with chatbot that coaches you to practice self-initiated protocol humour exercises. Professor Edalat refers to Leo Tolstoy's 1877 novel Anna Karenina, which begins "All happy families are alike; each unhappy family is unhappy in its

they use laughter to get over it. They laugh off all the problems. This is the secret of happy families." Several PhD students constructed the study, including Mary Kenneth, whose research is on humour. She explains that "humour styles are psychological categorisations of humour, such as self-enhancing, selfdeprecating, aggressive, and affiliative humour styles." Kenneth's PhD is focused on asking whether we can tell someone's psychological state just from the jokes they make. Ruoyu Hu, who has spent three years working with Professor Edalat, is part of the team constructing a conversational AI for the delivery of psychotherapeutic interventions. Xinyan Ye, a second-year PhD student, is responsible for building the 3D avatar of the user, which will be used to run Mother Nature's algorithm for the

Abbas explains. "The common denominator of happy

families is the fact that they use humour and laughter

as a tool for emotional self-regulation, even if there

are problems in the family, if there's a tragedy, if there's

an upset: soon they will put themselves together and

Successes, obstacles and barriers to studying self-attachment based therapies

user. Former PhD student Neophytos Polydorou also

works with the group to supervise projects and students,

specialising in virtual reality platforms with motion

recognition for SAT.

Prof Edalat gives us an insight into the neurobiological

foundations of SAT, describing recent functional MRI studies conducted by his group. They have shown that the technique activates the reward circuitry of the brain, which he explains is "quite logical because the user creates an affectional bonding with the childhood self, in the anticipation of reward. What is the reward? That they get rid of their emotional problems." He hopes that this technique could be used to address addiction

in the future, reflecting on the current limitations in treatment, including that "the best protocol for addiction is still AA... [which] asks the user to rely on God, because science has not been able to develop anything better than what great religions have been teaching us for thousands of years."

The team's research journey thus far has been marked by significant achievements alongside some of the inevitable challenges that accompany novel work. The recent SIHP study demonstrates impressive outcomes, with "significant improvements in the primary outcome of well-being with a large effect size, as well as a range of secondary outcomes with large effect sizes, self-compassion, use of self-enhancing humour, and emotion regulation" maintained at three-month follow-

Prof Edalat acknowledges the realities of introducing novel approaches into established fields. He claims there exists a natural resistance to unseen techniques, with scientists often becoming "entrenched into their training" and "facing difficulties in thinking outside the box." Although not a phenomenon unique to his work, he believes his persuasion often isn't enough when coming from a mathematician and computer scientist. On the ground he has encountered some barriers typical of interdisciplinary research, saying, "The main hurdle... to get quicker results has been that I'm not a clinician, I don't have access to patients... I'm not in the NHS. It's

been a real struggle for me to organise these pilot studies."

The AHD group is currently recruiting for an eightweek SIHP study that teaches participants this "rulebased framework that empowers you to detect humour in nearly all contexts in life and therefore be amused." This promises participants a unique opportunity to participate in mental health research while potentially transforming their own well-being.

Wider benefits therapy, outlooks for the future

The implications of this research extend far beyond individual mental health treatment. Prof Edalat shared his vision for supporting human potential; he believes that if individuals can develop better emotional selfregulation through techniques like SAT, it could unlock previously "untapped potential," giving us "a chance for humanity in the decades to come."

We thank the AHD group for their interview. If you'd like to find out more, scan the QR code below to go to their website.

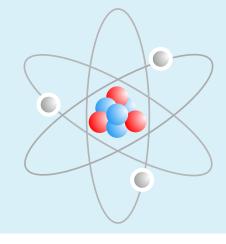


Additional reporting by James Desmet.

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CULTURE

Music at Exihibition

A selection of mood-music for London's Galleries

Editor Emeritus GILBERT JACKSON

usic and the arts have forever been intertwined, and one often inspires the other. One particular example is the work 'Pictures at an Exhibition' by Mussorgsky, the music for which was conjured after a visit he had to an art exhibition by noted German artist and designer Hartmann. The music has since supplanted the art in terms of fame, with many of the original exhibition pieces by Hartmann now lost to the annals of time, while Mussorgsky's vignettes remain in popularity.

In the spirit of the continued unity between visual art and music, herein we present for you some inspiring music choices for your gallery visits. Since London's galleries are so varied in their possessions it would be almost impossible to reduce each gallery to one piece of music.

However, art is in the attempt, and so we shall attempt to offer you a piece of music for your playlist which hopefully captures the 'essence' of the gallery itself.

The National Gallery – Vivaldi 'Concerto in G minor. RV 157'

The National Gallery is the UK's flagship depository of art and, being situated in Trafalgar Square, it represents a unified desire of culture and artistry tinged with stately opulence.

As such we recommend this concerto by Antonio Vivaldi. Its lively character in movements one and three give the listener a sense of drive and purpose which will certainly help you dodge the tourists. Remember, in any efficient gallery trip you should spend no more than 1-2 minutes looking at a painting, so let each movement remind you to move on and not take up space for other viewers.

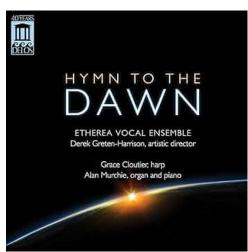


Vivaldi Concerto RV 157

Concerto Italiano

Tate Britain – Holst 'Hymns of the Rig Veda. Set 3

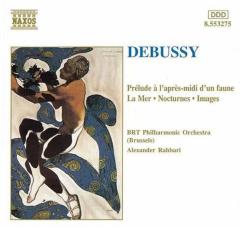
The Tate Britain is the largest collection of Pre-Raphaelite paintings in the UK. Situated in Pimlico, it has a certain post-regency charm about it, reflective of the Romantic art movement that swept the nation in both visual and audible art. This is Set 3 of Holst's musical settings of Vedic Hymns, which in true Holsitan fashion are unapologetically lush, full of tenebrae (which certainly helps with all the chiaroscuro you will see).



Hymn to the Dawn Delos Records

The Courtauld – Debussy 'L'Apres Midi d'un Faun'

Popping over to the Strand, we have the Courtauld, which is a large repository for the French Impressionists. It would be foolish therefore not to have music reflective of the Impressionist movement. Debussy's L'apres Midi d'Un Faun is certainly a high point in musical Impressionism, and it's fantastical character will certainly have you float through the gallery, appreciating the broad and heavy brush strokes of the Impressionists.



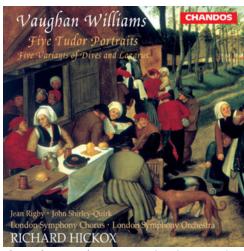
Debussy Album

n Naxos Records

Dulwich Picture Gallery – Vaughan Williams 'Dives et Lazarus'

The Dulwich Picture Gallery is the UK's oldest functioning art gallery, and situated in leafy Dulwich, this gallery is a place of deep calm and tranquility in contrast to the National Gallery's hectic and oftentimes frantic atmosphere.

As such, the mood of this gallery is one of deep romanticism, and here we recommend Vaughan Williams' Dives et Lazarus variations, a staple of English folk revival; music which conjures the rolling fields and bucolic scenery of the British countryside.

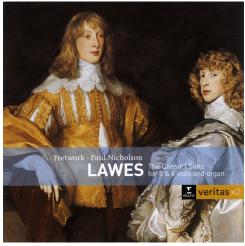


Five Tudor Portraits

Chandos Records

National Portrait Gallery – Lawes 'Consort in G minor'

The National Portrait Gallery is a strange entity; squashed against the side of the National Gallery, tucked away from the prying eyes of absent-minded tourists. Despite its unfortunate location, it is perhaps one of the most interesting galleries to visit, as portraits reveal people, and all the history which comes with them. One thing that defines the Portrait Gallery however, is the regal tudor and jacobean portraits, as such we recommend this consort set by the Jacobean composer William Lawes.



Lawes by Fretwork Veritas Records

Suit Yourself

How to wear a suit correctly and why it matters

Editor Emeritus GILBERT JACKSON

or too long I have seen men's fashion be continually abused by so-called 'contemporary fashion' acolytes. However, no more will I sit idly by and watch tailoring be abused in the streets where modern tailoring was born.

Despite what you may have paid for your Armani or Hugo Boss suit, historically it was the British tailor that defined the customs and usage of the modern day suit. As such, I feel it my duty to remind the men of this university how to dress like you own a suit that's classy, timeless, and - most importantly - tasteful.

Shoes

Cast your own colour preferences aside, they have no place in the rules of good tailoring. In London there is an old adage, 'never brown in town'. This means, never ever wear brown shoes with a suit.

You may think that wearing brown shoes with navy somehow makes you look dashing or individualistic, but this would be wrong to surmise. Brown shoes are not for suits, they are made for casual wear only.

Black shoes must always be worn even if your suit is blue, grey or even brown! Black shoes do not distract the eye from the important features - namely your actual suit. And remember that your shoes must be Oxford, and polished to mirror perfection.

Do not wear correspondent shoes either (the black and white combo shoes), you are wearing a suit, you are not Fred Astair doing a tap routine.

And please, for the love of all that is sacred, wear socks with your shoes. A man who does not wear socks with their shoes is inherently untrustworthy.



Sean Connery wearing the iconic 'Grey suit'

Trouser

There is nothing more oleaginous than seeing a trouser too short for the wearer. The hem of one's trouser should rest on the laces of your shoes, no lower and no higher. Socks should be invisible when standing, such that when in a seated position you may then provide the gazer with a flash of individual taste in a funky sock. Trousers that only reach to the ankles are appalling and despite your perceived sense of style, they will make you look like a school boy whose mother forgot to buy a new size of uniform.

Waistline

Belts are to be avoided where possible and braces are encouraged. Belts tend to constrict the waist and result in too much puckering and restricting of your trouser. Make sure that your trouser is actually around your waist, not your hips. If you wear evening dress and decide to use a belt, it is important to therefore use a cummerbund to hide your waistline. Alternatively you may decide to wear a waistcoat. If your waist coat is 5-button, the final button must remain undone. Equally, there should be no shirt or belt visible below your waistcoat. Do not wear a waistcoat unless you plan on having a jacket to hand. By wearing a waistcoat only you will end up looking like either a waiter, a snooker player, or a magician.

Jacket

The jacket should fit well, with no puckering or tightness. It has come to my attention that many wearers of the 'italian style' suit prefer it to be skinny. It looks unsightly. A man should not look like he has been squeezed into a jacket two sizes too small, causing crimping round the back. A suit should complement your build and add texture to your frame. It is not a leotard so why for the love of God would you make it as tight as one? And always use the top button only for fastening. There is of course the option to go double-breasted. At the end of the day, whether your jacket is single or doublebreasted is down to preference.

Collar and cuff

The final piece is the collar. The only rule is that when wearing a dinner jacket, you should never wear winged-collars. These are reserved solely for white-tie evening dress. A normal British collar is all that is required. When wearing a formal business suit, cuff should be kept to a minimum; too much cuff indicates that the suit is too short in the arm.

EDITOR'S NOTE

Can someone tell Gilbert he's left imperial and to stop cosplaying as an icl student??? Get out of Felix

Do you hate me as much as this person does? Do you want to see some change and have me stop editing the noble Culture section at Felix? Would you like to finally put me out of my misery?

Then why not stop whinging, get off your arse, and start writing something constructive. The Culture section needs editors and writers! So please, for the love of God, allow me to leave knowing this section has

FILM&TV

The Phoenician Scheme

Film Writer

GUILLAUME FELIX

es Anderson returns to the big screen with The Phoenician Scheme, a comedy released in late May. How is this convoluted story, which follows an amoral businessman and his foil sidekicks as they conclude irregular business deals to secure funding for a grand infrastructure project best summed up? Described as a "business-centred pseudo satirical comedy" on IMDb, it is hard to label it as anything else than a Wes Anderson comedy. The director's name is now a common antonomasia for a genre of offbeat, vibrant, aesthetically polished cinematography, which he adopted at the turn of the century. Anderson's latest creation does not deviate from what could be called his Pastel Period, surfing on a recent fad for this style made obvious by the sheer catalogue of homemade pastiches now found on social media.

The movie itself is neither particularly good nor particularly bad. A fairly pleasant watch, but it does not linger long in the minds of the audience once the credits roll. Although some lines are nicely quotable (I, for one, intend to sprinkle more conversations with nonchalant insertions of "myself, I feel very safe" or "help yourself to a hand grenade") much of the dialogue falls flat, even in the trailer. When asked what motivates his perplexing decision to name his daughter as sole heiress, the protagonist replies, "My reasons, I'm not saying. I'm saying I'm not saying." Not the peak of Anderson's screenplays.

The movie does make up for its short-

comings in coherence and wit with soothing images and an impeccable cast. Mathieu Amalric's performance, although short, was particularly convincing. The musical genius of Alexandre Desplat, who has brilliantly scored many of Wes Anderson's films, must again be saluted. And to the movie's credit, cutscenes were used quite originally. Regular black-and-white intermissions delve into an Olympian setting where delirious family trials take place, symbolising the protagonist's struggles with his own past and conscience. These dialogues of the soul seem to constitute a self-administered chimney sweeping talking cure - one of the many forays of The Phoenician Scheme into psychoanalysis, complementing the Oedipean inspiration of the father-daughter conflict driving the plot.

Yet whereas previous masterpieces by Anderson were highly successful in conveying social messages, such as the portrayal of the absurdity and sickening brutality of fascism in The Grand Budapest Hotel (2014), the audience of The Phoenician Scheme must content itself with shallow criticism of religious zeal and a tired denunciation of ruthless capitalism. The depth and layering of Anderson's newest brainchild remain a noticeable improvement from the blandness of Asteroid City (2023), but in both case it feels like genuinely good storytelling is sacrificed to Andersonian purism. Is it an intentional caprice from the superstar filmmaker designed to irritate pedantic, untalented armchair critics like me? As one comment under the film's YouTube trailer puts it, "Wes Anderson heard your criticism and ignored it completely. Leg-



BOOKS

Using Sci-Fi to explore morality

Nothing short of alien snakes and trolley problems, Alex delves into the ingenuity of sci-fi novel Exordia in examining our world

Books Writer ALEX BAKER

seth Dickinson. Its premise — an alien invasion of earth — is used as a lens to examine morality, violence, and how we interact with them.

44

It is intrinsically and absolutely wrong to set aside the duties of ethics because you believe that you, you alone, are smart enough to violate them.

Set in 2013, the novel follows the invasion of earth by an alien empire of snake people called the 'Exordia', searching for an alien artifact located in Kurdistan, Iraq. The first act follows a survivor of the 1988 Anfal campaign called Anna as she discovers an alien rebel in New York City. Simultaneously, she learns how the aliens work.

An artifact, called 'Blackbird', is then discovered, and the story transitions to the scientific and military teams that nations send to investigate it. Shortly afterwards, an alien ship arrives in Earth's orbit and threatens to start nuking cities if humanity doesn't turn over Blackbird.

The bulk of the story focuses on the characters around Blackbird, as they try to figure out what it does and how to prevent the aliens from taking it.

There's clear influence from Michael Crichton; the book even opens with a quote from *Sphere*. But what sets *Exordia* apart is how it uses its first contact narrative to discuss problems very relevant to the modern day, alongside hypothesizing how an alien invasion would turn out. Thematically, *Exordia* is a gordian knot of interconnected ideas and themes.

I really like this book, and the main reason I think it's good is its use of nuanced and interesting characters to explore its themes. Dickinson strikes a balancing act between having the characters represent an ideology or idea, while still having them feel like people with goals and ideas.

A good example is Clayton, a CIA analyst, who is utilitarian to his core. A man who chooses to "discard the narrow goggles of urgent moral outrage and open the spreadsheet of calculated action", Clayton spends large sections of the story actively working for the aliens, and does some very bad things in the hope that he can prevent or delay the apocalypse.

In many ways Clayton represents Obama era interventionism, in that he is willing to sacrifice people to achieve positive goals, and those sacrifices frequently end up being useless. Clayton drops a bomb on an alien, accidentally killing several innocent people, only for it to not work.

In this way, he mirrors the failures of Obama's drone program, which tried to cleanly remove terrorist leaders, but frequently caused large number of civilian casualties, leading to further anger against the US. However, Clayton's willingness to think big picture lets him act against the aliens in a meaningful way.

Although the plot ultimately rewards his pragmatic approach, it highlights his many shortcomings and draws attention to real world points where it hasn't worked.

Exordia is a difficult book to recommend for several reasons. It's a slow burn, a thriller where characters spend more time thinking than acting. In a similar vein as Three Body Problem or Arrival, where there's a strong focus on how people and governments would react to an alien incursion. There's still some excellent action and character drama, but at its core this is a book that uses sci-fi to examine morality, so I can only really recommend it to people who are interested in that.

My biggest criticism of Exordia is its introduction. The start of the book is fully focused on Anna's experience as she learns about how the aliens work. There's also a much stronger focus on the story's fantastical elements; it's all very urban fantasy.

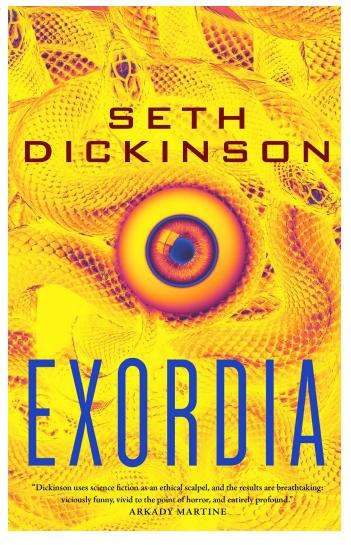
However, after the introduction ends, the story shifts gears into hard sci-fi when the aliens invade, and the plot really gets going. This dramatic genre shift might throw off a reader, so while it's not badly executed, I want to highlight it anyway.

There are many other interesting characters that I want to cover, but if I went through all of them, I

would just be explaining the whole plot. Essentially, what I want to convey is the skilled way that Dickinson, and therefore *Exordia*, uses characters to convey it's themes

Exordia's plot doesn't stop so that Dickinson can dump his worldview; it lets the themes develop naturally from the plot and characters. This keeps the plot engaging and the characters likeable, because they feel like people with goals rather than walking worldviews. The book is open ended in its themes and I appreciate that its positions are not prescribed to the reader.

Ultimately, the story manages to do all of this while telling a fun and compelling story about giant snakes that eat people.



FOOD&TRAVEL

Steaming hot vs raw cuts? Black pepper with turmeric? Let's discuss food absorption.

The chosen method cooking and the combination of ingredients not only define taste & texture, but absorption of beneficial micronutrients.

Food & Travel Editor CHARLOTTE PROBSTEL

carrot is not only a carrot; it is a locked treasure of micronutrients, hidden in its skin and flesh. Such can be said about all vegetables, as their intricate and complex structure of micronutrients drives their diverstiy. If properly cooked and prepared, vegetables can become incredibly powerful players in our health. As an example, let's return to the carrot. Best advertised for its beta-carotene, a pigment and precursor of Vitamin A, a 2012 study stated that a cooked carrot provides 6.5x more beta-carotene compared to raw carrots. The study did not explain why. In the following article, I aim to introduce which vegetables are best consumed cooked and with which method, which vegetables are best consumed raw and which combination of vegetables and spices enhance absorption of micronutrients. You may be surprised to learn that many of these you already know.

The Cooking Method

Boiling vegetables leaks any watersoluble vitamins, such as Vitamin B, and C, as well as magnesium and potassium into the water it is boiled in, hence it is a great method to prepare soup, but less ideal when cooking vegetables and discarding the used water. Thereby, steaming broccoli, carrots, spinach and kale help retain more of their nutrients than boiling would. When cooked,

broccoli preserves Vitamin A, C, and K, kale preserves vitamins A, K, calcium and iron, and cooked spinach reduces oxalic acid, a compound which inhibits calcium and iron absorption while increasing

the availability, not content, of vitamins A and E. Also, cooked broccoli tastes far better than raw.

Simmering tomatoes increases the availability of lycopene, an antioxident



beneficial for the heart. Roasting asparagus, eggplant, bell peppers and courgette increases the availability of vitamins, and antioxidents, while maintaining vitamin C. Sauteeing mushrooms breaks down agaritine, a harmful carginogen found in raw mushrooms and not only enhances flavour but availability of potassium. In general, sauteing or stir-frying are great method of cooking food, as long as the cooking oil is well chosen (avocado oil, olive oil) and not overdome. Grilling and roasting require an oven or grill, which are often unavailable to the average student or urban household. Microwaving is also a good alternative to heat and cook food.

Chopped and ready

On the other hand, Vitamin C is often lost during any cooking method and thereby best provided in raw vegetables such as bell peppers, cabbage, carrots, onions, and spinach. Very long cooking can degrade heat-sensitive vitamins B, A, K, and E, hence avoid overcooking. Otherwise, raw lettuce and cucumbers best maintain vitamin K, the former also maintaining vitamin A and the latter potassium. Raw vegetables are also very water dense, as spinach, bell peppers, tomatoes, courgette, celery, lettuce and cucumbers are all 91-95% water, providing excellent hydration. Some of this water turns into steam during the cooking progress, hence your mushrooms and spinach shrivel when cooked. Furthermore, 20-30% of our hydration comes from food, with

the most coming from vegetables and fruits (85-95%), dairy products (80-90%), cooked grains (60-70%) and lastly 60-70% of meat, fish and eggs is water.

Soak, skin, fats and frozen

- 1. Soaking for a few hours or milling grains and beans before cooking removes phytic acid, which inhibits absorption of iron, zinc calcium, magnesium and manganese. Soaked oats, or better known as overnight oats, are thereby recommended over instantly mixed oats with milk for breakfast.
- 2. Do not peel, but do rinse dirt off the vegetables. Most nutrients are underneath the skin of the vegetables such as courgettes, aubergines, potatoes, carrots and cucumbers and are often physically removed. If the vegetable is eaten raw, then removing the peel does protect from bacteria, but if the vegetable is cooked, all the harmful bacteria will die in the cooking process, hence peeling makes little sense unless it is to improve texture of taste.
- 3. Fats mix well with Vitamins K, A, D and E (KADE) hence adding olive oil, avocado, nuts, eggs or fish with your broccoli or carotte helps extract a little bit more of its nutrients.
- 4. Frozen food is just as good as fresh food, and should not be slept on as a source of cheap and long-lasting nutrition. Fresh produce can get damaged during transport, as its exposed to humidity, heat and light, however frozen produce is protected, and thereby often maintains more nutrients than fresh ripe produce.

Mix and match

Lastly, some foods act as a lock-andkey system, where one ingredient helps absorb micronutrients of the other. Piperine in black pepper helps absorb the curcumin in turmeric by up to 20x, olive oil helps absorb lycopene in tomatoes, vitamin C in citrus fruits works to absorb iron in spinach or chickpeas and antioxidants in green tea, garlic helps absorb omega-3 fatty acids in fish and zinc and iron in whole grains. Myrosinase in mustard seeds converts glucosinolates in broccoli into sulforaphane, a plant compound known to be antioxidant, anti-inflamatory and antimicrobial,

and the fiber in oatmeal helps absorb antioxidants in berries. For those who love to put bananas in their yoghurts, the probiotics in the yoghurt help digest the prebiotic fiber in the bananas, promoting gut health. Lastly, beans and rice provide all nine essential amino acids and form a complete protein meal. The healthy fats in almonds help absorb the flaonoids in dark chocolate, and enhance the intake of antioxidants. The fat in eggs absorb the fat-soluble vitamin K in spinach, while the fat in avocados improves the absorption of the same vitamins in leafy green vegetables. Finally, but not the last combination, vitamin D in salmon and mushrooms help absorb calcium from kale and sesame seeds, respectively.

Surprisingly, many of the combinations listed above are already consumed and sold in grocery stores. Chocolate covered almonds are a delicacy, yoghurt bowls are most often sold with a sliced banana curving the rim, and oatmeal is most commonly served with a side of berries, not any other fruit. A slice of lemon in meals helps with enhance taste and ironabsorption and spinach in an omelette is not unheard of. Rice and beans are staple dishes, and avocado in a green leafy salad does more than add taste and color.

Chew, chew the tracks down to your stomach

In the short-term, the best intervention for absorption which we, as consumers, can control is how we eat our food. The mechanical breakdown of our food and the chemical mixing of saliva with such food prepares the stomach acid and pancreatic juices in our stomach. The same saliva produced while chewing contains epithelial growth factor (EGF) which stimulates the growth and repair of epithelial tissues, nourishing your gut once the saliva-food combination reaches your intestine.

The recommend number of chews is 32, however in reality, nobody will count how many times they chew per bite, hence its best to avoid chowing down food. Unchewed or badly broken down food particles can overgrow bacteria or increase fermentation in the gut, resulting in bloating, gas, constipation or indigestion.

The coffee theory

Felix writer Jamie explains their theory about coffee and the personality of their drinker.

Food & Travel Writer JAMIE JACOBI

cup of coffee is an act many around the world incorporate into their daily routine. It could either be making coffee in a french press, a mo ka pot, from a nespresso machine, a barista machine, an aeropress, or in a simple manner, from instant coffee powder. The beans could be whole or pre-ground, blended or grinded with an automatic or manual grinder. Either way, routines and coffee order differ between individuals, and I aim to present my theory that a coffee routine relates to the personality of the drinker. These are not statistically validated theories - nor caveats - only observations. Hopefully this theory may resonate with the respective reader.

Black Coffee & Americano

The black-coffee drinkers - to which I group the americano, single-shot and double-shot espresso drinkers - are these personalities that aim for efficiency. Black coffee brings the caffeine without the calories or smoothness of milk, and is thereby a popular choice for calorieconscious drinkers. However, black coffee is also for the coffee fanatics, those that touch on the notes of orange or chocolate in the beans and probably have a coffee subscription with single-origin coffee beans delivered to their frontdoor every second week. I have seen these individuals own their own barista machine and hand-grind their coffee themselves. Pre-grinded coffee looses its flavour too early, one individual shared. A nespresso machine is not within their homes, unless they are the personality that is too busy and requires a quick cup of coffee multiple times during the day,

like in an office setting. A little softer personality, are the white-americano drinkers. These personalities are less edgy and strict, yet conscious enough not to order a latte.

Oat-Milk Latte

Any latte drinker is a soft-hearted individual who loves the sweet flavour of milk and coffee. Oat-milk is the sweetest of all milk's and I am not surprised it is the most popular alternative milk drank with coffee. It overshadows the bitterness. These individuals own a french press or an aeropress, and try different grocerystore coffee bags, regardless of origin. A latte is easy to drink, and often reflects a kind and sweet personality, without excessiveness.

The two-sugars and milk on the side

I admit, this one is a caveat. An individual I know drinks every morning a double-shot espresso with milk and two sugars on the side. The choice of two - not one - sugars and the requirement of milk on the side fit well with their structural and precise thinking. This individualtype controls their day like they control their coffee, with a bit of sweetness and softness, but a strong amount of caffeine for their difficult day ahead.

The undecided uhhh....

Most commonly at Starbucks or Blank Street Coffee, the individuals change their coffee order often. It may be a caramel frappuccino, maybe an iced soymilk latte, perhaps a pumpkin spice latte. A routine means consistency and ease of decision-making. I often find these types of people have difficulties sticking to one





TERM THREE EVENTS









For more information please scan the QR code.









Tve run out of funny things to say

This week you th



ARIES

This week you realise it's no longer a dirty bulk and you're just a slob.



TAURUS

This week you meet your favourite alcoholic's favourite alcoholic.



GEMINI

This week you're one megapint cocktail away from your head being South Ken Slammered against a wall.



CANCER

This week all your drinking buddies fall through so you Ask For Anyone at the bar.



LEO

This week your boyfriend has been reading too much Shakespeare and demands to pound your flesh.



VIRGO

This week your boyfriend explains that using 2-in-1 means he loves you unconditionally.



LIBRA

This week you beat the chlamydia allegations by saying Out Damned Spot!



SCORPIO

This week you finally heal your relationship with gambling when the roulette wheel lands on red.



SAGITTARIUS

This week you risk relegation from the champions' league when you choose an early night instead of 13 jaagerbombs and a club toilet.



CAPRICORN

This week you beg to trade cigarette packet disease cover art when your friend pulls the ultra rare bladder and kidney cancer variant.



AQUARIUS

This week your summer body reveal is as big a change as the Beit Quad lawn makeover.



PISCES

This week you switch out the unacheivable academic comeback for the inevitable alcoholic comeback.

CATNIP

Summer Ball afterparty to be held remotely

Catnip Editor

NEGAFELIX

n Tuesday this week, the incoming Deputy President (Clubs & Societies) Gom Tordon announced that the annual Summer Ball afterparty, usually held in the Beit Quad, will be held online this year. The event will consist of two parts: a Panopto stream of live musical performances, and an interactive "immersive virtual reality experience".

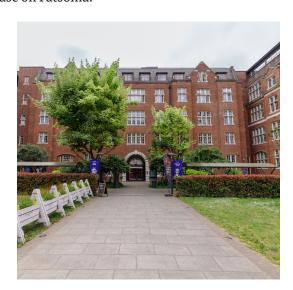
This decision is a result of the Beit Quad lawn remodel. Due to the time and money spent constructing two new state-of-the-art benches, planting flowers, and making Pinterest vision boards titled 'Beit Quad aesthetic inspo', the Union has had major deadline pressures and budget cuts.

The DPCS ensures that bursary students can still qualify for discounted ticket prices for the virtual event. However, digital outfits and alcoholic beverages will remain at full price. All illegal substances, virtual or physical, are prohibited from the event.

A group of computer science students have created a digital bathroom space in Roblox and an extension named "C, H, NO,", complete with a physical gift package. This is available to purchase and download on the organisation's Patreon. When asked about their delivery process and experience, the Organisation Manager, Feb Senton, told us about his "drop-shipping" background.

Student tickets for the Summer Ball cost £124 while

guest tickets are £278, and both are available to purchase on Fatsoma.



Horoscope Writer Replaced After Fraud Allegations

Catnip Editor

NEGAFELIX

n a shocking turn of events, it has been revealed that the horoscope writer at Felix has not had the sufficient training to be reading the stars.

Juby Roy, who joined the Felix team last year, included her previous experience on LinkedIn including an online astrology course and "situationships constantly asking [her] exact time and place of birth". When NegaFelix dived deeper into the legitimacy of the online course, it was revealed to be the Imperial College Physics second year module "Suns Stars and Planets".



It's quite simple really. It's all propaganda. It's brainwashing the student population into becoming sex addicts and alcoholics. It's an advert for a new drinking partner.

Roy's incentives for the role now are unclear with the light of information that she has no belief in the constellations. The team at NegaFelix got in contact with the ex-Catnip editor.

"It's quite simple really. It's all propaganda. It's brainwashing the student population into becoming sex addicts and alcoholics. It's an advert for a new drinking partner."

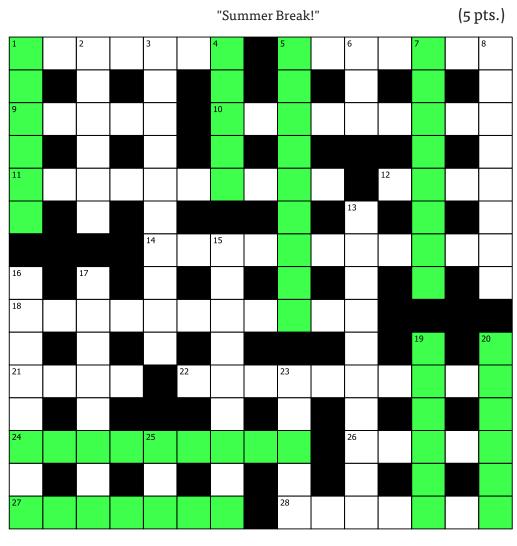
Felix have been in close communication with the Imperial College Union, and have chosen to redact every horoscope ever published. The Editor-in-Chief, Barnaby Hilton-Royce, wrote in an apologetic editorial that he now sees that the material published has been "unsavoury, offensive, and insolent."



PUZZLES

Puzzles Editor IVIN JOSE

CROSSWORD



Across

- 1. Name shared by 19 French Kings, nicknamed "le Gros". [7]
- 5. Public transport vehicle seen in continental Europe. [7]
- 9. Fabric with a glossy surface and dull back.
- 10. Without flavour or excitement, in a dull or uninteresting manner. [9]
- 11. Describes Doctor Who's latest finale, "The Reality War". [11]
- 12. Pacific island capital city. [4]
- 14. Shocked or offended by immoral or disgraceful behaviour. [11]
- 18. Matches played on ice or field. [6,5]
- 21. Landlord's charge. [4]
- 22. Recipient of property, rights or responsibility. [10]
- 24. Spanish city famous for Gaudi's architecture. [9]
- 26. Allowed, permitted by the rules. [5]
- 27. Country famous for Dubrovnik, filming location for Game of Thrones. [7]
- 28. Legume used to make tofu and milk. [7]

Down

- 1. Portuguese coastal city, known for historic trams and pastel-coloured buildings. [6]
- 2. Not fastened, loosened or undone. [6]
- 3. Must-have for beach days and summer holidays. [10]
- 4. Spanish island. [5]
- 5. Dutch city of canals and bicycles. [9]
- 6. Lap__, roof___, table__, for example. [3]
- 7. City split by the Danube River, known for
- thermal baths and historic bridges. [8]
- 8. Where to look when everywhere else is darkness. [8]
- 13. Completely and joyfully unaware. [10]
- 15. Sweet pod from a Mediterranean tree, used as a chocolate substitute. [9]
- 16. Angelically innocent or sweet. [8]
- 17. What might happen next. [8]
- 19. Popular Central European destination. [6]
- 20. Capital city of Germany. [6]
- 23. The future always does this. [5]
- 25. Caecilius in horto. [3]

Across

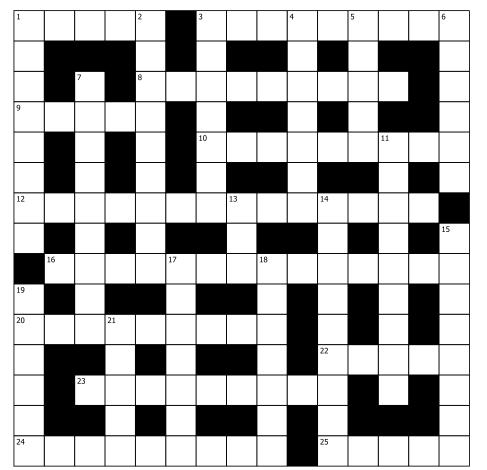
- 1. Looks like Mack took Religious Studies. [5]
- 3. Beat friend by putting it in a finely ground paste. [9]
- 8. Flat speech: a bit was sincere. [9]
- 9. Pass time by spinning stick around. [5]
- 10. Strong kind of letter gets firm grip. [9]
- 12. Yard sale disrupted by angry titan
- teen's first lost follower? [6,3,5]
- 16. Rocked together, siblings fought with each other? [8,2,4]
- 20. A man caught in schism loses centrally lucid belief system. [9]
- 22. Mug short man before uncorking gin. [5]
- 23. Strangle cat after turning off inside fuses - skin it! [9]
- 24. Certain warmth analogist struggles with. [9]
- 25. Kashmir thread brings joy. [5]

Down

- 1. Left-wingers were somewhat ballsier!
- 2. Condition a person with the leading remark. [9]
- 3. Killed animal, and its egg! [7]
- 4. Gels with scumbag but finds broken woman within. [7]
- 5. Dance to get around odd carnage. [5]
- 6. Bring about a hundred of everyone's kind. [6]
- 7. Head chants song about dirty feet inside dining hall. [9]
- 11. Decorated mess even judged after. [9]
- 13. Song's publicity. [3]
- 14. Commercial makes me want to throw up my starter many times. [2,7]
- 15. Shock upset not in standard remains around. [8]
- 17. Some things can be carried... [7]
- 18. ...when two people cycle? [7]
- 19. Set it like flag. [6]
- 21. Topless soul in edges of moist shed. [5]

CRYPTIC CROSSWORD

Submitted by David Latimer



(1 pt.)

CRYPTOGRAM

Clue: Inhold Nikola (anagram, 2 words)

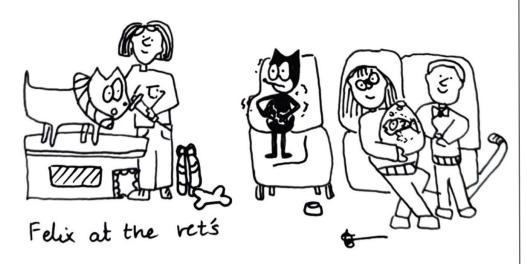
How-to:

Quote from:

A cryptogram is solved by cracking the cypher in which an encoded phrase is written. The first few letter correspondences are given to you, and your job is to use your linguistic and logical skills, as well as your quotes knowledge, to work out the secret message. Bonus point for giving where the quote comes from!

| X I C X F O N C Z T Y D O D B C M O I | |
|---|---------------------|
| XI CXFO NCZTY DQ DBCMQI DZF X LBCHUVQ X LBCHUVQ | |
| V F C C Y X V T C I R X V W C Z | |
| G Q B Q V F U T T F B W U I R | |
| X L B C H U V Q Z I Y Q B V F C C Y | |
| FOXF VCHQFUHQV WCZB DQVF | |
| N X H Q F C O Q T L G O Q I W C Z | |
| N C Z T Y D X B Q T W V F X I Y | |
| D Q N X Z V Q X L B C H U V Q M I Q G F O X F V C H Q F U H Q V D Q U I R | |
| FOQBQGXVXTTWCZNCZTY | |
| C P P Q B Anagram: | (3 pts.) (1 pt.) |
| · | , , , |

COMIC **Submitted by Tengyu Zhao**



Puzzle Editor's Note

Dearest Puzzlers,

I hope you're all doing well with freedom from exams and coursework deadlines finally in sight! Welcome to the penultimate Felix Puzzles issue of the year.

With the end of term approaching, what better time to start thinking about holiday destinations abroad? And if you are, this week's crossword theme might just give you some inspiration for your summer getaways!

A huge thank you to those Puzzlers still sending their solutions in as the puzzles leaderboard draws to a close, Team GuineaPig continue to extend their lead into the stratosphere. But there's still a little wiggle room for climbing the rankings in those other spots. This week's puzzle solutions will be your final chance to add points to the board, with the winners of this year's puzzles leaderboard officially revealed in our next and final issue!

As always, a huge thank you to David Latimer for the Cryptic Crossword and Tengyu for the Comic.

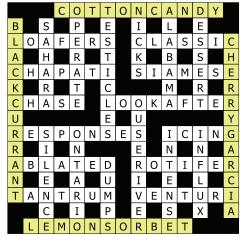
That leaves me with nothing more to say, other than have a fantastic week of crossing, connecting, completing, code-cracking, comicconsuming and competing!

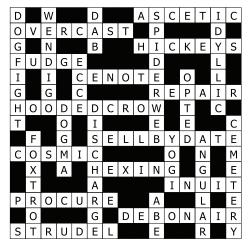
- Ivin

LEADERBOARD

| Pos. | Puzzlers | Points | (Last week) |
|------|--------------------------|--------|-------------|
| 1. | Team GuineaPig | 742 | 512 |
| 2. | Team Experial | 318 | 282 |
| 3. | Bobby Tables | 299 | 186 |
| 4. | The Menu | 288 | 288 |
| 5. | Tactless Tony | 116 | 116 |
| 6. | Team Doors Doors | 99 | 85 |
| 7. | Hidden Variables | 81 | 51 |
| 8. | The Northerners of Acton | 74 | 66 |

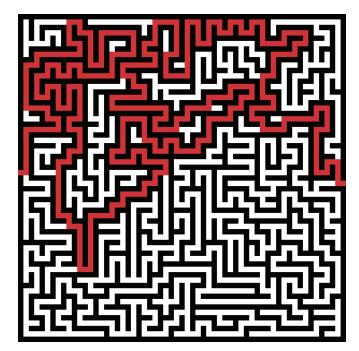
Previous Puzzles' solutions



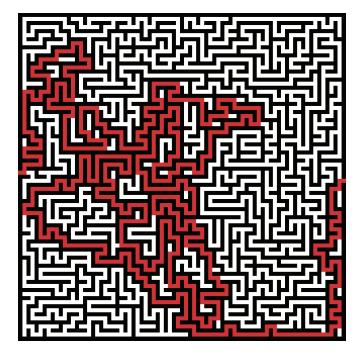


Regular

Cryptic



Medium



Hard

Send a picture of your solved puzzles to puzzles.felix@ic.ac.uk by Thursday to get yourself or your team on the leaderboard! **Partially**

completed Puzzles can still get you points! Send them in by Tuesday if

you want to see your points for this week in next week's issue.

SPORT

Reflecting on IC Hockey's 2024-25 Season

Sport Editor Lila sat down with Oscar, the Men's 1s Captain to debrief.

Sport Editor LILA HARRISON

sat down with Men's 1s Captain Oscar to look back on a memorable season for Imperial College Hockey. Oscar reflects on what made this year special.

Looking back, what were some of IC Hockey's biggest achievements this

"I want to highlight two different kinds of success in the club. This year, the M1s won the LUSL Cup Final for the first time in three years. That was a big moment, and one I'll remember for a long time. It really represented the best of our team and all the work we put in throughout the year."

But not all achievements were measured in silverware. "The L3s finished the season with a -100 goal difference. Their improvement each game was amazing to see. Every team has achieved something meaningful this season."



Imperial College Hockey Club

the highlight of the year for the team? Oscar names the LUSL Cup Final without hesitation. "It was the day after our annual dinner, so the M1s are not usually on their best form for that one, and we'd lost the previous two finals. Despite no weaker a performance off the pitch this year, we put in a convincing display to win 3-2. That will remain one of my favourite club

How did the team celebrate wins or major milestones throughout the sea-

"There's a rhythm to a Wednesday," Oscar says. "For the M1s, we always stick together after games. We start with Fines, recapping the match and any notable events, and the night usually ends at 2 am in Embargo's. (R.I.P. Slug.) "

How did the team grow and evolve over the course of the season, both on and off the pitch?

Emma, the L2s captain, shares her experience: "We started the season as a mostly young team who didn't know each other well. It took time to build chemistry, but by the end, we were linking up much better on the pitch and had really grown close off it too."

What was it like playing in front of crowds this year - any games with particularly strong energy or support? "Varsity is always a highlight. There's nothing better than playing in front of a crowd of people yelling 'you're s***!' at you, or something more creative. It's what makes Varsity so special."



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What advice would you give to freshers or new players who are thinking about joining IC Hockey next year?

"Joining the hockey club was the best decision I ever made at uni. People who know me won't be surprised; I talk about hockey more than most. But it's not just about the sport. It's about the people. I've made close friends I never would've met otherwise. My advice is to throw yourself into it. You won't regret it."

For first years who joined this season, what helped them integrate and thrive in the team environment?

Shrey, a fresher in the M1s, says pre-season was key: "Getting to know the lads early helped me settle into what was, at the time, an entirely senior team. The welcoming culture made it easy. With every bus to training and at socials, you meet more people. I felt part of the club really quickly." M3s captain Aamir adds, "We really focused on making freshers feel seen and valued. We created a fun environment where they could be themselves within the club."

How did IC Hockey work to include players of all skill levels and experiences this season?

Jamiee, captain of the L3s, explains: "Freshers' Day was great for giving beginners a chance to try hockey with no pressure. From there, our team focused on being a friendly and inclusive social group. Games felt like a day out with friends where you just happened to be learning new skills."

What was the most rewarding part of being in IC Hockey this season?

"It's the people. From deepening bonds with old teammates to making new friends this year, the relationships I've built through this club are what I'll carry with me long after I leave."

Make sure to try out IC Hockey next year: if you like booze, or if you like Hockey.

