



Felix

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This week's issue...

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Felix Editor || Philippa Skett

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What's on this week:

ACC Night

20:00 - 02:00, Oct 29th, All

Union bars

With a theme of S&M and M&S, come dressed as an old lady or bring your best ball gag. Or do both. I am planning to turn up rocking my whips and a zimmer frame.

Tickets: £8.50 online, £9.50 on the door

Tickets include four beers or bombs

SKETT'S BOX OF SHAME

Apologies for some mistakes in **Issue 1584**. These were:

- Missing some copy editors off the roll call on the editorial page due to a formatting hitch

- The DramSoc advert, the iPOP advert and the photo in Television were of a terrible quality, due to a technical difficulty that occurred as we sent the issue to print. We apologise.

- Losing the font for *Diary of a Fresher* and having to use one that is more akin to a secondary school homework piece than a satire section of a newspaper.

A poorly captioned photo of a man sweeping in Metric speaks a thousand words

Last week we ran two stories that we were worried (or did we hope?) would cause a storm. One was covering the amenities funds cut, and the other was looking at the first non-alcoholic bar night ran by Imperial College Union. Surprisingly, the latter story is the one that is seemingly kicking up a storm.

We are running a whole page this week dedicated to the news story that only warranted about 200 words in the first place, most of which were tounge in cheek.

Our journalistic prowess has come under attack, with a lot of it to do with the 'illustrative' photo we used to accompany the article. Apparently our credit (or lack of, as it were, for the front page thumbnail version) was not enough to explain how the photo was not a completely correct representation of the entirety of the night.

Honestly, I thought it was hilarious, and I am sure that at some point they did indeed sweep Metric that night. Let's use this as the lesson that taught us that photos may be louder than words, and also that we love to rub the Union up the wrong way every now and then.

As I actually graduated last year (picture related), this Wednesday I spent the day popping in and out of



THIS WEEK'S EDITORIAL

the Office congratulating friends and trying to help my Section Editors at the same time. Credit to them, we actually managed to make this issue with time to spare, a rare occurrence in the production of the Felix newspaper.

In other news from the Felix Office, we are so, so close to completion. We are just waiting for the infamous semi-circular desk to appear, which should arrive Monday. We have a dictophone now, so can start running wire taps into the office of Chris Kaye, Deputy President (Betrayal). We also have lots of stationary that we have stolen from the Union in the dead of

the night when the newspaper layout gets too much. If anyone needs any post-it notes, give us a shout.

Finally, we saw the launch of our amazing, brand new website last week. Personally, I was dozing in the corner after a particularly stressful submission of the paper the night before, but I heard that it all went smoothly and was launched on time. We are still uploading articles onto the site a few batches at a time. The entire pdfs of each issue are still there to have a scroll through, in case you want to relive the shadow-dick phenomenon from Issue 1583.

If you want to see it in all its glory too (the centrefold itself, not the actual penis shadow), come down to the Office. You might as well ask us how you can get involved whilst you're here.

PHILIPPA SKETT
FELIX EDITOR



CURRENT FELIX VACANCIES

We are looking for a new team of Web Editors, to manage online content, approve comments, keep our site in check and get everything onto the website by Friday afternoon.

If you enjoy website management, have used the internet before or just really want some free stationary, come down to the Office or get in touch and we can show you the ropes.

Don't know how computers work? We don't either, so don't worry about having any prior experience. Email us if you are keen: felix@imperial.ac.uk

PLUGTIME BY OSCAR FARRELL

HELLO AND WELCOME BACK EVERYONE!
NOW FRESHERS' FORTNIGHT IS WELL AND TRULY OVER AND IT'S BACK TO WORK,
YOU'LL ALL BE RECEIVING YOUR FREE GIFTS!

FREE GIFTS!!?
WHAT FREE GIFTS!!?

ALL THE FLAVOUR,
ONLY HALF THE SATURATED FAT!

FRESHERS' FLU
OUR PATHOGENIC LITTLE WELCOMING GIFT TO YOU

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News

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News Editors || Kunal Wagle & Carol Ann Cheah

Imperial graduands flock to Royal Albert Hall for graduation

Philippa Skett reports on the main events from Commemoration Day

It was Imperial's favourite day off this week, as graduands came back to touch the Gast hand and finally graduate completely. More than 2200 undergraduates passed through the Royal Albert Hall to receive their degrees in three separate ceremonies that took part during Commemoration Day.

This was the first Commemoration day for Imperial's new President, Professor Alice Gast, who told students to "Take all that you have learned and put it to work," during her speech.

"The demands of the world are daunting. We need well-educated leaders like you who can develop the new approaches, the clever solutions and the compelling ideas that will guide us in the future."

The ceremonies also included the presentation of the Awards for Outstanding Achievement, which went to Caroline Wood from the Department of Chemistry (a former Felix editor) and Alireza Tahmasebzadeh from the Department of Bioengineering.

Medals for Outstanding Contributions to Teaching Excellence were presented to Professor Mary Morrell from Faculty of Medicine and Dr William Knottenbelt from the Department of Computing. Dr John Gibbons from the Department of Mathematics and Dr Rudiger Woscholski from the Department of Chemistry will both receive Medals for Excellence in Pastoral Care. Medals for Supporting the Student Experience were presented to Dr Maria Toro-Troconis, School of Medicine, and Mr Ian Gillett from the Safety Department.

But why is it called Commemoration Day? The day is named in honour of a visit to Imperial by King George VI and Queen Elizabeth in 1945, on the centenary of the foundation of the Royal College of Chemistry, Imperial's oldest forerunner.

Chris Kaye, Deputy President (Welfare), said he was impressed when they played God save the Queen, although he said he got emotional "due to a separate matter."



I know that this day happens every year, but for some reason it makes me all teary and proud. Photo: T. Lim

A-level results can't be finalised "until October"

KUNAL WAGLE
SECTION EDITOR

Universities have been told that they shouldn't view exam results as "finalised" until the end of October. OCR, a leading exam results board, added to the statement saying that all results "remain provisional" until all re-marks are complete. Re-marks aren't fully finished until the end of October, which is a month after most degree courses start.

Universities don't want to wait until October to make their final decisions, which means that many students could miss out on their university places due to human error in the marking of papers.

The news comes as it emerged that more than 45,000 exam grades were changed this year on appeal, an increase of 15% on last year. It has increased by as much as 50% on 2011.

The general secretary of the Association of School and College Leaders, Mr Lightman said he wasn't

sure if the increases were as a result of "fundamental weaknesses in marking", but did point out that there is now a "lack of confidence in the exam system".

Richard Harman, who is the Chairman of the Headmasters' and Headmistresses' Conference said that "The college or university places of tens of thousands of students have been needlessly jeopardised this autumn and the exam boards must be made to do much better."

UCAS, who run the admissions platform for most UK universities, released a statement in which it said, "We strongly advise students who have requested a remark to contact the university or college immediately and explain their situation."

"Institutions guarantee students who have requested a remark that their offer remains open until 31 August."

"After this point universities will make their best endeavours to keep a place open for the student until the process is resolved, or may provide the option of deferred entry the following year."



That summer of exams that you spent 400 hours studying for may have been for nothing. Photo: Sutton Comet

News

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News Editors || Kunal Wagle & Carol Ann Cheah

RSM Dinner caps off a successful fortnight

Matthew Pike talks about what the Miners got up to last Friday

The summer months were spent catching up with friends back home, travelling, earning money to blow on rent and, for some, geological mapping. Mixed in with this, the Royal School of Mines committee had carefully planned their start of term activities leading up to the big one: Fresher's Dinner.

On 17th October, 178 people attended the annual dinner at The Rembrandt Hotel, 91 of them freshers from the Materials and Earth Science departments; this reflects the high demand for the social events that the RSM provides for its members.

All the first years, accompanied by their older undergraduate hosts, marched along Exhibition Road looking rather dapper and not too out of place out and about in South Kensington. Upon arrival at The Rembrandt they were greeted by an array of black and gold decorations, and empty helium tanks that definitely weren't inhaled by Vice-President James Cox. President Ben Warnick started proceedings with an impressive welcoming speech, including a hysterical poem read from the "RSM Bible".

The three course meal went down a

treat with everyone, a different league from those student budget meals your uni friends cook and upload pictures of onto Facebook in the hope of a few "likes". No, this was a formal three course dinner from a five star hotel in Kensington, food we at the RSM like to savour for our big events: chicken liver pâté with compote, cod fillet with creamy chive sauce, ratatouille and potato rosti cake to name a few.

Also in attendance were two guest speakers: Dr Martyn McLachlan from Materials and Dr Matt Genge from the Earth Science department. Both are popular lecturers among students in their respective departments, and quickly became the centre of attention with eye-catching and funny speeches to the audience.

One highlight of the evening included third year geologist Matt Irwin, who took centre stage, declaring that his table would like to raise a toast to the President and his committee for organising the event. Then all five hosts and five freshers at the table stood up, and literally "raised a toast" by holding aloft slices of toast to the committee table. Their pockets may have been filled with burnt crumbs, but the gas was successfully



RSM: hardcore miners love a good silver and peach colour theme. Photo: Matthew Pike

pulled off. Well played, boys.

After the closing speeches – as is standard – the Scottish contingent of RSM spontaneously burst into song as "Flower Of Scotland" rang through the room. This was not planned, and was not prompted for any reason, but it did not stop Dr McLachlan

joining in and taking lead. The RSM, still looking stylish in their formal wear, proceeded to head back through South Kensington for a post-dinner gathering at the Union, which included discussions along the lines of "what a jolly good dinner that was".

It was the first time that the

Fresher's Dinner had been held at The Rembrandt; rave reviews came from those who attended and even hotel staff.

A big shout out goes to Vice-President Tor Tennant and Ball Officers Abbie Trice and Bethan Clark for organising the event.

A Powerful man moves from the Union to the Blue Cube

**STEPHEN BALL
ELLEN MATHIESON
NEWS WRITERS**

Dr Philip Power is finally leaving the Union after 16 years of involvement at Imperial College London, first as an undergraduate, then a postgraduate and finally as a member of staff for Imperial College Union.

During his time as a student at Imperial, first in the Department of Mathematics and then as a PhD student in the Department of Earth Science he was heavily involved with the Union, including being on the Recreational Clubs Committee, of which he was the Chair for three years, from September 2002 to June 2005.

After completing his PhD in 2005, he then joined the Union Staff where he became the Membership Services Manager, dealing with many of the major Clubs, Societies and Projects

matters including life and associate memberships and tankards, among other things. The last of these lead to him receiving the title of Tankard Baron.

However Dr Power is not leaving the Imperial Bubble completely, as he has found himself a new home in "the Blue Cube" on the South Kensington Campus, moving over the road to become the new Faculty Education Officer for the Faculty of Engineering.

To celebrate the end of this long period of work, the Union is hosting a leaving party with a guest list that boasts some of the biggest names from Union history as well as current staff and students, with the event being described by some as "the Party of the season".

Dr Power has been a highly regarded member of Union staff, making fine use of his considerable knowledge of the Union and College to enhance the student experience.

When asked whether the Union

staff would miss Phil Power, *Felix* was told: "Our loss is College's gain."



Phil Power celebrates leaving the Union. Photo: Steve Tran

Ambulances arrive at the Union after RSM dinner

**PHILIPPA SKETT
FELIX EDITOR**

Two ambulances were called to Beit Quad last Friday night to collect two students who had been drinking in the union bars. The students in question, two girls, had previously been to the Royal School of Mines (RSM) Freshers' dinner, although the reasons the ambulances were called were unrelated to alcohol consumption.

The ambulances arrived shortly after midnight. The first came to collect a student who had passed out due to a pre-existing medical condition, whilst the other took a student who had sliced open her foot. Both students have subsequently made a full recovery.

The dinner was held at The Rembrandt Hotel in Kensington, and was attended by 178 people, around half of whom were first year students. In previous years, the dinner has been

held in Queen's Tower Rooms, and traditionally people move on to the Union for after dinner drinks.

We spoke to Ben Warnick, RSM President for 2014/15, who was also present at the dinner. "After the end of the official RSMU Freshers' dinner on Friday some people chose to go back to the union due to its proximity to the hotel. All were sufficiently sober to be let in by the bouncers. All of the appropriate welfare measures were taken to ensure the wellbeing of the people involved."

Deputy President (Welfare), Chris Kaye, was also present that evening. Said Chris, "I arrived at the Union just before midnight and an ambulance was pulling up outside. A student had collapsed with what I believe to be an underlying medical condition.

"Shortly afterwards, another ambulance turned up for someone who had fallen and injured themselves. I made sure to stay around with Ben until it was confirmed that the students were in safe hands."

News

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News Editors || Kunal Wagle & Carol Ann Cheah

Fire alarm interrupts bar night again

Oliver Benton reports as students refuse to leave until Phil Power does

Hundreds of graduate students were looking forward to enjoying one last hurrah treading the sticky floors of Metric only for their revelry to be cut short by fire alarms and the early closing of the bars.

For the second time in two weeks the fire alarm forced people to leave the Union buildings. Stepping up their game this week, the serial anarchist triggered several alarm points causing security to take over 40 minutes to deal with the alarms.

When the alarm initially sounded, the Union Bar was four people deep, and nobody moved. Such was the desperation to quench their thirst people were risking being burnt alive to get their drinks. Only when the lights got turned up and people were threatened with being kicked out did people eventually begin to move outside.

The bar staff dealt with the angry crowds by issuing paper slips with numbers written on them to try and preserve the queue at the bar; it is unknown how successful this was.

Once outside, scores of people immediately left for Eastside, and those that remained tried to keep warm by singing songs. As tensions

rose between several sports clubs, glasses were broken and it looked like the whole evening had gone to the dogs.

After a stern word from Sam the bouncer things quietened down, the discontent merely simmering below the surface. As it was clear that there was no fire, people were loathe to leave but nobody was being allowed back in until the alarm was turned off; this led to people urinating in the quad as there were no other facilities available.

While it's clear the staff on hand were doing what they could to reopen the bar as quickly as possible and that no members of the public could be allowed to enter the premises without a working fire alarm system, those 40 minutes of cold are going to be some peoples lasting memories of the Union.

Eventually the multiple tripped alarms were quietened, the bar was restocked and the thirsty graduands were allowed back in. This sweet sense of relief was short lived however as the bar closed at 1, the lights going up immediately, unlike a standard 'CSP Wednesday'. Mutterings about the lack of a late licence were short-lived as patrons were encouraged to leave



The worst form of torture is being locked out of Metric and being forced to sober up. Photo: Annabel Keeler

quickly, which led to the quad filling up fast and lots of semi-drunk people desperately competing for Uber cars.

On the whole it was an enjoyable evening, even if it was punctured by a wannabe anarchist and curtailed early.

A union spokesperson said to Felix: "Unfortunately, during CSP Wednesday, three fire alarm

activation points were falsely triggered by people in the venue which in-turn caused a full evacuation of the Union building.

The time it took to check the activation points, isolate them and reset the alarm was around 40 minutes. A similar incident occurred last Wednesday night, again causing a full evacuation. As a result of these

incidents the Union is reviewing our approach to access to the building on busy nights and will also be increasing the amount of security staff in the venue and restricting access to areas above the ground floor.

It is a shame that the actions of a few had an impact on so many people, however our first priority will always be the safety of our members."

The Medics say goodbye to Teddington

PHILIPPA SKETT
FELIX EDITOR

The final day of sporting events at Teddington Sports ground took place last Saturday, 18th October. Things kicked off at midday and carried on late into the evening, with matches taking place throughout the day.

Imperial College London staff, some of the officer trustees and senior medical staff from Imperial College School of Medicine were in attendance, with many bringing their children and pets. Deputy President (Clubs and Societies), Abi de Bruin, said that the atmosphere was very pleasant. "It was very much a family day - it was a great vibe."

Sports games took place over the day, including lacrosse, netball, and the men's and women's rugby teams playing. The Imperial Medics team, the Legends, played against a team of alumni players. The Legends, captained by the ICSMSU President Dariush Hassanzadeh-Baboli, beat the doctors by around 20 points.

About 400 people were thought to have attended the event in total.

The event represented a final send-off for the grounds, which have been used by the medical students since 1935. Lord Beaverbrook, a consultant, bought the land in 1935 and gave it to St Marys Hospital Medical School, which went on to form Imperial College of Medicine in 1997.

Despite initial protests to save the Teddington grounds and ensure their continued use after Imperial College purchased Heston, this was the last time medics will be playing on the grounds.

Dariush said of the event: "It was very sad to say goodbye to Teddington, but the day was a success and we would love to replicate it on an annual basis, with many older students and retired doctors in attendance.

"It was well received and enjoyed by all. There was great food and a great social atmosphere.

I would like to thank Charlotte Duggan, Leena Barret and the sabbatical officers for helping to organise it."

From this point on, medics will be



An action shot from one of the last games to be played at Teddington. Photo: Ben Lester, throughbenslens.co.uk

playing matches at Heston, half an hour's drive away from Teddington.

Heston, home of the BA Members club, is close to Heathrow airport and

features both indoor and outdoor facilities for student use.

News

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News Editors || Kunal Wagle & Carol Ann Cheah

Empower: the new feminist society to hit Imperial?

Fred Fyles attends the first Empower mingle of the year to find out

Empower, founded by two fourth year students at Imperial College London, held its first event last weekend, in the form of an icebreaker at the Union Dining Hall. Tea and cake were provided, along with a surprise VIP appearance in the form of Imperial's new President, Professor Alice Gast, who gave a 10-minute speech to the assembled group of around 30 students. During the evening, founders Sanya Patel and Sophia Lewis set out their aims for the group.

"Empower is a support network aimed towards women", says Ms Patel, "We have three aims: to improve self confidence and well-being by having a positive environment where people can set out goals and achieve them; [the teaching of] professional skills; and charity".

While charity work may seem incongruous compared to the empowerment of women, the founders see it as integral to their mission: "through charity you can be encouraged to learn skills such as time planning, organisation, budget management and leadership; and raise money for charity, helping support women in less fortunate positions."

The idea for Empower came about "over falafel"; Ms Patel and Ms Lewis both describe themselves as "ambitious women", however, Ms Lewis noted that "a lot of things we were being told in hospital [both women are medical students] went against this...the idea that girls can't be academic".

So do they feel that things are different for women in STEM (Science, Engineering, Technology, Mathematics) subjects compared to those in other disciplines? "Of course!" says Ms Lewis, "Oh you're a girl, you're no good at maths; you're a girl, you're no good at physics; you're a girl, why do you want to do engineering? Why do you want to be a surgeon, or...". Ms Patel agrees; "we are so lucky in the UK to be given a lot as women, but there still remains a baseline attitude of inequality."

Within the group, which was made up of people from a variety of years and subjects, the focus seemed mainly to be on personal goals related to self-confidence, as opposed to overarching aims relating to campaigning within society. While some people have been



Professor Alice Gast talks to the members of Empower. Photo: Billy Liu

critical of the group, questioning its necessity when Imperial Feminist Society was founded three years ago, both Empower and FemSoc agree that their groups have different goals.

When asked for a statement, a representative of FemSoc said "I think that the roles of the two societies are different; we're more about political discussion and activism, whereas they're more about networking and professional skills. However, there is plenty of room, and we are more than happy for the two societies to coexist and work together."

Empower is similarly friendly towards FemSoc, and are open to collaborating with them in the future. "Empower is about collaboration, about working together to achieve goals, and it doesn't matter whose

idea it is, or who's organising what, the point is addressing gender inequality and imbalance," says Ms Patel. "We both want to achieve that, and it doesn't matter how it comes about."

Professor Alice Gast, who is the sixteenth head of Imperial College and the first woman to be appointed to the role, has expressed support for the group. As well as taking time out of her schedule to attend the meeting, she said "I think it's terrific to have interdisciplinary collaboration, where students from different years can come together to support one another, share ideas, and become mentors."

Professor Gast was particularly enthusiastic about the mentoring scheme, which aims to provide women students with support from

older years, saying "I think that [in terms of mentoring] more senior students benefit from it as much as the younger students do." During her speech, she mentioned her experiences in being both a mentor and a mentee, and commended the valuable contribution it provided to her academic life.

However, not everyone has been so sold on the idea of Empower. In terms of criticism, the overwhelming complaint has been that people don't know what the group aims to do; with such a large range of goals, some people feel that Empower may lack a single focus.

Further controversy came in the form of the promotional video they posted on Facebook over the summer that featured the girls in bikinis. Sanya and Sophie were both aware of

this criticism, with Ms Patel saying that those who were complaining seemed to think that "a woman can't be ambitious and intelligent, and wear a bikini at the same time".

The group is also yet to have been granted official society status, as their application to the New Activities Committee hasn't gone smoothly. Their application wasn't accepted in its initial form, and Empower will be meeting with the committee to re-evaluate their application in November before reapplying.

The women behind Empower still remain optimistic, both for their group, and for the future of women at Imperial. "Everything is possible", says Ms Patel, "and when you have a team, a committee, a society around you, all willing you to do well and to achieve, there is no reason why you can't!"

Comment

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Comment Editor || Tessa Davey

Is it bad to be All About That Bass?



TESSA DAVEY
SECTION EDITOR



Photo: Epic Records

Meghan Trainor's super-catchy 'All About That Bass' has been "getting flak" (as she puts it) from all angles, from people of all walks of life, all of whom seem to have something to say about this seemingly body-positive bubblegum pop song.

With the number of people jumping on the bandwagon of hating on this song, it would be really easy to write an article picking at all the flaws in the arguments against this song. Of course, it's easy for them to say that the opening line,

*"Because you know
I'm all about that bass
'Bout that bass, no treble"*

is completely ridiculous, given that the song in fact, is not entirely bass based. But petty niggles aside, the song can have an entirely different interpretation, depending how pragmatic or fastidious you choose to be.

Trainor, who claims not to consider herself a feminist, puts it simply: "we wanted to write a fun song for the world, and we thought, why not do a song about loving yourself and loving your body, because I don't think girls really love themselves as much as they should?"

*"I see the magazine workin' that
Photoshop
We know that shit ain't real
C'mon now, make it stop
If you got beauty, beauty, just raise 'em
up
'Cause every inch of you is perfect
From the bottom to the top"*

On the surface, Meghan Trainor

appears to succeed. It doesn't take a feminist to recognise that promoting the idea of beauty not being defined by the photoshopped images we see so frequently in the media is undeniably positive and empowering.

If you haven't heard this song, by some miracle, you might not know that the message is aimed mainly at girls and women who "ain't no size two". But where the song tends to fall down and be reprimanded by feminists, is in the choruses.

*"Yeah, my mama she told me don't worry
about your size
She says, 'Boys like a little more booty to
hold at night'."*

Now of course, this isn't great. It's never a good idea to base your self-esteem on your attractiveness to the opposite sex. While I disagree heartily with needing male validation for self-acceptance, it is true that women who are, as one article berating the song describes it, "pleasantly chubby", are constantly told that they are unattractive and unworthy throughout their lives. They often grow up being told that no one will ever be attracted to them, and it can take a long time to organically gain enough self-confidence to fight this, and accept that they are worthy of respect. For once, it's nice to be told, truthfully, that (some) men will fancy you, whether you're a size six or a sixteen or a twenty-six.

Trainor doesn't generally engage in feminist discussion. It is likely that she, along with the majority of listeners of this song, aren't reading into this song with the same ferocity and vigilance as those who wish to rebuke it. When Trainor says,

*"You know I won't be no stick figure
silicone Barbie doll
So if that's what you're into then go
ahead and move along"*

she isn't saying that it's wrong for any heterosexual man to be attracted to any woman who doesn't fit her body type, or indeed that all men will find her attractive. What she's in fact saying is that she is the way she is, she is attractive, and if you don't think so, then that's not her problem. When you take it on a basic level, as written by someone who really just wants curvy girls to feel good about themselves, that's pretty body-positive, isn't it?

Of course, this isn't the only problem that people are finding with this song.

*"I'm bringing booty back
Go ahead and tell them skinny bitches
that
No I'm just playing. I know you think
you're fat
But I'm here to tell ya
Every inch of you is perfect from the
bottom to the top"*

The question that arises here is whether or not this is name-calling or skinny-shaming. I don't think, and I'm sure that the writers of this track don't think, that this addresses all skinny girls as bitches. This addresses the subset of people who may have something vindictive to say about voluptuous girls, who, by and large, will not be of a full-figured body type. This comment is aimed at those, particularly those who are skinny, who may consider themselves superior because of their diminutive

size. This isn't an attack on all skinny women, suggesting that they only have a right to feel good about themselves as they have the same body insecurities as larger women. It doesn't force a limited definition of attractiveness, it just points out that women (whose attractiveness is often marginalised) can be just as hot as those prescribed by the media, and deserve to know it.

In my opinion, this song is empowering to women who don't fit the culturally preferred norm of minimised curves. While the song might not be perfect, it doesn't encourage fatter women to start slinging mud at skinny girls. It may contain concepts that are problematic when examined under the microscope, but it's certainly far from toxic. It's incredibly rare to see music aimed at the acceptance of curvier women (while big booty pride is everywhere at the moment, it's mostly within the realms of complimenting a itty bitty waist), so why not just let us bigger girls have this one?

Those who criticise this song seem to think that nothing that preaches acceptance is valid, unless it preaches consistent acceptance on all levels. This is a gallant aim, but it simply doesn't exist. Meghan Trainor is using her personal identification as a curvy girl to encourage other girls to feel good about themselves, and if even one person who has low self-esteem feels even a little bit more confident about themselves in any way whatsoever, then this song is a positive influence. Calling for the song to be banned serves only to deny girls who identify with it any outlet for their personal acceptance, which is by no means fair.

"It's incredibly rare to see music aimed at the acceptance of curvier women [...], so why not let us bigger girls have this one?"

Comment

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Comment Editor || Tessa Davey

Dri night's coverage does not whet the appetite

Nick Farmer responds to Felix's article about the Union's inaugural non-alcoholic night



NICK FARMER
COMMENT WRITER

I suspect that I was not the only person disappointed to read the news article "Lesson Learnt: Never go in Dri" in last week's issue (*Felix* 1584). This awful pun aside, I felt that the article unfortunately misrepresented and undermined Imperial College Union's 'Dri' night, its first ever alcohol-free club night.

The event was aimed at students who, for various reasons, don't drink, and might not feel comfortable with one of the Union's typical boozy nights. This includes students under the age of 18 who cannot attend Union events at which alcohol is served, or even enter Union bars, due to licensing restrictions. These students are socially marginalized and excluded from most of the fun of Freshers' Week events and are not able to make use of the social hub that is the Union bars.

Dri night provided an opportunity for this group to access some of the facilities that the rest of us take for granted, an opportunity that around a hundred people, many of whom will have been under 18, took advantage of and presumably enjoyed. In this respect the event was a success.

The article puts forward the contention that Dri night was some sort of Union ghost town experience, with tumbleweed rolling across the sticky floors of Metric and FiveSixEight. However, with attendance in three figures this can't have been the quietest Monday night that the Union has seen this term, and seasoned veterans will all be able to remember nights in the Union bars when everyone present would have been able to fit into a cab.

Quoting a dubious "anonymous Union source" with criticisms of the event, and ambiguously presenting a photo of the inside of Metric not taken at the event (captioned as an 'artist's impression' on page 7, but left uncaptioned on the front cover), doesn't seem to be a fair representation of the night. They didn't seem to ask any people who were there if they enjoyed themselves either, which might have given a more accurate view of the event.

Providing events for non-drinkers, and especially under-18s, is a worthy goal. Indeed it was one of Chris Kaye's (this year's Deputy President (Welfare)) manifesto pledges.

This kind of unreasonable attack on an event that benefited students prejudices the Imperial community against any other events that seek to include those who can't, don't or won't drink, and negatively impacts on their ability to interact with other students and have a good time.

"The article misrepresented and undermined the Union's Dri night."



The original article, as published in last week's issue. Photo: Carol Ann Cheah

Oliver Benton's response...

Thanks for the response; I'm glad at least somebody, other than the Union staff and Sabbs that 'checked over it', actually read the article.

I feel that the article may have been slightly misinterpreted. While I can, but won't, apologise for the puns that littered it, I do not feel that it misrepresented Dri. There are a huge proportion of students at Imperial that don't drink, and even more that don't drink to excess. Imperial College, and the Union, could do a lot more to include

these students and engage with them. How to actually achieve this is the tricky part and something I can't pretend to have a solution for. Social marginalisation of any student here is outright wrong and everything should be done to avoid this.

While slightly tongue in cheek, (think of all the pun opportunities) the 'unreasonable attack' was an article on an event that flopped. Well-intentioned, this loss leader to get people to come to the Union clearly didn't work. Part of Felix's job is to hold the

Union to account. This is sometimes uncomfortable, as shown by the pre-emptive press release by the Sabb team, but if an event doesn't work then that's unfortunate. The idea to cater to non-drinkers is a good one, only the implementation didn't come off. While the choice of my sources may seem "dubious", unfortunately they often want to remain anonymous to protect their job, degree, friendships etc. The suggestion that my source was fictional is false but you're going to have to take my word for that.

Rare cancer drug shows promise

Utsav Radia looks at research at Imperial on DTP3's therapeutic potential

Scientists at Imperial, led by Professor Guido Franzoso, have developed a new drug to be used in patients with multiple myeloma, a rare type of cancer affecting 4,800 new people every year in the UK.

Multiple myeloma results from the proliferation of cancerous antibody-secreting cells (called neoplastic plasma cells) in bone marrow and other tissues.

Physiologically, these plasma cells are responsible for synthesising protective immunoglobulins (a family of proteins that include antibodies) in response to a specific antigen (which is usually foreign). However, in a cancerous state, these plasma cells start to secrete lots of abnormal (and often immature) immunoglobulin molecules, known as paraproteins.

Patients with multiple myeloma usually present with bone pain or a pathological fracture. Others may even present with symptoms of blurred vision (that may result from hyperviscosity of the blood due to high levels of paraprotein), kidney damage, anaemia or even infection.

Interestingly, in the early stages, multiple myeloma usually doesn't cause any symptoms and it is usually picked up after a routine blood or urine test, when the presence of the abnormal immunoglobulins is detected.

The clinical and pathological features of multiple myeloma are mainly due to direct effects of the tumour (bone invasion or fractures), metabolic effects of the neoplastic cells (high plasma uric acid and

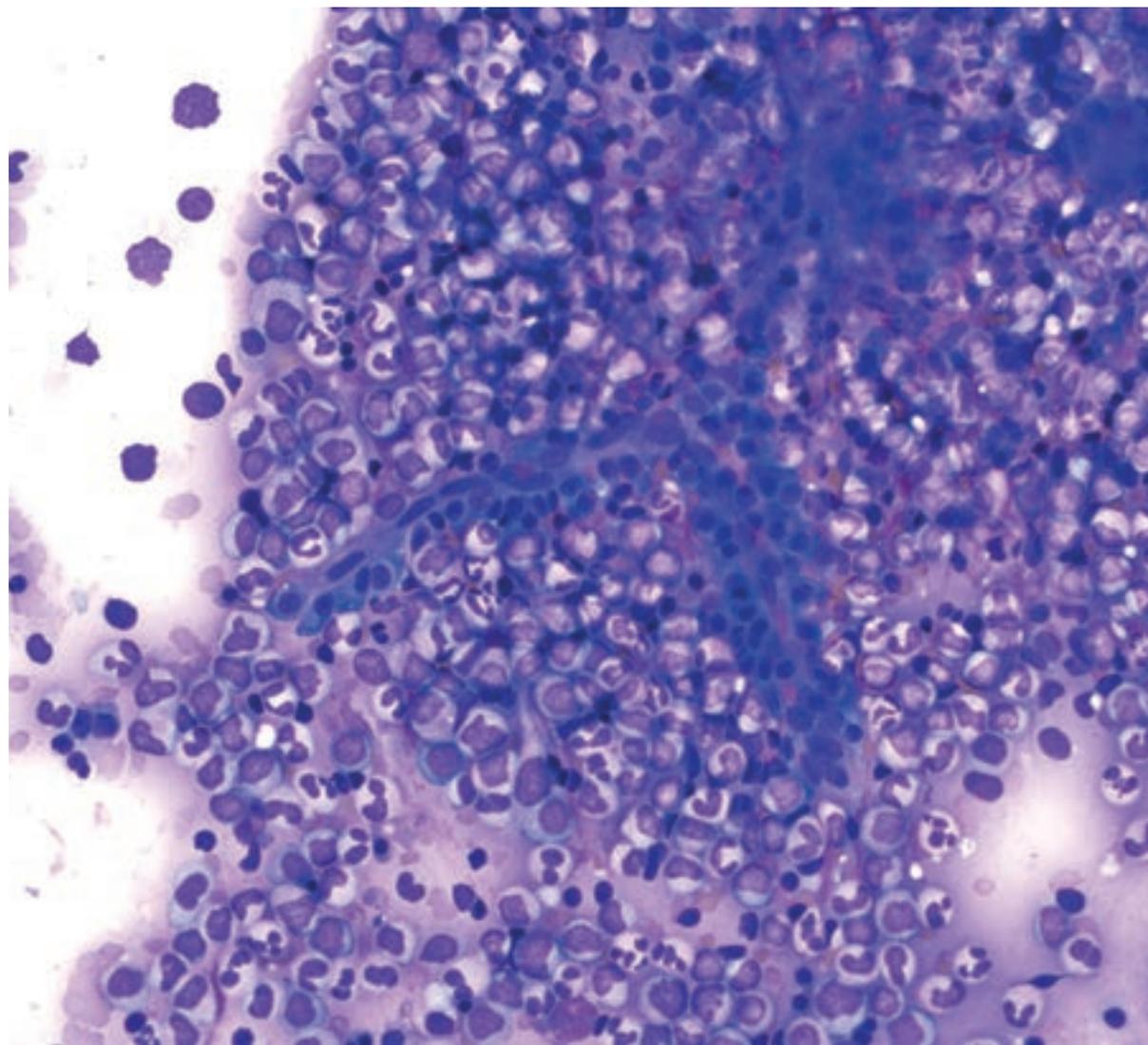
calcium), the damaging effects of the paraprotein (such as peripheral neuropathy or renal failure) and impaired immunity as a result of reduced healthy immunoglobulins.

Currently, multiple myeloma is treated with two aims in mind: to help to keep the myeloma under control and to help with symptom relief. Treatment combinations to control the myeloma usually consist of three classes of drugs: a chemotherapy drug (e.g. cyclophosphamide), a corticosteroid (e.g. prednisolone) and either thalidomide or velcade.

Unfortunately, often patients tend to relapse in which case additional anti-myeloma treatments have to be given, adding to the plethora of side effects that patients experience.

Researchers at Imperial have reported laboratory findings that show the new drug, DTP3, kills myeloma cells in human cells and mice without causing any toxic side effects. The drug uses a completely different mechanism of action compared to other cytotoxic drugs. DTP3 targets a biochemical step in a process called the NF- κ B pathway, which is involved in switching off the normal cellular mechanisms that naturally lead to cell death, hence prolonging (cancerous) cell survival.

Professor Franzoso, lead scientist of the study, explained "we had known for many years that NF- κ B is very important for cancer cells, but because it is needed by healthy cells, we did not know how to block it specifically...blocking [this specific] pathway with our DTP3...[that] selectively kills myeloma cells could offer a completely new approach to



Myeloma cells stained under the microscope. Photo: myelomapennstate

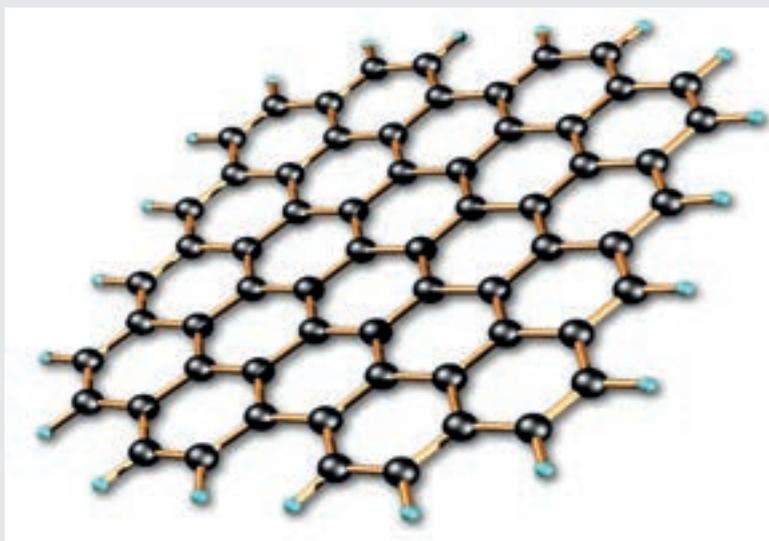
treating patients".

Further work is now being done to commercialise DTP3 and other candidate drugs based on Professor

Franzoso's research to ensure the quickest and safest way to administer this treatment in patients with multiple myeloma. A trial of this

drug, funded by the MRC, US National Institutes of Health and Cancer Research UK is due to take place in late 2015.

Graphene sensors used to study brain activity



It seems there is no limit to the usefulness of graphene. In the few short years since its discovery, scientists and engineers have come up with countless ways that this two-dimensional form of carbon could transform our lives: graphene computer chips, graphene solar cells, graphene drug delivery systems – even graphene condoms.

A group of researchers at the University of Pennsylvania have added to this list by developing a device which could significantly improve our current techniques for studying the electrical activity of brain tissue.

To accurately investigate the cause of certain neurological disorders, such as epilepsy, it's often necessary to obtain highly detailed information of the locations and electrical activity of individual neurones in a patient. This is usually done by placing metallic electrodes on the surface of the brain, but these are opaque and can obstruct the doctor's view of the brain tissue.

Using graphene electrodes solves this problem, as graphene is so thin that it is completely transparent. It's also one of the best conductors we know of, and so produces very little noise in the signals received. And, unlike metallic electrodes, they have the added benefit of being invisible on MRI scans.

The authors of the paper, published in *Nature Communications*, used their device to obtain extremely high resolution information on individual cells involved in seizures in rats, although it could easily be scaled up to look at larger regions of tissue.

This device could easily be used in implants, not just in the brain, but also in to monitor electrical activity the peripheral nervous system and the heart. And because graphene is extremely inert, these implants are expected to last longer than conventional metallic ones.

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JAMES BEZER

Features

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Features Editor | VACANT

Professor Sir John Pendry, inventor of the invisibility cloak, tells *Felix* about his work, his past, and what makes him tick.

Ben Fernando interviews Prof. Sir John Pendry, former head of the Imperial Physics department

Professor Sir John Pendry, FRS, holds a Chair in Theoretical Solid State Physics here at Imperial. In 2014 he was awarded the \$1M Kavli Prize by the Norwegian Academy of Science and Letters in recognition of his work in the field of nano-optics. This article is a summary of an interview for *Felix* that took place on September 26, 2014.

Ben: So, would you mind telling me a little bit about yourself and your work?

John: Well, I started here in 1981, but thankfully they still pay me so I guess I must still be considered worthwhile!

When I arrived here I was interested in surface structure and catalysis. I worked on electron diffraction data and surface crystallography, before looking at how waves move in disordered solids. This is a really difficult thing to do, and most of my work was ignored at the time and is only now coming to the fore.

One result that was really important from all this came about when I was looking at the

transmission of light through disordered materials - those where the light isn't absorbed, but also isn't transmitted because it's all scattered away. An example would be, say, a bottle of snow.

I was able to show that this was a bit like a maze, in that there was one particular path along which all the light was transmitted through such a medium. Obviously, this can massively increase the transmission coefficient (the amount of light hitting the detector compared to the amount incident).

This result was only tested about three years ago, but a Dutch Group were able to increase this coefficient by a factor of 10,000. One thing that we're looking at now is whether this technique might be adapted to enable better medical imaging through a person's skin.

In the mid-90's, I moved on to looking at optics, specifically photonic crystals. These are weird crystals which are black at certain frequencies not because they absorb light but because they don't let any light in. I like to say that you couldn't light a match inside one because there'd be nowhere for the light to go.



Photo: Imperial College

"Well, I started here in 1981, but thankfully they still pay me so I guess I must still be considered worthwhile!"

This led on to working for the Marconi Company, looking at materials used for radar absorption on warships. They knew that the carbon fibres were absorbing radar well, but didn't know why. After doing some work on this, it turned out that the key wasn't that the material was made from carbon, but rather that it had a fibrous nature. Unlike most materials that you might encounter, this meant that the structure and not the composition was the main determinant of the material's properties. Another good example is silver - crystalline silver is highly reflective, but in granular

"Well all sorts of weird things would happen: the material would behave like a lens."

form silver appears black.

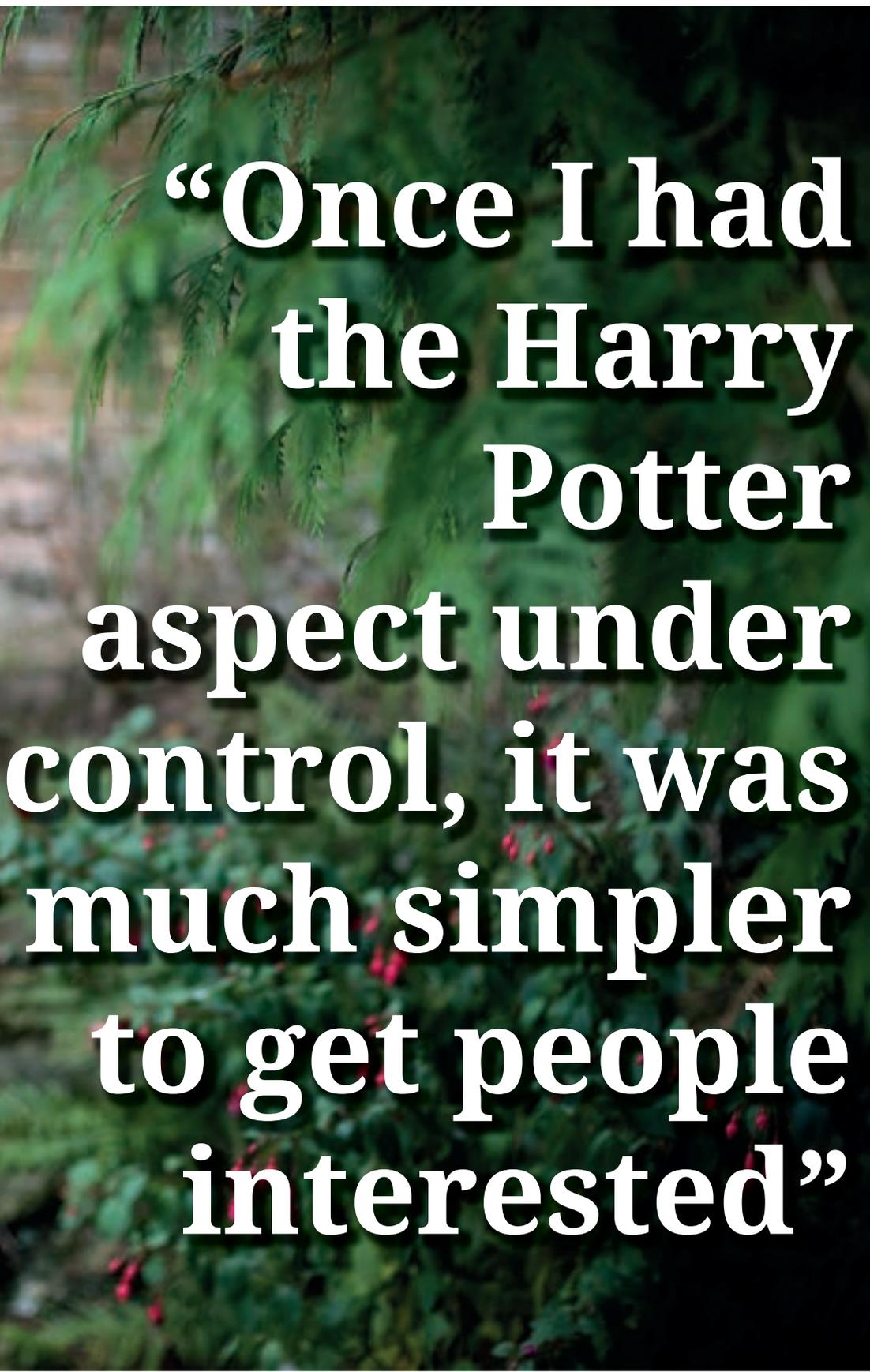
We called this new class of materials 'metamaterials'. The structure of the metamaterials was actually altering their physical properties, and they allowed us to realise things that might otherwise have not been possible. In optics you're always constrained by the available materials, but metamaterials raised the prospect of a whole new science.

One such class of materials would have negative refractive indices. What would this mean? Well all sorts of weird things would happen: the material would behave like a lens. It

Features

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“Once I had the Harry Potter aspect under control, it was much simpler to get people interested”

wouldn't even need to be shaped, a simple slab of it could do the job.

I was working on this one Sunday morning (which as Head of Department sometimes feels like the only time you get to do your own research!) when I realised that the lens could be 'perfect' - it wouldn't be limited to resolving things the size of the wavelength as normal lenses are - it'd be something quite new and extraordinary.

For a while I thought that I must have made a mistake somewhere. Everyone agreed, but no one could find the mistake. So eventually I published the paper under the rather

"So eventually I published the paper under the rather provocative title *The Perfect Lens*."

provocative title *The Perfect Lens*.

That was back in 2000, and there was a big storm over it. Lots of people got very upset, and even now continue to insist that I was wrong. But they're just digging holes, and as the holes get deeper their voices get fainter.

In the end that became my most famous (or infamous!) paper, and is at over 5,000 citations and counting. The lens we'd come up with broke the Law of Abbe, which says that the size of the wavelength is the best that you can do in optics.

Using things that you'd ordinarily think were not lens-like at all, like metallic silver, we were able to

increase light intensity by factors of up to 100,000. This is getting on for what a laser can do. But our nanoscale concentrations of light would be far less expensive and dangerous than a high-power laser.

These incredibly intense concentrations of light lead us to another amazing thought. Light doesn't normally 'switch' with itself. What I mean is that two photons rarely interact in a useful manner. Electrons are very good at this, they can scatter off each other, and modern electronics work off this principle. But with light, in order to get it to interact you normally have to change it into an electron, then interact with it before changing it back into a photon. But at these intense concentrations, light might begin to interact with itself - we could possibly make routing switches and optical chips, maybe even one day we'll be able to do computing with light.

To properly understand this, we have to throw away Snell's law and go back to Maxwell's Equations. In fact, let's go all the way back to Einstein. He talked about how space can be stretched or squashed, and that light rays are affected by this distortion. Now we know that Maxwell's equations differ from Snell's law in that they deal with fields of force, rather than rays. How do the field lines behave when space gets distorted?

Well, it turns out they behave like they're embedded in space. I like to think of this as wires in a rubber sheet (the kind that people often use to visualise space) - they move with the distortion. So we can control light by stretching and pulling space. That's all good, but we can't really pull space at will, we're not black holes.

It turns out that we don't need to. We can use General Relativity to write down Maxwell's equations in a different format, and the metric (a measure of how squashed space is) sits exactly where we'd expect the refractive index to sit in the equations. So we don't need to squash space to make like switch, rather we can do this just by changing the refractive index that the light's in, which has the same effect as changing the distortion of the space the light is in.

It turns out that the materials you need to do this are rather exotic, and have negative refractive indices. Now most people wouldn't light up when they saw this set of partial differential equations, but it turns out that they let us design a cloaking device. The field lines deviate, they don't go through the object but also don't scatter away - they come back together on the far side of the object.

Once I had the *Harry Potter* aspect under control, it made it much simpler to get people interested. The outreach has been fun, and the work has led to me being awarded the Kavli Prize for this so-called

'transformation optics'.

Recently we've been looking to concentrate light in more interesting ways, using more complex transformations. We can even do an inversion, which basically turns things inside out.

Imagine that we have a slab of silver, and then the electrons in the silver form waves on the surface of the sea of delocalised electrons.

We call these surface plasmons. A molecule at the surface will radiate plasmons off to infinity, but if we do an inversion suddenly the points swap around.

The infinity becomes the origin, and vice versa. Because we change the energy scale, the light at the point of origin gets slower and slower as the energy from infinity piles up. We can basically crush light to intensities a million times more than what we had before.

By doing different mathematical transformations on the silver, we can create all sorts of different structures. In fact, we've been able to make a radar dish that weighs a few hundred grams, where a conventional concave lens would weigh ten or twenty times as much. We have a 'flat lens' that refracts differently at its centre to at its edge, thus allowing us to focus light. This was commissioned by Boeing, and looks like a poppadom. Other companies like Toyota are interested in these because they might be able to use them in collision avoidance radar in driverless cars - the reduced size compared to a conventional lens would bring all sorts of advantages.

We've also been looking into developing phased radar arrays, which instead of sweeping a beam around the sky simply sit on a silicon block that delivers the right phase of light to the lens. When a specific phase hits a specific part of the lens it sends the light in a particular direction.

These could be a lot cheaper and plug into a USB port, so Bill Gates is interested as it might enable internet access to be brought to remote communities, for example in Africa. Or we might be able to use this to do MRI scans that are less risky as there are no RF fields going all over the place that can heat things up in your body.

"The outreach has been fun, and the [invisibility cloak] work has led to me being awarded the Kavli Prize"

B: Wow. That's quite a set of achievements! I don't even know where to start or what to ask. I'll need some time to think about it I guess. For now though, just one question: are you hoping to get any more invites from Scandinavian Academies, perhaps to Stockholm?

J: I would like to have a flat in central London one day, so that would be nice! I had a lovely week in Norway when I won the Kavli, so we'll see what happens next.

B: Good luck! We'll be in touch.

Technology

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Tech Editor ||| Jamie Dutton

Net Neutrality – what’s it to you?

Jamie Dutton discusses the equality of the internet

Welcome to
Felix Tehnology
2014-15

JAMIE DUTTON
TECH EDITOR

Hello and welcome to a new academic year at Imperial College – “A world famous centre for engineering and technology” (according to that bloke who narrates *The Apprentice*).

I’ll be your section editor this year alongside Osama Awara – you may remember him from such articles last year as “5 Things Consoles Are Killing” and “Cyber Black Market Is No More”. We are both keen on our gadgets and technology and will hopefully keep you entertained every week.

While this section has been sorting itself out, a lot of major press releases and technological developments have been missed out. If you’ve picked up a new piece of tech in the last few months then we want you to contribute to our section with a review, or some comments. It is very important that we get lots of contributors, to avoid bias in our reviews.

But it’s not just gadgets we are concerned about. We also want articles about website news, internet security or anything else you think would fit this page.

So if you want to review a shiny-new phone, recommend what should be written about or contribute in any way, please don’t hesitate to e-mail us at: technology.felix@imperial.ac.uk.



President Obama asks Vice-President Biden why Pornhub isn’t loading as quickly as usual. Photo: Wikimedia Commons

You may have heard about internet fast-lanes over the Summer and it’s been a highly contentious issue particularly in the US. Most of us have grown up on an internet where all websites have been treated equally, where data exchange is not biased towards any particular company or brand.

However, in January this year Federal Courts in the US nullified a ruling laid out by the Federal Communications Commission (FCC) stating that it is illegal for internet service providers (ISPs) to block online traffic or offer preferential treatment. The consequence of this overruling is that the massive ISPs in America (Verizon, Comcast) can give wealthy websites access to ‘fast-lanes’. The concept is fairly simple – multimillion dollar companies pay the ISPs a fee depending on how quickly they want consumers to access their content. The ISPs then organise the rate of data exchange between the website and the consumer. This system is analogous to premium airline boarding services where people willing to spend more money can get on the aircraft faster. The idea of ‘net neutrality’ is that

everyone queues in the same line for internet access with no bias towards rich or successful websites.

So what is the benefit of the fast-lane system? One argument is that the revenue brought in from big websites can be invested in improving consumer service; upgrading technology, supplying fast-internet to a wider range of people and generally improving the performance of the internet for everyone. This is making the large assumption that the ISPs aren’t just going to use the money to fill their pockets, which is a realistic issue in the US where the competition for internet service is low (or even zero in monopolised regions). Companies such as Comcast and Verizon offer poor service for astronomical prices, just because they are able to and canning net neutrality is not going to assist this sort of issue.

The main victims of this system are start-up companies. Many of the companies, paying significant amounts of money, would not be where they are today without net neutrality because in the past, the internet has been a fair battlefield for competition. Companies such as Google and Youtube became

successful because they were proven by the internet-visiting public that they were superior to their competitors. Today, a new start-up search engine or video-hosting website would have to struggle even more to gain success with the major players in the market controlling the fast-lanes. People thinking of accessing these new budding sites would be either significantly slowed down or blocked completely, this is the nature of the absence of net neutrality.

However, it is likely that consumers could also be negatively affected by this ruling. It is in the realms of possibility that ISPs would be able to charge extra for customer access to websites that require more bandwidth (such as Youtube or Netflix). In high-competition areas, this could result in the bulk of the internet being basically inaccessible.

Many people in the US realise this is a realistic obstacle in the way of their ability to freely surf the web in the foreseeable future. The FCC welcomed comments from the public on their opinions on the abolishment of net neutrality and over 3.7 million comments were received in total

(smashing previous FCC record of 1.4 million comments on Janet Jackson’s Super Bowl wardrobe malfunction in 2005). A study of the comments showed that less than 1 percent of commenters were against net neutrality – evidence that the internet community is not one to piss-off.

Fortunately for those in support of net neutrality, there is one man who has been a key component in preventing fast-lanes in becoming widespread occurrence – Barack Obama. In fact in 2007, before his reign as US president began he stated that he and his party would be explicitly against an abolishment of net neutrality and said that this sort of system “destroys one of the best things about the internet – which is that there is incredible equality there”. And perhaps unlike some other of his policies, he has stuck to his guns on this subject, stating on the 9th October 2014, that he is “unequivocally” committed to net neutrality. Another major supporter is Tim Berners-Lee, the grandfather of the internet. He urged, in March 2014, that internet users insist on the development of a “digital bill of rights” that would “advance a free and

open web for everyone”.

Sufficient ISP competition in the UK and an EU law (set in April 2014) blocking the ISP’s ability to charge traffic-heavy websites for faster network access means that this is unlikely to affect you. But it is certainly worth at least thinking of people in the US, the richest economy in the world, whose citizens may have to pay over-the-odds for services freely available worldwide. For awareness about the trouble faced by millions of American citizens, you may have been affected by the “Internet Slowdown Day” that took place on the 10th September 2014. Many websites with a variety of renown and wealth came out in support of net neutrality and slowed down access to their content and displayed a “spinning wheel of death”, showing what a world without net neutrality could be like.

The whole situation is fairly similar to the protests against the Stop Online Piracy Act (SOPA) and PROTECT IP Act (PIPA) in January 2012. Over 115,000 websites joined the protest and the legislation was significantly altered in favour of the internet’s opinions on the matter.

Music

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Music Editors || Grace Rahman & Amna Askari

I due Foscari at the Royal Opera House

Connal O'Neill reviews the opening night of the new production

Opening night of a new production at the Royal Opera House (ROH) is always an exciting night, and this was no exception, with world renowned tenor (now baritone) Plácido Domingo heading up the cast sheet.

This compact piece is one of Verdi's early works and has all of the themes and idioms we have come to know and love in his later works. In many ways *I due Foscari* can be seen as a precursor to *Don Carlo*.

The story is taken from the Byron play of the same name (*The Two Foscari*). Set in 15th Century Venice, it tells of an ageing Doge who has lost most of his family to the plague. His one remaining son has been accused of murder and is to be exiled or executed. Will the Doge follow his duty as a statesman or as a Father?

Domingo is a singer I have always wanted to see live; his powerful voice so familiar from *The Three Tenors*.

While his voice is not the glimmering beast of ten years ago, the brilliance of timbre is still there and still unmistakable. He was captivating as the Doge and was missed whenever absent from the stage. His acting, phrasing and stage presence were perfection, however, baritone his voice is not and his first couple of scenes were crying out for a richer lower register.

Meli plays the accused son of the Doge. A good actor with a good voice, his highs were beautifully controlled. In the opening scenes his performance was lacking a degree of lyricism but this cleared up as the night went on which may have been the result of some opening night jitters.



As someone who hasn't seen the show yet, the reasoning behind this scene is unclear, but it seems exciting enough. Photo: Cotidianul

However, one persistent problem was his lack of projection. His voice did not feel big enough for the space despite its tone being indicative of the Verdi repertoire.

Agresta, playing his wife, was captivating and entertaining, but like Meli didn't truly come into her own until after the interval.

This piece is incredibly compact

for an opera. Its three acts clocked in at under two hours (excluding the interval) and as such there is not much time for character development with all characters either being roughly painted or merely reduced to stereotypes. Cue evil bass villain with a penchant for power snatching.

Before each act a quick synopsis of the action off stage was projected onto

the curtain, allowing mood and pace to be maintained.

The production was hit and miss, entertaining and original at times, and at others rather non specific and bland. Surely Venice does not lack visual inspiration. It occasionally had the feel of a smaller house's production stretched to fit ROH's colossal stage.

This is a good opera, with some handsome tunes and a simple but riveting plot. A must see for any Domingo fans.

This incarnation of *I due foscari* is running until 2nd November. With student ID tickets are £16. It is also streaming live from the Royal Opera House to ODEON cinemas nationwide at 19:15 27th October.



What's on this week...

Friday, 24th October: Monki and friends @ Fabric
Despite being only 21, DJ Monki has already secured a regular slot on Radio 1 and is part of Annie Mac's infamous AMP crew. Catch her tonight as part of a promising line-up that includes hit-makers Redlight.

Saturday, 25th October: St Vincent @ The Roundhouse
Annie Clark brings her ethereal shredding to the hallowed halls of The Roundhouse for a sold out show. Beg, steal or become a groupie in time for a ticket to what is sure to be part gig, part religious experience.

Monday, 27th October: Raleigh Ritchie @ Heaven
Forget Finn Jones spinning discs in Metric, Game of Thrones' Grey Worm moonlights as a singer-songwriter. Performing as Raleigh Ritchie, he just collaborated with Little Simz on the desperately cool Cuckoo and these

two London dates will presumably feature unheard new material from his long-awaited debut album.

Thursday, 30th October: Jungle @ Shepherds Bush Empire

Until recently shrouded in mystery and often literal darkness, Jungle return to their native Shepherds Bush with catchy-as-heck tracks from their much hyped eponymous debut album, which is hotly tipped to win this year's Mercury Music Prize.

The Tings Tings @ XOYO

Shut up and let me go! We won't judge you for partying like it's 2008. With a new album, *Super Critical*, out later this month, this Mancunian duo's boppy brand of electropop is sure to draw a nostalgic crowd to Shoreditch on Thursday. Tickets still available.

Television

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Television Editors || Guila Gabrielli & John Park

Shonda's legal murder mystery

John Park learns How to Get Away with Murder

That's how you get away with murder, says professor Annalise Keating, played by the ferociously talented Viola Davis, as she walks away from a blackboard in her criminal law college class. "I want to be her," says one of her students, and we do not blame her for feeling this way. Annalise Keating is a tough, shark of a criminal defence attorney, comparable to the great Patty Hewes (Glenn Close) of *Damages*.

ABC's new ratings hit, *How to Get Away with Murder*, made with the backing of executive producer Shonda Rhimes, who currently has three hit shows under her name airing on the same night over in the States, benefits greatly from having such a firm, untouchable, ambiguous heroine leading the rest of the talented cast. Morally dubious and unpredictable at every turn, this new legal thriller of the 2014-15 season is simply an unmissable treat. Davis provides a cool, slick figure who is the definition of a confident career woman. She loves a challenge in the courtroom, and does not let a significant setback make a dent in her case for her clients. Essentially, whenever Davis is on the screen, very little can go wrong. She has weak spots too, however, ones that are shown in her private moments, and Davis shows that she excels not only in the earthy, dominating courtroom scenes, but she also knocks it out of the park in her more vulnerable moments in which she looks truly frightened for whatever reason.

The series has a similar format to *Damages*. Using flashforwards and flashbacks, we see a group of Professor Keating's students trying to cover up a murder. Then we rewind to three months ago, when they started in Professor Keating's Criminal Law 100 class. The five students assist Professor Keating and her two associates with their high-profile criminal cases, not all of them murders, in a self-concluding, criminal-case-of-the-week type of format, then we get what appears to be a season-long story arc that deals with the disappearance, and eventual murder of a college student, all the while developing the characters of the main cast.

What is quickly established is the nature and dynamic of the five main students who get the chance to work for Professor Keating. Wes Gibbons (Alfred Enoch) was only barely accepted off the college waiting list, Connor Walsh (Jack Falahee) is a sly young man using his sexuality for information, Michaela (Aja Naomi King) is an ambitious, driven woman



Photo: deadline



Photo: blackamericaweb

who wouldn't think twice about backstabbing, Laurel Castillo (Karla Souza) is the quietest one but this by no means affects her intellectual capabilities, and Asher (Matt McGorry) is just as keen as everyone else, but with perhaps the sharpest sense of humour. The chemistry the young members of the cast share is impeccable; there is a fiery dynamic among the finely assembled group, and they do not hold back the rest of the more experienced cast one bit. Enough time is spent with each student every week to reveal more about them to the audience, and it is the gradual revelation of everyone's true nature that keeps us guessing about who we should be rooting for.

Annalise's associates at her law firm also have meaty roles to play. Bonnie Winterbottom (Liza Weil) is not as nice as she first appears to be, although getting the job done to help the case as a trustworthy second-in-command is what makes her valuable. Very little is known about Frank Delfino (Charlie Weber) for the moment, aside from the fact that he likes sleeping with female students. But the way he mysteriously broods and goes about his days helping Annalise suggests that he has a lot more going on than what is initially suggested. Tom Verica plays Annalise's husband Sam, who also becomes entangled in all the flashback/forward drama and mysteries.

More good news for *HTGAWM* (yes,

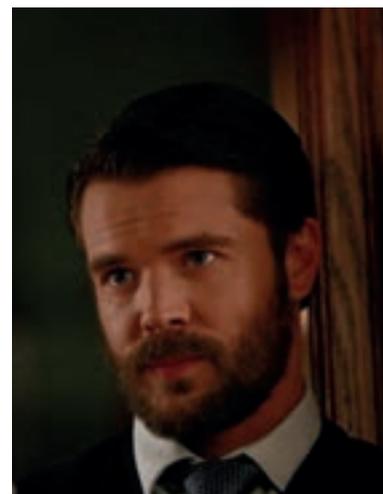


Photo: tvafterdark

this acronym will become a thing), in that unlike the majority of American network television shows that tend to have 20+ episodes per season, this series will only have 15. So instead of filler episodes of middling quality that drag on until some shocking series finale leaves a massive cliffhanger, it seems more likely that there is a clearer sense of direction and structure to the way things are headed. This is a sharp, fast-paced legal thriller with lots of murder and lots of sex.

Despite the many, many positives, it's not a perfect show. Not quite yet anyway. There is a lot to squeeze in to the 40-minute episode block, and because of this certain elements of the storytelling are sacrificed. Showing how each case is solved takes the biggest hit, as very often loose ends are tied up in the most ridiculous fashion, court proceedings, confessions and investigations happen within seconds, and the superhero group of lawyers and students assembled are capable of doing quite literally anything that helps them win a case. Some narrative tension is undoubtedly lost as there are very few difficulties that need overcoming.

But it is a new show with plenty of potential. The season-long story arc is setting up the show to be highly addictive.

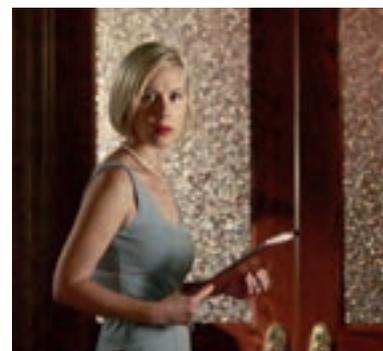


Photo: tvfanatic

"Essentially whenever [Viola] Davis is on the screen, very little can go wrong."

"This is a sharp, fast-paced legal thriller with lots of murder and lots of sex."

Shonda's other money-making shows



Grey's Anatomy, now in its eleventh season, is almost unrecognisable from its first season now. More than half of the original interns are gone now, residents and attendings have come and gone, but at least we still have Meredith Grey (Ellen Pompeo) working in the world's most promiscuous hospital to be able to call the show what it is.

Marital troubles are on the horizon for Meredith and Derek Shepherd (Patrick Dempsey), also for Callie (Sara Ramirez) and Arizona (Jessica Capshaw), although the biggest storyline here is the introduction of yet another half-sister of Meredith, Dr Maggie Pierce (Kelly McCreary), whose birth parents are Richard Weber (James Pickens Jr.) and Ellis Grey (Kate Burton), who is also Meredith's mother. Get ready for drama, along with some thundering medical emergencies and heartbreaking patient stories.



Scandal is crazier than ever in its 4th season.

Olivia Pope (Kerry Washington – where's her Emmy?!) wanted to get away from it all, but it does not take long before she is called back to help be Washington, D.C.'s best fixer. President Grant (Tony Goldwyn) is still clearly not over her, whereas his wife Mellie (Bellamy Young – where's her Emmy?!) is struggling to come to terms with her son's sudden death.

Everyone in the cast beautifully performs the word-heavy, speedy dialogue, and the amount of lies and deception that start piling up week after week is asking for more and more trouble. When it all comes to a head, expect nothing but fireworks.

JOHN PARK

Television

television.felix@imperial.ac.uk

Television Editors || Guila Gabrielli & John Park

The apocalypse will be televised

Giulia Gabrielli discusses TV's new doomsday trend



Photo: horrorsociety

It is universally known that television and cinema feed from each other for themes and topics. Therefore, it comes as no surprise that a zombie-obsession that started in 1968 with the release of Romero's epic *Night of the Living Dead* and brought us films like *28 Days Later*, *28 Weeks Later*, the rest of the Romero saga and *Resident Evil: Apocalypse* (I refuse to acknowledge the rest of the series) has massively hit the small screen.

More of the same medicine, some might say, and there is some truth to that. However, shows such as *Z Nation*, *Town of the Living Dead* and the more celebrated and raved about *The Walking Dead* definitely have something to add. Viewers even seem to want more, as series focusing on simple deadly epidemic scenarios, I'm

thinking *The Last Ship* or *The Strain*, are also gaining popularity.

Z Nation and *Town of the Living Dead* are both part of the network Syfy's Thursday night zombie-fest. The first is a slightly less sophisticated version of *The Walking Dead*. Writers haven't bothered with providing a pre-zombie look into the characters persona or the ante-apocalyptic world in general. Electricity still seems to be working in many cases, with lifts casually operating like an everyday Monday at the office.

Don't let these details bother you however, because the show actually provides excellent gore (admittedly the zombie baby was a gross misuse of CGI, and unfortunately it became one of the promotional pictures...) and

interesting relationship plots.

Town of the Living Dead, on the other hand, is a harmless attempt at a living-dead-comedy-improv. And why not, I say? Well, because unfortunately, when you take the drama out of the apocalypse, it turns out that, as a situation, it is hard to squeeze any comedy out of it.

The Strain is Guillermo del Toro's spin on the apocalyptic scenario, and as such definitely has some interesting moments. However, vampire zombies is a bit much. *The Last Ship* is a different story entirely. Based on a ship sent out to see at the beginning of an epidemic to develop a vaccine, the show boasts great performances by British actress



Photo: thecalifornian

Rhona Mitra (who also starred in the apocalyptic *Doomsday*, probably the chavviest movie ever made) and sex god Eric Dane. I am not kidding,



Photo: hollywoodreporter



Photo: moviepilot

if you enjoyed his performance as McSteamy in *Grey's Anatomy*, you probably won't be disappointed to see him in a uniform.

So, can we expect this trend to decline soon? Eric Dane aside, the end of the world is an attractive scenario. The spread of an infection points at the downfalls of our society. Real monsters are often normal healthy humans. Emotions are heightened. Friendships are born between implausible characters. Power-struggles, desperate romances and plots to save loved ones make for a good story. Writers are going to continue exploiting this source of creative richness for a while. So, as Jesse Eisenberg's character is *Zombieland* would say, "Fasten your seatbelts, it's going to be a bumpy ride."

Coming soon in future issues of Felix TV...



Photo: screenrant

American Horror Story: Freak Show

Not exactly the most politically correct title for a television show, not that Ryan Murphy ever cared about something like that. Once again, following the tradition of the *American Horror Story* anthology, the cast is full of recognisable, talented names, and the setting is suitably bloody, twisted and downright bizarre. Will this live up to the highs of *Murder House*, *Asylum* and avoid the low of *Coven*?



Photo: screenrant

Gotham

A prequel to the *Batman* saga, we follow Detective James Gordon trying to keep order in the dark, damp, corrupt city of Gotham. Young Bruce Wayne sees his parents gunned down in the pilot episode, and Detective Gordon is assigned to solve the case. The show will also involve origins stories of many iconic *Batman* villains, such as Penguin, Riddler, Catwoman, Joker, Poison Ivy, Scarecrow, etc.

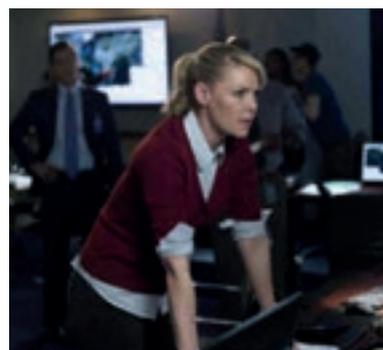


Photo: deadline

State of Affairs

Katherine Heigl, after starring in disappointing rom-coms, returns to what made her famous television. She plays a CIA analyst who is responsible for delivering "The List" to the President of the United States (Alfre Woodard), containing the top ten most critical threats the country is facing. A political conspiracy thriller, it is yet to be seen whether this will put Heigl's name back on the map.



Photo: zap2it

Madam Secretary

Who says there is no good writing for women in television? Téa Leoni plays Elizabeth McCord, the new Secretary of State who comes aboard after the previous Secretary's sudden death. Each episode deals with interesting, complex international crises of some sorts, ones that the writers guide us through, and Leoni plays the role with enough serious, stoic energy, and just the right amount of humour.



Photo: cinemablend

The Flash

The superhero genre is no doubt saturated wherever we look, but network channel CW is posting some great numbers with *The Flash*, a spinoff show from another of its hit show, *Arrow*. A freak accident leaves Barry Allen (Grant Gustin) with superhuman speed, something he uses to serve the public good. Will there be a crossover between the two shows? Never say never.

Are your Wednesday afternoons as Dri as a non-alcoholic bar night?

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Union Page

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The polls are back - vote for guest ales and pizzas!



You can vote for a monthly guest ale for the Union Bar and the h-bar - all you need to do is take the poll online. **You can now choose TWO guest ales for the h-bar!** There's a choice of nine to choose from in this month's poll...which guest ales would you like to see in November? Visit imperialcollegeunion.org/food-drink to see the selection and cast your vote.

You can also vote for a guest pizza for FiveSixEight. Visit imperialcollegeunion.org/pizza to vote! Will it be:

- ▲ Wild West: Pepperoni, baked beans and onion
- ▲ Mexican: Spicy Beef, Mixed peppers and onions
- ▲ Hawaiian: Ham and pineapple
- ▲ Spicy Tuna: Tuna, onions, mixed peppers and jalapeño chillies

imperialcollegeunion.org/food-drink

Find out more about Imperial Plus at our briefings next week



Imperial Plus is our volunteer recognition scheme, and it's now in its second year. Students volunteering with or via Imperial College Union can register for either the Imperial Plus Volunteer Certificate or the Imperial Plus Volunteer Accreditation. If you're interested in finding out more about Imperial Plus and how to apply, you can attend one of our free briefing sessions to get all the information.

- ▲ Charing Cross, Monday 27 October, 17:30 - 18:30, in Communication Skills Room A
- ▲ Hammersmith, Tuesday 28 October, 17:30 - 18:30, in Wolfson Seminar Room 1
- ▲ South Kensington, Thursday 30 October, 18:30 - 19:30, in Meeting rooms 1&2, Union building, Beit Quadrangle

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The gentlemen of ACC don



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Film

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Film Editors | Ellen Mathieson, John Park & Jack Steadman

“Dai, your gays have arrived”

PRIDE

Director: Matthew Warchus
Screenplay: Stephen Beresford
Cast: Bill Nighy, Imelda Staunton, Dominic West, Andrew Scott, Ben Schnetzer



JOHN PARK SECTION EDITOR

Based on an incredible true story that you have probably never even heard of, *Pride* tells the story of how Welsh miners teamed up with a group of gays and lesbians to fight the oppression from the Thatcher government and her bullying antics. It shows the unlikeliest of people coming together forming an alliance, and the initial struggle shown in the film for the two groups to bond is somewhat of a predictable starting point.

In fact, once you get to know the general plot synopsis, the entire gist of the film can be played out easily. First there is the struggle for the more flamboyant gays and lesbians to integrate into the conservative Welsh community, but after a few speeches and memorable events, there is a breakdown in prejudice and ignorant hate, with the two groups coming together in a touching display of unity to march together for rights. There is absolutely nothing new here, but because of the way this story is told and presented, *Pride* works to a surprisingly stirring and hilarious level.

It starts off as a pet project for Mark (Ben Schnetzer - an American actor who flawlessly gets by with his Welsh accent), marching at a Gay Pride event of 1984. Noticing that the “mining community is being bullied, just like we [gays and lesbians] are”, it is that classic notion of “the enemy of my enemy is a friend” that gives him the idea to support the



Photo: horrorcultfilms

miners. Of course, it is support that no one asked for, and no one really wants. At the height of homophobia in Britain, very few people are willing to associate with individuals branded as “perverts”. But one mining village in Wales is welcome to have them around, and accept their generous donations. Schnetzer plays determined and stubborn well, the kind of attitude that gets things done, but also is prone to attract trouble too.

Among the more forward-thinking, open-minded people in Wales are Dai (Paddy Considine), who first meet the group and decide to give them a place to stay in his living room, Cliff (Bill Nighy) and Hefina (Imelda Staunton), who are essentially the elders of the community, Gwen (Menna Trussler), who has some innocent but hilarious questions about lesbians, and Sian (Jessica Gunning), a housewife and mother who takes interest in the village politics. But for every man and woman who is happy to welcome them with open arms, there are those who are actively resistant to their input.

The initial struggling period is marred with ups and downs. Among the happier events is a scene in which Jonathan (Dominic West), a member of LGSM (Lesbians and Gays Support the Miners), starts taking over the

“It just so happens that West dancing to ‘Shame Shame Shame’ is so unexpected that it is that much more enjoyable.”

dance floor with his funky moves. You would never expect someone like West to be in such a goofy role, but he is perfect in it. Never too over-the-top to be reduced to a simplistic caricature, but a well-written character who has more to say and do than just have one highlight dance sequence; it just so happens that West dancing to ‘Shame Shame Shame’ is so unexpected that it is that much more enjoyable.

Mainly told from the point of view of Joe (George MacKay), a young man recently coming to terms with his homosexuality, all the strange, wonderful, new things experienced by him are directly shown to the audience. His first Pride march in which there are objects being thrown at them, plus a sign that reads “burn in hell”, his first party, first charity collection, first kiss, and frequent adventures to Wales that open his eyes to the bigger outside world, all the while falling behind on his cooking studies whilst following his passion. MacKay is a pleasantly doe-eyed, innocent-looking addition to have as a lead, providing a fresh set of eyes on what is happening. Unlike the other members of LGSM, Joe is a shy, insecure youngster who ends up in the group by pure chance. But as his confidence grows and he starts taking charge of his own future, you see the personal journey of self-discovery in Joe, in the midst of the progress LGSM makes with the miners.

Speaking of personal journeys, another heart-warming plot strand belongs to Gethin (Andrew Scott, of the *Sherlock* fame), a gay bookstore owner who has not been back to his home town in Wales for fear of judgement from his mother. Scott appears to be a master at giving the smallest of looks and twitches on his face, and yet portraying so many emotions at the same time. He has a relatively smaller role, even in the

trailers and posters he is sidelined, but he is excellent in every scene that is focused to his character.

The Welsh women have more fun than their male counterparts in the film, with a group of them, led by Hefina and Gwen visiting gay clubs in London, pushing their way in despite it there being a “men only” policy. “Oh don’t be daft” says Hefina, as they dance away with gay men. Staunton as always, is spectacular, bringing a whole load of fun energy into the mix, acting as a matriarch of sorts, helping with the smooth transition of outsiders coming into their tightly-knit community, always standing firm on the issue of equality. Hefina is an admirable character played by an actress who is on top of her game. Gwen provides healthy support, always providing great laughs, with Jessica Gunning also as a younger wife, but by no means less impassioned, having her moment to shine.

There is a lot to squeeze in. Each character has something profound to say and go through, but even fleeting shots of their lives are enough to provide the tears and the laughs. Despite having fun with the subject, the film never forgets to address the more serious, darker side to this movement. Not everything went smoothly, there were those willing to take down the LGSM movement using devious methods. We do get hate crime taking place, complications arising, and given how the miners’ strike ended, you get the feeling that not everyone has a happy ending coming for them. *Pride* shows that no matter how much something makes sense, and no matter how many brilliant minds and genuine people get together to back it up, sometimes things just are not meant to be.

However the film does find a way to finish on a joyous note. One that mirrors the 1984 Pride march shown earlier in the film, but this time with an extra twist. A twist that will surely have your heart melting at the sight of human kindness, compassion and friendship. Being kind to one another, it seems, worked out well for the characters of *Pride*.

“Being kind to one another, it seems, worked out well for the characters of *Pride*.”



Photo: hitfix



Photo: hamburg-news

“You are all grounded”

John Park sits Shiva with the Altmans in *This is Where I Leave You*

Director: Shawn Levy
Screenplay: Jonathan Tropper
Cast: Jason Bateman, Tina Fey, Jane Fonda, Corey Stoll



When the Altman patriarch passes away it is only natural for the rest of the family and their significant others to come and honour his memory. And we all know that when siblings get together, it does not take long for all hell to break loose, with hurt feelings, sibling rivalry, years of jealousy and resentment starting to bubble up as every minute passes under the roof.

As the matriarch, Hillary (Jane Fonda) grounds her four children for the next seven days as they sit shivva for the dead dad. The four children who gather are Paul (Corey Stoll), Wendy (Tina Fey), Judd (Jason Bateman), and Phillip (Adam Driver). Each remaining Altman member has drama and baggage of their own to handle, which is what makes up the running time, on the background of a family tragedy.

Paul and his wife Annie (Kathryn Hahn), who used to date Judd, are struggling to get pregnant. Wendy is a mother of two with a husband (Aaron Lazar) more preoccupied with his work than family, Judd is



Photo: youtube

reeling from the affair his wife Quinn (Abigail Spencer) had with his sleazy boss Wade (Dax Shepherd), and Phillip is a playboy who may or may not have found the perfect woman in therapist Tracy (Connie Britton). And Hillary? Well she is the mother kids are embarrassed of being with, given how she goes around saying things like “the man was hung” about her dead husband.

The crowded cast list does not end there. Judd gets a new romantic interest with Penny (Rose Byrne) the sort-of high school sweetheart of his, who is now teaching in a local ice skating rink, and Horry (Timothy Olyphant), an old flame of Wendy’s is still living across the street from the Altmans with his mother Linda

(Debra Monk). And there is a good reason to explain this.

There is arguably way too much history here to catch up on, with everyone vying for some coherent story time. So instead of delving deeply into each sibling, we only get fleeting shots and vague ideas of what happened between everyone.

It is a shame the film decides to pull away at all the wrong moments. For instance, Wendy has a significant past story with Horry, something that signals heartbreak given how Wendy declares that she will never love someone the way she did Horry. And in a rare, more dramatic role, Fey does excel. She even gets the chance to throw a good punch to protect the Altman name. But there is a sense

that this underdeveloped history between Wendy and Horry are going to waste.

What blossoms between Penny and Judd also seem rushed. Being the principle character, Judd needs to have a way to get a happy ending. Penny is pushed in front of the cameras to act all smiley and nice with Judd, without giving these two characters much context to work with.

Of course when brothers get together, there is bound to be a physical fight of some sorts. Insults fly and tempers flare up, especially when Paul tends to have anger issues and the youngest Phillip gets a kick out of baiting his older brother, not so dissimilar to how *August: Osage County* shows its meltdown, in one of the film’s more dramatic moments.

The cast performs exceptionally

well, starting all the way from the matriarch, right down to the children and their significant love interests. Fonda is hilarious as the inappropriate mother having undergone a brand new boob-job, and the veteran actress still has what it takes to command the screen in her strong performance, although the final reveal in her character is something so poorly managed that no actress could have made it work to a convincing level.

The tender moments come and go, much like the memorable comedic scenes, but there is simply not enough of either to truly satisfy even in just one aspect of the film. As family dramedies go, Shawn Levy’s *This is Where I Leave You* tells a very average story about being a middle-aged adult, one that is elevated by a great cast of big names.



Photo: screencrave

This week at Imperial Cinema



Photo: wired

Disney and arthouse cinema are not two words that are often used in the same sentence but this week we are bringing you an exciting (and slightly random) double bill featuring both!

Maleficent

Director: Robert Stromberg
Screenplay: Linda Woolverton
Cast: Angelina Jolie, Elle Fanning

Everyone knows the story of *Sleeping Beauty*: girl is cursed to prick her finger on a spinning wheel, falls into a deep sleep, gets saved by her prince charming, yadda yadda yadda. *Maleficent* tells the story from the perspective of the powerful fairy who placed the curse on Aurora in the first place. In a clever, and visually spectacular reworking of the

classic fairytale, *Maleficent* (played by Angelina Jolie) becomes more than just a 2-dimensional villain. Showing 18:30 Tuesday 28th and 21:45 Thursday 30th

Boyhood

Director: Richard Linklater
Screenplay: Richard Linklater
Cast: Ellar Coltrane, Ethan Hawke, Patricia Arquette

You’re unlikely to ever see another film like *Boyhood*. Director Richard Linklater filmed over a 12-year period with the same cast to chart one boy’s journey from early childhood to late adolescence. Through his eyes, we see Mason’s dysfunctional family unit morph as his mother (Patricia Arquette) jumps from one bad relationship

to another whilst his errant, charismatic father (Ethan Hawke) intermittently enters his life. As Mason grows up, he displays a perceptive wisdom beyond his years and it becomes clear that his parents might be the ones that are more in need of growing up.

Boyhood is devoid of stagey cathartic moments and instead chronicles the everyday events of life: riding a bike, school, falling in love. Under Linklater’s naturalistic direction, these seemingly mundane moments always feel engaging and true to life.

No matter how far removed your life is from Mason’s, it’s impossible not to see personal instances that you can identify with. Linklater turns what could have been a directional gimmick into a completely authentic

way to bring realism onto the screen; the characters literally grow up in front of your eyes.

The result? *Boyhood* is an astonishing achievement that feels less like a film and more like an observation of a young life. Showing 20:30 Tuesday 28th and 18:30 Thursday 30th.



Photo: gimlifilm

Arts

arts.felix@imperial.ac.uk

Arts Editor || Fred Fyles & Kamil McClelland

Frieze – Where Art Goes To Die

Kamil McClelland is disgusted by this year's Frieze

When men die, they enter into history. When statues die, they enter into art. This botany of death is what we call culture. These powerful opening lines from the 1953 film *'Les Statues Meurent Aussi'* (*'Statues Also Die'*) - originally made as a critique of the West's consumerist attitude towards African art - resonated with me as I went around London's 12th annual **Frieze Art Fair**, where art exists only as a commodity, a soulless husk.

I visited the fair last year and was quite upbeat; there was an air of youth and dynamism about it and you felt as if you might be seeing the 'next big thing'. Of course, as with any fair, you were aware that the art on display was primarily there to be sold but you did occasionally forget this. It was a truly immersive art experience.

I wish I could be so positive this year, but it seems that the view of art as a mere asset has grown too strong, like some kind of parasitic mould. Frieze has lost its unpretentious spirit and is now just another of the many fairs around the world that exists only for the super rich elite, out of touch and irrelevant to everyone else. This should have been obvious enough by just looking at the ticket prices - £33 for adults and £24 for students - simply not worth the money!

I am not saying that the art was of poor quality, as there was undeniably some excellent work on display that was simultaneously exciting and challenging - everything you might want. But it was not allowed to shine for the most part, crammed into the 162 galleries from 25 different countries vying for your attention.

Moreover, as you rounded gallery number 100, the inevitable art fatigue resulting from this sensory

bombardment set in, making it difficult to appreciate what you were seeing. The Frieze has swollen to grotesque proportions, crammed full of substance, like a bloated, waterlogged corpse that has been dragged out of the Regent's Park Boating Lake. The fact is that this is not how art should be viewed, in an environment more akin to a cattle market than an art gallery.

But I can understand why the galleries act as they do. Here, they are in a highly competitive environment, and so they are naturally going to display their most famous and valuable pieces because that is where the money and reputation lies.

However, with that, the essence of the art fair ceases to exist and becomes a façade, just like the immaculately dressed gallery owners who sit with their espressos, much too busy for anyone except the most serious buyers.

There were certainly some standout galleries; **Hauser & Wirth** and the **Gagosian Gallery** in particular had just the right mix of high quality art and interactivity to attract your attention and set them apart from the crowd. Elsewhere, Jesus Rafael Soto's Op Art piece *'Carré olive et vibration'* from the **Galerie Perrotin** proved extremely captivating and quite unique in a fair overburdened with highly decorative works of synthetics and acrylics.

In general, the works on display seemed to fall into three categories: the mediocre, big money pieces that galleries were putting all their hopes on, like Martin Creed's (I still have no idea why he's famous) or Tony Cragg's; the less well known art that bulks out a gallery's portfolio, providing the best and worst of what



Gagosian Gallery, Frieze Art Fair 2014 Photo: Linda Nylind/Frieze

"An environment more akin to a cattle market than an art gallery"

was on offer; and finally the pieces designed purely for the selfie - often mirrored, always provocative, perfect to show your social media contacts just how artsy you are!

This final category is a perfect illustration of the superficiality of much that was on show. This year's Frieze art fair was a sorrowful occasion, no longer a place where the average art enthusiast can get a sense of the shape of art to come.

It had as much personality as a kitchen showroom: elegant and skillfully crafted but nothing more. And 'more' is exactly what art should be: an experience, an emotional catalyst that sticks with you for days afterwards.

But one can't deny that Frieze is merely part of a bigger problem, as the artistic heart of London is gutted out, replaced by the shallowness of foreign buyers and their veneration for the famous.

"This year's Frieze Art fair had as much personality as a kitchen showroom"

Editorial: An Artistic Drought Hits the Capital

FRED FYLES & KAMIL MCCLALLAND
ARTS EDITORS

London was thrown into a feeding frenzy last week, as culture vultures from around the world descended on the city to feast on its artistic innards. Yes, it was Frieze week, the (alleged) highlight of London's cultural calendar! But as quickly as it came, this tornado of chequebooks and perfectly manicured nails disappeared, to return again next year. In our article on the fair, we reflect on this white elephant of Regent's Park and its implications on London's cultural landscape.

However, just as we lament a lost past, Lizzie Riach speaks with optimism in her *My Art* piece about The Other Art Fair, suggesting that there is still a vibrant and very much alive art scene in the East of the capital. As a fair aiming to exhibit the 99% of artists not represented by a commercial gallery, hopefully this news from out east bodes well for the health of the city's art scene.

Next, we turn our pessimistic gaze to another of London's great art institutions: the Turner Prize. Not scared of a bit of controversy, we take a leaf out of its book and suggest it's become an almost irrelevant competition, deliberately choosing 'out there' works to force 'discussion' about art now. It's tiresome.

Continuing in this vein of misanthropy, we come away from the Hayward Gallery's *MIRRORCITY* exhibition with a feeling of bewilderment and frustration as it tried to answer everything but fell expectedly short.

Finally, to end this depressing editorial on a slightly more positive note, we went down to the HELIX Centre at St. Mary's Hospital. Part of Imperial's Institute of Global Health Innovation, they are an amazing team of RCA-trained designers working closely with doctors and researchers to create design solutions to common healthcare problems. So whether you're interested in design, medicine or just great ideas, check this interview out!

My Art: A Morning Exploring Shoreditch's Art Scene

As I walked up the stairs at **The Other Art Fair** in Shoreditch, I was immediately overwhelmed by the sheer diversity and amount of art that met me. The fair featured 130 up and coming artists, each with their own unique art space; but what made it unique was that the artists were stood in front of their work, allowing you to directly ask them questions about the pieces.

Among the artists, a particular favourite of mine was **Fran Giffard**, who took to drawing and painting on the pages of her Moleskine diary. What drew me to her stand were the incredible selection of colours and the intricacy with which the birds were painted. In contrast, next to her was an extremely dark stand showcasing a selection of medium-sized sculptures. As I drew closer, I realized that almost all of them featured taxidermy, including a piece called *Little Lives Dream* - a jar containing a small mouse curled up asleep on a velvet pillow underneath a tiny crafted lantern. This was the work of **Rachel Ann Stevenson** conveying the fine divide

between the conscious mind and dream state.

The remainder of the works were equally eccentric: an artist who used old wine corks to create large scale pieces, a hilariously outré man who had several iPads playing videos of him singing along to songs in locations across the world, and a bizarre collection of modified storm-trooper helmets. Not only did I leave this magical place with armfuls of free stickers, posters and postcards to put on my wall, but I was inspired by how innovative the artists were.

The fair did what every exhibition - and every work of art - should do: it inspired me to want to create my own work and develop my own signature style just like them. I highly recommend catching next year's art fair, which unfortunately only runs for three days each year around October time. Meanwhile, I'm going to carry on checking out new artists, and trying to find inspiration!

LIZZIE RIACH
2ND YEAR BIOLOGIST



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Arts Editor || Fred Fyles & Kamil McClelland

Contrasting Worlds - The 2014 Turner Prize

Kamil McClelland assesses the contrived controversy of this year's prize

Tate Britain's two main shows may be similar in name but in reality are worlds apart. The first, an exhibition of J.M.W. Turner's late works, is a life-affirming homage to one of Britain's greatest painters and offers glimpses into the beginnings of modern art. The other, shamefully named after this great artist, is something of an anticlimax. The *Turner Prize*, now in its 30th year, is meant to showcase the best of what British art has to offer, helping define how the country's art shall progress. Well, if that is true, it's not looking good; this year's celebrations went off with little more than a whimper.

The *Turner Prize* has never shied away from controversy; in fact, it has almost become a defining feature of the show. This was especially true back in the late 90's when the Young British Artists - Damien Hirst, Tracey Emin and the like - were beginning to establish themselves on the art scene. Whether this art is actually any good is a debate for another time but it was certainly new and exciting and something that forced you to reconsider how you viewed art. More recently though, the *Turner Prize* has too consciously tried to be controversial, engineered to provoke a reaction as opposed to simply displaying the best of Britain's current art and letting us decide what to make of it. The public has grown weary, and the formula for success that had once worked so well is now backfiring, pushing the *Prize* into irrelevance.

So as you can see I had my doubts as I entered the gallery but I tried to not let this cloud my judgment. I can't say the first artist, James Richards, made it easy for me: seeing a flower slowly being stroked across a man's sphincter gave quite a jarring first

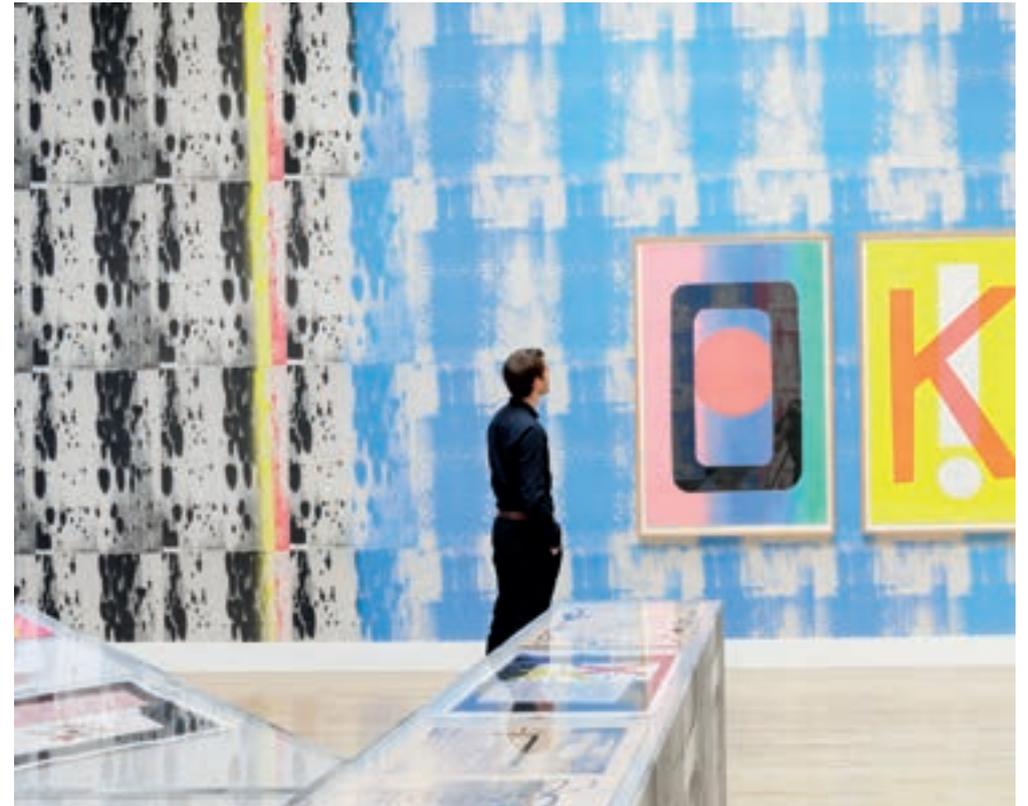
"This year's competition went off with little more than a whimper"

impression. Oh Turner Prize, how I missed you!

Rosebud by Richards explores censorship of artwork, showing close-ups of art books in Tokyo where the genitalia has been scratched out to comply with their strict laws. It is pornographic, shocking, asking whether art can ever be censored. But it is also meandering, tiresome, a story with no plot.

I was hoping, after the torment of Richards' piece, for things to get better. It was Tris Vonna-Michell's turn: not the best of starts when even the explanation of his works described them as 'confusing'. How was I going to manage? But seriously, what was his work even supposed to be? I was trying to create meaning for it in my head: perhaps it was a comment on the confusion and neuroticism of the modern world. It was as if the space had been thrown together, a random collection of slideshows and photographs that added nothing to your experience. All the while, an incomprehensible voice played over the speakers, like the stream-of-consciousness of a madman. Then came his film, where he takes you on a journey back to Berlin, searching for a place that no longer exists. Was he trying to look at the confusion of memory and reality? Who knows? Probably not even him.

Three of the four installations this year were video works, a sign of the times but also a shame: I would have liked to see a greater range of media. Video art is not like other art forms where you can lapse in and out of consciousness and still have a sense of what is going on. Video art requires your full attention, all the time. Three video works, then, was overwhelming and quite fatiguing, especially as some of the artists



Ciara Phillips, *Things Shared*, Turner Prize 2014 Photo: Tate Photography

expected you to sit through over 50 minutes of video. I see myself as a patient person but this is taking the piss a bit. No one has time for that!

Video collages are very in vogue at the moment, suggestive of a post-internet generation that has grown up with the digital revolution. How to portray this online world and its cultural repercussions seems to be a real point of debate in art at the moment. Video and sound art seems to be one answer as artists struggle to manipulate orthodox media. However, the attempts provided at the *Turner Prize* have proven disappointing, not able to boil down the essence of this world into succinct pieces of art.

As you can tell, I wasn't too impressed with what I saw. The artists are nominated based on exhibitions put on over the past 12 months and these previous exhibitions are also what determines the winner so what is on display really has no influence on the final outcome (thankfully). Some of these previous exhibitions were actually rather widely praised, most notably Duncan Campbell's entry for the *Venice Biennale*. It is such a shame, then, that what is on show here really does nothing - especially seeing as you are expected to pay £11 to enter.

The remaining video artist, Duncan Campbell, built on his Irish background to create a mock documentary exploring the country's turbulent past, quite a poignant piece but just as exciting as you would expect a fake news piece from forty years ago to be. Sitting through the

whole thing proved to be an effort.

Ciara Phillips, the only artist not to do a video piece, offered up a room plastered from floor to ceiling in overlapping prints, repeating images like frames from a film reel. Overlaid onto this were bold, strong colours, attempting to inject some vitality into an exhibit that left little effect.

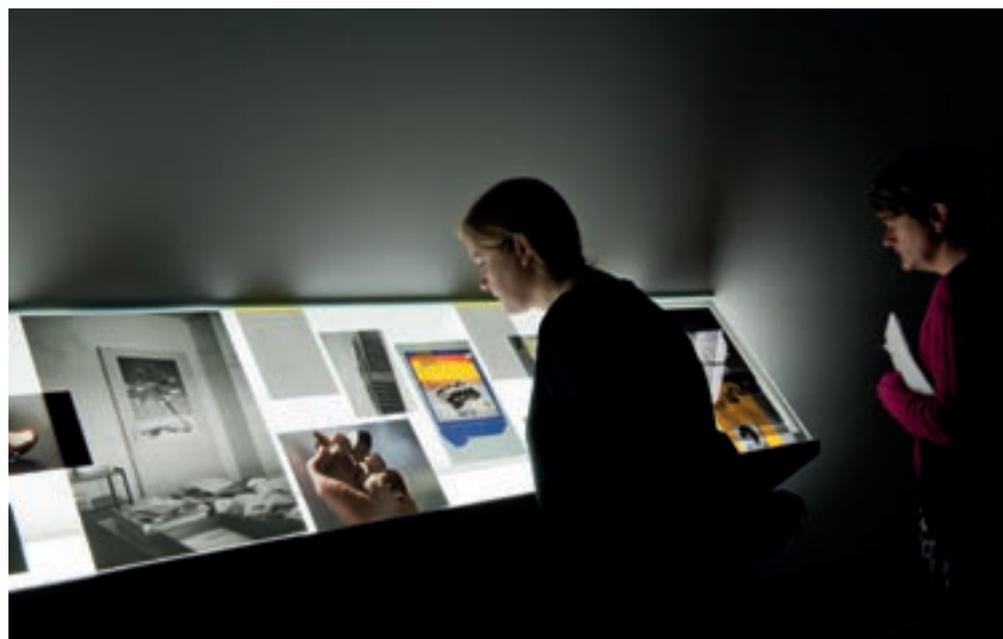
I left the exhibition without the feeling in my gut that follows profound and perspective altering shows, just a strange hollowness. Yes, some of the works touched on interesting topics, like Campbell's work exploring how objective truth can be manipulated in media so that even our eyes deceive us. But I just don't feel video art in the way it was presented did it any favours. I wasn't the only one who felt that way, as the comments on the board outside the exit showed (although in slightly less measured words).

My advice to anyone considering going: don't. It's not worth your time. I'm going to be generous and say that this is not the best of what some of these artists have to offer and, at £11, it is simply not worth it for a competition that is looking more and more irrelevant as time goes on. Go instead to the *Late Turner* exhibition downstairs, which provides you with a completely new perspective on the great artist. Who will be the winner of this year's £25,000 prize, announced in December? For me at least, none of the artists emerges as an obvious frontrunner.

30th Sept 2014 to 4th Jan 2015

Tate Britain

Tickets £11 (regular), £6 (student)



Tris Vonna-Michell, *Addendum I (Finding Chopin: Dans l'Essex)*, Turner Prize 2014 Photo: Tate Photography

"The Turner Prize has tried too consciously to provoke a reaction"

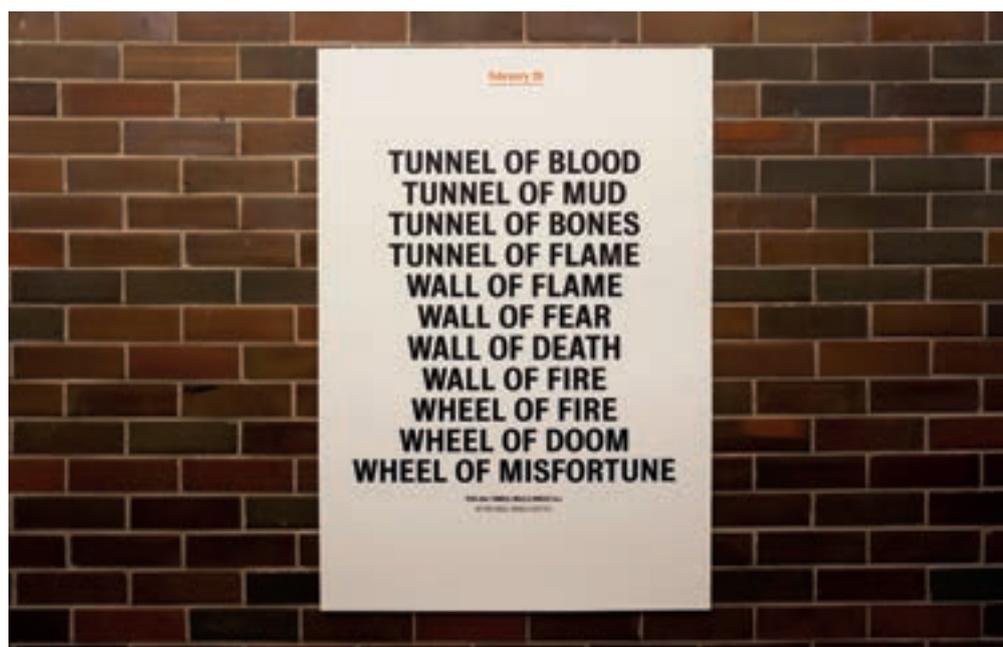
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Arts Editor || Fred Fyles & Kamil McClelland

An Imperfect Reflection Of Our Modern Society

Fred Fyles takes a glance at the new MIRRORCITY exhibition



Tim Etchells, *Vacuum Days* (Posters), MIRRORCITY at Hayward Gallery 2014 Photo: Courtesy of the Artist

To say that J. G. Ballard was only a writer is to do him a disservice. The late British modernist, whose oeuvre included novels, essays, and short fiction, was more of a prophet than an author: seemingly predicting the brutal modernisation that would descend upon the UK during the second half of the 20th Century, as well as the accompanying social stagnation it would bring. Ballard has the honor of having his name as an adjective: Ballardian, which Collins English Dictionary describes as “dystopian modernity, bleak man-made landscapes, and the psychological effects of technological progress”.

You could easily be forgiven if you think this sounds familiar. With the advent of social media, online communication, and mass media, society has moved into an unprecedented age: post-post-modern and more futuristic than the future, the world we now inhabit has been cleft in half: we have the ‘true reality’, and the virtual ‘mirrorworld’. At least, this is what the **Hayward Gallery** hopes to prove with the opening of its latest exhibition *MIRRORCITY*. Taking on innumerable big themes - reality, narrative, physical spaces, illusions, social mobility, capitalism, and more - *MIRRORCITY* is an exhibition that aims high, but never quite delivers such lofty heights, creating an experience that is beguiling, sometimes uplifting, but ultimately frustrating.

Upon entering the bleak cement exhibition space, we are confronted with the vast upturned hull of a ship. Its figurehead lies, pathetic, on the floor: a young woman whose face is shrouded, entangled in the arms of

"John Stezaker's work is excellent, creating a new visual language"

a sea monster. This is the work of Lindsay Seers, whose installation confronts the disconnect between myth and reality. Drawing on the personal story of her great-great-uncle - a sailor - Seers uses film and sound to subtly make the viewer question the world around them.

This theme of artifice is further expounded upon by Turner Prize winner Laure Prouvost, whose work *The Artist* comprises of a pre-arranged ‘studio’, purportedly that of her conceptual artist grandfather. Squeezing into this cramped space under the beady eye of a security guard, one is immediately assaulted, both visually and audibly: every nook and cranny of the room is filled up with clutter, tools, and ephemera, through which Prouvost reconstructs the legend of her grandfather. Video installations play throughout the room, while looped soundtracks filter in and out of the space. Urging you to ‘Look here!’ and ‘Look over there!’, they combine to create an unsettling experience.

Another narrative is constructed by Ursula Mayer: taking inspiration from Euripides’ Greek tragedy *Medea*, she casts LGBT activist JD Samson as both Medea and Jason, creating a ‘post-gender speculation’. A vision of a future where social structures have been broken down, it is at once both inspiring and dystopian. Set predominantly among valleys and deserts, the collage of text, sound, and film is like a Middle Eastern version of Derek Jarman’s *The Last of England*.

Elsewhere, artists explore the meaning of different media and materials. John Stezaker’s work is excellent as usual, with his repurposed film stills, clipped and

past together, creating a new visual language. Less effective are Daniel Sinsel’s canvases: aiming to deconstruct the relationship between materials and the feelings they evoke, Sinsel uses extreme juxtaposition to bring out their qualities, but ultimately lacks emotional force.

Helen Marten attempts to do something similar with her rag-tag collection of curios, assembled as if by a magpie. Sadly, randomly throwing together disparate objects does not effective art make - perhaps she should leave it to the actual birds.

The promised exploration of capitalism is fulfilled by Tim Etchells; his fantasy headlines, printed on large sheets, satirise the news of today. Drier than a gin martini, and packing twice the punch, they take on all manner of topics, from CCTV to gang culture (Sample headline: *Tonight’s Presentation: Black Hole - No Intermission*). In terms of understanding modern culture, Etchells is way above any other artists in the exhibition; if *Private Eye* is looking for a new contributor, perhaps they should give him a call.

Pil & Galia Kollektiv continue in this vein, with their sculpture *Concrete Gown for Immaterial Flows* taking its name from a Zionist paean to cement. Inspired by capitalism, it is a stage constructed out of concrete blocks which form bar graphs and pie charts, while behind a red arrow crashes towards the earth. The work subverts the argument that capitalism is a natural extension of evolution, instead revealing it as something artificial, manmade, and callous. While the work is quite clever, some of the points the artists are trying to make can at times feel like a bit of a stretch - you’re more likely to see this piece on *Top of the Pops* than at an Occupy rally.

A highlight of the exhibition is Katrina Palmer, whose emotive

soundscape *Reality Flickers* is housed in an empty locker, a space that “contains nothing but its own absence”. A voiceover that describes the story of Miss Ficker, a naive collector of tossed objects, defined by the fact that they are ‘lost rather than found’, who meets the Heart Beast. Underscored by a subtle, melancholic piano score & unintelligible voices which mutter and stutter, Palmer has created an oasis of solitude and isolation within the middle of the gallery.

The remainder of the exhibition - and trust me, it is extensive - is by and large uninspiring. There’s Anne Mardy, whose constructed spaces are as bland as the cement blocks inhabiting them; Michael Dean’s sculptures, which are dull both in form and name; and Mohammed Qasim Ashfaq, whose work simultaneously demands ‘viewer engagement’ (his words, not mine) and manages to be monumentally insipid. Some work comes from a clear germ of inspiration, such as Susan Hiller’s collage of space sounds and frequencies, but ultimately fails to say anything of importance.

We have seen in the past few years that the Hayward Gallery is able to put on first class exhibitions which take on a wide range of themes. However, *MIRRORCITY* is a step too far; by trying to cover all the bases it stretches itself too thin, until you can see through the veneer of the majority of the works to find the unimaginative premise underneath. Like many visions of the future, it promises wealth and riches, but at best delivers malaise and ennui; in that respect, at least, Ballard would be proud.

14th Oct 2014 to 4th Jan 2015
Hayward Gallery
Student tickets from £8

"The exhibition is beguiling, uplifting, but ultimately frustrating"



John Stezaker, *Double Shadow V (cropped)*, MIRRORCITY at Hayward Gallery Photo: Courtesy of the artist

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Arts Editor || Fred Fyles & Kamil McClelland

HELIX: A Marriage of Design and Health

Kamil McClelland speaks to Maja Kecman, a specialist in medical design at the HELIX Centre

This week, I had the opportunity to visit **The HELIX Centre for Design in Healthcare**, part of Imperial's Institute of Global Health Innovation. Based at St. Mary's Hospital in Paddington, the centre aims to provide solutions in healthcare through intelligent and low cost design. Formed less than a year ago as a collaboration between the Royal College of Art and Imperial College, London; I was really enthusiastic about this, both as a medic and someone interested in clever and elegant design. It promised to be an exciting integration of fields not often thought of together. I sat down with Maja Kecman, a specialist in healthcare design working at HELIX, to see if the hype was justified:

Kamil: So can you tell me a little bit about what you do at HELIX?

Maja: HELIX stands for Healthcare Innovation Exchange so it is all about the sharing of ideas and know-how between doctors, researchers and designers to create products that have a real impact on healthcare and disease management. We're really privileged to be based here in St. Mary's Hospital because we can very easily test our prototypes in a clinical setting and see what could be improved. Also, being at the top trauma centre in London means that we have access to expertise that wouldn't be available elsewhere. It's a great place to be!

K: And so, how is an idea usually thought of? Are you approached by people working in the healthcare environment or do you yourselves spend time on the wards or in clinics looking for things that could be improved on?

M: It's a bit of a mixture of both. Because we're quite young as a centre, we have only quite recently started offering consultations to outside people. Otherwise, it's mostly either spending time in healthcare environments or just looking at disease statistics to see what the big problems are and working from there. For example, back in 2009 as part of the RCA's **Helen Hamlyn Centre for Design**, my colleague Gianpaolo Fusari spent time with paramedics to look into problems with the current design of ambulances. This helped him learn about issues such as the poor layout of storage spaces and the difficulty cleaning the back of the vehicle and led to an award-winning redesign of UK ambulances. Another



example is our Asthma Project where I started with the statistics that 75% of asthma hospital admissions and 90% of deaths are preventable. As you can see, these are pretty shocking numbers so I did some research into that and came up with a simple app for children to help with compliance and monitoring of the disease.

K: Could you tell me a bit more about this asthma app?

M: So I started out with this statistic and then basically needed to search for a cause. After spending time in an asthma clinic at Royal Brompton Hospital and talking to some specialists in asthma, it seemed like a major factor in these statistics is the incorrect use of the inhaler. Of course, this could have meant redesigning the inhaler but that would have meant having to change too much. So instead, we came up with an app that would help kids measure lung function as well as monitoring the management of their condition over time. It's simple, cheap and easy to use and preliminary studies in patients seem to suggest it is effective and quite popular.

K: Is making cheap ideas quite central to HELIX's practice then?

M: Absolutely! Frugality is one our central principles. It makes our ideas more easily implementable and realistic so they don't just stay as research but actually become a product. Also, from more of a global

health perspective, it means that we can roll it out to developing countries who would otherwise not be able to afford it. So going back to this app, we are hoping to expand it to India, with the help of one of our international collaborators there. This will mean testing it on 200 children and really seeing whether it can effectively be rolled out on a wide scale and in settings and cultures different to the UK.

K: Have you done any other international work in settings outside the NHS?

M: Not yet, but it's certainly an area that we want to expand in the future. At the moment, we've just been working inside the British system because this is where we are based and what we know. But, by making our designs cheap, simple and scalable, we hope this will make them more feasible business models that can be expanded abroad more easily. And I think that is what sets us apart from other research centres looking at healthcare design: we want to, at the end of the day, create an actual marketable product as opposed to just a research project that never goes beyond the early stages.

This means we think a lot about how to make our ideas implementable and we also work closely with business people to advance our designs into viable creations.

It's probably best to think of us as a collection of healthcare design start-ups with the unique benefit of being closely linked to a hospital.



"We have access to expertise that wouldn't be available anywhere else"

"Most people at the RCA actually have a background in engineering"

K: And how has it been working on healthcare design as someone who trained at RCA? Does it have some unique challenges that you weren't expecting?

M: First of all, a common misconception about the RCA is that it is all fine art. Around 80% is design and in fact everyone here has some kind of background in engineering or industrial design. In terms of working in healthcare, I've been working in the field for the past ten years but it certainly does have its own problems. There's a lot of bureaucracy and regulation and this makes progress difficult. Being embedded in the hospital does help on this front as this streamlines the process somewhat. This is one of the reasons we don't deal with surgical instruments.

Another problem with hospitals is that, because of their organisation, it's really difficult to bring in widespread change. They aren't like a supermarket chain where each individual shop has the same format so changes can very easily be implemented across the board. A hospital's more like a collection of little corner shops, each one slightly different, each with a different managerial structure that needs to be approached separately. This is what wards are like let alone hospitals, trusts and the NHS as a whole so you can imagine some of the problems faced when trying to bring change.

K: Finally, I wanted to ask you a little bit about the future and what you think it holds for HELIX. You talked briefly about wanting a greater international focus to HELIX, are there any other plans you have for the centre?

M: That's definitely a key part of what we want to be doing as we go forward. If you look at the Mayo Clinic's Center for Innovation in the US, they do a similar thing to us but mostly focus on creating designs for their own clinic so I feel being part of IGHI with its global perspective means we are doing something new. When I visited there five years ago, they were as small as we are currently but now employ around 30 designers. So I'm optimistic for the future! Also, as we roll out our products and earn some money, we're hoping to become more financially self-sufficient so we don't have to rely on outside funding. I think this will be a key step for us and hopefully help drive even more design innovation. So it's an exciting time at the moment in the centre with a lot of change ahead!

Food

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Editors || Carol Ann Cheah and Michael Chung

This issue is totally bugged up - I mean, burgered up

CAROL ANN CHEAH
SECTION EDITOR



SPAAAAAAAAAAACE! Photo: Youtube; pop-culture reference: Portal 2 (Valve)

Yeah, I make no apologies whatsoever for the awful punnery present in that editorial title...so sue me. I really do have burgers on the brain this week though; yes, who'd've thunk that I have "junk grub" moments like every other human being? It's interesting how London's love affair with the tarted-up meat sandwich has reached crazy heights, and doesn't seem like it will wane anytime soon...to the point that even vegetarian/vegan options have flourished as well, and some are pretty damn tasty.

On the subject of punnery...editor's personal shout-out of the week goes to my lovely local-delivery-recently-turned-employers, the **Chosen Bun** (chosenbun.com) homeboys in Fulham (is it apt to call your bosses "homeboys", pray tell?!). Some of you guys may have heard about their recent "out-of-this-world" pseudo-space burger stunt, which recently made both national and international press. I have it on good authority that one of the Evelyn Gardens halls procured a massive delivery during one of the World Cup matches...for the curious, there's pictorial proof on Facebook.

They're both science geeks and one of them's actually a trained mechanical engineer, so I'm sure Imperialites can find plenty of common ground (hah!) there - they did, after all, go on an exhaustive taste-testing trip around America (spiritual homeland of the burger, of course) before setting up shop. Gottta love a startup that loves their research, especially if it's in the name of food.

But let's not detract from their main offerings: their burgers (made with a locally-supplied blend of Scottish beef and wagyu fat for that flavour/moistness balance) are ruddy good, as are their American-style sides - I'll happily admit that their Mark and Cheese macaroni bites are one of the fastest ways to my heart (and gut, duh). And of course, the fact that they stay just as intact and gourmet-quality when delivered, all thanks to the packaging that's heaven for a trainee engineer (read: moi. It's been patented!). That's before you take into account the witty branding and personable charm/service, especially from Andy and Pete themselves. If you do say hi, tell them Carol sent you!

Aside from the "vested interest" recommendation this week, it would also seem that some of our contributors have been equally burger-inspired. Mike (fondly known as our "editor in absentia") has been tinkering with the oft-called-bizarre Ramen Burger craze, and our lovely Travel Editor, Nam (no actual relation to me, for the curious), managed to hit the Broadway Market recently to sample a unique seafood burger.

Sheesh, writing this editorial has made me go into craving overdrive, especially since lunchtime's a-coming. As always...keep on eating, laughing, loving and living!

Five Guys Spice Ramen Burger Michael Chung hacks the quirky food union



I mean, what's not to like? Pak choi, good. Ramen, good. Meat, good! Photo: Michael Chung; pop-culture reference, Friends

Bored of having a conventional burger with a bun? Well despite what our parents have told us, it is time for us to play with food! How about a ramen burger?

The idea came from Keizo Shimamoto and has been voted as one of "The 17 Most Influential Burgers of All Time" by Time Magazine. He serves it at his restaurant, Ramen.Co, in New York. Thankfully you don't have to travel across the pond to taste it; it is actually very simple to make it yourself at home, making this a great and easy way to convince your housemates of your culinary prowess.

Ingredients

- 1 pack of instant ramen noodles
- 2 free range eggs
- 350g of beef mince (make sure it has at least 5% fat content to ensure flavour and moistness)
- 2 spring onions
- 1 teaspoon five spice powder
- a knob of ginger
- Pak choi (or your choice of leafy vegetables, e.g. little gem lettuce)

Method

For the ramen buns, bring a pot of water to the boil and cook noodles according to the timings stated on the packet (anywhere between 2-5 mins). Drain and leave to cool slightly for a minute or so.

Beat an egg and toss the noodles in. Put half of the noodle-egg mix in a mould lined with cling film. Fold the film back over the noodles and place a weight on top to compress into a patty

shape. Repeat the wrapping-and-weighting process for the other "bun", then put them in the fridge for 15-20 minutes so they hold their shape.

For the burger patties, chop the spring onions and ginger finely, then mix it with the mince along with the five spice powder. Shape the mix into patties - there are many ways of doing this, but the easiest is to first shape it into a ball, then squeeze the mix into something almost resembling a hockey puck, ensuring it is roughly the same size as the "bun".

Fry the patties in a frying pan with a shot of oil for 3-4 minutes on each side to char and colour the outside, and to cook right through to the middle. Do the same for the ramen burger buns so that they go crispy and golden on the outside.

To assemble, pop your patty on one of the ramen buns. Top the patty with an egg that's fried over-easy (yolk still runny) and finish with pak choi to retain the Asian-inspired flavours. Pop your other bun on top and tuck in! Be warned, it's deceptively filling for one person so you might want to share as a snack between two.

Felix Food Protips

Bring it up to Level >9000 by subbing the instant ramen noodles with fresh noodles. In fact, it's what creator Keizo Shimamoto does as standard at his restaurant.

Vegetarians can swap the patty out for a stonkin' good portobello mushroom. Just fry for a few minutes on either side and season...absolutely

juicy and good for you.

Mike didn't use the seasoning packet that came with the instant ramen, however you can add it to the recipe if you like. Either chuck it in with the water when boiling ramen for the buns, or add it to the meat mix. Just be careful if you do the latter, as you really don't want to over-season and make your burger inedible!

On a final note about portion sizes... feel free to adjust quantities to suit your appetite, or split this up into two smaller snackable burgers. You might need to adjust cooking times if you do this. Enjoy!

#beatmyburger



This post was brought to you by the Sorted Food #beatmyburger challenge, which aims to source and share some of the best burgers on the web. If you're feeling inspired, feel free to head over to sortedfood.com and see what the fuss is all about!

"Be warned, it's deceptively filling for one person"

Food

food.felix@imperial.ac.uk

Editors || Carol Ann Cheah and Michael Chung

Crabbie by name, not crabby by nature Nam Cheah shacks up with some great unique street grub



Verdict: Crabbie patties >> Krabby patties, hands-down. The stuff of dreams, except they actually exist. Photos: Nam Cheah and The Food Connoisseur; pop-culture reference...we'll let you guess.

CRABBIESHACK

kerbfood.com/traders/crabbieshack

Facebook: crabbieshackUK

Twitter: @crabbieshack

Trading times and locations vary

Part of the street food festival sensation KERB and the Red Market, this unique burger stand can be recognized by its long queue accompanied by a mouth-watering aroma of crabs drifting from a bright yellow stall.

Founded by Folkestone native Douglas in 2012, this former

fishmonger has brought the best of his home town to the streets of London. Selling five crab dishes, you can opt for a luxurious soft shell crab burger for £9.50 which comes in four different choices of Old Bay batter for the full experience.

The batter options are fennel, almond, avocado and harissa; pickled cucumbers, chili, coriander and wasabi mayonnaise; samphire and tartar sauce; or pomegranate, harissa, red onion, coriander and red cabbage. The likelihood is you will idle there for a while, struggling to make one of the hardest decisions of your life. Alternatively if you are feeling too broke or spoilt for choice, go for the

good old plain soft shell crab burger.

My personal favorite however is the pomegranate batter burger. The crunchy pomegranate seeds and red cabbage complemented the soft, buttery crab patty which melts on your tongue, with the red onion, harissa and coriander giving it a nice, spiced kick. The buns are well-toasted and fresh, accentuating the fillings.

If you cannot get enough of the soft shell crabs, fear not - there are small snacks up for grabs too. There's the innovatively named Admiral Benson offering two crabs with garnish; classic crab cake with nori, apple, white cabbage, spring onion slaw and saffron mayonnaise; as

well as the Crabbie Kiev, which are breadcrumb and fried white crab meat balls with a heavenly center containing brown crab meat and melted infused butter.

As a street food stall, it can be quite hard to catch the Crabbieshack since they move around London with no regular spot. However, this all just adds to the satisfaction when you finally catch up with them and bite into that delicious burger.

Nam managed to catch these guys at KERB King's Cross for this review. Keep track of their current and upcoming trading locations on their Facebook and Twitter accounts, or alternatively on the KERB website.

"A luxurious soft shell crab burger[...] with four different choices of batter"

"The buns are well-toasted and fresh, accentuating the fillings"

What do we want?

FOOD WRITERS!

When do we want them?

ALL YEAR ROUND!

If you like ranting about the shoddy service you received the last time you ate out, curating "listicles" (listicles, BuzzFeed style) about the best things to make with pumpkin, or similar stuff...we want you!

First-time writers very much welcome; we take our time developing your ideas, writing skill, and style with you. After all, we've been there before. All you need to start off is a burning passion for all things foodie, and a decent command of English. GSAH (good sense of humour) is a bonus, as we like our column to put a smile on faces; straightforward-funny and subtler dry wit both equally welcome. Not sure you have it? We can curate that with time.

Simply email food.felix@imperial.ac.uk, and we'll take it from there.



Join us. Our editor-ess makes cute coffee like this...with no espresso machine. She'll teach you how. Photo: Felix Food

Casa Batlló – A Statement of Delight

Emmilyn Yeoh talks about her favourite Gaudi piece

Barcelona, a city so vibrant with culture that I just had to add it to one of my favourite cities in the world. However, this capital would be significantly different without the works of Modernist Antoni Gaudí - the man who gave creativity a whole new definition. Gaudí contributed seven exceptionally beautiful buildings to the Spanish architectural history. You must be wondering, out of seven, why did I choose Casa Batlló?

Casa Batlló was previously an ordinary piece of property before it was bought by textile businessman Josep Batlló. It was then remodeled and redesigned by Gaudí between 1904 and 1906 and to this date, still reflects the existence of imaginative architecture. It stands out due to the innovation of concepts employed and the methodology used. The building consists of a ground floor, a main floor with a courtyard, four further self-contained floors, a loft and a rooftop terrace. Once you enter the building, be ready to be blown away as you'll be greeted by a grand wooden staircase, which leads to the Noble Floor, where the Batlló family used to call home.

As one slowly walks up, they'll be instantly entranced by the different hues of blue coupled with skylights shaped like tortoise shells, transporting you to the underwater nature reminiscent of Finding Nemo. Gaudí stood true to his word, engaging the close relationship between colours and light. As a result, the building well was created. It was the most crucial part of the refurbishment as it allows light to enter. To complement this idea, the interior walls are covered in varying shades of blue, arranged from a darker hue at the top grading to



The multi coloured exterior of the masterpiece illuminated by spot light. Photo: Emmilyn Yeoh

lighter at the bottom. The windows get progressively bigger as you move from the top to the bottom of the house. This further testified Gaudí's ingenuity by incorporating natural light in his work. Wooden slits are added below the windows to maximize the functionality of the house by ensuring good ventilation.

The roof resembles a dragon's back and is decorated with four chimneystacks. The chimneys are carefully designed with caps to prevent the obstruction of smoke escape by the wind. As one moves through the house, they would be constantly surprised by the tiniest elements displayed. The abundance of creativity is shown from the different colours of tiles used.

I thoroughly enjoyed my time at Casa Batlló because for someone who

isn't too crazy about art, it is pleasant to look at, intriguing enough to muse on after, and the best of all, nothing short of a remarkable experience that catches one off guard at every turn.

For €20, you get an unforgettable tour around the house at your own pace. The ticket price is also inclusive of an audio guide, which describes in most languages the perfection in every detail. There is always a huge crowd of tourists on most days; one should thus book their tickets online to avoid disappointment. From a student's perspective, admission tickets can slightly be on the high side, however I can assure you it is worth every single penny.

Casa Batlló, a unique residence so laboriously designed and executed that it left me in awe for the rest of my trip.

"The roof resembles a dragon's back and is decorated with four chimney-stacks."

Zakynthos Highlight

Yung Nam Cheah
TRAVEL EDITOR

Having spent a month in Zakynthos as a volunteer, I had come to the conclusion



The infamous shipwreck bay. Photo: Yung Nam Cheah

that the best way to navigate and enjoy this wonderful Greek island is by renting a car and sailing along its coasts. While I only travelled across a small part of the island, here are two highlights that I would highly recommend both driving and sailing through.

Shipwreck Bay

Whilst the mystical, almost milky turquoise water alone provides enough incentive to visit this sea-access only beach, the wreck of Panagiotis washed ashore during 1983 has made it one of the most famous and photographed locations in the world.

The iconic views of this cove are

from the headline accessible by roads, though the sign to it is obscurely written on the ground before a sharp U-turn. Up there are many souvenir stalls selling local delicacies such as spiced wine, honey and olive oil to tourists. On the edge is an observation platform, but if you are determined to get the best angle, walk all the way out along the headland to the right for that perfect shot.

For those who want to go to the beach, boat trips are bookable at numerous locations in town (as are jeep tours for those who don't want to drive) and usually involve a stop by the famous Blue Caves. Costing around €25, it lasts about five hours and if you only want that photo of the wreck on the beach, there are plenty other beaches you can relax on with less effort, as the ship up close is only a graffitied metal mess, and if the

waves are strong on the day you will have to swim to shore, leaving your belongings on board.

Porto Limnionas Bay

With no tours or public transport link, this gorgeous bay along the west coast of the Island is a secret sanctuary from the main tourist sites. Upon arrival at the car park you will be dazzled by the sapphire water nestling between the tall white cliffs either side. While it has no beach, the tavern at the top has sun-loungers for rent set up along the platforms next to the natural limestone steps leading down to the water.

Boasting numerous caves and crystal clear water, it is the perfect place to snorkel and explore. The water is refreshingly cool and rather salty, with little to no waves to trouble your swim. For the adventurous kind,

there is a concrete surface midway up, to the left of the stairs, for daredevils to leap into the lagoon, or for those who are merely looking for a better place to work on their tan. For those who are more safety cautious, you can dive from or sit down by the lagoon on the small concrete platform at the bottom of the slope - though be warned: it is very slippery!



Dazzling in sunlight, the lagoon is the perfect getaway place. Photo: Yung Nam Cheah

Local Highlight - Broadway Market

Yung Nam Cheah
TRAVEL EDITOR

Wedged between London Fields and Regent Canal in the hip district of Hackney in north-east London, Broadway Market has a history dating back to 1890s. Originally a local trading market, it now welcomes a plethora of mouth-watering street food, baked goods, clothing and grocers' stalls from all over London on a Saturday.

With numerous quaint restaurant and cafes of its own as well, you can indulge in a pulled pork Taiwanese bun, heart-shaped pizza, French Caribbean pork ragout, salmon tapas, chorizo scotch egg - the choices are endless. If street food isn't your thing (though I can't imagine why), there is plenty of shopping to do too. Be it vintage one-offs or handmade kimonos, or fresh local produces and baked goods or flowers, you will be hard-pressed to leave without spending your dosh on at least one thing in this market. On my short wonder last time, I managed to buy a lovely bouquet of orchids for £3.50.

Address: East London, Hackney, London E8 4PH

Opening times: Saturday 9:00 - 16:00

Closest station: Bethnal Green tube (14 minutes), several buses stop nearby (King Edward's Road LP stop with number 55 that runs from Oxford Circus)



Bursting with activities, the Broadway market is more of a meeting place than a market. Photo: Yung Nam Cheah

A quick hello! My name is Nam and I am the new Travel editor. This year we are publishing fortnightly and I am looking for anything from summer adventures you have been on, things to do in London, highlights of a city you visited, how to budget for a small trip, funny travel story, even a comparison of London McDonalds to say the McDonalds in France and much, much more!

Submit your article at travel.felix@imperial.ac.uk!

Travel

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Travel Editor | Yung Nam Cheah

Zakynthos - the lost paradise

Yung Nam Cheah's tale of how being a popular clubbing destination has changed this island



My welcome dinner with three volunteers, founder Yannis and the project manager Jonna. Photo: Yung Nam Cheah

With white sandy beaches, crystal clear water, magnificent white cliffs and lustrous woodland, at first glance, Zakynthos seems the picture of paradise like the dozen other beautiful Greek islands dotted across the Ionian Sea. Famed for the Laganas clubbing stripe, iconic shipwreck of Navagio beach and the sightings of Loggerhead sea turtles, it has been a hotspot for youngsters all over UK as well as divers and beach lovers. However, most holiday seekers flocking to this lost paradise rarely take a moment to consider their impact on the endangered turtles.

Zakynthos has been the main nesting ground for the Mediterranean *Caretta Caretta* species of sea turtles



Tracks of a female turtle as she makes her way from the ocean to the soft dry sand to nest. Photo: Yung Nam Cheah

for thousands of years. Mating in the open ocean, the females then travel up to thousands of miles throughout the months of June and August to the beach where they hatched to take their turn to nest.

Laganas town of Zakynthos is the famous beach and party destination, with rolling sand dunes stretching on for hundreds of meters attracting thousands in the 80s. Now, however it is completely gone and in its place stands countless bars and pubs leaving only a measly few meters of compacted sand, effectively destroying the breeding ground. The same is happening all over West Laganas Bay as more and more tourists flock to the gorgeous beaches, rendering only 6 of the 11.5km stretch of beach usable for nesting. The aftermath of this is reflected in the dramatic drop of female loggerheads returning to Zakynthos to nest every year, and tourism affects even those that still return.

Business such as turtle sighting boat trips and night time beach tours advertising for sightings of the endangered species have sprouted across touristic towns taking full advantage of the visiting bloom. "Why is this bad?" you might ask; glass bottom boat tours are amongst the most notorious in their ruthless behavior to sea turtles. Boasting a guarantee of a turtle sighting or your money back, these companies work in groups to locate and corner loggerhead females in the bay. Often they use propellers to stir up the sand forcing them to swim to the surface for the amusement of tourists exhausting them. Then they will try to get the turtles under the boat for photographic views through the glass

bottom. There has been cases where turtles are injured and left for death after the boat has run it over. And this is not the end of the story: boats will come and go in turns to ship the next batch of tourists to make the most of it, caring little for the stressed creature being chased and cornered for what can last for hours.

As for night time tours, they try to take advantage of the early hours when females would emerge from the sea and using their flappers, they crawl slowly and strenuously to the dry sand to nest. This is an extremely difficult journey for a marine species and any disturbance can easily scare the creature into returning into the sea as often occurs with tourists oohing and awing over them. If stressed enough, the turtles will lay the egg in the ocean where they have no chance of survival.

Even if the female successfully nests, the odds are still stacked against the eggs. With lazy sun loungers, swaying palm leave umbrellas, bars and even tractors invading beaches across the island compacting nests, suffocating or barring the exit and often destroying the eggs altogether. Even if the hatchlings make it out after 60 days, light and noise pollution from the bars and pubs will disorient them and many have ended up in the road and



Excavation of a nest on one of the nesting beaches, ready to be moved to a new location. Photo: Earth, Sea and Sky

have been hit by traffic.

There are plenty of beautiful beaches apart from those in Laganas Bay on the Island and I would strongly urge you to avoid all nesting beaches in an effort to conserve the Loggerhead. However, if you are determined to visit one, here's a few tips on how to be sea turtle friendly tourists when you visit from May to October.

Stay within 5 metres of the waterline and do not venture into softer sands where turtles lay their eggs.

Nests are usually fenced off, make sure you stay clear of it by at least two

meters

Stick to the opening time of the beach, which is usually 7am-6pm

DO NOT under any condition return at night to see the female nesting or hatchlings, as this will only disturb them

If you do see a turtle when snorkeling, make sure you stay at least 5 metres away and only follow for five minutes - this is also for your own safety as Loggerheads have a very powerful jaw.

Dedicated to protecting and educating the public on this is Earth, Sea and Sky Global founded by local Yannis Vardakastanis in 1993. Sponsored by Sealife, they have built a magnificent rescue center last year on the Southeast corner of the Island near the picturesque Gerakas beach.

The number of volunteers vary depending on application and during my month long stay I met thirteen wonderful people from all over the world. The center is run by the founder Yannis who leads the morning survey daily and Jonna who is in charge of the volunteers. We often have meals together after the last shift at the adjoining restaurant which gives us 50% off food.

As a volunteer during nesting season, my typical shift involves early morning surveys to count new nests and relocate any that are in danger of being crushed. You can identify new nests by the fresh flapper tracks on the sand leading to a small sand mound. Although, it takes time to get an eye for telling the difference between a real and abandon nest which is often less well covered.

Morning shifts involve opening up and cleaning the center, feeding the fishes and running the gift shop. Educating and answering questions from tourists are also important parts of our job.

During the midday shift we do a people count at Gerakas beach, which



Creative side of the volunteer experience painting a sign to accompany the turtle statue at the front of the center. Photo: Earth, Sea and Sky

is also a nesting ground for data collection in tourism effect on the Loggerhead.

Again we run the gift shop and at 15:30 we feed and check if there are ticks on our resident tortoises in their enclosure. They are very sneaky and take some time to locate! Every week we also feed Diamond the snake on Friday and the Maury Eel on Wednesday.

Evening shifts are quietest for the shop and allow us the time to work on any projects we initiated during our stay. We are encouraged to suggest changes to the information center and in such a small organization, your action creates a large impact. During my month, I helped to paint a sign to accompany the newly acquired giant turtle Zantos greeting visitors at the front as well as creating numerous posters and translated leaflets for the centre.



Gerakas beach, which is a few minutes walk from the centre and also a nesting beach for the Loggerhead sea turtles. Photo: Yung Nam Cheah

Fashion

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Editor || Cecile Borkhataria

Legendary designer Oscar de la Renta dies at 82

Cecile Borkhataria takes a look at the highlights of his successful career

On Monday 20th October, the world lost a fashion legend in Oscar de la Renta, who died at the age of 82. He died after battling colon cancer for over 10 years.

De la Renta was most well known for his glamorous red-carpet gowns, and he could never be described as avant garde or edgy. He was very popular amongst celebrities and other important figures, and his looks were always feminine, elegant and appropriate. His long and successful career has seen him dress some of the most prominent style icons in the world, including Jackie Onassis, Audrey Hepburn, Hillary Clinton and Sarah Jessica Parker as Carrie in 'Sex and the City'.

Oscar de la Renta was part of the fashion establishment. When it came to his designs, he didn't rock the boat but that didn't make them any less memorable.

He was born to a wealthy family in Santo Domingo in 1932, and emigrated to the US after living in Madrid and Paris, working for household names such as Cristobal Balenciaga, Lanvin and Balmain. Luckily for de la Renta, he remained impeccably dressed throughout his time living in Europe, as his wealthy father used to send him money. His trademark look was a dapper three-piece suit. It was important for his business and reputation to be well dressed, as he would often entertain his wealthy clients in his holiday homes.

Whilst he was well known for his gowns and skirt suits which represented American high society, his mainstream reputation grew out of Sarah Jessica Parker's 'Carrie Bradshaw' in the hit TV series 'Sex and the City'. In the show, Carrie's Russian boyfriend buys her a bright pink Oscar de la Renta dress, with a tight top and a full skirt. It became a cult tv moment, and it cemented de la Renta as a household fashion name in popular culture. Off screen, Sarah Jessica Parker also regularly wore his designs on the red carpet.

He was, arguably, the king of the red carpet. His flowing, opulent gowns were worn by many women during the Oscars and other red carpet events, with Amy Adams wearing a memorable grey ruffled voluminous gown at the 2013 Oscars. Most recently, he featured heavily in the media for designing Amal Alamuddin's ivory lace wedding dress for her wedding to George Clooney.

De la Renta's big break as a designer came when he dressed Beatrice Lodge, who was the daughter of the American Ambassador to Spain in 1956. She featured on the cover of life



Sarah Jessica Parker as Carrie Bradshaw. Photo: agirlsbestfriendblog

magazine at the time, wearing the gown he designed. Shortly afterwards, he dressed Jackie Kennedy in the 1960's, and in the 1990's, he began to dress Hillary Clinton, who credited her signature suited style to the designer. Hillary took to twitter and said "He's been working for 20 years to turn me into a fashion icon."

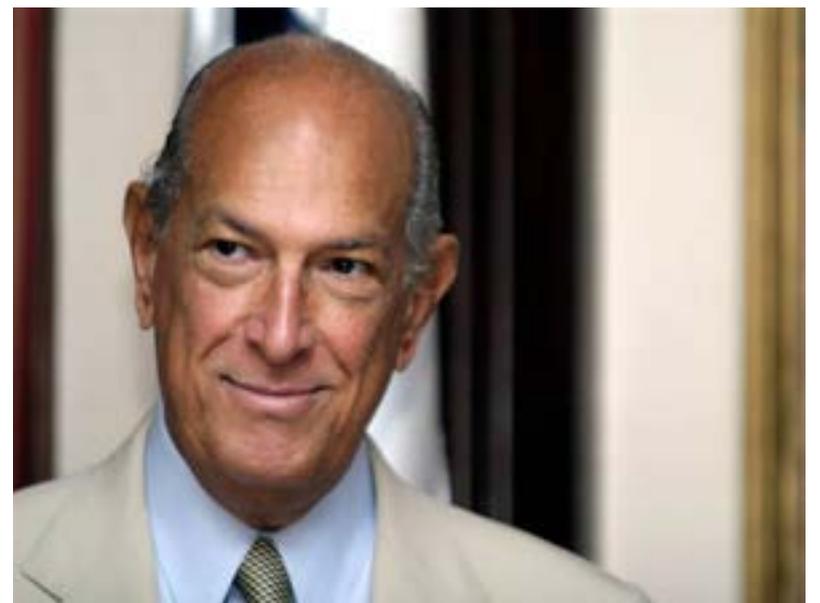
As much as he was well dressed, wealthy and versed in socialising with the elite, he was not afraid to criticise and engage in an argument in the public eye. In 2009, he criticised Michelle Obama for wearing a J.Crew sweater to Buckingham palace to meet the Queen. Perhaps de la Renta's criticisms towards the First Lady stemmed from her breaking the White House tradition of wearing the designers pieces, as she declined to wear his looks for the past seven years. Finally though, this month, she wore an Oscar de la Renta cocktail dress to a party after her White

House Fashion Education Workshop. This was significant, because by appearing in one of his designs, she acknowledged his place as household name in American fashion and supported him as a designer.

Before his death, Oscar de la Renta announced earlier this month that he would appoint Peter Copping as the new creative director of his label. Copping, an English designer, has worked for Nina Ricci for five years and is known for his elegant style, which is befitting of the fashion legacy he must live up to. His first collection will be shown in February. No doubt he will pay homage to de la Renta with glamorous red carpet looks, whilst still catering to younger high society with colorful gowns and cleaner, structured silhouettes. Oscar de la Renta will be remembered for dressing the First Ladies of the White House, ruling the red carpet, and embodying the American Dream.



Amy Adams at the 2013 Oscars. Photo: stylefizz



Fashion designer Oscar de la Renta in Panama City in 2005. Photo: Reuters File

Welfare

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Welfare Editor | Diba Esbati & Chanon Wongsatayanont

Let's talk laxatives: Cheap, Easy, Deadly

Emily Cramphorn talks about laxative abuse and eating disorders

Writing this article was a challenge for me: the discussion of weight loss methods can be difficult for both reader and writer. However, with the topic of laxative abuse sweeping my newsfeed I felt it only appropriate to share my own experiences. Last week saw calls for tighter regulation of laxative sales, with 14 year old watchdog actors buying up to 60 laxatives at once in supermarkets and chemists despite the prohibition of laxative purchase under the age of 16.

I have battled with an eating disorder for almost eleven years. Throughout those years my eating disorder, like my body, has changed in shape and form. At times of desperation, despite knowing the futility of laxative abuse, I have turned to laxatives and diet pills. Throughout my teens I successfully purchased laxatives and diet pills from a cross section of shops including Superdrug and Morrisons. In my university years I have purchased and abused diet pills and laxatives from an array of shops.

Most notably, I was able to purchase tablets, from Boots, to prevent the absorption of fat. These tablets are incredibly dangerous and should only be used by obese patients under supervision of a physician, nonetheless, I was able to purchase them on a self service check out without question. The leaflet inside merely advises against the use of diet pills for those of a BMI below 18.5 - the minimum weight to height requirement to be 'healthy.' I find it outrageous that products like these are so readily available particularly

"Laxative and diet pill abuse is a serious issue and can cause lifelong health problems"



Laxatives pills are becoming increasingly abused as an attempt to lose weight. Photo Credit: Tom Varco

when super-strength throat lozenges are kept behind the counter.

Countless numbers of people abuse laxatives and diet pills regardless of age and gender, many of whom suffer from an eating disorders, others who succumb to societal pressures. Laxative and diet pill abuse is a serious issue and can cause lifelong health problems and even death. The abuse of laxatives can cause major electrolyte imbalances and does not actually cause weight loss. Many diet pills have serious and unknown side effects. Personally, I suffer from many digestive problems due to abuse of laxatives and diet pills in conjunction with other behaviours. There is not a day which I do not

"There is not a day which I do not regret abusing laxatives and diet pills [...]"

regret abusing laxatives and diet pills despite using them relatively infrequently.

I firmly believe it is time to implement more stringent regulations on the sales of diet pills and laxatives in order to tackle the growing problem of their abuse, particularly amongst youths. Raising the price, introducing a maximum number of tablets per sale and implementing current age restrictions would reduce the accessibility and therefore the prevalence of laxative and diet pill abuse. It's time for a change as ultimately laxative and diet pill abuse is a form of drug abuse with grave consequences.

Mental health helplines and resources

If you are concerned about your own mental health, or that of a loved one, there are people out there you can talk to who can give you advice, or will be there to listen.

Helplines

If you are distressed and need someone to talk to:

Samaritans (24 hr helpline):

Phone: 08457 90 90 90

Website: www.samaritans.org.uk

Anxiety Help:

Anxiety UK

Phone: 08444 775 774

(Mon-Fri 9:30 - 17:30)

Website: www.anxietyuk.org.uk

No Panic

Phone: 0808 800 2222

(daily, 10am - 10pm)

Website: www.nopanic.org.uk

Eating Disorders:

Beat

Phone: 0845 634 1414

(Mon - Thurs, 1.30pm - 4.30pm)

Addiction:

Alcoholics Anonymous

Phone: 0845 769 7555

(24 hour helpline)

Website: www.alcoholics-anonymous.org.uk

Narcotics Anonymous

Phone: 0300 999 1212

Website: www.ukna.org

College Resources

Student Counselling Service

Phone: 020 7594 9637

e-mail: counselling@ic.ac.uk

Imperial College Health Centre

Telephone: 020 7584 6301

e-mail: healthcentre@ic.ac.uk

You can also go to your academic or personal tutor regarding pastoral issues, especially if you think your mental health might be affecting your academic performance.

Diba's top four self-care tips

Diba Esbati
SECTION EDITOR

So I know for most of you, term has started to pick up, and sometimes, in between various coursework deadlines, problem sheets, and even socialising, it might be difficult to remember to take care of yourself. I'm definitely guilty of becoming so absorbed in my work and general worrying about life that I forget anything else matters. So here are my top four self-care tips, in case anyone else needs reminding.

Eat

Have you eaten today? If you haven't, please try and have at least a little bit to eat, even if it's just some fruit, a few almonds, or an egg. I know sometimes, it might feel like a monumental effort to take care of yourself, especially if you've been having an off day, but your physical health is important and neglecting it will only lead to more exhaustion.

Sleep

Along the same lines, have you had enough sleep? Sleep deprivation, especially when it becomes a frequent

habit, can have a terrible effect on both your mood and physical health. If you've been struggling with insomnia for a while, it might be a sign of something bigger at work, so you might want to consider consulting your GP.

Also, your health is much more important than your grades! If you're having problems with time management, try consulting that one friend who always somehow seems to have everything planned out, or talk to your personal/academic tutor.

Take Breaks

Have you taken a break? Some time between problem sheets to just relax not only helps you unwind, but is also proven to help you be more efficient overall. I know you have a deadline, but taking a few minutes to just stretch your legs and take a few deep breaths won't make you fail that coursework.

Take your medication

This is the one I always struggle with, I know it sucks balls to have to take medication, but they were prescribed for a reason, and making sure to take them in their required dosage is



The most important tip: cuddle as many cute animals as you can Photo credit: Flickr

crucial for a swift recovery, so please take care of yourself by listening to your doctor!

HANGMAN



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First year votes for “recognisable classmate” in elections



One keen fresher apparently campaigning in FiveSixEight. Photo: Imperial College London

It has been reported this week that a first year biochemistry student voted for one of the candidates running for RAG deputy halls officer because “he recognised her from lectures.”

Speaking to Hangman, the student said that he “had no idea what she was actually running for,” but had seen her in the chemistry café.

Once the position was explained to him, he realised it was essentially being an unpaid club rep, and he was mortified. He then went on to RON all other candidates.

However, despite this initial scorn, the fresher in question did apparently find that voting brought out his inner

politician.

“Although I want nothing to do with whatever this “RAG” is, I’ve only been here two weeks and already I feel really involved with the Union.”

Unfortunately, he did later state that he only tended to vote “for hot girls.”

Union staff were not officially available for a comment on record but are reportedly ecstatic at reaching out to a single fresher, claiming that it shows how they are enhancing the student voice.

Other students have been actively campaigning, with a reportedly very tense race currently in play between two year reps in biology.

Said one of the candidates “I really want to make a difference in my department, because that is what this is all about right? We really should get podcasts of lectures out.”

When asked if he was doing this to fill up his CV, he denied it, although did at a later date admit he thought there were no job opportunities for biologists anymore.

He went on to say that if he lost, he could potentially fill more lines on his CV as a redundant Academic Affairs Officer.

Said his opponent, “I really couldn’t give a shit, but I heard all of the college meetings come with free sandwiches.”

Eastside pints cheaper per mole of alcohol



WKD: The W stands for Welfare. Photo: Facebook

In an embarrassing turn of events an anonymous Deputy President (Welfare) Chemist emailed Hangman this week with a scoop.

After calculating the £/% mol of ethanol and contrasting it between Eastside and 568 it was found that it is actually cheaper to get drunk at Eastside.

This 57 page treatise, purportedly the subject of his final year project and the culmination of four years of Chemistry is, however, drier than an ambitious and well-intentioned non-alcoholic night at a charity ran establishment.

If you do really want a cheap pint,

Hangman reckons going to any Wetherspoons is preferable, where the conversation with the local clientele is excellent. Alternatively, you can take a visit to a certain bar in Fulham that does £7.80 jugs of beer on a Wednesday.

It is reported that should you take the editor in chief of Felix for a night out in Wetherspoons, she will proceed to incoherently tweet, demand rounds of tequila and then attempt to strip innocent men.

In an unrelated note, the Academic Affairs Officer for the City and Guilds Union, James Murphy, was unavailable for comment.

OHBITCHUARY: Power on my friend, Power on

Felix was very sad to hear this week of the passing of the Union’s Membership Services Manager, Dr. Phil Power. While the exact causes of death are not yet known, rumours from the Union Building are suggesting a freak accident involving a pewter tankard, a minibus instruction manual and Deputy President (Betrayal), Khris Caye, who he was due to meet that day for a casino trip.

Dr. Power was born in 1880 in England, British Empire. A keen scientist, he secured a role at the Royal College of Science, studying Mathematics under Fermat and Pythagoras, for which he got a first class degree. However the general debauchery of the Royal School of Mines attracted him to shift

allegiance and complete a PhD in 1911, as well as becoming a popular fixture at the annual RSM Dinner.

During his PhD, he met author H. G. Wells, and the two of them went on to found Imperial College Union, where Phil has been working for the last 100 years.

There are rumours that Phil invented the minibus, although these are exaggerated. What is true, however, is how he introduced the minibus to Imperial - a sight on campus now just as famous as penicillin, Queen’s Tower, and the RCSU Sex Sofas. Phil would meticulously care for each and every minibus under his ownership as if they were his own children: checking oil levels, washer fluid and seat bounciness every evening over

a glass of port. Phil confided to Felix last month that he planned to set up Minibus Etiquette lessons, which were stalled pending the delivery of suitable port to the Union Bar.

Another notable fact about Phil was his title of Tankard Baron, an honorific title bestowed upon him in 1908 by King George.

Whilst Phil never took up his seat in the House of Lords, he did make sure to keep all of the Union’s tankards in tip-top condition in case the monarch was ever to come and inspect them. Much to the disappointment of DP(B), no monarch is yet to visit even if he does have a giant 50 inch portrait of the Queen.

There are many other fun stories to share about Dr. Power, ranging from

hot work permits to how he invented eActivities in a dungeon below the West Basement on a dark and stormy night. However, one person who can describe the man better than anyone else is Mr. Caye. In an exclusive interview with Felix, he revealed that “Phil was a great man, always up for a bit of a punt at the Casino and showed me things you can do with minibuses I never knew. Did you know that that new blue one has a built in De Lorean machine?” Subsequently, he referred himself to himself for some counselling, and then proceeded to have a few drinks at the Union’s new Whet night.

Ed note: Thankfully, Dr. Power has not actually died. He has left his role at the Union and will be the Faculty Education Officer at the Faculty of Engineering.



Dr Phil, being a proud parent at graduation. Photo credit: DPW

HANGMAN



hangman@imperial.ac.uk

Diary Of a Fresher, aged 18 3/4

Sunday 19th October

My roommate stole my fountain pen, alongside my "special sock" although I am more worried as to why he took that.

Massive disaster. Someone in my halls was cooking rice in their rooms (in clear contravention of Halls policy) and they fell asleep! The rice burnt and set the fire alarm off. At 2am! Outside a cute girl noticed my silk dressing gown and smiled at me. Win, I knew Spiderman was an investment.

Monday 20th October 2014

Found out who the cute girl is from the Halls facebook group, Dorothy Wu, living in room 319. I am so in! She's got a roommate though so need to catch her alone. Keep walking past her kitchen slowly to try and make eye contact with her through that glass slit in the door, but haven't seen her yet.

Tuesday 21st

Still no sight of Dorothy.

Wednesday 22nd

I am so hungover. Went back to Ministry last night as it was the RAG Ball. There was nobody at the bar so I bought loads of drinks. Everyone else was still dancing at 3 (maybe it's because they were drinking loads of water?) so I got the two night buses home alone. I fell asleep and ended up in Brixton, and didn't have my NPower rape alarm on me. I felt so naked.

Thurs 23rd

Yesterday was commemoration day. No idea what that is. No lectures though, which was lucky. I had so many drinks. Managed to rewrite my lecture notes though. Gotta keep up to speed with them lectures! It only takes me four hours a lecture, which is worrying but I'll get better at it, right?

Better consult TSR on this one.

NEWS WITHOUT THE NEWS



Imperial ratio evident after student graduation



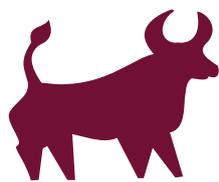
ACC bar night diagram deemed "scarily accurate."

HOROSCOPES



ARIES

This week you go to the ACC Bar night dressed in a ball gag and G-string for the S&M night. After quickly downing four Jungfrau bombs in Metric, you pass out for an instant and wake up handcuffed to the radiators in Coitus Corner. Because no one else goes into Metric for the rest of the night, you're stuck there until morning when you are discovered by the cleaners.



TAURUS

This week you ask out the only attractive girl on your course, and shockingly she actually says yes. It doesn't go quite as well as you would hope though, as she turns up late, refuses to pay for the drinks or the meal, and has a dick. Knowing full well that this is going to be the only action you're going to get before Christmas, you give it a suck anyway.



GEMINI

This week, once again, you are the DPW. It's like it's a real job or something. In one of your day long sessions of emptiness, you decide to have a read of Felix and realise that your face appears in every single issue. What are you, the sponsor of the paper? Maybe you should give them another third of your pay (hint hint).



CANCER

This week you have been assigned your target for Assassins' Guild. You want to do everything perfectly to get the Best Kill award, so you spend a long time planning to make sure that it is spectacular, and you succeed. As the police are putting on the handcuffs, you realise that maybe you weren't actually meant to kill them for real.



LEO

This week, you get thrown out of Metric for pointing out that there was no one in Metric. **CRITICISM OF METRIC WILL NOT BE TOLERATED.** Cowed, the remaining dancers hold their positions on the dancefloor, each with enough space to attempt ambitious breakdancing. Unfortunately breakdancing is also banned.



VIRGO

This week you're sat in labs looking at the monitor of a spectrometer that is older than you are. You wonder how many people have used this spectrometer, and how many of them now have soulless jobs in banking. You realise labs are perfect training for mind-numbing screen watching. Labs are so dull.



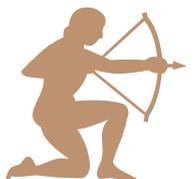
LIBRA

The week, on the way home from the drycleaners after cleaning Mr Flopsy, your assassin comes for you, riding on a horse down Gloucester Road, lance in hand. Unfortunately no-one told him the rules about not actually killing people, and as you bleed to death you hold Mr Flopsy to your heart, soaking him with blood. Poor you. And poor Mr Flopsy.



SCORPIO

This week the annoying guy who always asks questions and interrupts the lectures asks you out on a date, and because you feel sorry for him you say yes. After a fairly uneventful date, you go back to yours, and get down to business. For some reason he acts weirdly after you take off your clothes, and cries while he gives you a blowjob.



SAGITTARIUS

This week you write an entire set of horoscopes in the style of Thomas Pynchon but the Felix editor takes exception to your visceral description of lecture theatre coprophagia and thus forces you to change them. You use one of the horoscopes to complain about this fact. How you suffer for your art.



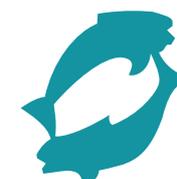
CAPRICORN

This week you are the Felix Editor, and in a drunken night of regret with the Hangman editor you make some very poor choices, making the situation in the office so awkward that he doesn't turn up, so have to write Hangman yourself. You think it's pretty good; maybe you should take on more sections. Which editor should you get with next week?



AQUARIUS

This week, after spending the average Freshers lifetime enhancing the student experience at the Union, you finally sell out and move to the Blue Cube. During your leaving party, the event of the year, things go horribly wrong and after an accident in the Union Bar you are buried under a sea of tankards. Long live the Tankard Baron.



PISCES

This week, you are the Felix editor's drying rack. Unfortunately despite being shiny green and perfectly innocent, you wind up being the middle of a really awkward series of messages and late night texts. In-jokes in a student newspaper eh? That'll teach you for getting rid of my last set of horoscopes.

Puzzles

fsudoku@imperial.ac.uk

Puzzles Editor || VACANT

Your Momogram

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| 6 | 6 | | | | | | | | | | | | | | | | | |
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| 5 | 7 | | | | | | | | | | | | | | | | | |
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Acrostic Grid

Paul G.

The solutions to each pair of clues are anagrams of one another, but only one of them belongs in the grid. When the correct solutions from each pair have all been entered, the first column will give the name of a Scottish town.

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- 1. Boy's name (short form) || Form of "to be"
- 2. Nocturnal mammal || Small flap
- 3. Sports contest || Unit of area
- 4. Headdress || Parts of the heart
- 5. Native of an Asian country || Relating to certain European mountains
- 6. More than a few || Unveils
- 7. Artists' workshops || First
- 8. Coffees || Take back
- 9. Definitely (two words) || Shift in direction of wave

The Felix Quick Crossword

Jamie Dutton

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Across

- 1. North Scotland Archipelago (8,7)
- 5. Sign of the Zodiac (3)
- 6. Greek letter (2)
- 9. Biological catalyst (6)
- 10. Squared pasta (7)
- 11. A worker for Gru (6)
- 12. Danny Wallace book/Jim Carrey Film (3,3)
- 13. Leonard ____ - Original Star Trek actor (5)
- 16. An endless pursuit (3,4)
- 19. Robin Williams film (1992) (7)
- 21. Brand of resonator guitar (5)
- 23. ____ Stone - Oscar-winning actress (6)
- 25. One who suffers from a haemoglobin count (6)
- 26. French frozen dessert (7)
- 27. Adjusts to certain requirements (to live) (6)
- 28. Greek letter (2)
- 29. Donkey (3)
- 30. 22nd and 24th US president (6,9)

Down

- 1. Northwestern Spanish City (9)
- 2. Disease that can cause extremity loss (7)
- 3. Tolerant, permissive (7)
- 4. South African fast bowler (5)
- 7. ____ Rankin - Scottish Crime Novelist (3)
- 8. England Singer-Songwriter (White Flag) (4)
- 9. Cathedral City in Cambridgeshire (3)
- 14. Rotationally symmetric function about the origin (3)
- 15. Bastard son of Eddard Stark (A Game of Thrones) (3)
- 16. Greek letter (3)
- 17. Character from Winnie-the-Pooh (3)
- 18. No longer possessed of demons (9)
- 20. Unit of optical power (7)
- 21. False tooth (7)
- 22. Soft, cheese-like food (4)
- 23. Dragon from The Hobbit (5)
- 24. American Rapper (Debut album - Illmatic) (3)
- 25. Alter trajectory (of e.g. an arrow) to hit a target (3)

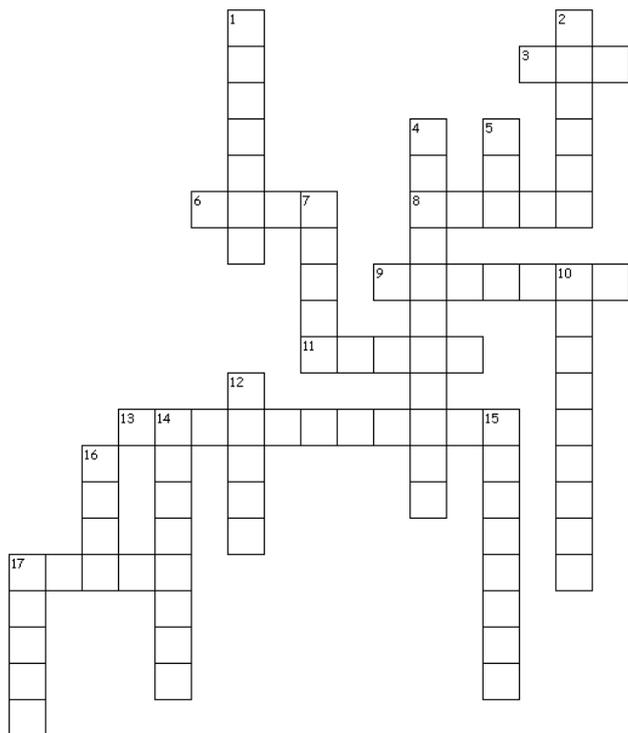
Puzzles

fsudoku@imperial.ac.uk

Puzzles Editor | VACANT

Quick Cryptic Crossword

James Debney



Across

- 3. Detained Release (3)
- 6. Not this, but this (4)
- 8. Transmutation of fruit to give revelation (5)
- 9. Growth of gas backwards is inevitable without hydrogen (7)
- 11. Removing poison in anger, identification is lost in Beijing (5)
- 13. When shortened, this field becomes rug with what sounds like little space (11)
- 17. Given to a lady, old soldier seeks help (5)

Down

- 1. Before scheming, plum removes itself to give repository (7)
- 2. High up, Buddhist monk delivers disorderly punch (6)
- 4. From talent one can in part lodge this country in ear, or perhaps beside it, causing a toll (11)
- 5. Australia becomes country (3)
- 7. To defy by further cutting of a lady short (5)
- 10. Prior glimpse of tree stem (9)
- 12. With a bit more than lust body part gives question (5)
- 14. Initial gambling lets Brits share knowledge (8)
- 15. To go against a snake without hesitation (8)
- 16. Metal bewilders stick, allowing transmission (4)
- 17. Contrasting above, soft metal removed in reverse (5)

FUCWIT

The Felix puzzle league, FUCWIT, was named after an acronym at some point but no-one can remember what it means anymore.

Play as individuals or in a team (Punny Quiz name compulsory), fill in the puzzles, scan them and send them to us as an email attachment.

This can be done at the nearest printer to you in Central Library. If you are doing these puzzles in lectures, then you can always scan your answers when you visit the library later.

More points are awarded based on how early the puzzles are submitted back to Felix. We sit and diligently watch our inbox all day Friday just to make sure we can tell who sends in their answers first.

Felix Quick Crossword:

- 5 points for first complete submission
- 1 point for every subsequent complete submission

Cryptic crossword:

- 10 points for first complete submission
- 2 points for every subsequent complete submission

Dingbats (must get all of them):

- 5 points for first complete submission
- 1 point for every subsequent complete submission

Acrostic Grid:

- 5 points for first complete submission
- 1 point for every subsequent complete submission

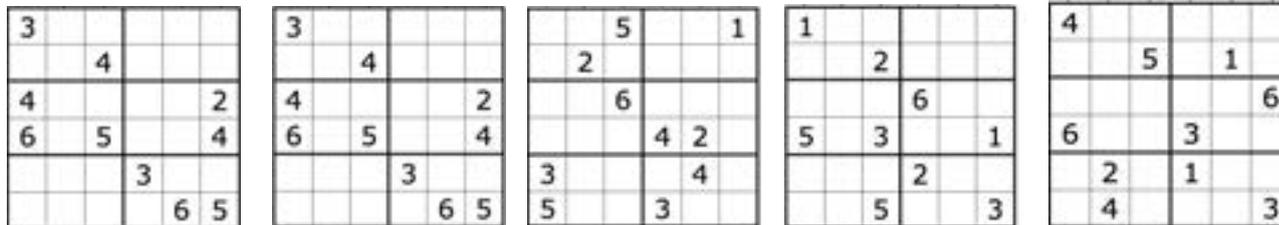
Nonogram:

- 5 points for first complete submission
- 1 point for every subsequent complete submission

Mini sudokus:

- 10 points for first complete submission of all sudokus
- 2 points for every subsequent complete submission

Mini sudokus



Benedict Cumberbox



Imperial Dingbats

Ellen Mathieson

- 1.
- 2.
- 3.
- 4.

Last week's solutions

Crossword



Acrostic grid

ASHMOLEAN

- 2: AM (MA), 3: SPA (ASP), 4: HOSE (SHOE), 5: MOIST (OMITS), 6: ONSIDE (EDISON), 7: LOBSTER (BOLSTER), 8: ESTIMATE (MEATIEST), 9: ARGENTINE (TANGERINE), 10: NECTARINES (TRANSCIENCE)

SPORT

Sport Editor: Kunal Wagle

In case you missed it... - The World Sport Column

Kunal Wagle takes a look at what's been going on in the world of sport

In the Champions League, there were goals galore on Tuesday night, as Chelsea won 6-0, Bayern 7-1 and Shakhtar Donetsk 7-0. There was controversy in Moscow as Manchester City's game against CSKA Moscow, which was meant to be played behind closed doors, had an attendance of 650, most of whom seemed to be supporting CSKA.

In Wednesday's football Arsenal produced a last gasp comeback to defeat Anderlecht 2-1. However, Liverpool endured a miserable night, ending up on the wrong end of a Cristiano Ronaldo inspired thumping. To add insult to injury, Mario Balotelli was seen to swap shirts with Real Madrid player Pepe, sparking fury from Reds manager Brendan Rodgers.

The psychiatrist who assessed Oscar Pistorius during his trial has said that he is "unlikely to compete again". Jonathan Scholtz said that he "seriously doubts" that Pistorius will return. Pistorius was sentenced to five years this week for killing his girlfriend Reeva Steenkamp last year. He was convicted of culpable homicide, but was found not guilty of

murder.

In response to the West Indies' players going on strike in cricket, India has suspended all bilateral series with the West Indies, and has opened legal proceedings. The damages bill? It's expected to top \$65 million.

Andrew Flintoff has signed a contract for the Big Bash with Brisbane Heat. The tournament will be played in December.

England have announced their squad for the upcoming Autumn internationals. Chris Ashton, David Strettle and Danny Cipriani have missed out, whilst there are three uncapped players selected.

Andy Murray has reignited his campaign to reach the World Tour Finals in November. After beating David Ferrer on Sunday to win the Vienna Open he has now beaten Jurgen Melzer convincingly in Valencia to progress. He is currently eighth in the world rankings - only the top eight will qualify.

In other tennis news, Serena Williams suffered her worst defeat for sixteen years, losing 6-0 6-2 to Simona Halep. This came after a

controversy that resulted in Russian Tennis Federation president Shamil Tarpishev being banned from the WTA tour for a year. He had earlier referred to Serena and Venus Williams as the "Williams brothers" on a chat show.

In Formula One, the future of Caterham has been thrown into doubt again. After the company that builds the cars went into administration on Tuesday, reports have emerged of a dispute between Tony Fernandes and the new owners.

The route for next year's Tour de France was announced this week. After seeing the route, which only has 60km of time trial stages, Chris Froome suggested that he may not race, and instead choose to focus on the Giro d'Italia and Vuelta a Espana.



Photo: Getty Images



Photo: Jan Kruger/Getty Images



Photo: EPA

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SPORT

Sport Editor: Kunal Wagle

Falcons make semi-finals in UK Softball Championship

ASHLEY NG DING WEN
ICBC CHAIR

The Imperial Falcons Softball team was looking to improve on their dismal last place showing at the 2014 National University Softball Championships (NUSC) Spring Cup. Drawing on 8 players from the baseball and 5 new female members of the club, the team look set to get the one win they needed to improve their dismal softball track record.

The first game proved to be a setback however, with the Falcons falling to the Nottingham Swingers A team. The Falcons took the field first, but a walk saw the Swingers' leadoff man get on base, which would prove detrimental as he eventually came home on a sacrifice fly by their fourth batter before the Falcons closed out the inning with a strikeout. The bottom of the inning proved a quiet affair for the Falcons despite a hit from leadoff Eduardo as they went quietly without scoring a run. The Falcons then had a disastrous top inning in the second, giving up a mercy rule 5 runs despite no hits coming from the Swingers. In the bottom, the Falcons sought to get back in the game with leadoff Yuki getting a single before a combination of errors and walks drawn by Carole and Jacques saw the Falcons hit back with a mercy rule inning of their own with runs scored by Yuki, Carole, Rhys and Jacques and Eduardo. The final inning saw the Falcons give up a further 3 runs while giving up a 1-2-3 inning at bat. Taking a 1 run penalty per inning for not having enough girls, the Falcons saw their hopes getting that coveted first softball win delayed further with the 12-5 loss to the Swingers.

Despite the loss, team morale

remained high and the Falcons kept their hopes alive with an invigorating performance against the Loughborough Thunder B team. This time, the Falcons were the benefactors of the penalty rule, having 4 girls on the field against the 3 in the Thunder's team. Again, having won the toss, the Falcons took the field first. With renewed vigor, the fielding side put up a strong performance off the back of some strong pitching and a stellar fielding performance which included a remarkable diving stop from third baseman Stephane. Despite the performance, the Falcons gave up 2 runs on 2 hits before getting out of the inning with 2 strikeouts. Now down by 2 runs, the Falcons came back with a vengeance with the first four batters from Eduardo to Esther all drawing walks before Yuki grounded into a fielder's choice with Anqi out at home on the forced play. Carole then drew another walk to bring in another run before Zack hit in two runs with a line drive single. Despite Catherine's strike out, third baseman Stephane drew the walk needed to end the inning on the mercy rule.

Leads come and go quickly in slowpitch softball and the Falcons knew that they'd need to be on their toes to protect their lead. Heading into the top of the second, pitcher Ashley finally found his groove and had an almost perfect inning with 2 strikeouts, 1 walk and an infield pop fly that came right back to him. Having held their opponents scoreless, the Falcons came out again looking to do some damage and they got just that with another mercy rule inning coming off 1 hit from Yuki, helped along by 2 errors and 3 walks drawn by Alex, Carole and Catherine. With an unassailable 8 run lead, the Falcons headed into the final inning

to close out the game. The first out came easy enough with an infield fly ball caught by third baseman Stephane. However, after that, things started to unravel as pitcher Ashley committed a throwing error to first followed by 2 hits and 2 walks which saw the Thunder put 4 on the board before the Falcons finally managed to get out of the jam with 2 fly balls to centerfield Yuki and shortstop Eduardo respectively. Having the home field advantage, the Falcons didn't need to bat again and closed the game out 16-9 after penalties.

Buoyed by their first ever softball win, Falcons morale was riding high as they went into the final group stage game against their baseball arch rivals, the UEA Blue Sox. Again winning the toss, the Falcons took the field first and managed to see out UEA for a single run off the back of some strong pitching and fielding. The Falcons then came racing out of the gates at bat with 4 runs scoring off 3 hits from Eduardo, Ashley and Yuki, as well as 3 walks drawn by Christina, Zack and Catherine. The next inning however, saw the Blue Sox getting back in the game off a pitching meltdown from the Falcons as pitcher Ashley gave 4 walks to allow the Blue Sox a mercy rule inning to regain the lead. Thankfully, their lead was short-lived as the Falcons rallied to save the game at batting with a mercy rule inning of their own off a hit from Eduardo, 2 errors and 4 walks drawn by Anqi, Ashley, Yuki and Christina.

Back on top, the Falcons found renewed strength despite giving up an inside-the-park home run to the Blue Sox's leadoff man. The next 3 outs came in quick succession and the Falcons closed the inning out for 1 run, bringing the score to 10-9 to UEA after adding penalty runs. The Falcons now needed 2 runs to walk

off the game and the mood was tense as ninth batter Vincent stepped up to the plate to lead off. Unfortunately, the final inning would prove to be an anticlimactic one as the Blue Sox gave up 4 walks in succession to give up the win off a "walk-off walk" to third batter Ashley.

On the strength of their 2-1 win loss record and 31 conceded runs (after penalties), the Falcons set another club record by making it to their first ever slowpitch softball semi-final against the top seeds from the University of Portsmouth. The Falcons started off strongly to get 1 run off hits from Eduardo and Christina, helped along by 3 walks drawn by Anqi, Ashley and Esther. As the Falcons came on the field, a strong errorless fielding performance saw them holding the top of the Portsmouth order scoreless to close out the inning. The next inning however, saw Falcon bats shut out and the Portsmouth team started to show their top seed credentials as some excellent fielding kept Falcon bats at bay while they scored 4 runs off 4 hits. As the next inning came round, the Falcons managed to put one more run on the board courtesy of a triple from Yuki which scored Esther but it was too little too late,

and the Portsmouth team closed the game our 9-2 with penalty runs added.

The Falcons then played the third and fourth placing playoff game against the Loughborough A team which started a very tight affair, with both teams shutting out the top of each other's order in the first inning before a series of 5 hits from the bottom of the Loughborough order brought in 4 runs in the top of the second inning. With things looking grim, the tired Falcon squad could not mount a return salvo and Loughborough A team shut out the Falcons to end the inning. Despite shutting out their opponents again in the top of the third, the bottom of the third would see the Falcons fail in their comeback attempt as their opponents shut them out again to close out the game 7-0 winners after adding penalty runs.

Despite their losses in the last two games by 7 run margins, the Falcons take great heart in their performance, having gained their first 2 slowpitch softball wins and made their first ever NUSC semi-final appearance. The Falcons will be looking to train hard over the winter and come back even stronger when the Spring tournament season comes around in March.



Rugby 1st XV hold out for crucial victory over Reading

Imperial kicked off the season against newly relegated Reading at Harlington in what could be an early promotion clash. Off the back of a good pre-season, and with a new coach, IC were optimistic about the season ahead. Fortunately, there was a break from the recent bad weather, which allowed a good fast game of rugby.

A new look Imperial (five full 1st team debuts plus one off the bench) were quick off the line and won an early penalty in the ruck, allowing captain Cox to put the first points on the board for the season. There was some neat work under the high

ball from fresher Toby Simpson and newly converted No.8 Joe Bowden. However, a lack of match sharpness was evident in some of the initial exchanges, with a few Imperial handling errors amongst the good work, leading to a couple of soft tries for Reading.

IC grew back into the game in traditional style with a powerful maul off the line out, leading to yet another try for David Nielsen-Scott in the corner. A missed conversion from Cox brought the score to 12-8 in favour of the away side. A tough period in the game followed, where no side gave a yard, with big hits coming in left, right and centre. Another huge

maul marched the visitors fifty metres down the pitch, leading to an IC penalty and a sin-binning for Reading. Imperial continued to turn the screw, and set up another couple of penalties for Cox to take us into half time with a narrow lead.

The second half carried where the first left off. The new look front row of Adam 'Motley Crew' Postlewaite and fresher Nathan Tomlinson combined well with club veteran Tom Hobson to destroy a Reading scrum. More imperial pressure gave Postlewaite the chance to burrow over the line, and Cox duly added the extras. Quick ball was regularly on offer

and this allowed Rigsoc co-founder Sam Moorby and Chris Macbeth to make good yards through midfield. Macbeth danced through a number of tackles and was pulled up just short of the Reading line, but partner in crime Moorby was on hand to finish off. More big hits came in, one in particular leaving Bowden seeing stars, eventually leading to him being replaced by Ruairidh McKay, who slotted in easily and found time to have the Reading scrum half rear Rangered. England international Billy Twelvrees also came on for his debut at full back.

Just as IC seemed set to ease to victory, our other, less-famous,

international Olisa Ufodiana spoil an otherwise impressive performance and decided he fancied the last ten minutes of the game off for a rest in the sin bin. Hopefully the 700 press up punishment afterwards will be a sufficient deterrent in the future. Reading managed to get a converted try to bring the score back to 26-22, and set up a nervy final five minutes. Everyone dug in deep, and, with the assistance of Luke Armatige's cider wielding army on the sideline, IC held on for a big win.

JOE BOWDEN
1ST XV RUGBY



Imperial duo represent Britain in Triathlon

Imogen Simmonds reports on Imperial's success from Edmonton, Canada

After 24 hours of travel and quite a few more hours spent training, I finally arrived in Edmonton, Canada for the 2014 World Triathlon Series and Age-Groupers' World Championship. Feeling not so jet-fresh due to a delayed arrival, I met the Team GB age-groupers for the bike course familiarization at 8 am the morning of my arrival, having built my bike in a record 10 minutes. The sense of team pride was clearly displayed as a peloton of over 100 riders took to the streets of Edmonton, with motorists enthusiastically waving and letting us through.

The following day was pre-race day; to me, this means doing bare minimum. We headed over to the race village for a swim in the chlorinated lake (don't even get me started). The water, I must frustratingly admit, was nearly perfect to swim in with all the various chemical additions, and was wet-suit temperature. This meant that luckily, I had my buoyancy aid for the swim. After racking bikes the compulsory 24 hours in advance, we headed back for the welcoming parade of nations. This included a fly-by by Edmonton's

air force, and a speech from the coolest mayor ever, Don. Every time the sun came out, the fear of bike tyres bursting due to the increased pressure played on everyone's mind. Finally, it was time for the pasta meal and then off to bed in time to wake up for the relatively relaxed start of 5.30 am.

Arriving at the venue on race day, I was pleased that not only had my tyres survived the heat, but also the conditions were perfect for a race. There was no rain - so less likelihood of slipping off the bike, something I seem to be quite prone to doing.

After The usual warm-up, I joined the rest of my 9.41am female 20-24 wave in the race village. Nerves were high as we were led out to the starting pen by a bag-piper-who's relevance is still very mysterious. At 9.30, the first and youngest wave was finally off. As we took to the start line, the first of these younger athletes were already coming out of the water. Finally, the horn hooted and we were off. I seemed to somehow manage an amazing dive off the beach start and started with a body's length lead on everyone else. But this was short lived, and at the first buoy, I was

overtaken by the fastest swimmers, and into the heart of the brawl. On every stroke I was being dunked and struggling for breath, and never managed to properly find a rhythm or do any good sighting, to the point



Running out of the swim into T1: Multi-tasking Photo: ICU Triathlon

where I undershot the swim exit and had to veer round 90° to get to the blue exit carpet.

Out of the swim, my loyal supporters (mother and brother) informed me that I was in 9th position, much higher than I ever come in the weakest of the three disciplines. I ran towards transition (and may have dropped my hat and goggles which I go back for to avoid a 15 second penalty), and into transition area. Here I whip off my wetsuit and onto the bike as fast as possible. The bike course started with a hill. As I was struggling to breathe, I took this one to try to settle into the bike, and managed to overtake a couple of my opponents on the way up. The rest of the bike course was flat, albeit windy, and I was glad my trusted Scott was not blessed with rims or a disk wheel, as this would undoubtedly have led to being thrown across the highly ventilated bridge.

After 2 laps and no falls, it was off the bike and into T2. As I began the run, I realised just how hard I had pushed on the bike as I felt the initial signs of cramping in my calves. As instructed in my first race this year, I took the advice of James Ellis and "took the first 500 gently". After surviving this, I knew the likelihood of cramp was slim, so I went for it then, running as hard as I could.

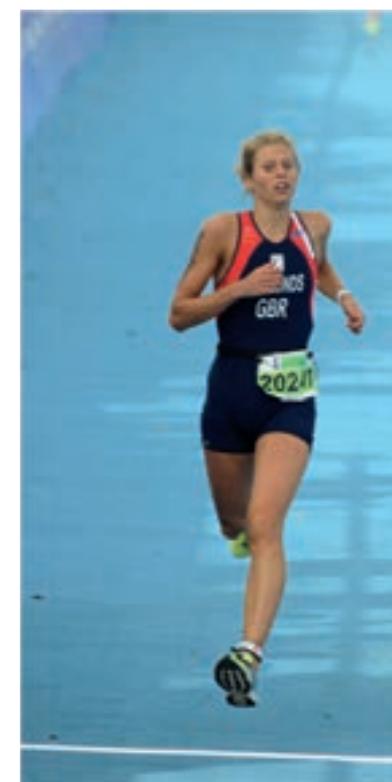
By this point, I had caught up with some of the girls in the age group below, giving a burst of adrenaline with each overtake. I gave the rest of the run my all, and just managed to hold myself up after a sprint finish past the grandstand. Everyone from all countries present was cheering so loudly I couldn't distinguish a single word. The atmosphere was crazy. I was greeted by Hannah Johnston, a fellow GB team-mate who'd come 2nd in the race, who informed me I'd come third. I couldn't believe it and didn't believe it until the results were pinned up.

And there I was, third! A podium place! I'd manage to avoid all bike mechanical failures and falls (a triathlete's worst nightmare), survive being consistently dunked and finish third in the world Champs in my first year of triathlon. Not only that but we were soon to learn that Laura-Ann, fellow Imperial competitor had finished top GB, and 13th overall in an extremely competitive age group. This also means that both McGill and Simmonds were amongst the few to pre-qualify for the 2015 Geneva European champs 2015, as well as the Chicago World Championships later in the year.

Further qualifying races are taking place in early 2015, and we strongly recommend you give it a go as the racing and experience of representing your country is like no other.

The weekend was followed by a lot of triathlon watching, although limited triathlon doing, as the Elite women's and Men's and U23 races were taking place. We got to witness Gwen Jorgensen's inspiring run and

Alistair Brownlee's phenomenal win in the WTS final.



Legging it down the home straight Photo: ICU Triathlon

Thank you firstly to Laura-Ann McGill, my tri-mum without whom I would never have even thought it possible to trial for, let alone represent GB. Also, thanks to Mum and Jethro, for coming and supporting and being dragged around triathlons without (well minimal) complaint. Finally thank you to Sport Imperial and Team GB organisers for helping me get there.



Parading about Edmonton Photo: ICU Triathlon



Elite women's start Photo: ICU Triathlon