



Manipulative Media

Is the internet to blame for the rise in eating disorders among young people? **M.4**

Charlie Watkins Foundation

Laura Carruthers speaks about mental health **P.8**



Nouse



Est. 1964

The UK's best designed student newspaper 2018

Tuesday 12 June 2018



Jumpers were given a fundraising target of £75, with the top fundraiser raising over £345 for RAG charities

RAG bungee jump raises over £6000

Izzy Moore
NEWS REPORTER

LAST WEDNESDAY, 6 June, saw over 50 students gather on Hes East to perform a Bungee Jump to raise money for the charities Action for Children and Independent Domestic Abuse Services (IDAS), the YUSU RAG charities. Students were raised into the air on a platform suspended by crane before swan diving from a height of 75 feet. They then bounced and hung in mid air over the lake, before being slowly lowered to the ground, with the entire experience on average lasting five minutes.

The preparation leading up to the event has been going on for many weeks, with participants fundraising since 2 May through fundraising website JustGiving. To participate, students had to pay a deposit of £30, and had a fundraising target of £75 - which was needed to cover the costs of hiring the bungee jump equipment. In

total the event raised an impressive £6485 through the JustGiving page, which will be used to support the work of the RAG charities.

The event had been organised by YUSU RAG Officers Elina Kukk and Lucy Waldren. Kukk expressed delight that the event was "absolutely incredible - we're so proud of everyone, such a good effort to fundraise through the exam period! Our committee has done a tremendous job pulling this off as our first event - and the bungee jump showed exactly why RAG is such a joy to be a part of!"

The top three student fundraisers managed to raise £345.53, £298.22, and £294.53 respectively, with Ashlyn Goubault-Ebanks raising the highest amount. Both brave and sickly faces ascended up on the platform, with *Nouse's* Editor Jacob Phillips failing to jump after the "3...2...1" and having to have his countdown restarted.

Mikey Collinson, YUSU Student Activities Officer, commended the efforts of Elina and Lucy, thanking them and the YUSU RAG

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Changes to First Bus routes sparks backlash

- 66A now runs down Lakeside Way, doubling waiting times for those catching the bus from colleges and departments on Heslington East

Oscar Bentley
DEPUTY EDITOR

CHANGES TO THE bus routes 66 and 66A run by First Bus have sparked a backlash by students. In a survey conducted by *Nouse*, which had 94 respondents, 62.8 per cent said that they were unhappy about the changes to the routes, while 66 per cent said they felt they weren't adequately informed about the changes, and 54.3 per cent said that

the changes will be an inconvenience to them.

From Sunday 20 May, routes 66 and 66A have essentially swapped, with the 66 now travelling along Field Lane from Heslington West to the Heslington East interchange, while the 66A now travels down Lakeside Way alongside the Hes East departments and colleges. The 66 allegedly runs every seven or eight minutes Monday-Friday, while the 66A runs every 15 minutes. This means that for students wanting to travel home from academic departments on Hes East, their waiting

time has essentially been doubled.

Nouse has received various complaints about the changes, with one student commenting that the changes "will make it harder for students who study on Hes East to get to their courses on time, as the 66, which is twice as regular as the 66A, will no longer stop next to the departments, and will instead stop halfway across campus", while various complainants lament the inconvenience of the change, with one Constantine student complaining that they feared being late for their exams due to the changes occurring

during the assessment period. Other students, however, were pleased with the changes, with one student stating they "take into consideration people living in Badger Hill".

The changes have been made because of the condition of Lakeside Way, which is becoming malformed and sinking into the ground due to Hes East being built on ex-marshland, causing damage to the undercarriage of the buses and covering them with mud and dirt.

YUSU President Alex Urquhart expressed his concerns with the changes publicly on social media,

stating that they will significantly extend travel time to "almost every facility" on Hes East, while condemning what he saw as an access risk due to the new routes forcing students to walk down "steep and poorly-lit" areas of campus.

Another key concern raised is the restriction of access to York Sport Village (YSV) as the less frequent 66A now provides access to YSV, with 81.7 per cent of *Nouse* survey respondents stating that the route changes will make them less

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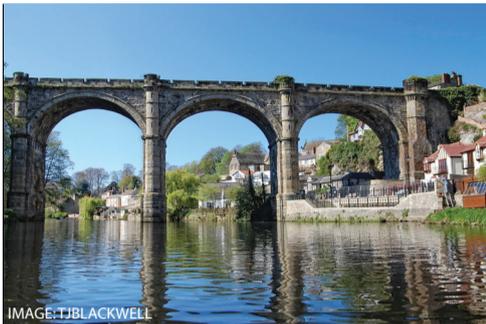
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Est. 1964

A FAREWELL FROM THE EDITOR...

So here it is: my final editor's note. One final 450 word shitpost. For the last time I have made a newspaper rather than chilling, chasing after myself in my dreams.

Although there have been numerous occasions where *Nouse* has driven me so mad that I have nearly retreated to a homemade island on the campus lake, I am going to miss being asked phrases such as "Do you think this is libelous?" "Can we have more dogs in the next edition?" and "Can we publish all the naughty things YUSU aren't letting us publish this time?" Overall, editing this paper has been wonderful. I have met people from all walks of life, enjoyed some great tunes and most importantly, received free club tickets to student run events. My ability to put off doing my degree has been so successful that I should be given a red bull sponsorship for how extreme my procrastination is.

With my *Nouse* duties ending, I was fortunate enough to have the time to go to the kind-of-alright-looking-but-not-as-pretty-as-York city of Sheffield this week. In doing so, I came across one the most beautiful sites that can ever be witnessed by the human eye: a glitch in the matrix.

For those of you who live under a rock (Mum, I know you live in a lovely three storey house in North London but you are culturally stuck in the 70s), this beautiful moment occurs when life gives you a moment that is too surreal to be believable. Something in that moment is slightly unnatural; it does not make logical sense that it exists and thereby proves we are all living in a good old

simulation. In this case, life gifted my eyes with two old men for the price of one. Two identical men (pictured) were going about their business as if there were a mirror walking in between them.

I love to think that there is a slight possibility that one day these men may somehow read this column and realise that they were papped by an overly keen student journo. Seeing this bizarre event was so weird and wonderful for me that it has provided me with two new life goals. Firstly, it has encouraged me to finally complete my fashion transformation to 100 per cent dad vibes and always dress as comfortably as these two were. Secondly, I hope to find whatever weird friendship mirror allows me to twin as superbly as these dudes.

For some strange reason, those two men seemed like a good topic for my last editor's note. Now, reading this back, I'm not really sure why. It's more because at the time of reading, I will have lost the power to randomly place two identical looking old men on the second page of a student newspaper. I guess in some weird way these men are some form of metaphor for *Nouse*. Like these men, *Nouse* has been a source of lighthearted entertainment as well as a sign of close friendship for me. Or maybe it's just because these guys are as monochromatic as the paper is.

So... once more unto the paper you go. *Nouse*, it's been an honour InDesigning the fuck out of you. I look forward to seeing what you become. Farewell.

Jacob Phillips

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Thousands march in York LGBTQ Pride parade

Joseph Silke
NEWS EDITOR

YORK'S LGBTQ Pride event took place on Saturday with over two thousand people coming out to celebrate. The event, organised in partnership with Aviva, featured a parade which processed from outside of the west end of York Minster to Knavesmire where there was series of live performances. Aviva, one of York's biggest employers, said of their support: "Every year we raise rainbow flags on our offices up and down the country, but this year we we have pushed the boat out by also illuminating our York office with fabulous rainbow lights in

support of our LGBT+ customers." The parade featured delegations from the University of York, the YUSU LGBTQ Network, and the LGBTQ Social among representatives from various political parties on campus. This follows vice-chancellor Koen Lamberts raising the pride flag on campus last Monday. There were also separate supporting events in the surrounding days.

There were concerns leading up to the event that an English Defence League demonstration, planned for the same day, would lead to a clash with Pride attendees. These concerns spurred members of anti-fascist organisations including both students and members of the public, including York Antifa and York Stand Up to Racism, to organise counter-demonstrations.

To prevent a clash, North Yorkshire Police contained the small EDL protest at the east end of the Minster, away from

the beginning of the parade. This led to no disruption of York Pride and the parade went underway without any interruption.

An address from the pastor of York Minster, the Reverend Canon Michael Smith, kicked off the parade. The clergyman, who has responsibility for community relations between the Chapter of York and the rest of the city, welcomed a contingent of refugees from countries where LGBTQ people face persecution and acknowledged the need to have continued conversations between the Church and LGBTQ people concerning equality issues. Same-sex marriage remains unrecognised within the Church of England, although some clergy will provide blessings for same-sex couples.

There was controversy before the event due to the decision of the local Conservative Association to boycott the event. The York

and venom" they claim to have experienced at last year's York Pride, which took place not long after the Conservative Party entered a confidence and supply deal with the Democratic Unionist Party which opposes same-sex marriage and other LGBTQ equality measures. Addressing the issue to the press, the organisers of York Pride expressed their disappointment in the decision to boycott but stressed: "If the LGBT+ community cannot air their dissatisfaction with such a coalition and exercise their right to free speech and protest at a Pride event, where can they?"

Speaking on the significance of York Pride, LGBTQ Social told *Nouse*: "LGBTQ Social were proud to stand with the University in celebrating York's diverse culture and environment of respect at York Pride this weekend. The

atmosphere at Pride was so incredible this year, and it was wonderful to see everyone supporting each other hand in hand!"

There will be a York Student Pride event at Greg's Place on Saturday 16 June from 12PM to 5PM. The event is organised by LGBTQ Social and "aims to celebrate the diversity at the University of York and provide a place for students and staff to get together, have a fun time together, and show their support for the LGBTQ community at the university."



IMAGES: JOSEPH SILKE



Conservatives, who ordinarily take part in the parade, decried the "nastiness

Samara Jones takes top honour at Love York Awards

Emily Taylor
NEWS REPORTER

SAMARA JONES was awarded the Outstanding Contribution to Student Life Award by Rachael Maskell MP for her work as Alcuin President. The annual Love York Awards took place on 14 June at the Joseph Rowntree theatre due to the construction work currently taking place at Central Hall.

On winning the award Jones told *Nouse*: "Winning the award might just have been the best moment of my time at York so far ... I couldn't have done any of it without the endless support of my friends and family, sports teams, college and my committee who have made everything possible, it's their work

and trust in me that has impacted my life, so I owe them a massive thank you for getting me to where I am today. I am so humbled and honoured to have been awarded this."

Other winners include Connor Drake, YUSU Working Class and

£4.3k

Amount raised by the Islamic Society

Social Mobility Officer, who won both the Diversity and Inclusivity Award and Academic Officer Julian Porch's Extra Mile Award. The Volunteering Award was won by OpenMinds which aims to increase awareness of mental health. The YuFund fundraising award went

to the Islamic Society after raising around £4300. Society of the year was awarded to the Feminist Society and The Outstanding Leadership Award was won by Sarin Zaveri for his work with the Leading Investment and Finance Society.

Each of the outgoing Sabbs delivered speeches. Mikey Collinson gave a personal speech detailing the impact that the University of York has had on his life. Laura Carruthers discussed the Charlie Watkins Foundation and her personal experience as his friend. Harry Watkins, Charlie's brother and the founder of the foundation, presented the Contribution to Student Well-Being which was won by ex-Disabled Students' Officer Aisling Musson. The evening closed with a speech by outgoing YUSU president Alex Urquhart on prejudice and discrimination in the university and the impor-

ance of combating it.

Performances were given by the Latin American Society, Dancesoc and the York Hornets as well as a YSTV short film that was shot by the winner of the Student Media Award, Edwin Barnes. A sign language interpreter was onstage throughout the ceremony to help improve the accessibility of the event.



IMAGE: YUSU

Last week also featured the STAR awards for societies at the University. Various societies came away with honours with PantSoc winning the Inclusivity award, Quidditch Society being awarded The Development Award and the Meme Society winning New Society of the Year. The African Caribbean Society won The Community Outreach Award and Polish Society won The Engagement Award. Other winners include Cyber Society, Veg-Soc, and the Islamic Society.

Activities Officer Mikey Collinson commented: "I'm honestly over the moon with how the STARS went last week! I always said I wanted to shout about and celebrate the fantastic work and achievements of our societies, and I'm proud we were able to recognise a huge range of societies that may not get the recognition they truly deserve."

NEWS IN BRIEF

LUMA Film Festival returns

Now in its seventh year, the annual LUMA Film Festival returns to campus to showcase the best of budding filmmakers of the University of York Film and Television Department. The festival is to take place at the TFTV building on Heslington East this weekend. Come along for free to gawk at the best provisioned department.

YUSU Bars Chinese menus

At the end of May YUSU Bars launched new Chinese menus in both Courtyard and the Glasshouse. By Chinese menus we must clarify that we mean menus written in Chinese with the help of international students, not the launch of new Chinese dishes to entice you with yet more reasons to rack up YoYo points.

Vengaboys graffiti

The Vengaboys came to York and you probably noticed. The Dutch Eurodance group and guilty pleasure headlined the annual Big D event by Derwent College and dazzled with classic hits like *We Like to Party* and *Boom, Boom, Boom, Boom!* Their arrival was foretold by the appearance of garish graffiti across campus.

CHMS takes a stand

Continuing their recent tradition of not performing in Central Hall, due to the continuing building works, the Central Hall Musical Society performed hit numbers from the musical *The Greatest Showman* at the York Racecourse. The society raised money for the cancer research organisation Macmillan Cancer Support.

Bus route concerns

>>> Continued from front

likely to visit YSV, with York Sport President Laura Carruthers speaking of the “significant barriers this change will impose on students accessing [YSV]”. The first 66A arrives at YSV 1hr 22 mins after opening while the last 66A leaves 2hr 5mins before closure Monday-Friday, with this problem exacerbated at the weekend, with the first and last 66As arriving/leaving YSV 3hrs 25mins after/before opening/closure. Multiple YSV employees have told *Nouse* that the changes make it hard for them to either show up to work on time or have increased their travel time, while a UYWAFC member complained that the changes pose a “serious barrier for our players to access training” due to the lack of a bus service from the 3G pitch at YSV when training finishes at 9PM. One further complaint even alleged that the changes were “dangerous”.

Marc Bichtemann, managing director of First York, told *Nouse* that “These service changes were driven by a need to make our buses run more punctual and reliable and reduce the use of Lakeside Way.

“Faced with [the issues with Lakeside Way] and in partnership with the University, we decided to make some changes, which resulted in more buses running between the University of York and the City Centre, increasing capacity with an additional hundred seats per hour on what’s effectively the busiest part of the route. We have also introduced faster journeys from York Railway Station to the University during the morning rush hour.”

“We are aware of the feedback already received, and are planning to improve connections to York

Sports Village in time for the start of the next academic year.”

The backlash to the changes comes amid a general lack of satisfaction of students with First, with poor timekeeping being a long time complaint which *Nouse* reported on as far back as January 2016. Buses have a tendency to bunch up, with one student complaining “66 is 7-8 min? Piss off. Two buses are coming together after 20 min”. A lack of buses running the routes leading to overcrowding has also been noted, with drivers allegedly skipping stops due to having full buses.

A University spokesperson commented: “The University works in collaboration with First Bus York, along with the YUSU and the GSA to champion the interests of our staff and students who make use of the service.

“In a meeting between the University, YUSU, GSA, and First Bus, it was agreed that in response to concerns from First Bus about the road surface on Lakeside Way, that the number of journeys along this route would be reduced.”

On the condition of Lakeside Way, the spokesperson further commented that “Repairs to Lakeside Way will take place during the summer months, to limit disruption to staff and students, and further meetings will be scheduled with First Bus to discuss the future possibilities for this travel route.”

Urquhart noted: “The University must now invest in maintaining the road to the appropriate standard and ... I am confident that the University and First are working hard to minimise the impact on students, but it feels - with adequate construction - this is a problem that could have been avoided.”



IMAGE: DAN POWELL

University to pay cost of gown hire for upcoming graduations

Kit Taylor
NEWS REPORTER

THE UNIVERSITY has announced that all students graduating this year will have their gown hire paid for, in lieu of teaching time lost due to the recent industrial action.

The University has released a statement on its website stating that it has taken the decision, along with YUSU and the Graduate Student’s Association, to use pay withheld from staff during the strikes to pay for the cost of gown hire. This will only be for students graduating in July 2018 and January 2019.

The decision comes just a week after Newcastle University sent out an email to their students, offering payment for gowns as an apology following the strike disruption. Following an investigation from URY

News the initial responses were somewhat distorted compared to the outcome. The Vice-Chancellor of the University, Koen Lamberts, took a while to respond and had Professor John Robinson send the actual reply, stating that: “The subsidising of gowns is one possibility that has been proposed, but this is alongside others and we are taking care to ensure that student representatives are satisfied about the prioritisation of spend. So I’m not able to give you a definitive answer on that particular possible use of the money.”

However, in discussions with YUSU President Alex Urquhart, some very different opinions were given, with Urquhart initially telling URY News that “the University isn’t planning on [paying for gowns] and no, I probably wouldn’t want them too. Quantifying contact time to an amount of pounds and pence would be a pretty arbitrary thing to do”, with Urquhart going

on to call it a “hollow gesture.”

Many students have expressed their pleasure with the gown payments, as it means they get some apology for lost time, while it has been reported that the remainder of the unpaid wages will be used to fund student welfare, which given the recent upgrade of the Open Door service, this may be useful for students. A duty practitioner was introduced, and students can attend a ‘Drop in’ service until 10PM every weekday evening.

As aforementioned, the finances will come from the unpaid wages of University staff who went on strike. From the mid-to-end of Spring term earlier this year, several weeks of strikes meant staff across 64 UK Universities went unpaid. The situation has been resolved for the meantime, with the UCU voted in record numbers for a 64 per cent acceptance of the USS’ proposal; ending the industrial action.

Festival of Ideas returns to York

Joseph Silke
NEWS EDITOR

THE AWARD WINNING Festival of Ideas has returned to York for its eighth year, running from its opening event which took place on 5 June to its close which will be on 17 June. The festival is organised by the University of York in collaboration with over eighty partner organisations. The theme of this year’s festival is *Imagining the Impossible*, and the festival incorporates over two hundred events with most of them free of charge. The diverse list of events for 2018 includes talks, exhibitions, theatre, music, films, guided walks, and children’s activities.

The festival was launched last Tuesday at York Minster by former Children’s Laureate and bestselling author Sir Michael Morpurgo. Morpurgo, supported by local actor Victoria Moseley, violinist Daniel Pi-oro, and the Storyteller’s Ensemble, performed extracts from his book

The Mozart Question accompanied by music written by the classical composer. Vice-Chancellor of the University of York Koen Lamberts provided an opening address at the event in which he praised the Festival of Ideas for widening access to engaging educational experiences free at the point of delivery. The event was well attended, with many hundreds packing the cathedral.

The programme is divided into sixteen broad themes: art and design; a date with history; a way with words; Eoforwic: Anglian-era York; evolving society; exploring York; food and farming; explorations in science and technology; fun for families; health and wellbeing; of women; power of politics; performances; revealing the ancient world; thinking and learning; and sci-fi meets the supernatural. Special emphasis this year is placed on the centenary of some women getting suffrage; peace in the Middle East; creating inclusive economies; public trust and robotics; the future of UK higher education; ‘re-imagining the city’, and the first major Leonard Cohen exhibition.

Influential figures from across the UK and the world have come to York for the festival including Shadow Attorney General and former director of human rights and civil liberties advocacy organisation Liberty Shami Chakrabarti. Former Leader of the Conservative Party Michael Howard also spoke on Friday on the evolving issues surrounding end of life care.

Events still to take place include explorations on Tuesday of Ancient Egypt with renowned Egyptologist Joann Fletcher and of the relationship between religious faith and the First World War with Durham academic Canon Michael Snape, 100 years since the closing months of that conflict. On Wednesday there will be a talk on reimagining city transport with cycling by Rachel Aldred. On Thursday there will be a lecture on the history of immigration concerns in the British Isles given by Mike Ormrod and a talk on the hidden stories of LGBTQ scientists by David Smith. You can view more details about these and all the other remaining events on the Festival of Ideas website.



IMAGE: YORK FESTIVAL OF IDEAS / IAN MARTINDALE

Michael Morpurgo kicked off the festival at York Minster last Tuesday

Funding failures and phone crises affecting Unity Health



IMAGE: JAY DYER

Imogen Bellamy
NEWS EDITOR

YUSU HAS HELD A meeting with Unity Health after facing a backlash following the launch of its new appointment system. There have been reports of students attempting to call the surgery tens of times per day in order to try and get appointments. This seems to have stemmed from the roll-out of their new online consultation system, which is supposed to ease the volume of phone calls that the surgery receives.

Mia Shantana Chaudhuri-Julyan, YUSU Community and Wellbeing Officer, met with Unity Health officials in order to give them student feedback. The clinic claimed that they simply do not have the money needed to combat the health problems of large numbers of local residents and more students, in particular.

Unity Health pointed to skyrocketing numbers of students with increasingly complex conditions, citing an increase in mental health problems such as eating disorders and depression, and stating that the University does not do enough to help. This comes after an increase in seminars in how tutors can signpost for students, the Keep Your Cool campaign during the exam period and the successful lobbying of Open Door resulting in later appointments being included, decreasing wait times.

They similarly blamed NHS

bodies such as the Clinical Commissioning Groups for the issues and demanded better provisions for signposting the University's students to mental healthcare. Unity Health also requested that YUSU lobby to acquire more money for the practice on their behalf in the meeting with Chaudhuri-Julyan.

The Tab recently published an article regarding the phone lines, citing how students were unable to access the care needed for exceptional circumstances claims or mental health provisions. They neglected to mention that to call the surgery you should first use the online consultation, then attempt to contact them over the phone at the resulting allotted time.

There is still problems with Unity Health's phonelines, however when visiting the site a red banner states, "Important Message - Telephone System: May we apologise for the current issues you are experiencing with our telephone system. We have raised this with BT, they are trying to resolve the problem as soon as they can. We will provide regular updates on our website regarding this. Thank you for your patience. Unity Health." So There have been no updates since it was posted nearly two months ago.

The difficulty of making an appointment appears to be the main factor in Unity Health's one star rating at NHS.uk, with many reviews saying that the service has gone downhill rapidly in the past two years (when they received their "Good" rating from CQC in March 2016). Chaudhuri-Julyan is arranging a meeting with Unity Health for the incoming Sabbs to attempt

to solve some of the problems for incoming students.

Chaudhuri-Julyan gave *Nouse* this statement: "I spoke recently to Unity Health about a number of issues including their insufficient funding from CCG to adequately support the student population, their ongoing issues with the telephone system and other points. I am assured that issues with phones will be resolved as quickly as possible and that BT are working on this."

"As for the long-term funding problem, I have set up a meeting with the chair of the CCG Nigel Wells having emailed him about my urgent concerns on behalf of the student population. I will feedback to the student body once this meeting has taken place and I've received some assurance that Unity Health will be better supported by the CCG to deliver sufficient access to clinical care for York students."

The YUSU Community and Wellbeing Officer also had this advice for any students attempting to get an appointment at Unity Health, after filling in the online consultation form: "If students miss the call back after filling in the consultation form online, you can email Unity Health and update them. You can also fill in the form again. The easiest way it appears at the moment however if all else fails to get an appointment (particularly if it's urgent) is to actually go to the surgery itself and speak to one of the receptionists there."

Unity Health were contacted for comment but had not responded to *Nouse* by the time of publication.

What's On...

The best upcoming events for you to check out on campus, in York, and beyond

Magic and Mystery at Barley Hall, Fri 10.00, 22 June
A new exhibition explores the interaction of science, religion, and magic in medieval society using archaeological and documentary evidence. (Until August)



Featured: York Early Music Festival 06/07 - 14/07, National Centre for Early Music
Power and Politics: one of the most seductive, intoxicating and pertinent subjects of the modern age. Enjoy a fascinating series of concerts, illustrated lectures and workshops all linked together to demonstrate that nothing in this world is new!

Black Pearls Exhibition at Art of Protest Gallery
15/06 - 21/06

Alexandra Gallagher presents at the Art of Protest Gallery with private viewings available upon enquiry.



Featured: Open Group Climbing and Abseiling
23/06 - 15/09, £45

If bungee jumping for RAG left you feeling fond of heights, then head to Stanage Edge in the Peak District where you can

abseil down the 4km outcrop – with routes for all abilities. It'll cost you £45, but the event is ongoing over 40 various dates until 15 September.

Dinner with Dickens, Fri 19.30, King's Manor, June 15
Pen Vogler discusses the food of Victorian England and the food that Dickens wrote about. Vogler explains what can be learnt from the Victorian cooks.



Featured: The York Festival of Ideas is finishing on June 17th, and having already had author Michael Morpurgo at the Minster, there is still more to come. From Judy Murray to former

Conservative leader Lord Michael Howard, there are all sorts of speakers to interest and amaze visitors to the city and students not yet on holiday.

Jump for RAG

>>> Continued from front

Committee for “putting so much effort into organising the event.” It had “been a manifesto point of mine that Elina and Lucy also wanted to see happen. It feels absolutely amazing to achieve it and I can’t quite believe we actually brought a bungee jump to campus! I remember in November when I was out in the city centre for RAG week, bumping into the sabbatical RAG President 2001-2 who saw the idea on my manifesto and was very interested as they tried to make it happen, on and off campus, but were strongly advised not to in the end by the rest of their team and powers that be due to possible legal ramifications! So it’s fantastic that we’ve been able to overcome these concerns and actually do it!”

When commenting on the future of RAG events, Collinson said he hoped to see similar events in the future, “Personally, I think this sort of thing is exactly what RAG should be about - giving students the opportunity to do something exciting that they’d never thought about or be able to do otherwise, all for a fantastic cause! With the RAG committee this year I am very confident that RAG will continue to grow and develop and I’m excited to see what they get up to in the future.”

Kukk also commented on RAG’s future plans for the committee, telling Nouse: “We are going big for Freshers 2018 and for RAG Week in Autumn Term (in Week 6), so keep your eyes peeled for that. We’re definitely looking into doing a similar event next year - be it a bungee jump, a skydive, or zip-lining through campus for charity!”

IDAS is a York based charity and provides help to those experiencing, directly or indirectly, domestic abuse or sexual violence. Action for Children is a national charity who aid disadvantaged children and act to prevent neglect and abuse. IDAS thanked the “the amazingly brave students” at York and all those involved, further congratulating students on the “amazing amount of money [they] all raised.”



IMAGE: DEXTER FORD
Nouse Editor Jacob Phillips recovering after the bungee jump

Research reveals animal communications

Eloise McMinn Mitchell
DEPUTY NEWS EDITOR

A COLLABORATIVE review between the University of York and the University of Sheffield, along with the Max Planck Institute for Evolutionary Anthropology of Germany and the Max Planck Institute for Psycholinguistics in the Netherlands, has been studying the “turn-taking behaviour” that animals have when they communicate. Published in *Philosophical Transactions of the Royal Society B: Biological Sciences*, the researchers behind this review have analysed hundreds of animal studies, and have begun to try and understand the mystery that is how animals communicate.

Although scientists have been studying turn-taking behaviour for over 50 years, the research on

it has not been collated in a way that makes thorough examinations of cross-species comparisons possible. The first turn-taking behaviour studies focused on the vocal interactions of birds – their turn-taking is called ‘duets’. However, researchers who study monkeys discuss ‘antiphonal’ calls. Just this difference in the vocabulary how the turn-taking behaviour is studied is causing confusion and adding complexity within research in this field, which is why this broad cross-species examination is so difficult to establish.

What all turn-taking behaviour has been found to have in common – including we humans – is a system of timing. The length of that timing between turns changes depend-

ing on the species but remains noticeable within the review; while humans tend to have gaps of around 200 milliseconds in between turns of people talking in a conversation, sperm whales have a gap

that reaches 2 seconds in between the clicking sounds they use to communicate.

The Max Planck Institute for Psycholinguistics’ Dr Sonja Vernes commented “We came together because we all believe strongly that these fields can benefit from each other, and we hope that this paper drives more cross talk between human and animal turn-taking research in the future”. Some species of songbird have fewer than 50 milliseconds between birds producing their song.

Dr Robin Kendrick of the University of York’s Department of Language of Linguistic Science has said that “The ultimate goal of the framework is to facilitate large-scale, systematic cross-species comparisons. Such a framework will allow researchers to trace the evolutionary history of this remarkable turn-taking behaviour and address longstanding questions about the origins of human language”.



IMAGE: FRANS DE WAAL

A year of the Sabbs: what’s changed?

IMAGE: URY



Imogen Bellamy
NEWS EDITOR

THE CURRENT team of YUSU Sabbatical Officers are due to step down at the end of Week 11.

Alex Urquhart (President) stated that he wanted to develop a digital feedback system, clarify the relationships between YUSU and colleges, create YUSU event feedback forms and go to student events across campus to interact with students. While the YUSU event feedback forms have not been rolled out, and he started the Pool & a Pint initiative instead of attending events, he has been successful in creating a College pledge.

He has also achieved his main aim to “develop a digital feedback system”, releasing the YUSU petition site earlier in the term. He has also led a year-long review into the costs incurred by different subjects, created an action plan to combat racism on campus and he ran the Manchester Marathon for RAG, among other achievements.

Mia Shantana Chaudhuri-Julyan’s (Community and Well-being) focus was to take “positive solution-based action to fill in the gaps” in York’s pre-existing services. She effectively lobbied Open Door, extending their opening hours to 10PM. She also is responsible for STYM – a university-wide mentoring scheme for students.

In her 60 Second Manifesto, Mia wanted anonymous data collection to be rolled out, something which is currently petitioned for the YUSU site, and there is still work to be done regarding a centralised welfare request portal on eVision, but she has succeeded in creating The Big Student Debate, an event that happens termly to discuss topical issues.

Mikey Collinson (Activities) focussed on recognition, opportunities and support in his election manifesto. He achieved the first - not in a scheme with perks for societies for inclusivity and development, but instead through the STARS, an awards night for societies. While he did not produce a “matchmaker” feature on the YUSU websites for people to see

which societies they might enjoy, he provided easier methods of funding and ratifying societies, enabling a wider range.

Mikey was eager to hold open office hours, and has done this weekly through his ActiviTEAs sessions, and recently achieved another 60 Second Manifesto promise of increased fundraising, in particular his desire for a RAG bungee jump which raised over £6000. He has also led the campaign for more storage space.

Laura Carruthers (Sport) had clear aims. Growing the College Varsity, making it two days and university-wide, was partially achieved: while it was not two days, it was expanded. She was victorious in lobbying for termly gym memberships, saving money for students in the process. She also found a better kit provider, another campaign promise.

Another pledge, promoting smaller or off-campus sports, was achieved through the “Spotlight on” sports recognition award, with Team of the Week and Sportsperson of the Month being announced regularly. She also made and main-

tained a zero-tolerance stance relating to discrimination and hate on campus, resulting from a hockey social in 2017. Laura also organised the Sabb Skydive for the Charlie Watkins Foundation, raising awareness of mental health.

Julian Porch (Academic) stated that his manifesto was “as easy as ABC”. He wanted to increase “awareness”, “boost” academic resources through subsidising course materials and devising new online resources and increase “collaboration” between departments in order for multi-subject students to receive better feedback.

He significantly helped with lecture capture equality, creating an opt-out system so departments have to record lectures as a default. He also delivered a value for money workshop at the HESPA conference with Higher Education officials in attendance. He helped create supervisor guides with student representatives and the ‘WellFair’, giving supervisors the opportunity to broaden their knowledge of support services in order to better signpost students. Finally, he lobbied for the library microwave.

York gains gold TEF and rises in Guardian rankings

Eloise McMinn Mitchell
DEPUTY NEWS EDITOR

THE UNIVERSITY OF York has received the Gold Award in the Teaching Excellence Framework (TEF). This comes alongside the news that the University has moved up to 12th in the UK in *The Guardian's* University League Table. York maintains a high rank for subjects like Chemistry in the newly released rankings.

TEF is a system that commends excellence at universities, colleges or higher education centres that choose to take part in the scheme. It was established by the government in 2016, with the first results being released a year later. The awards are decided based on the findings of a panel composed of academics, students and employer representatives. They also use data from the National Student Survey to determine

student satisfaction, as well as information from the Higher Education Statistics Agency and employment outcomes.

The judging panel noted that at York “students from all backgrounds achieve consistently outstanding outcomes”, with a “research-strong environment that engages and pro-

vides the most outstanding levels of stretch for students”, and that the University provides “excellent careers support and development of employability skills.”

Awards are separated into categories of bronze, silver and gold. The University of York enjoys the gold award, which means the uni-

versity has “[delivered] consistently outstanding teaching, learning and outcomes for its students. It is of the highest quality found in the UK”.

At the same time, *The Guardian's* University League Table has the University of York up from 19th overall in the UK to 12th. The Department of Chemistry holds a po-

sition of 3rd in the UK, while Law maintains a strong position at 5th, up from 2nd and 9th respectively last year. Other subjects also saw success; English moved from 45th to 22nd overall, while Biosciences moved from 9th to 5th.

A University spokesperson said that: “Teaching at York has been awarded the highest possible accolade – a Gold Award in the Teaching Excellence Framework (TEF). This excellent news follows on from the news last week that the University has moved five places up *The Guardian* league table, to 12th position. These positive results are a reflection of an institution-wide commitment to delivering excellent outcomes for our students.”

YUSU Academic Officer Julian Porch, speaking about the news, said: “It is clearly very well deserved ... It really does make me proud to be a member of the York community, having personally experienced such fantastic teaching here.”



IMAGE: ARIAN KRIESCH

YUSU Big Debate motion criticised

Chay Quinn
NEWS REPORTER

YUSU HAS BEEN criticised for their handling of the Big Student Debate. The debate took place on 4th June discussed the motion: “This house believes that next year’s YUSU Election should have an all-female shortlist for President”.

One panellist told *Nouse* that the audience were not notified beforehand that the views expressed were for the purpose of debate, and not necessarily the personal opinions of the panel, with the panellist expressing concerns that the oversight would leave them open to media attack for an opinion that they didn’t hold. The panellist was critical of the way that YUSU handled the debate in terms of transparency, stating that “more transparency would have been useful, particularly as we had agreed that not-believing in the motion would be made clear and it evidently wasn’t.” The panellist also alleged that the entire panel did not personally believe in the motion. This is in conjunction with the fact that at the first count, of the 32 people present, none voted in favour of the motion, with five abstentions.

The criticism also extended to the way the composition of the panel was handled. Initially, a message was sent out by YUSU on Facebook asking for debaters, who were allocated a place on a first-come first-served basis. According to a member of the original panel and DebateSoc Training Officer, Anastasios Proios Doukas, when it became clear that the motion was going to be on all-female shortlists, there

was initially a request from YUSU for half of the all-male panel to step down. A follow-up email informed the team they had all been removed. Doukas went on to criticise YUSU, saying the reasoning for the removal of the original panel was “hypocritical” as if they truly wanted equality “[YUSU] would have just removed three men and not all of them.”

This comes after the original poll to decide the motion was allegedly tampered with to show 12 474 votes for the motion: “This house believes that a vote on the Brexit deal is anti-democratic”, forcing YUSU to take down the poll. Jess Reeve, Treasurer of DebateSoc, who collaborated with YUSU on the event, took to Twitter to assert that the poorer turnout of the event compared to the previous event was down to the “undemocratically selected” motion which was “opposed by quite literally everyone in the room”.

YUSU Community and Wellbeing Officer Mia Shantana Chaudhuri-Julyan commented to *Nouse*: “The Big Student Debate relies on volunteers who come forward to participate and is usually allocated on a first-come first-served basis due to high demand. However, with this term’s motion looking specifically at women’s representation, we decided we would need to apologise to those who were first-come first-served and put them on the reserve list for the next debate - and go out and secure some women debaters to participate. Going back and correcting this error (which was made by accident in an overtired state) seemed the right call to make and everyone involved was really understanding and took no issue with that decision - in fact supporting it.”

York research finds welfare conditionality ‘ineffective’

Oscar Bentley
DEPUTY EDITOR

A UNIVERSITY OF YORK lead study has found welfare conditionality to be largely ineffective and has instead led to pushing some claimants into poverty and survival crime. The ESRC-funded Welfare Conditionality: Sanctions, Support, and Behaviour Change project, led by Professor Peter Dwyer of the Department of Social Policy and Social Work, also found that there is little evidence conditionality enhance the motivation of claimants to enter paid work, with sanctions causing “profoundly negative” personal,

of claimants to their eligibility for welfare benefits and services, with claimants threatened with sanctions to their benefits if they fail to comply. Conditionality has been a major element of the welfare state in various countries since the mid-1990s, with an aim to ‘correct’ the ‘problematic’ or anti-social behaviour of welfare recipients and lead them into work, according to supporters.

The five-year study analysed the effectiveness, impact, and ethics of welfare conditionality, and involved the Universities of Glasgow, Sheffield, Salford, Sheffield Hallam, and Heriot-Watt. The report’s findings are based on repeated interviews in England and

Scotland by 339 participants, and were drawn from nine areas of policy, namely jobseekers, Universal Credit (UC) recipients, disabled people, migrants, single parents, offenders, social tenants, homeless people, and those subject to anti-social behaviour (ASB) interventions and Family Intervention Projects (FIPs).

The welfare conditionality report includes a quote from a homeless woman who said that she became more depressed and had suicidal thoughts after being sanc-

tioned, saying “I’d rather starve than deal with this”, while other evidence taken from other interviews suggests that sanctions are often given out for small misdemeanours such as being a few minutes late to a Jobcentre Plus appointment. The report found that sanctions were “clearly inappropriately” applied even if a claimant did their best to avoid them. The study’s authors claim it is a “comprehensive review” of the application of welfare conditionality.

Professor Dwyer commented that “our review reveals that in the majority of cases, welfare conditionality doesn’t work as intended and we have evidence it has increased poverty and pushed some people into survival crime. What also became apparent was people were focusing on meeting the conditions of their benefit claim and that became their job – it is totally counter-productive. You are just making people do things to meet the conditions of the claim rather than getting them into work.”

“Successive governments have used welfare conditionality and the ‘carrot and stick’ it implies to promote positive behaviour change. Our review has shown it is out of kilter, with the idea of sanctioning people to the fore. It is more stick, very little carrot and much of the support is ineffective.”

Nouse spoke to Professor Dwyer in November, who outlined how teething problems in the implementation of Universal Credit have caused major complications, and how claimants are made to sign a ‘claimant commitment’ which matches them to a job coach who sets targets. Dwyer called the benefit fundamentally flawed.



IMAGE: ANDREW WRITER

financial, and health outcomes, while mandatory training is of poor quality and is too generic.

Welfare conditionality is a system that links obligations or the particular patterns of behaviour

Me and Charlie: interview with Laura Carruthers

How did you know Charlie?

I met Charlie through the lacrosse club in my first year. He's one of those people where I don't actually remember meeting him, all of a sudden we were just friends. I think my experience was quite similar to a lot of peoples in the club that he took it upon himself to make sure everyone felt really welcomed and he knew that it wasn't just you come you play, you train, it was everything else alongside it, and he always made sure he'd go to team bonding and team socials. He was one of the first people I think I met at university who I remember being really good friends with, and that stayed that way for the rest of my three years as a lacrosse player.

What mental health issues did Charlie face?

He had a combination of anxiety and depression which I think it forms a bit of a brutal circle which tends to increase isolation and loneliness which was quite hard to see. He'd struggled from an early age, he lost his mum when he was about nine. As soon as you move away from home you don't have that support network, you don't have your friends, you don't have your family, you change GPs, all of that kind of stuff. It's a totally foreign environment and it's really easy for people to fall through the cracks.

Do you think there's a culture of men suffering in silence because it's considered to not be manly to talk about mental health?

Absolutely. I think there's a huge stigma that is really deeply imbedded in our culture, and it's one of those things that I think we're beginning to make a bit of progress. People are speaking out about it now and it takes that one person to start to say I've been feeling like this when actually you realise the problem is a lot wider spread than we admit. Boys in particular are brought up from such an early age that it's embedded into them that they have to be the strong one, and for some reason some people have made the jump between strength meaning you can't talk about things and admitting they're wrong, when I think a lot of personal strength comes from admitting that things aren't going okay but continuing to fight through them, that to me is strength. We've entered into a little bit of a warped perception of that, and I think that we've explored quite a lot this year, particularly in sport, this idea of not admitting that anything is wrong equals strength, when actually that's not the case.

If people are feeling as Charlie was, what should they do?

There's no clear answer and obviously it's something I've mulled over quite a lot, you do have a lot of thoughts like what if and what could have been, and the classic answer that everyone keeps saying

at the moment is to talk but I think that's a hard answer to give, and it sounds really easy but it's actually very hard to do. One of the things that we know is that when we say talk, people usually mean talk to your GP talk to a healthcare professional, but that doesn't necessarily help and can seem really daunting. It's a huge step to



take to admit that something isn't right, so usually that means talk to your friends, your housemates, your parents, it might not feel like that is a solution because it doesn't mean that you're automatically going to feel better but that is absolutely the first step on a road to recovery. When people say talk to someone about it, it sometimes annoys me because I know how much that step is, so try and build up the strength in your own mind to talk to someone you can really trust. To help you in whatever capacity, I think that's the mark of a good friend in my eyes, and I think that everyone kind of recognises that friends are there through thick and thin, so build up the courage to be able to have a conversation. There's no point rushing anything.

How did the Charlie Watkins Foundation begin?

There was a universal sense after Charlie died that it was something that can and should have been prevented. Charlie's case is quite high profile because he appeared on Take Me Out and touched the lives of so many different people, that his story really speaks to everyone. The foundation came about because Harry, Charlie's twin brother and the Foundation's founder, is incredibly motivated to essentially prevent that from happening again. Speaking to Harry something that we agreed on is that once something like this happens to you, it opens your eyes to just how prevalent an issue this is in universities across the UK. Harry and I were talking about different stories we've heard coming out of Bristol and Durham and all these other universities and you don't hear about it until something like this happens to you, and all of a sudden you're thrown into a world

where it seems to be everywhere, and I think Harry recognised that he was in quite a unique position to be able to talk about not only what had happened to him but to try and make a difference and a change.

What work is the Foundation doing to support students like Charlie?

At the moment it's in its initial stages of fundraising. They've set up this online support service, the 'Chat with Charlie' helpline, and it's essentially a forum manned by volunteers where students can message it at any point during the day to express anything they're thinking about. Hopefully it will encourage people to talk, because it eases you into that process, For mid to low level issues the volunteers can offer a level of support, and they're then there to be able to provide that next step in terms of you can consider talking to these people, this charity, these are all the different options available to you at this point in time, so it bridges the gap between being by yourself in silence and not knowing where to go, and receiving the help that you need. That's been set up in the last month or so, and it's up and running at the University of Essex, and with all the fundraising that's going on, we can roll that out to different universities across the country. Harry wants it to arrive in York, it feels right because Essex is Charlie's hometown, so the next step is where he went to university.

Was the Sabb skydive campaign because you wanted to raise money or was it about raising awareness and causing a conversation?

It's both. Obviously, what happened to Charlie was quite intensely personal to myself and to a lot of others, and then I came into this role and you're given a year to try and make as big a difference as you can to students, and I was put into this weird position where what I say and what I do have quite a high profile and a high platform so I essentially stood back and said what do I want to achieve from this year. I firmly believe in leading by example, so me talking about Charlie and the impact it's had on me and the stuff that he was struggling with, it all contributes to that overall sense of it is okay to talk about these kind of things, and I want that to be the thing that people take away from this. I can talk about something that's personal to me, but that's because I want people to feel like that is okay, and by acting that way you set the norm so I hope that if it's a story that's even touched people in the most subconscious of way, it hopefully does all contribute to that normalising of a culture where mental health is accepted as physical health is. So it's very much an awareness campaign and that was for me the key premise for it, along with the fact that the 'Chat with Charlie' service is hopefully going to arrive in York at some point and hopefully fill a void that I do see with people falling through the cracks here in terms of mental health support,

which is where the fundraising element comes in because we do need to raise funds in order for that service to be set up here, so it forms quite a neat circle.

Is there anything else you'd like to say about Charlie or the work that the Foundation is doing?

Just that I want other people to find something in that story that resonates with their own lives, their own friendships, and makes them think twice about their own situation, the situation of others around them, and maybe just gets them to just have that extra moment of thought about mental health, what it means to them and their friends, and if there's anything that they could be doing differently. Although we are talking about Charlie and the Foundation, actually it speaks to a much broader audience, and the whole point of it is it's about everything that goes on around it, and to get people to think slightly differently and hopefully that in turn will contribute to a more longer lasting change.

Suicide is preventable. Readers affected by the issues raised in this interview can contact Samaritans on 116123, Mind on 0300 1233393, the University of York's Nightline on 01904 323735, or the University Open Door team on 01904 324140.



IMAGES: LAURA CARRUTHERS

N COMMENT



Reality TV is now the reality of the presidency

With Trump's latest political advisor being Kim Kardashian, are we living in an Orwellian dystopia?

Patrick Walker



North Korea really knows how to push Trump's buttons. On 1 June, a letter, speculated to include Kim Jong Un's request for a meeting, was delivered to the Oval Office by Kim Yong Chol. The event suited the President perfectly. Important official? Tick. Diplomatic event not seen this century? Tick. Massive envelope, too big to practically fit through even a White House letter box? Tick, and tick. Later that week Kim Kardashian's visit to the White House gave the President another shot at making headlines, this time to discuss prison reform. Reality TV stars and huge letters demonstrate a fundamental problem with this presidency: Trump's ability to use celebrity and glamour to distract from important issues.

Up until two years ago, most people would have agreed that reality TV stars make lousy politicians. In the current political reality, this fact is important to remember.

Let's not pretend that liberal

Hollywood can make a tangible impact on the President's policies. Trump is legendary on the hill for ignoring his advisors. In March, aides reportedly wrote 'don't congratulate him', in capital letters, on Trump's briefing sheet for his call with Putin (who had recently been re-elected.) Trump congratulated Putin, then tweeted about it.

Hollywood has had failures in changing Trump's mind before. Just ask Caitlyn Jenner, who advised Trump on LGBT issues for the campaign trail. Jenner was unable to change Trump's mind on the infamous transgender bathroom bill. Celebrities in politics are generally more a source of brand recognition and credibility than they are policy advice. Obama fostered many 'working relationships' over his time in office, but no one pretended they critically influenced his strategy. Kim Kardashian must be praised for drawing public attention to the plight of unjustly convicted American inmates serving sentences for non-violent drug offenses. She did manage to get Trump to pardon the lady for whom she advocated, but other reform is unlikely. Changing Trump's mind is not easy.

Celebrities under Trump play a

role of distraction and interference. Keeping up with the US news cycle is exhausting at the best of times, and Trump uses this cycle well. He bombards the American public with as much information as possible: Kardashian is the latest example.

As this article was being written, Trump disinvented Super Bowl

**Liberal
Hollywood cannot
make a tangible
impact on policies**

winners from the White House, claimed he had the 'absolute right' to pardon himself if convicted, lied about Republican primary turnout, and lied about his wife. When consuming news, it is hard to determine which stories are worthy of attention, and celebrities don't help with that. Of course, their ability to draw attention to worthy causes is worth applauding, but their interference in politics is also damaging the American media's ability to ef-

fectively report on Trump himself.

Moreover, one ought to question whether celebrities are qualified to advise politicians on strategy. While celebrities attract publicity for issues, for better or worse, their involvement should not be used to educate. For example, while I appreciate Bryan Adams' passion for peace in Gaza, I wouldn't consider him qualified to sit on a panel on the topic.

In this way, Trump is a hypocrite. He attacks the Parkland students' education when they argue publicly on the topic of gun control, yet simultaneously makes time for high-profile meetings with Kanye West. To the President, it seems that the power of celebrity is only acceptable when it can be utilised to garner support. It's easy to see that Trump views his presidency like a reality show. Like any good Apprentice candidate, he uses his association with certain individuals to look good, and launches an attack whenever his own credibility is questioned.

However, the power of the celebrity is limited. While almost all narratives in Trump's show are malleable in the hands of his Twitter feed, the Russia investigation

is entirely different. He can't send unpopular candidates home, as he does frequently in the White House. He can't pick which stories the press choose, and he certainly can't change the result. Although the Russia investigation is unlikely to have much political impact because of American partisanship, it aptly demonstrates the gaps in Trump's media strategy. When faced with complex political institutions, Trump's power of celebrity proves insufficient.

The Donald Trump reality show will go on for two more years, but to cover it properly, its tactics must be understood. Celebrities aren't advisors, they're focus-pullers, and in today's world of attention deficits and soundbites, news corporations must be more rigorous concerning what does and does not warrant coverage. They must separate celebrity from significant political change. To conflate the two is to contribute to Trump's campaign of disinformation.

In *Amusing Ourselves to Death*, his famous exploration of show business, Neil Postman put it best: "we are in a race between education and disaster". In that race, the power of celebrity is not on our side.

ISOC continues to reach out to students

The Islamic Society is not the closed-off and insular group that many think it to be, as we will always strive to include all

Has'san Suhail



This article is a sequel to the one I wrote last year on the same topic. Neither I nor the Islamic Society intends to repeat this article every year, because we, like most of you, believe that it is our work that should speak for itself in front of you, rather than our words. But due to limited resources at our disposal, it is possible that some of the things that we do may be overshadowed by amazing things that happen in the University all the time; hence I write to you again.

While the underlying reason for this article is to highlight our achievements for this year, the main reason I have chosen to write it again is because of something I said in the same article last year. I said after mentioning our achievements from last year, that we do not want to stop there and will continue to do more. Certainly, you are the judge of whether we have done more this year than last, I personally am very happy with what we ended up achieving given our modest pool of resources.

Islamic Society took part in the Charity Week campaign, run by Islamic Relief, for the second

time, a campaign whereby Islamic Societies (ISOC) in each university compete to raise the most amount of money for the needy, and orphaned children around the world. Last year we won the award of Best Upcoming ISOC of the Northern Region raising approximately £1200. This year we set the realistic target of at least doubling that figure but instead we managed to raise around £4300. We won the Best Unity Displayed award for our collaborative attempt at raising money with the University of York ISOC. On Thursday night, at the Love York Awards, we won the YuFund Fundraising Award. Where is the outreach aspect in it? We did several collaborative events such as Murder Mystery Night with HAZsoc, International Food Night with the Spanish, Italian, Malaysian and Arab Societies, and finally in the small football tournament we organised, the winners were the Christian Union's team.

At the start of the year Aminah

Abdelhamid, who was Faith Rep, organised a faith week, including events with all the faith societies and

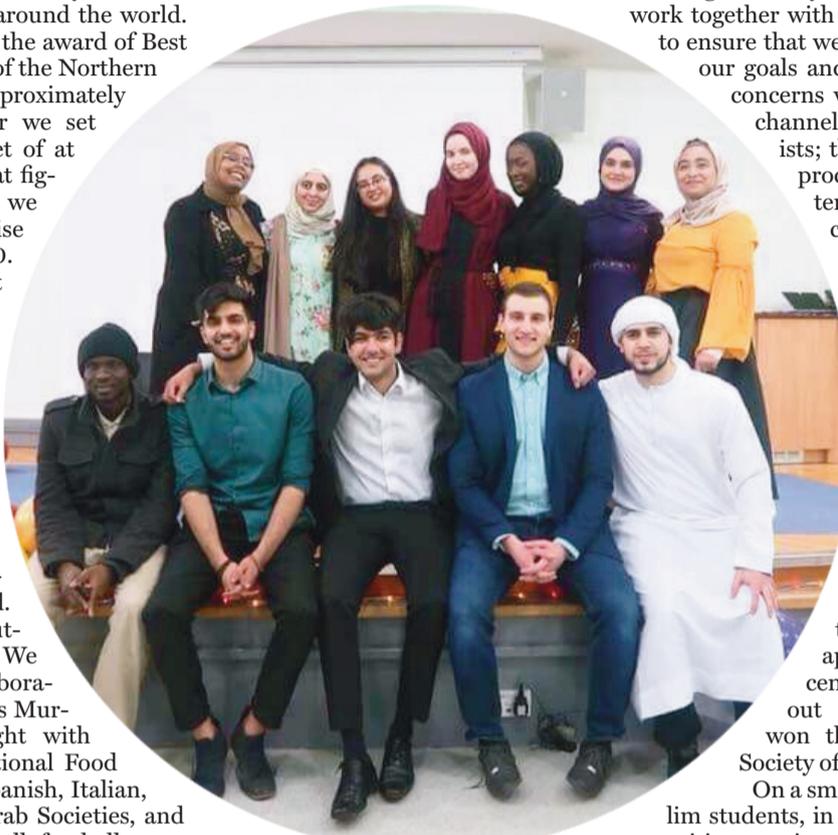


IMAGE: ISOC

was an opportunity for everyone to see each society in a Give it a Go for-

mat, but with each obviously slightly different. During Black History Awareness Month, a panel event was organised by the BAME network together with ISOC. We tried

to ensure that we were achieving our goals and conveying our concerns via a formalised channel that already exists; the YUSU policy process. In the first term's policy cycle, I submitted a policy for YUSU to take a formal stance against the Prevent Strategy, and we were extremely delighted when we received positive feedback on the policy that led to its approval. Recently we found out Islamic Society won the STAR Faith Society of the Year award.

On a smaller scale, Muslim students, in their individual capacities, continue to take part in various activities in the University, trying to reach out to the wider community, trying to send a mes-

sage that we are not a unique and strange breed, but normal people like everyone else, trying to live our lives as responsible citizens. One of the notable individual mentions goes to Maryam Taher, who has been elected as a student trustee for YUSU. I spoke to the CEO of YUSU recently and was extremely pleased to find out how important her contributions to the YUSU thought-process been so far. Then there is Rifah Khalil, newly elected Social Sciences Rep, who has previously been the ISOC sponsorship officer and the Social Sciences Society chair.

I am sure there are more similar great stories like these that I am not aware of, so I will briefly mention one more. Mine. Haha, joke's on you if you thought I was more modest than that. Jokes aside, it was important for me to nominate myself for the role of YUSU Prez, for a lot of reasons, one of them to encourage minorities to be more proactive and take the leap. I did not win, but I am happy with the feedback I received from the people.

I think it is safe for me to say, that Muslims on campus have definitely done their best to disprove a grievance often thrown that they are exclusive, do not actively take part in student affairs, and are poor at outreach. There is room to improve, but I am happy with the steps taken by the Islamic Society and Muslims.

Eating healthily can be the affordable option

We need to remake our relationship with food and change our false perception of the cost of cooking for a healthy diet

Seren Hughes



Natural yoghurt, quinoa, avocados and pistachios – all these foods are considered 'fancy' and 'luxury' goods. But are they really? Is it not just because they tend to be more expensive than your average bag of crisps or a bar of chocolate? In reality, these foods are not "fancy", but instead simply healthier options packed with more nutrients.

It is silly really, that the cheaper foods are the less healthy foods. Why should a bag of salted nuts cost more than the same bag of unsalted nuts? And why should a bag of sweets, which contains dozens of

ingredients (mostly artificial), be the same price as a bag of apples, which contains only one natural ingredient?

Equally, supermarkets encourage us to eat the healthier foods. Meal deals include a soft drink and bag of crisps, rather than an apple and a bag of nuts. The checkout counter is covered with chocolate bars and crisp packets, snack-sized, so that even if you have avoided the sweets counter, you are confronted with it, like it or not, at the end of your shop. Many health foods are not even available in supermarkets. Instead, you have to go to a health food store, where everything seems to cost over £5.

Economically speaking, consumer demand for unhealthy foods is higher than demand for healthier foods, so it makes sense that the good stuff costs more as

demand is lower. Unhealthy diets are cheaper because producers are trying to match this demand as inexpensively as possible. But, this is usually at the expense of our health.

That being said, I go to the local grocers each week, and buy a week's worth of fruit and veg for around £5 (this option also avoids the plastic covering so common in supermarkets, which is, guess what, an extra cost). Studies have shown that healthy eating is not actually that much more expensive. When measured by weight, a wide range of fruits and vegetables are available for less than £2 per kilogram, while the cheapest ready meals and junk foods cost £3 per kilogram. In reality, it is the truly luxury health foods, often named "superfoods", such as

chia and acai, which are pricey. Part of the problem seems to be the way we think, wholeheartedly believing that healthy foods are more expensive, despite the evidence.

Furthermore, the difference is that with healthier foods, which include fruit, vegetables, nuts, and light carbohydrates, you have to make meals from scratch, which takes more time and effort than picking up an easy ready-made pasta sauce (packed with sugar) or a ready-meal (packed with salt and fats). But cooking from scratch also means that multiple meals can be made. So, in the end, it balances out as those individual components go further.

Whatever the reason for our unhealthy diets, it should be in the public interest to improve healthy eating. Obesity cost the NHS in England over £6.1bn last year

due to the treatment of related health problems such as type 2 diabetes, heart disease, and cancer. The Health and Social Care Committee has pitched for junk food advertising to be banned after 9PM, for sweets at supermarket counters to be outlawed, and for the sugar tax to be extended. These are all proactive measures, the Government just needs to respond.

It is possible to eat healthily on a student budget, it just takes time and effort to produce the meals that are better for us. In our fast-paced society, we don't want to stop and cook, but if we want to be healthy, we have to. We need to change our relationship with food, to return to the individual and healthier components, and stop thinking healthier equals more expensive. It's the price to pay for a healthier future and for a better NHS.



IMAGE: WIKIMEDIA COMMONS

Sometimes it's best to leave the phone alone

Despite their obvious benefits, the health implications of constant phone use suggests that we may have to restrict ourselves

Kit Taylor



Since the birth of the mobile phone so many years ago, there have been countless critics suggesting that they have a negative impact on our health.

These protests have gathered steam as television mogul Simon Cowell has announced that he hasn't used his phone for ten months and feels better for it. The natural instinct kicks in "if a celebrity does it, then I should, too!". Normally I find this obscene, but Cowell might have a point here. It is, after all, no Kylie Jenner lip challenge.

I find it infuriating when someone whips out their Samsung mid-conversation. On the one hand I understand that emails and news notifications can be useful and demand a quick response but we should not completely disrupt actual conversation for the sake of a meme. One cannot simply ignore the fact that life carries on around them while they stare at a bunch of lit-up pixels. At a festival last summer, I noticed that there were more people in the crowd videoing the acts than were actually watching them! Whatever happened to enjoying the moment?

I do agree that we are addicted

to our phones, however this cannot change overnight. We rely on technology for so many things such as maps, reminders to take medication, and calling family. Mobile phones were developed for contact, albeit a primitive one now. They were designed to make life easier but are they making life more difficult?

Last year, *The Telegraph* reported that Prince Harry was urging people to put down their phones as part of several months campaigning about mental health. Talking at

One can't simply ignore that life carries on around them while they stare at a bunch of lit up pixels ”

a panel in Leeds, Harry emphasised that young people need to take a break from phones to process their own thoughts, rather than continuously scrolling through a social media feed for hours a day. He stated:

"I read recently that young people check their phones at least 150 times per day - I'm sure we could all be more effective and efficient

if we took a moment to process our thoughts rather than rushing from one thing to the next."

Harry also discussed the importance of making discussions of mental health as commonplace as those of physical health. An article from *The Guardian* discusses research outlining how late-night mobile phone use has a detrimental effect on sleep, and consequently mood. There is also the issue of comparing oneself to everyone online and of course the rise of FOMO. 'Fear of missing out' has been one of the main consequences of recent social media, especially on sites where people can post edited photos to seem perfect which can sway our personal view of our own lives. It seems that ditching the device could be helpful. But how difficult could it be?

I happened to come across an app developed in Scandinavia designed exactly for this purpose. 'Hold' was created to encourage people to not use their phones for extended peri-



ods of time, for which they would be rewarded with points. These points could earn things such as free coffees from Costa and even a free driving lesson! I even challenged my boyfriend to download it, an avid techno-geek, engineering student and ex-Head of Computing at URY. And it worked! The moment he started collecting points he started leaving his phone alone for hours. To our surprise, within a day he managed to collect enough points for two free cinema tickets.

I find developments like this such a good idea and create an incentive for leaving your phone alone. As habitual creatures, we may be able to train ourselves out of looking at Twitter every five minutes. Wouldn't it be lovely if we could have a genuine face to face conversation once more!

So, as much as I have my disagreements with Mr Cowell, I believe he may have a point here. Perhaps having some breaks from technology could be useful. It's a yes from me.

Graduation: the scary first step toward adulthood

Reflections on university life; from Salvos' tunes to JB Morrell blues, graduation at York is a blurred story of mixed emotions

Jonny Moynihan



With graduation on the horizon for many third years, it has made me reflective and, to be honest, pleased that I got through university fairly unscathed. Graduating is a defining moment in our lives or, as Facebook would describe it, a "life event". The momentous nature of graduation is demonstrated by the abundance of social media posts, shows like *Fresh Meat*, and of course, the beautiful prospective student photos thrown at us by the University.

The prospect of graduating is intimidating because, rather than leaving school for another academic institution, this time we are actually entering the big wide world. We must face the reality of jobs and careers and other general post-university complications that go beyond the cocoon of university life that has protected us from the outside world of adult life.

I for one don't really believe it is happening after all those hours

spent in the Purgatory that is the JB Morrell library, where time seems to stop and you leave to find that it is completely dark outside.

University life, for me, has involved hundreds of nights out to the fabled clubs of York like Popworld, Flares, and Salvos; nights that make undergraduate life slightly easier to endure until graduation. Furthermore, the funniest moments at university have tended to be the small ones, many of which are inside jokes, that few others are likely to ever understand.

Would I say it has been difficult to complete three years at university? Well, I've definitely gone through some tricky periods; the endless Dominoes in second year combined with complacency towards my course, and drunken nights at Salvos, led to a difficult time. But these times, when it seems that university is particularly cruel, are simply part of the shared student experience which can be overcome.

Then, there was the dreaded dissertation. *The Tab* claims that people have done their dissertation in 24 hours. Well, if this is the case then they are either geniuses, possibly fuelled by a questionable substance, or just incomprehensibly

disorganised and lazy. The dissertation was a travail to say the least, the hours and hours spent reading and then writing about the most niche topic. The optimism, often felt at the start of these studies, was soon replaced by fear and disbelief at having to read the same chapters repeatedly.

Nevertheless, after three years at the University of York, we are soon to be thrown out, in a slightly drunken haze, with our free gowns (cheers Koen Lamberts) to a life in which only God knows where we'll end up.

While panicking is inevitable, there is ultimately a myriad of choices for us "millennials" after graduation. You might be going on to another university to do a Masters, travelling abroad, or doing a graduate scheme (likely at a firm that always came to the careers' fairs, which are regularly neglected until the fear of third year set in). Or perhaps you could end up on Love Island with Eyal and Jack talking about pens.

Whatever the case may be, graduating will be brilliant and the endless stories from my time at the University of York will stay with me forever.



EDITOR'S OPINION

High streets are shutting up shop

Ed Smith



House of Fraser announced on Thursday 7 June, the closure of 31 shops throughout England. Their decision follows a continuous succession of high street branches including Marks and Spencers, announcing further closures as the dot com bubble reaches new highs and breaks new boundaries.

Critics and skeptics of internet shopping damn the bubble as depersonalising the community and creating an isolated and degenerated town centre, as consumers continuously use online shopping for a growing number of items on their shopping list. This has been added to by Amazon, who have been selling fresh produce for a number of years now, promoting itself as being able to deliver anything in a number of hours.

It mustn't be forgotten that Amazon initially started out as a bookseller and thus the new areas it is expanding into emphasises how internet shopping truly shows how you can have access to anything at the touch of your fingers. This of course has been criticised by many as pirate websites in the dark web now boast of their ability to traffic drugs that are delivered by your postman.

But what is the impact of this on the high street? The impact is definitely expansive, as money that otherwise would have been spent in high street shops and greengrocers, is extrapolated from the community causing redundancies as companies announce store closures. However, it is not all drugs and degradation that the internet has brought to shopping centres and high streets. The internet has expanded the business of many entrepreneurs, who otherwise would not have been able

to establish a business. For example, the arrival of clothing websites such as Depop and ASOS Marketplace, has enabled many to set up their own profitable business from their university room, which is certainly better for many, enhancing their quality of life, as otherwise many students are subject to poor working conditions and low wages for long hours.

The decision to close high street shops is thus not all doom and gloom, just maybe for the big multinational companies, and depressing considering all of the redundancies and that the high streets are becoming hotspots of delinquency because of a lack of community investment. Furthermore, surely the money is now being redirected to faceless companies such as Amazon who are notorious for tax avoidance, which is contributing to many of the problems that are being experienced in society today.

Therefore is this redirection of consumers a bad thing? Maybe yes, maybe no, but it fundamentally depends on where your morals lie and whether you believe in letting economic tendencies run their course or intervening and investing millions into town centres who desperately need the support.

Personally, I think that a balance needs to be found and there is a contextual basis for each town or city that needs to be analysed. For example, in York both independent and multinational businesses are thriving, with the high street typically busy every day of the week and many businesses constantly hiring. Although this can be largely attributed to the large elderly and generally wealthier population, while in poorer cities and towns high streets are disintegrating with unprecedented speed. The long term impact of internet shopping looks likely to continue to renovate the pre-existing structure of shopping and create an alternative way to shop. Whether this will strip the high street completely, I believe, is unlikely.



IMAGE: JAN DE BOER, SASKIA STARRITT

You Nouse, you lose? My time as a student journalist

Student media may be tiring but it also provides many skills for life

James Hare



Student journalism; a weird and wonderful land of wacky characters who didn't quite make the cut for Alice in Wonderland so decided to spend their time producing written content with varying degrees of success instead. The kind of place where you can quite literally do whatever you want - providing it doesn't contravene libel laws - and still produce something to be as proud of as your firstborn. Even if it seems like a mishmash of random thoughts and ideas bleeding from the page in black ink, with comment pieces at time seeming like a weird cross-breed of a Dali original and a rousing polemic.

It is this world which I have inhabited for 12 months now, and which as of today I wave goodbye to. This piece is my paean to student journalism, an attempt to go out in style; though style is not something to which I have ever been able to lay claim, be it fashion or journalistic in nature. What I hope anyone reading this gets from my inane rambling is twofold. Firstly, that student journalism is a fun and wholesome pursuit, like spending time with your pets or spending time with other people's pets. And secondly, that you, yes you, would benefit in many ways from entering this weird and wonderful world. Don't believe me? Read on.

I never planned on becoming a member of *Nouse*, but was instead snared in a trap set by our former

Editor, the dearly departed Finn Judge. Even then, I didn't expect to stick around for an entire year. But I got sucked into the fun and games of the office, even as the rhythmic tri-termly prod week grind wore me down gradually more and more. The camaraderie of the office is something that picks you up no matter how you're feeling, and the shared tiredness and utter contempt with which we regard being literate at the end of each prod week creates the kind of bonds not usually found outside of the Chemistry lab.

Yet there is more to student journalism than just the fun and games, you also develop useful skills and all that sort of thing. Be-

at *Nouse*. There is also the benefit that being involved with student journalism brings to one's well-being. It is tiring and at times incredibly stressful, but the sense of purpose it provides is invaluable. When things around you aren't going quite as well as you would like, being able to put pen to paper (well, keyboard to InDesign) and have something under your command, something you control the destiny of, is quite a fulfilling experience. I accept it may not be for everyone, but personally I have felt the benefit of being able to expel pent-up frustration on the page, and I'm sure many others in *Nouse* feel the same.

I recommend to anyone reading this to take the opportunity to enter the stage as I head off into the sunset. I can assure you that you won't regret it, that you'll develop both as a person and a writer, and that you'll make a number of great friends. And it is to those people I dedicate the end of this article, as it is ultimately down to them that I stayed on the paper for a year to write this article.

Firstly, thanks must of course go to my beloved Comment section, both for being kind enough to publish this and for being the best co-workers one could possibly hope for. To Jan, Saskia, Ed, and Seren, thank you, and I hope you keep up the good work - it's been a pleasure. Also I have to dedicate this to this year's Senior Team - Jacob, Oscar, Emily, and Izzy - for putting up with my constant office presence, poor quality attempts at humour and eccentric article ideas. And to everyone else, too numerous to name, who has made this year such a fun one. I'll be going now, it's been a lark.

The sense of great purpose it gives is invaluable ”

fore joining *Nouse* I was the writing equivalent of the bog standard comprehensive. Though as someone who went to a bog-standard comprehensive and rated it highly, I would say I may be overselling myself. I wouldn't go as far as to say I'm a fantastic writer, or even a particularly good one, but I'm a lot more confident in my writing, and it has to an extent translated through to my degree. Luckily my essays on the enlargement of the Eurozone and the use of archaeology in Israel for nation-building (yes, really) have not become littered with weak cultural references, but they have become much more fun for both reader and writer, to which I must thank my time



CARTOON BY HOLLY HUXTER

"This isn't just any desolation, this is M&S desolation"

Lecturers' powerpoints should not replace passion

There is a lack of any incentive to attend lectures as Lecture Capture provides all the value they can offer

Sam Green



A recent submission on YorFess came from a student on Hes East who had made the decision to stop attending lectures since the second week of first term. By not having to get ready for lectures and travel back and forth; being able to watch them slightly faster on Lecture Capture, the student had accumulated 3.125 days in saved time. 'Genius'. Unfortunately, as things are, this was indeed a savvy decision. In the era of the supposed 'marketisation' of higher education, this 'product' could do with an upgrade if students are to keep attending.

Despite their constant conflation, a lecture and a PowerPoint are not the same thing. This kind of topic inevitably veers into 'back in my day' reminiscing. Journalist Andrew Smith, writing in the *Guardian*, vividly recalls "the best lecture [he] ever attended". No PowerPoint was used. On a large bare chalkboard, Professor Thomas Baldwin started by writing a single proposition, ominously surrounded by undetermined blankness. He would pace the room with total engagement, totally present. "You could almost feel the motion of his mind

- and through his, your own". Such a quality of lecturing isn't just an idealistic aspiration- I predict that lectures will naturally be forced to move towards this standard. Plus, as it happens, he was referring to a lecturer at York.

PowerPoints - when the lecturer uses them to replace themselves - become disadvantageous. Students switch off. The lecturer switches off too, reading the slides. Extreme dullness ensues. Waiting in the rain for the 66a to have a document read to you is so little a reason to attend that it justifies not going. Even if you have some penchant for being read to, if the audio is available online, the assumption is that there's something special about seeing the lips of the lecturer move. (OK there probably is some subtle psychological benefit in seeing someone's face). But more seriously, when the lecturer reduces themselves to the PowerPoint, in

humanities especially, it becomes almost impossible for students to

That occurred weeks ago when they wrote it. We're just left with a fossil.

Hence we get attempts to make lectures more interactive with the obligatory 'now chat with your partner for five minutes'. This at least recognises the problem, but there will always be a tension between the rigidity of some bullet points (plus a Getty image) and the open and unpredictable nature of discussion that is aspired to. You can feel that tension every time the five minutes end, they look at the clock, and dutifully proceed to the next slide that they were always going to move to anyway, the 'interactive' box now ticked. Pointless and pretend, just as one now has to pretend that making written notes actually matters. 'Stimulating your brain by reformulating the info for yourself' is a reason for making notes, but not necessarily for going to lectures to make them.

Students who stay at home will 'miss' this interactive element, but it won't be missed. If a strategy of

incentivisation is to work, a shift in approach could work for some subjects. Rather than consisting mainly of regimented bullet points with the desultory attempt to complement this with 'five minute discussions' we need to switch this round. The engaged, present exposition of the

In lectures we can not emulate the lecturer's dynamic thought process, We are just left with a fossil ”

lecturer should comprise the lecture, with any bullet points complementing this by ensuring an overarching structure.

To be clear, Lecture Capture and PowerPoints are excellent and should be kept. But there's room for a resource on top of these: the kind sought when something is so important that you want to speak to someone 'in person' instead of over the phone. Any such changes will happen gradually of course; no sudden attendance crisis will occur. Modern technology created the problem of incentivisation. Ironically, it may also encourage a return to roots for lectures.



IMAGE: UNIVERSITY OF YORK

learn and to think. We can't emulate the lecturer's dynamic, discursive, retrospectively rectifying, thought process.

Robots of the East will leave the West behind

The reluctance of the West to seriously engage with the concept will hand further innovation to those in Asia

Calum Stewart



Vladimir Putin stated to a class full of science students on 1 September, 2017, 'Artificial intelligence is the future, not only for Russia, but for all humankind... Whoever becomes the leader in this sphere will become the ruler of the world.' Although I don't hold the man in high regard; god forbid anyone on this campus does, I have to agree with Vlad here.

An AI revolution is set to rapidly recalibrate the balance of power in the 21 century, and China seems poised to make a preemptive strike. Through the 'Made in China 2025' initiative Beijing intends to revitalise its domestic high-tech industries and become the world leader in artificial intelligence by 2030.

The revolutionary economic and military ramifications of AI cannot be understated. Some spectators believe that the introduction of artificial intelligence could signal a fourth industrial revolution, with a PwC report estimating that AI will

increase China's GDP by 26 per cent by 2030. In addition, the People's Liberation Army have projected that advancements could lead to intelligent unmanned military platforms, computer driven decision making, enhanced warfare simulations and even the expansion of hu-

The revolution that is AI cannot be understated ”

man mental and physical ability.

These capabilities are made even more daunting with the ascension of Xi Jinping, who is perhaps the most powerful Chinese leader since Mao Zedong. His 'Chinese Dream' aims to evoke a self-confident and autonomous China, ready to re-emerge onto the world stage after two centuries of humiliation. This is shown by China's expansion in the South China Sea and hard-line stance on Taiwan. As Beijing continues to flex its muscles, it is imperative that China's strength is effectively counterbalanced.

The failure of Washington to ef-

fectively gear-up for a potential AI Cold War not only stems from ineptitude on the part of the current administration but is also the result of deep-set values that characterise western liberal democracies. With the introduction of Xi's Military-Civil Integration Development Commission, Beijing hopes to implement a strategy of military and civil fusion. By utilising massive datasets, assembled by state-sponsored companies such as Tencent and Alibaba, the People's Liberation Army hopes to rapidly develop machine learning systems, natural language processing, vision systems and voice recognition for military use.

While it would be foolish to suggest that giants such as Amazon, Facebook and Google don't collude with the American government, there lies a philosophical question as to who has the right to access user data in liberal western democracies. The Chinese Communist Party is not beholden to these ethical constraints, and the invasive state apparatus the regime enforces ensures that the collusion be-

tween technology giants and the central government is far more

systematic. The disturbing implications of this are made evident by the fact that China's phone using population of 772 million is larger than the entire population of Europe.

In comparison to China, which has introduced a National AI Development Fund, Trump's administration does not have a defined national strategy. Rather, the recent paranoia over ZTE and Huawei smartphones highlights how the dominant narrative seems more focused on deterring Chinese technological interference than improving Washington's own capabilities.

The nativism of the Trump presidency has deterred immigrant engineers who fear being the victims of arbitrary immigration restrictions, and while Washington imposes economic tariffs on China for the 'Made in China 2025' initiative, the Trump administration has cut the 2018 budget for science and technology by 15 per cent.

Liu Guozhi, the director of the Science and Technology Commission warned, "Whoever doesn't disrupt will be disrupted!" In this world of disruptors and disruptees, Trump's America is almost certainly the latter.

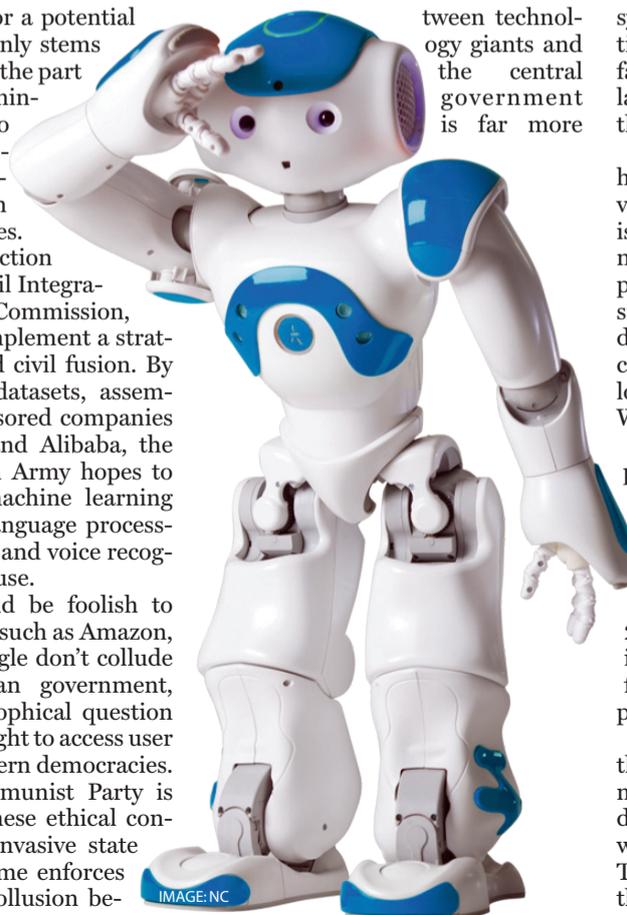


IMAGE: NC



Mason Ramsey @theMasonRamsey

They always say yeehaw but they never ask haw yee.

4 June 2018



Katie E. Jamieson @kateejamieson

The only joke I've been peddling out every Trafalgar Day since 2015. Not many people know that Nelson was 5' 6" in real life. His statue in Trafalgar Square is 17'4"

That's a Horatio of around 3:1

1 June 2018



Darren Tarband @Tarband

I made a device that checks the council website and lights up to show you what colour bin to put out. I call it the Bindicator.

1 June 2018



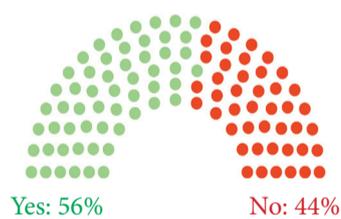
Tina Daheley @TinaDaheley

A reminder that more people applied for Love Island this year than Oxford/Cambridge University.

4 June 2018

BY THE NUMBERS CAMPUS POLLS

Are you proud to be British?



Source: Nouse

Do you prefer national or campus comment?

CLASH OF COMMENTS

Are you proud to be British?

YES.

Joseph Silke



Britain can get a bad rap, particularly from the British. Self-deprecation is an ingrained part of our culture. We can't help but say sorry all the time, even when we aren't in the wrong. We let ourselves be denigrated for fear of causing a fuss. We will smile and nod to avert the horror of an awkward exchange. It is in our blood. I am going to fight this impulse though, because being British is something to be proud of and we should all feel more comfortable about acknowledging it. Britain is a spectacular place to live and Britons have done and continue to do so many things to make the world a better place. Civic pride is a healthy thing and binds people together across dividing lines. There are, of course, many Britains and many different things to cherish. There is the Britain of Downton Abbey and the Britain of Love Island. We have proud institutions from the BBC to beans on toast. Our language is the lingua franca and we use it fondly to talk about the weather but know when it is best to apply starch and say nothing at all. The wartime motto of 'keep calm and carry on' has persisted in our distaste for hysteria, except for that minor blip in 1997. Although the imperial sun has set, we remain resolute in projecting ourselves on the global stage for the benefit of humanity, from standing up to brutal dictators to combating disease and poverty.

Our system of government is peculiar, but it is the envy of much of the world. Millions tuned in recently to watch the nuptials of

Prince Harry and Meghan Markle which proved to be our greatest global showing since the Olympic Games in 2012. The event demonstrated the British establishment's capacity to evolve, too: it is no coincidence that modern Britain has never hosted revolution. The monarchy, parliament, the common law, the free press, the open economy all engender stability and prosperity. If you are a Russian oligarch in need of storing some cash, Britain is the place for you! Britons have given so much to the world: habeas corpus, industrialisation, and the world wide web. Britain led the worldwide campaign to abolish slavery and stood alone and defiant against the Nazi menace when the rest of Europe fell. It would be wrong not to acknowledge the evils of the British Empire, but Britain quite rightly granted independence to its dominions and in 2018 Britain hosted a massively successful Commonwealth summit in which fifty-three equal and free peoples affirmed their choice to remain tied to their former metropole. Now the Commonwealth is a force for overwhelming good in the world: fighting malaria, combating climate change, and promoting education, to name just a few projects.

We also retain formidable cultural clout that few, if any, can rival. Our performers, from our comedians to our actors, are highly sought after. British programmes are often "borrowed" by our friends across the pond but we can relax knowing that they will never top the original product. Indeed, the British appeal is so great that many of our stars have made the leap themselves, bringing our signature wit and sophistication to new audiences. This can be a source of great pride. Except James Cordon. They can keep James Cordon. Please.

Jodie Sheehan



On the whole there's nothing so terrible about being British, but there are undoubtedly a few things that hinder wholehearted pride in it.

Firstly, there's our inability to cope with any kind of weather. We take every opportunity to whinge about rain, but give us the slightest ray of sunshine and we all melt into a puddle of screaming lava. Our failure to adapt to any temperature above 20C makes it easy to spot a Brit abroad; they're the one sporting lobster red skin, clutching sun cream in one hand, and struggling with a parasol in the other. Worse than sun, however, is snow – it's our kryptonite. A couple of flakes and the roads are chaos, the schools are shut and the supermarkets are full of people panic-buying tinned vegetables should they get snowed in.

Another embarrassment to the British is our inept interaction with strangers. We seem to be adamant in having as little verbal or physical contact with one another as possible, especially on public transport. It is an unwritten rule that you cannot sit next to someone on a bus or train unless there is literally nowhere else across the entire vicinity of the vehicle. If you do end up sitting next to someone, it is the law that neither of you acknowledge the heinous situation you've gotten yourselves into, primarily achieved by evading communication. There are very few circumstances where conversation is acceptable, and voluntary attempts at small talk are deemed almost offensive. Never will you

NO.

see a face more expressive of pure disgust and panic than that of a Brit who has just been addressed by another passenger to say something other than the acceptable, "Sorry, excuse me, do you mind if I just, sorry, yeah, thanks, sorry."

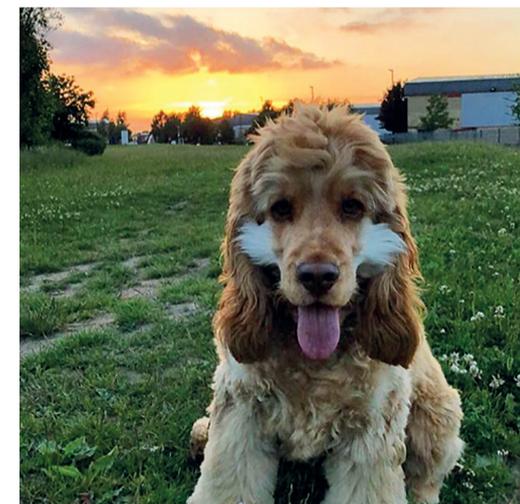
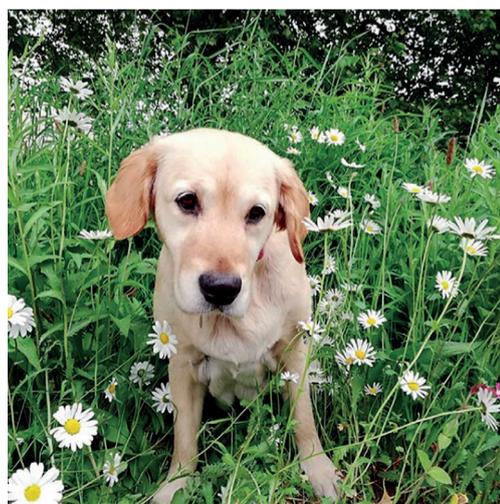
That's another thing that shames the Brits: our excruciating tendency to apologise for absolutely everything. It is almost impossible to get through a conversation without the word "sorry", and the worst part is most of the time we are definitely not sorry. While occasionally the word is used to apologise for things outside our control and definitely not necessitating an apology, like bad weather or sneezing, the word is more often used to simply express awkwardness, or politely masked hostility, like when someone has just bumped into you. It is difficult to be proud of such nauseating politeness.

Moreover, you would think such a small country would have a more limited range of accents. Alas, no. To be a Brit means to be virtually incomprehensible to half the people you share the island with. Get a northerner and a southerner to converse and a series of awkward smiling nods will ensue once they've asked for clarification three times already and it's too embarrassing to attempt a response having no idea what's been said. If we can't even understand each other, what hope do foreigners have when we turn up in their country on holiday having learnt approximately four words of their language; "Do you speak English?"

It's difficult to be proud to be part of such an incompetent nation. To be British is to complain, to apologise, to avoid one another and to be embarrassingly bad at foreign languages. But it's not all bad; at least we know how to queue.

#pupstagram

Nouse takes a look at the cutest dogs Instagrammed recently in York



MUSE.



TOO BEAUTIFUL
THE FIGHT FOR LEGITIMACY FOR
FEMALE BOXING IN CUBA

ARTS

M6

Stella Newing gives you the bookish solution to your summer problems

M7

Lydia Childs examines the conservation of Van Gogh's work

Rosemary Evans reports back from the Hay Literary Festival

6

FILM & TV

M14

The Muse team present a guide to this Summer's TV highlights, including *Sharp Objects*, Tom Clancy's *Jack Ryan* and the World Cup...



FEATURES

M4 Izzy Moore explores the influence of the internet on public conceptions (and misconceptions) of eating disorders

M8 James Hare discusses the love of his life at length... Yorkshire.

M16 Emily Taylor interviews the director and star of a new documentary about women's boxing in Cuba



MUSIC

M12

Beth Colquhoun interviews Australian band DMA's

M13

Sam Bright talks to UoY band Below Bermuda and Andy Young reviews Leon Bridges' album *Good Thing*

12

FASHION

M9

Robyn Ball explores the circular nature of fashion trends

After this year's Eurovision, Janan Jama reviews the fashion on display

9

FOOD & DRINK

M19

Anastasios Proios Doukas on the wonders of Greek cuisine

The hummus revolution has arrived and Oscar Bentley explores the history of everyone's favourite dip



TRAVEL

M18

Seren Hughes returns to the Travel section to explore a hidden gem; Robin Hood's Bay, located in the North York Moors

Also returning, James Hare gives his best tips for travelling on the cheap



GAMING

M17

Oscar Bentley examines the claim that video games encourage aggressive behaviour, deconstructing the myth

Rebecca Cowie explores new technology which will improve the accessibility of gaming, the Microsoft Xbox Adaptive Controller being a key example

17

“it’s a great way to broaden your skill base, experience and contacts ready for your next move in life.”



CLAIRE DOUGLAS, FOUNDER OF BIG FUTURES FOUNDATION, DISCUSSES THE CHALLENGES AND BENEFITS OF CHARITY WORK

How did you end up deciding to setup Big Futures Foundation?

I had the initial idea for Big Futures Foundation (BFF) in July 2016. It was finally registered as a charity in June 2017. I'm an ex-teacher, social justice activist and business woman. As a secondary school Physics teacher, I'd seen many young people come through my classroom who had the ability to do well at school but through one thing and another in their private lives had a rough route through school. They felt totally alienated from education by the time they were in their teenage years. This troubled me greatly but at the time I felt powerless to do much about it. After I left teaching and set up my own business I stayed committed to social justice but not active in doing something about it. I've watched inequality increase too rapidly for too many years. I'm not willing to stand by and watch any longer and have taken the challenge to help children living in disadvantaged communities do as well as they possibly can at school, in training, college, work and life. Big Futures Foundation was born.

What have been the biggest challenges you've faced since starting the charity?

I'm a glass half full type of person so I don't tend to dwell on challenges. I deal with them and move on quickly, but since you ask....

The bureaucracy of dealing with governmental agencies is frustrating. Getting to grips with complex processes and organisations is time consuming, you often feel as though you're going around in circles. But it has to be done. I'm always keen to find people who know more than I do about any subject. If people can help me overcome barriers I'm all ears.

Accessing funding is always a challenge but it's a game of numbers. You have to keep speaking to people and keep applying to funding organisations. Eventually you get to the right person and give the right message. Somewhere someone will believe in you and your ideas. You have to take that opportunity and build from there.

Balancing the demands of earning a living and running a charity on a voluntary basis. The bills must be paid but BFF is my passion and is a very high priority for me. Time management and priority setting are really important skills.

Could you explain the different programmes offered by Big Futures Foundation?

BFF wants every child to be the best they can be. To have the support they need to make the most of their school career and grow into adults who are happy in their personal and working lives and proud to be themselves. We work with children from age 5 and their parents or carers and stay with them until they leave education or training at 18 or 21. We support the emotional wellbeing of children and their parents by funding counsellors in schools and we work to build a child's life skills and resilience in partnership with the pastoral support staff in the child's school. Our aim is to smooth the route of our children through school, helping them to come to school ready to learn and to develop the skills we know are essential for success in education and life.

Since starting the charity have the problems facing children and young people changed? And do you see these problems changing in the future?

It's obvious that the mental health of children and young people is deteriorating. There are theories as to the reasons for this but it's still not fully understood. In addition, the funding for schools and the health service to really tackle the problem is woefully inadequate. BFF starts early with children by building their self-awareness and helping them develop strategies to cope with difficult periods in their lives. We don't see the need for children and young people to be able to handle difficult issues during their childhood and teenage years going away. Life isn't easy at times for all of us. It's hard to say how the changes in technology, how we communicate with each other and the potential for social isolation caused by

these changes will affect children and young people in the longer term. The nature of work is changing and will continue to do so. The impacts that will have on our society will be a very real issue for the young children we're working with. We hope our focus on building the life skills that allow children to grow into independent, confident and resourceful adults will allow them to grasp the new opportunities that come their way and help them to build an adult life they feel content with.

Do you have any advice to students who want to get involved in the charity sector? And is there anything they can get involved with now to help?

As a student it's a great time to volunteer some of your time and skills to support an organisation working in a field that interests you. There are hundreds of fantastic voluntary organisations working in York. Whatever your interest you will find a charity or community group working in that field and likely not far from where you live or study. It goes without saying it's a great way to broaden your skill base, experience and contacts ready for your next move in life. BFF is currently looking for volunteers to develop and manage our communications strategy and help us to develop a resource pack of activities schools can use with children to help develop life skills and resilience. If you're interested in how social media can be used to build a community and get a consistent, meaningful message out to people we'd love to hear from you. BFF has a great group of trustees with hugely varied areas of expertise. We'd love to give you the opportunity to learn what you can from us in return for some of your time. A win-win situation.

If you're interested you can contact me at claire.douglas@bigfuturesfoundation.org.uk or at <https://www.facebook.com/bigfuturesfoundation.uk/> or <https://twitter.com/BigFuturesUK>

Interview by James Hare

EDITOR'S NOTE



EMILY TAYLOR IS BAD AT SAYING GOODBYE

This is sadly, or happily, depending on your opinion of me, my last column as Muse Editor. But ending things is hard, so is starting them – and as is the middle bit, to be honest. But *Nouse* has been a good if weird entity that has taken over my life for the past year. Now when all is said and done I'm not sure what note to end it on, so I've been looking for cinematic assistance.

A great last line in a film will make sure audiences leave on the right note, and wraps up the whole experience in one succinct sentence. Perhaps I should go with one of the most famous such as *Casablanca's* "I think this is the beginning of a beautiful friendship", and friendships indeed I have made during my time at *Nouse*. I might not describe it as beautiful sitting in the office at 4AM, surviving on caffeine alone; they are some pretty good friends though.

Perhaps family classic *The Wizard of Oz* will offer the perfect closing line, "There's no place like home". Well, there's certainly no place like the *Nouse* office. In the *Nouse* office we store copies of newspapers in the fridge. I'm not a fan of *Gone with the Wind's* "After all, tomorrow is another day". Because tomorrow I have to deal with all the stuff I didn't do today, because past me is a fool so tomorrow me will have to clean up the mess. I do like *Some Like It Hot's* closing remark "Well, nobody's perfect" or *Black Swan's* ending note "I was perfect". You, dear reader, can be the judge of that (Though for the record I am certainly, was never, anywhere near perfect).

There's *Fight Club's* "You met me at a very strange time in my life" but I've been having a strange time for the last twenty years so you may not have much luck when meeting me. Maybe *Apocalypse Now's* "The horror. The horror", that's what goes through my mind when I read the articles I wrote at five in the morning thinking they would be my magnum opus. What about *The Matrix's* "Where we go from there is a choice I leave to you" and to whomever my successor is: please don't mess it up, but I wish you the best of luck.

There'll be no closing line better than *Toy Story 3's* last line, "So long...partner" which even thinking about makes me want to cry for a bit. That reminds me to say goodbye to my beloved housemates, who certainly won't read this column. You've been stuck with me for three years and you're all fantastic so thank you. But I think to best summarise the future I'll have to quote the one, the only, Arnold Schwarzenegger – "I'll be back."

IMAGE CREDITS

Cover: Maceo Frost
Opposite, from top: Netflix, HBO, Humpit, Wikimedia Commons, James Hare
Q&A: Big Futures Foundation

NATURAL BORN DIETERS

IZZY MOORE EXPLORES THE ROLE OF THE INTERNET AND MEDIA IN SHAPING OUR UNDERSTANDING OF EATING DISORDERS

This article contains sensitive material which some might find upsetting or triggering. If you are struggling with an eating disorder, or someone you know someone who is, help is available. Contact BEAT on 0808 801 0811 or Nightline 01904 323735.

It doesn't start how you'd expect. It's a slow burn. You don't see the quote "Nothing tastes as good as skinny feels" and decide not to eat lunch. It takes much more than a quote to trigger an eating disorder. However, quotes like these are the fuel for online communities and shape how eating disorders are perceived. It is sometimes claimed the age of the 'pro ana' website is over, there peak being during the early and mid 2000s. Yet, Kate Moss' infamous quote was not a product of this era, nor was it spoken during the 'heroin chic' phase of the 1990s. No, it was said in 2009.

Since then there's been increased exposure for the body positivity movement, and much less glamorisation of lithe figures in the fashion industry. In Italy and Spain fashion models need to reach a minimum BMI in order to walk the catwalk. France too has

regulations; the requirement to meet a minimum BMI was removed due to backlash from designers. Similarly, while the public preference for skin and bone has lessened, there is a continuing focus on image and weight. Presently, we champion fitness models, but the only difference is the shape of our ideal body; the level of obsession and exposure is the same. While we've moved away from 'heroin chic' in the mainstream, there are remnants on Tumblr and Instagram, and 'pro ana' forums still exist. Use the right hashtag or follow the right account and you'll find an

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At the time of publication category 'General' included 226 468 topics with 3 851 514 replies

abundance of images promoting gauntness and quotes which echo Moss' sentiment that less is best.

One such website claims it is "dedicated to the support or recovery of those suffering from eating disorders or body dysmorphic disorders" followed by a request for sensitivity when creating an account and making contributions to the forum. While the URL would suggest the sole topic is anorexia, the sub topics cover a range of eating disorders including binge eating disorder, orthorexia, pica and bulimia. Other topics include exercise, fasting, dealing with a disordered parent and coping with abuse. The usership is not just teenage girls either, there are specific forums for the over-forties, men, and if you are pregnant. Despite this diversity the dominant topics are 'General' and 'Anorexia'. At the time of publication category 'General' included 226 488 topics with 3 851 514 replies, with 'Anorexia' at 188 073 topics and 2 936 325 replies. These two were by far the most active groups.

The website may seem extreme and unique, but there are clear parallels with the mainstream website and app My Fitness Pal, which also has a forum where weight loss tips are exchanged, calorie counting encouraged, and before and after photos posted. The latter is significantly less extreme; the majority of

users are not aiming to become unhealthily thin, but the parallels remain. Notably too, while My Fitness Pal has the claim of being healthy, the users on myproana are under no pretence that they are. However, it isn't hard to see how one could begin using My Fitness Pal and end up on more extreme websites. It's worth pointing

at too that there's overlap in use. Many users of the forum use My Fitness Pal as a tool to count calories and more effectively restrict their energy intake. It is unlikely these websites cause eating disorders, as most users come from long histories of disordered eating - as stated on the introductions page. However, both forums enable disordered behaviour.

If we're going to blame pro ana forums then the media also has a lot to answer for. The recent release *To the Bone* was particularly jarring and discussed at length on the forum. Users complained the film was unrepresentative and encouraged restrictive behaviour. *To the Bone* is based on the experiences of director Marti Noxon, and here lies the broader problem with depicting eating disorders on screen. Noxon's film is a highly individualistic account, which retells her eating disorder. Maybe it is unfair to expect filmmakers to represent each and every manifestation of disordered eating, but, I would argue the director has a responsibility to their audience. The users of the forum argued it was unrealistic, and it is films and characters like these which define how eating disorders are understood by the general public. They create a cultural understanding of what eating disorders look like and which behaviours are associated with them. In some ways *To the Bone* did showcase a diverse array of who could have an eating disorder, what disorder they could have and that anorexia is not manifested as one set of behaviours. The fact that a mainstream release included a character with binge eating disorder is groundbreaking. Nevertheless, it was not their story. Instead the film focussed on the white female with anorexia, which only contributes to the misconception that this is the only group who have disordered eating and their only illness is anorexia.

The other big problem with *To the Bone* was the reckless decision to allow Lily Collins to become severely underweight for the role. Perhaps it is no different to other transformations which actors undergo in order to play a character more convincingly, Christian Bale being an obvious example. However, Collins has a history with anorexia and, as users noted, in any other context this would be classed as a relapse. To put your main actress in the same headspace which she has recovered from, to potentially reignite her mental illness, that Collins may have thought it was necessary, was wrong. She placed herself in a position where the long-term effects of anorexia could have resurfaced, or worsened. In some cases it can take years for a damaged body to recover from amenorrhoea and osteopenia. The other problem with this choice is

that it strengthens the strong association between eating disorders and an emaciated appearance. Naturally, the two should be linked. However, this shouldn't be the only visual associated with disordered eating. In the real world this false expectation means a lot of people go under the radar. Friends and

family don't clock on as they believe an eating disorder is only present if the individual is visibly underweight. If someone gains weight, or the weight loss isn't significant then the possibility wouldn't even cross their mind. Meanwhile, the person with the illness doesn't see themselves but as a fake. It's only "real" if you also look skeletal.

To the Bone is just one example of how the media shapes public understanding. There are further examples; *Skins* is an obvious one. Cassie is another character who has anorexia and has supplied quotes that are tweeted, reblogged, and idolised. She additionally sets expectations for how a disordered person acts; "I didn't eat for three days so I could be lovely." Organisations such as BEAT and NICE have since produced media guidelines, so that less harmful material is produced. Citing specific weights or calories is particularly discouraged. These numbers could easily become goals to aim for, or another measure in which to judge how 'valid' your eating disorder is. The scene with Cassie and Sid in the canteen where Cassie explains how to avoid eating lunch is a clear example of what shouldn't be included. She is essentially teaching the viewer how to skip meals. Mainstream media has an important role in humanising eating disorders, and has the potential to challenge stereotypes. However, characters like Cassie and Ellen reinforce misconceptions and are damaging to those

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There is little to no awareness of the emotional and physical stress recovery involves

with existing conditions.

Instagram is also influential. If the individual desires, the app has an unlimited supply of "Thinspiration". A less obvious use of the app however is searching for the inspiration and advice on recovering from an eating disorder. There are several recovery communities of users who post and discuss the process of recovering from an eating disorder. These topics are alien to the uninitiated. It is known that an anorexic has to regain weight, but there is little to no awareness in the general population of the emotional and physical stress recovery can involve. Recovering individuals are at risk of 'refeeding syndrome'; if the number of calories are increased too quickly, heart failure can occur. The process

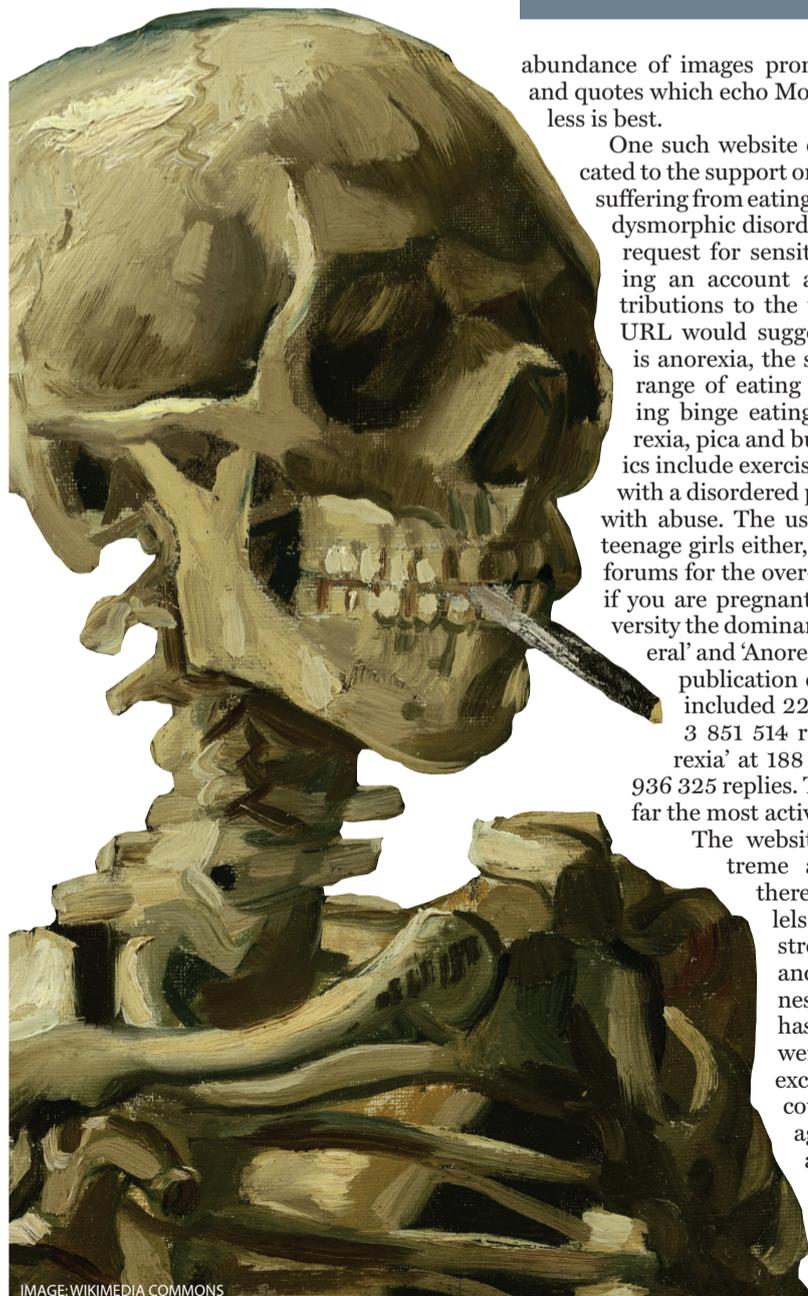


IMAGE: WIKIMEDIA COMMONS

of weight gain is concentrated around the stomach to protect the internal organs. Eventually the weight will redistribute across the body, but the individual may become too uncomfortable and anxious over their bloated appearance and relapse. These communities provide reassurance to each other that their recovery process is normal.

There are generally two levels of users. Those who use the app as an online private diary posting photos of meals, opening up about their feeling, and seeking support from others who are also recovering. The other group of users are those who have large followings and are essentially the equivalent of Instagram influencers. They advise followers on methods of recovery and may have more detailed resources such as eBooks. One example is Kayla Rose (also known as Damn the Diets) who has 11.1k followers. Unlike the typical Instagram influencer she describes herself as “anti-diet” and champions body acceptance. Kayla is unique as for ten years she was a fitness model. Now she directly criticises the “fitspo” culture as she argues it promotes compulsive exercise, restrictive dieting and poor body image. Usually “fitspo” shows a lean body with tips on how to achieve this figure, but Kayla deconstructs these photos and captions them with the various health problems she experienced in order to maintain her low body fat percentage. Heart problems, constipation, depression, and binge eating, all as a result of compulsive dieting. She successfully challenges the belief that visible extreme fitness is the ultimate sign of health.

Kayla is one of many within the recovery community who argue that each individual has a set body weight, determined by their genetics. Largely this is used to comfort those going through weight restoration who may experience the phenomenon of “extreme hunger”. This term which refers to the larger amount of calories physically and mentally desired and required by someone after a period of restrictive eating. The body needs this higher level of energy in order to adequately repair damaged parts of the body such as muscle, bone and for women the reproductive system. After looking at the recovery forum it’s clear that there’s an enormous amount of anxiety over eating too much food

This is a temporary process and once your set point is reached the intensity of hunger will subside

as calorie counting or dividing food into “safe” and “forbidden” foods can only be overcome by embracing the hunger you body feels and allow yourself to become your predetermined weight. By highlighting this ‘set weight’ theory these influencers emphasise to their followers that this is a temporary process and once your set point is reached



and the individual will be able to eat more typical portion sizes and feel satisfied.

These mentors go largely unnoticed on Instagram and hardly contribute to public perceptions of eating disorders. Body positivity is perhaps the main point of overlap between these private communities and the mainstream. It’s hard to say whether the fairly underground nature of these communities is for the best. The arguments made by Tabitha Farrar especially would seem fairly radical to normal eaters. Her suggestion that in recovery you need to eat as much as you want, whenever you want, and whatever you want, could appear to encourage obesity. However, she is talking to a specific group of people who need to hear these kinds of encouragements. A good majority of the videos she posts deal with listening to your body, allowing yourself to eat when you feel hungry. She is not advocating overeating but overcoming restrictive eating. For a normal eater eating until you are completely full would not trigger such anxiety that you had to google whether this was normal. The anti-diet message is also directed at clean eating. This may seem surprising, as clean eating is celebrated on Instagram as the ultimate lifestyle for health and happiness. Yet, as Kayla discusses, taking any kind of diet to the extreme will be eventually damaging to your health and clean eating can quickly lead to orthorexia.

These online personalities and their resources show that the relationship between the internet and mental health is not as obvious as some might assume. Typically we class social media as detrimental to mental

health, promoting certain body types and lifestyles over all others. Should we assume this when social media also provides networks of support? I reached out to both Tabitha Farrar and Kayla Rose and asked their thoughts on the effect of the web. Tabitha Farrar

explained eating disorders are “very competitive” making pro-ana sites “destructive”, while sites with a pro-recovery focus, if moderated, can be helpful “people can push each other to eat more and gain weight etc in a healthy way.” Kayla Rose added: “Without these pro-recovery pro-body positive communities, we would be left with only the communities that got us all into the mess in the first place [...] which then leaves the consumer or follower feeling less than, because they’re comparing to something that isn’t their reality, that can’t be their reality and is too unrealistic or unattainable - healthfully or naturally.” She highlighted the importance of communities, as going alone is hard and “If one cannot find support locally within their direct community, the internet is the next best thing to find the support you need. It was vital in my recovery and is crucial for a lot of my clients as well.”

I also reached out to users of the recovery forum asking them for the links between the internet and their eating disorders. Generally responses claimed the forum and Instagram had made them both better and worse.

The resources available can teach you how to be get better, but also how to ‘be better’ at restricting. These communities can provide solidarity and act as online support groups. However, by providing advice on losing weight more rapidly and effectively, it creates an environment which normalises weight loss. When disordered behaviours such as fasting or purging are discussed and joked about, they become acceptable. One user stated: “well hey, they’re doing it and they’re okay, so I guess I’m fine too.” There was a consensus that the website provided an outlet for discussing taboo topics. Eating disorders still carry a stigma, never mind the extreme that would be completely taboo in person, never mind discussing the use of laxatives and diet pills or binge eating.

What is clear from the responses is that these users are largely self-aware. They understand that they are ill, despite no formal diagnosis. They sometimes don’t want to be

this way, but they aren’t ready to stop. It’s not easy to stop. These are ritualistic patterns of behaviour. These are coping mechanisms. It may be a method to express inadequacy or insecurity. Restricting or deliberately overeat-

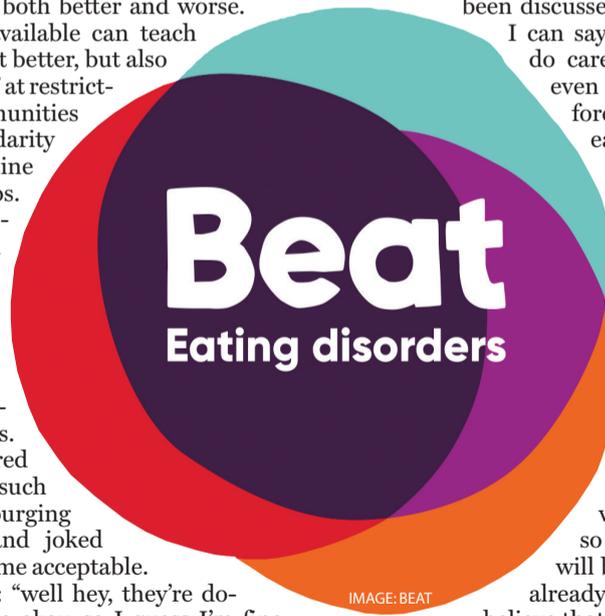
Mental illness is never a choice, but the negative thoughts are intensified by these influences.

ing may be a way of punishing yourself. These patterns become entrenched and when things go wrong, however minor, the conclusion is ‘I am not good enough as I am, and I need to change.’ It’s impossible to just wake up and be normal again. This is their normal. If you’ve been restricting over the long term there’s the fear you will be judged if you put on weight. This is an area in which the media has a lot to answer for. The media constantly criticises celebrities for ‘letting themselves go’ and demonises larger bodies, making recovery even harder.

These are vulnerable people who are being manipulated by the media, people who are conned into thinking weight loss is the only path to happiness. Mental illness is never a choice, but the negative thoughts are intensified by these influences. People turn to the internet because something is profoundly wrong in their lives, because offline no one quite understands. We can try and overcome that. More research is required, better education is needed. There are lessons to be learned. The ability to eat without anxiety or second-guessing should never be taken for granted.

We need greater awareness of eating disorders beyond what’s shown in film and television. We need to break down the taboos, so people aren’t isolated to the extent that this is their only outlet. It isn’t good enough that mental health is a buzz word, educate yourself. There’s so much more to discuss than what’s been discussed in this article. All

I can say is that these users do care about each other, even if it’s expressed in foreign ways. I hope each and every one of those users can one day step away from the screen. These people have futures beyond their disorder. They are not their fasting or compulsive exercise, or calories, or rules. Fat is not a feeling, although I know it seems that way. They deserve so much more. They will be enough. They are already enough. I have to believe that. I have to. **M**



With thanks to Kayla Rose and Tabitha Farrar. For more information on eating disorder recovery <https://tabithafarrar.com/> <https://amzn.to/2sLQ8hD>

Help and advice is available through BEAT at <https://www.beateatingdisorders.org.uk/>. If you are worried about yourself or someone you know you can contact Nightline on 01904 323735 or BEAT on 0808 801 0811.

UP TO SPEED ON SUMMER READS

STELLA NEWING PROVIDES A FOOLPROOF GUIDE TO HOLIDAY LITERATURE



For some of us, a three-month holiday spells many weeks of lying on a sunny beach, replete with Piña Colodas and tapas. For others, it might be crunch time: your degree has finished and there's no grad job in sight, you're heavily into your overdraft and need all the hours your hometown bar job can offer to salvage a few pennies. Maybe you think this year is the one in which you'll finally meet the love of your life, while trekking in the foothills of a far-off mountain (a girl can dream). Whatever your plans, I've devised the ultimate summer reading guide, with a book recommendation for every type of holiday-maker.

For the overpacker- the person who hasn't got much room in their suitcase.

This year's summer film *On Chesil Beach* starring Saoirse Ronan is based on the novella by Ian McEwan. It's a slim little book, less than 200 pages, perfect for squeezing in between that extra just-in-case outfit which you definitely don't need. Set in 1962, *On Chesil Beach* is the delicately woven story of two young honeymooners who are, as the opening line explains "both virgins on this, their wedding night". The wonderfully observant exploration of the couple's attempts to wrangle with this new chapter of their relationship makes for a beautiful read and a suitably light accompaniment to any holiday with a baggage restriction. Even shorter is Ernest Hemingway's *The Old Man and The Sea*. At only 127 pages it is a poignant short story about a fisherman, an allegory of self discovery perfect for any wandering soul.

For the grumpy waitress - the person who hates their summer job.

There is nothing worse than being stuck in a dull job while it's sunny outside and everyone you know is abroad. *Bossypants* is the autobiography of actress, writer and comedian Tina Fey and is guaranteed to lift your spirits and remind you that you will achieve more in your life than the slightly average customer service work you're currently doing, as she charts her transformation from geeky teen to household name. I'm generally an exclusive fiction reader but Fey's account of her personal journey to her current success was genuinely uplifting and entertaining, the ideal

companion for anyone stuck in a less than desirable profession.

For the gap yah intellectual - the person who wants to impress other backpackers.

Nothing gets a bit of lively conversation going in a hostel dormitory more than a competition over who's read the most challenging, enlightening book. There are the obvious choices - *War and Peace*, 1984, *The Great Gatsby*, all of which are fine picks, but if there's one title that's going to shut everyone up it's *Ulysses*. Often topping any list of 'books you started but never finished' or 'books you meant to read', James Joyce's modernist classic will get you a nod of admiration from your fellow volunteers in the elephant sanctuary you've selflessly given your time to. Make this summer the year that you do the impossible and get to page 730.

For the reluctant traveller - the person who wants to block out the people they wish they hadn't come on holiday with.

We've all been in this situation; the friend you were sure you'd have an amazing time sharing a room with is actually a slob and you can't bear her, two weeks with your family has proven far too long, the hotel that looked fine online has turned out to be little short of a prison cell in terms of appearance and amenities. Now more than ever you need a book that will engross and transport you. *He Said/She Said* by Erin Kelly was the book that I couldn't put down last summer. Kit and Laura witness a terrible crime and choose to testify in the court case, a decision which will come back to haunt them 16 years later. This thriller guarantees to make your surroundings pale into insignificance as you follow the disturbing and addictive plot.

For the armchair tourist - the person who can't quite be bothered to go travelling but likes the idea.

A new release by David Nicholls is a long-awaited thing, met with excitement, praise and fantastic sales, and *Us* was no exception. In his 2014 novel Nicholls follows the Petersen family on their inter-railing travels. After being told by his wife that their marriage is over, Douglas is determined that this holiday will unite their family, stop Connie from

leaving, and rebuild his fractious relationship with his son Albie. As their journey takes them through many European cities, each one described as vibrantly as the next, the family's cracks begin to grow. It's the book I return to at least once a year without fail. Simultaneously hilarious in its eye for minute detail and familial interaction, and breathtakingly sad in its presentation of slowly disintegrating relationships, *Us* is the perfect way to experience a bit of foreign culture without having to leave the comfort of home.

For the hopeless romantic - the person who's looking for love in Ibiza.

It's time to ditch the chick flicks this year and go old school with the romantic novels. I'm a strong believer that 19th and 20th century love stories provide a much more astute depiction of dating than the sleek sophisticated lives of the characters in 21st century pool-side reads. Francoise Sagan's *Bonjour Tristesse* shocked French society when it was first published in 1954 when Sagan was just 18. At once salacious and elegant, it tells the story of a heady summer in the south of France where Cecile, who is holidaying with her father, falls in love with a much older man. This is the antidote to the typical slushy paperbacks that one too many romantics will be getting through this year, and is guaranteed to shake up their normal reading list.

For the vampire - the person who hates the sun

There's always one person who burns at the mere sniff of a UV ray, who spends most of their time hiding indoors, living in fear of an unattractive tan line and claiming that they hate summer. The eternal winter of C.S. Lewis' children's classic *The Lion, The Witch and The Wardrobe* is sure to send a chill through anyone's bones and transport you to a colder climate. Although winter is vanquished in the end, this is the ultimate anti-summer novel. Alternatively, Philip Pullman's *Northern Lights* is the perfect place to turn for a wintery novel, and another very welcome return to a nostalgic reading experience.

For the tightwad - the person who scrimps and saves, even on holiday.

First off, get a Kindle. It might seem like

a splurge but will save you so much money in the long run if you're a big reader. Most books are at least a couple of pounds cheaper in electronic format than paper, and any book which is now out of copyright is free. That means that Dickens, Austen, the Brontës, and Hardy are all available for absolutely nothing. They're also all fairly lengthy tomes so will keep you going all summer long. Plus, Kindles are light so you won't have to be paying any extra baggage charges for all those hardbacks you're cramming in your suitcase. Alternatively, *Into The Water* by Paula Hawkins is only £3.99 on Amazon at the moment, an absolute bargain for the *Sunday Times*' Number One Bestseller.

For the over-keen student - the person who misses learning when they're not at uni.

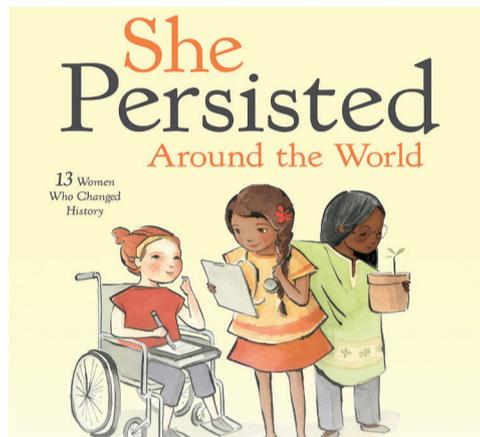
While there's no shame in spending three months doing absolutely nothing, anything that stops you completely turning off your brain over the summer is great. Biology meets philosophy in *Other Minds: The Octopus and the Evolution of Intelligent Life*. Peter Godfrey explores the evolution of consciousness in this quirky but brilliant analysis of octopuses and their similarities to the human mind. It was shortlisted for the 2017 Royal Science Book Prize and is ideal for anyone wanting to learn something new this holiday. Our other favourite is *Why I'm No Longer Talking to White People About Race* by Reni Eddo-Lodge. Tipped as the book that "sparked national conversation" this is essential reading for anyone wanting to learn more about the current crisis of race relations in the Western world.

For the anti bookworm - the person who manages one book each summer

If you're only going to read one thing this year, let it be *Exit West* by Mohsin Hamid. This is a book which, in our current political climate, everyone needs to be familiar with. Shortly after meeting and falling in love, Saeed and Nadia are forced to begin their journey to safety through a war-torn country, filled with refugees that rebels are about to take over. Hamid draws together both a poetic love story, laced with aspects of magic realism, and a powerful meditation on the migrant crisis in *Exit West*, as he traces Saeed and Nadia's search for political and personal safety.

THE HAY LITERARY FESTIVAL: DEBATING GENDER

ROSEMARY EVANS REVIEWS THE FEMINIST TREND AT THIS YEAR'S HAY LITERARY FESTIVAL



The annual Hay Literary Festival is renowned for being a hub of current and intellectual debate, and this year was no exception. Visitors to the festival in the Welsh village of Hay-On-Wye in late May saw thought-provoking discussions ranging from mental health to Cold War history to the future of gay fiction, delivered by a wide variety of distinguished speakers.

However, as the festival got underway for its 31st year, one topic of debate seemed to take centre stage: amidst the inevitable discussions

on the implications of Brexit and Trump, impossible to miss was the prominence of the topic of feminism and gender.

With this year marking 100 years since British women were given the right to vote, the Suffragette undertones at Hay were particularly striking. Historian Fern Riddell delivered a talk on the subject of her book, *Death In Ten Minutes*, about the life of radical suffragette Kitty Marion. This complemented a discussion by women's rights activist, Helen Pankhurst (the great-granddaughter of Suffragette leader Emmeline Pankhurst) on the legacy of the suffrage movement, examining how women's lives have changed over the past century. Similarly, a panel of female speakers including Sarah Greer and Krista Cowman emphasised the significance of the centenary with their question: Is 2018 the year of women? Reflecting on the political waves created by the Harvey Weinstein scandal and the #MeToo movement, they asked whether 2018 would be a turning point in the battle for gender equality.

Feminism also featured heavily in children's literature at Hay, with Chelsea Clinton promoting her picture book *She Persisted Around the World*. With illustrations by Alexandra Boiger, Clinton's #1 New York Times

Bestseller celebrates 13 inspirational women who have broken gender barriers and shaped history across the globe.

Discussion of the remaining barriers to gender equality was led by the founder of the Everyday Sexism Project, Laura Bates, who talked to Owen Sheers about the scale of the challenge facing feminists in the modern world. Both writers promoted the launch of their new collaborative work, *Letters to the Future: On Equality and Gender*, a series of letters which plan and imagine a future free of gender restrictions.

Exploration of gender in a broader sense also contributed to the debate, with Robert Webb's discussion of his autobiography, *How Not To Be a Boy*, providing an exploration of gender conditioning. In his book, Webb discusses the way that expectations surrounding masculinity, particularly the expectation to be violent and emotionally repressed, are harmful to men, emphasising the need to address this gender conditioning in order to improve men's lives. A similar challenge to the fixity of gender norms was provided by psychologist Cordelia Fine in her discussion of the validity of ideas about gendered minds. She drew on the arguments raised in her latest book, *Testosterone Rex*, in which Fine uses scientific

research to debunk the myth of difference between male and female brains, arguing that gender binaries are not natural, but cultural.

Despite the array of discourse on feminism and gender, the most talked-about opinion as the festival drew to a close was Germaine Greer's highly controversial statement that the punishment for rape be reduced. Speaking at the festival on 30th May about her latest book, *On Rape*, Greer argued that rape should be viewed not as a "violent" act, but merely as "lazy, careless and insensitive". She went on to suggest that the harsh prison sentences given to those convicted of the crime has done nothing to reduce incidents of rape, and has merely resulted in "an erosion of the civil rights of the accused".

Greer's argument was vehemently attacked, with journalists and social media users criticising her comments as dangerous for modern feminism. Greer's comments did appear discordant with the progressive wave of feminism that dominated this year's festival. While such events should undoubtedly be places of healthy debate, it is nonetheless jarring to think that in the year supposedly hailed as the 'year of women', one woman used a major platform at Hay to seemingly act as an apologist for rape.

WILTING FLOWERS: ART UNDER A DIFFERENT LIGHT

LYDIA CHILDS EXAMINES THE IMPACT OF VAN GOGH'S FADING COLOURS ON THE CONSERVATION AND THE DISPLAY OF ARTWORK

Age is inevitable, as has been proved by the recent decision made by the Van Gogh Museum in Amsterdam to re-view its display of Vincent Van Gogh's 1889 oil painting 'Sunflowers' (part of his second series of depictions of sunflowers, featuring five canvases painted in Arles between 1888-1889). 'Sunflowers' is a fascinating piece because Van Gogh used only yellow pigments, creating paintings with variations of a singular colour, with the light sensitive pigment used to create the green hues of the painting. The results of a pioneering new microscopic X-ray technique (known as 'chemical mapping') revealed that, due to Van Gogh's use of light sensitive yellow pigments, the vivid yellow hues of 'Sunflowers' have already begun to fade to an olive-brown shade. Despite the fact that such damage is not yet visible to the human eye, it is particularly significant as one of the most distinctive elements of Van Gogh's work is his use of vivid colours.

The consideration of light damage to works of art is not a new one. Five years ago the Van Gogh Museum lowered the lighting in its rooms in order to better conserve the works of art on display. The National Gallery in London displays Leonardo da Vinci's 'Burlington House Cartoon' in a separate alcove with very low lighting so as to best preserve the already fragile drawing.

However, as one of the most recognisable works of art, 'Sunflowers' has already been the focus of conservators' research, as have other works by Van Gogh. In 2011, chemists found that exposure to UV light from both sunlight and halogen lamps (used in museum lighting) was causing oxidation and therefore

colour change in certain paint pigments used in 'View of Arles with Irises' and 'Bank of the Seine'. In 2016, Italian chemists further explored the lead chromatic dyes used by Van Gogh. They found that exposure to UV light causes the particular combination of yellow lead chromate and white lead sulphate favoured by Van Gogh was particularly unstable as the pigments began to clump together, subsequently dulling the once vivid yellow.

The value of this new technique lies in the fact that it is in a way pre-emptive: it was able to show light damage to 'Sunflowers' not yet visible to the human eye. This is an invaluable tool for conservationists as it could enable them to discover damage early, allowing museums and galleries to better prepare for any restoration work that may be required. As in the case of the Van Gogh Museum, this discovery has led to the reconsideration of how they display their collection.

Museums have a responsibility to conserve the artworks in their collection: advancements in technology and restoration techniques have provided the art world with the opportunity to re-assess their displays, reconsidering lighting and positions in rooms where the natural light will impact the artworks. For instance, the Government Art Collection, which allows parts of their collection to be displayed in British Government buildings overseas, must consider conservation when deciding which pieces they allow to be sent to which buildings. They must take into account the lighting of the room in question, such as whether the room is south-facing, which could lead to light damage.

These technological advances also have

the potential to afford conservationists and art institutions the opportunity to consider how to better preserve our artistic heritage for future generations. Outdated conservation techniques have caused irreparable damage to some of the finest artworks, such as the British Museum's controversial cleaning of the Parthenon Marbles in 1937. Examples of poor conservation impact the institutes themselves as damaged collections hurt their international reputations.

When reconsidering how museums and galleries display their collections should they take this as an opportunity to rotate their permanent displays? Most art institutes own

more artworks than they have the space to display. The Metropolitan Museum of Art in New York owns around two million objects but only displays tens of thousands. There are so many works of art within museum collections that the public never get to see. This raises the debate of who has the right to decide which artworks deserve to be on public display. As a result, are lesser known artists relegated to the private collections and thus to remain relatively unknown?

Perhaps it is time for art institutions to not only reconsider their conservation techniques but also to give their private collections a moment in the spotlight.



IMAGE: WIKIMEDIA

A LOVE LETTER TO YORKSHIRE

JAMES HARE PROVIDES A 'YORKSHIREMAN'S GUIDE TO YORKSHIRE', DETAILING THE HIGHLIGHTS OF THE REGION'S CULTURE



IMAGE: TBLACKWELL

Yorkshire. Nearly four million acres of every landscape imaginable, home to over five million people - all speaking a relatively incomprehensible form of English - and the place which has given its name to anything and everything, be it dogs or puddings that aren't actually puddings (more on that later). It's a confusing place for the outsider, as in York it often feels like every third person you meet is a Londoner - especially here at *Nouse* - then I expect the reader is someone who has felt that confusion before. Which is why I am here to provide you with something invaluable: a Yorkshireman's guide to Yorkshire.

My guide covers everything you need to know about God's Own County, starting with a brief history. From there, we'll wander

Stunning scenery can be found on the Moors, in the Dales and Peak District

through Yorkshire's mountains green, as well as stop to sample some culture on the way - expect Jarvis Cocker to feature prominently. Finally, having worked up an appetite we'll finish with some culinary delights, most of which have contributed to Yorkshire having a significantly lower life expectancy than the rest of the country. But they're worth it, believe me.

Unlike certain B-list counties (here's looking at you Lancashire), Yorkshire has a long and proud history. In Roman times, York was Eboracum, capital of Britannia Inferior (the Northern inferiority complex has been long in the making) with Constantine the Great proclaimed Emperor in the city. As the Kingdom of Jorvik, Yorkshire was the only true Viking territory on the British mainland. Following the Norman Conquest, it was the region that suffered the most due to the Harrying of the North, with widespread death

and destruction. A few hundred years of relative peace and prosperity - bar the Black Death - with the House of York even taking the throne for a short while.

Then the War of the Roses came - we won't dwell on the result. Bitterness remained a key part of the Yorkshire psyche, with the Gunpowder Plot being, in part, planned by a Yorkshireman in Guy Fawkes, while Yorkshirefolk tended to be more likely than the rest of the UK to be recusants or Jacobites, marking them out as somewhat distinct from their southern cousins. After that, the Industrial Revolution created the landscape of the region we know so well today, Yorkshire becoming a land of mines, steelworks and factories.

This diverse history has given an unique flair to each of the many parts of Yorkshire. York provides the proper Viking and medieval experience with the Roman Walls and Gothic Minster at the centre, while Leeds provides the big city experience and glamour. Bradford has moved on from being known primarily for the textile industry to being renowned for high quality Indian food, while Sheffield is Yorkshire's cultural hub, the home of the Arctic Monkeys and my beloved Jarvis Cocker.

Yet there is more to Yorkshire than just the cities. Stunning scenery can be found throughout the county, with the Moors, Dales and Peak District providing lush greenery - facilitated by the incessant rain - and some remarkable views of the land beneath their steppes. Heading to coastal towns such as Whitby and Scarborough you get a traditional British seaside experience, complete with candyfloss, arcades and award-winning fish and chips.

There's also the small towns dotted around Yorkshire's green and pleasant land which are a treasure trove of unique experiences. Take Hawes, home to the Wensleydale Creamery and therefore producer of the favoured cheese of Wallace, of Wallace and Gromit fame. Harrogate is home to Bettys and Taylors, producers of Yorkshire Tea (an essential drink at any hour) and their famous tearooms, as well as having one of the few remaining Turkish bathhouses in the UK. Finally, Knaresborough offers - in my unbiased opinion - one of the finest views you will

ever see, with the sight of the majestic viaduct soaring over the River Nidd from the castle top, something everyone should see at least once in their life.

Speaking of Knaresborough, it also has an addition to make to the list of bizarre events that take place only in Yorkshire, with the Bed Race. It is very much what it says on the tin - beds are raced through the streets of the town, up and down a hill and then through a river for good measure. All this, after a parade through the streets in fancy dress, with a town of over 15 000 people being shut down for the day for this, the most random of events, and teams coming from as far as Germany to take part.

Yorkshire is also known for its farming heritage, so it'll come as no surprise that a bizarre event has emerged from that as well, in the form of the Great Yorkshire Show, a three-day bonanza of everything agricultural. Not only do you have the expected judging of horses and cattle, but you even have some more niche events such as sheep shearing and horse shoeing to meet the needs of the farming community. Coming up from 10-12 July this year, it's an event that's not to be missed in any circumstances.

As you can see, Yorkshire has plenty of culture. Yet we are still to touch on the remarkable musical and literary heritage of the region. Pulp, Arctic Monkeys, Kaiser Chiefs and Chris Rea are all Yorkshire born and bred, as are comedians Reece Shearsmith, Vic Reeves and Bob Mor-

timer (and by extension the Shooting Stars Dove from Above). In literary terms, most of the work of note came from one family in the form of the Brontë sisters, although playwright Alan Bennett is a Leeds lad. Additionally, multiple TV shows have started out among the drystone walls and rolling hills of Yorkshire - *Downton Abbey*, *Emmerdale* and *Heartbeat* the most notable. Such a breadth and depth of culture is rare to find in the UK outside of London, but unsurprising considering Yorkshire's exceptionalism.

That exceptionalism manifests itself further when it comes to the cuisine offered up in Yorkshire's eateries. We should first start with the golden battered delight of the humble Yorkshire Pudding. The simplest of foods, and yet one of the grandest. A grandiose mix of Milk, Eggs and Flour creating a warm fuzzy sensation in your mouth, stomach, heart and soul after just a short spell in the oven. I admit I may be biased, loving Yorkshire Puddings more than all but my closest of family, but there is nothing better than the feeling I just described - though I have lived a somewhat boring life.

The rest of Yorkshire's culinary delights are more of the sweet variety. Multiple notable confectionery producers emerged out of the murky industrial landscapes, with Rowntree's and Terry's (York) and Thorntons and Bassett's (Sheffield) the most well known, and Pontefract the place where liquorice came into the world. And to wash it down, why not have a ginger beer? The brewed form as we know it now is as Yorkshire as Geoffrey Boycott or Captain Cook, and makes a fine accompaniment to food or a pleasurable beverage to consume simply by itself.

I could wax lyrical about Yorkshire for many words more, but in truth I feel like there's enough been said already. So here I conclude my Yorkshireman's guide to Yorkshire, hoping that those of you from outside this majestic land have gleaned something valuable from this - other than that, yes, I am indeed very Yorkshire. And with that, I fare thee well. Have a good'un! M



IMAGE: JETHRO COLLINS

SPINNING AROUND IN CIRCLES: RETRO RETURNS

ROBYN BALL EXPLORES THE WAYS IN WHICH FASHION IS CYCLICAL IN NATURE

“What goes around comes back around”. This statement may have been a lesson taught in childhood, however, its essence is a fundamental part of the fashion industry. While fashion may appear to be about the new; each season brings us fresh pieces to introduce into our wardrobes. With the introduction of fast fashion there appears to be a constant stream of contemporary clothing arriving on the high street, on a monthly basis, our desire for something new parting us from our cash. However, while there is an onslaught of the new, is it in fact actually new?

Fashion takes from the old in order to become new. Such a statement may seem counter-intuitive but you only need to flick through the history books to see elements of fashion history walking down the runways and sneaking into the rails of the high street. If we look at recent fashion trends we can see a resurgence of clothing that has taken inspiration from the past. The straw baskets and linen dresses that have been dominating the high street harken back to those such of Jane Birkin and Françoise Hardy in the 1960s. The rise in denim, such as flares and straight cut jeans, takes us back to the 70s. We see trends on repeat, each season bringing us something new yet so often familiar.

However, if we establish that fashion trends are cyclical, then why does fashion still appear to be new? Why are we so focused on trends if everything is of the past? While designers may draw inspiration for new season garments from past ideas it is the new mentality that develops with time that prevents the pieces from seeming dated. Such items

are time-honoured yet inherently modern. The way we view clothes and our attitude towards fashion is reflective of how we as a wider society function. While fashion has the tendency to look back into history, society is still moving forward.

Fashion is subversive; many of the current ‘trends’ we see are the offspring of rebellion. Designers have looked to what people wear on the street and used it to inspire and give rise to new designs in high fashion. Look at designers such as Vivienne Westwood whose brand ethos is to destabilise the status quo by breaking fashion norms and creating innovative designs that reflect this desire. Such acts of rebellion influence the fashion industry and are sewn into the fabric of what fashion has become. As time moves on and we

begin to look back, new designs take inspiration from places such as the aforementioned designers, creating trends that upon second glance resemble fashion history as much they do modernity.

I write this as one of my last contributions as Fashion Editor this year. Perhaps it is my own indulgence, but I hope that like many fashion trends the fashion section is constantly being reborn, that each edition, trend, and style will come round once again. The next incarnation and the one after that using new voices and new ideas to interpret the present; the past a reference point in order to carve out a new identity for the future. Therefore, in a cycle fashion is constantly being reborn, spinning round and around so that the past merges into the present and the present, the past.



IMAGE: LILY ABEL



IMAGE: MARTA JAKUBOWSKI



IMAGE: KRISTINE

SUMMER THREADS: OUR FASHION EDITOR LOOKS AT THREE PIECES FOR YOUR SUMMER BREAK



TRAINERS

A sturdy staple, you used them at primary school for PE and they will also be a trusty staple in your summer suitcase.

Perfect for staying comfortable and stylish when getting lost in cities.

Chuck Taylor All Star Classic, £55



STRAW BAGS

Think the late 1960s and embrace the bohemian essence with a straw bag as part of your fashion repertoire.

Ideal for strolling across sandy beaches.

Stradivarius, natural straw circular, £29.99



PUKA SHELL ACCESSORIES

So dig into your parents attic or While a daring trawl through Ebay. choice, these necklaces have been Contrasting on the runways on Earrings, men and women. Zara, £12.99

EUROVISION 2018: A FASHION EXAMINATION

JANAN JAMA EXAMINES THIS YEAR'S EUROVISION: THE GOOD, THE BAD, AND THE FABULOUS

When Sweden hosted the Eurovision Song Contest in 2016, presenters Måns Zelmerlöw and Petra Mede performed a parody at the expense of the competition: a television event broadcasted and streamed worldwide. ‘Love Love Peace Peace’ outlined the formula explaining how to create the perfect Eurovision performance, noting how the costumes “need to look memorable. Something that the viewers will notice”.

A month on from this year’s Eurovision, most of the style choices have haunted me. Don’t get me wrong, I’m not traumatised. The costumes achieved exactly what a classic Eurovision performance asks of the performer. The contest never shies away from glamour, but it can just as easily tip over into garish. See this year’s winner, Netta, (pictured left) representing Israel in her controversial Asian-inspired theme. Aside from sparking accusations of cultural appropriation, the mish-mash combination of crimson and fuchsia in a kimono, held together by a glittery bustier,

was criminal. What started off as a mess of an outfit was not saved in the slightest by the hot pink and white platforms, which I can only imagine residing in the wardrobe of a Disney Channel show.

The runner-up from Cyprus, Eleni Foureira was a fashion favourite this year. Foureira set the stage ablaze in a striking catsuit and a questionable black leather jacket exclusively for the shoulders. Performing her song ‘Fuego’, her outfit, consisting of sequinned flames and illusion cutouts, made sense even though the shoulder jacket didn’t. Another favourite among viewers was Elina Nechayeva, (pictured on the right) who flew the flag for Estonia (or should I say, projection dress?). Yes, the unforgettable dress, a 52-metre squared garment, had some mesmerising animations beamed onto it. As inventive as the gown was, was it possibly a gimmick to distract from a dull song and the fact that Estonia hasn’t taken home the trophy since 2001?

I won’t comment on the Netherlands, whose representative, Waylon, donned a leopard-print jacket with leather trousers and

topped it all off with a fedora. What do you call an ungodly amount of fashion faux pas all in one look?



IMAGE: UPU



IMAGE: UPU



With the sun out, it feels as if summer is finally here! To celebrate, we explored the Quiet Place in our favourite pastels and florals.



With thanks to our models: Sophie Colgan, James David, Lucy Entwistle, and Lena Kuckei



Summer Vibes



Shoot Editors: Daisy Wallis and Lily Abel

AUSTRALIA'S ANSWER TO BRITPOP

BETH COLQUHOUN SITS DOWN WITH DMA'S TO TALK THEIR CURRENT TOUR, ALBUM - *FOR NOW*, AND WHAT TO DO WHEN NEEDING THE TOILET ON STAGE.



A couple of weeks into their tour already, DMA's performance in Leeds was extraordinary. With the crowd buzzing and lively, mimicking both the style and the lyrics of the band, DMA's seem to have a solid and ever-growing fan base. Their music is reminiscent of Britpop and the English indie scene, but they are no Oasis tribute band; their sound is unmistakably unique. The Sydney-based band formulate a new era of indie music. Their newest album, 'For Now', however, turns away from their previous Britpop vibes, exploring new sounds and layers to their tracks. Although, it is obvious that the band grew up around such influential bands as Stone Roses and The Verve; this being evident in their album title track, *For Now*. The Aussie trio of Tommy O'Dell, Matt Mason and Johnny Took, tell me that the tour has gone well so far with no mishaps, before heading off to Europe.

However, Tommy explains that this tour has been all the more exciting for the band as they can perform their new music live after

spending the previous few years with almost the same set. Reassuringly, this was not due to boredom as they believe that it can never truly

“ Meeting Jimi Hendrix would definitely be an experience... no pun intended... ”

get boring when playing to “a bunch of people that like your music”. In fact, it's more refreshing.

With the vastness of the internet making the world ever smaller than it already seems to be, musically, it is no surprise that the band have these British influences. Yet, distance still separates us. Intrigued, Tommy informed me that the crowds are more wild and passionate in Britain than those over in sunny Australia. “I think they care about music a little bit more, and they get down early for the support acts. They are both quite similar, but those up north are definitely a little more wild.” I do believe DMA's have done the influential homes of Britpop such as Manchester and Liverpool proud, achieving a large following in these large northern cities.

The fame and success that the band have achieved so far is not down to luck. Tommy explained he had recently lost the 'lucky ring' he had worn since the band started performing but the band's ability in subsequent gigs more

than lived up to the gigs preceding them.

The band became famous from posting a song online and gaining a contract from there. The band are advocates of the online platform that YouTube and Spotify, for example, give to lesser known bands. It could be said that this is just a continuation of the bands luck though, their sound alone answers any doubts about their abilities, only advancing as the band progresses. They believed in the power of online media and using the internet as a platform for smaller bands to spread their sound and message.

It seems that the band, lead singer Tommy especially, have always meant to perform in Britain playing British-styled music. Luckily, sharing a room with his older brother, Tommy was exposed to all kinds of British bands, such as Oasis, Primal Scream and Stone Roses. The most unusual connection comes from his hereditary ties to the North of England, as his family originate here. Through some research, I found a letter addressed to his father, Ron, from Everton Football Club, who was an apprentice there in the 1960s. Tommy followed his in family's footsteps in supporting Everton and England.

Thankfully, Tommy did not follow the same career path as his father, and got into music around the age of 17, meeting friends who could also play and performing in pubs that were renowned as the origins of famous Sydney bands. It looks like Tommy never needed

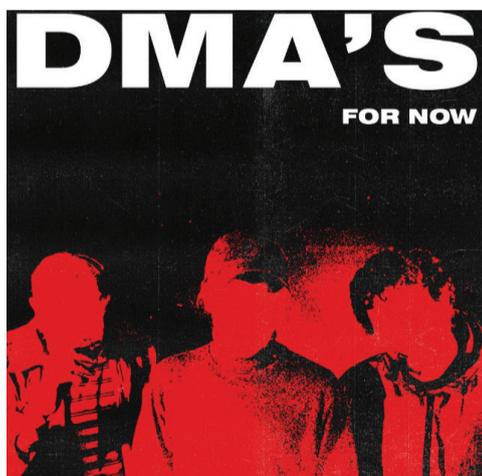
that ring to begin with.

“Oh fuck”, Tommy responded to the age-old question of what to do if you need to powder your nose on stage. Tommy enviously informed me that when the band play 'Delete', half of them can leave the stage, though sadly this doesn't come in the front man duties, for himself or Johnny, and sometimes it can “get pretty real” – I'll leave that one to your imagination.

I asked the band, “If they could bring an artist back from the dead who would it be and why?”. After some time, they chose a very respectful answer of Jimi Hendrix, “just to kind of see what went down. He's [a] pretty incredible guitarist and seems like a good guy to just chat with and would have so many stories! It would definitely be an experience! No pun intended.”

For now (oi oi) the band are back in their home town for a three-week tour before returning to the UK for a show with Liam Gallagher and a further UK and European tour.

Their album *For Now* is for for d o w n - available sale and load now!



SHIT MUSICIANS SAY.

A controversial Quincy Jones airs his thoughts on The Beatles and rock music.

“Rock ain't nothing but a white version of rhythm and blues... The Beatles were the worst musicians in the world.”

TAKING A LOOK AT BELOW BERMUDA

SAM BRIGHT REVIEWS UNIVERSITY OF YORK'S HOMEGROWN BAND - BELOW BERMUDA

Meet Below Bermuda, University of York's very own funky punks. They started in 2016 and have since been experimenting with their lineup, before settling on their current incarnation in the tail-end of 2017. Their sound reminds me of early Red Hot Chili Peppers: jumpy, groovy, and a bassist that refuses to be lost under the rest of the band. The four-piece are currently making their way around York's music scene, playing in any venue that will let them. You can usually find them at the Spread Eagle on Walmgate, where they recorded their flagship live album. Outside York, they've had a demo play on BBC Radio and have been listed to appear at several festivals, all while working towards recording their first album with another local musician, Jimbo Doomface.

Local music is a notoriously fickle beast and every band has their humble origins; I got in contact with their frontman Ethan Savage to get an insight into the life of an up-and-coming band looking to make waves in the industry. Ethan was a bit hazy on the primordial ooze that made up the origins of the band, but he lauded social media, explaining, "I wanted to make the most of the musical opportunities available to me at the university, so I answered a few BandSoc group posts from people looking for musicians." After they met up, Ethan said, "four of us instantly got on like we were old friends, so I felt like it was the right place to be, right from the beginning."

University is a great opportunity to get away from the echo chamber of your roots, and the band itself is a melting pot of three different nations (England, France and Northern Ireland). When I probed into possible creative differences stemming from their different backgrounds, Ethan insisted that he's

never been in a more creatively productive place. He added that their unique individual tastes all work in harmony to form their material: "There's never a time when we turn an idea down altogether, and our writing process always feels really efficient."

Ethan is clearly as enthusiastic as they come, and this is reflected in the energetic nature of their music which really comes through when listening to their live recordings online between the guitar riffs and the (fleeting) slower moments of their show, the frontman breathlessly thanks the crowd and venue for their support.

I was interested to get their take on York itself as a springboard for their band. When describing the musical community, Ethan said that it's a "really weird scene to contextualise." He seemed keen to impress upon me that the culture was friendly, but was aware that beneath the camaraderie there was an air of uncertainty, saying: "Most of the bands we've bumped into have been really great, but I feel like there's

a constant ambiguity on whether or not you should see them as competition." I suppose this is the reality that most music scenes face. Lofty dreams are commonplace in the industry, and with the UK's musical Mecca, Manchester, (almost) next door, the horizon must never seem very far away. York's bands don't seem to let this become an obstacle though, and Ethan promised

me that getting out there was simple enough in York. Open mic nights

aplenty, a bustling university society and an active local music Facebook group all provide an easy way to get yourself noticed.

Coming from a predominantly classical background, Ethan's experience of the "Yeah dude!" punk scene in York is vastly different to his previous musical circles. He said he felt

There's always a constant ambiguity on whether or not you should see other bands as competition...

more comfortable but mused that perhaps this was symptomatic of the punk-rock scene itself, adding, "Maybe I'm wrong, though: maybe the punkier scenes in Belfast are all as high-brow as the baroque ones..." Punks in top-and-tails and white wigs was an odd image, but it's certainly one I'm open to. In fact, someone should get on that...

I asked about the local venues, and Ethan had nothing but good things to say about The Spread Eagle. "Our first proper listed gig was there, our first official release was recorded there, and most of our new material gets premiered there."

He also praised their weekly open mic nights, saying that not only was it a great place to jam with the locals, but the musical talent on display there was "pretty terrific". He did have one horror story to tell though. Below Bermuda recall their experiences playing at Courtyard as less than ideal, citing a bass drum that only had one leg and a lack of decent

equipment. Ethan was quick to defend the bar and the atmosphere from the students, but said that the shows there felt "disjointed and awkward", and that he couldn't ignore the associated feelings stemming from those shows. It was certainly a shame to hear criticism of many students' favourite pre-town haunt, but nachos can't defend you forever.

As for future plans, I kind of already knew what was coming. Graduation is a grim fate that many of us face, and Below Bermuda are not going to be spared its scythe. Two of the band are unfortunately moving away from York following their graduation, but the band as a whole remain hopeful: "the general agreement is to work on throughout the next year or so to see how things go. We've got something fun and exciting going on right now, and none of us really believe in giving up on it yet." He promised that there is more in store for the band, and asked me to implore readers to keep their eyes peeled for more news on what they have up their sleeves. For now, though, you can be sure that Below Bermuda aren't going to get lost at sea. You can find them online, and they're still booked for several gigs around York. They're very excited to be playing at both the YUSU Summer Ball as well as their own gig at The Spread Eagle on 16 June, joined by local talent Cream Dreams and The Elevens. You can also check out their live recordings on all streaming sites by searching for "Live at the Spread Eagle".



LEON BRIDGES

GOOD THING

ANDY YOUNG

7/10

We can expect big things from Leon Bridges. After his sweet, oldschool debut album *Coming Home*, the Texan singer-songwriter became one of the hottest names in soul. He has now followed this rise to fame with a different, wider-reaching record that ties together a variety of styles around his delightfully smooth voice. It is an album that could help him reach a wider audience, yet it is not a complete success. There is the sense that Bridges is playing a little safe in places, with something even greater from

him still hidden beneath. The album gets off to a good start with a trio of excellent songs. Opener "Bet Ain't Worth the Hand" is the kind of song Bridges does well; it is full of romance and soulful vocals, with an edge of pain that grows the more you listen to it. Then Bridges switches gears, as he does so often in the course of *Good Thing's* 34 minutes. "Bad Bad News" and "Shy" are arguably the best two songs on the album. They're accompanied by a heavier groove than anything Bridges has done before, highlighting a new tendency to turn towards modern R&B over the 60s Sam Cooke-style flavours of *Coming Home*.

Then come the seeming bids for mainstream success. "Beyond" is an unashamedly romantic song in the vein of a "Perfect" or "Wonderful Tonight". It is by no means a bad song, in fact it's a good one, and if "Perfect" can dominate the culture for so long then "Beyond" deserves a place somewhere near the top of the charts. It just feels a little derivative for an artist who at other times on the album

pushes himself into less well-worn areas. "Forgive You" has a similar problem; its nice sing-a-long chorus feels like it won't endure multiple listens as well as the rest of the album. A variety of styles abounds on the second half of the album, or "side two" if you've got the vinyl (or maybe even the incredibly snazzy yellow vinyl). "If It Feels Good (Then It Must Be)" is enormous fun, ramping up Bridges' funky side. "You Don't Know" is a likewise danceable number, with the singer this time embracing disco.

All in all, *Good Thing* is a very enjoyable second album from Leon Bridges. It ranges in style but doesn't feel too disjointed, partly thanks to Bridges' warm vocals (which now include some falsetto by the way). The album ends on the jazzier "Georgia to Texas", bringing more emotion and confessional songwriting to the table. It is a taster of what a really great Leon Bridges record could be; but then, you could say that of many tracks on this album depending on your taste. *Good Thing*

may not be perfect, but it is incredibly exciting in demonstrating how many directions Bridges can go in and still produce a great album.

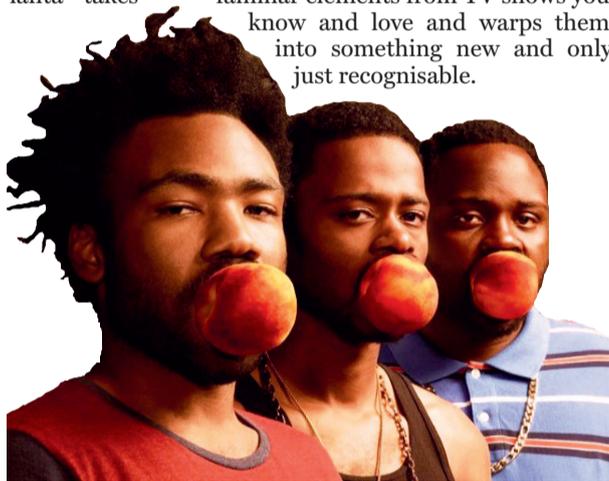


MUSE'S SMALL SCREEN SUMMER

THE MUSE TEAM GUIDE YOU THROUGH THE ESSENTIAL VIEWING OVER THE SUMMER BREAK, INCLUDING THE EXCESSES OF REALITY TV, THE HIGH EMOTION OF A SPORTING CENTREPIECE, AND THE TIGHT GRIP OF A GOOD DRAMA

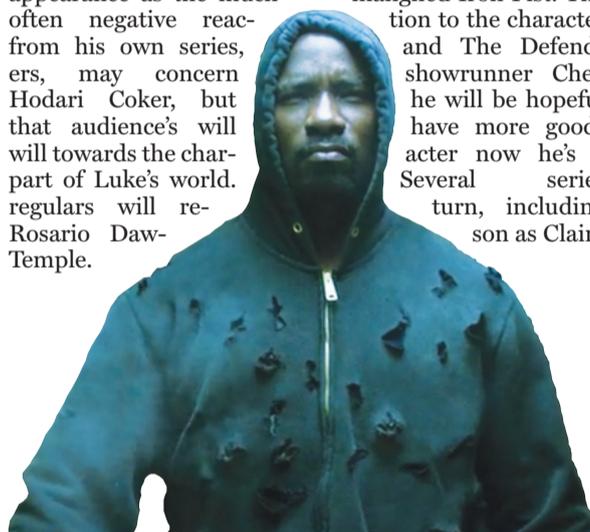
ATLANTA

Two years after being aired in the US, this summer you can finally stream Atlanta legally on British soil. This explosive show is the brainchild of the multi-talented Donald Glover who wrote, directed and also stars. The comedy drama follows the story of Earnest 'Earn' Marks (Glover), trying to make something of his life and prove himself to his family and baby-momma Van (Zazie Beetz). Earn decides to manage his rapper cousin, who goes by the name of Paperboi and is an up and coming rapper on the Atlanta trap scene. Understatedly hilarious, existentialist and just plain weird, this show is hard to pin down. After the repetitiveness of exam season, the shapeshifting nature of this show will be a welcome breath of fresh air. Each episode is totally different from the last and sometimes even the whole format is flipped on its head. Atlanta takes familiar elements from TV shows you know and love and warps them into something new and only just recognisable.



MARVEL'S LUKE CAGE

If having your gob well and truly smacked by *Avengers: Infinity War* earlier this year wasn't enough, then why not turn your attention to some small screen supers. While *Preacher* returns for a third series, Netflix is offering us more muscle from the man mountain that is *Luke Cage*. The second series of the Mike Colter-starring show will hit the streaming giant in its entirety on 22 June. With the whole series released at once, *Marvel's Luke Cage* is a perfect fit for a rainy summer's day. Rubbish weather? No uni work? Binge a whole 13-episode series in a day and you'll be one of the most up-to-date MCU fans out there. With this being the MCU, we can expect some tie-ins to other Marvel properties, with Finn Jones set to make an appearance as the much-maligned Iron Fist. The often negative reaction to the character from his own series, *Daredevil*, and *The Defenders*, may concern showrunner Cheo Hodari Coker, but that audience's will towards the character will be hopeful now he's a regular. Several series will return, including Rosario Dawson as Claire Temple.



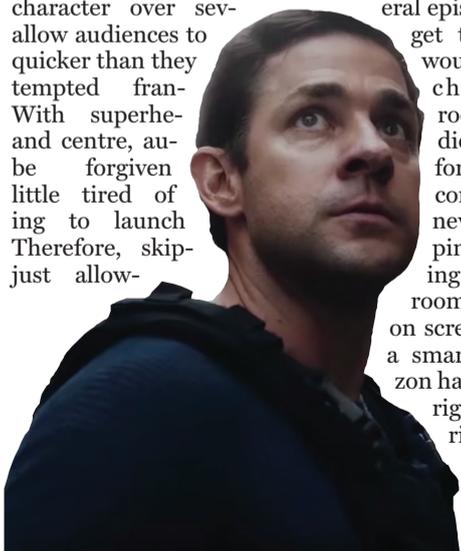
LOVE ISLAND

Sun's out, guns out, bums out. Well, at least in Majorca. If you can't get away this summer then never fear, *Love Island* is back and already promises to be a hit. After the extreme but unexpected success of the 2017 series, this year has a lot to live up to. *Love Island* is a programme which follows a large group of twenty-somethings as they share a house with the sole intention of coupling up. It's basically the new *Big Brother* but with more boobs, abs and sex. Participants are a mix of beautiful, beautiful and beautiful people, so if you're not feeling body confident please remember that this programme does not accurately represent the normal population. Between tasks each night, which resemble pumped-up drinking games, islanders can be seen gossiping, chatting and having frequent 'DCs' with their newly established partners. It's easy to choose your favourites and great fun to pick your baddies. If that wasn't enough, YOU can vote them out. It's a whole lot of fun and the dictionary definition of glitzy/trashy escapism. Intrigued? Join the hype and turn on your television at 9PM every night.



TOM CLANCY'S JACK RYAN

First there was Alec Baldwin. Then there was Harrison Ford. Then there was Ben Affleck. Then there was Chris Pine. Now, in the latest attempt to translate the massive popularity of Tom Clancy's books to the screen, Jim-from-The-Office, and acclaimed *A Quiet Place* director-star, John Krasinski stars as Jack Ryan himself. The move to TV is an interesting one. Back in 2014, Kenneth Branagh's *Jack Ryan: Shadow Recruit* failed to find room in a spy market still dominated by Bond and *Mission: Impossible*. The move to a longer format could be the key to making Jack Ryan find a profitable home. It will presumably allow for more of Clancy's books to be used. Developing the character over several episodes will also allow audiences to get to know him quicker than they would in an attempted franchise. With superheroes and centre, audiences could be forgiven for getting a little tired of launching new franchises. Therefore, skipping just allow- eral episodes will also allow audiences to get to know him quicker than they would in an attempted franchise. With superheroes and centre, audiences could be forgiven for getting a little tired of launching new franchises. Therefore, skipping just allow-



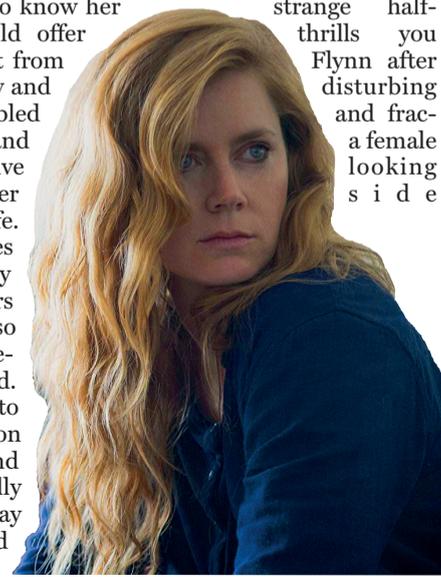
FIFA WORLD CUP

Here we are again. Four years after Mario Götze's trophy-winning volley, one of the largest and potentially stunning sporting events in the world is back. If you aren't in the mood for a serious drama, or you're not really into superheroes, or comedy, or reality TV, or in fact any 'normal' television shows, then have no fear because you will still have something to watch this summer. In theory, any of the 32 teams could lift the trophy, but smart money would be on quite a select group. Will Germany efficiency flair and pas- sion as it did so in the 7-1 semi-final in Belo Horizonte? Could Cristiano Ronaldo and Leo Messi, two of the most gifted ball-kickers ever to walk the Earth help drag their nations to glory? Or will a strong French side be able to put their final loss at the 2016 Euros behind them? Or perhaps, World Cup is not a major TV event. The pressure will be on even more this year, with Amazon disrupting the sporting status quo by having recently acquired the rights to Premier League ac-



SHARP OBJECTS

Amy Adams is great, isn't she? From *Arrival* to *Enchanted* to *Nocturnal Animals*, she's proven she's got a fantastic range and real talent that constantly gets ignored by the academy. Though now, she's going to grace the smaller screen in HBO's *Sharp Objects* based on Gillian Flynn's novel of the same name. You may recognise Flynn's name as she was the writer of the acclaimed *Gone Girl*. *Sharp Objects* is very much in this vein; the novel follows a news reporter who returns to her hometown to cover a violent murder and reconcile with mother, played in the show by the fantastic Patricia Clarkson, as well as get to know her strange half-sister. It should offer thrills you come to expect from Flynn after *Gone Girl*; gory and disturbing murders, troubled and fractured psyches and a female focused narrative at the darker side of American life. The book does contain fairly graphic murders and self-harm so viewer discretion is advised. It's coming to HBO very soon in the US and will hopefully make its way across the pond shortly.



ON THIS DAY

The blockbuster classic *Raiders of the Lost Ark* introduced the world to Indiana Jones in 1981. Less success came to the ill-fated *Batman and Robin* in 1997, but at least we were treated to the sheer delight of *Toy Story 3* back in 2010.



UNBREAKABLE KIMMY SCHMIDT

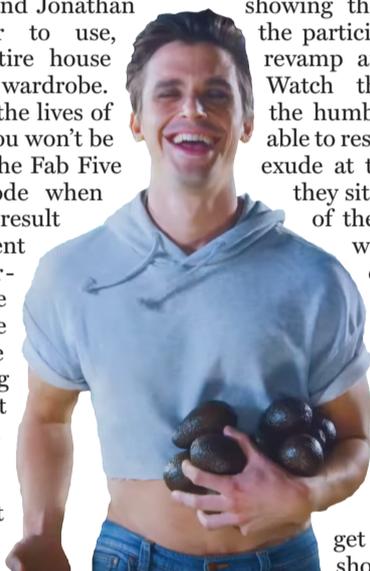
After being released on Netflix in 2015 and stealing all our hearts, our time with the human bubble-gum wrapper Kimmy Schmidt (Ellie Kemper) is coming to its close. The first half of the final season is available to watch, so now that exams are over, no need to resist the urge to join Kimmy and her pals on whatever insane adventures they get up to next. Let's recap quickly: The show has followed Kimmy and her journey of recovery after being held captive in an underground bunker for 15 years. Though it can be dark and poignant, the relentlessly positive attitude of the titular character is something that audiences cannot help rooting for. Mix that together with a brilliantly written supporting cast constantly spouting sharp one-liners and you have a hit show. Last season ended on a pretty down note, with our favourite mole woman failing college and getting re-



At the start of this season, Kimmy has accepted a new job at a tech start up, to navigate the dangerous world of the work-place. The over-the-top nature of the show makes it the perfect tool for tackling satire, and this season away from politically and culturally divisive topics, most notably the #MeToo movement.

QUEER EYE

If you don't already know what *Queer Eye* is, then a) why did you not read the last *Nouse* edition, and b) where have you been? Found on Netflix, *Queer Eye* is a new version of the makeover show. It features the 'Fab Five', a bunch of friendly gay guys, as they enter the life of (usually) straight men who are in desperate need of a bit of pizzazz. Last series saw them successfully reunite Tom with his ex-wife, even though he claimed they couldn't "fix ugly", and mentor A.J. in the run-up to coming out to his widowed step mother. Each episode focuses on one person and the Fab Five work their absolute socks off to improve their life. As well as Antonio teaching them a few cooking skills and Jonathan showing them which moisturiser to use, the participants also get an entire house revamp and a new fashion wardrobe. Watch these men transform the lives of the humble, lost or nervous. You won't be able to resist sharing each episode when they sit down and watch the result of the few days they spent with the makeover-*Eye* is the most wholesome tent I've seen in a long time and shouldn't be missed. I didn't catch the last series have just week to before the show starts..



THE INNOCENTS

Finished *13 Reasons Why*, *Stranger Things* and *Riverdale*? Craving a binge-able show to fill your summer? Look no further than Netflix's next YA series: supernatural teen romance *The Innocents*. Not only is it a perfect choice for a rainy summer day indoors, it is also UK based and made which is relatively rare for Netflix originals. The eight part series will air in August and follows teenagers June (Sorcha Groundsell) and Harry (Percelle Ascott) who run away together from their repressive family lives. The revelation of their shapeshifting powers unleashes powerful forces intent on hunting them down, which will either drive them together or apart. Not much information on the story has been revealed, but the trailer promises a gripping sci-fi flick.



PICNIC AT HANGING ROCK

The gap between film and television is growing smaller by the day. So the trend in adapting films into TV shows is as popular as ever. Some have been great, (*Westworld* and *Fargo*), and others less so, (*Snatch*). So, it will be interesting to see in which direction this one will go. Peter Weir's 1976 original is a peculiar masterpiece. It's steeped in atmosphere with very little plot, and the whole film is shrouded in unsettling ambiguity. The new series will have to pad out the narrative immensely to fulfil the demands of a television run. Perhaps viewers may finally get some answers that the original was not inclined to offer. Weir's film had a dreamlike and surreal quality but, judging by the trailers, the new team have dialled up the melodrama that the original lacked. A bit of melo-drama can be fun and a story about the mysterious disappearance of three schoolgirls in 1900 lends itself to a more dramatic telling. Natalie Dormer is taking the lead with many fresh faces taking on the younger roles. I hope for the best, but it may well be utter trash. Even then, it may reignite the love for the oft looked over original. It's already being shown in the US but will be shown on the BBC later this year.



TOP 5 BRITISH LGBTQ+ FILMS

GOD'S OWN COUNTRY

Francis Lee's debut was a full-blooded triumph, both tender and brutal in its depiction of a rural relationship.



PRIDE

With the help of a stellar cast, *Pride* will warm the heart and rally its audience into fighting injustice.



THE DUKE OF BURGUNDY

A magnificent sensory experience, this BDSM tale hits the perfect balance of emotion and eroticism.



MY BEAUTIFUL LAUNDRETTE

A young Daniel Day-Lewis stars in Stephen Frears' film about love and laundromats.



BREAKFAST ON PLUTO

Neil Jordan's comedy drama stars the always excellent Cillian Murphy in a quest for identity in London town.



FIGHTING FOR FREEDOM

EMILY TAYLOR TALKS TO THE DIRECTOR AND STAR OF *TOO BEAUTIFUL: OUR RIGHT TO FIGHT*



Wilma Espín, the wife of Raúl Castro, commented that women are meant to be beautiful, not to get hit in the face. In Cuba this stuck as an axiom that one couldn't go against, and words spoken decades ago are affecting the lives of women today. Boxing is seen as too dangerous and women as too beautiful. Despite the prevalent boxing culture in Cuba – the sport that won the country 73 medals at the Olympic games, women today are still barred from accessing the sport. But this doesn't stop women from trying.

Director Maceo Frost first met Namibia, a 39 year old female boxer, through a mutual friend while travelling in Cuba. As he described Cuba, “just walking around, you see all these stories playing out everywhere and everything is overwhelmingly beautiful”. He started to film her the day they met, with no idea where the project would take them. Five years later, they have made a feature length film, *Too Beautiful: Our Right to Fight*, which

Words spoken decades ago have more weight than acts of women today

has just premiered at the Sheffield Documentary Festival. As Maceo said “We have a responsibility as filmmakers to highlight stories that have this weight and inspire people and shed light on the issues that you would never know about otherwise that you would only get to know through watching a film”. Namibia's story is the perfect example of this. It's an issue mostly unknown to those who aren't directly affected, but it's also emblematic of the unjust and antiquated notions that lead to gender discrimination, and are detrimental to the country as a whole. Words spoken decades ago have more weight in society than the acts of women today.

While filming the documentary Namibia was only one year away from reaching the age

restriction to be able to compete in the Olympics, which she saw as “the ultimate prize, the ultimate climax for all the years of training and hardwork and perhaps it's an even bigger prize as it is an intangible one”. With world-class ability she is given the impossible choice of not competing because of outdated, misogynistic rhetoric that values women only for their physical appearance or to represent a country that is not hers and for which she has no pride.

It's been years since the documentary started and Namibia has been boxing for well over a decade. Over this time she doesn't notice any progress in the attitude towards women's boxing, and the words spoken decades ago still haunt attitudes of many in Cuba. Though she does hope that the Olympic committee will step in to break this deadlock, as internally in Cuba it is not going to break itself. Maceo also made

note during his time spent in Cuba of the macho culture that pervades the air, that there is “something invisible above that is keeping this block it's like nobody really understands why... it feels unreachable.” Despite this institutional bias, he also comments on the outpouring of support that Namibia has received. “Just going through Namibia's neighbourhood people are calling Namibia, ‘campeona’, cheering her on... people are really supportive and just want to see her fight”.

Despite the lack of change, Namibia still remains motivated to fight, and wants to fight for Cuba. It was seeing the gathering momentum of the film that further motivated her to pursue this goal. Maceo noted that when starting the film, “We wanted to help Namibia,

but Namibia helped us”. It seems that the help was mutual, as after making this film Namibia said that she feels more self-love than before and that she hopes a lot of women who see this take from this the message that what they want is really worth fighting for, “They don't have to be Namibia. There is only one Namibia”. Indeed, there is only one Namibia and hopefully the generation of girls that she has inspired to take up boxing in Cuba will be able to compete and represent their country, the honour that Namibia was undeservedly denied, and her legacy will be able to open up more doors for many women in Cuba as well as inspire women globally to fight and resist institutional oppression and not allow these unjust decisions to impact their life's passion. As Maceo commented “documentaries have the power to really put weight behind a story and make those stories transcend

where they are”. Namibia's story

isn't just a singular story but

one that is representa-

tive, when across the

world women are

held back by super-

ficial thinking

that treats them

as second-class

citizens and

whose talents

are passed

over. But,

more impor-

tantly, of the

women who

are actively

fighting this

discrimination

and using their

incredible talents to

try and effect change

regardless of how fruit-

less the struggle feels.

Namibia still plans to con-

tinue boxing. She is now ineligible to

compete for the Olympics, but this hasn't

stopped her, just as the gender barrier did not

stop her before. She is looking to continue

boxing professionally wherever she can, with

a manager in Philadelphia who is planning on

working with her. Maceo is planning on tak-

ing some time off travelling before starting his

next project, though ahead is the journey of

distributing the film and opening it to audiences. There are plans to show it in Cuba by any means possible, as those who participated want to see Namibia's story on the big screen.

It's been a long journey for both Namibia and Maceo to get this film completed, Maceo described it as “a long journey with many ups and downs” to see it completed. Namibia

Namibia deserves to be recognised in Cuba's proud boxing history

commented that it was “really sensational, powerful to see it from one step back... all those years of effort, all that journey so neatly edited and compressed into the length of a documentary,” that it was as authentic as it could have been, and that you can see the love that she's doing this for and she hopes that shines through. Maceo's highlight of the film making process was being able to show the finished film to Namibia for the first time “we were sitting in my living room together and we were all holding hands, we were like ,crying. That was the most powerful experience ever and that was the most awesome moment”.

Having the pleasure of talking to both Maceo and Namibia, their passion and love for this project shines through. Namibia deserves to be recognised in Cuba's proud boxing history as a phenomenal boxer but also as somebody who helped open the doors for women to compete and be a part of Cuba's legacy. Hopefully Namibia and the female boxers of Cuba will soon gain their right to be able to fight for their country. It is not a question of proving their worth, their talent alone proves that they deserve to fight, but rather the other fight to overturn the misogynistic view that women should be valued for their beauty. Namibia hopes that in the future she can get back in the ring and become a champion and, hopefully, create a sequel. **M**



GTA: GAMES TOO AGGRESSIVE?

OSCAR BENTLEY EXAMINES THE QUESTION OF WHETHER VIDEO GAMES ENCOURAGE AGGRESSIVE EMOTIONS AND BEHAVIOUR

Gamers are often accused of being addicted to the violence of video games. Video games are vilified and sensationalised in tabloid media as violent and causing violent behaviour in young people, while also leaving them irresistibly addicted. These claims aren't unfounded. One of the most financially successful video games ever is *Grand Theft Auto V*, raking in over \$6bn. There's a scene where the gamer plays as Trevor and is encouraged to torture a man, electrocuting him and pulling out his teeth. However, is it fair to say video games actually lead to increased violence?

A 1990s study by Bushman and Anderson found an increase in aggression of between four and nine per cent after playing violent video games, with the increased exposure to violence arguably making the player more desensitised to violence in the real world. The aforementioned torture scene from *GTA V* would fit into this category. Others have disagreed and instead see a link between video games and frustration, rather than violence. A 2000s study by Przybylski was evidence for this connection, as the players in the study showed increased levels of frustration, rather than violence.

The media is full of violent imagery: why is Trevor torturing a man in *GTA V* any different to Daryl being tortured by Negan in *The Walking Dead*? Some may argue it's because video games are an active art form as opposed to the passiveness of TV. The player physically controls Trevor, causing him carry out the actions of torture, even if the game mechanics force them to do this. Meanwhile, they are simply a spectator of *The Walking Dead's* violence. Gaming gives the player the

agency to feel as if they're doing it themselves, but does agency really equal violence? Video

It's simply frustration with the game mechanics which causes any aggression

”

games may cause violence in the same way that sports or political arguments do. It's not the frivolous violence shown on-screen, but rather the frustration of something not going your way that causes a temporary increase in aggression. It is the game's mechanics, which prevent progression, which cause aggressive emotions and actions. It is not the exposure to violent imagery itself. Media theory has moved far on from the hypodermic needle idea of a passive audience consuming and completely accepting what they see.

Take a game such as *Candy Crush Saga*, a very child-friendly fantasy land, with anthropomorphised bunnies, soothing music, and supernormal stimuli of bright candies. There is no violence present here in the slightest, but that doesn't stop players becoming incredibly frustrated when they become stuck on a level or get locked out of playing once they've spent their five lives. As with *GTA V*, it's simply frustration with the game mechanics, with not being able to overcome a difficult situation,



which causes any level of aggression present to rise.

Like violence, video game addiction is also looked down on and sensationalised. But does excess really equal addiction? No one would be accused of being addicted to reading; there aren't thinkpieces in tabloids complaining of teens' classical literature addiction or being antisocial by spending hours reading. The belief that gamers are only teenage boys is also wrong. The "average" gamer is actually aged between 35 and 41 per cent of which are also female. Clearly there are many

misconceptions about gaming. Society condescendingly looks down upon video games. They're seen as a lesser art form, compared to that of literature and even TV. Gamers and games may get a bad rap but, whether it's violence or addiction they aren't doing anything that others aren't in other situations. Video games may very well be violent, and allow the player to commit violent acts during gameplay. However, this doesn't necessarily mean they are the cause of violent behaviour away from the controller. They certainly aren't the only source of violent imagery either.

THE LONG ROAD TO ACCESSIBLE GAMING

REBECCA COWIE LOOKS AT ACCESSIBILITY IN THE GAMING INDUSTRY AND XBOX'S FIRST TANGIBLE MOVE INTO THE FIELD

Gaming is a popular social activity and hobby for a large portion of the population, and perhaps to no-one is it more important than disabled gamers. Yet they remain largely forgotten by the industry and the gaming giants who lead it. In fact, it is estimated that 20 per cent of all gamers have some kind of disability; *AbleGamers* estimate a huge 33 million in the US alone. So, the lack of accessible features in both controllers and the games themselves is quite frankly baffling. Only after years of independent work by charities and individuals has one of the gaming giants – Xbox – finally embraced the accessible gaming market with the to-be-released Xbox Adaptive Controller.

Over the past decade, accessibility within the gaming sector has been largely ruled by the work of charities. The three leading charities, all of whom offer adaptations to existing inaccessible controllers, are the UK based ReMap and SpecialEffect and the US based AbleGamers. These charities not only provide assistive equipment allowing the disabled to engage with video games on the same level as the able-bodied, but they also offer this for a fraction of the price – or occasionally granting it free of charge. This tackles another of the barriers disabled gamers have to overcome in order to level the playing field: the cost. Adap-

tive and assistive gaming technologies are more often than not inaccessible themselves due to the huge cost alone; something considerably hindering when the financial burden – especially in the US – of simply living with a disability is significantly more expensive than living without.

This is why accessibility not only matters in the physicality of playing a game but within the game itself. Control configurations are the easiest way for game developers to provide a small amount of accessibility inside their games. *Overwatch* is a prime example of this, having endless configurations; as a result allowing someone who can only use one action per hand at a time to play the game which requires multiple button inputs.

Thankfully *Overwatch* is not alone, with several games over the past decade beginning to include accessible in-game options for the

colour-blind, blind, deaf, hard of hearing, and even dyslexic. These are important, but still small, steps in the right direction.

Although in-game accessibility is important, accessible controllers are the final key step towards the gaming industry being accessible to everyone. Currently, all adaptive controllers on the market are sourced either via charities or through small independent companies. While these are vital and often impressive – the QuadStick, a hands-free mouth controller for quadriplegics, being one – they are expensive and not manufactured on any kind of large scale. As a result, disabled gamers are often left without any viable options for playing video games without major difficulty.

Microsoft's Xbox Adaptive Controller (XAC) with its two large soft programmable buttons, D-pad, standard profile button, and

unique 19 jack inputs, all for £74.99 aims to change the game. This is both substantially cheaper than previous adaptable controllers, and still allows users to add their choice of assistive aid that best suits their gameplay.

The XAC is also the most easily and instantly compatible (with both Xbox consoles and PCs) adaptive equipment available; meaning that disabled gamers using accessible technology won't be limited to PC gaming and won't have to endure a complicated set-up anymore. Although the low cost does exclude the price of the potential pricey additions needed to cater to specific disabilities – perhaps the most expensive example being the whole set-up of the QuadStick coming to around \$700 – the relative low price of the XAC shows a consideration and determination by Microsoft, and Xbox, to cater to disabled gamers irrespective of high potential profits.

Hopefully, the release of the XAC later this year will lead to more accessible technology in the gaming industry by the big companies – PlayStation and Nintendo among others – to ease the financial burden of both the players and the charities who've been crucial in the field for so long. Ultimately, the hope for the XAC is to encourage the gaming industry to become more accessible for all.



IMAGE: BAGOGAMES

ROBIN HOOD'S BAY: THE HIDDEN GEM OF YORKSHIRE

SEREN HUGHES TELLS US WHY YOU DON'T NEED TO GO FAR TO ENJOY A BEACH GETAWAY IN THE NORTH

Here in York, we are a stone's throw away from some of the best attractions the North has to offer. There is the Lake District, the Peak District, the Yorkshire Dales, and the North York Moors. The North York Moors are a beautiful location for a walk through the countryside ending at a traditional pub, or for a visit to the beach. The coast near York has Scarborough and Whitby, both popular destinations with all the commercial options. But, just a little further along from Whitby lies the hidden gem that is Robin Hood's Bay. I made my way to Robin Hood's Bay by car, but it is possible to get there by train and bus, and both options

take just over an hour. The drive is through the North York Moors, which is stunning by itself. As you speed along empty country roads, rolling hills spread around you without end. The terrain looks almost arid, as trees are scarce, and instead heather stretches as far as the eye can see.

When you finally return to civilisation, you drive through a few villages before reaching the secluded Robin Hood's Bay. You park at the top, and walk down through the village. A row of bed and breakfasts and pubs greets you, followed by the first fish and chip shop. My friend and I stopped here and she had fish and chips, while I had a fishcake and chips

(sorry, I know it's a sin, but I'm not a fan of battered fish). Both were under £5 for a hefty serving, not the fake cheap northern prices we get here in York. Immediately after this chipper the world seems to drop off a cliff. The road leads you down into the village proper, but this downhill is unbelievably steep. You find yourself regretting having to come up again. As you follow the tiny road, you pass small and intimate shops selling trinkets, art, and more. You reach a fork in the road and on the right-hand side is a café that hangs out over a stream which flows towards the sea, which you are yet to see. The spot is idyllic. Continuing down, the number of ice cream

shops and chippies increases until the sea opens up in front of you.

The beach at Robin Hood's Bay is massive. Sand stretches for miles in every direction. When the tide is out, the walk to the water is long, and the depth of the water increases slowly. Of course, the water is freezing cold, but the brave among us can attempt a swim. Also, being a seaside location, the weather is variable. In the few hours I was there, it ranged from brilliant sunshine to a temperature drop and clouds rolling in, in a matter of minutes. But don't let that stop you.

You can walk along the beach, or you can choose to climb up the cliffs and walk along the top. Paths stretch for miles either way, and the view of the fields behind you, the little village in the distance, and the sea stretching in front of you is stunning. 360 degrees of wow. The walk is not too difficult, apart from a few steep inclines. Afterwards, enjoy an ice cream to welcome you back to the village and congratulate you on your effort. Robin Hood's Bay is the perfect day trip out of York, especially in the summer months. If you want to get away from all the people who clog York and Scarborough, Robin Hood's Bay is your answer. It's easy, cheap and beautiful - what is there to lose?



TRAVEL THE EARTH WITHOUT COSTING THE EARTH

JAMES HARE SERMONISES ON THE BEST WAYS TO TRAVEL ON A BUDGET WHILE NOT SACRIFICING THE BEST BITS

Travel is considered by many to be an unaffordable pursuit, particularly for students. Yet it needn't be so. With a little bit of effort, travelling cheaply is more possible than most imagine - it needn't cost the world to see the world. So join me as I set out how in this article to best travel on a budget, so that you too can get out and about (and maybe even write articles for Travel).

Firstly, we start with looking at planning where to go. Of course when thinking about planning a trip the immediate attraction is to try and go to the most exotic place possible, but that doesn't come cheap. Instead there's a lot to be said for searching out hidden gems and straying from the beaten path. The benefits are twofold, both saving you money and creating the possibility for a unique experience that would have been overlooked had you just followed the herd.

For example, the great cities of Central and Eastern Europe - think Prague, Budapest, Ljubljana, Krakow and Warsaw - offer cultural and historical experiences compa-

nable to anything one could find in Western Europe. Sure, the likes of Paris and Rome may be better known destinations, but equally that leads to added expense and a much more hectic and stressful travelling experience, which isn't ideal if you're going away to de-stress.

However, even if you choose a destination which is on the more affordable side, there's still the cost of getting there. The era of budget flights is a great help in this regard, but even then it can be difficult to navigate the maelstrom to find the most cost-effective solution. Luckily help is at hand. Skyscanner provides an invaluable database of flights and their prices, as well as allowing you to search around to find the cheapest destination. And when you've honed in on a destination, Google Flights offers a day-by-day view for flight prices which includes cheap deals achieved through transferring between flights.

Then when you land, there's the age-old problem of getting from the airport to your city of choice, with companies often trying to rip off the unsuspecting traveller through

claims of "bargain" transfers. Instead, do your research and take public transport. Take for example my experience in fair Verona just two weeks ago. £6 for the private transfer, or £1 to take public transport. No difference in journey time, a less frantic rush for the bus, and a nice bit of money saved - all positives to take away from the experience.

There's also the question of how to save money if you're doing a multi-city trip. It may be tempting to simply hop on public transport or buy an Interrail Pass, but that's not always the most cost effective way of getting around. Using GoEuro, Rome2Rio and Busradar it's possible to easily map out the most inexpensive way from A to B quite easily and I wholeheartedly recommend that you do. Equally, if planning on taking regional trains then use Seat 61 to find out about discount passes and which tickets to buy in advance and you'll find yourself saving money in no time.

As for accommodation, there's two options at hand. If you're happy to stay in a hostel - which I would wholeheartedly recommend - then going on Hostelworld and simply searching is the best option. I tend to take the approach that anything rated 8.0 or above (barring some dreadful recent reviews) is more than good enough, with only those above 9.5 really something exceptional and most of the time with the prices to match. In even the most expensive cities, great options abound from less than £20 a night, all well worth checking out. However, if you feel a room to yourself is a necessity then I would recommend the best option is to avoid the big name booking sites and scout around yourself with a quick Google search, or even give Airbnb a quick lookover - if you're willing to accept the risk that your home for your stay may not always be quite what is advertised.

Avoiding big hotels, unless booking on the day when they're desperate to fill rooms, is usually the best approach.

That concludes my guide on how to travel best on a budget, and I hope it's been of some use. There's also the obvious little things like avoiding tourist traps and eating where the locals would rather than at places with huge English menus to remember, but this article covers all the other essentials and hopefully proved somewhat educational as well.



TRAVELLING TO GREECE ON THE CHEAP

ANASTASIOS PROIOS DOUKAS SHOWS HOW YOU CAN BOOK A CHEAP ONE-WAY TICKET TO TRY THE WONDERS OF GREEK CUISINE

One bite is enough to make a Greek feel at home: and offers a balance of flavours strong enough to impress anyone. Greek Street Food Souvlaki is currently number one on Tripadvisor for North Yorkshire and is located in the heart of town, the food court of Shambles. It is a small business operated by Stamatis and Maria, a couple from the beautiful island of Corfu. Due to the ongoing and dire financial crisis that has struck Greece, Stamatis, one of the founders, was forced to move away and chose to call England his new home. Maria joined him six months later. Stamatis said that he worked various jobs in York: as a florist, then working in a factory, and a hotel, and even on a farm. While working he looked for Greek food in York but found none. Thus the idea for Greek Street Food Souvlaki was born. He comments: "At first, I was scared about whether people would like it or not. However, because we cook with passion and love, people embraced us and keep coming. I think

these are the ingredients that set us apart and make us number one".

It is hard to find good Greek food outside of Greece and it is near impossible to find Greek food that surpasses restaurants in Greece. As someone who has tried a lot of souvlaki and gyro in Greece (both in tourist and non-tourist areas), I can wholeheartedly say that Greek Street Food Souvlaki gives more than just an authentic experience. It manages the impossible and has certainly become one of my favourite Greek restaurants to dine at.

The restaurant something for everyone. You can enjoy pork gyro during the weekend, chicken gyro during the week and you can enjoy chicken, lamb, and pork souvlaki anytime. The amazing part of this restaurant however is the vegetarian and vegan options that they offer. For vegetarians they

offer grilled halloumi, grilled vegetables (aubergine, red peppers and more!) and mushrooms in a pita coated with tzatziki and their amazing signature sauce. For vegans they offer pitas with either a bean burger or a beetroot burger. Trust me, even if you do eat meat you will definitely want to try both of these options. Every pita contains chips with the skin on for extra flavour, that are of very high quality and perfectly fried to be crispy on the outside and soft on the inside. Just buying the chips on their own with some feta and the signature sauce is a very wise decision. The meats, pita bread and feta come from Greece, the sauces are made on the premises and the vegetables arrive fresh every day. Taking the aforementioned into account, it is quite cheap, as you can enjoy such quality at five or six pounds for a pita, and the chips with feta for four. Getting

such high quality at such a low price is truly unheard of in York.

The amazing combination of flavourful food and cheerful and talkative staff definitely makes this place one of the hidden gems of York and one of the best establishments to dine at. It truly is a shame that they do not have their own space yet, and only have a food stand, but they remain open to suggestions and a cooperation with the university to bring the food we love closer to the students. Perhaps York: Spark could be an option for them, regardless their future is bright. It is open every day from twelve until five. Next time you pass by the Shambles, I suggest

checking this place out. You will not regret it.



IMAGE: SOLANKI YORK



IMAGE: SOLANKI YORK

HUMMUS GLORIOUS HUMMUS

OSCAR BENTLEY EXPLORES THE HISTORY AND THE FUTURE OF ONE OF YOUR FAVOURITE DIPS

Hummus is a dish which is taking the world by storm. A traditional Middle Eastern and Mediterranean dip, it has been eaten for hundreds of years, with the oldest recorded recipe dating back to 13TH century Cairo. It's a relatively simple dish, with the main ingredient being chickpeas (hummus is Arabic for chickpeas), mashed and combined with olive oil, lemon juice, garlic, salt, and tahini, a dip in its own right made from toasted sesame seeds.

Hummus is becoming more and more of a staple of the Western diet now too, with Brits collectively consuming 12 000 tonnes of hummus per year. It's relatively healthy, containing mainly carbohydrates and protein (it's also 65 per cent water), supposedly even having the requisite amino acids to rival Prozac, while also offering an arguably more ethical alternative to guacamole as a dip. Head into any supermarket and it's a fairly common sight to see shelf upon shelf of hummus, ranging from traditional (my personal favourite) through caramelised onion (another classic) to sun dried tomato or beetroot (have to say, not a massive fan of this one).

York has embraced the hummus revolution. The University recently gained a ratified Hummus Appreciation Society, following in the

lead of Durham last November. York's HumSoc began with a group of students embracing their love for hummus and wanting to make it together, eventually blossoming into a fully fledged society. President Imogen Goodwin told me she thinks hummus has exploded due to the growing health consciousness of consumers: "hummus has suddenly grown in popularity because more and more people are starting to really look at what they eat, and so many other popular spreads have very high salt and sugar levels. Also, as hummus is so versatile, and you can find so many different flavours, people are becoming more drawn to it."

In February, York had its very own hummus restaurant open its doors. Following in the wake of outlets in Leeds then Sheffield, Humpit opened their biggest and most ambitious site yet.

Humpit began life in 2014 as a father and son business with a vision of replicating the traditional Israeli serve – big bowl of hummus with warmed pita – beginning with just a gazebo, a toaster, and a fryer. Their popularity grew, allowing them to offer a wider range, and their first permanent



IMAGE: HUMMIT

outlet opened in the Leeds Corn Exchange. A year later they were named Virgin's Start-Up Street Food Winner 2015, branching out to Sheffield in 2016, Leeds Students' Union in 2017, and eventually York earlier this year, with plans to expand across Yorkshire, and a converted shipping container allowing them to take Humpit on a "road trip", starting in Manchester this summer.

Humpit's Marketing Coordinator Cat Miller told me how they quickly realised that all of their food was accidentally vegan, reaching out to the vegan community but also operating as a regular restaurant to the public: veganism isn't their core aim, just a happy coincidence. Cat pointed to veganism as a catalyst for the hummus revolution, telling me that she thinks "the whole vegan revolution is obviously a big part of it; people are becoming a lot more aware of sustainability and ethics. I also think [it's about embracing]

different cultures as well; [hummus is] semi good for you and it's so versatile, you can put it in everything, you can do whatever flavour you want, it's so easy."

Humpit are planning to really make a feature of their York store, with events in the pipeline such as vegan speed dating, film screenings, and a sustainable fashion show. They also catered Big D and are booked for Graduation and Freshers' Festival, with potential to even expand to become a more permanent fixture on campus. They're also the official sponsors of HumSoc. Hummus looks as if it's a revolution here to stay: just as the 2000s heralded the rise of the designer coffee, the 2010s and into the 20s looks like the beginning of the age of sustainable eating. But even beyond that, it's just a great food. I think the best way to wrap up is Cat's closing remark to me: "Honestly I eat so much of it every day it's outrageous!"



IMAGE: HUMMIT

10 THINGS I HATE ABOUT UNI

IMAGE: HOLLY HUXTER

JACK DAVIES MOANS ABOUT WHAT'S PISSING HIM OFF OF LATE

1. So, this is it: my last ever Nouse article. Lots of people have said to me I should do a "10 Things I Love About Uni" as a farewell to student media and I was very tempted, right up until I encountered a group of first year students in branded sportswear aimed at creating a "working class aesthetic" and talking about their gap yabs at Courtyard. I was instantly reminded that uni is full of gimps. So hate it is.
2. I didn't even have any exams this summer, but on behalf of my friends who have suffered through exams and revision; if you're a fresher, get the fuck out of the library during exam season. Your tests don't count, and nor do you as a person.
3. Wow, so it appears that my vitriol towards first years has not at all reduced - my first column attacked them for being so keen to attend everything and therefore making the queues at Nisa too big. I think, perhaps, it's jealously knowing that they've got two more sweet, layabout years before they have to find an actual job.
4. On that topic, I have absolutely no work ethic. At this rate, I'll be a bartender for another twelve months and will be resigned to continuing to shake liquids for a living.
5. How am I meant to decide what I want to do in life at the tender age of 21? In a hopeful but, I fear, ultimately fruitless move, my band, *The Elevens*, have started recording to give ourselves the illusion that maybe, just maybe, we won't have to find graduate jobs. See you at the dole office.
6. My girlfriend's insistence upon attending Summer Ball means I've got to buy a suit. Have you seen how expensive they are? Fucking scandalous. But apparently jeans, a pair of Adidas Gazelles and an England shirt to exhibit my support ahead of the upcoming World Cup won't suffice as an outfit.
7. Ah, the World Cup, my favourite quadrennial ejaculation of football. I adore it. But it's at this time of year I'm reminded that York is depressingly low on numbers of actual football fans, and I get frustrated that not everyone is talking about it all of the time like back home in Merseyside.
8. This, to be fair, does also have its pluses. Had I behaved in the hysterical manner I did while watching Liverpool, the gift from the comedy football gods that they are, throw away a Champions League final, I'd have been nudded within 2 seconds. Fortuitously, Tarquin in his box-fresh LFC top, sinking a pink G&T at Courtyard, while watching the final was less well equipped to deal with a screaming, ecstatic Evertonian.
9. Nouse. I forget about this godforsaken paper, and this column I have to write, every single time it's due, which results in me having to scramble 10 shit things about York together at the last minute on Notes. Notice how I've stretched football across three separate points. The worst thing is, I know I'll still miss this shitrag.
10. Leaving university. It's fucking over, how did that happen? Despite my incessant moans, it's been an incomparable blast. I've cherished it while I've been able to. Nouse, the friends I've made, nights out, even the odd bloody seminar I'll miss when I'm gone. Everything. Well, apart from the geese. They're fucking cunts.

NIAMH MURCHAN ON THE ACADEMIC YEAR COMING TO A CLOSE...



Hare to Help!

by James Hare



WHO THOUGHT THIS WAS A GOOD IDEA? NOT JAMES HARE

How do I repair slightly burned (think overdone toast) bridges as I leave the university world behind?

Thank you, dear reader, for taking the time out of your surely busy schedule to write to me, about this incredibly pertinent issue for the many, not the few. At this time many of us feel like we must repair the bridges we have immolated in our time here at university, like low budget versions of the 300th Combat Engineers. I too know your feeling on this front - I often wonder if the Nouse office will miss me when I'm gone. Not the people, you understand. The actual physical office, as majestic as it is.

In a hitherto unprecedented turn of events, the answer was revealed to me in a dream. A dream that took place on a plane, as the low hum of the engines whisked me away - like a high quality dehumidifier - to the land of nod, many thousand feet above the Toblerones. Or as they are better known, the Swiss Alps. Had I missed my flight then your question would have gone unanswered like so many others, as it would have, had my Kindle not run out of charge, leaving me unable to read *The Albanians* by Miranda Vickers. So fortunately for you, dear reader, the tyranny of technology tore me from Tirana.

The experience of the benevolent soul posing this question is one I can certainly empathise with from my own. Due to my own unique approach to university, I've managed to leave my place of study behind at the end of every academic year. Year one took me from York to Warsaw and year two took me back again, as I bounced around on budget flights dreaming up answers to the concerns of each and every piece of correspondence, and indulging in my fascination with the histories of small Balkan states. It would not be a stretch to say that I live the life of a film star or something similar - indeed, I am credited on a film, having taken time out of my busy schedule of playing agony aunt to be accent coach on a small

production by the name of *Loyalty*. Make sure to see it at the LUMA film festival this coming weekend, as now the success of my career as an accent coach depends on it succeeding.

Coming back to the point at hand, leaving at the end of first year necessitated some bridge repair. I found that a great deal of crockery had been purloined from my cupboards by some mischievous flatmate as I came to leave, and I had to enact a crisis management operation. This consisted of me offering to babysit the possessions of the suspect for the summer so as to be able to sift through and rescue my beloved metalwork, rather than making a scene and demanding them back. It turned out that in fact the flatmate in question had stolen nothing, but I rebuilt a bridge that could easily have been sinking in some river somewhere. Thinking about it, that's likely where my crockery is - in a sink somewhere.

In second year I found myself with the world's tallest man, my mate Kieran. It was less bridges that needed to be mended than doorways, with him being taller than many wind turbines and equally as energetic. Repair was a common theme for us both, with his destruction of our bathroom door after it decided to jam and cram him into a room he was too tall to stand up fully in, another memorable moment.

And repair is what I would like to do to my relationship with Jack Davies, who you will find musing on university life in the column to my left - as ever, the majority of the student body are to my left, perilously close to being an unreconstructed Blairite. I hope my tales of repair have inspired you, oh questioning one, and I hope the bridges you need to repair are not too badly burned - after all, objects once gifted cannot be taken back, and toilet roll removed cannot be replaced.

Send questions to james.hare@nouse.co.uk Unfortunately, they will not be answered as this is his last edition...

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Sánchez, Spain's surprise new PM

Callum Tennant
DEPUTY POLITICS EDITOR

PEDRO SÁNCHEZ became the seventh Prime Minister of Spain since it returned to democracy on 2 June following a dramatic vote of no confidence in Mariano Rajoy. The vote of no confidence was passed by 180 votes to 169 with a single abstention, after yet another revelation of corruption within Rajoy's People's Party (PP) caused widespread anger and prompted calls for his resignation. In an impressive feat Mr Sánchez, leader of the Spanish Socialist Workers' Party (PSOE) managed to get seven other parties to vote in line with his own, ousting Mr Rajoy by just four votes.

Despite becoming Spain's new Prime Minister, the 46 year old will have little time to celebrate. His party holds only 84 of the 350 seats in the congress, meaning getting any substantial reforms passed will be an uphill struggle. Furthermore Mr Sánchez's minority government will have to listen to what the other parties who voted with the PSOE have to say. He has already agreed not to change the budget set by the PP in exchange for the Basque PNV supporting his vote of no confidence. On the same day that Sánchez was sworn in, Spain's largest single crisis was once again stirring as Catalonia's newly elected leader Quim Torra demanded crunch talks with the Prime Minister, reaffirming his commitment to Catalonia becoming an independent Republic, something Mr Sánchez has already ruled out. While Mr Sánchez could remain in power until 2020 he will surely face pressures to call an election before then and prove the PSOE can win through the ballot box.

While Pedro Sánchez faces rough seas ahead, Spain's stubborn socialist's remarkable political career dares one to think that Sánchez has a chance, and the ability to pull off a political miracle by ensuring that his minority government

doesn't collapse. Less than two years ago Pedro Sánchez was himself forced to resign after a party revolt in 2016, over his refusal after two inconclusive election results to allow Rajoy to form a new government. Mr Sánchez spent the time touring Spain trying to win his party's grassroots support and to the horror of the socialist politicians who ousted him he won the party's leadership race less than seven months later with over 50 per cent of the vote. The challenge will now be whether Mr Sánchez can lead his party out of the poorest election results in its history which it achieved under his time as leader. However, given his remarkable political comeback from ex-PSOE leader to the Prime Minister of Spain and new leader of the PSOE, one should be careful before making any assumptions.

What makes this turn of events all the more astonishing is that similar events took place in Portugal less than three years ago, when the left-wing parties grouped together to oust the Portugal Ahead coalition, replacing them with António Costa, leader of the Socialist Party. Indeed if Mr Sánchez takes a leaf out of his neighbouring socialist's book he would fare well. Mr Costa has ensured fiscal responsibility while overturning the majority of the austerity reforms passed by his predecessor, his party currently enjoys higher polling than in the last election and Mr Costa has survived a vote of no confidence, retaining the support of the two parties propping up his minority government. Mr Costa shows his neighbours new leader that there can be a successful alternative to the austerity seen across the EU which can lead to economic growth and as Spain needs a decline in unemployment.

Despite the fact that Mr Sánchez faces a political struggle ahead to keep his minority government intact, there's a clear opportunity for Spain's PSOE to show voters why they deserve to be elected at the next election. In reality, with such a fragmented political scene Pedro Sánchez will find it difficult to pass any large-scale reforms. But as he has demonstrated by appointing women to 11 out of 17 cabinet positions, giving his administration a 61.1 per cent women to men ratio he can signal what a PSOE government is all about.

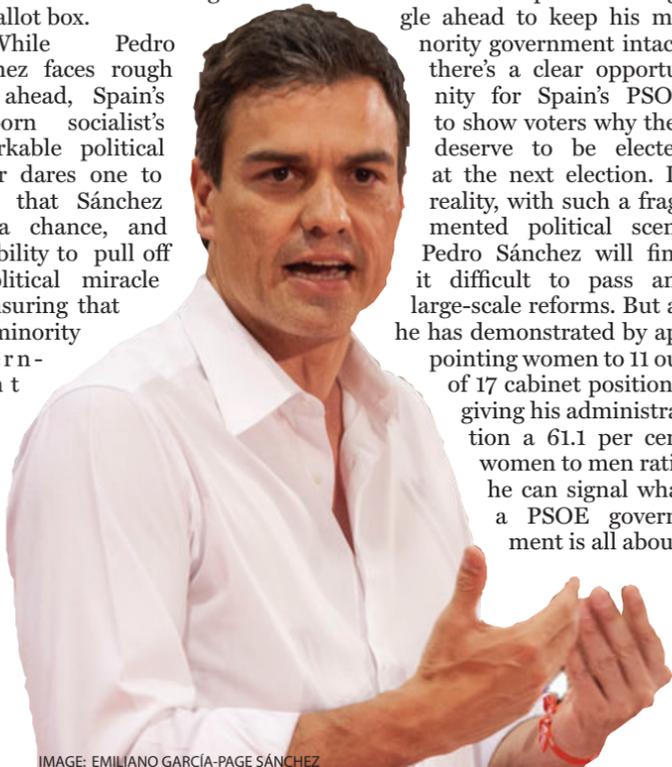


IMAGE: EMILIANO GARCÍA-PAGE SÁNCHEZ



IMAGE: FREEDOM FALCON

Special report: Jordan protests

Chris Williams
POLITICS CORRESPONDENT

YOUTH-LED PROTESTS in Jordan have rocked the country for the last fortnight. Incidentally, I have had to make my way through them twice now, at one point being escorted, like a package, by police. Although they have been peaceful so far, rumours sweep the city that tonight could turn violent, not least because buses of new protesters are travelling into Amman from across the country. What sparked this in a country that, aside from the Arab Spring in 2011, hasn't seen demonstrations for decades?

The most prominent cause has been a recent set of proposed tax reforms which protesters claim (correctly) would hit lower and middle income households hardest. Coupled with this, there are little to no public services in Jordan, including no clean water, transport, state healthcare or numerous other things we take for granted in the UK. One protestor, Mila, told me she and her husband would not mind tax increases if they got something in return, yet she says it also goes deeper. She argues the parliament is stricken by corruption and impotency while the Prime Minister merely organises the government for King Abdullah II, who holds the real power. "What we want is real autonomy for our government" she affirms, "not just the same faces, same people and no new blood". So far the former Prime Minister has resigned in place of a popular non-Jordanian, al-Razzaz. This could show the King's openness to public

opinion, considering al-Razzaz's unpopularity with the tribes and intelligence service, significant centres of power in Jordan. However, a constitutional monarchy, which many protesters are demanding, seems to be wishful thinking.

Although this may appear a difficult position for King Abdullah, it certainly has not been without benefits for him. On Tuesday many Middle Eastern leaders phoned in to pledge support for his regime, notably including the Saudi leadership whom the King has been virtually subservient to in recent years. Regardless, the King must decide

Women have taken to the streets to voice their anger as much as men ”

carefully how to manage the current situation and ensure he uses just enough force to maintain legitimacy, without overstepping the invisible line and incurring public wrath. Surprisingly, he has been extremely supportive of the demonstrations so far, lauding how proud he is that his people can protest their views so peacefully. One political activist described the King's recent letter appointing Prime Minister al-Razzaz, which called for discussions of the tax reforms, as "too good to be true". She is cautiously hopeful, although she still plans to protest tonight.

Meanwhile, as this goes on, something else is changing in Jordan. Many women can be seen out

protesting, something which was not the case seven years ago. Mila asserts that since the Arab Spring there has been a lot of openness, evidenced by the fact that unlike then there are no government-hired thugs throwing rocks at demonstrators. This has been highlighted recently by the trade union elections, in which the Muslim Brotherhood failed to make an impact for the first time in 10 years. Consequently, women have taken to the streets to voice their anger as much as men.

There is an exciting atmosphere in Jordan. The country feels ripe for fresh attitudes. As a combination of social change, economic stress, corruption, and an active political youth, has created the conditions for a potential shift of power to the people. However, the looming interference of the Muslim Brotherhood could undermine the cause, as well as infiltration by the intelligence services. The protests have already led to the resignation of the Prime Minister and his cabinet. Prime Minister Omar Razzaz, newly appointed by King Abdullah II, announced on Thursday that the tax bill which sparked the protests will be withdrawn. It seems likely that new Prime Minister Razzaz will have to make further reforms in a country widely perceived as elitist and exclusionary in order to quell the anger of the young Jordanians who have taken to the streets in recent times.

Chris Williams is a MA student at York. He is doing his Masters in Post-war Recovery Studies. Chris is currently in Amman, Jordan doing a placement with the Save the Children regional office in the Middle East and Eastern Europe. He sends this report from Amman where many of the protests have occurred.

A changing of the old guard in North Korea?

Seren Hughes

POLITICS CORRESPONDENT

NORTH KOREA'S TOP three military officials have been dismissed, a US official reported on 3 June. This new decision comes the week before the much-anticipated summit between President Donald Trump and North Korean leader Kim Jong-un. These dismissals seem to suggest that Kim Jong-un is showcasing his desire to discuss nuclear disarmament without dissent.

The three officials have been identified as defence chief Pak Yong-sik, chief of the Korean People's Army's (KPA) general staff, Ri Myong-su, and the director of the KPA's General Political Bureau, Kim Jong-gak. US officials believe the dismissals were due to these men disagreeing with Kim Jong-un on relations with South Korea and the US.

North Korea is an authoritarian state, often described as Stalin-esque, run by Kim Jong-un and his family for the past three generations. The country has remained isolated from the rest of the world since the Korean Peninsula was divided into North and South after



WW2, and views nuclear weapons as essential to its protection from the outside world. However, this isolation seems to finally be changing, as Kim Jong-un met his South Korean counterpart in April in a historic summit, has reached out to China and Russia, and is now due to meet Trump for a summit.

Until January, Trump and Kim communicated aggressively, through a series of explosive tweets. Relations then warmed considerably, with Kim halting nuclear and missile tests and blowing up the country's nuclear testing site. Consequently, the summit was announced on 10 May. Tensions rose

again later that same month, and Trump cancelled the summit, allegedly due to Pyongyang's "open hostility". However, this was only brief, and days later Trump welcomed North Korea's former Intelligence Chief and Vice-Chairman of the ruling Workers' party, Kim Yong-chol, to the White House. Despite this, it

is still uncertain whether the summit will actually take place.

Relations between North Korea and the US remain unstable. It is unsure what Kim hopes to gain from his relations with the outside world. Trump has said he hopes the talks will lead to nuclear disarmament in North Korea. In return for disarmament, economic sanctions would be lifted, which would benefit North Korea's economy. Equally, North Korea is a country steeped in human rights violations. The state has control over everything including the media. It spies on its people, prevents defection, and falsely portrays global events. While, shortages of food, fuel, and basic necessities are hidden behind a well-funded nuclear programme. It is highly unlikely that any of these violations will be discussed at the summit. Is it for economic reasons that Kim has finally looked beyond his sheltered country, or does he want something else from the international community? Are his dismissals of military officials a sign of willingness to discuss or a further example of his totalitarian regime? Should Kim be trusted to give up his nuclear weapons or is this a ploy to trick the world and distract us from the dire conditions in his country? All of this remains unclear.

Italian coalition spells trouble for Brussels

Alessandra Zannier

POLITICS CORRESPONDENT

ITALY'S NEW government was sworn in on 1 June, bringing an end to the political turmoil that immobilised the country since the general election in March. This government consists of a coalition between Italy's two populist parties: the Five-Star Movement and the League. Prior to this coalition, the country experienced months of uncertainty over its future.

The general election on 3 March saw the Five-Star Movement win 32 per cent of the vote and the League 18 per cent. These two parties later formed a coalition and proposed Giuseppe Conte for Prime Minister. However, President Mattarella rejected Conte's cabinet

list on the grounds that Paolo Savona, Conte's choice for finance minister, is a Eurosceptic, leading to the temporary abandonment of the coalition. The government was finally established when Mattarella

blow to Brussels. Italy's future in the Euro is uncertain. On the one hand, both parties are sceptical of the single currency, with the League's leader Matteo Salvini having argued that the Euro was "a mistake" for Italy.

What is more, the fact that the Five-Star Movement has previously called for a referendum on EU membership has given rise to the belief that, as argued by Brexititeer Daniel Kawczynski, "this is the beginning of the end of the EU as we know it."

On the other hand, the new government claims to have moved away from this stance, now wanting to begin reforming the EU from within. Italy's economic minister, Giovanni Tria, assured Reuters that "there is no political force in Italy that wants to leave the euro," but notes that reforms are overdue.

The government is pursuing a

number of policies that will reform the relationship between Italy and Europe. One of the main aims for both coalition parties is to erase the effects of the 2008 financial crisis.

but one that will cost €17bn to implement. A response to Italy's debt crisis has also been presented, with both parties rejecting austerity and calling for a revision of the EU's Stability and Growth Pact, which has set a deficit limit of 3 per cent GDP.

A desire to revise EU policy is also manifesting itself in the government's aim to deport 500 000 undocumented migrants from Italy. It is demanding a change in EU policy to relocate asylum seekers in other European nations. It is also calling for greater cooperation with Russia to fight people-smugglers in the Mediterranean and end the conflict in the Middle East. The emergence of populist governments is changing the face of politics, with growing demands to reform the existing system and move against the establishment. Such events mean that, as European politics continue to change, the future of the EU becomes increasingly uncertain.



IMAGE: CONSIGLIO FEDERALE DELLA LEGA PER SALVINI PREMIER



IMAGE: FIVE STAR MOVEMENT

This will be done by guaranteeing a monthly income to families, an idea that has generated a lot of support,



LEFT WING RIGHT WING

Thoughts from the Politics Editor

IT HAS BEEN another bad week for the Prime Minister. Brexit Minister David Davis threatened to quit the Cabinet if Theresa May did not change her proposal to set a time limit on the 'backstop' idea, a policy which is essentially the back-up plan to ensure no 'hard border' in

Ireland. Brexiters were concerned that if no end date was agreed this 'backstop' plan would tie Britain to the EU indefinitely. Davis represents the side of the Brexiters in May's cabinet, which leans towards those who supported Remain. Theresa May seems to have buckled to

the demands of the Brexit Secretary, agreeing to impose a time limit on the so-called 'backstop'. The Prime Minister is supposed to manage her Cabinet through consensual leadership. It seems that May has neither the cooperation of her Ministers nor the ability to make them comply with her decisions.

As if the Prime Minister's Cabinet did not pose enough issues for her, she also faces pressure from within her party on the issue of abortion in Northern Ireland following the referendum in the Republic of

Ireland. High profile Conservative MPs such as former Home Secretary Amber Rudd, have expressed support for change in NI. Theresa May has resisted calls to amend the law, insisting it is a devolved matter. However, the devolved government in Stormont has not been operational in over a year, and it shows no sign of being resurrected anytime soon. When May formed her pact with the DUP after the election last year, she would never have anticipated that abortion would become an issue. As long as the Prime Min-

ister needs the DUP to maintain a majority, she will be immobilised on the issue of abortion in NI.

Theresa May is a Prime Minister unable to act according to her own leadership instincts. So often has May reneged on her own principles, that she is now difficult to take seriously as a strong Prime Minister. While she continues to cling onto her own post, many now view Theresa May as merely an interim Prime Minister who will only be left in place until someone stronger is ready to take up the post.

How much do Social Media bloggers actually make?

Jacob Phillips
EDITOR

SINCE THE CREATION of Instagram in 2010, professional blogging has become increasingly common. Now a whole generation of bloggers and vloggers are successfully managing to live off the content they produce online. The success of video based platforms such as Youtube and its Amazon-owned rival Twitch has been so great that now Facebook has launched its own video platform, Fb.gg. Social media blogging is clearly effective in bringing in significant advertising rates for tech companies like Google and Facebook. However, how effective a platform are they for the bloggers themselves?

For those of us who do not have Instagram or Youtube accounts with thousands of subscribers it seems a strange idea that simply posting a photo or video online of your hobby can earn you enough money to live on. Yet, only a modest number of subscribers or followers is actually required before bloggers begin to earn money.

Advertising site, Tribe, connects advertisers with bloggers, offering bloggers who have between 3000 and 10 000 followers £50-£100 to post sponsored posts on their respective pages. This rate increases



to £250-£350 for those with 50 000 to 100 000 followers. Tribe specifically targets bloggers who are 'micro influencers,' (bloggers with 3000 to 100 000 followers on Instagram, Facebook or Twitter). These bloggers' posts have been reviewed to be more successful as they seem more authentic than posts made by larger pages. According to figures calculated by *Business Insider*, the UK's top Instagram posters receive up to £600 a week in sponsored posts arranged through Tribe. This equates to bloggers earning roughly £32 000 a year in sponsored posts before taxes and business costs are

accounted for.

However, sponsored posts are not the only form of income for bloggers. Youtubers begin earning simply by posting videos online. Once a channel begins to regularly attract more than 1000 views it can become monetised through advertising; this means that targeted adverts will appear on Youtube videos. In turn Youtubers are paid revenue for every advert that is viewed on their videos for over 30 seconds. On average this equates to a Youtuber receiving roughly \$0.18 per advert viewed. This figure can vary significantly though as factors like how

much a Youtuber swears can have an impact on the advertising on their page. Overall, for smaller Youtubers with subscribers in the tens of thousands, 30 000 views equates to around £30.

In contrast, the more popular a Youtuber becomes, the more significant the sum of ad revenue they generate as a result. According to information from the Techadvisor in 2017, Youtuber PewDiePie, earns an average of \$7.6 per 1000 views. Since PewDiePie's channel has witnessed roughly 16 billion views since it began, the gaming blogger has made approximately \$121 million

since he started putting his content on Youtube in 2010.

Over the past few years, Youtube has been adapting how advertising works on the page in order to generate more income. Now if a video is over 10 minutes long it can have two adverts during a video, one at the beginning and one at around halfway. This doubles the advertising revenue which both Youtube and its vloggers receive. Furthermore, money can be made through costs per click advertising. On top of this, Youtubers and bloggers generally generate income through selling merchandise or similar products. These may range from writing books to selling clothing lines. British lifestyle Youtuber Zoella has used her Youtube fame to launch three books.

Overall, it seems that to generate a high wage using social media sites is easy to do as long as you can generate a decent following. Blogging interestingly functions in a similar manner to an economic bubble; the more people buy into your product, the faster it will grow and succeed. However, due to the ever changing nature of social media (old media sites such as BBM and Myspace seem ancient already) it seems that job security is unfortunately always uncertain. The best option seems to be to ensure that a blogging business has other sources of income offline so that it does not only rely on its viewership in the future.

Hollywood's paper tiger: the Chinese box office

Izzy Moore
BUSINESS CORRESPONDENT

TO DENY THE INPUT, financial and otherwise, of the Chinese film industry to the global box office and cinematic landscape would be a grave mistake. Profit has always driven Hollywood however, as the earnings of blockbusters become more public and discussed outside the industry, it's becoming vital that massive summer movies make headlines. Unlike during the golden age of cinema, in order to break opening and weekend records it is not domestic figures (ticket sales within America) but international box office earnings which matter; and China is vital to achieving success.

Avengers: Infinity War grossed \$649 716 699 domestically, ranking 6th in the all time domestic box office (not adjusted for inflation) but internationally has grossed \$1 328 331 646. It currently stands in 3rd place in the All time International Box Office (not adjusted for inflation) only below the almost untouchable successes of *Avatar* and *Titanic*. China contributed \$360 960 000, miles ahead of the sec-

ond highest contributing country, which was the UK, providing \$94 000 000. Other films have been saved by China. *Transformers* is one such franchise. The most recent entry *Transformers: The Last Knight* was commercially underwhelming. The film only grossed \$130 168 683 domestically, which was the lowest entry yet for the series, however, in China the film grossed \$229 460 000. The next largest gross was in South Korea with \$19 077 911.

China can act as the saviour of a film or push the film into the record books, but getting released in China in the first place is difficult. There's a quota for foreign films, to ensure that Chinese films have a 60 per cent hold over the box-office. This usually translates to a cap at 34 films, but this figure includes all international films, not only those created by Hollywood. New laws were also introduced in 2017, where foreign films released in China must "serve the people and socialism" and foreign filmmakers should be penalised for "damaging China's national dignity, honour and interests, or harming social stability or hurting national feelings". An at-

tempt to censor the content of foreign film to protect Chinese national feeling? Or an attempt to limit the number of foreign films released in China? The intent behind these laws is not important compared to the fact that they exist. While trade talks between President Trump and Chinese premier Xi Jinping has increased the number of American films released in China, it's unclear whether these laws will still prevent expansion.

To ask whether the influence of China on Hollywood is negative is to ask whether the globalisation of Hollywood is negative. This interaction with China has meant the deliberate expansion of the film industry in content

both behind and in front of the camera is useful to create a bolder cinematic landscape. The involvement of Chinese actors such as Fan Bingbing in blockbuster *X-Men: Days of Future Past* and Disney's live action adaptation of *Mulan*, are down to the need to appeal to China. So, without this appeal there would be no need to involve non-Western talent. Another positive of this relationship is that Chinese audiences do greatly enhance the earnings of American films, meaning that small, riskier projects can be funded, and while these films may never be released in China they can enhance the domestic film industry. It is the profits from these blockbusters which fund the production of these more interesting projects.

Of course this relationship is not always positive. There are the grounds to argue that appealing to Chinese audiences also means appeasing the Chinese government. Some changes are also problematic; while advertising *Star Wars: The Force Awakens*, black character Finn was removed from the fore-

ground of a piece of promotional material to the background. This was not a request of the Chinese government but a decision made by the marketing department. The justification? This was just meeting the Chinese audience's expectations.

While we rely on Chinese profits, Hollywood is complicit in the regulation of creative thought and expression, despite what is claimed at award ceremonies. The vagueness of the laws' phrasing also means they are open to interpretation. Any film could not meet the guidelines and be refused distribution. Additionally, it is not only foreign films which are subject to these regulations: internally produced films also have to adhere to the values emphasised by the government and present China in a positive light. American films can be subject to regulation through the rating system. The Motion Picture Association of America (MPAA) can limit the distribution of a film, as cinemas are less likely to have multiple showings of an 18 compared to a PG-13, as there's a wider audience. We should remember though that Hollywood is the aggressor here, aiming to inject itself into the Chinese market, while China is a protectionist state, guarding its values and money from Hollywood.



The secret ingredient is... Privatisation

Jack Harmsworth
BUSINESS CORRESPONDENT

THE UNITED KINGDOM is now the most unequal country in Europe. A fate that logically should have befallen a much smaller country has arrived on our doorstep. The wide-ranging implications of such economic inequality have spawned a vast array of literature in recent decades. More unequal countries have citizens that are less healthy, less wealthy, less educated and they produce a societal system which is less democratic and more polluted. One of the lesser known, but nevertheless disturbing implications among these, is the impact upon law enforcement. Rapidly, England is becoming a country with a two-tier police force.

"My Local Bobby" sounds like a cheerful 1960s police campaign for better community engagement in policing. But it's not. Instead, My Local Bobby is a brand new private police force taking the wealthy streets of London by storm. Their website boasts a "new concept" of "crime deterrence" on London's streets. In reality, the concept is rather simple: fast efficient policing, for the right price.

So how does it work? Individuals can sign up singularly or within a

group to gain access to an elite force of ex-police and intelligence officers operating in their neighbourhood. This service does not come cheap. Most clients pay a staggering £200 per month for the added protection. For that money wealthy residents of areas such as Belgravia, Mayfair and Chelsea can have private officers escort them home from tube stations, investigate crimes and respond within minutes to emergency calls.

Any paying customer to "My Local Bobby" also has access to a state-of-the-art mapping system provided through a mobile app. This gives them real-time updates on patrols in their area. An advert for this service on their website shows a friendly officer who has "found a Rolex" just off Eccleston Square. To contact these patrols, customers can then choose from an SMS, WhatsApp or even a FaceTime option.

This development has emerged in the context of vast police cuts following seven years of fiscal austerity in the UK. In order for the country to "live within

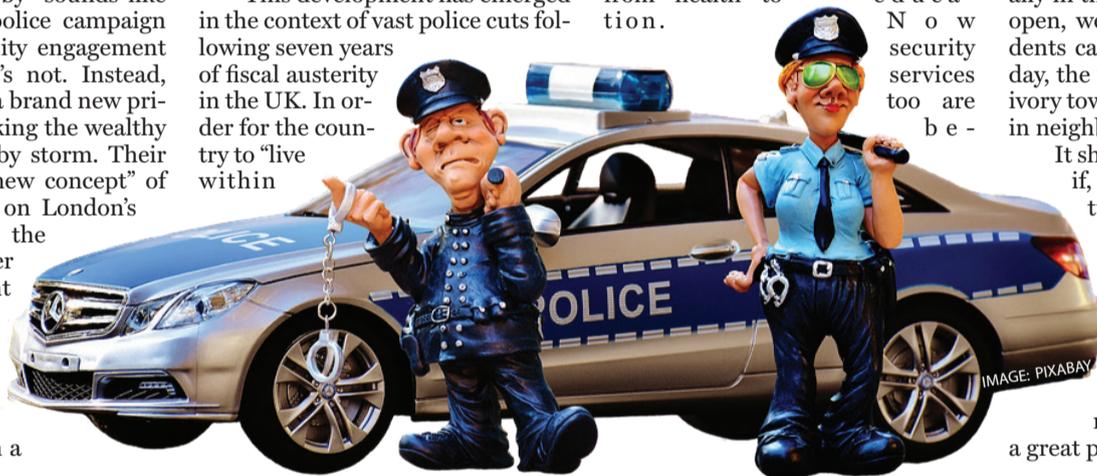
its means" as we were infamously told by Conservative and Liberal politicians, the UK police force has been reduced to staffing levels not seen since 1985, despite a ten million increase in the UK population. The Met itself, in charge of policing for Greater London, has seen a £600 million funding cut. London, the most populated capital in Europe, has recently lost 700 detectives. If this was not bad enough, there is abundant empirical evidence that more unequal countries have higher crime levels. A deadly cocktail of declining police numbers and rising inequality is increasingly turning London into a more violent city. The murder rate of the capital has now even overtaken that of New York. In response to this, increasing numbers of wealthy Londoners are turning to private security. This detached strata of society is now insulating itself in a cocoon of private services ranging from health to education.

ing privatised.

The tax cuts many of these residents have so eagerly enjoyed over the past seven years is now catching up to them with a society that is quickly turning in on itself. Is there any wonder that the liberal wealthy simply cannot understand political developments such as Brexit and Corbyn? Tax and public service cuts on this scale have seen the development of a less civilized society. The rich must now insure themselves against the new normal through an ever increasing bill of private services.

The idea of communal payment for security is one that many readers will identify as a common sense idea. We've been doing it in the UK for a very long time with something called a public police force. The ludicrous nature of this private security development is that the gilded cage the wealthy are constructing for themselves is not really in their interests. Instead of an open, welcoming city that all residents can enjoy at any time of the day, the wealthy are retreating into ivory towers while resentment boils in neighbouring boroughs.

It should be of no surprise to us if, in the not-too-distant future riots, erupt once more in London. A new private police force is a prime indicator of economic inequality that is spinning out of control and tearing apart the very social fabric that once made the UK capital such a great place.



Is citizen's inheritance a good idea?

Younis Mageit
BUSINESS EDITOR

THE NEED FOR more intergenerational wealth and current asset inequity has been ubiquitous. However, little has been done to change this.

A report from the Intergenerational Commission has recommended that £10 000 should be given to all young people when they turn 25. This is claimed to be enough money to allow young people to invest in either their businesses, property or education. This suggestion comes following the intergenerational commission discovering that 40 per cent of millennials will be living in rented accommodation by the age of 30 and thus will be liable to incur all the risks and insecurities associated as such.

Research conducted by Young Enterprise, a charity that offers help to young people in harnessing their business skills, which is tied to the development of living standards, has also backed this potential solution.

Beyond the concerns that the model should use a "restricted-use asset endowment", this is historically what has stifled innovation. Therefore in limiting what this money could be spent on may in fact limit progress and defeat the point of the programme, no matter how well-regulated it is.

The *New Statesman* last week, stated that simply giving out money does not address the actual issues at stake but rather just paints over the cracks. Giving out £10 000 cannot independently serve to address "deep rooted structural issues." This does not allow for the elevation of raw ideas that abound in the minds of millennials today, to undergo a process of translation into products and services that are widely sought after. For example, the proposal is bereft of any recommendation on how the tutelage and guidance of existing business may

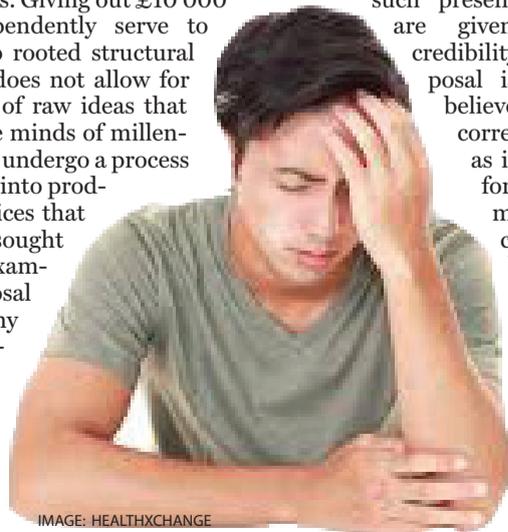
accompany the bestowal of such funds. Such concern as to scope is also reflected by the common though not unanimous testimony offered by young people as part of Robert Booth's commentary in the *Guardian*.

Irresistible though the enactment of the proposals may be through the exposition of declining living standards as expressed notably in housing, it is right that there is pause for thought before such present measures are given absolute credibility. The proposal is, however, believed to be correct insofar as it's advocacy for a realignment of focus whereby business ownership changes hands.

This, it would seem, calls for the law to be in fa-

vour of dynamic interests as much as it is incontrovertibly for those that are static. That is say, that bold business-engaged measures should be aimed at aiding those who aspire to give life to their enterprising hopes as well as those who already have. Parliament at this moment must therefore be a forum for the development of this idea as much as any other, however, we must ruefully acknowledge that it is not.

Two reasons may offer an apt explanation of why this is so. Firstly, a characterisation of young people, though largely untrue, as unworthy, idle and binge-drinking, has been allowed to prevail principally through press coverage. Secondly, against such a backdrop the case has not been conveyed to those who reliably vote; over 65s according to YouGov. In particular that these will aid in surmounting economic deficiencies like historically low productivity as identified by Grace Blakely and in turn generate certainty in relation to the cost of care in later life. In other words, the well-conceived investment in the ideas of young people must come to represent a policy of insurance rather than one of simple spending.



WEEK IN NUMBERS

Digest of the week's most important figures.

4600

The number of Google employees who petitioned to stop the US Military using Google's AI tech



2030

The date by which Ikea plans to only use recyclable and renewable materials

202km

The size of a human chain in the Basque, calling for the region's independence



20

The number of Premier League matches that Amazon has gained rights for in the 2019/20 season

\$4 bn

The cost a new Grand Renaissance Dam will cost in a deal between Ethiopia and Egypt



2020

The year in which Britain's biggest companies must publish the pay gap between their CEO and average worker

A new biological tool to combat pollution

Andy Houldcroft
SCIENCE CORRESPONDENT

THE TERM 'rolling hills' usually goes hand in hand with images of lush green pastures. Unfortunately, however, in places like Pakistan, India, and Bolivia, the reality of 'rolling hills' is looking increasingly different to this picturesque standard. With mounds of plastic and waste stretching as far as the eye can see, the term has been given a new meaning. However, out of the scarred and wounded landscape, something like a 'miracle of nature' has emerged. In a landfill site based in Islamabad, Pakistan, an emergent species of fungus has been discovered; a species capable of degrading plastic in a matter of weeks.

With the ongoing pressure of population increase, oil dependency and our increasingly consumer-centric ideals, our already serious plastic pollution crisis is in a serious state of decline. According to Waste Management North-West, we produce an average of 4 trillion Othrowaway plastic bags worldwide each year, with only 1 per cent being recycled. Earthday.org claims in 2016 alone, world plastic production totalled 335m tons, with over 50 per cent being destined for single-use. Even more shockingly, 10 per cent of all plastic waste eventually ends up in the ocean, often causing irreversible damage to the already struggling marine life.

Even when plastic waste ends up in landfill sites, it is by no means harmless. As well as plaguing the natural landscape, local people and ecosystems are slowly poisoned by toxic leachate.

While harrowing, these statistics provide us with a glimpse into the irreversible damage plastic waste is causing to the environment, both for humans and the multitude of living things we try to share this planet with. Reflecting on this information, we can begin to see the potential positive implications of this 'plastic eating' fungal species, and how it might allow us to reduce current levels of landfill and ocean based plastic pollution, but how exactly does this fungus work?

The fungus *Aspergillus tubingensis*, which can typically be found in soil, was discovered thriving in a predominantly plastic based landfill site in Islamabad, Pakistan by researchers in September of 2017. So far, researchers have discovered that its ability to break down non-biodegradable

plastics is attributed to a special enzymatic reaction, coupled with the action of fungal mycelium, temperature and pH conditions, in order to cleave apart the bonds between the molecules which constitute plastics. Surprisingly, this isn't the first time a species capable of degrading plastics has been discovered, with the previous discovery of various bacteria and even

degrade a sheet of polyester polyurethane using *A.tubingensis* to such a degree that it had almost completely fallen apart.

The use of *A.tubingensis* in plastic degradation has many benefits. Firstly, being a micro-organism, it is relatively easy and cost-effective to mass produce; this combined with the fact that the fungus is able to break down plastic in a matter of weeks makes it a viable alternative

to conventionally recycling plastic waste. Currently, recycling can be quite costly and energy inefficient, leading to waste-producers choosing alternative waste management strategies such as landfills and incineration; both of which directly contribute to a host of negative environmental impacts. However, thanks to this biotechnological alternative, almost all nascent plastic waste could someday be broken down and returned to the environment as organic compounds. One such compound, methane, could even be sold to supplement national

gas grids, allowing for the green disposal of plastic waste using this fungus to become profitable and therefore incentivised. Because of this, humankind now has a chance to try and recover from the last 50 years of plastic pollution. Of course, much of the damage already inflicted is irreversible, and not all waste can be physically recovered, but if we act decisively and seize the implications of this discovery, then we may be able to give our planet a fighting chance to recover.

This discovery, however, should not become an excuse to maintain or increase our 'single use plastic' production. Even if the output of plastic waste is managed using this fungus, our over-reliance on crude oil will continue to slowly destroy the environment, contributing to wider issues such as global warming. Instead, it should be used to help remedy our current plastic waste problem. The discovery could be implemented alongside other scientific and environmental advancements to help prevent an environmental catastrophe from ever happening again.

So what will the environment of the future look like? Will we continue to produce and consume single-use plastics without a care for the implications? Or will we seize these scientific advancements and foster a new age of conscious environmentalism? The answer to these questions lies within each and every one of us and what we will each do with such knowledge. The answer lies within you.



Using parasites for pre-emptive cancer diagnosis

Jasmine Wells
DEPUTY SCIENCE EDITOR

ROUNDWORMS and cancer are two words that are not often associated with each other but in recent years there has been a discovery that has made this combination a topic of scientific interest. The parasites have been publicised in light of multiple infection reports including that of a 63-year-old Japanese male who was diagnosed with gastrointestinal cancer. After having experienced episodic gastric pain, roundworm larvae were found in his digestive system. The organisms had in fact attached themselves to a small ulcer in the man's stomach that turned out to be in the early stages of gastrointestinal cancer development. The roundworms were found to belong to the genus *Anisakis* a group of parasitic nematodes which can be picked up by eating infected raw fish: a common component of the Japanese diet. The disease contracted from ingestion of the parasite is known as Gastrointestinal Anisakidosis, and is considered common in Japan. Although a rare occurrence, it was discovered that the attach-

ment of *Anisakis* larva on to early tumours is not accidental.

Scientists Hirotsu, Sonoda, and their colleagues conducted a series of experiments to determine whether or not the odour of cancerous lesions was what attracted the roundworms. They used *Caenorhabditis elegans* in their studies, a highly studied roundworm species. In one such experiment, they transferred droplets of cancer cell culture which had been grown, on to half of a petri dish. In the other half, they

put droplets of non-cancer cell culture medium. When *C. elegans* was introduced into the dish, the worms moved towards the cancerous culture, suggesting an attraction. Other experiments in which the olfactory sensory neurons were removed from some of the roundworms showed that in the absence of a sense of smell, the worms often diverted away from the cancer cell culture.

According to the world cancer report, figures are expected to continue to rise to an estimated 17

million deaths in 2030 alone. While cancer treatment technology has advanced significantly in recent years, there is still a need to develop effective and inexpensive methods of early diagnosis, as the condition often worsens and becomes increasingly difficult to treat as it progresses to the advanced stages.

Researchers realised the discovery could be used as a potential method of early cancer diagnosis, using human urine instead of cancer and non-cancer cell cultures. *C. elegans* were placed in the vicinity of the urine of cancer and non-cancer patients. The worms were attracted to the urine samples of cancer patients, successfully identifying all nine types of cancers they were exposed to 96 per cent of the time. Three of the nine test cancers were colon, prostate, and breast. This mode of diagnosis is now called the Nematode Scent Detection Test (NSTD), and this finding will hopefully be used as a system of diagnosis given.

Previous literature has shown that using animals to detect cancer in humans is not a novel concept; dogs and mice have been used successfully for such diagnoses, however, training complex organisms to detect certain scents for clinical ap-

plications is impractical as the accuracy is dependent upon the animal's ability to concentrate on the given task. Introducing simple organisms such as *C.elegans* for cancer diagnosis

C. elegans correctly diagnosed all 9 types of cancer with 96% accuracy

nosis proves to be a more accurate, accessible, inexpensive and time efficient method.

Further investigation into the method is being conducted. Hopefully, within the foreseeable future, patients will be able to send urine samples from the comfort of their own homes and receive fast and accurate diagnoses of their conditions. This early detection method could prove to be of vital importance for the successful eradication of cancer through early action against the condition. Its low cost, convenience and speed has the potential to help decrease the number of cancer-related fatalities worldwide. It is one of many tools capable of making eradication a reality.





IMAGE: INTERNATIONAL RICE RESEARCH INSTITUTE

GMOs, not as bad as you think!

Katarina Gmeiner
SCIENCE CORRESPONDENT

MANY PEOPLE have an obscure and often negative perception of what genetically modified organisms (GMOs) are: blue tomatoes, carrots with wings, or pumpkins with fish eyes may come to mind for those who know little about the subject. Although the genetic modification of food is part of our daily lives, it is still seen as something harmful and questionable. But where does that stigma come from?

People started modifying crops thousands of years ago through artificial selection. When cultivating crops for consumption, only the seeds of the best fruits and vegetables were used for the next generation of produce. Long ago most non-domesticated plants were not as they are today, they had small amounts of edible components which were selected for throughout history. Over long periods of time, such non-beneficial traits were eliminated completely giving us the crops we consider as natural today. In fact, this method of selective breeding is an example of genetic modification in itself!

We now have the technology to select such traits and see effects in much shorter periods of time, and are able to select the specific genes we want to alter or transfer between organisms.

The genetic modification of an organism through the introduction of non-native genes typically follows the same pattern: initially, a gene of interest is identified. The gene could encode proteins that influence growth, resistance against pathogens or myriad other traits. The sequence of interest is then isolated. A popular method of isolation is “knocking out” parts of the genome until the desired trait is separated. The gene is later transferred into the organism of interest

creating a transgenic organism, a type of GMO. Lastly, the transgenic organisms grow, allowing scientists to screen for the added trait, ensuring the successful modification of the specimens.

One key advantage of modern genetic modification is that desired traits can be precisely transfected into other organisms. In conventional breeding, unfavourable traits are unavoidably passed on between generations. Moreover, conventional breeding can require the passing of many generations to show any significant changes in traits.

Importantly, GMOs can be used to counteract natural nutrient deficiencies or produce medication (e.g. insulin for diabetes). “Golden Rice”, a transgenic cultivar of rice with added Vitamin-A, has been introduced in developing countries where Vitamin-A is scarce and over 250 million children suffer from Vitamin-A deficiency (VAD). Moreover, developing countries have access to Golden Rice seeds for no extra charge, which makes Golden Rice an affordable alternative for poor individuals who can-

Genetic modification of food is part of our daily lives

not afford Vitamin-A supplements.

Biotechnology has fast and clever ways of altering the genomes of organisms, allowing scientists to raise health standards and gain an insight into complex biological systems. So why are so many people highly sceptical of GMOs? One reason could be non-governmental organisations (NGOs). Although they are perceived as trustworthy, some of their “facts” about GMOs are not sufficiently researched or are even blatantly false, leading to a spread of misinformation amongst the general public.

An example would be Green-

peace’s report on Golden Rice in which they claimed that it has too much Vitamin-A making it a health risk. The NGO argues that the GMO is unnecessary, citing the improved health standards brought about by home-gardening in Bangladesh as a reason against its implementation.

The truth of the matter is that the vast majority of people in developing countries do not have the resources to plant their own food. Their typically available food is low in Vitamin-A, if they are able to afford food at all. A daily Vitamin-A dose of 150 µg is needed to prevent VAD. A single bowl of Golden Rice nearly meets the daily Vitamin-A requirement of a child.

While Golden Rice is only one example of such a misunderstanding, public opinion is commonly against the use of GMOs. As the creators of the biotechnological tools which make GMOs possible, scientists are understandably highly supportive of their application. Economic and health benefits are discussed in numerous scientific reports, but the language used is complex and hardly accessible to the public. NGOs, on the other hand, design colourful infographics with less complex language. It is understandable that non-scientists would rather look at a well-designed leaflet than read a 20 page scientific report. This is a big problem science faces. Without the right means of communication, scientific findings fail to be appreciated by the average consumer. In the case of GMOs, competing companies capitalise on this lack of understanding to spark confusion and doubt in consumers.

Science should be accessible to everybody. In an era in which “fake news” can be spread so easily, science aims to provide factual statements. Translating findings from scientific lingo to a style which everybody understands is of the utmost importance. Making science more understandable ultimately makes it more accessible.

YORK RESEARCH SPOTLIGHT

This edition, Science editor Nathan Castro meets with Biology’s Dr Jon Pitchford to discuss mathematical biology

Department: Biology

Current project(s): Multiple projects including some on the complexity and stability of large biological systems, biosecurity and risk sharing.

Advice to aspiring scientists: “Read fiction. Honestly. Reading books keeps your brain open. Shifts in focus, twisted perspectives, surprise connections... it’s what research should be.”

Selected publication: Doehl, J.S.P. et al., 2017. Skin parasite landscape determines host infectiousness in visceral leishmaniasis. *Nature communications*.



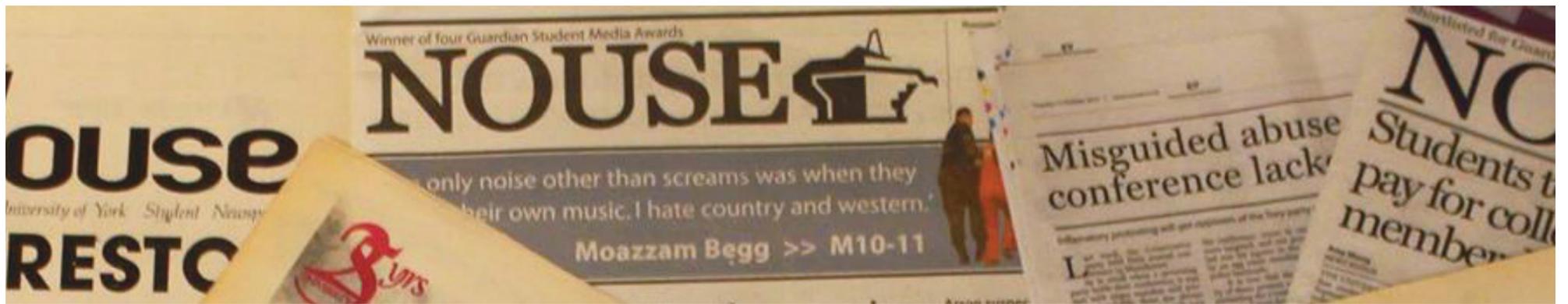
WHETHER OR NOT we are happy to accept it, natural variation through chance plays a significant role in our own lives. It has made each of us unique through random genetic mutation, but it is also central in explaining many other natural phenomena. Variation by chance is often adjusted for under lab conditions through the repetition of trials. In reality, nature is highly dynamic and we are nowhere near completely understanding all of its intricacies, many of which rely heavily on chance. Considering the influence of chance alongside other factors allows for an increased understanding of nature and leads scientists towards the path of applying gained knowledge to solve real-world problems.

Understanding how natural randomness interacts with other factors to influence nature has been the work of Dr Jon Pitchford, a mathematical ecologist who has come to accept that there isn’t always a simple deterministic pattern to be found. This realisation allows him to improve current statistical methods not accounting for natural variability with his colleagues. They also create mathematical models which aim to make sense of certain natural phenomena influenced by natural variability such as animal movement and disease transmission.

A great example which demonstrates that natural variability needs to be considered when working with living organisms is seen in Dr Pitchford’s work, with York colleagues in Biology and Mathematics on circadian rhythms: the biological clocks which cause daily changes within living organisms (such as our tendency to sleep at night). They studied how the circadian rhythm of a certain plant species changes under different concentrations of lithium; measuring the changes in the expression of certain genes over time as a proxy for circadian rhythm. The most commonly used methods of statistical analysis for such data

assumes that the statistical properties of the data set, such as variance, remain constant over time. This constancy of statistical properties known as stationarity doesn’t really occur unless the specimen is dead. This means that any analytical method which doesn’t account for changes in statistical properties over time can produce unreliable results. What Dr Pitchford and his colleagues have deduced is that living systems do show stationarity over very short periods of time and that the data can be bundled into distinct packages called wavelets. Each wavelet can be analysed as a piece of a larger data set in order to allow the changing statistical properties of the data set to be accounted for. In other words, they have devised a way to adjust for the randomness of life through the development of a new statistical method allowing for the generation of more accurate scientific data.

Alongside his involvement in research here at the UoY, Dr Pitchford works with the Science advisory committee for the UK’s Centre for Environment, Fisheries and Aquaculture Science (CEFAS) as an impartial mathematician. The climbing and beer enthusiast recognises the beauty of maths and has been able to help conduct research into human disease, biosecurity, toxicology, algal blooms and more. Despite not being particularly knowledgeable in each of these subjects, his broad knowledge of mathematics has provided him with the opportunity to work across a range of specialities. He recognises that mathematics will continue to play a major role in biological research in the coming years, especially in our current age of data abundance and affordable computation. Dr Pitchford’s work is a testimony to the fact that science isn’t always as clean-cut as it’s made out to be and that variability is as, if not more, important as the means of any data set. On his research page, Dr Pitchford has written “Getting lucky can be better than being good” a statement which communicates how truly unpredictable nature can be.



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NOUSE TRIES... Bungee Jumping

Jacob Phillips puts his life on the line for *Nouse*... again



IMAGES: DEXTER FORD

Jacob Phillips
EDITOR

WHEN I NOTICED Raising and Giving (RAG) advertising the campus bungee jump online two thoughts went through my mind. I have to confess it filled me with dread. I am afraid of heights so I am not afraid to confess that the initial idea of diving off a crane motivated me. However, I was also cast back to the memories from this time last year in which I went skydiving. There is video evidence from this moment of what can only be described as sheer fear yet even so, skydiving turned out to be an enjoyable experience once the initial fear passed away. With this in mind I felt that it would only be right to attempt a bungee jump too.

I was impressed by how easy it was to sign up for the event with RAG. Students were given lots of time to fundraise and were given lots of flexibility in order to raise as much money as possible. In order to be allowed to jump, only half of the money had to be raised before the jump itself. This meant that only £40 had to be raised before the beginning of the event. In addition, students were even allowed to jump on the day as long as they paid £75 up front. Embarrassingly I have never done much fundraising or taken part in any RAG events in any way. However, I was amazed by how quickly I was able to raise money. A combination of begging friends and family members to donate meant I was

able to reach my target without having to shave my head or wax my legs. I should therefore take this opportunity to thank those who did donate.

The day of the jump came swiftly around and with it my nerves tripled. The night before the jump I found myself running through the jump in my mind. Naturally, imaginary bungee jumps are slightly easier than their real counterparts. In particular when you receive regular updates on how bloody terrifying the crane was every time you check your Facebook. My fear was intensified even further when the RAG's Facebook live feed cut out

just as they were streaming the first jump of the day. Naturally to someone who is already a bit of a wuss, this made me assume that the bungee jump had already been transformed into a *Final Destination* film. Of course, this was not the case and the first jumper had successfully reached the floor.

At 12 noon it was my turn to jump so I headed off on the bus to watch what was going on. Arriving slightly early I was able to witness previous jumpers in motion. It is incredibly how much variety there can be in simply throwing yourself off a crane. The first jumper I saw elegantly tossed themselves from the 180ft high crane, resembling some form

of Tom Daley and, children's catapult hybrid. Other jumpers were slightly more awkward, one in particular shockingly only let go with one hand meaning that they spun down to earth looking like a human drill.

Once strapped up by three harnesses and a foot brace it was my turn to jump. Although, I had managed to stay reasonably calm at the base of the crane watching others jump, as soon as I was pulled up in the lift, I must confess I was thankful to be wearing dark trousers. Once at the top of the crane I was told to just focus on the Minster in the distance in order to prevent me from looking straight down. However, I was stuck in a state of shock. I attempted to jump however only managed to scream the ever elegant word 'fuck' loud enough to be heard by York Railway Station. Thankfully, the giggles of those very much entertained by my jolting on the ground actually relaxed me and enabled to let go on my second attempt from the top of the crane. The jump itself was a bit of a blur. The initial fall was so fast that I did not comprehend what was going on until I had bounced back up into the air. At which point, the only thing going through my mind was 'This is absolutely fucking terrifying, why did I think I was in any way brave enough to deal with this?' However, thankfully the following bounces were filled with relief. Once I had been lowered upside down back to the floor and to safety, I was finally able to laugh at my previous fear. Although scarier than anything else I have ever done, I would definitely encourage anyone who is not afraid of heights try bungee jumping. For those who are, it is as bloody scary as it looks so approach with caution. You will be incredibly scared. Four out of Ten, would not recommend.

EDITORS' COMMENT

Adam Philpott and Chay Quinn
SPORTS EDITORS

THIS EDITOR'S comment section has tended to take the form of one of us trying to get one over on the other in the latest instalment of Coatgate which started back in February with Chay's unsuitably minimal attire worn to the freezing Varsity qualifiers.

Even when we gave this section to Virginia she couldn't refrain from alluding to such on-going banter. However, for one edition only we are co-writing this comment as it is (probably) our last edition as Sports Editors (sad reacts only).

We here at *Nouse* Sport have been busy pestering the all-knowing pundit, Jordan McWilliam, for his World Cup predictions. If you want to make a bit of money and have a stake in all the games, check out his predictions on the page opposite. Also, bear in mind, if they're wrong, we'll be out of pocket too (don't sue us please).

As the university sports season has finished for another year, we have reviews of the best

BUCS sport had to offer this year, featuring our personal favourite: UYWRUFC, unbeaten title winners and cup champions.

As this is our last edition, thanks are in order. We would first like to pay thanks to Jacob Phillips, outgoing Editor and distinguished *Nouse* Sport alumnus. He drilled us in the ways of the section and without him the *Roses* supplement wouldn't have been the success it was.

Next, thanks to our awesome deputies: Jordan McWilliam and Virginia Stichweh. You guys are the unsung heroes of our section and despite your titles being "deputy", you did as much work as us and deserve the same share of any successes we have.

Finally, to the committed band of writers that have helped us with our editions, thank you. There are many, but the most prolific are Kathryn Batte, Patrick Hook-Willers and Alex Woodward. Kathryn may be moving on (good luck with your MA in Sheffield), but we hope that Alex and Patrick will be continuing to work with the section (elections on the 15th June, lads).

There've been good times, there've been bad times. One thing has been made clear to us though: Hes East Rugby is better than Derwent Rugby.

Nouse Love,
Adam and Chay

TEAMMATES

Nouse talks to Constantine hockey's Dilan Maisuria

Name: Dilan Maisuria

Position: Midfielder

Course: Economics

Year: 2

Most dedicated:

Ben Davis - Goes to every training session and match and also at the termly socials, winning awards for his contribution to the team.

Most improved:

India Walden - A regular starter, has worked hard on ball control

and tactics - twice voted most improved by the team.

Most aggressive:

James Hare - If James is not hunting people with the ball down, he's unintentionally launching the ball skywards and scaring both his team and the opposition.

Biggest lightweight:

I'd have to say myself, I once played an entire match wearing a coat and in total silence after going hard the night before.



IMAGE: CONSTANTINE HOCKEY

Lions World Cup XI Who's not going to Russia?

Goalkeeper: While no stand out keeper, Pickford seems to be the most favoured out of the selection available to England.

Defence: Stones and Walker have to be in there given their seasons for Manchester City. Walker's position is similar to the one he takes up for City in attacking transitions and thus is well suited for the role. Maguire has been solid for Hull and Leicester in the previous two years and merits his place.

Wingbacks: Ashley Young has proved to be a solid option at left-back consistently performing well this season. Given that Danny Rose has only 10 Premier League appearances this year, Young has to start. Given the relative inexperience of Trent Alexander-Arnold, Trippier looks set to start ahead of him, however, given Liverpool's Champions League run you cannot doubt the temperament of the young right-back.

Midfield: One thing clear from the England squad is the poor quality of the midfield compared to previous generations. Henderson and Delph start for me given their respective club seasons. However, Dier and Loftus-Cheek could offer a more exciting double pivot but let's not pretend this is like picking be-

tween Lampard, Gerrard or Scholes.

Attackers: Sterling and Kane represent England's two best players and therefore must start. The key to any England success is maximising Kane and Sterling's abilities. For me the other attacking player is Dele Alli, who would play a more central role in possession, hoping to rekindle the successful relationship he and Kane have shown at Tottenham the last three years.



Goalkeeper: While no one would deny that Joe Hart has had an awful couple of seasons and therefore probably does not deserve a place in Russia, it did come as a bit of a surprise that he did not make the team, given that he started at all of the England games during qualification.

Defence: Defence: Luiz is a bag of cats but useful in attack and defence. He has the ability to both act solid at the back while also having the ability to play the ball forward with a degree of accuracy. This ability would be an asset to a team that has such counter attacking potential as Brazil with Neymar and Jesus bombing forward. Tah has flourished since his move to Bayer Leverkusen in 2015, nearly helping the club finish in the Champions League places this season. The only reason he isn't included is due to the quality ahead of him. Bellerin is one of the best full-backs in England and perhaps he loses out by virtue of not playing in Spain. Sandro has been touted for a world record move for a defender for the past two years yet still finds himself out of the Brazil squad.

Midfield: Cesc Fabregas is another player from Chelsea who has fallen foul of Antonio Conte and

lost their international place as a result. The Spaniard's passing ability is not in doubt though and will find his place in the squad again when maestro Andres Iniesta retires. New Liverpool signing Fabinho not only has the quality but also the versatility that makes one question why he isn't in the Brazil squad, even as a utility player. The scorer of the winning goal at Brazil 2014 was one exclusion that, whilst not scandalous, will still sting for Mario Götze. His downfall since 2014 is represented by his exclusion and he has recently come out to attack Pep Guardiola for his own demise.

Attackers: The most noteworthy exclusion has to be Leroy Sane. Coming off the back of a great season for Manchester City which saw him get 10 goals and 1 assists, not to mention his PFA Young Player of Year award, it was a shock to all to see Julian Brandt's name on the squad list. However, with no goals in 12 appearances for Die Mannschaft. Coach Joachim Löw chose players that fit his system, which left Sane out of the squad. Anthony Martial has struggled since Jose Mourinho came to Manchester and his chances of making the French squad for the World Cup have suffered as a result. With Fekir, Thauvin, Dembele

and Lemar chosen ahead of him. Mauro Icardi's exclusion from the Argentinian squad only speaks volumes about the absurdity of their attacking options. The Inter Milan striker has amassed an amazing 100 goals in 159 Serie A appearances, including 29 this season. However, an attack which boasts the likes of Messi, Dybala, Aguero and Higuain means that there is simply no room for him.



Nouse World Cup Special: Who will win in Russia?

The Nouse Sport Team takes a look at who they think will win the awards at this year's World Cup

Golden Ball

After lighting up the tournament for the host nation in 2014, Neymar unfortunately got injured against Colombia meaning his tournament ended in that quarter-final match. While he carried that Brazil team to the semi-final with the likes of Fred, Oscar and Hulk, this tournament he is accompanied by a much stronger supporting cast. Gabriel Jesus will start striker and Firmino will be back-up, both of whom are superior to any attacking options they had in 2014.

This Brazilian team is Neymar's, he has an outstanding 55 goals (third all-time) for Brazil at the, still young, age of 26. The superstar Ronaldo is next after and Mesut Özil is superior to Argentina Portugal. Neymar is then, to a fantastic World Cup and win Golden Ball.



IMAGE: COPA2014.GOV.BR

Golden Boot

Timo Werner, at the tender age of 22, is more than likely going to be starting up front for Germany. That much is clear. With much more recent prestige than the only other centre-forward in the squad: Mario Gomez

Werner is an extremely clinical striker. With a burst of pace and a knack for finding space in behind the defence, he is the best option for a Germany side that is very midfield-heavy and a better option than Klose provided at the last World Cup. It is an outside bet but I can see the RB Leipzig forward making a splash in Russia. Germany should win all three of their group stage games. Seeing as Werner is likely to be leading the line, I can see the bombastic young forward causing havoc in behind the defences of Mexico, South Korea and Sweden especially if the world-class passing of Mesut Özil remains consistently so.



IMAGE: GRANADA

Best Young Player

Gabriel Jesus has really thrived this season under Pep Guardiola at Manchester City. Keeping Sergio Aguero out of the starting XI on many occasions is no easy feat, and I expect him to do the same to Roberto Firmino in the Brazil squad at this summer's World Cup.

This season Jesus has proven elusive to any defence he has faced: even proving himself on the biggest stage with an excellent four goals in nine games in his maiden Champions League campaign.

The injury he sustained towards the end of Manchester City's title-winning campaign showed no sign of hampering his run of form as he displayed great quality since returning from injury.

The attacking quality and depth in the Brazil squad means that Jesus will undoubtedly be a host of chances to from and goals he has netted this season suggest many of those chances.



IMAGE: GRANADA

Golden Glove

A lot has changed for David De Gea since 2014. Most notably, he's now Spain's starting goalkeeper. Playing third fiddle to Casillas and Reina means it was not only a forgettable tournament for Spain but also De Gea.

He has also solidified himself as one of the premier goalkeepers in the world, in the four years since, he has won a further three Sir Matt Busby Player of the Year awards to add to his win in 2014. The sheer magnificence of De Gea leads you to wonder had the evolution of the goalkeeper not taken place, then how highly De Gea would be rated in a throwback era of Kahn, Buffon etc.

Last season had to be De Gea's best. According to Opta De Gea had an expected goals conceded of 14 more than he actually conceded. Thus, in a reductionist view he prevented 14 goals. Of course this does not show the full picture of how important De Gea is. It is a useful insight into how significant he has been to United and how significant he can be for Spain.



IMAGE: SAUL TEVELEZ

The perils of dreaming to be a pro footballer

York student Graham Rush recalls his time at Cambridge United FC and the emphasis placed on football over education

Adam Philpott
SPORTS EDITOR

THE ASPIRATION TO become a professional footballer enraptures the majority of children on a playing field at school.

Ex-Cambridge United footballer and current York PhD student Graham Rush's childhood was no different; he is quick to reflect on the ease with which he has always found playing sport and his boyhood dream to become a footballer.

For many, however, the dream does not become a reality. While eight is the minimum age for formal association with a club, children get scouted from as early as the age of three; attend training and matches every week, usually involving long commutes, and are led to believe that they will make it as a footballer.

In the UK it is often painted as a choice between football and

Once football was finished it was like we were just forgotten about ”

further education, while American football players study for a college degree at the same time as preparing for the fiercely-competitive NFL draft. Indeed, Rush tells me of how he was “brainwashed” into thinking that he would make it as a footballer and that education should be subordinated.

When Sunderland midfielder Duncan Watmore graduated with

a first-class degree in 2015, he was only the second Premier League player in history to do so, suggesting that higher education and professional football are diverging paths.

Rush admitted that at school he perceived further education and football as opposing, mutually exclusive options. This belief had been ingrained into him from a young age by successive football coaches.

“They brainwash you a little bit into believing that this is the only thing in life, that you have to be a footballer and there's nothing else. We were told that we should not spend too much time on college as it was a distraction, which was ridiculous really,” Rush admitted.

The danger of neglecting education to focus on football is highlighted by the alarming PFA statement that 50 per cent of those entering football at the age of 16 are without a club within two years and just 0.5 per cent of those aged nine in academies go on to make a living from professional or semi-professional football.

With such a small chance of realising their childhood dream, and with the short expiration date on football careers in any case, it seems short-sighted to side-line education. The boundless optimism of youthful prospects is blinding to such realities, but Rush believes that coaches, aware of such high-stakes, have a responsibility to promote back-up options.

At the age of 16 and just one

week after finishing his GCSE exams, Rush began his first official contract playing as a centre-back for local team Cambridge United, then a League One side.

Whilst on the books of Cambridge United, Rush was enrolled onto a BTEC

our parents were led to believe that we would be looked after, that we would be well-educated. At the time I didn't think anything of it, but it was pretty bad what went on, really,” he said, before dramatically revealing that one of his tutors ended up in prison following a fraud conviction involving the company which supplied tutors to the club.

Rush spent three years with Cambridge United's youth team before joining the first-team. However, he was limited to a few appearances on the bench and was released a year later with no first team appearances under his belt.

It was at this time that Rush started to re-evaluate his options and consider university. Previous to this, he admitted that it had “always” been football at the expense of everything else. He remembers his parents being called into school and told that their son was not achieving his academic potential.

Nevertheless, Rush did not completely terminate the football route until a potential trip to impress scouts at a trial in the US was cancelled in the aftermath of the

9/11 terrorist attacks.

At the age of 29 and not having done an exam since 16, Rush then decided to do a fast-track degree and studied Geography at the University of Gloucestershire with financial help from the PFA. He admitted that his acceptance into university was based on the decent grades achieved in his GCSEs and “very little” to do with the education he received whilst at Cambridge United FC.

Hence, Rush is quick to call for more crossover between football and education, similar to the US model. He not only wants to see more educational opportunities for aspiring footballers in the UK, but also more support for players dropped by clubs and forced to take another career path.

“Once football was finished it was like we were just forgotten about. There was no kind of advice on how to approach university. There was no real route from football into university,” he said.

If he could go back and give the fresh-faced 16-year-old boy about to sign his first football contract any advice, he would still emphasise a focus on football but also insist that he “put [his] foot down and made sure that they educated us properly and be more aware that the dream probably wasn't going to happen.”

Nowadays Rush studies towards a PhD at York, admitting that he has surprised himself with how much he has enjoyed research since starting university.

In his spare time, he is an elite runner, running twice a day, and such efforts have earned him the honour of representing Great Britain a couple of times. He even joked that he may take up football again, this time at full-back where he can run all day long.



IMAGE: GRAHAM RUSH

Sports Science course, but confesses that players were “lumped” onto such a programme to “tick a few boxes and keep people happy that they were educating us,” when really their education consisted simply of copying sheets of notes for about 10 hours per week.

“We were led to believe, and

Talisman captain inspires UYTTC improvement

Chay Quinn
SPORTS EDITOR

THE TABLE TENNIS club here at York is by no means the most well-supported team at the University. Sports like table-tennis can sometimes be shifted to the side to make way for headline sports like rugby, football and tennis. But in the last year, UYTTC have staked a claim for the coverage that considerably larger clubs get with their phenomenal success in BUCS competitions.

The 1st team notably showed mettle and real quality in their Roses matches despite their defeat. As one of the inaugural fixtures of the ultimately disappointing weekend for York, they dealt with the pressure well enough to earn a credible 10-5 defeat. Ultimately, their defeat

was cushioned by the considerable respect they earned in a fixture that, despite the scoreline, was decided by the finest of margins throughout.

Talismanic captain Calum Goodwin won three of his matches at Roses, another highlight in a season in which he beat the best player in York and led the club to one of their most notable seasons ever. These victories included wins against two players in the top-32 ranked BUCS players, repre-



IMAGE: LUKE SNELL

senting Lancaster. For his efforts, Goodwin won Sportsman of the Year at the Colours Ball, a well-deserved accolade for a player that has done much to increase the reputation of the club. He was also recognised for his efforts for the Pool Club, in which he also represented York in Roses on the Friday night, when York's chances were still relatively large.

The BUCS pedigree of the 1sts cannot be overstated. Going the league season unbeaten and earning promotion is an incredible campaign by anyone's standards. Ten wins out of ten made them the Manchester City of the BUCS Northern 2B division and, in my opinion, their victory is

much better than the Citizens' puny Premier League victory; City didn't even go unbeaten.

If their league victory wasn't enough to consider UYTTC is a premier York team, their Northern Conference Cup victory will consolidate it. After a first round walk-over, the 1s got their cup campaign underway with a 12-5 victory against Liverpool 1s. Next up was a victory against Keele 1sts, who themselves won their division in the same manner as York: ten victories out of ten. After this 11-6 victory, the Newcastle 2ND agreed to walkover and the 1sts made no mistake when they absolutely smashed Sheffield 3RD 16-1.

This victory capped off a classic season that UYTTC will be looking to build upon with a Roses victory at next year's home tournament.

Goodwin, after receiving his Sportsman of the Year Award, spoke

to *Nouse*: “The club has been at the heart of York Sport's success this year. We've won both the league and cup unbeaten, with myself on 100% and Peter Cowburn only dropping 1 game all year. The Men's 1sts won highly commended at the Colours Ball, whilst personally it was an absolute honour (and complete shock) to win Sportsman of the Year, something which hasn't sunk in yet. However, not just the Men's 1sts make up the club, the Women's Team got to the BUCS team final again and our C team in the local league, captained by Rob Cowling won their division. Next year, the club aims to have another girls team and will boast a team in every York divisional league and in Division 1 of the BUCS league.”

For more information concerning UYTTC, please contact the club via email or through their Facebook group.

Perfect season for UYWRUFC 1s

Chay Quinn
SPORTS EDITOR

SOME CLUBS CRAVE excellence, and some clubs strive to create a positive, socially responsible atmosphere. And then, there is the University of York Women's Rugby Union Football Club.

Perhaps the best performing BUCS side at York this year, the team has gone above and beyond in their quest for results and, more impressively for fostering an ethic which is a credit to the University in a year that has been problematic for other BUCS clubs.

UYWRUFC have a tremendous record in their league. The 1st team completed an incredible invincible season with ten wins out of ten in the BUCS Northern 2A league. These accomplishments, while supremely impressive in themselves, are even more incredible when we break down the results.

Amazingly, the 1sts surpassed 40-points scored in six of their ten league games; surpassing 50 in all of their last three to secure an unbeaten title win. To win the title in their first season in the division, and to do it being head and shoulders above the rest, marks an impressive achievement that all BUCS clubs should look upon with adoration. This success on the field for the 1s culminated in their Northern Conference Cup win, starting with a season-best 63-0 victory in the last-32 against Hull 1st and ending with a 52-19 win against league rivals,



IMAGE: LUKE SNELL

and Varsity opponents, Durham 2ND. A cup and league double is something few York BUCS teams can boast, and this is the crème of the crop of BUCS achievements this year. It undercuts a year in which York has drifted further from the ideal position of the top 35 BUCS universities.

The 2nd team had more modest but still notable successes, making excellent strategic use of wins to achieve a credible mid-table finish in the Northern 3B league, staving off any fears of relegation with impressive performances against Newcastle 2nd home and away and Northumbria 2nd. These results bookended a poor run of five games in the middle of the season which somewhat capped the 2s overall league standings.

Both teams, however, kept spirits high with big wins in both their matches at Roses with an explosive and scintillating 50-0 win in the 2nds and a 34-7 mauling of the Red Rose for the champion 1sts. This double was the final act of an iconic season for the club.

But it is their campaigns that indeed set them apart from the rest of the teams at York. UYWRUFC have been very vocal proponents of the #ItsNo-

tOkay campaign in conjunction with IDAS to raise awareness of domestic abuse and rape in Yorkshire and to campaign against them. This came to prominence during Sexual Violence and Sexual Abuse Awareness Week in which they wrote a powerful post trying to draw attention to the behaviours that facilitate rape culture. They also drew attention to their brilliant previous campaigns: Reclaim the Night, carrying on a tradition from the 70s which campaigned to make the streets safe for women to walk at night, and the aforementioned #ItsNotOkay campaign.

More recently, however, the club have been marking Mental Health Awareness Week, with the people involved in the club opening up about their own experiences and how rugby helps them cope, in the hopes it might help remove the stigma around mental health that sticks to this day.

This included one member of the team detailing their own struggles with depression at great length, in a piece that was one of the most brave, honest and important pieces of sports writing that the campus

has produced this year.

This courageous move has ended a year in which, as well as on-pitch excellence, UYWRUFC have proven themselves to be the best of not only York sports teams, but of York students in general. They have done this without want or need of recognition, and we at *Nouse* had been guilty of an astounding lack of coverage of this phenomenal club.

So perhaps now that the dust has settled on this sporting year, we can come together to acknowledge and celebrate the magnificent achievements of this fantastic club.

Despite the distinct lack of coverage that UYWRUFC have gotten from the student media, the club have run a brilliantly written and interesting blog on their own. For their efforts, the club were recognised by the York Sports Union at the annual Colours Ball on Sunday night. They won Team of the Year at the ceremony and there is no doubt that they deserve it.

Overall, the team have been a paragon of everything a team should be. Respectful, diligent, socially responsible and overall fantastic on and off the pitch. Long may their reign of excellence continue and let's hope they repeat their Roses exploits again to help to contribute to an eventual White Rose victory.



IMAGE: LUKE SNELL

More success this year for UYWAFC

Kathryn Batte
SPORTS CORRESPONDENT

THE UNIVERSITY OF York's Women's Football teams have had another successful year with the second team achieving their highest ever league finish and the first team maintaining Northern 1A status for another season.

Despite avoiding relegation for a second successive season, the first team, who compete in the joint-highest BUCS league of all York's university teams, endured a difficult start to the season when their coach had to resign due to poor health. The resignation meant that players were forced to take training sessions and organise match-days. With only a small squad of regular players, the 1s also had to do without Vice-Captain Ella Williamson for the majority of the season after she picked up an ankle ligament in-

jury at the start of November.

However, the team stuck together, and the goal-scoring efforts of Kayleigh Peters and fresher Jasmine Lawton helped them claim vital wins over Bangor and Leeds Beckett 2's to confirm their place in the division for another season.

Reflecting on the campaign, captain Karli Smith said: "I'm very proud to be part of such a wonderful team and club, I can't thank everyone enough for all their hard work and efforts."

Although they came up short in the race for promotion, the second team achieved their highest ever BUCS finish under the guidance of new coach Julie

Tate. They scored plenty of goals along the way including a 6-0 win over Huddersfield and a 4-1 win over Leeds Trinity with Maddi Cannell finishing the year as the highest scorer.

After completing her final season of university football, captain Ella Statham praised the hard work of Tate who has raised the standards of the team since taking over. This season's finish indicated just how far

the second team has come in recent years and promotion looks a real possibility for the 2018/2019 campaign.

Roses 2018 saw a third successive whitewash victory over Lancaster for the Women's Football Club. The first team secured a 2-1 win while the 2's strolled to victory thumping the hosts 8-1. These efforts have resulted in a Colours Ball nomination for Roses Team of the Year alongside their nomination for Charitable Club of the Year following their fundraising efforts for York Mind back in March.

Second Team player Phoebe Munroe has also been nominated for most improved sportswoman after cementing her place in the side despite not initially being selected for a team following trials.

New first team captain, Rachel Taylor, and second team captain, Polly Lees-Collier, will be hoping they can continue the work of their predecessors and maybe even go one step further next year.

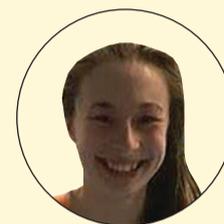


IMAGE: LUKE SNELL



IMAGE: LUKE SNELL

The Colour's Ball Winners



Swimmer **Ellie Griffin** was crowned **Sportswoman of the Year** following a year in which she broke five breaststroke records.



Calum Goodwin won **Sportsman of the Year** to add further success to a hugely impressive reign as Table Tennis club captain in which he inspired the men's 1s to win the league and cup.



Fresher **Lily Humphries** was awarded **Most Improved Sportsperson** for her dedicated performances for UYSWC this year which saw her record PB after PB.



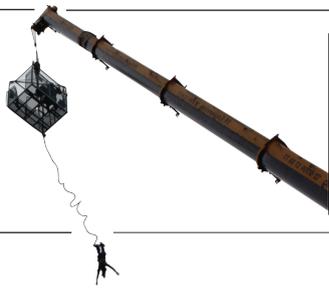
Kathryn Batte of URY and Nouse won **Sports Journalist of the Year** for her consistently high-quality multimedia coverage throughout the year.



University of York Darts Club President **Mark Curran** took home the award for **Services to Sport** following a year in which he spearheaded the "Darts against Diabetes" campaign and made darts more accessible to players

Nouse Tries

Jacob Phillips dangles
from a crane on Hes East
P.24



Russia 2018

With only 2 days to go, we
predict winners of the major
World Cup accolades P.25



Football vs Uni

Graham Rush calls for more
crossover between football
and education P.26



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Tuesday 12 June 2018



Top 35 in BUCS remains out of reach for York

Adam Philpott
SPORTS EDITOR

THE UNIVERSITY OF York has finished the academic year in 44th place in the overall BUCS points rankings with 836.5 points, marking a rise of two positions since last year despite a smaller points total.

However, this improvement still places York over 200 points short of the top 35 - a marker often cited as a target for York Sport.

The 2017/18 BUCS rankings league includes 150 universities and is headed by Loughborough University on a commanding 5787 points,

with York finishing 4950.5 and 43 places behind. 2018 marks the second consecutive year in which York has seen a decrease in total points, but this has not prevented a two-place improvement.

However, the bleakest reality comes when a comparison is drawn with other Russell Group universities. The majority of this elite group of universities feature in the BUCS top 20, while York sits outside of the top 40.

Rather than top 20, breaking into the top 35 has been a target for successive York Sport Presidents. However, it has not been achieved since records began in 2006, with the closest attempt coming in 2015 (37th); it remains a pipedream for

York.

This year York are a distant 226 points off the top 35 and a seismic 708 points off the top 20, where their Russell Group status would suggest they would be present. More worryingly, the gap between York and the top 35 has grown in recent years. In 2014 and 2015 it was less than 30 points, whereas for the last two years it has been over 200, suggesting that other universities are developing their sporting environment more successfully than York.

York Sport President Laura Carruthers highlighted the need for increased spending to boost York Sport's BUCS ranking in the future: "This year's placement is, numerically, an improvement on

last year, so we should take pride in that. However, I am convinced that there is more work to be done on improving the performance sport offer here at York. Put simply, high performance sport costs. Only when we acquire a significant boost in funding will our rankings improve, placing us competitively against our academic rival institutions."

The University of York Pool and Snooker club has continued the theme of being the biggest contributor to York's point tally this year by providing 146 points; while badminton, table tennis, lacrosse and volleyball also rank among the highest point winners for York.

The hockey team not being allowed to play and therefore contrib-

uting no BUCS points has limited York's potential achievements. Interestingly, if hockey returned 40 points this year as they did in 2017, then York would have been ranked 39th in 2018.

An independently-run consultation, process currently ongoing, will set targets for York Sport in its pursuit to climb the BUCS rankings. York Sport President-elect, Zac Sheppard, is confident that the recommendations from this process will help York bridge the gap to the top 35.

If the sporting programme at current 35th-ranked King's College London is anything of a guide, then any pursuit of the top 35 will require a significant amount of funding.