



“ Running away with success is like running from who you are ”
 Jess Glynn on getting recognised
 >> M16



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NOUSE



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Societies slam Give It A Go management

V. S. Wells
 DEPUTY NEWS EDITOR

YUSU'S GIVE IT A Go initiative, which aimed to encourage students to try out a range of different societies by running taster events in conjunction with colleges, has been criticised by society committees.

The proposal was launched by Anna-Therese McGivern, former Student Activities Officer, who proposed that the scheme would allow societies to interact with first-year students as part of their college timetable and hopefully gain interest or members before Freshers' Fair.

The intention was for colleges to include Give It A Go events in their internal timetables, informing their freshers about some of the societies the University has to offer alongside college-led socials and events.

However, according to some student societies, colleges were uncooperative and did not properly advertise the events alongside their own Freshers' Week timetable.

One society chair, who wished to remain anonymous, told *Nouse*: "We had plans from our end to have a good 30 people come, 60 over the two sessions, and from what I gather we had about 4. The colleges were quick to respond and keen to work with us at the beginning, it's just a shame they hadn't done enough to promote our sessions, instead fo-

cus on their own freshers events which led to a really poor turnout."

Despite a wide variety of societies signing up to the scheme, poor planning led to many sessions with low turnout, including times where only one person turned up to society events.

James Lees, Secretary for Physics Society, said: "Whilst YUSU gave us plenty of support in setting up the event we felt that the colleges were not nearly as supportive. One college [Langwith] took so long in responding that we were unable to give a session there.

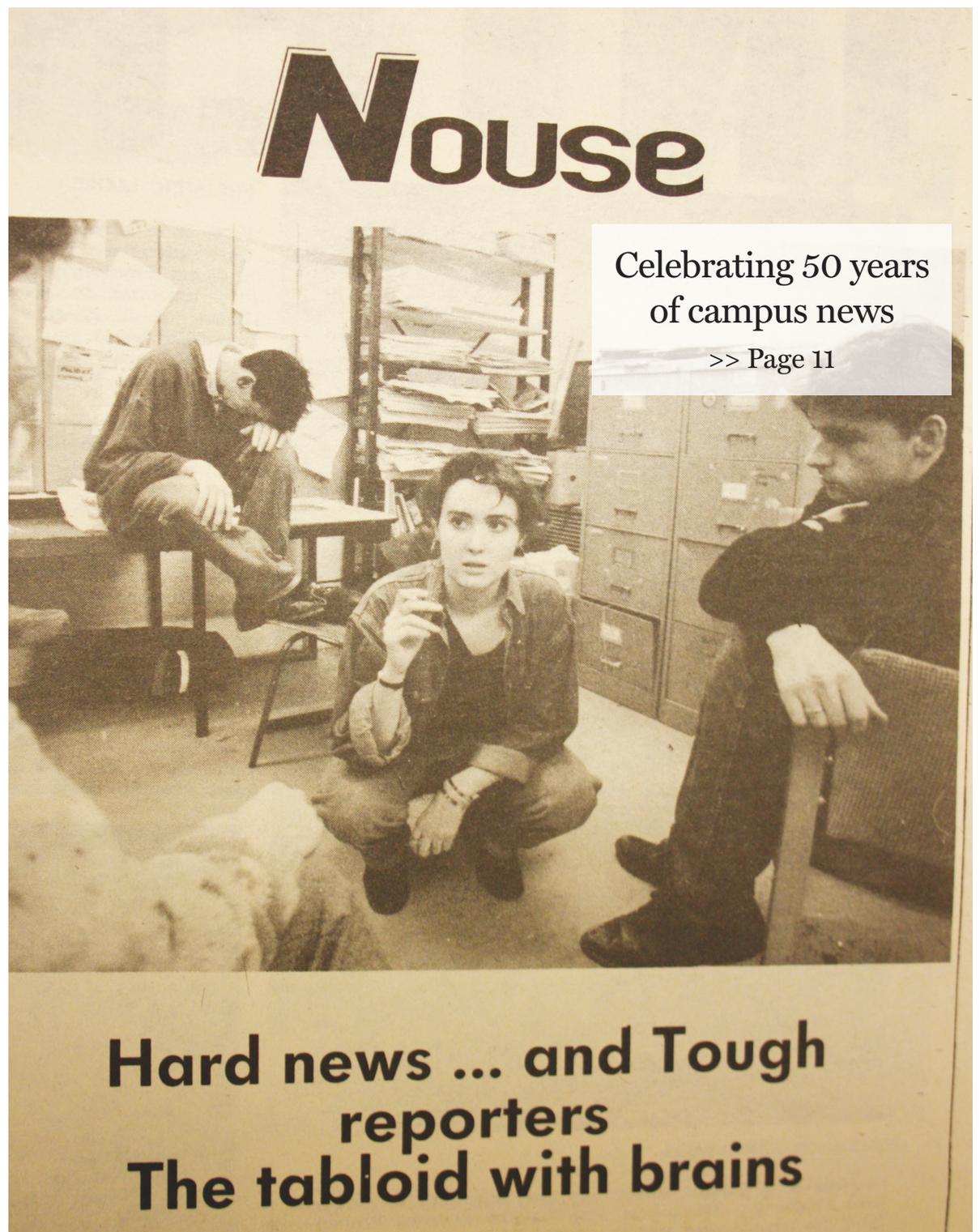
"Another college, whilst advertising the session in a welcome booklet, gave no indication of when or where it would take place, leading to only a few people turning up who found out through our own advertising."

Lees added: "James College never even mentioned any Give It A Go stuff and I was a Head STYC trying to find alternative events for my STYClets.

"I think it was a fantastic idea but that using the colleges wasn't the best move. Hopefully they'll be able to figure out a way to do it better next year. I know we'd definitely try and put on another event."

Similarly, a member of Swing Dance Society, who wished to remain anonymous, said: "Give It A

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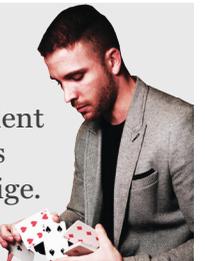
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News



York in brief

'River of Wildflowers' planted at Hes East

An initiative to help create a positive environment for pollinating insects has involved students planting hundreds of wildflower bulbs on the Heslington East campus. The event was run in association with River of Flowers, a non-profit eco-social enterprise that donates wild plants to community groups and organisations. Dr Sarah West, Research Associate and Teaching Fellow in Field Skills and Ecology in the Environment Department at the University of York, said: "This is a great opportunity for our students to get involved with some practical conservation work."

York organises events for Ada Lovelace Day

A special event at Yorkshire Museum on 18 October has celebrated the contributions of female scientists past and present to publicise Ada Lovelace Day. The day saw the Yorkshire Museum host hands-on demonstrations by York scientists, and a trail introducing visitors to important female scientists from history, with the title, 'ScienceGrrls'. Dr Gemma Wilson, a nuclear physicist at the University and the event's organiser, said: "The aim of the Ada Lovelace Day celebration is to create new role models for girls and women in these male-dominated fields."

AstroSoc reach target to send duck into space

The University of York's Astronomy Society have successfully raised enough money to send AstroDuck into space. The society launched a campaign in September on the University's crowdfunding platform, YuStart, to try and fund an attempt to launch a rubber duck, AstroDuck into space using a weather balloon. The project raised £1,026 of its £1,000 target, and has raised enough to ensure a second flight will be possible. AstroDuck will be taking flight during Science Week.

Reporting by V. S. Wells

>> Continued from front

Go was a good idea, but many of the colleges did not advertise the events sufficiently with the new students.

"The exception was Vanbrugh who were well organised and got many students to participate."

Frustrations over college organisation were shared by Muggle Society, who had organised games of Quidditch. Beccy Bletsoe, Chair of MuggleSoc, said: "We thoroughly enjoyed the Give It A Go session we put on with Vanbrugh College as it was very well organised by the JCRC and we received enough publicity to get some freshers to attend. They also publicised our society on their Facebook page and organised pitch booking."

However, Bletsoe went onto say: "Our session with Alcuin College was a mess; they didn't respond to emails in time meaning we didn't have a pitch booked to fill in the Events Management Fund with enough notice. They also did

not publicise the event at all resulting in no attendance from Alcuin members.

"We had to book a pitch away from Alcuin College but in the end not even the people organising it attended our session or came to see how it went. It took us a lot of hard work and effort to set up the pitch and plan the session, which understandably annoyed us because nobody turned up."

Alcuin JCRC was contacted for a response but did not reply before *Nouse* went to print.

Not all societies had problems with publicity, with some finding the sessions conducive to attracting new members. Jonathan Fry, Chair of Sci-Fi and Fantasy Society, told *Nouse*: "Give It A Go went well! A lot more people came along on the days it rained, which made sense."

"The one [at Constantine College] didn't see many turn up because there was some sort of big freshers event happening, but the rest had a good number of people."

Charlotte Liddell, Langwith

College Vice-President for Activities, told *Nouse*: "Give it A Go sessions were a really good idea in principle but unfortunately they didn't really work out."

"We sent out our welcome material a month before Freshers' Week with all the Give It A Go sessions advertised and also publicised at our college Freshers' Fair. Unfortunately turnout was poor at the activities."

She added: "With regards to the sessions we did run, they were quite niche but did attract some of our students!"

"During a week where a lot of the time the focus is on catering for the masses, if the colleges and societies were engaging just a handful of students, then I personally think the sessions were worthwhile!"

"It also acted as a chance to bring societies over to Hes East and see the facilities we have which will hopefully continue in the future."

Gareth Dybiec, Chair of James College, responded to criticism by saying: "Give It A Go has the potential to be a really great program."

However, as it was a pilot year I feel that there was too much confusion on both sides to make it run smoothly. We were told it was a free scheme and yet during the summer some societies were asking us for large amounts of money, which at the time we did not have.

"Combining these two factors meant that we decided to leave the scheme for this year and focus on the events we had already planned. I believe it's something that should be reviewed but at a much earlier time."

Similarly, Chris Wall, Student Activities Officer, Wall said: "The Give It A Go initiative was a way to help societies promote themselves and get themselves working together with colleges."

"It was a pilot scheme and naturally there were some niggles and things we'd like to change. Overall however I think the scheme was a good one and we will be taking on the feedback from the societies and colleges to look at how we could improve it in the future."



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Vanbrugh holds referendum on the future of free sports policy

Jamie Summers
NEWS REPORTER

THE VANBRUGH College Junior Common Room Committee are to hold a referendum on the future of the College's free sports policy.

Presently, Vanbrugh is the only college at the University which offers completely free participation in college sport by channelling large sections of funds into the initiative.

This enables Vanbrugh students to take part in all aspects of every sport for which the College has a team, ranging from football through to netball.

Students of other colleges are often required to cover the costs of training as facilities must be hired from York Sport, the company that operate the York Sport Village and York Sport Centre.

However, only training kits have to be paid for by Vanbrugh students.

Students are already able to vote on whether Vanbrugh should continue to offer free sport this week, with the results expected to be announced in Week Five.

Vanbrugh JCRC has suggested that their free sport policy has had a positive impact upon sports participation within the college, by encouraging more students to get involved in sporting activities because the financial burden is lessened by the subsidies.

However, the policy remains

controversial because of the costs involved. At present, the policy costs the JCRC around £4,200 per year, with the expenses incurred paid for through a combination of JCRC funds, sponsorship and a small grant from YUSU. This accounts for approximately 24 per cent of the JCRC's budget when the cost of Freshers' Week is not taken into consideration.

In comparison, £1,000 is spent each year on welfare, whilst £2,500 on events.

However, it has been argued that because the provision of free sport encourages more students to play, the policy also leads to other sources of income, such as sponsorship.

It is thought that even though abolishing the free sport policy would save Vanbrugh thousands of pounds, they would have to spend around £3,000 on other areas.

Alex Millar, one of two Vanbrugh Sports Reps, is in favour of retaining free sports and told *Nouse*: "Free sport is a massive part of Vanbrugh College.

"It gives all members access to any sport they'd like to try out and as a result of this, we've seen participation more than double in several sports.

"The most encouraging aspect is seeing second-years trying new sports for the first time, and the feedback we get is that because it



PETROC TAYLOR

Vanbrugh's free sport policy costs the Junior College Room Committee approximately £4,200 a year

is free, they don't feel a pressure to commit."

However, others argue that the money currently funnelled towards the benefit of students competing in sport could be better directed to other areas of the College.

One second-year Vanbrugh student, who wishes to remain anonymous, said: "It's a shame that Vanbrugh felt it appropriate to spend

£4,000 on providing activities for the same old people. That's about 90 per cent of their cash on 10 per cent of their members.

"Considering they had such a large debt of around £3,000 for so long that was only paid off by profits made in Freshers' Week, the whole thing seems like a gross misuse of College funds.

"I'd like to see those funds ben-

efit all College members in the way other JCRCs use [their funds], such as weekly free food or an annual event."

Vanbrugh is currently aiming to improve its performance in College Sport fixtures.

Last year, the College finished sixth out of eight colleges in the overall points table but it wants to break into the top four in 2015.

Bursary email 'delays' leave students confused

Shakti Shah
NEWS REPORTER

SEVERAL STUDENTS have complained after emails informing them whether they had qualified for the York Bursary were sent unexpectedly late.

The University usually notifies students via email that they have qualified for the York Bursary in late September, before the start of each new academic year.

However, this year, many students were not notified that they would be receiving the York Bursary until the end of Week Two.

Furthermore, students who contacted the University's Student Financial Support Unit after receiving no communication about the delay were unable to get any clear information or explanation from the University or Student Financial Support when they asked.

A third-year English student said: "It seemed to happen to most people and it was unclear whether we would be receiving all, half or none of the bursary.

"Mostly I found out through rumour and second-hand knowledge. I was very worried, especially at this time of year after paying rent, that I would be broke and not be able to

afford food, let alone books and other necessities for my course!"

A third-year History student also said the delay and the subsequent lack of information and communication had been a worrying experience, saying: "As a student I identify strongly with the feeling of worrying about finances.

"The bursary is very important in terms of budgeting concerns, like paying increasingly expensive rent, and so the inability of the University to promptly confirm receipt at the start of term as they have done in previous years heightened these financial anxieties significantly."

The student said that when she emailed to ask for more information, the University was "slow" to respond.

She went on to say that when she did receive a reply, it was "generic and unhelpful" and that the University refused to confirm or deny anything, leaving her feeling "in the dark".

The York Bursary is, depending on when students started at the University, worth between £500 and £3,000 paid to UK and EU students with a low residual household.

All York Bursary payments to first year students are accommoda-



NOUSE

Students were not informed if they would be receiving the York Bursary until the start of October

tion bursaries and not paid directly to the students. There is also an additional household income band of £15,000-£25,000, with first year students who qualify getting an accommodation bursary of £3,000.

A spokesperson from the Uni-

versity of York told *Nouse*: "It has taken us longer than in previous years to approve the York Bursaries because we have four different versions of the bursary scheme to process (pre-2012, 2012/13, 2013/14 and 2014/15). The number of

awards has increased (we are dealing with 3,000 bursary awards this year) and each award is individually assessed and recorded.

"Despite this, we have processed the bursaries within our mid-October target."

News

York through to next round of University Challenge

Leah Huws
NEWS REPORTER

THE UNIVERSITY of York's *University Challenge* team have secured a place in the second round of the BBC quiz show after beating Corpus Christi College, Cambridge, in the penultimate first-round match of the competition.

The team answered questions on a variety of subjects, including geology, pop music and equestrian statistics.

Although both teams were evenly matched throughout most of the programme, York edged ahead to obtain the 170 points over Corpus Christi's 135 points when the finishing gong sounded. Host Jeremy Paxman called the University's score "pretty impressive".

This success guarantees the York all-male team, who have an average age of 19, a place in the second round of the contest, which will air within the next two months.

The York team, Jack Alexander, Adam Koper, Joe Crowther and captain Alistair Middleton were quick off the mark, correctly answering the first opening question and winning a bonus round of questions.

Politics student Koper also won the team a second set of bonus questions on Geology, winning the team



The York team defeated students from Corpus Christi College, Cambridge

40 points in the first 5 minutes of the quiz.

Corpus Christi's team began to catch up. The 662 year old Cambridge college edged ahead after successfully identifying Stevie Wonder as the singer in the music question. However, a false buzz by one of the students from Corpus Christi College coupled with the York team's successful identification of one of Snow White's seven dwarves helped the University secure their victory.

Many students at the University of York were pleased with the victory. A second-year Social and Po-

litical Sciences student told *Nouse*: "It was great to watch, we were all pumping our fists in the air with excitement in our house. I can't wait to see them perform in the second round."

Corpus Christi College could potentially have the opportunity to win a place in the next round if they are one of the highest scoring losing teams.

In 2011, the University of York gained a place in the final of *University Challenge* but the team was beaten by Magdalen College, Oxford.

Students protest against ISIS

Rosie Shields
EDITOR

LAST WEEKEND students of the University of York, including members of the York Socialist Society, took part in a protest to show solidarity with the Kurds in Syria and Iraq against ISIS.

The protest, which took place outside the Minster on Saturday afternoon, was organised by Kurds living in York and included Kurds from across the Yorkshire region. During the event, leaflets were distributed detailing the situation in Kobane and Kurdish areas across the Middle East.

Kobane has seen severe conflict recently. On Sunday, the Islamic State suffered heavily in the Kobane region. This was seen as a "step forward" in the fight against ISIS by John Kerry, the United States Secretary of State.

The ISIS forces endured severe losses in the battle for the town. Thirty one jihadist fighters died on Saturday, and Sunday morning.

The York protestors argued that the Kurds have been an oppressed minority group in these Eastern countries for years. Banners and signs made by the protesters included slogans such as, 'Terrorist ISIS', 'Save the Kurds', and 'Stop Turkey

from helping ISIS terrorists'.

Speaking for the University of York Socialist Society, Beth Curtis Treasurer of the society told *Nouse*: "ISIS are far more motivated by profit and rampant misogyny and genocide.

"The group, plundered from the Iraqi army, have sought to behead and rape en masse not only Kurdish muslims, but Shia Arabs, Christians, and Yazidis, or anyone who dares disagree with them. We offer our complete solidarity and support to the Kurdish fighters who have taken up arms to protect their communities.

"We also condemn the hypocrisy of western intervention to date - it was western imperialism, with the desire to control the oil supply, that birthed al-Qaeda, and from that, ISIS. United States air-strikes have simply diverted ISIS forces into Kobane, and they offer no tangible support to the fighters on the ground.

"We also condemn the role of Turkey, who has been an active participant in the oppression of the Kurdish people for decades, and has sought to prevent the desperately needed arms and aid being sent to the Kurdish protection forces in Kobane."

World Mental Health Day receives mixed response

V. S. Wells
DEPUTY NEWS EDITOR

THE EVENTS HELD in recognition of World Mental Health Day, which took place on 10 October, have received a mixed reaction from students at the University.

A second-year Chemistry student with depression told *Nouse*: "It seemed very much an event about how to keep mentally healthy for already mentally healthy people.

As someone who is depressed, I went down looking for information and help but there was nothing of the sort. Not even anything to raise awareness for such conditions, just a few charities and the on-campus services (and the "happiness bags" with things such as "string to help you hold it all together"). I think [they] could have done much better."

A second-year English and Philosophy student with seasonal affective disorder was equally dismissive, saying: "When you have a mental illness ... sometimes just getting out of bed is a real struggle. There should have been more information on how to access services as well as more obvious help for those who are struggling."

A Physics student was slightly more positive and told *Nouse*: "The event was friendly and gave off a cosy feeling. For those struggling to deal with adjusting to university life or dealing with a bit of a rut it would have been just what they needed."

However, in his opinion, the

event fell short of one of its key aims, as it "failed to tackle some of the larger mental health issues such as the stigma surrounding them. It also didn't do enough to help those who were trying to use the event as a way to reach out for help with serious problems."

The organisers said that the day's purpose was to raise awareness of mental health for everyone, removing the stigma associated with mental illness by showing how everyone has mental health. They marked World Mental Health Day by hosting a wide variety of events. Charities including Lifeline; campus services such as the Open Door team and Nightline; and representatives from other third party mental health organisations gathered in YourSpace to hand out information and offer details of their services.

Alongside this, other features throughout the day included free cups of tea and "happiness bags". There was also an initiative to post paper butterflies around campus with ideas on how to have good mental health days written on them, as suggested by students. The day included social media campaigns to help raise awareness of mental health as well.

Despite the issues, some students had, many people who attended found the day worthwhile. The team who organised the events shared a survey after World Mental Health Day to gather feedback. Of the students who offered a rating



Despite some criticism, a feedback survey suggested students generally responded positively to the day's events

of the day, 75 per cent of students surveyed rated the day as four or five stars, while 100 per cent of respondents said they would be interested in attending another, similar event concerning mental health.

A second-year English and History of Art student told the organisers: "I loved what you guys did... never before have I felt so accepted and supported with my mental health issues at the University."

A second-year Politics with International Relations student also praised the event, saying: "I was so proud of our university yesterday, and continue to be proud of our welfare systems entrenched so deeply within the colleges and the University as a whole. This is a

credit to the University, its staff, and its students, and our open-minded attitudes. Thank you for giving the students such an opportunity to be open about what is an isolating issue."

Jemima Busby, Welfare and Community Officer, said: "The aim of the event was to raise awareness of WMHD and get people talking about mental health. We hope that this event is just the beginning of further work on mental health across campus and would really appreciate feedback as to how we can make this event even bigger and better."

A representative from the World Mental Health Day team said: "We tried a new, vibrant ap-

proach to de-stigmatize the topic of mental health and break down borders that separate many students from the knowledge and information surrounding mental health. This approach was successful beyond all of our expectations.

"With that in mind, we welcome and encourage comments and criticism from those who attended and engaged with us and the 11 professional organisations that made up part of our World Mental Health Day offer. "Thanks to the overwhelming positive responses that we have received, a new group will be formed to further the positive steps we have already made, which was not originally part of our mission."

Grenville to step down as Deputy Vice Chancellor

Beth Jakubowski
DEPUTY EDITOR

JANE GRENVILLE, Deputy Vice Chancellor, is to step down at the end of her term in September 2015.

A spokesperson from the University of York told *Nouse*: "She will step down when her term comes to an end in September 2015."

"She will continue to work for the University thereafter in a role to be confirmed."

"We shall begin the recruitment process for a new Deputy Vice-Chancellor shortly."

Grenville was appointed a junior lecturer at the University in 1991 and went on to become head of the Archaeology department in 2001.

In 2007, Grenville was named as the Pro-Vice Chancellor for Students.

She describes on her University profile as a "student welfare and hotel management role".

After six years as Pro-Vice Chancellor for students Grenville was appointed as the Deputy Vice Chancellor, who stands in for the Vice Chancellor when necessary.

In 2014, Grenville was one of two University staff members who was named in the Queen's birthday honours list.

She was made an OBE for services to higher education.



Grenville will leave her role in 2015

York Needs Feminism photo campaign returns

Amy Wong
NEWS EDITOR

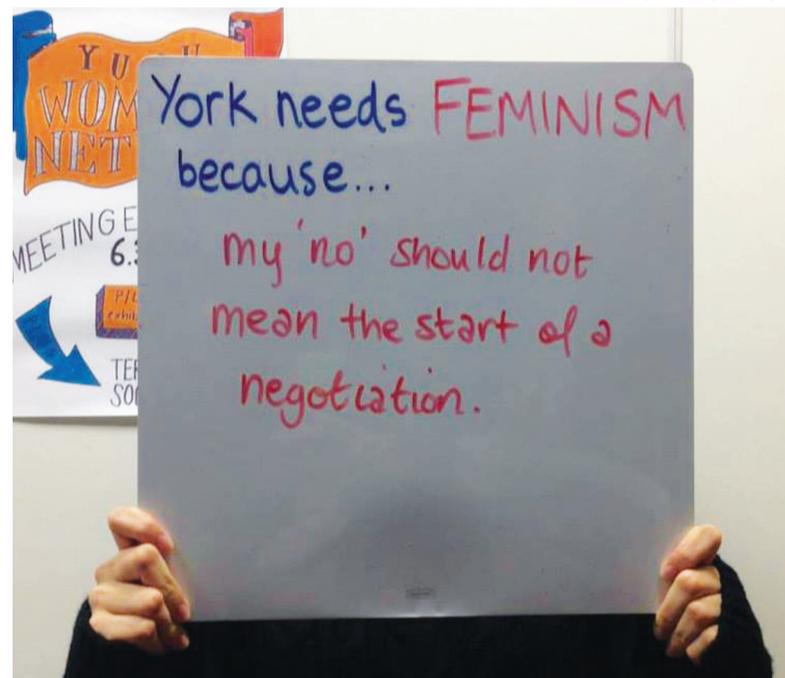
THE YORK NEEDS Feminism campaign is set to return to the University of York.

The campaign, organised by Women's Committee and Amnesty International involves photographs being taken of students holding signs explaining why they need feminism. It is based on a project started by students from Duke University with the aim of challenging misconceptions about feminism.

A number of photographs have already been uploaded to the campaign's Facebook page, with reasons for needing feminism including "people still don't know what FGM is", "sexual harassment is not 'just a joke'" and "only 23 per cent of MPs are female but they still vote on gendered issues".

Other signs written by students read "just because because I'm angry doesn't mean I'm on my period", "throwing like a girl" is used as an insult" and "people say feminism's now 'redundant' while trans women are murdered for being women".

A photoshoot will take place in Vanbrugh Paradise from 1pm on Wednesday, but it could be moved



Photographs will be taken of students holding handwritten signs about feminism

to James College depending on the weather.

Emily Inglis and Peggy Lockwood-Lord, who share the role of YUSU Women's Officer, told *Nouse*: "We're really happy to be getting back on the York Needs

Feminism hype! It's great to see the huge range of reasons for people's engagement with feminism, and this campaign is a really effective way to get people talking about important issues. As Sam Maguire said: 'It's about fucking time!'"

York footballer raises money for Marie Curie

Grace Marsh
NEWS REPORTER

THE PRESIDENT of the University of York's women's football club has pledged to donate to Marie Curie Cancer Care for every goal she scores for the women's football and futsal teams this season.

Ellie Whittaker, who is a first team player for both teams, will donate £5 per goal she scores during British Universities and Colleges Sport (BUCS) matches in a bid to raise money for the charity.

Her story was featured on the BUCS website homepage for Women's Football Week, which ran from the 6-12 October.

The third-year psychology student's connection with Marie Curie Cancer Care stems from a first hand experience of seeing the work that the charity does.

Whittaker lost three family members to cancer this year. She told *Nouse*: "I lost my Nana in May from stomach cancer, two days later I lost my cousin from pancreatic cancer, and four months later I lost my uncle from a brain tumour. I learned that my nana had cancer only at Christmas."

"Five months later she had passed away."

Whittaker wants to raise awareness of the vital care that Marie Curie Cancer Care nurses provide for terminally ill people and their families.

She said: "Their nurses are incredible - they support people in the final stages of life."

"They provided a lot of support to my family, and helped the whole process of death and grieving pro-

cess more understandable."

In June, Ellie and twenty friends at the University participated in the York Race for Life in memory of family members that they had lost to cancer. They managed to raise a total of £1,654 for Cancer Research UK.

Whittaker told *Nouse*: "The fact that I had three people in my family all in a big battle against cancer inspired me, so I put a team together to take part in the race for life in York in June."

Marie Curie Cancer Care was chosen as the official charity partner for BUCS from July 2014 - 2016.

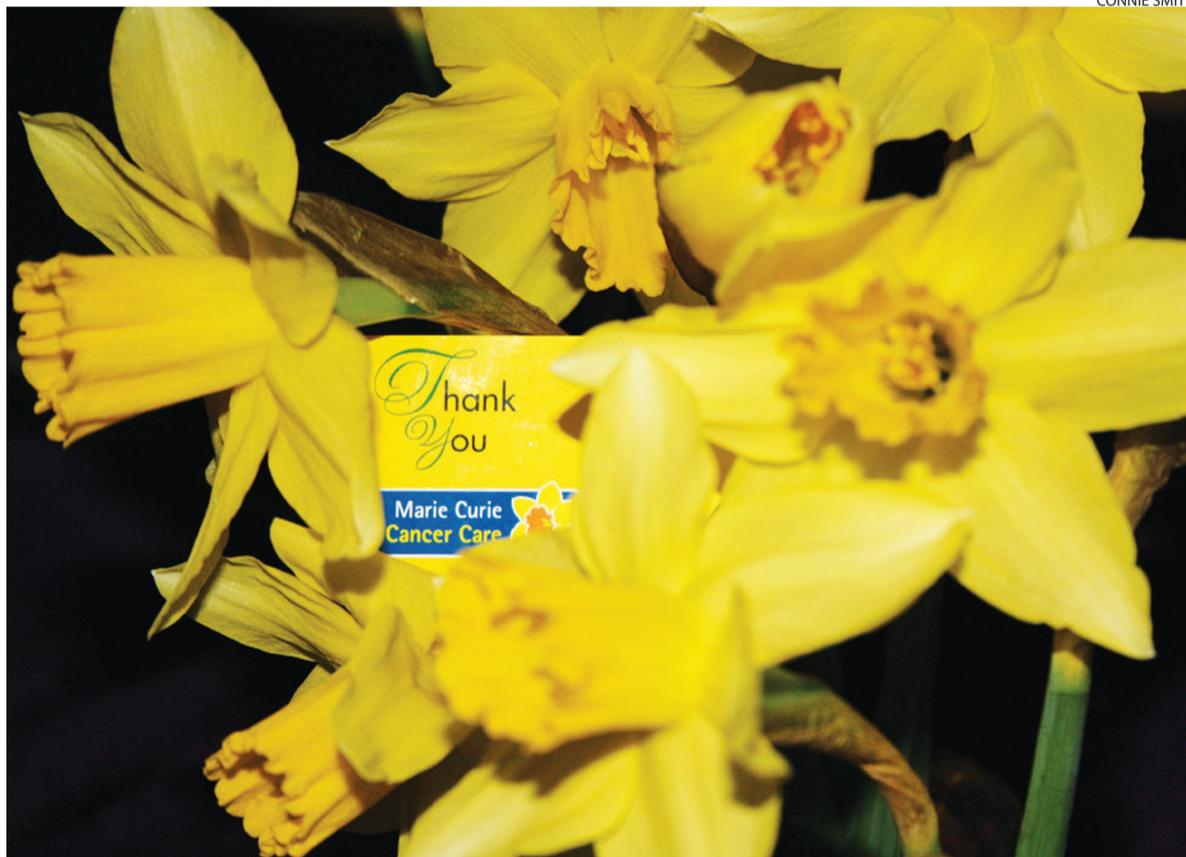
The charity provides care for people with terminal illnesses in their own homes and in nine hospices across the UK.

Within the partnership, money will be raised for the charity through sport-inspired initiatives and fundraising across UK universities involved with the BUCS league.

BUCS Women's Football Week was held earlier this month with the aim of increasing the number of females involved in football at university.

BUCS Football Development revealed that they would donate £1,000 to Marie Curie Cancer Care if female participation at universities increased by 3,000 new female players, coaches or referees by February 2015.

Since this initiative was unveiled, the University's Women's Football Club have seen a big increase in participation. Sign ups at Freshers' Fair have doubled since



Marie Curie Cancer Care was announced as British Universities and Colleges Sport's official charity partner for 2014 - 2016

last year and the club's beginners' session has seen twice the attendance of last year. This season, the club have entered a second team into the BUCS league.

Last May, the club organised a women's five-a-side tournament for Cancer Research UK and they are also planning on organising more

introductory sessions to football, with the aim of getting more women involved in football, and supporting the BUCS target of increasing female participation by 3,000 players.

Cass Brown, York Sport President, called Whittaker's fundraising Ellie's fundraising "impressive".

She told *Nouse*: "The fact she's

doing this on top of her degree, playing football and being president of the club is truly inspiring."

"Her story is overwhelmingly touching and she is a credit to her whole family."

Brown added: "I can't wait to see her succeed and I wish her the best of luck."

News

HEFCE to review university watchdog's role

Amy Wong
NEWS EDITOR

THE HIGHER Education Funding Council for England (HEFCE) has announced plans to review the way in which universities are monitored.

Currently, universities are technically responsible for their own standards but the Quality Assurance Agency (QAA) has checked these standards are met since 1997.

However, for the first time ever, there will be a public tendering process to manage the university inspection system from 2017.

A consultation will take place, followed by the opportunity for bids to run the quality assurance monitoring.

The QAA, which claims to offer "internationally recognised expertise in providing quality assurance and enhancement to an exceptional standard", has confirmed it will be bidding for the contract.

Sir Rodney Brooke, Chairman of the QAA, added: "In recent years, we have continued to adapt the quality assurance framework to meet the needs of a growing and dynamic sector, working with higher education, further education and alternative providers."

He went on to say: "We look forward to continuing the development of quality assessment, protecting the public interest and supporting the UK higher education sector's international reputation for excellence."

However, it is possible a new system could be put in place to maintain the quality of higher education and replace the QAA, with HEFCE

saying it is looking for "innovative approaches [to quality assurance] which are risk-based, proportionate, affordable, and low burden" in light of "rapid change[s]" to higher education.

Some academics have welcomed HEFCE's announcement.

Geoffrey Alderman, Professor of Politics and History at the University of Buckingham and former head of the University of London's academic council, said: "Scandal after scandal has occurred on the QAA's watch, so one has to ask whether the QAA is giving value for money and could it be done differently."

Similarly, Roger King, a visiting professor at the University of Bath's School of Management and former Vice-Chancellor of the University of Lincoln, commented: "With the weight of responsibilities coming its way, the QAA cannot do everything it is expected to do without a major rethink."

In 2009, the QAA was branded "toothless" by a cross-party committee of MPs who criticised the watchdog for its inability to increase the quality of higher education.

"Further doubts over the QAA's ability last year after the University of Southampton successfully appealed against critical findings in a review conducted by the watchdog.

However, Bahram Bekhradnia, President of the Higher Education Policy Institute, defended the QAA, saying it had done a "perfectly reasonable job" since it was founded.

Similarly, Pam Tatlow, Chief Executive of the Million+ group of



HARRY ROSE

The University of Southampton successfully challenged critical findings in a review written by the Quality Assurance Agency

universities, said: "While there have been concerns about the QAA's modus operandi, the system is certainly not broken and has the advantage of being UK-wide in scope and internationally recognised."

It is possible that the current system which monitors universities across the UK could be divided as England, Wales and Northern Ireland are carrying out their own review alongside a separate review in Scotland.

Tatlow went on to issue a warning to HEFCE, telling them "to be careful not to throw the baby out

with the bathwater".

Roger Brown, emeritus professor of higher education policy at Liverpool Hope University, also urged caution, saying the replacement of the QAA would lead to an "incredibly messy" system.

Brown, who headed the Higher Education Quality Council, the QAA's predecessor, added: "Not having a single regulatory body would be a retrograde step."

Wendy Piatt, Director General of the Russell Group, said she wanted a "proportional approach" which would require less "inspection and

bureaucracy" for older, well-established institutions. She added: "Our universities will not flourish if they are over-regulated. Resources should be focused where problems of quality are most likely to occur."

A University of York spokesperson told *Nouse* they agreed with Piatt, saying: "Quality assurance should be proportionate and should keep bureaucracy to a minimum."

They went on to say: "The Funding Council is well aware of this perspective and will no doubt take it into account in the course of its recently announced review."

Nouseword

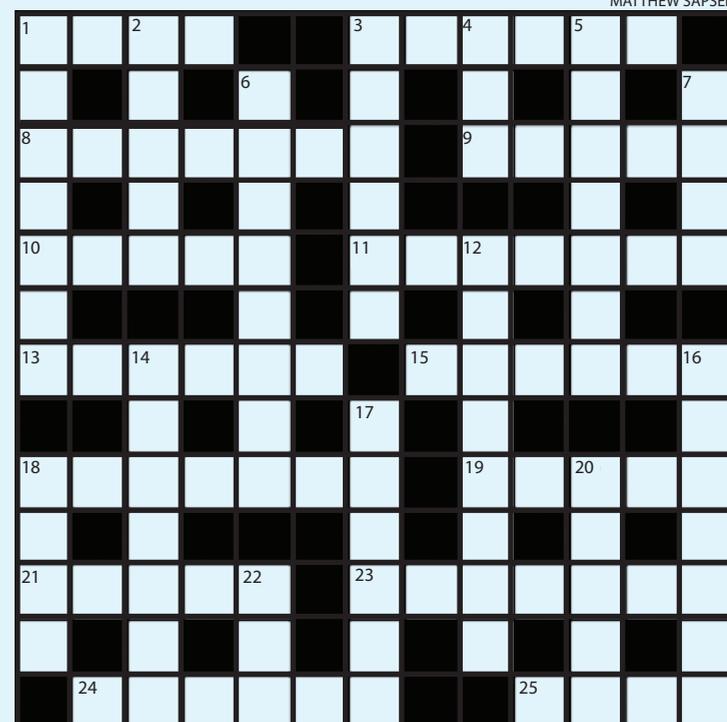
MATTHEW SAPSED

Across

1. Waterfowl; colour (4)
3. Hot Japanese sauce (6)
8. Stripped shred (7)
9. Greylag _____ (5)
10. Waterfowl (5)
11. Function (7)
13. Light evening meal (6)
15. Waterfowl corset (anagram) (6)
18. Refuse slip (7)
19. Lively ballroom dance (5)
21. Hold tightly (5)
23. Green-headed lake bird (7)
24. Skilful (6)
25. James College logo (4)

Down

1. Open (showing one's chest?) (7)
2. Forward (5)
3. Waterfowl gin woe (anagram) (6)
4. Droop (3)
5. Lighthearted (7)
6. British Prime Minister, b. 1804 (8)
7. Waterfowl river in East England (4)
12. Surround (8)
14. Waterfowl had crop (anagram) (7)
16. African whose capital is Kigali (7)
17. Protective armour (for two?) (6)
18. _____ of the Day (4)
20. Cry of a cat (5)
22. Expert (3)



Answers on page 7

Derwent opens room to non-residents

Amy Wong
NEWS EDITOR

DERWENT COLLEGE has decided to make one of its rooms a place for off-campus students to use between classes. An email sent out last week from Jennifer Underhill, Dean of Derwent College, contained a link allowing students to register to use the Derwent Corner Room (D/M/014).

Only people who completed the registration form, which was due in last Friday, will have access to it.

The Derwent Corner Room will be available to use from the end of Week Four. Students who have been granted access to the room will be able to use it for the rest of the academic year.

In the email, Underhill said that the intention was “to provide [them] with a space to eat lunch and relax while between lectures.”

There is now a fridge, kettle and microwave in the Derwent Corner Room to allow students to store and reheat their food and make hot drinks whilst on campus. However,

Underhill reminded students that “it is a no alcohol room and is not to be used as a party space”.

There will also be a limited number of lockers where Derwent students can store their possessions. The lockers will be allocated on a termly basis although students will have the opportunity to reapply to use a locker at the end of term.

Speaking of Derwent’s plans to allow off-campus students to use the Derwent Corner Room, a second-year student living in private accommodation said: “It seems like an unnecessary addition when there are already sufficient facilities for off-campus students at the University.”

Another second-year student was more positive about the additional facilities and said they thought that having kettles and microwaves on campus would be “useful” and “save time and money”, while a third-year student told *Nouse*: “It’s nice the University are making provisions for all of their students; it helps foster a sense of community between year groups.”



WIKIMEDIA

Yorkshire Marathon success

On 12 October, more than 7,000 amateur and professional runners from across the region took the challenge and lined up at the start of the Plusnet Yorkshire Marathon.

Supporters from all corners of Yorkshire were gathered, chirring up the participants for their effort. The 26.2 miles route ran through the city centre and the country roads of the East of York, with the finishing line at the University of York.

The first to cross the finishing line was Leeds wheelchair racer, Bret Crossley, with a time of just

two hours, eleven minutes and ten seconds, while the fastest runner was Kenyan Boniface Crossley, finishing the race in two hours and fourteen minutes, taking the victory in his first ever attempt to run a marathon. Cosmas Kigen came third with a time of two hours and sixteen minutes.

The first to finish the women’s race was Shona Fletcher, from Northallerton, with a time of two hours forty-three minutes and forty seconds, beating Ethiopian, Bay-rush Shiferaw into second place by two minutes.



Nouse Elections

Tonight!

Tuesday 21 October

6:30pm

In P/X/001

All positions available

See www.facebook.com/YorkNouse for details

Membership required to vote

Sign up on the door for £5



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Report advises graduates to 'stay local'

Irina Istode
NEWS REPORTER

A REPORT published by the Royal Society for the Encouragement of Arts, Manufactures and Commerce think tank has advised universities to direct their graduates towards staying in the area where they went to university after graduation in order to contribute to the local economy.

The think tank argued that because of the amount of public funds they receive, universities have a duty to ensure that the public sees a return on this investment.

The report states: "As in other aspects of public spending, there has been increased pressure in recent years to account for value-for-money and return on investment."

It is also pointed out that contributing to "metro growth" is a way for universities to provide a return on the investment made by the allocation of public funds to them.

The report says: "As recipients of significant public investment, accountability demands that this spending must be assessed for its economic growth benefits."

"Many of the benefits of individual higher education institutions are visible in the economy at a national scale, but because universities are place-based, local impacts are felt acutely; public investment in universities is inherently also a tool of spatial economic development."

Jim O'Neill, Chairman of the Royal Society of Arts City Growth Commission, echoed these findings in his foreword to the report,

in which he commented that there seems to be a significant correlation between the retention rates of graduates in the cities where they studied and the financial prosperity of these cities, with Bristol being one of the most successful.

He said: "There are some cities that have high retention rates, one of the most striking is Bristol, which also just happens to be one of the few metros outside of London that has a gross value added (GVA) above the national average."

However, overall, the retention rates across the UK are "relatively low", with many graduates "disappearing back overseas or down to London to employ the fruits of their enhanced minds elsewhere".

The report ends with a number of recommendations for universities to help them guide their students and graduates towards opportunities in the local area.

Among them are Refreshers' Weeks designed to "support graduates in making the transition from studying to working in the local area by offering advice, matching them to employment and volunteering opportunities, and helping them find housing."

The report also proposes graduate Clearing systems designed to connect "graduates who have not found a place in corporate schemes" to firms "looking to recruit".

Partnerships are encouraged between universities and local employers to offer "golden handcuffs" to students who would commit to staying in the local areas for three



JENS SCHOTT KNUDSEN

Many graduates go "back overseas or down to London to employ the fruits of their enhanced minds elsewhere"

to five years after graduation" too.

The report commends existing partnerships that link universities to the local economies through employability and work experience initiatives, as well as facilitating student entrepreneurship.

The University of York offers support for its student entrepreneurs through a number of courses offered as part of the York Award.

These include the York Enterprise Scheme and the 'Generating

innovative business ideas' course, among others.

It also aims to connect York students to local businesses through the Student Internship Bureau, which "works with local businesses to set up project-based, paid work experience for University of York students with employers looking to utilise their skills, knowledge and enthusiasm".

A spokesperson from the University of York told *Nouse*: "We

promote employment opportunities in the local area as well as in the UK as a whole and internationally.

"Our aim is to ensure that York graduates receive the best possible support in pursuing their chosen career, wherever that may be.

"In reality, a fair proportion of our students choose to stay in the York and Yorkshire area and make a very positive contribution to the regional economy."

Tang Hall community project wins award

Amy Wong
NEWS EDITOR

A COMMUNITY project partially organised by YUSU in partnership with organisations including City of York Council has won an award.

The Tour de Tang Hall won the accolade for Best Community Project at *The Press'* eleventh Community Awards last Friday, beating competition from the Community Cafe at Lidgett Methodist Church and Sprouts Community Garden. Both of projects were awarded runner-up for Best Community Project at the ceremony which took place at York racecourse.

The Tour de Tang Hall was organised by YUSU, Tang Hall and Heworth Residents' Association, City of York Council, Joseph Rowntree Housing Trust, North Yorkshire Police, Tang Hall Community Centre, Heworth and Hull Road ward teams and local schools to celebrate Tang Hall and the neighbouring areas.

The event, which took place on 15 June, involved residents 'touring' three activity hubs and collecting a different coloured wristband from each one. Residents who visited all

three hubs received a certificate and a keyring. There was also a barbecue and activities such as willow weaving, environmental games and face-painting.

In May, Sally Burns, Director of Communities and Neighbourhoods, said: "In the summer when the Tour de France Grand Départ visits York it's great that communities are entering the spirit and holding their own celebrations locally. It will also be a great opportunity to keep active and make new friends".

Harriet Page, who shares the role of Volunteering Officer with Ollie Rowley, told *Nouse*: "We absolutely loved facepainting at Tour De Tang Hall. We couldn't believe the amount of children involved and getting excited about cycling around York, plus they all wanted footballs or flags painted on their faces for the World Cup. We're really happy the event has won a Community Pride Award as everyone involved really deserved the recognition!"

Jemima Busby, Welfare and Community Officer, said: "I am really happy that such a fantastic event was recognised and the hard work of local partners was rewarded."



JONNIMONT

Sally Burns, Director of Communities and Neighbourhoods, called the event a "great opportunity to keep active"

News

Derwent and Langwith announce anniversary plans

Alex Byron
DEPUTY NEWS EDITOR

PRELIMINARY plans have been revealed by both Langwith and Derwent Colleges as to how they plan to celebrate their 50th anniversaries.

The colleges, which are the joint-oldest at the University, were opened on 22 October in 1965 by Queen Elizabeth II.

Fiona Polack, Principal of Langwith College, outlined some of the College's plans for *Nouse*.

She said: "There will be a grand celebration weekend in September 2015, and throughout 2014-15 and 2015-16, there will be anniversary talks, exhibitions, and competitions."

"A 50th anniversary is a chance to both reflect on the first 50 years, and launch the next 50 years; Langwith College intends to use its anniversary to establish an ongoing legacy for the future."

Polack added that the College is holding an alumni reception in London early next month.

Eleanor Brown, Provost of Derwent College, also shared her enthusiasm regarding her College's anniversary.

She told *Nouse*: "This is a great opportunity to celebrate the vibrant

community that has made Derwent what it is over the years.

"It also provides a space for students to interact with alumni and for networks and collaborations to develop."

The College plans to set up a leadership scheme and bring some of Derwent's alumni back to mentor existing students in areas that interest them.

Both colleges are establishing student-led committees to oversee the planning for the anniversary's events. Interviews for Langwith's 50th committee took place last Thursday, with Derwent's organised for this week. Full-time interns were hired by both colleges over the summer to start planning the festivities.

In response to the plans, Sam Maguire, YUSU President and former Chair of Langwith College, told *Nouse*: "I am really excited to be involved with all the celebrations in the College, particularly meeting alumni and hearing about their experiences in the college system at York."

He went on to say: "An important part of the college system's progression is strengthening their links with alumni and ensuring that



Langwith intends to use its anniversary as an opportunity for reflection and establishing an "ongoing legacy for the future"

they remain involved and integrated with their college.

"Both Derwent and Langwith are putting together amazing pro-

grammes of events and they should go a long way to fostering the alumni relationship that is desired."

Events will be held by both col-

leges leading up to the official anniversary weekend, scheduled for October 2015, with further plans to be revealed soon.

Listings



14 November - How to Train Your Dragon 2. P/X/001. 7.30pm. £3

MUSIC

25 October - York Oxjam Music Festival. Dusk. 5pm. £8
29 October - The Wave Pictures. The Basement, City Screen York. 8pm. £9
30 October - Josh Pyke. The Basement, City Screen York. 8pm. £10
2 November - Haken + Leprous + Maschine. The Duchess. 7pm. £18
6 November - Luke Pickett. The Duchess. 7.30pm. £7.50
8 November - Breakz presents: Oscillate. Mansion Underground. 11pm
8 November - Verdi Requiem: York Musical Society. York Minster. 7.30pm. £12-£20
20 November - ShivoHam. York Minster. 7.30pm. £12

STAGE

21-25 October - Antigone. Main House, York Theatre Royal. 7.30pm. £10-£25
23-26 October - Lord of the Flies. Drama Barn. 7.30pm. £5
6-9 November - The School for Wives. Drama Barn. 7.30pm. £5
10 November - The Nutcracker, by The Russian State Ballet and Opera House with Orchestra. York Barbican. 7.30pm. £28
12-13 November - Phoenix Dance Theatre. Main House, York Theatre Royal. 7.30pm. £9-£19
13-16 November - Down the Rabbit Hole. Drama Barn. 7.30pm. £5
17 November - Script Factor. The Basement, City Screen York. 7.30pm. £4

LECTURES

21 October - Electronics in a spin? P/L/001. 7pm. Free
23 October - Emotions and Social Relations. W/222. 6pm. Free
23 October - Sonia Purnell on Boris as Prime Minister: Would Britain be safe in his hands? Bowl and Auditorium, Berrick Saul. 6.30pm. Free
27 October - Looking at Slavery. Ron Cooke Hub. 6pm. Free
28 October - Homosexuality: From toleration to acceptance. Ron Cooke Hub. 6.15pm. Free
10 November - John Black, "01. 02, 12, 01, 26, 05". P/L/001. 6pm. Free
12 November - Solving the nitrogen problem in food production. P/X/001. 1pm. Free
14 November - Parliament and Peace: The NATO Parliamentary Assembly. Research Centre for Social Science. 3pm. Free
20 November - What's the problem with planets? P/L/001. 7.30pm. Free

FILM

24 October - 22 Jump Street. P/X/001. 7.30pm. £3
24 October - Robocop. The Duchess. 7pm. £5
27 October - Still the Enemy Within. City Screen York. 6.45pm. £8

29 October - The Double. P/X/001. 7.30pm. £3
30 October - The Fault in Our Stars. P/X/001. 7.30pm. £3
6 November - Transformers: Age of Extinction. P/X/001. 7.30pm. £3
6-9 November - Aesthetica Short Film Festival. Throughout York. All day. £15-£30
13 November - Tammy. P/X/001. 7.30pm. £3
14 November - How to Train Your Dragon 2. P/X/001. 7.30pm. £3
16 November - Metropolis. City Screen York. 2pm. £7
20 November - A Million Ways to Die in the West. P/X/001. 7.30pm. £3

COMEDY

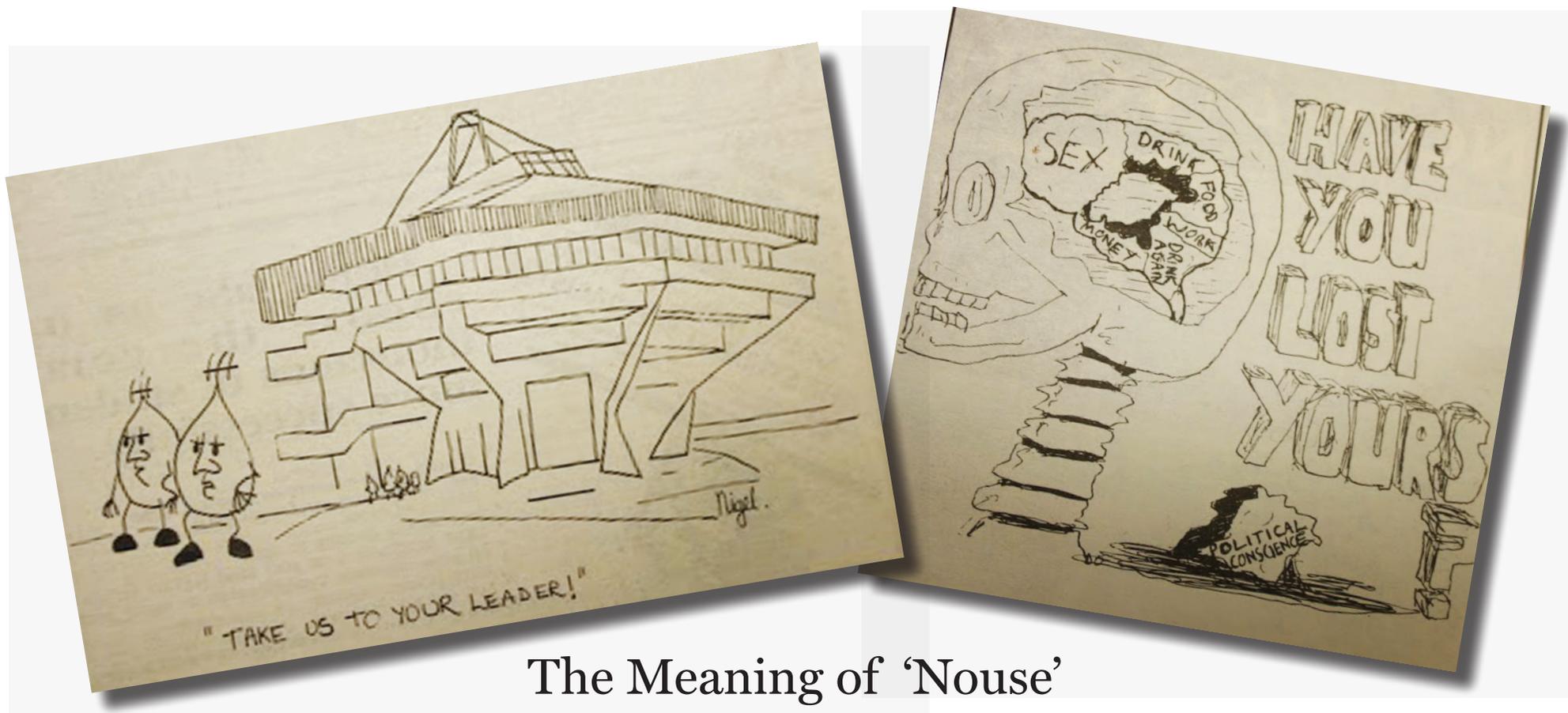
24-25 October - Jimmy Carr: Funny Business. York Grand Opera House. 8pm. £28.90
25 October - Saturday Night Lounge. The Duchess. 7pm. £14
26 October - Komedia's Krater Comedy Club. The Basement, City Screen York. 7pm. £8-£10
30 October - An Evening With Noel Fielding. York Barbican. £25
3 November - Michael McIntyre. York Grand Opera House. 8pm. £26.40
8 November - Saturday Night Lounge. The Duchess. 7pm. £14
13-15 November - Lee Mack. York Barbican. 3.30pm/8pm. £27.50
19 November - Frank Skinner: Man in a Suit. York Grand Opera House. 7.30pm. £31.40
20 November - Wozzen Comedy sStore. The Basement, City Screen York. 7.30pm. £5

GENERAL INTEREST

25 October - Marmite @ the Glasshouse. The Glasshouse. 10pm. £2
1 November - Down by the River Variety Show. The Basement, City Screen York. 7.30pm. £10
4 November - Lach. The Duchess. 7.30pm. £8
5 November - RAG Skydive! Hibadstow. 9am. Deposit and fundraising required
5 November - Cafe Scientifique. The Basement, City Screen York. 7pm. Free

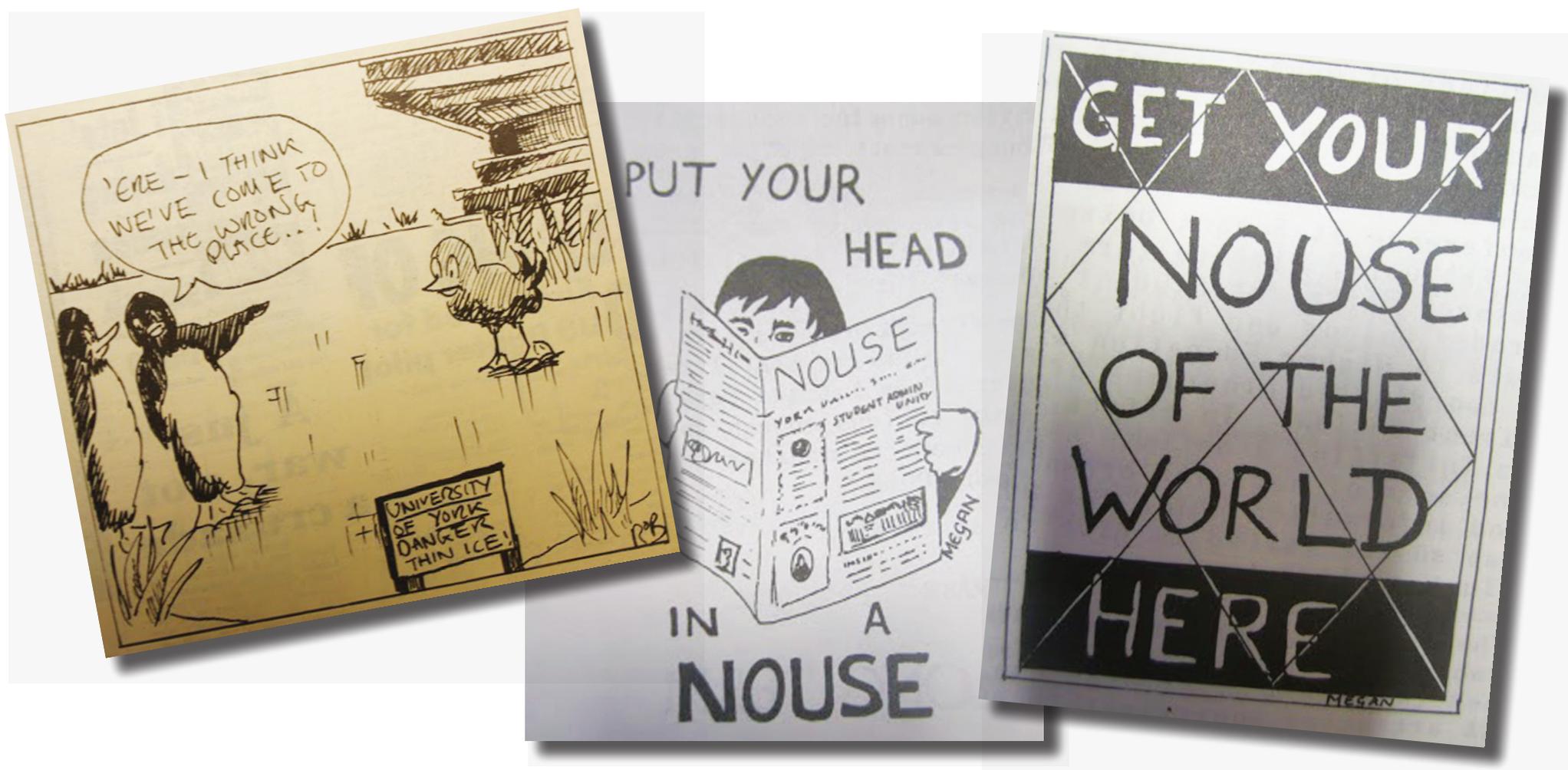
50 Years of Nouse

As we celebrate our 50th anniversary, we thought we'd share some of our early cartoons



The Meaning of 'Nouse'

“It took a Philosophy lecture on formal logic presented by a rather dull Australian professor in NG11 for us to think of a name. ‘Nouse’ gave us the phonetic news and at the same time a sense of place and identity by being conflated with the River Ouse running through the city. It also implied ‘nous’, a kind of cunning much needed by unproven student journalists who wanted to produce a paper and have fun doing so.” — Bryan Merton, Founding Editor



Comment



comment@nouse.co.uk
www.nouse.co.uk/comment

Olivia Turner



Ebola should not be taken lightly

Universities are monitoring the risks of the outbreak in West Africa

Recently, it has become near impossible to avoid the panic over the recent outbreak of Ebola in multiple West African countries.

Although the virus was discovered 40 years ago, the eruption of cases that began in March of this year is the largest and most complex since Ebola was discovered.

The way Ebola is transmitted means that the UK is classified as low risk when it comes to the spread of the virus. However the virus is spreading rapidly in other countries and it clearly is a threat to people's lives.

Human-to-human transmission of the virus occurs through direct contact with infected blood, bodily secretions and any materials with infected bodily fluids on them.

In theory this could make infection relatively easy. Although it's not something that we should necessarily worry about right now, it is always important to remember how Ebola is spread and indeed other

viruses too. Education is important in combating any virus and it definitely wouldn't hurt for the country to become more aware of the transmission methods and symptoms.

Measures have been taken to prevent an infected individual potentially entering the country. At numerous airports, passengers arriving on flights from West Africa are having their temperatures measured to check for any potential fever, an early symptom of the virus.

After the Health Secretary, Jeremy Hunt, admitted that by December we could have ten cases of Ebola in the UK, many deem this a necessary measure although scientists are divided on the issue.

In addition, universities have been advised to monitor their student population for signs of a possible Ebola infection as the influx of international students from affected countries increases the risk.

University cleaners have thus been told to keep an eye out for any blood or vomit in student accom-

modation. This is, arguably, not just for early detection, but for the safety of the cleaners themselves, as the nature of their job puts them at a greater risk; they often come into contact with bodily fluids while cleaning.

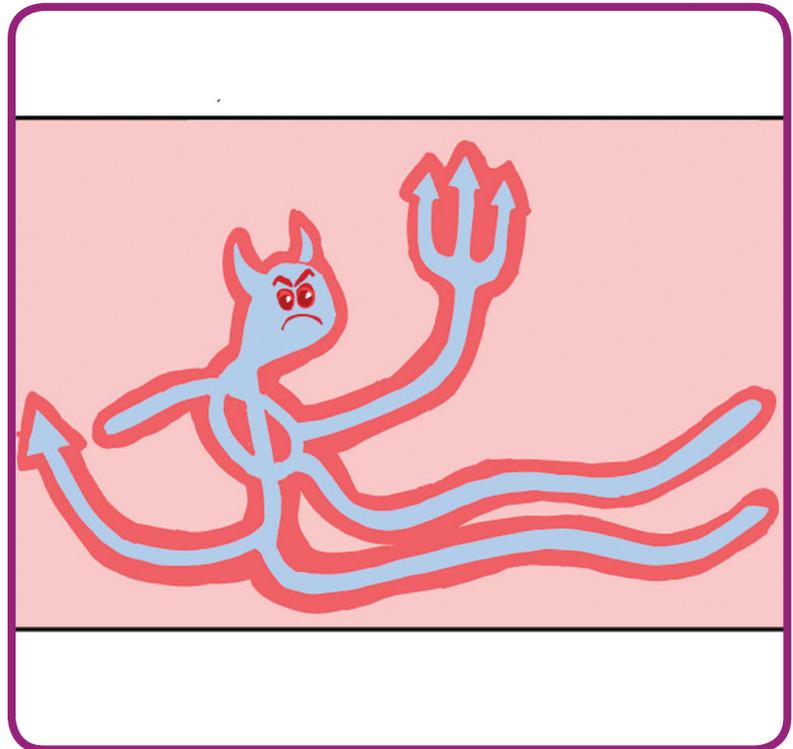
This is not something that is happening at the University of York however. Public Health England have deemed the risk low and the University has very, very few students from any of the affected regions.

In fact all of them have now been here for longer than the incubation period.

The University does seem to be doing all it can. They are constantly reviewing the situation, as our many across the country. York plans to offer advice if the risks rise at any point nationally or locally to a level of concern.

With the likelihood of Ebola taking hold in the UK classified as low, is it really necessary to get cleaners to check?

KATE MITCHELL



Why can't we be free of fees?

Liam Dooley



The UK must scrap its failing system, and make higher education free for all

Higher education is now free throughout all of Germany, after Lower Saxony became the last state to abolish tuition fees. Even in the least generous states, a student can expect to have an undergraduate degree and a consecutive masters funded by the government free of charge. In fact, this ruling even applies to international students.

Germany now joins Denmark, Finland, Sweden, and Greece in offering free university education to

their citizens. In other European countries, such as Switzerland and France, tuition fees are relatively low. But here in the UK, we still pay exorbitant rates for our higher education.

So why are we still paying £9000 a year when other European countries are proving that tuition fees are unnecessary? Due to the poor chances of graduates paying back their full student loan before it is written off, the UK government stands to lose 45p for every pound

loaned through the current system. This means that it's not just students losing out—the government itself will actually lose more money than if they had just kept tuition fees at £3000.

Loans were attractive to the Treasury because they replaced direct funding to universities, colleges, and students. The money from loans would go out into the world and be spent, and most if not all of it would then return directly to the government through repayments.

Therefore, the loans were supposed to achieve the same effect as direct funding into education, with less expenditure from the part of the government. However, with the govern-

“Here in the UK, we still pay exorbitant rates for our education”

ment actually losing money, this has clearly failed. Therefore, a system of state funded higher education similar to Germany's could be a potential alternative.

So how does Germany's system work? Well, all higher education institutions receive a budget from the responsible ministry of the state in which they are located.

There are also agreements between higher education institutions and the state, which say that should they require extra funding for the intake of additional numbers of students or money to compensate the loss of income from tuition fees the basic budget can be supplemented. Also there are additional funding programmes, some funded jointly by the states and the federal ministry, for supporting and promoting research.

However, most higher edu-

cation institutions in Germany continue to feel somewhat underfunded, as the additional funding is rather competitive. But in comparison to other countries in Europe, especially the UK, these institutions still receive a very generous amount of funding by their states – an estimated 80 per cent of their overall budgetary needs.

The expenditure of funding higher education in Germany is hence based around necessity, rather than the more risky system used in the UK that relies heavily on graduate repayments. In dealing directly with the institutions, Germany has created a much more functional system than the UK's, with

“Germany has created a more functional system than the UK's, with much greater student satisfaction”

much greater student satisfaction.

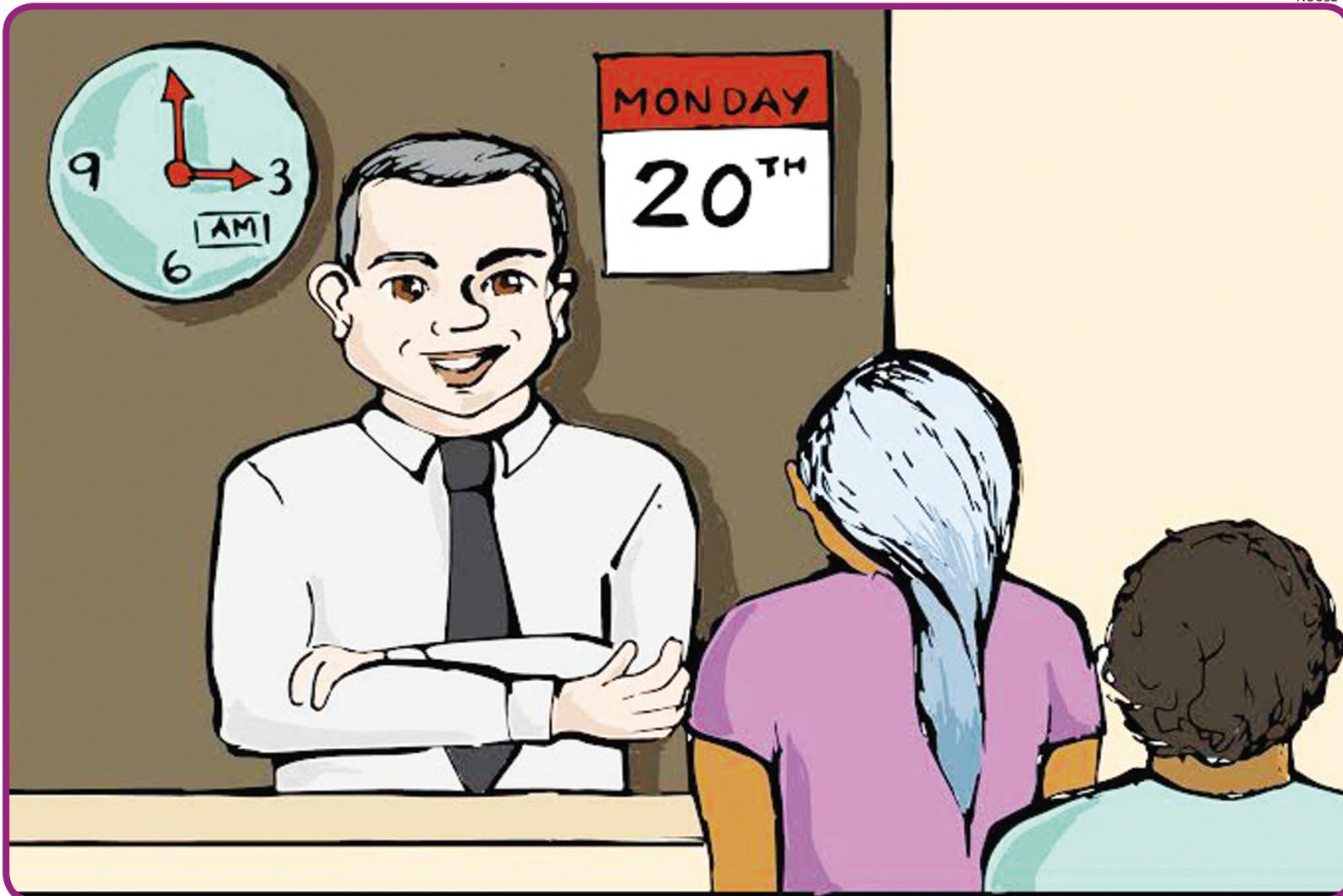
The UK now needs to make a decision—should we continue increasing fees even in the face of defeat, or join the free higher education movement sweeping across Europe.



KATE MITCHELL

Comment

VIEWS FROM THE OUSE



Vanbrugh's porter shortage needs examination

Niall Whitehead
Comment Editor



For the safety of students and the site itself, you need porters

Way, way back in the misty, distant past of 2009, a bunch of students got together and stripped D-Bar of all its furniture—the tables, the chairs, everything—and dumped it on the pavement outside. Their reason? They were protesting against the removal of 24-hour portering, since

“Vanbrugh still has no porters working after 6:30pm, nor during the weekend”

they felt porters were necessary for student safety, and to hold off a myriad of minor inconveniences.

Anyway, the rebellion won, Robert Baratheon got the throne, Luke Skywalker managed to hit the exhaust port and blow up Central Hall and most importantly, since it actually happened, 24-hour portering was reintroduced to all the colleges. Bar one.

Now it's 2014, and there's another protest looming – students are putting together a petition to get Vanbrugh to take up 24-hour portering. They still don't have porters after 6:30pm, nor do they have porters on weekends: instead, students have to go to Wentworth and use the porters there, dragging them over to Vanbrugh if they have to.

If the porter's busy with mat-

ters in their own college, then tough luck—you have to wait. If someone in Wentworth needs a porter but they're off dealing with affairs in Vanbrugh? Same thing.

It's a system that, ultimately, needs some fixing. The whole point of the D Bar protest was to demonstrate why porters are necessary throughout the day – to protect against dangers to university property, and more importantly dangers to the students who live on it.

In the case of a genuine emergency, should students really have to run to Wentworth and drag a porter out? Yes, students can access the emergency phone if they have to, but it inevitably takes longer for a response to mobilise than if one was sat there in person.

And there's the other minor inconveniences. Groups that have booked rooms in Vanbrugh have found themselves unable to access them, due to locked doors. Again, a Wentworth porter usually has to be called out for up to an hour to open the doors and then ensure they are locked again.

All this serves as a blow to student societies, many of which are funded by the university – being unable to hold events arguably negates this funding.

On an individual level, students are left unable to collect post after 6:30pm on a Friday, exacerbating the glut of post that can form on the

Monday afterwards. Lose your key on a weekend night out? Need the porters for access to a room? Again, it's off to Wentworth—but not everyone knows that, especially not freshers (the majority of campus-dwellers). So students are left confused.

But this all ties into a bigger debate. The Sunday Times' League Tables touched upon it at the start of the month—York has one of the highest ratios of students to staff, and at the same time, spends prac-

“In the case of a genuine emergency, should students really have to run to Wentworth and drag a porter out?”

tically the least on staff when compared to its competitors. We can't just conscript porters off the street – they need to be hired, and more importantly paid. At present, it's entirely possible Vanbrugh just can't do that.

So what can be done in the short-term? Asking porters in other nearby colleges to pick up the slack, such as Derwent or James, helps but ultimately just deprives another col-

lege of their porter, and would lead to the same wait-time if those porters had jobs to do. Provided unused rooms were kept locked and secure, leaving the nucleus open would allow societies to access the rooms – however, further solutions would need to be found for the problems of keeping students safe, and for prob-

“Groups that had booked rooms found themselves unable to access them”

lems that required personal interaction with a porter.

It also needs to be made clear what can be done should a student require a porter outside of hours. From what I've, personally, seen, the lack of a 24-hour system isn't something that gets much publicity,

The best, and perhaps only, solution to all these problems would be for Vanbrugh to follow the lead of every other college on campus, and introduce 24-hour portering. With each student paying £3000 into the system per year, surely we can manage it. If we can't, then as our campus gets larger and larger one question starts to materialize – who's going to staff it all?

Boys and girls of every age, wouldn't you like to hear something strange? A hyena gives birth through its penis, and your parents are trapped in a loveless marriage. Also, it's Halloween! Nearly!

Yes, Halloween—that famous student holiday where we all get to go out and drink too much. Just like Valentine's Day, and New Year's Eve, and Fresher's Week, and Tuesday, and actually it's entirely possible that I've developed a problem.

But on Halloween, you get to do it in costume! Assuming you've actually made up your mind about what your costume is yet.

At that point, your easiest option's to stick a pair of ears on and say you're something vaguely approaching a cat. Or just smear some makeup on for Heath Ledger's Joker (if Christopher Nolan's budget had been £15). But come on! Try a bit bigger!

If you've ever looked at a parcel with barely-restrained envy, or just need an excuse to scavenge in bins for a bit, make something out of cardboard! A LEGO man, or a Dalek, or a lamp to summon the genie you're going to need to get this thing ready in about three days.

Maybe just dress as a SEXY something-or-other: there's all kinds of those. A SEXY caveman! A SEXY goose! SEXY Olaf the snowman from Frozen (disclaimer: this actually exists, though it might make you look a bit frigid). The SEXY Ice Bucket Challenge, with strategically-placed buckets!

Mind you, current events can be a costume all by themselves. Something from the news, or the movies. These can also be made SEXY (SEXY ISIS! Get those hostages down on their knees, boy!)

Because this is York, we're also infested with ghosts (and rats, and silverfish, and whatever that was with too many legs in your shower this morning). Get one to jump inside you for a fun costume, and in-between vomiting blood and ominous Latin call an exorcist. Make sure you pay him, though, or you get repossessed.

And of course, if you're from Eton, you can just skip all of this and black up. It'll definitely be as hilarious as you think it is, and no man, woman or national publication's EVER going to find out about it.

So that's what, 500 words and the only vaguely good advice I've given's “dress like the Joker”. Screw it—make that the byline. Live by it. See you next issue!

Follow the debate:
Comment online at
nouse.co.uk/comment
and on Twitter
[@nouseopinion](https://twitter.com/nouseopinion)

Comment

NOUSE

Est. 1964

NOUSE turns 50!

Fifty years ago today, a couple of students decided something was missing from our campus. We could get as much news as we needed from the 'Real World' outside, sure, but none of it came from a student's point of view, and precious little of it covered the news going on in our own back yard.

So they pulled out their typewriters and got to work. Things have changed since then. Editors have come and gone. Colleges have sprouted up around us. We've grown a few new sections. There's a lot less Communism and protesting, and a lot more .

However, we like to think that the general ethos of great, university-oriented stories covered by frazzled writers using rudimentary technology remains the same. Even now, new writers are stepping forward, providing the time and the effort that keeps this beast ticking over (and getting some great experience and experiences out of it, too).

So thank you - to the writers who make our articles, the artists that brighten our pages, the editors who cobble the whole thing together, the alumni who've made our history, and you - yes, you, the reader - for justifying our continued existence. Here's to another fifty!

Guardian Student Media Awards!

York student media can feel proud of itself this week, and write entire editorials about feeling proud of itself. NOUSE, York Vision and The Lemon Press have all been nominated for 'Student publication of the year', according to the shortlist released last week!

It's been said that York has the greatest student media on any campus in Britain, and we'd say that all this national recognition is another step towards proving it. It's not just us; The Lemon Press is a consistently hilarious periodical for people who actually know what satire is beyond lake jokes, and York Vision is a sterling tabloid that isn't The Tab, which is a pretty great thing not to be.

Plus, our own James Tyas - former film editor and current contributor - has been nominated for Best Critic!

The awards take place in London on 27th November, when we'll find out the final winners. May the best man - or men and women hiding behind a faceless campus newspaper - win!

York wins the day on University Challenge!

Since this has become a week of celebration, there's another big event to congratulate: York's defeat of Corpus Christi College, from Cambridge, on BBC's University Challenge!

After several months of hard work, heavy preparation and generally being smart, the team from the University of York smacked down Cambridge with a score of 170 against 135. They'll now progress to the next round under the watchful stare of Jeremy Paxman, and get one step closer to an overall victory.

A special mention to our own Gaming Editor, Adam Koper, although the whole team played brilliantly and earned their victory.

Well done to them, and hopefully they'll do well as they move through the rounds. Though we were the runner-ups in 2011, we've never actually managed an official win: maybe this'll be the year we buck the trend and get ourselves on the winner's list. We'll see!

NOUSE

Online: www.nouse.co.uk

Twitter: @yorknouse

Facebook: www.facebook.com/yorknouse

Letters and complaints: Nouse, Grimston House, University of York, YO10 5DD or contact@nouse.co.uk

Contribute: editor@nouse.co.uk

"Reblog if you feel fat right now" - the internet's sick side



Amy Gibbons

Social media can erode our self-worth

In an age when the world is infatuated with tweeting and blogging, many young people have proved vulnerable to websites or social media accounts that glorify eating disorders.

Life always seems much more manageable when we know that we're not alone. This seems to be the appeal of what are known as 'Pro-Ana' (pro-anorexia) and 'Pro-Mia' (pro-bulimia) online communities, that encourage unhealthy behaviour in young users already prone to eating disorders.

When logging into a 'Pro-Ana' chatroom, following a 'Pro-Mia' user on Twitter or Tumblr, or simply seeking out 'thinspo' ('thinspiration') online, users feel they are amongst friends. They feel comfortable in the assumption that they will not be judged; on the contrary, they will be supported and encouraged in their attempts to cut their net calorie intakes to nil. These com-

“Many young people are vulnerable to websites that glorify eating disorders”

munities are therefore perceived amongst many of their followers as safe and productive places; users won't feel pressured by parents or 'real-life' friends to eat healthily,

so can indulge freely in admitting to fasting, purging and over-exercising. They may even be applauded for it!

However, these communities are, in reality, frighteningly toxic.

According to the National As-

“The number of children seeking help for an eating disorder has risen by 110 per cent”

sociation of Anorexia Nervosa and Associated Disorders (ANAD), "In June 2010, researchers studied the content of 180 sites they discovered while searching for terms like 'Pro-Anorexia' and 'thin and support.' 83% of the sites they viewed contained suggestions for engaging in eating disorder behaviors."

Earlier this year, The Independent on Sunday revealed that "the number of children and teenagers seeking help for an eating disorder has risen by 110 per cent in the past three years."

'Pro-Ana' and 'Pro-Mia' sites are particularly problematic because too often they encourage teenagers on the brink of being diagnosed with an eating disorder to engage with those who vouch for being unhealthy. Young people that perhaps only ever intended to seek attention and affection to nurse

low self-esteem end up completely unnecessarily committing to an unhealthy lifestyle. On these platforms, disorders such as anorexia and bulimia are therefore extremely contagious.

So what can we do about it? The most effective cure for this digital epidemic is, of course, prevention. Don't allow it to gain momentum in the first place. Our own university has measures in place: if you, yourself, need advice on coping with an eating disorder, or simply need help for a friend, get in touch with Open Door Team at York on 01904 322140 or via e-mail at opendoor@york.co.uk for confidential support.

Tumblr itself intercepts searches for 'anorexia' and 'bulimia' with a short message to its users, reading: "Everything okay? If you or someone you know is struggling with an eating disorder, NEDA is here to help: call 1-800-931-2237 or chat with them online" and then goes on to recommend other platforms for confidential crisis prevention. However, it still gives its users the option to 'view search results' anyway. Twitter, on the other hand, fails to acknowledge the problem at all.

What is perhaps most worrying about 'Pro-Ana' and 'Pro-Mia' sites is that they actively idolise anorexics and bulimics. They support these disorders as lifestyle choices. Judging by the increasing popularity of these communities online, it appears that eating disorders are on the rise. Now that, more than anything, really resonates.

KATE MITCHELL



Comment

Naked calendars are mostly OK

Katy Marshall



Click here



Sofia Geraghty
Deputy Comment Editor

Men and women can choose for themselves whether to pose or not

Nudity is always a contentious issue. Society doesn't approve of too much skin, and censures those who show it, for the sake of principles of modesty and decency. While it may be inappropriate in most situations, nudity itself is not inherently bad, and there can be a place for it.

With this being the case, why is the University of Warwick Rowing Club's charity project, 'Women's Naked Calendar', attracting so much criticism?

They have been accused of indecency, and Facebook actually banned them for a time under 'pornography and nudity', but their intention seems to be art. All those involved are students, who have consented to having their picture taken without clothes on.

They clearly aim to produce 'tasteful nudes' and even make a point not to include anything close to full frontal nudity. They are carefully composed, and presumably checked in editing.

The other accusation levelled at them from so-called 'feminist' sides is that they promote the concept of women as sex objects. Naturally, naked calendars advertise and

mistreatment by others. Overall, the images are far less damaging than the photoshopped, unrealistic pic-

“It is clear that the criticism levelled at the women's team is disproportionate when the "Men's Naked Calendar" has been going on for years longer”

tures of models (clothed or otherwise) that we see uncensored every day.

It is clear that the criticism lev-

elled at the women's team is disproportionate when one realises that their identical male counterpart, the 'Men's Naked Calendar', has been going for years longer and attracted none of the attention. This is despite an acknowledged failure by the men's team to successfully conceal all full-frontal nudity.

There is no justification for this treatment, so anybody criticising the women's calendar - whether on grounds of decency, taste or tackiness - should equally lambast the men's version.

Indeed, the only criticism I might level at the calendars is the lack of diversity. Even taking into account a successful rower's typical physique, the appearance of the models is largely homogenous. In addition, unaccountably, all the fea-

ture rowers are white, despite this being untrue of either club's actual members. While most likely an accidental edit on part of the creators, this lack of representation should be addressed.

While naked calendars can be tasteful, artful and interesting, their appeal remains limited and critics will always persevere.

However, their success is undeniable: the women's calendar raised over £5,000 for Macmillan Cancer Support in two years, and the men's not only contributes vital funding to the club, but has led to the establishment of an anti-homophobia charity, Sport Allies.

Thus, while the nudity theme may feel gratuitous, the end result is for good, and so they can surely be forgiven.

KATE MITCHELL



“Society doesn't approve of too much skin, and censures those who show it, for the sake of preserving modesty and decency”

draw buyers because of the appeal of nude women, and so to an extent their intention is irrelevant: they will be objectified by some consumers.

However, these are all women capable of making their own decision, and it's unlikely to escape them that this objectification may happen. Yet, as degrading as objectification is, it is the perpetrator's fault, and these women should not have to change their behaviour for fear of

Anyone who has ever attempted to do anything, ever, will be familiar with the time vortex that is BuzzFeed. One minute you're sitting down to write an essay and the next you're watching an overweight teenager burst a spot the size of a basketball.

It started innocently enough, you were just checking over Facebook, and then you found yourself faced with an image of a shame faced girl accompanied with the headline "You will never guess what she did next." No, I probably won't be able to guess what she did next - therefore I shall click on it.

Click bait itself is not a bad thing. The fact is, a lot of the time we just don't want to do anything, and if it wasn't for websites like BuzzFeed then we would just find other ways to do nothing.

The problem is that the lines between procrastination fun and real life news are now becoming increasingly blurred. An Irish comedy duo have recently released a video satirically mocking the click bait way of life. In the video, titled, "THIS VIDEO WILL CHANGE YOUR LIFE" they point out that respected news outlets, such as CNN, are now also using click bait. The example they use is a link published by the network with the tagline, "14-year-old girl stabbed her little sister 40 times, police say." The reason why will shock you". As if the fact a 14 year old would stab anyone wasn't shocking enough already.

Now of course, media outlets sensationalising news is nothing new. However, with news becoming an increasingly online platform, news outlets are having to compete with more competitors than ever before. In the fast paced world of the web, readers are less likely to commit to reading a whole story and therefore respected news outlets are having to resort to click bait if they want to stand a chance at all.

However, the big issue with this is that news becomes disposable. Many of the issues that affect us most are both complex and long running, they require far more engagement than the current online news scene allows. Of course, Facebook and social media are not the first port of call for anyone wanting to catch up on the latest news, but we cannot deny that social media and news channels are becoming increasingly interlinked; many suppliers share their most popular articles on Facebook. However, the click bait culture means that it is the most shocking and exciting articles that 'trend' and get pushed to the forefront of media attention. Whilst in some respects it is great that social media provides a platform for obscure stories to get attention, in other respects, what news reaches our ears shouldn't be based on popularity. We may want to watch a monkey do the okey kokey but perhaps, sadly, it would be more useful to know about the proposed budget cuts.

Topical Tweets from the Twittersphere



@nialldurrant 14 Oct
Niall Durrant
Overheard in the library today "It's weird not knowing anyone on York's University Challenge team this year" #NotSoBNOCNOW

@thelemonpress 14 Oct
The Lemon Press
Morning York! Last night's University Challenge win should soothe some rejection pain. Well done team!

13 Oct **@Toothy94** Jack Tooth
Good to see York getting through to the second round of University Challenge despite their laughable decision not to include me in the team.

13 Oct **@Yorkunibus** Unibus York
Congratulations @UniOfYork - Fantastic win on #UniversityChallenge!;!;

Comment

What are you ...

Doing for Halloween?

House party
and going
out.
No costume
yet!

Kate Murphy,
second year student



Going to
a Doctor
Who party on the
Wednesday

Finally going
to the York
Maze

Eilish, Ashworth
third year student



Dressing up
as a sand-
witch

Joss Winter,
third year student

Long-distance relationships can last, too

Rebecca Darling



Love can find a way even without physical proximity

Although it is by no means the norm, I never realised the prevalence of long distance relationships until I started university. But then the age old question rears its ugly head: can a relationship spanning counties, countries or continents survive, and even outlive, university? The two of you were happily walking down parallel paths, when, one day, they suddenly diverge, leading off into unfamiliar, different, disparate directions, and you don't really know what to do. There's no doubt that it can be extremely difficult and tough at times; no matter how many "How to" columns you religiously read, you can never properly prepare yourself for the reality of a long distance relationship.

It's obviously not an ideal situation, but do long distance relationships really deserve such a skewed, negative reputation? Whenever I mention that I'm in a long distance relationship, I have noticed that there's always a couple of stock responses.

“There's no doubt that long-distance relationships can be incredibly difficult at times”

The first involves a chorus of "Awww"-ing, with simultaneous looks of approval and admiration. Whereas, the second involves a showering of supposedly support-

ive, but incredibly hackneyed, inspirational quotes. I can't tell you how many times I've heard "absence makes the heart grow fonder" bandied about in conversation. The quotes are always dusted with

“A recent study, however, highlights that couples in a long-distance relationship are equally as stable as their more traditional counterparts”

a strong layer of skepticism - as if they're giving your relationship only 3 months to live, maybe 4 at a push.

However, a recent study, published in the Journal of Communication, highlights that heterosexual couples who are in a long distance relationship are equally as stable as their counterparts who have the benefit of geographic proximity. The researcher Dr Crystal Jiang states that "While the public and the science community hold a pessimistic view towards long distance, this research provides compelling support for the opposite side - long distance is not necessarily inferior to geographically close dating".

Although far-flung couples have considerably less daily interaction, they are more likely to participate in more meaningful interactions and, as a result, they feel emotionally closer to one another.

Jiang states that "If being geographically apart is inevitable, people should not despair", as the research suggests that it can even strengthen your relationship. Although pangs of nostalgia do inevitably strike (think somewhere along the lines of Summer Nights from Grease and Bridget Jones over New Year), university is a time of personal growth and self-discovery; it is a completely new, exciting chapter in your life.

Having a little bit of time and space to yourself to decide whether ultimate frisbee or bell-ringing is your thing can only be a good thing, really! You still get the support of a relationship framework, but you can pursue opportunities to have fun and better yourself from within it; you get the opportunity to spend some time working on yourself without ever really being alone.

Truthfully, whether your other half lives five minutes or five hours away, any relationship needs work and commitment.

University is a intense time of

“Having a little bit of time to yourself to experience university life can only be a good thing”

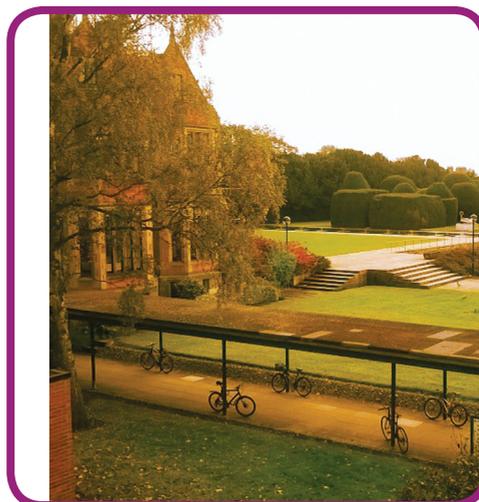
change. Overcoming those changes, and growing from them, could result in an incredibly strong long distance relationship that can adapt and overcome anything. Perhaps all we need is a little positivity.

#minstergram

Nouse takes a look at what you've been Instagramming recently in York

#roomview #quietplace #Derwent
#Heslingtonhall #YorkUni 1d

@elephantsbehindsheds

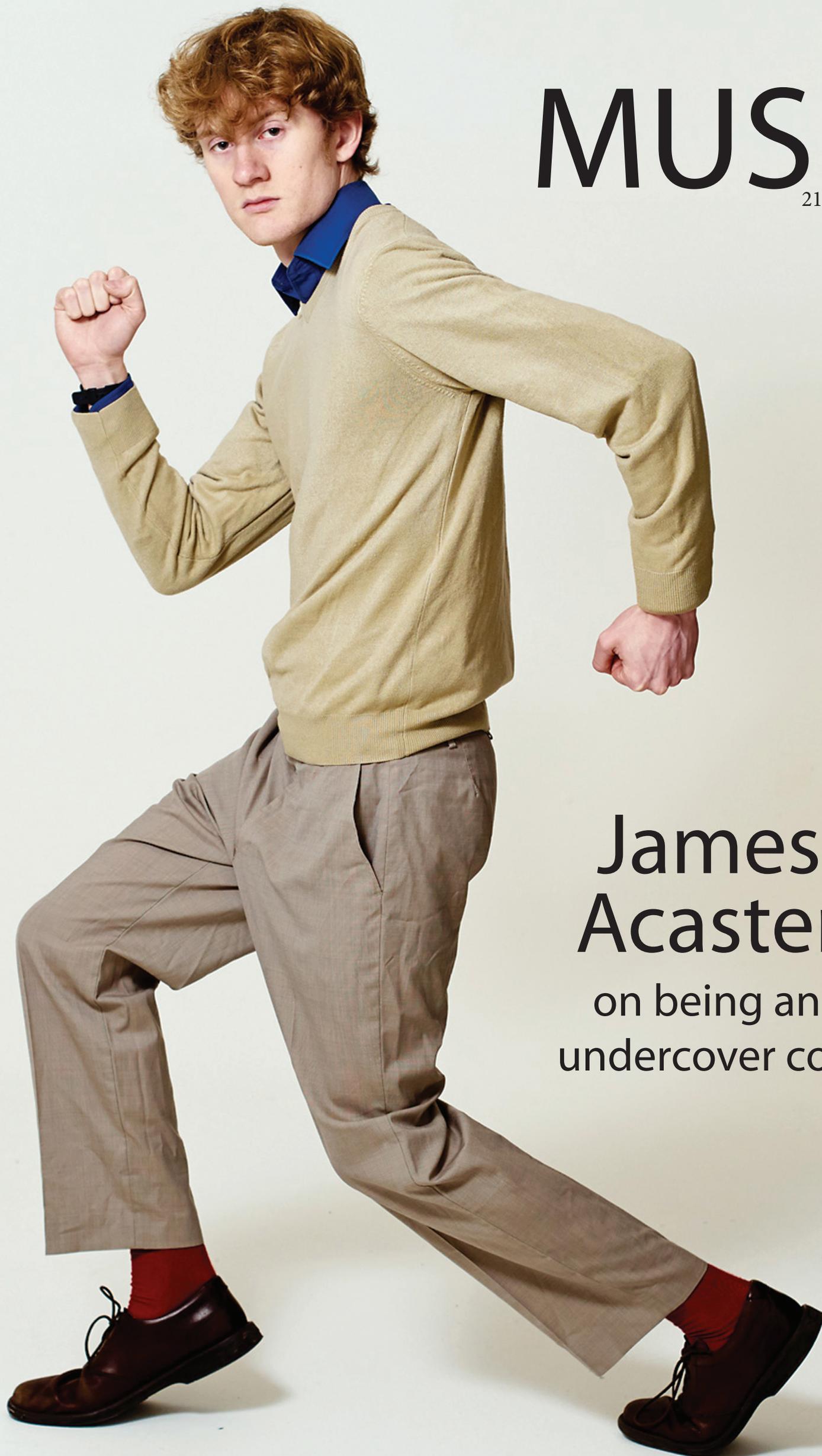


#yorkuni

@morgantrvs

MUSE.

21.10.2014



James
Acaster
on being an
undercover cop



M18. The Film team round up their worst films worth watching

Music.

M16. MOBO nominee Jess Glynne chats about her chart ascendancy

M17. We interview Twin Atlantic lead guitarist Barry McKenna

Food & Drink.

M21 Shambles Kitchen owner Simon Long chats about the shop's success



M12. The Shoot hails Autumn with a terracotta and burnt orange selection

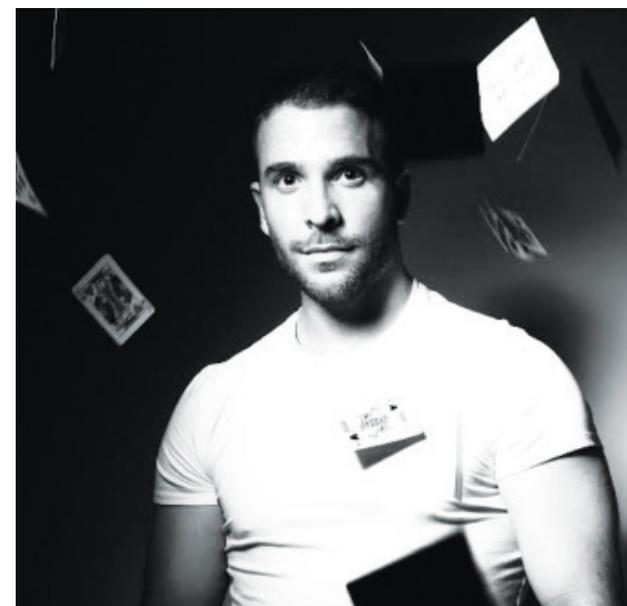
Fashion.

M20. How to look awesome this Autumn with our season hotlist

M21. How to wear the classic leopard print pattern successfully

Arts.

M8. Student director Anna Marshall talks Threepenny Opera



M9. James More on his newfound prestige as an illusionist

Gaming.

M7. Is Kevin Spacey's Call of Duty appearance just another marketing stunt?

Film.

M19. Our three-star review of latest David Fincher flick Gone Girl

Image Credits.

Cover: Courtesy of James Acaster
Top Middle: Petroc Taylor Top Right: Courtesy of KPPR

The second installment of the lakeside murder mystery serial from **Alexandra Craven**



Kingfisher's Court #2 A S Craven

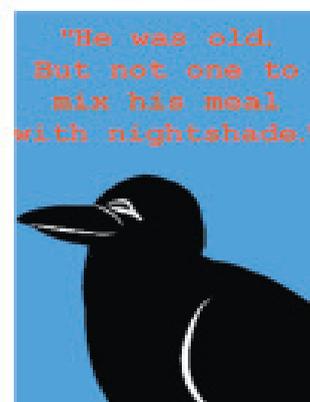


"Poison."

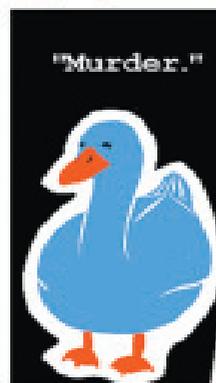


"Can't have been humans. There'd be more bodies."

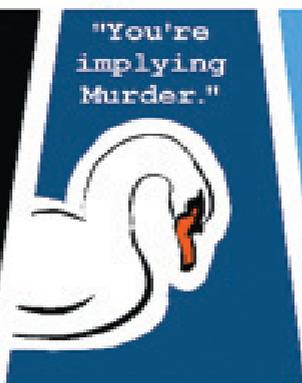
"And it wasn't carelessness."



"He was old. But not one to mix his meal with nightshade."



"Murder."



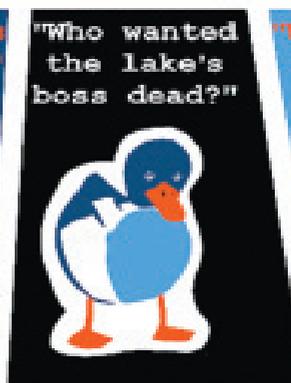
"You're implying Murder."



"My verdict would be unlawful killing."



"Murder needs who and why."



"Who wanted the lake's boss dead?"



"Who wanted it most?"

"Good luck."

“You develop a great sense of timing when you’re a regular Weetabix eater”



James Acaster

Comedian and ‘undercover-cop’

I was born in Kettering, played in bands then turned my hand to stand up age 23. I live with my friend Joe and watch a lot of Netflix.

My new show is about my life as an undercover cop posing as a stand-up comedian. It’s low key and whimsical and includes some props. It’s my favourite of my shows so far.

A low point of being an undercover cop was when my wife left me. But on the plus side it’s a really cool thing to tell people when they ask what you do for a living, even though I’m meant to keep it to myself.

I got into comedy through being a show off and needing a way to fill my days. Plus my band split up so I didn’t have much else going on at the time.

To prepare for a gig I sit in a corner and catch up on my text messages, pretending like I don’t have to do a show in a few minutes.

My funniest gig experience so far was when a 4 year old child got on stage and did his version of beat boxing once, he basically made a sound like a pig oinking for nearly 7 minutes.

When I was young I wanted to be a rapper and a vet. Simultaneously.

If I could be remembered for one thing it would be the man who often gave his seat up on buses then let himself down by looking around proudly to see if anyone had noticed.

I know that a lot of people describe me as ‘low-key’. But maybe it’s just the chaotic world around me that is the reason I’m perceived as low-key. Hmmm?

I’ve still got a long way to go before I’m one of Kettering’s biggest exports. It feels good to be from Kettering, it’s a mellow place, full of hip dudes.

Ketting is famous for its Weetabix factory. My favourite way to eat Weetabix is with milk and sugar – the classic. The real trick is to get them as firm or supple as you like. You develop a great sense of timing when you’re a regular ‘Bix eater.

The person who inspired me to pursue a career in stand-up was a man in a red jacket who hosted the village variety show when I was 12. He was funny and made telling jokes look like an enjoyable profession. Although looking back some of his jokes were really inappropriate.

Interview by Amy Blumson

Editor’s note



Muse Editor Alfie Packham welcomes you to an ‘ironic’ 50th anniversary issue

“Oh I wish I was a punk-rocker with flowers in my hair,” so the 2006 Sandi Thom lyric goes. And what a bad lyric it of course is. It never seemed to dawn on Sandi that a 70s punk wearing flowers on their head would have defeated the whole point of 70s punk. Anarchy and horticulture don’t mix, and even the hippies of the 60s wouldn’t take you in after that faux pas.

“Punk Rocker” ain’t half a catchy song, though, and all week it’s been playing in my head on loop. I haven’t been able to shake it since *Nouse’s* 50th anniversary do last weekend, in fact. I’ll omit any details on the event, for fear of this publication collapsing into a student media black hole - but I will mention that I had the good fortune to meet the founding editors of *Nouse* there. Yes, these were the blokes who started it all half a century ago; when the title “Nouse” seemed like a good idea, and when the idea of “Muse” would have been viewed as, well, a bit pretentious.

Richard Mann and Bryan Merton described to me *Nouse’s* origins. In 1964 it was a gritty campus pamphlet, which played a significant role in student free speech campaigns. Upholding democracy through rough-and-ready reportage, their *Nouse* was no-frills and no-nonsense, in keeping with my own vague idea of the 60s *zeitgeist*. Indeed, I left the encounter with Richard and Bryan with an enhanced sense of ill-informed, Sandi Thom-esque nostalgia for an older, better time.

Let’s face it; we present-day students are crap at being students. Four or five decades ago, students had it all sewn up. They were *students*. They were less fashion-conscious, less money-conscious (at least where their full student grants were concerned), and less conscious in general, with the help of government-subsidised alcohol, along with other substances. They were politically active, and their woolly jumpers were non-ironic.

Now look at us. Campus is coated in a glossy film of insincerity. “Is that beard genuinely shaggy,” one thinks to himself, “or is that an ironically shaggy beard?” Our woollen knits now cling to pastoral hipsters. Nonchalant clouds of indoor cigarette smoke have been replaced by anxious conversations about student loans and contact hours.

To paraphrase wise Sandi, “We were born too late to a world that doesn’t care.” But we at Muse haven’t written a terrible, terrible song about it. We don’t dwell on the past, unless of course we’re interviewing York graduates – and funnily enough, we’ve done just that, five times, on pages M5-M6. Otherwise, Muse is always forward-looking, as reflected in our interviews with such ascendant stars as Jess Glynn, burgeoning illusionist James More, and up-and-coming comedian James Acaster. Enjoy the issue.

P.S. If, dear reader, you find any “typos” at all, they’re actually very trendy and ironic subversions of linguistic convention.

Callum McCulloch: What I learned from Freshers'

We first-years have made it through the preliminary period of awkward introductions, organised fun and binge drinking. I feel like I've contracted Ebola and sound like I smoke 40 a day, but here's what I've learnt during my first few weeks at the University of York.

1. No-one cares about my gap year. I have spent the last year cultivating unlikely anecdotes in the vein hope of making myself seem more interesting. Instead of a rapt audience lapping up tales about Thailand or stories from Central America, I've been faced with a barrage of 'Gap Yah' jibes and people asking whether I've found myself yet. I'll just keep quiet.

2. No-one cares which college you're in or what you're studying. It's a simple and formulaic opening gambit that we've relied upon all week. It's not to be taken seriously. If another person makes the astute point that I must read a lot of books doing English, I may pass out for giving so few shits.

3. There are more ducks here than amongst England's top order batsmen. Stalking the campus at night, they resemble the lost souls of those who failed their first year.

I think I may still be drunk.

4. Glorified alcoholism is a beautiful thing. This has been the first week where I could wake up and have a pint without anyone judging me for the shameful alcoholic I am. Long may it continue.

5. Checking my onscreen

balance at the bank was the most arousing experience of my term. In other news, I'm now banned from all Santander branches pending further investigation.

6. Everything is cheaper up North. With two triple vodkas costing the same amount as a luke-warm half pint of Peroni on the King's Road, getting apocalyptically drunk is merely a courtesy and makes economic sense.

7. Introductory lectures are pointless. So you've woken me up at 9am when my breath is 90 per cent tequila fumes to read my timetable out to me? Cheers.

8. The façade of being a socially acceptable person is difficult to maintain, especially when off your nut. Telling someone they're talking utter bollocks is common place amongst friends, but apparently less so amongst people you've just met in a seminar. I found this out the hard way.

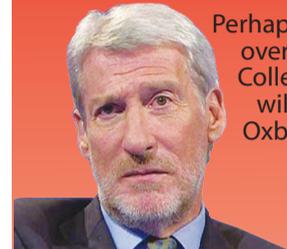
9. Popworld is cheesier than fondue night at Dale Winton's. The dancefloor rotates turning the night into a boozier, low budget version of Total Wipeout. To add to that, with the likes of TLC and Peter Andre blasting overhead, I feel that most of my three years will be spent here.

10. The freshers' fair is a minefield if you're too polite. Signing up because someone is friendly is not enough of a reason to justify the systematic attack my email has been subjected to since Saturday.



CARTOON BY KATE MITCHELL

GOING UP...



University Challengers. Perhaps York's victory over Corpus Christi College Cambridge will soothe those Oxbridge rejection burns.

Protest banners. Crowds gathered outside the Minster this weekend in solidarity with Kurds against ISIS.



Munchies Cakeaway. Move over, Efe, this fine York establishment does cakes. At night.

Campus Papers. Boosh. Three nominations for three York student media publications at The Guardian Student Media Awards. What funding cuts?

Bookworms. An American tourist was trapped in a London Waterstones for two hours. We prefer the London Eye.

W
Waterstones



Donut selfies. Now you can look like a complete tool from every angle.

Third Year Loans. Finalists are realising their maintenance loans are smaller this year, because third year couldn't get any more wonderful.



Oliver Proudlock. Following his bizarre visit to Fibbers, the Chelsea-made star tried to sell a strand of his hair on the Swap Shop. There's a "lock" joke in this.

GOING DOWN



Derwent Porter by Sam Hickford

I'll sing of a hellish realm where none were free:
All held within the shackles of torment.
It was in October at CabaretD.

Such demonistic dancing, underwent:
Fire-bound fiends chanting clueless ditties:
I saw the convulsive clamour of Derwent.

It was the surest Sodom: a sinning city,
Lad and lass held hung with horniness.
"I love you Derwent!" Well, hell hath no pity,

On youths yearning for happiness. I confess:
They spend the last of all their student loans,
Making a tit of themselves whilst in a dress.

O, scenes otherworldly! Burn, burn in brimstone!
And worst of all is late at night when they
For a spare key-card ask me, with discordant tones.

Yet late at night, after this spectral soirée,
I go home to my gentle, caring daughter.
I mourn this world, so ghastly and in such decay,
And wonder why I am a Derwent porter.

CARTOON BY KATE MITCHELL

A Yorkie in Zambia



ALL PHOTOS COURTESY OF NIKKI VASCO



For York alum **Nikki Vasco**, quitting her UK job to volunteer for Zambian children was no sacrifice. She tells Alfie Packham why

“I don’t feel comfortable with all the luxury of the UK any more,” Nikki Vasco tells me, two years after her move to Zambia. In 2012, Nikki quit her job as a school librarian and left for the Zambian capital of Lusaka, where she would devote her new life to caring for children on the streets; talking to them, playing games, dancing, listening to their stories, sharing food and medicine. From her initial move abroad, to setting up a charity called the Footprints Foundation with husband Sevelino Vasco, religious faith has influenced many a life-changing decision for Nikki. Such life-changes include her recent marriage, and the start of a new family.

“I first went to Zambia because I felt that God wanted me to go,” Nikki says. “I had known for 10 years that I wanted to be a VSO [Volunteering Services Oversees] volunteer. I knew I would probably want to stay there after my placement finished, but I didn’t quite bargain on meeting my husband so soon after my arrival and then getting married!”

“Now, I realise that it may not have been in my plan, but it was in God’s plan. From the start, my husband and I both knew we wanted to run Footprints as a Christian organisation, as our faith is very important to us both, and we both feel that we have been brought together to do this work.”

Nikki and her fellow volunteers aren’t in Lusaka to convert, however, but to aid. The Foundation website takes care to emphasise that, “although we aim to act in a Christian way and share our beliefs, we do not believe in pressurising children to become Christians.”

Most of the children Nikki works with are “street children” aged 11 to 18. She describes how the vulnerable youngsters of Lusaka usually come from one of two different backgrounds. There are children “on the street”, who go out to beg or work during the day, but come back to a family or child-headed home at night; and there are children “of the street”, who stay on the street all the time, day and

night. Many have been driven onto the streets by poverty, and try to earn money begging or carrying bags for people in the crowded markets. Some of the street children have left home due to domestic abuse; others are orphans.

“Life on the street is very hard,” Nikki says. “The children have to develop a tough exterior, but they are very vulnerable inside. They often turn to drugs to block out their mental pain.” The most common form of drug abuse in Lusaka, Nikki tells me, is of “sticka”, a cheap and highly addictive form of glue sniffing. The solvent is derived from benzene and so can’t be banned. There is no hygiene on the street, disease is rife, and a child’s untreated wound can rapidly develop into an infected sore. Girls on the street soon become pregnant. HIV levels are high.

“We refer to the street children as ‘invisible children’ because so many people walk past them without noticing them. Despite all this hardship, the children have a lot of love to give. They are really welcoming of the people who take the time to be with them and help them, and they form very strong friendships and relationships with the other children.”

Nikki balances her work on the Founda-

“Sometimes people tell me I’ve given up a lot”

tion with the role of mother. “I have step-children who I love very much,” she tells me. “In Zambia, it’s a little bit unusual for a stepmother or stepfather to agree to take on children from their spouse’s previous marriage, and people are often surprised that I have such a close relationship with my children. It’s something that we have all worked on together as a family.

“I’ve worked with children on the street who are there because their mother died, their dad remarried, and their stepmother refused to have them in her house, so they had nowhere else to go. I know that, if their stepmother had accepted them, she could have gained a lot of joy from them, just like I have from my kids.”

For the Vasco family, the suffering they witness bears another, personal resonance.

Sevelino Vasco was a street child himself, having lived there for seven years as a teenager. “It took a long time for him to come off the street but I’m very glad nobody gave up on him - including himself - because otherwise, I wouldn’t have my husband and children now. We have a policy that we will never give up on a child.”

A lack of essential resources to provide children with long-term help is the greatest problem Nikki faces in Zambia. Without enough food or medicine, she has had to watch on as child drug addicts relapse, and sick children die. “It can be demoralizing,” she says, “but when we look at the bigger picture, we know that we have made a definite positive difference to the lives of the children we’ve worked with since Footprints started. We know there is no short term fix to the problem. We’re in it for the long haul.”

Since she graduated from the University of York in 2001, Nikki’s career path has contrasted somewhat with those annually advertised in fairs around campus. I suggest to her that some might consider her move to Zambia a sacrifice; she’s given up a UK salary and the comforts of UK living. But this is a view that Nikki rejects.

“It is a completely different lifestyle and I have learnt a lot about myself and about what matters to me. My priorities have changed. Sometimes people tell me I’ve given up a lot, and I suppose in some ways that is true, but I’ve also gained a huge amount in Zambia. I love working with the children on the street.”



Paul Mealar

Professor Paul Mealar teaches Music at the University of Aberdeen. He composed such works as *Ubi caritas for the Royal Wedding*, and *Wherever You Are for the Military Wives*, which became 2011's Christmas No 1. He also broadcasts on Radio and TV. From York he gained a BA in Music (1997, Alcuin) and a PhD in Musical Composition (2003, Vanbrugh).



Alex Szepietowski

Alex Szepietowski graduated in 2013 from The University of York with a 2.1 in Philosophy, Politics & Economics. He runs his own award winning property investment company in York, which he started with no capital, or knowledge.



Julia Deakin

Acclaimed by poets as diverse as Simon Armitage, Anne Stevenson and Ian McMillan, Julia Deakin (English & Education, 1976) is a widely published writer and teacher. She has featured twice on BBC Radio 4's "Poetry Please" and won several poetry competitions. A noted performer of her poems, Julia often reads in York, and tutors part-time at the University of Bradford.



Naomi Slade

Naomi Slade is an award-winning journalist, a Gold-medal show garden designer and an entrepreneur. Her interests include gardening, botany, environment and design and she has a microenterprise producing varietal apple juice in west Wales. Contributing regularly to national newspapers and magazines, she is also a frequent radio guest. Naomi studied Biology and lives in Berkshire with her family.

Meet the graduates

Four York alumni tell Alfie Packham about their campus memories, regrets and fancy dress preferences

Sum up your university experience in three words.

Paul Mealar: Inspirational, life-changing, and fun.

Alex Szepietowski: Journey. Fun. Focus.

Julia Deakin: Momentous. Mostly wasted.

Naomi Slade: Dazed and confused.

What song is the soundtrack of your university experience?

PM: Wonderwall – we played it at every party.

AS: Katy B – On a Mission.

JD: "There ain't half been some clever bastards."

NS: For me, it was a period of recovery from the aural atrocities of the 1980s. I listened to everything from The Small Faces and JJ Cale to The Shamen and Carter USM, via Pink Floyd and AC/DC. This led into Brit-pop, funk and a joyous period managing rock bands post-university. If I had to assign a theme tune to much of my life, it would probably be Queen's 'Don't Stop me Now', followed by Pink's 'So What?'

What was the most important thing you learned at York?

PM: To do my own thing, both as a musician and a person, and not to be swayed by fads and trends.

AS: Ask questions and seek advice from people whose success you want to emulate. You will often have a different person to ask for health, business, relationships etc., but they will all share similar traits or habits that can be learnt by anyone.

JD: Sadly, about the North-South divide – and the state-private school one.

NS: Stotting. I think it came up in an animal behaviour lecture: stotting is a show of strength by gazelles, who signal their fitness to predators by bouncing into the air. It says "Hey Mr Lion, look at me! I'm so healthy that I can afford to waste energy by just jumping around for the hell of it. To be honest mate, you seem a bit knackered. Chasing me is a waste of your time, you won't catch me and you'll still be tired and hungry. I'd go elsewhere if I were you." When faced with lions in life, we can all learn from gazelles. Biology is brilliant!

Outside of your degree, what did you spend your time doing at university?

PM: Lots of musical things, lots of walking in the beautiful surrounding countryside and most importantly, lots of tasting of fine Yorkshire beer.

AS: In Year One it was on the dance floor. In Year Two it was playing cricket. In Year Three it was setting up my property business.

JD: Sitting around in dim bedsits,

fishing pubic hairs out of coffee cups to the strains of Deep Purple.

NS: I was heavily involved with Rag, which was great for learning about event and team management. Vanbrugh bar also played a major role.

What was your luckiest break?

PM: Being invited by Their Royal Highnesses The Duke and Duchess of Cambridge to write a piece of music for their wedding in 2011. It was truly life-changing event for me, and a deeply humbling experience.

AS: A wise man once said, luck happens when hard work meets opportunity. Reading the personal finance book 'Rich Dad Poor Dad' opened my eyes to opportunities I didn't know where out there. I always find it amusing that the harder people work the "luckier" they get.

JD: Getting a 2:1, I suppose.

NS: Landing a job as Shows and Events Organiser on *Which? Gardening Magazine*. It consolidated almost everything I was interested in and good at and felt rather like I was being claimed by an industry that knew I belonged with them even if, at the time, I didn't. I ran 68 events in four years and have never looked back.

Where is your favourite place in York?

PM: I adore the music department, especially the Lyons Concert Hall, and spent lots of time in the Minster too. And who can't like the ducks and their artistic colouring of the lakeside pathways?!

AS: Certainly not for its looks (although I have been told its architecture won awards in the 1970's?), but walking through my old college Derwent always makes me smile.

JD: If it's still there - I've not been for years - the lake outside Langwith. And that walled path up to Fairfax. Do these mean anything now, except archaeological?

NS: Central York. I like the sense of existing in an ancient cityscape; of not being completely fixed in time.

What has been the best advice you've ever been given and by whom?

PM: Nicola LeFanu, the former Head of the Music Department at York, and my PhD supervisor gave me (and continues to give me) lots of very important advice, but one particularly sticks in the mind, "always be yourself".

AS: Your life is a reflection of you and the thoughts that you put in your head. Sounds very deep but it's really simple. If you think negatively, or have limiting beliefs or self-doubts, you need to change them and this will change what you do, think and say hence you get different results in your life. I had no idea that I had control over my beliefs and general thought processes, but after reading a few Tony Robbins

books and 'Little Voice Mastery' by Blair Singer, my life changed forever.

JD: "Laugh and the world laughs with you, cry and you cry alone," was my Dad's bleak take on life. I took no notice then and can still mope for England – but it's true.

NS: "Don't be afraid to talk about money," which was the advice of a publisher friend-of-a-friend shortly after graduating.

What's your fancy dress outfit of choice?

PM: The Pope J.

AS: James Bond was always good

JD: Something African, big and bold with a headwrap. Or Elizabethan, with a farthingale and mega-ruff. But not for long.

NS: I make a great rockstar.

Would you do anything different about your time at university?

PM: Not a thing. I enjoyed every minute and, even the things that went wrong or the mistakes I made really helped me, in a strange kind of way.

AS: No – not because I wouldn't make different choices now, but everything happens for a reason, and it's only a mistake if you don't learn from it.

JD: Yes, just about everything. But I was only 17 – and a very young 17 – when I went.

NS: Hindsight is a wonderful thing, but who I was then evolved into who I am now – and I like that person. The only thing I might do differently is to specialise more, rather than keeping my degree modules relatively broad as an insurance policy; assuming I was offered interesting options, obviously.

What is your fondest memory of York?

PM: All the wonderful friends I made there and the memories they have given me. I can't pick just one.

AS: Ziggy's (now Mansion) basement dance floor on a Wednesday night – good times...

JD: Unprintable.

NS: Watching a goose chase a man across the muddy park by Skeldergate Bridge as the floods went down. It is the funniest thing I have ever seen.

What advice would you give to students at York today?

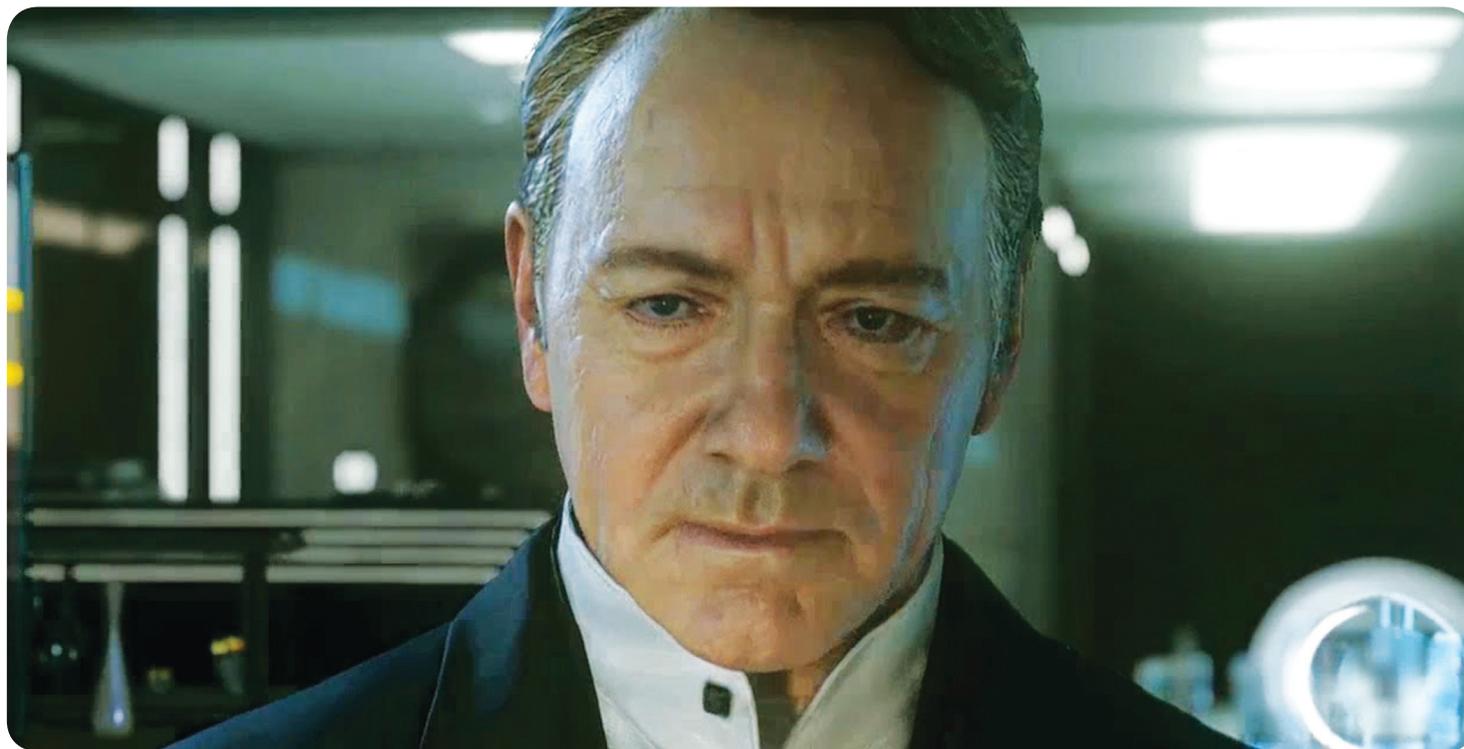
PM: York is such a great place to learn from the best minds, enjoy all that the beautiful city has to offer, and meet the greatest people. I'd say to students today – have it all, do it all, love it all!

AS: The most successful people I know are very open minded so travel, explore, and enjoy yourself.

JD: Do the reading before the lecture, not twenty years later.

NS: Don't just think about it, do it. And do it with style. **M**

GAMING.



Autumn releases:

-  Sleeping Dogs: Definitive Edition - 10 October
-  Sid Meier's Civilization: Beyond Earth - 24 October
-  Call of Duty: Advanced Warfighter - 4 November
-  Assassin's Creed: Unity - 13 November
-  Far Cry 4 - 18 November
-  Dragon Age: Inquisition - 21 November

Is Call of Spacey just another casting stunt?

Alex Killeen casts a critical eye over Hollywood voice actors

With *Call Of Duty: Advanced Warfare* right around the corner, many have questioned the inclusion of the film and *House of Cards* star, Kevin Spacey's voice. Immediately after the trailer, no doubt people across the world were excited. Who better to voice the leader of a ominous, technologically advanced private military company than the man who played the manipulative and sinister congressman we've all come to love and cherish?

But after several months, and the imminence of the next installment in *Call of Duty* it might be a good time to think about the possibility of a marketing ploy by Activision, coming to terms with the knowledge that interest from certain target audiences may be dwindling. Or maybe not; stars from the red carpet have voiced characters before and have made those titles a more enriching experience.

Think of *Portal 2*. Admittedly, while Stephen Merchant might not be the biggest Hollywood star, his presence in America is well-known. His partnerships with Ricky Gervais in both writing and acting, as well as his own writing endeavours, have endowed him with a wide appreciation.

Chosen to voice Wheatley due to his role in *Extras* and the creators' fondness for British Comedy, Merchant became a permanent fixture throughout *Portal 2*. Starting off as an irreverent and zany companion, the offset to GLaDOS, but eventually going insane and becoming much more similar to her. Through the frantic bursts of Wheatley came a unique personality and his inferiority complex, arising from his purpose as an "Intelligence Dampening Sphere" was only magnified after he seized control of the facility. Merchant, in fact, won two awards for his

portrayal of Wheatley, and his soft Bristolian tones mixed with panic and stupidity really made the game shine from GLaDOS's strict and methodical intelligence.

However, it doesn't all work perfectly. If any of you have played *Fallout 3* you would know that star of *Taken* and *Love Actually*, Liam Neeson, voices the father of the protagonist.

Initially, when the news broke of his role in the game there was quite a buzz; an excitement to see what Neeson could bring to the apocalyptic wastes of DC, or the "Capital Wasteland" to be more precise.

Unfortunately, this was less than true, it turns out that Bethesda's trademark stiff character interaction couldn't be helped by the soothe tones of Neeson, who always sounds wistful and monotonous. Not to mention that his role is rather miniscule. You

spend the majority of the main story trying to find your father, and after that he's hardly in it. It felt like a gimmick and it just didn't feel authentic.

Bethesda only decided to twist the knife further when it came to voice acting in their follow-up, *Fallout: New Vegas*. Perhaps in one of the worst performances in a video game came Matthew Perry, of *Friends* fame, playing Benny, the smooth-talking and ambitious leader of the 'Chairmen'. Once again though, the voice fell flat, and the attempts to make Benny a true blue 50s throwback were simply laughable.

Kevin Spacey could be a compelling (and appropriately evil) addition. But with the recent hype behind Spacey, it feels like it's all just one huge case of stunt-casting, one that'll undoubtedly leave the experience feeling a bit hollow.

Game review: Shadow of Mordor

Billy Blake



Platform: PC, PS4, PS3, Xbox One, Xbox 360

Middle Earth: *Shadow of Mordor* was developed by Monolith Productions, the team responsible for *FEAR*, and it was always going to be an ambitious project. There has been a dearth of good video games set in Tolkien's universe as of late, a dearth that I am happy to announce has been rectified. *SOM* is a triumph. It is a classic case of engineering cohesion that creates an overall experience greater than the sum of its parts.

In *SOM* you play a ranger, Talion, whose wife and son are brutally murdered by a cheesy pantomime villain. You then get possessed by an amnesiac elfish ghost who despises Sauron (who isn't really given the option to defend his actions) and proceeds to use you to discover facts about his past and run fun little errands. Errands such as freeing slaves, finding artefacts and killing many, many orcs. Which is just incredible fun.

The combat system is so immersive and enjoyable that after sinking around 8 hours into this game, it is still incredibly fun to go beating orcs up. The combat system allows the player to utilise a small but effective arsenal of special moves and combos to use with

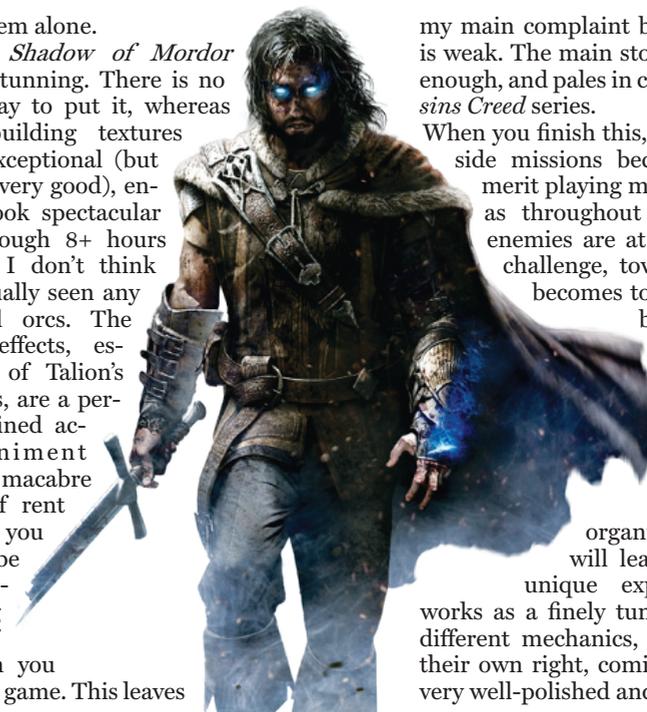
the three weapons you are given. Using these moves in combination with timing and precision will lead to immensely satisfying executions and gloriously gory finishes that look as good as they feel.

This would be a terrible review without mentioning the famous new "nemesis system", which is *SOM's* trump card. This system essentially means that when you are defeated by an orc, or interact with an orc in any way, that orc will grow and become more important and start to take actions and move within the political melting pot of Sauron's orc tribes. They will make references to previous encounters with the player, grow stronger and develop truly unique personalities that come with a full host of weaknesses or strengths. This will then define the way the player will need to address their enemies in combat.

Everyone will have unique experiences of this system and while the main storyline is limp and average at best, the mini-narratives surrounding these enemy characters provide a far more organic and technically impressive storytelling experience. The game is almost worth it based on the merit of

this system alone.

Shadow of Mordor is also stunning. There is no other way to put it, whereas some building textures aren't exceptional (but are still very good), enemies look spectacular and through 8+ hours of play I don't think I've actually seen any identical orcs. The sound effects, especially of Talion's weapons, are a perfect, refined accompaniment to the macabre ballet of rent flesh you will be immersing yourself in when you play this game. This leaves



my main complaint being that the endgame is weak. The main story is not strong or long enough, and pales in comparison to the *Assassins Creed* series.

When you finish this, and unlock everything, side missions become too repetitive to merit playing much longer. And whereas throughout the majority of play, enemies are at a near-perfect level of challenge, towards the end, combat becomes too trivial and ultimately boring.

SOM is a true marvel in that it is not only a good *Lord of the Rings* game, but a fantastic game in its own right. Its brilliance lies in the organic game experience that will leave players with totally unique experiences. The game works as a finely tuned engine with all the different mechanics, which are excellent in their own right, coming together to create a very well-polished and immersive experience.

ARTS.

“We’re going for ‘immersive’”

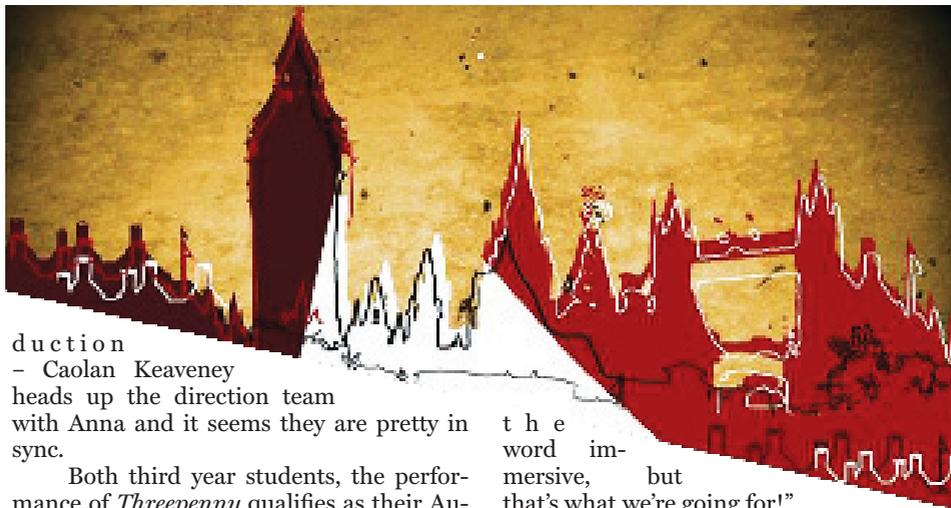
Lily Papworth interviews student director **Anna Marshall** on the challenges of *The Threepenny Opera*

A show packed with scandal, crime and forbidden love, *The Threepenny Opera* seems more like something found in a weekly soap than a plot of a musical from the pinnacle of Germany’s Weimar Culture. Nevertheless, the show’s outrageous and satirical plot, alongside its momentous reputation, has allowed it to live on and still enjoy popularity with audiences today. Something so exciting that one of the directors Anna Marshall was keen to share it with me.

First things first – is it really an opera? “The production contains around 19 songs, [although] it is not an opera” she told me. With a “pretty cracking storyline as well as a plot twist”, Anna explains *The Threepenny Opera* is mostly driven by its witty dialogue, as well as its catchy tunes – some of which we ourselves may already know. “We all know that famous *Mac the Knife* song so beautifully covered by Mr Bublé” she muses. Who could resist such entertainment than that covered by Bublé himself? Certainly a promising start!

We then go on to discuss rehearsals, as well as the upcoming performances. “Rehearsals are trotting along just fine at the moment and the cast are really giving it their all. We are in the department every-day of the week running lines or songs, and that’s just us and the actors. Everyone is doing an absolutely smashing job and we are already seeing tremendous improvements and character development”.

Anna isn’t the only director of this pro-



duction – Caolan Keaveney heads up the direction team with Anna and it seems they are pretty in sync.

Both third year students, the performance of *Threepenny* qualifies as their Autumn Term module; “Prac Proj’, or Practical Project, is run by the first years with the direction of the second and third years. This year it just so happens that the chosen Prac Proj was *The Threepenny Opera*. The cast, orchestra and production teams are made up of first, second and third year music students”. A great way, she added, for the first years to really get to know the department inside and out.

Although not straying too far from tradition, Anna reassures me that the set will be unique; “Think Tim Burton, higgledy-piggledy rooftops of London from *Oliver*, with a bit of the Thernardier’s inn from *Les Mis*. It’s a very fun set with lots of levels and key features from the script. We don’t like to use

the word immersive, but that’s what we’re going for!”

A final question for Anna- what is she was looking forward to most? Of course she answered excitedly, “the first night! [...] nothing beats first night nerves,” she continues, “it’s the sheer terror and excitement of going into the unknown of a production that has never been performed before” that excites her and gives her that opening night adrenaline rush. “The hours of production rehearsals officially becoming a ‘real world’ on stage is just fantastic.”

Opening night is Wednesday 5th November, Week 6, and I’m sure you’ll all agree that it looks to be very promising indeed. As Anna put it so well, “The cast are great, the orchestra is great, the production team is also great. In my eyes it’s a must see!”. M

Too hard to keep

Deborah Lam evaluates photos that were never intended as art

Photographs have always been powerful. Images like Steve McCurry’s *Afghan Girl* with deep, searching eyes and Nick Ut’s picture of a naked Vietnamese girl severely burned by a napalm attack don’t speak, they scream. But when context is removed and artistic or photojournalistic intention is stripped away, what is left is something quite different.

Artist Jason Lazarus wants your photos that are deemed too hard to keep. Not ill-taken selfies or unglamorous drunken pictures you’d want to untag from Facebook, but photographs that you can’t bear to exist. Started in 2010, the archive is a repository of photographs that people want to get rid of, but can’t quite bear to let cease to exist. Photos may be physical or digital. The only condition? That any other digital copies be deleted. “If you’re going to part with it, part with it,” Lazarus says frankly in an interview with NPR.

However, not every idea that comes from an artist is art, and despite the fascinating concept behind the project, declaring the collection an art project is tenuous without the individual photographs actually being taken by Lazarus or even produced with artistic intent in the first place.

Still, there’s something eerily transfixing about the otherwise haphazard assortment.



PHOTO COURTESY OF TOO HARD TO KEEP

Some photos are shocking, some painful; some are badly amateur, others, beautiful, and every single one – puzzling.

An incomplete reflection of a woman in a rear-view mirror. A ripped-up strip from a photo booth. A giant pair of knickers hanging from a door. As you scroll through the plainly-designed blog looking at random photos with absolutely no context, you’re very aware that you are viewing something private, despite not knowing the stories behind them.

There are obvious ones – a woman with a black eye, a bloody ankle spread across a stretcher, a person-shaped cut-out in a group photo. But the less obvious ones are far more intriguing, as you imagine the possible heartache behind them. Perhaps the

baby in a picture died before its next birthday, or maybe the contributor quarrelled with a loved one in the empty room depicted. In some, people have even asked for the photo to be shown faced down. Whatever the case, the knowledge of the pressing importance behind the photo, however unbeknownst to us, makes them seem more valuable than any pedestrian picture.

Although calling the project art may be toeing the line, what may have started out as a cathartic way of ‘disposing’ deeply personal photographs without complete deletion lurks, in its midst, an emotional aesthetic that engages the heart and the mind. This photography archive forces us to reassess what art is and who makes it—the creator, the producer or the viewer.

Get Your Fix

Deborah Lam



The Kite Runner

York Theatre Royal, £10-25,
27 Oct - 1 Nov

Khaled Hosseini’s international bestseller is brought to stage.



James Acaster

The Dutchess, £10, 21 October

A hilariously whimsical show from the Edinburgh Comedy Award nominee



Lord of the Flies

Drama Barn, Week 4

Nigel Williams’ adaptation brings Golding’s thought-provoking novel to life as it s the boundaries of humanity and survival.



Rafael Perez Sculptures

Norman Rea Gallery, 17 October

An exploration of the human form, Rapael Perez questions the binary of presence and absence.

The art of the illusionist

Britain's Got Talent Illusionist **James More** chats to Jasmin Hayward about playing with fire



PHOTO COURTESY OF KPFR

Did you always want to be an illusionist?

Yes, actually. I started off when I was about eight years old. I actually made my first trick out of a shoebox. I entered the school talent show and it got the biggest response out of everything that I'd done in the show. All the adults were asking me after the show how I'd done the trick. I think that's a very powerful thing to an eight year old, it lead me down the magic route. From then on I didn't really want to do anything else.

What has been the highlight of your career so far?

I think the best part of my career is what I'm doing at the moment. I'm doing a world tour with the world's biggest magic show. We've played at so many places: the Sydney opera house, Mexico, Dubai, etc. I have the opportunity to work with some people that inspired me when I first got into magic and I'm now working along side them. The show is called The Illusionists and for me is a lifetime dream come true. I also went on tour with Diversity last year and that was another highlight, especially as I got to play the O2 Arena with an audience of 15,000 people. I was the first illusionist to ever do that.

You've said you've travelled all over the world. Where is the best place you've visited?

My favourite place was probably Japan. It was so different from everywhere else I'd been. The people were really polite and there were many unusual things going on, which for me I think suits my personality. It was certainly the most interesting place I'd been.

How was your experience on *Britain's Got Talent*?

Britain's Got Talent was, for me, the thing that gave me the big push and gave me the opportunities that I'm getting now. Before I did the show magic was the thing that many people often mocked. The funniest thing on these sorts of things is often a magic trick going wrong. So the aim for me was to change the face of what people viewed magic to be. It was getting more

and more popular in England, and it was being shown more on TV, so it was a great opportunity for me to get up there and show people how it should be done.

What separates you from other illusionists?

It is just that. There's a lot of cheating that goes on in television and it's just not the right thing to do. Everything I do in the show I'm able to do live and that's what's great about live magic shows. There's not many magicians going out there and doing it live because they're not able to do that. People are so used to seeing CGI in movies that creating the impossible is becoming more and more impossible for magicians so it's a great opportunity for people to see magic with their own eyes rather than seeing it on a screen.

What's new in your latest show?

I've got a modern take on the more classic effects. For example, some of the escapes that we've read that Houdini did I'm doing with a modern twist. I'm using a lot of dangerous principles in my magic and I'm also doing a lot of stuff with modern technology, such as screens. However, I'm using modern technology in order to aid magic. There will certainly be a lot of stuff in the show that a lot of people have definitely never seen before. I think magic is more popular than ever before and my show gives people an opportunity to actually come and see it with their own faces.

What are you looking forward to most about the show in Harrogate?

Being back in England. I've been away now for a few years and I'm very patriotic, I wanted to be at home doing my show and this is actually the first time I get to do that.

Who is your illusionist idol?

David Copperfield. I watched him as a kid. I still think he's the best in the world. He's sold more tickets in his career than

Michael Jackson, which is an amazing feat for a magician.

What is the best part of being a magician?

Just doing something that I love. If you're able to do that in life then it's the best thing you can ask for.

Lastly, what is your favourite magic trick?

I like anything with a bit of danger. My favourite one that I do is where I'm laying under a number of flaming spikes, which are on a burning rope, which after a certain amount of time come crashing down. If I don't get out in time, they're going to kill me but, of course, there's a magical twist.

My favourite trick that I've seen anyone else do is where Australian magician Robert Galert jumped out of an aeroplane in a cage and was able to escape before it hit the floor.

M

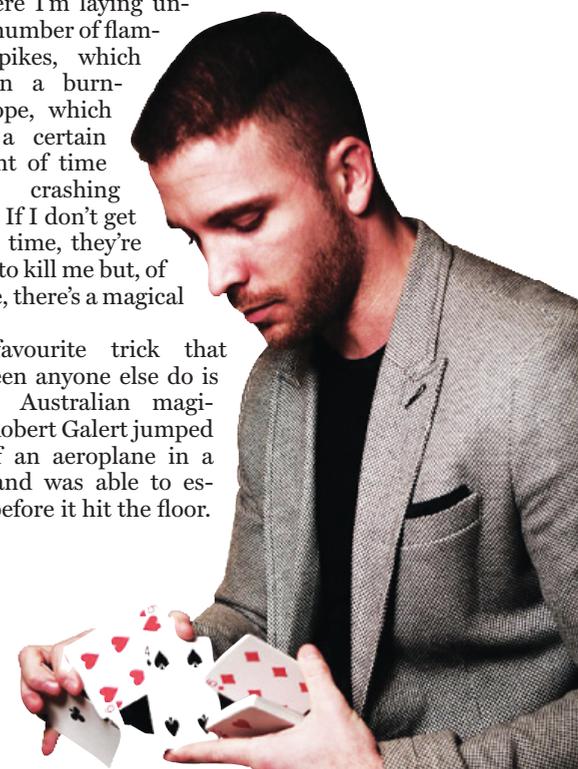




ILLUSTRATION BY LUCY WEGERIE

The Woolpack

Fashion Editor: One of the few things to enjoy about the Autumn months is how it is now acceptable to wrap yourself up from top to toe in knitwear and knitted accessories. From wooly hats, snoods, scarves, gloves, and even now the sheep skin capes, you can wrap yourself up. Don't let the weather keep your fashion flare under cover this October. Embrace the knit. For this style more is more.

The Autumn Hotlist

Those chilly winter nights are fast approaching and the onslaught of Yorkshire wind and rain could be a fashion nightmare waiting to happen. Combat the winter blues this season by layering turtle-neck jumpers and an apache style blanket; you'll be ready to face those bitter morning walks to lectures without having to bulk up. For evenings, think warm burgundies and burnt terracotta oranges, then combine them with luxurious textures such as a faux fur overcoat. This autumn sees the return of sexy leopard prints, thigh-high boots and daring vinyl textures, giving us a perfect excuse to dress up for those inevitable cocktail evenings in York.

Compiled by Beki Elmer



Clockwise: New Look Cameo Rose Black Aztec Print Blanket £24.99, New Look Orange Curve Hem Top £12.99, Mango Luxe Fur Overcoat £349, Topshop Leopard Print Pelmet Skirt £38, Kurt Geiger Vesper Thigh-High Boots £129, ASOS duffle bag £38, Topshop Vinyl Leggings £25, Zara Geometric Earring £9.99, H&M Polo-neck £14.99, Topshop Hot Coral Nail Varnish £6.



Campus style icon

Louise Essex, Goodricke, Second Year student studying English Literature.

Think you've got the style that outranks the rest on campus? Send your look to fashion@nouse.co.uk

While the standard indie-grunge look is undoubtedly overdone and we all tire of seeing the same shabby-chic khaki, Louise Essex has made this fashion her own, wearing her original quirkiness with an air of genuine creativity. Of course she adheres to the obligatory Topshop uniform when it comes to the basics, but manages to channel the trends through an artistic streak which is just as essential to her character as

they are to her style. Louise can often be spotted working in Banks Music-room or gigging around York, sporting a look as imaginative and varied as she is. Louise celebrates York's antiquated charm through fashion, wearing the hidden gems that have been lost or passed down and now hide in York charity and vintage stores. It is her appreciation of the value and history of these finds that gives her style a nostalgic edge. What's more, Louise styles this

combination of the adorable and the chic with whatever D.I.Y. accessories she feels like on any given day. With her blonde hair often chalked blue, or her arms adorned with henna, Louise's style crosses trends from her beloved sheep jumper found in British Heart Foundation, to the striking black high-neck adopted from St Peter's Hospice. The secret to Louise's charm is the diversity and depth to her wardrobe which frees her from the limits of any single style.

Take it outside

Dhechen Lama's run-down of the knitwear labels we love

H&M

This affordable high street brand does surprisingly durable knitwear for the price. A soft fluffy cardigan like this one is simple to throw on for walking to uni, but the colour means you can also easily dress it up for a nice dinner out. This style wool I have found to be very easy to wash, but some of their finer knits are, in my opinion, not particularly longlived.



MANGO

Sweater dresses are amazing, easy options for winter dressing. My recommendation for pulling off this knitwear look is to pair it with thick woolly tights, a leather jacket and some little black ankle boots to complete this sleek courtesy of Mango. I went for burgundy as for me it just epitomises Autumnal dressing.



ASOS

ASOS' free shipping and permanent 10% off for students means it is usually a favourite on my laptop's browser. This chic Vero Moda roll neck jumper is only £20 (excluding discount), which makes the inevitable guilty trip onto its pages during a 'study break' a little more forgivable on your loan...



ZARA

How beautiful is this sunny lemon yellow knit? And what else would you expect from the stylish Spanish power house? It's perfect to brighten up York's grey winter weather, and only priced at £25.99, which I think is brilliant for quality like Zara's. It's also slightly longer at the back which makes it more comfortable for those braver souls on the 'leggings are wearable as trousers' side of fashion's controversial debate.



Hot

Leopard Print. Fierce as ever, Autumn 2014 brings about a more feminine take on the ubiquitous leopard print.



Boot up, baby! Both utilitarian and fashionable, knee-length leather boots are perfect for this season.



Big scarves. Bigger is better. Ditch the tiny scarves that just about fit around your neck and dare to experiment. Plaid scarves stand out in a crowd and are a sure show-stopper on campus.

Magenta Magic. The hottest colour for the cold season, magenta's certainly a warm welcome among the grim greys and blacks of winter.

Capism. Capes have definitely seen their moments on the runway this autumn. They are a wonderful alternative if you aren't one for a woolly shearling.

Shahreen Vacha tells us what's hot in the world of fashion

Does leopard print hit the spot?

Natasha Lau gives her verdict on the popular Autumn trend

Year after year, the same fashion trends rule the runway and iconic magazines dish out advice to avid readers on what to wear this season. During winter, blues and glitter are expected, preparing enthusiasts for the festive season. Spring brings florals and pastels, summer calls for neons and that golden glow and finally, autumn is all about the burgundy, leather and of course, leopard print.

Leopard print is a love it or hate it kind of trend associated with either high fashion brands or man-thirsty cougars (and I don't mean the animal). Originally seen as a symbol of wealth and status, the bold print soon made it's way into the high street with convincing replications of styles off the runway. Surely this staple on Autumn's hot list must have some justification behind it. Perhaps it's the sheer boldness of wearing an animal as clothing. Fashion is an industry known for taking risks

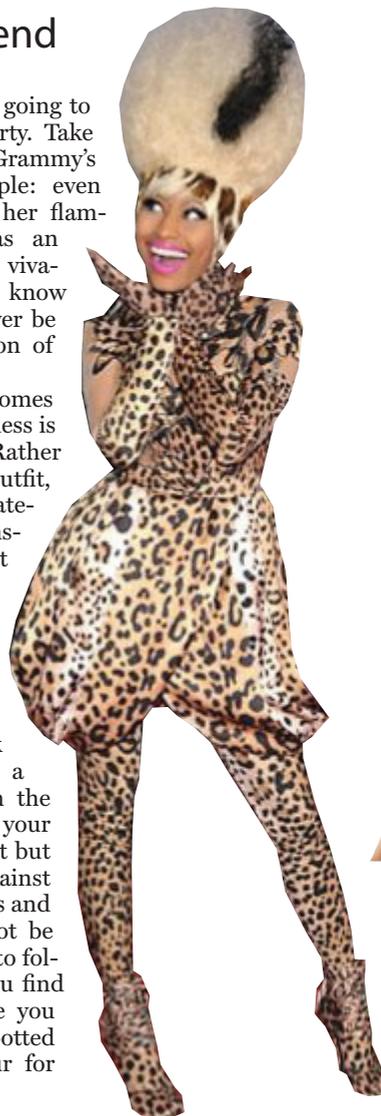


and making a statement through what you wear and how you wear it. However, it seems that every year the integral rules of fashion are broken. Colour blocking emerged a few years ago deliberately shattering the rule that no two plain colours being paired together. Sandals and socks, two things that together I think create the devil himself, have also been paired up as seen on the Burberry, Hermes and Alberta Ferretti runways. Does leopard print necessarily break a fashion rule though?

Whilst it may not break any existing rules, there are definitely some outfits that should be burned in every sense of the word. It's acceptable for a red dress to be paired with a red coat (although questionable), but an outfit completely made out of leopard print just goes too far. A full-on leopard print outfit, is no longer an ambiguity of whether they are wearing Roberto Cavalli's

latest creation or going to a fancy dress party. Take Nicki Minaj's Grammy's outfit, for example: even those who view her flamboyant outfits as an expression of her vivacious personality know that it would never be seen in an edition of Vogue.

When it comes to leopard print, less is definitely more. Rather than a full on outfit, wearing one statement piece transforms a drab outfit into something chic. A scarf, a pair of loafers, or even a printed coat can have a massive impact. Think of it as wearing a bold red lip. In the same way, wear your leopard print coat but don't pair it against more bold colours and prints. It may not be the easiest trend to follow, but when you find the right balance you might even be spotted by Anna Wintour for getting it spot on.



"The Black Widow". Winter may be coming, but that doesn't mean your fashion sense has to go into mourning. Please skip the head to toe black ensemble.

MenUGGitis. It's a new disease in town. Sorry guys, but the chances of men in UGGs happening are only as good as the chances of "fetch" happening ...



Cuddlr. Just when you thought no app could horrify you again, along came Cuddlr. Whatever happened to dressing up for a good old fashioned date?



Not

Autumn



Autumn is here to stay and it's time to embrace the 'new' '70s shades. From top to toe think terracotta skirts, burnt orange culottes, red wine dresses and camel draper coats. Nouse Fashion's perfect finish is the forest green fur shawl.

Seduction



*Garments, shoes, accessories & jewellery courtesy of ASOS
Leopard print brogues - model's own
Fashion Editor - Rachel Thomsson
Models - Mary Sutherland-James and Inga Batnes
Photographer - Petroc Taylor
Make up - Hope Lambert*

On the Frontline of social work

Josh MacAlister, CEO of the social work grad scheme Frontline, tells Jasmin Hayward what makes a good social worker

All photos courtesy of Frontline



Frontline is the new kid on the graduate employer block. Despite only being in its first year, it's already received thousands of applications for a mere 100 places, and has made it onto the prestigious Times top 100 list of graduate employers.

The concept of the programme is not dissimilar to the Teach First programme for trainee teachers, but for social workers. The two year Masters provides a fresh alternative to the more academic social work qualifications, with an emphasis on learning the role whilst actually working in the field.

Founder and CEO Josh McAllister was inspired to found Frontline after his own experiences showed him the great need for an efficient working system in social work in the UK.

"I became interested in social work when I was on the Teach First programme, teaching in schools in Stockport in the Greater Manchester area. I saw a number of children that were in care and had social workers. The reality of the outcomes of the lives those children

with great social workers was visible more and more everyday. Then there's the fact that those who are in need of a social worker are ten times more likely to be excluded from school and that only 7 per cent of children in care go to university. Also, nearly a quarter of the prison population were in care at some point in their lives. So, if you look at statistics nationally, they're really shocking and when you're working directly with them, it makes it all the more real. Becoming aware of that I questioned: why does social work have such low prestige? It's not considered by a large number of graduates as a career choice because of the scale of challenges."

Aware of these challenges, he wrote a "very naïve 500 word article, about four years ago, saying we should apply the principles of the Teach First to social work. And it's gone from there."

But what is the Frontline Masters like? What is it that makes it stand out from other routes into social work?

According to Josh, it's the emphasis on

learning in the working environment. "It's a two-year, work-based programme. You work for those two years in a local authority. The first year you're learning to be a qualified social worker and you'll be working with a qualified consultant social worker, which Frontline will have trained, alongside three other trainees. The idea of the first year is to experience the realities of a social worker and the challenges of it. In year two you are a newly qualified social worker, with your own case-load and families to work with. It's not classroom based learning in the traditional sense."

There are some classroom experiences, of course, and Josh asserts that this is still very much an academic qualification, not simply just work experience.

"The structure of the learning is that you begin with a five week intensive course at the summer institute, where the whole cohort come together. This is a great opportunity to gain a sense of cohort support around you as you embark on the programme.

"Over the two years there's also leadership development input. This is to make sure that not only are you an effective social worker, you are able to work and have an impact on the children's families."

Nonetheless, one of the benefits of Frontline is that though you will be essentially in a learning environment, you will also be fulfilling a role in the community and actually have

a fully paid job.

You're paid a bursary in your first year, which is equivalent to a salary outside of London, to about £18,000. Then in year two, as a qualified social worker, you will be paid a salary of around £22,000."

This year, Frontline has made history by making it on to the Times Top 100 list of graduate employers. This is the first time ever that social work has made it on to the list. But why

has it become so popular?

Josh believes it's down to the new image that the company has given to social

work.

"The reason we're in it, I believe, is because a lot of graduates want to do something with a social purpose and there aren't that many opportunities out there that directly appeal to the sort of things that they want. It's a big challenge, and it presents to those with the confidence and the values a sense of social purpose, and way for them to really develop themselves. We're describing social work in a way that it isn't always described. We make it clear to people we're working with the courts, with the police, with teachers. This is what social work is and we're able to present ourselves in a way that people haven't considered before."

I certainly agree with Josh when he claims that this achievement is "great news for social work, as it opens lots of new opportunities."

One particularly interesting aspect about



Frontline, as opposed to other graduate employers, is that it is a charity. This is something that Josh is keen to promote.

“The reason we set it up as a charity, rather than just a graduate recruitment programme, is because the issue we are trying to address is a societal one. It’s for those children that have disadvantage in their social or family circumstance and thus tend to have worse outcomes for life.”

The main aims of Frontline are charitable, as opposed to profitable.

“Frontline is looking to build a network of people, over a number of years, who will transform the lives of children in social work and tackle other problems in society. In five years time we’ll have 500 or so people who will have completed the programme and that group of people together, that will have a collected experience and a shared vision, are the sorts of groups that can really shake up things in a big way.”

Like most new and different approaches to the norm, though, there has been hostility to the programme, particularly from academics.

Though Josh has taken note of this, he still earnestly believes in the scheme.

“Whenever there is big change, it does ruffle feathers. There is the quote that “people like change but they don’t like being changed,” which I think it quite true here.”

Nevertheless, Frontline have taken both positive and negative comments on board, to establish itself as an efficient programme.

“As Frontline has developed, there have been people who have given us feedback and we’ve tried to address this, as we want it to be the best it can be.”

Frontline believes that it is incredibly innovative in the field, and is accepting of criticisms against them.

“There are those who will always remain critical of Frontline, as it is sort of a threat to the traditional way in which social work has been practiced for decades. We just want to do something different.”

The first year of Frontline has certainly been a busy one. Their summer institute, ac-



ording to Josh, was “successful” and all trainees are now in their first period of practice. The ones that finished the institute are all still on the programme, which is a good sign for the founder.

The career prospects for those who finish the course do seem desirable and even surprisingly varied for such a niche programme. According to Josh, “those who finish the two year programme are qualified social workers, so of course, we expect many people to want to carry on working as social workers. Within that genre, there are many things you can do. For example, you can become an advanced practitioner, or you can become a specialist in a particular area, such as domestic violence or substance abuse. Or, you could get promoted to become a manager or eventually a director.”

Josh was keen to point out though that those who finish the programme need not just go into that particular system.

“There are other skills that you gain from social work that can be used in other professions. You could go work in policy using the experience you’ve had with funding during the programme. You could join the civil ser-

vice. You could work with other charities that seek to improve the welfare of children and families.

“It would great to see those who have been involved in the Frontline programme start up their own charities that want to change the system.”

Josh has also made it obvious that Frontline deem social work as a reputable career. It is therefore not unexpected that they have a very thorough selection process. But what sort of candidate are they looking for?

“We’re looking for people who have a special mix of personal qualities and academic abilities. You need both to be a successful social worker. On one hand, you need to be able to stand up in court, and be cross-examined. You need to be coherent and clear, and certainly very analytical.

“You need to be able to write reports that develop competing hypotheses about what could be going on and making really appropriate uses of evidence. However, you also need to be able to build really quick relationships with people and demonstrate empathy. You will need to have resilience and confidence in

how you behave.”

This is not to scare potential applicants. The selection process itself appears quite straightforward. Applicants are asked to complete a written form, to be submitted online, followed by further online tests. If you are successful in getting past that stage, you will also have a video interview, which is an opportunity for Frontline to hear about your background and experiences. You will then be invited to the assessment centre, where you will participate in roleplay and group exercises, followed by further interviews.

Josh and Frontline designed this programme specifically so they can “not only find those [they] think are suitable for the programme, but to give people a taste for the programmes and what they’ll be doing in social work.” It is, essentially, a two way process.

Despite its undeniable success in such a short period of time, Josh has big ideas for Frontline’s future.

“In 10 years time, I’d love to see Frontline as a top 10 graduate employer, with at least 350 people being recruited a year, and a network of thousands of people who have completed the programme. We will persist to make it the best place in the world for social work and be there for the children and families that need it.”

Frontline certainly appears to be an attractive path for graduates. Indeed, Josh believes that part of its allure is that it combines the desirable qualities of a job with “social purpose” whilst also allowing trainees to “develop skills in a number of areas.”

He believes that the job is “one of Britain’s toughest but also most rewarding, where you can apply many skills to the most difficult circumstances.” And for that line of work, this country needs the “very best people to be coming into social work.”

Josh’s enthusiasm and confidence, not to mention the vast amount of achievements in just a year, speak for themselves: Frontline has so far succeeded in shaking up the world of both social work and graduate prospects, and there certainly appears to be much more to come. **M**



MUSIC.

Finally, some recognition

Jess Glynne tells Grace Marsh about chart ascendancy and her Mobo nod

“It’s nice to just be recognised for doing something good, and it’s the biggest compliment for me to be put in the best newcomer category.” Arguably, Jess Glynne’s achievements this year have been more than “something good.” 2014 has been something of a whirlwind for the London-born singer. Two number ones, a number six and a Mobo nomination for best newcomer, she was relatively unheard of this time last year. But what a difference a year makes; Glynne has begun to make a name for herself, and with her debut album yet to be released and a tour on the horizon, the singer is only at the start of the journey.

Establishing herself as a familiar face in the music industry wasn’t easy for Glynne, therefore there is obvious excitement behind her recent Mobo nomination. “It means a lot to me because I watch the Mobos pretty much every year and I guess it’s something you kind of dream of when you’re watching, like ‘oh I’d love to win an award’. Her excitement is clear, “to be actually put in that category is pretty insane.”

As becomes apparent from my time speaking with Glynne, the London-born singer is truly overwhelmed by her recent success. She found herself at the centre of chart success through number one collaborations with Clean Bandit on ‘Rather Be’ and Route 94 on ‘My Love’ within two weeks of each other, thus finding herself as a relatively unknown artist while holding the accolade of being the top selling British singles act of 2014 – a rather unheard of combination.

Although, she never planned on doing it that way, keen to dispel the opinion that it was her game plan from the start. “It’s not something I set out to do, I signed my record deal for my own music, to do my own album, but the opportunity came round, and no one knew what was gonna happen.” Talking about her collaboration with Clean Bandit, she explains, “I was only hesitant purely because I had never sung a song that I hadn’t written before, so it was just like a bit of new world for me.”

Despite obvious hesitations, Glynne has taken only positives from the experience of her collaborations. “Such a platform has been made for me through doing it. I feel like I’m in a great place, a great

position to be me. It’s a bit nerve-wracking just purely because of the success of the songs I’ve had out, and obviously my stuff’s quite a lot different, but I’m not scared because I know it’s what I’ve always loved doing. I was always a solo artist doing my music and that’s what people found me for.”

Does Glynne feel pressured by the level of expectation surrounding her solo music? “I think when you do expect you’re always disappointed. I kind of just said don’t expect, because then you will be surprised.” The reasoning behind this is clear, as the singer hints that the album won’t contain dance floor hits made for a Saturday night in town, reminiscent of ‘My Love’ and ‘Rather Be’, instead, fans will be

thing for me.” Glynne recalls how her parents exposed her to music that has inspired her own work, from Eva Cassidy to Sting, Aretha Franklin and Etta James. Later on, she reveals, it was Whitney, Mariah Carey, Destiny’s Child, Jazmine Sullivan, Lauren Hill that framed her teenage years, people that “inspired me to sing in that kind of vein, and take that kind of style.”

More recently Glynne tells me, it’s “the hip hop crew - the Jay Zs, the Eminems, Kanyes, that have musically inspired me because I love big sounds.” In terms of the influence on her debut album, the singer confesses “I’ve kind of just taken everything from all of those things, gone into the studio and thought right, what do I love and where do I wanna go, and done it that way. I haven’t sat there and taken a song and gone right I wanna have exactly the same as that but change this. It’s just from over the years, it’s loving that music and singing it, tryna sing that Mariah Carey song”, she laughs.

The route into music wasn’t an easy one,

“Running away with success is kind of like running away from who you are”

greeted with quite the opposite.

“I love pop, I love house music and I love R&B, and both collabs were amazing songs, but my stuff, it’s not as poppy and it’s not house at all,” she laughs. “It’s something that I just hope people will get, cos at the end of the day, featuring on songs is very different from releasing your own music.”

Glynne hints at potential collaborations on her own unreleased album, but refuses to reveal the details just yet. “I’ve worked with some amazing people and there potentially could be a collaboration or not, on this album, yeah...” In the future, Frank Ocean, Andre 3000 and Jasmine O’Sullivan are people she would love to work with.

Inspiration for her music comes from her childhood. “Growing up, I’ve always been interested by a lot of soul records and R&B has been a massive

and this has made the singer appreciative of her recent success. Just a year ago she was working full time for a drinks company, having failed to be acknowledged for her musical talent at school. “I’ve been doing this for four or five years, and it’s only this year that everything’s kind of come to head. At one point I was doing three jobs, music, and at college. There’s a lot of hard work behind it, nothing just happened. I’ve gone through shit times and good times, and to actually have these moments now, you’re so appreciative, you know?”

She cites disbelief as the primary difficulty faced trying to break into the industry, revealing that even her mum urged her to think about other career options. “I think disbelief is probably the biggest struggle. When you’ve done it for a long time, and you’ve had people firmly telling you no, you’ve had disappointment, you’ve had things that haven’t worked out. You genuinely have to believe in yourself, and that your stuff is amazing and people will love it.”

Glynne refuses to get carried away with the potential life change that musical success can bring, as she has seen happen to others. “A lot of artists get hyped with people telling them they’re amazing and it goes straight to their head, but I just get on with it.” It’s clear that her ego remains firmly rooted and that she will remain appreciative of the opportunities that she has been given.

“My life has changed quite dramatically, but I’m still pretty weird and normal. I don’t think I’d ever let the success get to me, or run away with it. Running away with success is kind of like running away from who you are, so I’m kind of just going with it.” M



In the Spotlight: Twin Atlantic

Christopher Owen catches up with lead guitarist **Barry McKenna**



Haven't heard of Twin Atlantic? You're going to. YouTube Heart & Soul, and immerse yourself in their own brand of forceful, polished, no-frills rock. The Glasgow four-piece is amongst a growing and increasingly eclectic list - including Royal Blood, Pulled Apart by Horses and Darlia - of bands and artists carrying the torch for rock music in Britain today and beyond. In the last five years alone, they've supported Kings of Leon, Biffy Clyro, Blink 182 and My Chemical Romance. Now they're back on the road touring their latest album *Great Divide*, and it feels like greatness lies just around the corner.

"When we recorded *Free*, there was very much an idea of wanting to be heard," reflects lead guitarist Barry McKenna on the 2011 track. "We were a pretty much unknown band, apart from in our home town. But with this record it was the first time we'd recorded something with a pre-made fan base who was waiting to hear the album, so in that respect, we wanted to make the best album we could. For us, the most important thing was being ourselves." This much is also true of McKenna when being interviewed; he is personable and happy to chat with me at length about the tour, the album and music generally.

More importantly though, he demonstrates an intense, unwavering passion for the band that has been his life for the last seven years; it's evident not only in the authority with which he talks about the band's journey to becoming a key player in today's rock music landscape, but also in the tone and scale of their latest release. *Great Divide*, in this sense, feels like the album that encapsulates the band's past whilst also paving the way for its promising future.

On this point, McKenna concurs. "Great Divide hints at the formative years between being a young adult and becoming an actual adult. We've kind of grown up in this band, which is quite unusual; we were all really young when we started, and we've grown up together and been through those stages of our lives whilst travelling the world in the process. A lot of [the record] is coming to terms with having been through that.

We also wanted to portray our personalities in the music, so that's why we really took the time to craft and record the songs - we wanted to get them spot on."

One track that really hits the spot is follow up single *Brothers & Sisters*. Arriving mid-way through the album, it's the kind of anthemic, organically-crafted song that marks a pivotal point in a group's trajectory from main stage opener to fully-fledged stadium band. Essentially, it's their *When You Were Young*. There's an abundance of lyrical references to drifting and dreaming, but it's a track that spells the band's level-headedness and determination in becoming bigger and better. "Believe it or not, it

"I think Scottish crowds, Glasgow crowds in particular, feel more special for us"

was the very first song we wrote for the album," McKenna tells me, with a telling enthusiasm; they're clearly pleased with gravitas the track has afforded them. "We kind of knew even in its first inception that the song was pretty special. We've written a lot of songs together now, but not often have they given us that same kind of feeling. There's four individual people in the band and we all have to be equally happy with a song before we can consider it, but for that song there was almost an unspoken thing - we all just knew it was special to us."

Perhaps this song-writing symbiosis is to thank for the relationship Twin Atlantic have with their fervent and growing fan base. Their gigs are electric. Watching them playing the main stage at T in the Park 2014, a festival at which they've appeared for the last four years (McKenna observes that they have become "part of the fabric" of the festival, having been on both sides of the stage so often in their lifetimes), it's hard not to picture them one day headlining it, so palpable is the air not only of approval,

but of contentedness in the crowd.

"I think Scottish crowds, and Glasgow crowds in particular, feel more special for us only for the fact that we're from there and we feel a real connection and camaraderie with them ... but the crowds in England are just as good. We've played Reading and Leeds festival and Glastonbury this year, and the crowds can completely kick off. Everyone's always got a bit of affection to play their home town, but crowd-wise I find that people connect to music the same regardless of where you go. Despite different cultures and languages, one of the few things that has been a parallel wherever we've been is that people enjoy music. It's one of the few things where people can go for an evening, forget their day, let their hair down and have a good time; everyone enjoys music, regardless of where you go.

"We've never really been content sitting still," McKenna tells me with conviction. "We're always searching for the next thing. I guess in five or ten years we'd love to be a band who sells out arenas and football stadiums, but for us it's always one step at a time. Whenever we go back to a city we try to put on a bigger and better show, and hopefully as time progresses, more and more people will get involved with the band." He takes another of his ruminative pauses. "Who knows. One day we might get there. That's the thing about dreams - sometimes you get them and sometimes you don't."

Barry is, of course, being modest. Such aspirations are entirely within reaching distance for a band that has already played to arena-sized crowds in enviable support slots. Perhaps he is right to be cautious, though; there's still much to refine within the band, both musically and in terms of being comfortable with their developing influence in the genre. Their next step in the pursuit of greatness will be to write the game-changing album - their own *Holy Fire* or *Only Revolutions* to catapult them up the festival bill. They've paved the way for such an effort with *Great Divide*. For now, they're on the right track. Twin Atlantic are on the move.

Album Reviews



Johnny Marr - Playland

For so long the guitar-slinging foil to some of Britain's greatest frontmen—Morrissey, Bernard Sumner, Ryan Jarman—Johnny Marr most certainly had a point to prove. *Playland* follows on from *The Messenger's* success with 11 taut, catchy songs encapsulating the classic British indie that Marr helped to define in the 1980s along with New wave and post punk. Marr isn't a natural singer, but his effortlessly cool croon suits the ethereal, windswept riffs. Opener, 'Back In The Box', a pulsating, thrusting punch in the gut riff reminiscent of the work he did with *The Cribs*, coupled with an eerie, gothic, fog horn synth. Whisper it, but *Playland's* missing ingredient could possibly be the lyrical mastery of one Morrissey. However, Marr's talent as a songwriter is undoubted; he truly is a national treasure. - *Richard Jones*



Hozier - From Eden

Hozier represents the kind of indie-fodder that keeps the station's diversity-meter ticking over. Single 'Take Me To The Church', launching into a piano-driven whirlwind of bass drum, gospel choir vocals and tortured poetry. The chorus finds Hozier-Bryne bellowing "I'll worship like a dog at the shrine of your lies". Track two nimbly channels the energy of the opener into the most eclectic song on the album. Starting sparsely with a sultry vocal, lone electric guitar and a blues beat, Hozier builds a wall of rhythm and sound from a blend of dense percussion, gospel backing and even organ. Written in a complex 5:4 rhythm, 'From Eden' is one of the most charming, uplifting and musically dexterous songs you're likely to hear this year. All in all, this is a near faultless record, and one of the year's most impressive debuts. Hozier-Bryne's organic talent for song writing and composition could potentially see a Jake Bugg-esque ascent to festival and radio favourite over the course of a few albums. Just don't expect it to happen quickly - he's making music that matters, and he's taking all the time he needs. - *Christopher Owen*

REVERB.

Chris Brown

Woman Beater and Conspiracy Theorist

"This Ebola epidemic is a form of population control. Shit is gettin' crazy bruh"

So bad they're good

We pick the films that are worth watching... because they're so darn awful

He's Just Not That Into You

Beth Jakubowski

There is nothing worse than an ensemble cast chick flick. The vapid characters are inexplicably multiplied and woven together in a manner that is so unsubtle, it's like having your head repeatedly bashed against the television screen. *He's Just Not That Into You* happens to be the unfortunate victim of my chick flick ire simply because it was on the TV a few weeks ago. I wasted a good three hours of my life (thanks to Film 4's remarkable amount of ad breaks) watching this farcical creation. The girls are desperate, clingy and neurotic, while the men are misogynistic, unfaithful and moronic.

The worst thing about this chick flick is easily this phenomenal line, "We are all programmed to believe that if a guy acts like a total jerk that means he likes you".

In the grand scheme of diabolical movies, this probably won't make any other lists, but the fact it wasted my evening makes me pissed off enough to choose it. And yes, I am aware that I could have just turned it off. But then I wouldn't know that Alex turned up to Gigi's flat, declared that she was his 'exception' and overlooked the fact his possible girlfriend was called Gigi.

This all said, I somehow wish I was Alex's exception.



Sharknado

Gemma Horton

It's almost difficult to criticise *Sharknado* because of its sheer ludicrousness. It's funny, completely original and has terrible CGI. The plot is relatively simple: an abnormal hurricane strikes Los Angeles. But these aren't just normal hurricanes. It just so happens that there are man-eating sharks in the hurricanes, who like nothing more than to cause chaos.

The film follows surfer/bar-owner Fin and friends as they do their best to avoid being eaten. The lines are cheesy, the sharks aren't scary, and the tag line of the film is 'Enough Said!' The cast will never receive an Oscar nomination for their portrayal of the characters, especially with the clichéd script. It really is difficult to take such a film seriously, but that's where the trick lies: you just don't take it seriously. It's easier to sit back and watch the cast as they run around and do their best to avoid the sharks trapped in tornados. The final scene which involves a chainsaw, somebody trapped in a shark's stomach, and gallons of fake blood is enough to make you laugh with relief and contemplate what you have just been watching for the past hour and 25 minutes.

Cockneys vs Zombies

Alex Killeen

Even though this title is included in this, it would probably be a good idea to let you know that this film isn't actually dire. In fact, for a film titled *Cockneys vs Zombies* it pretty much delivers on what it promises. This film is certainly no masterpiece of zombie flicks on a level with the likes of *Romero*: its storyline is predictable, its situations are mundane, and it's so clichéd it hurts. It definitely doesn't innovate, which is annoying. But, at times, it can be absolutely magnificent.

The characters are all suitably cockney and comedic, the action is hyperbolic and ridiculous, and it has to be mentioned that there is a large roster of residents of an elderly care home, all of whom are completely comfortable with and adequate at defending themselves against hordes of the undead.

It's a shame that this film only received a limited release, because it is the epitome of bad films that are good: it gets the balance exactly right. It's short, sweet, and let's you know that if there was a zombie apocalypse in London, making your way to the East End would make it one of the funniest experiences of your life and hell, you wouldn't half be safe.



Batman and Robin

Niall Whitehead

God, I love this film. It's terrible and I love it. How terrible? Both George Clooney and the director, Joel Schumacher, have come out and publicly apologised for allowing this thing to exist. It killed the Batman franchise for almost ten years. If you watch it, Christian Bale comes to your house and punches you in the throat.

As camp as a row of sparkly pink tents and overseen by executives who openly used the word "toyetic" (basically, "can we make an action figure out of this", as you'll see when they openly talk about action figures in the movie), *Batman and Robin* sought to move away from Tim Burton's movies, with their horrifically scarred mobsters and plots to murder first-borns, and tried to make itself a little more light-hearted.

In all honesty, it doesn't need jokes to lift the mood. I'm just going to list things that show up in the movie: Nipples and crotch-bulges on the Batsuit; the Bat-Credit-Card; George Clooney stuck in a voice like he's reading road signs halfway through a ten-hour coach journey.

What came of it? Well, like I said, the Batman franchise died, and everybody involved in the film effectively spurned it like a red-headed stepchild on a doorstep.



Van Helsing

Thomas Shutt

The worst film I have seen has to be *Van Helsing* (2004), not only because it is awful in every conceivable way, but also because it also gave rise to the current trend of large-scale, vacuous blockbusters, where everything on screen seems to be an explosion or a computer generated robot. Or a computer generated robot exploding.

It's a trend where script, character development, plot and acting all fall out of the window. Obviously there were films like this before, many misguided pieces of work where, for one reason or other, the artistic vision just didn't make it through to the finished product.

But this is different. There is no artistic vision to see here. The plot is incoherent, the direction is slapdash and the acting is awful. One must assume they were handed their lines on a damp napkin a few seconds before filming each scene. The special effects are some of the worst I've seen. It's easy to forgive some ropey visuals in old films, rear projection and dodgy models, because they're of time and quaint. But here? Everything is computer generated, and for no good reason either. It's as if director, Stephen Sommers decided to forego any sort of realism in favour of making everything look like a graphic from a 1988 Atari video game.

The Princess Diaries 2

Callum Mcculloch

The ill-fated sequel is something we see all too often in the film industry, with producers and executives striving for lucrative franchises despite sub-standard scripts. *The Princess Diaries 2: The Royal Engagement* perfectly embodies this sales-over-substance ideal.

Despite the charming and successful first film, this is possibly the least engaging film I have ever had the misfortune of watching. A five year old could have crafted a more nuanced and compelling story on a Ribena smeared scrap of A4 in blunt Crayola. A fictional country, a farcically unbelievable love triangle, and unprecedented American awe of constitutional monarchy are themes which are presented as subtly as a fart in an elevator.

This shameless excuse for a contemporary fairytale presents a black mark on the CVs of the inarguably talented Anne Hathaway and Julie Andrews who, in the polar opposite ends of their careers, have both won Academy Awards.

Having a younger sister means I can watch clichéd coming-of-age teen dramas and chick flicks with relative impunity, but in this case I seriously regret this fraternal benefit. There genuinely aren't enough superlatives to describe how embarrassingly diabolical this film is.

Watch it as a valuable lesson on how not to make a film.



Movie Reviews



Gone Girl

★★★★

David Fincher is the definitive director of his generation. Like Elia Kazan before him, the undoubted godfather of American Film, Fincher brings an unrivalled psychological brutality and realism to his films. Over the last twenty years it seems Fincher has been incapable of producing a film that can be called anything but great. His latest offering, *Gone Girl*, adapted from Gillian Flynn's best-selling novel, has understandably therefore been greeted with much fanfare.

Nick Dunne (Ben Affleck) returns home on his fifth anniversary to find his wife, Amy (Rosamund Pike) missing. Nick is caught up in the ensuing media frenzy, accused of not only being a sociopath but also responsible for his wife's presumed death.

Unlike in his directing career, Affleck in his day job as an actor is disappointingly bland. On the other hand, Rosamund Pike in the leading female role gives an incredibly intuitive tour de force breakthrough performance. Able to encapsulate perfectly the multifaceted character of Affleck's wife, she's utterly believable as the femme fatale as she is the struggling house wife. Tyler Perry is an assured and witty foil as Defence lawyer Tanner Bolt to Affleck's dour Nick.

This list of flaws does not make the film unworthy of viewing, far from it. Fincher beautifully drops subtle comments about the media, relationships and modern misogyny that make the film one of the most thought-provoking of the year. However, you may find yourself scratching your head over the film's open, and ultimately unsatisfying ending.



'71

★★★★

Thomas Shutt

West Belfast, 1971. A year before Bloody Sunday - and following a riot on the streets of Belfast, British soldier Gary is inadvertently abandoned by his unit. The young squad must survive a night alone in an unforgiving and potentially lethal landscape.

With '71, debut feature director Yann Demange has crafted an exceptional thriller: tense, gritty and for the most part authentic. Along with cinematographer Anthony Radcliffe, he uses hand-held camera-work to heighten the realism and ratchet up the tension to often unbearable levels, while the Belfast setting is captured well in subtle production design.

Jack O'Connell is terrific in a difficult lead role, silent for large swathes of the film he oozes a stoic "get up and carry on" vibe. In other hands, the character could quite easily have degenerated into the usual action hero tropes, but he is always empathetic and real. Richard Dormer is equally valuable as a former army doctor on the side of the republicans who may turn out to be Gary's only salvation.

Where the film falls short slightly is in the way Gregory Burke's script shies away from probing into the history and reasons behind the conflict. Politics and economy are largely ignored, save for a very vague expositional dialogue given to the soldiers early in the film. It lends the film a detachment that on the one hand helps to heighten the cinéma-vérité aspects, while also undermining the plight of the characters.

Nonetheless, this is an atmospheric and immediate thriller ride. One of the best thrillers of the year.



Annabelle

★★★★★

Issie Akerman

The terrifying doll that many will recognize from her brief appearance in *The Conjuring* has made a comeback in her very own movie, *Annabelle*. Despite director John Leonetti showing his talent at creating suspense, there is nothing new or original about this horror, which unashamedly lifts many of its best parts from superior films.

The film follows the story of John and Mia Gordon, who are attacked by cultists in their home. During this encounter, Mia's new doll somehow becomes demonized, and goes on to wreak havoc on the couple. The doll is suitably disturbing, even if she doesn't move until half way into the film.

To his credit, Leonetti creates a believable setting. He skillfully draws on the satanic cult fears that were prominent during the early 70s, making subtle references to the Charles Manson cult and *Rosemary's Baby*. After the initial terror, however, the plot gets twisted, confusing and at times faintly ridiculous, leaving the only explanation for all the evil happenings to be 'because the doll is evil'.

If you go in expecting the striking horror of *The Conjuring* then you'll be severely disappointed in this prequel. With none of the genuine fear that James Wan manipulated, it will not go down as a classic. But that's not to say *Annabelle* doesn't have its share of thrills. It's a relief to see a modern horror that can create tension and fear without resorting to an over-dependence on blood and gore. Overall, if you are able to look past the plot flaws and the mediocre acting then you will find yourself loving all *Annabelle*'s cheap kicks and horror clichés.

And the award will probably go to ...

Thomas Shutt gets his Oscars predictions in early

As the Summer blockbuster season draws to a close the big studios focus their attention on awards season. Though the Oscars may be months away, the winter months are invariably a dumping ground for those big worthy awards contenders.

So far this year we've already had a few big hitters in the shape of *The Grand Budapest Hotel* which, although probably too left-field for the Best Picture award, could easily be nominated in the writing category, and will certainly get nods for Art Direction and Cinematography. Also receiving high acclaim when it did the rounds earlier this year, Richard Linklater's *Boyhood* is a strong contender.

David Fincher is no stranger to Oscars, winning a plethora for *The Social Network*, and this month's *Gone Girl* seems well built for an awards assault.

Coming up we have *Interstellar*, the new mind-bender from Brit wunderkind Christopher Nolan. Sci-fi never scores big at the Academy Awards aside from in the technical categories (so expect nominations for this in all the usual places), but Nolan has been doing sterling work recently and it's getting harder to ignore him. With a cast full of previous Oscar winners (Matthew McConaughey, Anne

Hathaway, Michael Caine) and an epic scale, Nolan will definitely be one of the favourites for Best Director this year.

The Mexican conquest of Hollywood continues apace this year with Alejandro González Iñárritu's *Birdman*. Telling the tale of a washed up actor, famed for playing a superhero, who wants to reclaim former glories and mount a Broadway show. Featuring a roster of great acting talent (Michael Keaton, Zach Galifianakis and Emma Stone to name three), it's likely we'll find a few acting nominations here.

Clint Eastwood is back again this year with *American Sniper*, which ticks all the right boxes: based on an acclaimed best seller, a focus on the true life story of a Navy-Seal in Iraq, and starring the very popular Bradley Cooper. A definite contender for all the big awards, especially Best Picture, but it remains to be seen whether it will live up to the hype.

A seemingly unlikely film drumming up buzz is Tim Burton's *Big Eyes*. Burton isn't known for his stabs at worthy Oscar drama but this one is interesting. Another true life tale, the fact that it stars Amy Adams and Christoph Waltz won't hurt its chances either.

Ridley Scott is also back with a bang this winter with his take on the Moses tale. *Exo-*

odus: Gods and Kings shares many similarities with Scott's previous Oscar darling, *Gladiator* which will surely win it some favour.

Brad Pitt and Shia LaBeouf in WWII drama *Fury* is also drumming up a bit of support at the moment. Historical dramas are always a good bet, and one of this quality is unlikely to go unnoticed.

On the British end, Enigma-code drama *The Imitation Game* is likely to see some good coverage (a likely nomination for Benedict Cumberbatch as Alan Turing), and Mike Leigh's artist biopic *Mr. Turner* will likely get a spin as well.

Everybody loves Paul Thomas Anderson, and for good reason, so his newest film *Inherent Vice* is likely to get some good notices when it lands shortly. With a stellar cast including Joaquin Phoenix and Reece Witherspoon, this is a good bet for the big prize.

In terms of comedy films, Bill Murray's *St. Vincent* is a massive crowd pleaser with amazing reviews to match. While the tone may be too light for some of the stuffy older voters at the Academy, a nomination for Murray in the acting field is a shoe-in. Likewise, Kristen Wiig's *The Skeleton Twins* may be seen as too small and indie to crack into the big awards, but Wiig's acting work will more than likely be

in for a nod.

In terms of Best Actress, the clear front runner at the moment is Julianne Moore who has turned in a career best performance in the dark and powerful *Still Alice*.

In all, it's a strong year for the awards season.

As ever it's entirely possible something will rise up unseen and dazzle the voters.





Mug life

Imogen Findlay advises against quick meals in a cup

Do you feel like your life is missing something? Then a mug meal may be exactly what you need. This recent convenience-cooking craze caters to the single pringle, the bachelor, the solo surfer – anyone cooking for one. A quick search of ‘mug meals’ on Amazon brings up 586 results for recipe books designed with the lazy in mind, but is this a healthy trend?

The most popular book appears to be ‘Meal in a Mug’ by Denise Smart, bearing the catchy tagline “All you need is a mug and a microwave”. The book features a wide variety of recipes, allowing you to cook not just the all-too-familiar mug cake, but also main courses, sides, various breakfasts and lunches as well as the enticing ‘Puddings and Baking’ section. I can vouch for the tastiness of both the chilli con carne and the jambalaya with prawn and

chorizo, as well as an impressive number of puddings, but I would still question the sustainability of a mug meal lifestyle.

The theory and assumption that underpins the success of the concept is that mug chefs will only ever be cooking these meals for one. This is both true and problematic, as unless you are blessed with multiple microwaves, more than one meal cannot be prepared at the same time. It could become the sad case that the inherent desire to continue frazzling your food with microwaves may actually keep you in a situation where you only ever have to cook for one, due to your reluctance to conform to culinary norms. You heard it here first: mug meals will keep you single. Probably.

Those in favour of this innovation might argue that this is an integral step on the ladder to true adulthood, in the same way that

university is a transition from school to ‘the real world’. Is this really what studenthood is coming to? Are we really at the point where we seem so incompetent at a) cooking, b) washing up, and c) time management, that we can’t use multiple cooking utensils? Can we not schedule cookery into our lives somehow?

While mug cuisine may be easy and time-efficient, it does bear an aura of the relatively incompetent and unambitious. At the point in our lives where we are thriving on independence and doing everything for ourselves, proving that we can, in fact, survive on our own two feet, the very idea of mug meals seems to slightly undermine this.

A meal in a mug may be convenient, tidy and ideal for one-offs when you really have no time at all, but is this a lifestyle I’d be happy to maintain? Not so much.

Pop-it-in-and-ping pasta

Spinach, Chickpea and Feta Pasta

- 130g frozen chopped spinach
- 70g pasta or macaroni
- Pinch of salt
- 200g water
- 120g canned chopped tomatoes
- 1 tsp oregano or italian seasoning
- 100g drained canned chickpeas
- 2 tbsps crumbled feta cheese
- 2 tsp pesto
- Salt and pepper

1. In a large mug, microwave the frozen spinach on high power for 2 minutes until thawed. Drain off the excess liquid. Leave to one side.
2. Combine the pasta, salt and pepper, and water in the mug.
3. Microwave the mixture on high for 3 minutes, then stir until combined. Microwave for a further three minutes on high power. If the mixture is dry, add a tsp of water and stir.
4. Microwave again for two minutes, or until the pasta is cooked, adding more water if needed. Stir in the cooked spinach, tinned tomatoes, chickpeas and pesto. Microwave on high for 3 minutes or until the chickpeas are cooked through.
4. Leave to stand for one minute then add the crumbled feta. Serve.

Scarily sweet Halloween

Emily Boul

This cupcake recipe provides the perfect Halloween treat, whether it is for a party or to give to trick or treaters. The recipe is quick and simple but has great results!

Graveyard Cupcakes (makes 12)

Cupcakes

- 125g caster sugar
- 125g margarine
- 2 large eggs
- 125g of self-raising flour
- 1 tsp vanilla extract

Decoration

- 3 tbsp softened butter
- Approx 9 tbsp icing sugar
- 3 drops of both green food colouring
- 3 drops black food colouring
- Approx 70g marzipan



1. Preheat the oven to 180°C.
2. Cream together the sugar and butter until light and fluffy. Add the vanilla extract and gradually beat in the eggs.
3. Fold in the flour, then spoon the mixture into cupcake cases.
4. Bake for 15-20 minutes or until golden.
6. Whisk softened butter with icing sugar until thick. Add the green food colouring

7. To make the gravestones, mix the black food colouring with the marzipan until it's a marbled grey colour.
8. Shape the marzipan into rectangles and create a pointed end at the top. Use a cocktail stick to write RIP on the top.
9. When cool, cover in buttercream and place a gravestone on top.

If you're planning on carving a pumpkin this Halloween, make sure to save the flesh. This recipe provides a perfect warming meal for the autumn evenings.

Pumpkin soup with ginger and spices

Ingredients

- 1 medium pumpkin
- pinch of ginger
- pinch of garam masala
- 1 tsp ground nutmeg
- 1 tsp olive oil
- 1 onion, diced
- 1.2 litre of vegetable stock



1. Preheat the oven to 180°C.
2. Chop the pumpkin in half. Remove the flesh and fibres, and deseed.
3. Chop the scooped out flesh into cubes.
4. Heat the oil in a pan, then gently fry the onion until soft and golden brown.
5. Add the pumpkin cubes to the pan along with a pinch of ginger, garam masala and ground nutmeg. Season with salt

- and pepper.
6. Leave to cook for 45 minutes on a high heat until the pumpkin is soft.
7. Add the stock and bring to the boil. Cook for a further 20 minutes.
8. Leave to cool, then use a blender to blend until smooth.
9. Reheat before serving. Serve with a dollop of crème fraîche or cream.

The kitchen on the cobbles

Holly Knight talks to **Simon Long**, co-founder of Shambles Kitchen, about juice dieting, the York food scene, and educating the nation



PHOTO CREDIT: SIMON LONG

York has always been a world renowned tourist attraction, famous for its narrow cobbled streets, jaunty buildings and picturesque appearance. However, the city's architecture is not the only reason that York has become a tourist hotspot. People visit York from far and wide in search of good food, whether it's from the various markets or the masses of quirky independently owned shops that the city has to offer.

Shambles Kitchen is one such shop that competes for the attention of the tourists that flock to York all year round. Established five years ago by partners Simon Long and Phil Benson, it is located on York's most famous street, The Shambles.

"We started out selling smoothies as a smoothie bar and that was five years ago, and about a year ago we rebranded to 'The Shambles Kitchen' off the back of the success of the food that we were selling."

The Kitchen seeks to provide a healthy alternative to the fast food that has become a

big part of British culture. Simon was inspired to promote healthy eating after he was introduced to the concept of smoothie bars whilst studying for his degree in America. "We took on the shop on The Shambles and we started to sell a lot more food, especially during the winter months, so we've moved slightly away from the smoothie focus to food here, which is why we are now called Shambles Kitchen."

Despite this, they have not abandoned their initial inspiration; Phil has decided to stay on the smoothie route, setting up smoothie bars in schools. "The smoothie direction started going more into education so we set up smoothie bars in schools. The target market for smoothies is quite young so it's the universities and schools that are the perfect places to sell those products."

The business will shortly branch out into further education, with a smoothie bar being set up on the York St. John campus which will be run and managed by students.

"I've just started lecturing at York Saint

John University, so we're going to set up a smoothie bar on campus in January. From the first term, from now until Christmas, I'll be teaching about business planning and then a select group of students will be chosen that will then run the bar from January."

The success that the business has received in York has proved extremely inspiring to both Simon and Phil, who hope to expand the business all over the country.

"I'd like to expand to a bigger premises to be able to have more people sitting down and it would be good to have a chain of those, but maintain our standards and principles. In the education business we now have 17 bars in schools, so the goal for that is to have a number of school bars within cities around the country. Within those cities, these schools would compete with each other because we set them up as businesses where the students actually run the business."

He continues, "We'd love to see that grow and form a network of shared learning. What's more, we'll be passing on our own expertise as well as schools sharing amongst themselves."

In order to maintain the great taste and feedback that the business get from their food, the menu in the Kitchen is refreshingly simple, with only a few options consisting of pulled pork, soup, wraps, juices and smoothies. "The more complicated the menu is, the more likely it is that you're going to cut corners and buy in a lot of your ingredients. People used to believe that choice was a good thing, but I think that more and more people are coming round to the idea that you're better off having fewer, better choices."

Pulled pork has become very trendy within the food industry and is the Shambles Kitchen's bestseller by far, with customers raving about its great taste.

"We cook it overnight on a very low heat and it sells out pretty much every day. We don't leave it on a hot temperature for very long because it dries out. We make sure that with the sandwiches that we sell, the meat is really moist and the bread is warm and soft, so it's a really nice, juicy sandwich. Consequently, we sell a lot of them."

Another popular option at Shambles Kitchen is the smoothie and juice diet option

that is offered. Simon feels that juice-dieting is different from other extreme diets, and rather than being harmful to your body, can actually bring about really positive changes to your lifestyle.

"Dieting suggests that you're starving yourself. But the advantage of juicing is that you can consume more fruit and vegetables than you could eat your way through, so it's very heavily vegetable and mineral based. With the repairing qualities of these substances, we've seen some incredible results from people. People that have changed their diet as a result."

Speaking about some of his past clients, Simon explains, "It beats caffeine cravings. We've had chocoholics that couldn't stand the sight of chocolate after they'd finished. I've done it four times and I don't do it to lose weight, it clears your head, you sleep really well, it boosts your energy, it's packed with iron because all the vitamins and minerals go into the juice. Unlike taking a multi vitamin, your body actually processes it and stores those vitamins and minerals. What you find with multi vitamins is that they just pass through your body and they're not as good and effective."

Rather than being simply a diet, juicing is a detox that Simon would recommend to anyone, even students. "I'm not someone that would advocate people to diet, but it's a real line in the sand that enables you to maintain good habits after you finish the detox." M



PHOTO CREDIT: SIMON LONG

Juice for dinner?

Yes, please!

Erin Rodgers: There's nothing wrong with trying an extreme diet if it's done in a safe and secluded way. I've tried Jason Vale's week long juice detox on several occasions after a particularly boozy holiday, or if I'm feeling a bit flu-like to get myself and my health back on track. Whilst the process of making all your own juices and smoothies for a week is a bit costly and a lengthy process, the undeniable boost you feel by the end of the week is worth it. The juices taste incredible and, contrary to popular belief, there are no unpleasant side effects. After the week long cleanse, you can decide how often you want to juice, whether it's replacing a couple of lunches per week with a green alkaline juice, or converting to smoothie-ism for your everyday morning meal. If for no other benefit, trying a juice diet opens your eyes to new ways of incorporating fruit and veg into your diet. Who would have thought that raw courgette juice could be quite so palatable.

No, thanks.

Grace Marsh: Yes, it might be natural, but the amount of sugar you'll consume on a diet only drinking juices is not healthy at all. We've all been told countless times what makes a balanced diet: that pie chart plate is firmly imprinted in our minds. Consuming solely fruit and vegetables through juices doesn't, in any way, provide you with the nutrients and minerals that your body needs, even if it is a temporary thing. Fruits and vegetables have low sodium content, which means salt deficiency can occur from being on a juice diet, consequently leading to headaches and weakness. Juice diets are endorsed by the media, yet they're nothing but a marketing myth that attracts and misleads middle-aged women, leading them to believe it will provide them with miracle effects. In reality, any weight lost during an intensive juice diet will be put straight back on. For me, there are better ways to detox or lose weight.

Flying between lectures

Harry Horsman speaks to Grace Marsh about balancing his degree with flying planes, travelling the world, and the active social life of the RAF community

“Im an RAF reservist but I can’t be deployed.” Not many undergraduate students across the UK are able to say those words, and in fact, at York, only five can. One of these five is Harry Horsman, a second year Astrophysics student.

Harry is a member of the Yorkshire Universities Air Squadron (YUAS), the Yorkshire branch of the University Air Squadrons (UAS). Training units of the Royal Air Force, they are designed to “develop your potential to become an RAF officer, and prepare you for the Initial Officer Training at RAF Cranwell.”

There are 75 undergraduates in the Yorkshire branch, studying at universities across Yorkshire including Leeds, Sheffield, York and Hull.

“The training is far from the stereotypical image that we tend to have of the armed forces”

What exactly does being part of the UAS entail? Harry explains that the training involved is far from the stereotypical image that we tend to have of the armed forces, that of running around fields and clambering over assault courses.

In fact, it is more a combination of physical fitness exercises and sport, with technical challenges such as learning to fly an aircraft. “We do force development, which is the soldier and infantry training, which can include survival skills, military training exercises and live rifle shooting.”

As is expected, learning to fly is included in the training regime. “We fly the Grob Tutor 115E, a fully aerobatic aircraft used in initial flying training for RAF pilots, which is pretty cool. We do a slightly condensed version of the Elementary Flying Training syllabus, which can greatly benefit any Officer Cadets that go on to join the RAF in a pilot role.”

Harry hopes to do just that. Is the plan to go straight into the RAF after his degree? His reply, “hopefully, yes,” makes his answer very clear.

What’s also clear is his decision to obtain a degree before attempting to join the RAF, as being part of the UAS doesn’t guarantee an Officer Cadet immediate progression into the RAF. However, it does increase their chances in the selection process.

“You’ve got a much better chance of becoming a pilot with a degree. Statistically, it’s an incredibly difficult job to get into, so it’s good to have a degree to fall back on.” Harry goes on to explain, “You can’t neglect your degree for the RAF stuff because you haven’t got a guaranteed job at the end of it.”

Commitment levels to the UAS are high. Harry travels to RAF Linton-on-Ouse, thirteen miles outside of York, every weekend

during term time for compulsory training. A typical training weekend starts on a Friday night and finishes on Saturday afternoon, leaving Sunday free for Officer Cadets to catch up with university work and meet deadlines.

“Everyone from the squadron turns up there after uni has finished. We normally have a guest speaker, usually a military veteran or someone currently serving. These presentations really increase your military and political awareness. Then on Saturday morning we have physical training, so something like circuits, and then sport.”

Harry enjoys having two different social circles and finds it refreshing to be with people who share his interest in the RAF, especially because “it’s good to get away from uni sometimes.” He goes on, “because you have to have regular fitness tests, everyone is very healthy, everyone is very outgoing, and everyone loves adventurous training, so you’re with a very like-minded group of people. You have your uni social circle, and then the squadron circle is completely separate.”

Despite his commitment to the UAS, Harry doesn’t find it difficult to manage university life and his role within the UAS, insisting that it is simply a case of “using your time well.” This is partly because his squadron doesn’t expect members to prioritise the UAS over their degree. In fact, they endorse the very opposite.

Harry explains, “If you miss a couple of weeks because of university, they will make allowances. They are very aware that your degree is the priority. If you start to slip in your degree they will notice.”

A place in the Squadron is valuable considering the opportunities that being a UAS Officer Cadet can bring. Since earning a place in the squadron a year ago (after signing up at the Freshers’ Fair), Harry has been skiing in

“I just don’t think there’s any point going home when you can stay here and fly”

France, and visited Holland, Belgium and the Falkland Islands. He’s grateful for this, and appreciates that it is a privilege to be given such memorable opportunities.

He explains that he has been at his family home for only three days since January. “I’ve chosen not to go home. I just don’t think there’s any point going home when you can stay here and fly. There’s so much going on, so much to do on the calendar, especially during the holidays when I spend all summer in Squadron.”

Harry has many memorable experiences from his summer with the UAS. A few weeks ago he was in Arnhem, Netherlands, to celebrate the 70th anniversary of Operation Market Garden and the Battle of Arnhem, which



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took place in WWII. He went to Nijmegen, also in the Netherlands, for the International Four Days Marches, representing his Squadron in a huge military event consisting of a 160km march over four days, which is “hugely important over there.”

Such events unite members of the armed forces from around the globe. “Military units from all over the world enter teams to complete it, I think there’s about 6,000 military personnel - Swedes, Germans, Americans

“You can’t really understand it until you’re living it for yourself. The experience just can’t be described in words”

and Dutch. That’s pretty cool. Then there are about 60,000 Dutch civilians that do it as well, so it’s a proper carnival atmosphere. It’s basically a 4-day walking party.”

A trip to the Falkland Islands this summer was particularly memorable for Harry, allowing him rare access to an important part of British history. “It was incredible. No one gets to go the Falklands. You’re out there for a week, and you look at the successes and failures of the conflict and look for lessons to be applied to future operations. There is also a big remembrance element, visiting cemeteries

and memorials.”

It’s evident that Harry is grateful for his experience as an Officer Cadet in the UAS, and he admits that it he believes it to have had a noticeable impact on his personal development. “I feel like it has developed me as a person, as an all-rounder. It’s all based towards teaching you to become an Officer so there’s a lot of leadership stuff. You give so many talks

and presentations; your public speaking ability improves, as do your management skills and having to balance your commitments. All the travel and the things you see, the people you meet, it gives you a very different perspective.”

Aspects of the training such as adventure training test not only an Officer Cadet’s physical capacity, but also their mental strength.



Harry explains, “It can really push you outside of your comfort zone when you’re hanging off a cliff by your fingertips.”

Evidently, learning to fly an aircraft plays a huge part in RAF related Officer training. Harry hasn’t yet had much chance to experience this side of the UAS, but would like to be more involved this year.

“I haven’t done much flying, so I’m still a novice. Your first solo flight is after having already done 11 hours. So you’re literally fly-

“It can really push you outside of your comfort zone when you’re hanging off a cliff by your fingertips”

ing a plane by yourself. Imagine your driving test; imagine how many hours you have to do before they let you drive alone. Whereas in the UAS you are given a plane to fly after 11 hours. Once you get to 30 hours you do navigation trips where you’ll fly all across the country on your own, land at another base, then come back.”

Flying planes, watching parachute drops and participating in military marches; has being a UAS Officer Cadet provided Harry with a wealth of once in a lifetime opportunities? “Absolutely.”

My shit week so far

Thomas Fennelly

Nothing sets you up for a shit week more than starting your Monday with a court summons in the post. Resulting from what they would call “a clerical error”, and what I would call “an underqualified pleb given access to a computer”, it now means that I’ll be standing before a magistrate at the end of the month unless I can prove beforehand that the two ladies who they think live in my house have actually moved on. It’s touching that they think I have the ability to cohabit with another female, but I still reckon it’ll be a cold day in hell when that happens.

In any case, court at the end of the month will mean that I’ll be having a happy Halloween. That said, I’ve heard that the governor of Kirklevington Grange Prison is female, so maybe I’ll be living with a woman sooner than I thought.

Meanwhile, the monotony of timetabled student life is back in full swing and, at the seventh term of asking, I’m a little bit sick of it. I’m typing this now from a university computer on a screen, like all the rest of them, which appears to be coated in a layer of mucus. Otherwise I’ve got to stomach the inexplicable heat that comes with any study area. As a student who lives off campus, I love free central heating as much as the next undergrad, but I draw the line at sweating for hours like Josef Fritzl on his own episode of *Cribs*.

And then there’s the weather. The south-east of England is the biggest producer of University of York students, and the brutality of the Northern weather, despite being a third year, did catch me off guard. Just imagine how the freshers are reacting to it after emerging

from a summer of endless sunshine, vest tops and moving tan lines. Now everyone is as pale as a post-millennium Michael Jackson as the new intake of dickheads realise that their flowery pack-a-mack left over from Bestival just won’t cut it. No wonder there’s a Superdry shop in York. It’s certainly not for the locals.

I may have an unapologetic resentment for York’s newest generation of students, but it’s profoundly based on an utter jealousy of their world that is absent of Ethics Boards and dissertation supervisors. It’s therefore

“Within 24 hours of my arrival at York, I had already ripped off a radiator from a wall”

a shame that, in my final year, I’ll be leaving with a bitter taste in my mouth, but that’s only because I’m going to miss the entire experience of a sheltered campus world.

During my time here, I’ve met some truly incredibly remarkable people. I’ve met a man with a 24-foot long scarf because, to quote, he “has a girlfriend with an over-zealous passion for knitting”. I’ve met a guy who inadvertently put the ‘semi’ in seminar when he arrived at one with his cock on show. I’ve even met the man who starred in the 2009 Talk to Frank

advert about marijuana. If you thought he was crazy in the adverts, try meeting him in real life. Worryingly, he now has legal access to a lot of shotguns.

As for memories, I’ve had fights with hipsters, woken up on a sofa in a dress, staggered up Clifford’s Tower with all the elegance of an elephant wearing ice skates whilst on MDMA, and pissed off the entirety of York St John when an editor made it look like I was trying to call them peasants. I was only trying to call them stupid.

Within 24 hours of my arrival at York,

I had already accidentally ripped off a radiator from a wall and its relevant piping, flooding the dining area and leaving the Derwent porters and Security Services not looking best pleased. After propping it up with pans and a table for days, I eventually got away with it. Just don’t tell Rob Aitken.

But those days are long gone. I miss the banter-filled days that were spent without a care in the world. But, alas, they are spent. And now I have to do a considerable amount of research.

Fuck it, I’d rather go to prison.



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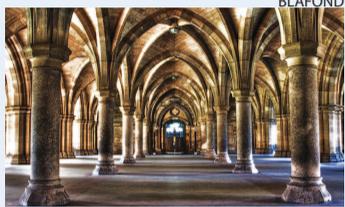
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Politics



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STUDENT HACK



BLAFOND

Tuition fees have become a thing of the past this week in Germany as the state of Lower Saxony became the last in the country to get rid of the fees.



NOTTINGHAM TRENT UNIVERSITY

Research by Coventry University has found that when choosing a university 1 in 7 students valued their parents' views more than their own and ¾ believed that they hadn't had enough information when choosing their university.



CARLOS62

Sixty-eight postgraduate students have had their Masters degrees funded by a multimillion pound project undertaken by the University in conjunction with 5 other top universities. This means all students involved will pay no tuition fees for the 2014/2015 year.

Young people should see it as their responsibility to vote

Lisa Rumbold
POLITICAL REPORTER

With so many issues affecting today's youth why are they not turning up at the polls in great numbers? According to Common's library 747,000 young people aged 16-24 were unemployed in May to July 2014. There should be 747,000 young people trying to improve their situation through voting, protesting, and joining pressure groups.

An apathetic generation has emerged from the 2010 austerity measures that scrapped EMA and raised tuition fees. This generation should be protesting the cuts imposed on them when they were disenfranchised, they should be voicing their views if they have any hope of making a difference. A generation that protested on the streets of London in 2010 are now an absence at the polls. According to the Independent up to 800,000 people aged 18-25 in Britain have failed to add their names to the electoral register. A right so desperately fought for has been passed up by the very generation that should be so eager to use it.

The Scottish referendum saw masses of young people make an incredibly important decision about the future of their country. We saw



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England should brand youth voting as a responsibility and not just a right to get people engaged

just how powerful the young person vote could be. According to the Guardian, near to 100 per cent of the 100,000 under 18s that registered to vote said that young people could tip the balance, young Scottish voters saw just how significant they could be.

Of course, young people aren't entirely to blame for their disengagement. Scotland showed us that with widespread education on political issues and reminders that their decisions make a direct impact on their own future, young people

can not only use their vote but passionately care about the issues that affect them. Basic political education combined with an emphasis on a responsibility, not simply a right, to vote could really begin to solve youth disengagement.

The youth of today do not have it easy, there is far less opportunity out there for them than there was for their parents, but this is no excuse. If young people would only look at their counterparts in Hong Kong to truly grasp the sanctity of the political rights they hold. A mi-

nority of young people across this country are politically engaged but there simply aren't enough to make their concerns heard. The government may not listen; they may meet the concerns of the over fifties over the under 25s but the only way to change this is for young people to voice concerns on election days. They could make a tremendous impact at the next election. On the 7th May 2015, young people must stand up and be counted or face the consequences of their apathy for another five years.

UKIP win their first seat in Parliament

James Humpish
POLITICAL ANALYSIS

The result of the Clacton by-election, UKIP winning 59.75 per cent of the vote and almost securing a second seat at Heywood and Middleton may suggest that going to bed with Farage may have you waking up with Farage. Which is not what David Cameron stated at the beginning of the month when he said, 'Go to bed with Farage, wake up with Miliband.'

Labour merely retained Heywood and Middleton, the by-election triggered by the death of Jim Dobbin. UKIP were only 2.2 per cent behind, having experience a 36.1 per cent swing in favour. It is the Clacton by-election which harms Cameron most, as defector from the Conservatives to UKIP, Douglas Carswell, retained his seat. The 9th October marked a historic day for UKIP in winning their first ever seat in parliament.

Carswell has held that seat since 2005 and has only ever witnessed growth in voter support since then. His switch of political allegiance may merely be indicative of support for him as an individual rather than as a representative of any particular party. That is not to say that the UKIP victory is not symbolic. It shows that the

public are not concerned with having a UKIP representative. A 44 per cent swing from the Conservatives, the result may be a refreshing move from party politics to taking note of MPs as individuals.

Farage has certainly celebrated, visiting the House of Commons himself to see Carswell take his seat, claiming in his pride that it was his first visit to the House since he was 17. Having held its controversial figures in the past such as Godfrey Bloom's 'Bongo Bongo Land' and referring to women as "sluts" comments and David Silvester's linking heavy floods to homosexuals, UKIP has been easy to pass off.

But as Farage ruthlessly shed such provocateurs and acquired more politically moderate allies it's not impossible that the party has more success to follow. As another Conservative defector, Mark Reckless, could be the next UKIP MP after the Rochester by-election on 20th consistently outpolled the Liberal Democrats, UKIP could stand a genuine chance in being the United Kingdom's third-largest party as of 2015 both inside as well as outside of parliament.

Sometimes considered to owe its success purely to Farage, UKIP's leader not standing for a seat next year will see his role in operations transform as he holds the potential to pull strings in parliament from



@EYP

As UKIP win their first seat what does the future of UK politics hold?

the outside.

Yet beyond having a strong chance of winning a handful of seats in the next election, the larger consequences are blurry.

The Liberal Democrats stand to lose a lot, but so do the Conservatives if there are a large number of split votes in constituencies. The result of Clacton has perhaps been most disappointing for Labour who had held Clacton until 2005 and on the ninth Academics, Goodwin and Ford, have studied the repercussions of UKIP's presence and have

claimed that in actuality Labour may suffer heavily from Farage "winning over working-class, white male voters...(who) feel left behind by Britain's rapid economic and social transformation".

In recent years it has been tempting to dismiss UKIP, as David Cameron had initially done, as 'fruitcakes', but now, as Cameron uses pseudo-sexual remarks on the consequences of voting for Farage as a means to retain the right, it is quite clear that UKIP have won a battle not so easy to dismiss.

TV Debate announcement sparks fury

Matt Anthony
POLITICAL ANALYSIS

It's fair to say that 2014 will be a memorable year in UKIP's history. From making significant gains during the European elections in May, to acquiring two defecting Tory MPs with speculation mounting of further defections, and of course now securing their first seat in the Clacton by-election last Friday with a landslide majority.

Since then, UKIP are now being presented as serious game changers in the 2015 general election. The *Guardian* has recently conducted polls showing that UKIP has the possibility of winning in as many as "30 constituencies" while the self-confident UKIP leader, Nigel Farage is already talking about coalition deals.

But perhaps the most significant development of all is that Farage has been invited to take to the podium in the election battleground that is the TV debate in the run up to next year's general election.

He is due to feature in one of the three debates. Nigel Farage is no novice to this form of campaigning, having taken on Lib Dem leader Nick Clegg earlier this year over EU membership, winning convincingly.

Given this recent bout success combined with their consistent media presence, this move doesn't come as a great surprise. Nevertheless, given UKIP's weak parliamentary representation, this has sparked questioning from other parties over the broadcasters' controversial grounds of selection. Not

least the Green Party and Caroline Lucas.

Put aside UKIP's media tour de force and it's clear to see why they're annoyed. At present they only hold one seat in the Commons, on par with the Green party.

Despite having held a seat since 2010, as well as not being far behind the Lib Dems in YouGov voting intention polls in recent months (level at six per cent last month), the Greens, unlike UKIP, have not been asked to appear in a debate. The Green MP, Caroline Lucas has tweeted she will be "Taking legal advice" over this move.

Anger has also been expressed by the excluded nationalist parties of which both have a greater representation in parliament, with Plaid Cymru currently holding three seats and the SNP six. What is it about UKIP that means that it gets more exposure than the other parties? Surely all parties should be equally treated.

As well as UKIP's entry, the radical new structure of the debates has also sparked criticism. There will be a "choice of Prime Minister debate" between current PM David Cameron and Labour leader Ed Miliband, a debate with the inclusion of Nick Clegg as well as debate between all four leaders.

The Lib Dem's, currently holding 57 seats in parliament and a partner in the coalition government, have expressed their dismay of their relegation, calling for a return 2010's "3-3-3 structure" in order to amount a greater defence of their record in government. In their



DANIELOGREN

As UKIP are chosen to be included in the TV debates next year other parties are feeling left out

justification, the four broadcasters, the BBC, ITV, Channel 4 and Sky have stated that this decision was based on "changes in the political landscape" since 2010.

Yet despite the controversy, it is clear that although still relatively new to British political campaigning, the TV debate is here to stay. The 2010 debates attracted around 22 million viewers and greatly

boosted Cameron, while this year's Scottish referendum debates were pinnacle focal points.

They have been seen to give greater encouragement to younger voters, contributing to the intention of a further debate being broadcast in conjunction with YouTube, The *Daily Telegraph* and the *Guardian*.

Of course, they have not always reflected election outcomes, per-

haps due to emphasis on personality over policy.

The sweep of 'Cleggmania' in 2010 was not reflected by surprise loss of five Lib Dem seats.

Should the parties agree to this format, the results of these fixtures, including UKIP's appearance, will be seen next year, when the debates are proposed to take place on April 2nd, 16th and 30th.

NHS workers strike due to lack of pay rise

Rhys Thompson
POLITICAL ANALYSIS

For the first time in 32 years, health workers across England took part in a four-hour strike last week in protest of NHS wage stagnation, encouraged by the government's refusal to provide a one per cent increase on workers' pay, despite it being recommended by an independent report.

Unions representing over 400,000 health workers, including nurses, ambulance staff and midwives, asked members to participate in a range of different strike actions, with the largest unions, UNISON, GMB and UNITE, alongside others, requesting that members withdraw their labour between seven am and eleven am on Monday 13th sections of the NHS, because NHS Scotland has chosen to implement the report's recommendations.

It is still unknown how many took part in the strike action, but is estimated that around one quarter of members did not attend work during the strike hours. Disruption to essential services was not as widespread as initially feared, due to all seven participating unions agreeing to provide cover for emergency cases. This meant that

people who needed emergency care could receive treatment. Hospital staff in Central London were even witnessed leaving the picket lines to deal with patients in need of urgent care.

More strike action over the coming weeks has been threatened by unions, unless the Government reverses its divisive decision to reject the findings of an independent report made by the NHS Pay Review Body, which recommended that all NHS staff should receive a one per cent pay increase.

Health Secretary, Jeremy Hunt, described the conclusions of the report as financially unworkable and unaffordable in the current economic climate.

Hunt later claimed that if the NHS were to provide such a rise then it has the potential to compromise patient care, as some health workers would be forced into redundancy, hereby further stretching the emergency services, "We have had very clear analysis that if we did that, hospital chief executives would lay off around 4,000 nurses this year and around 10,000 nurses next year."

The economic situation of the NHS has been under close scrutiny by both MPs and the media, especially in the run-up to the 2015



PHIL HEDGES

Health workers across England have gone on strike after the government refused a one per cent pay rise

General Election, where it already appears NHS funding will be a hotly-debated political issue, with the main political parties indicating that they would increase the funding received by the NHS from central government should they win the election.

However, the current financial difficulties for the NHS lie in the 2009 "Nicholson Challenge", where the then-NHS England leader, Sir David Nicholson, created a series of

directives that required the NHS to make £20 billion of efficiency savings by 2014, later postponed to 2015. Current NHS management have been criticised by the Health Select Committee for mismanaging efficiency programmes and for failing to provide sustainable budget cuts, instead relying upon 'quick fixes', such as the controversial pay freezes.

Trade unions point out that more than one third of non-medical

NHS staff earn less than £21,000 a year, and argue that it is unfair for 'low-paid workers' to be expected to bear the brunt of any further budget cuts, especially given that the government are rejecting the findings of an independent pay review body.

Since neither the government nor the trade unions look set to change their gridlocked position, the debate over workers' pay looks set to continue for the foreseeable future.

Politics

Tensions running high between the Koreas

Maisie Cook
POLITICAL REPORTER

The North Korean dictator Kim Jong-un, has re-emerged after almost six weeks of media obscurity. The mystery surrounding North Korea led to wide speculation as to whether he had been deposed, but images released last Tuesday appeared to show him in one piece, albeit walking with the aid of a stick.

This comes amid a turbulent period in North-South Korean relations. It is as yet unclear what the North's agenda is in reaching out to South Korea, only to shortly after resume fire, but if history is anything to go by then they have an objective in mind and will stop at little to achieve it.

The official line on Kim Jong-un's disappearance was personal 'discomfort' but the mundane explanation of gout or another medical grievance appears to be correct.

As Stephen Evans of BBC News argues, at the very least 'what the pictures clearly show...is that he is at the centre of power', quashing rumours of a coup. This is possibly the first time a leader of the dynasty has been shown to be vulnerable to illness, an unexpected admission in a country which relies on a cult of personality to uphold power.

Whilst Kim Jong-un's whereabouts were unknown, relations with the South seemed to be improving. A last minute visit to the South by three senior North Korean officials, including Hwang Pyong-so (vice marshal of the Korean People's Army) on 4 October held promise



As Kim Jong-un returns to the public eye tensions between the two countries do not seem to be lessening

of talks between the two countries resuming after they collapsed in February.

Despite this brief show of peaceful intentions by both parties, talks collapsed on 15 October. The countries traded gunfire on 10 October after balloons containing anti-Pyongyang leaflets were distributed across the border. North Korea had prior to this warned of 'catastrophic' consequences if this protest action went ahead.

Gunfire was also exchanged after a North Korean patrol boat crossed their shared maritime border in the Yellow Sea. The two countries were unable to reconcile their differences over the sea border and balloon protests at the negotiating

table, yet again failing to progress towards peace.

However, it is unlikely that the situation will escalate further. The North Korean attempts to improve relations with the South were likely triggered by the desire to appease the international community in the light of a UN report released in February, which highlighted atrocious human rights abuses committed by the country.

North Korea seems to be on a 'charm offensive' according to Michael Kirby, author of the report, and would therefore be unwilling to antagonise other countries further. Their economy is in a dire state, with about two thirds of the population relying on government food

rations, as reported by the UN in 2011. The country frankly cannot afford further sanctions to be imposed upon them. Jane Perlez of Sinosphere suggests that even China appear to be cracking down on the regime, tightening the flow of money Chinese traders used to take.

Obviously the hostile attitude of North Korea has not shifted overnight, resorting to gunfire proves this. However, they are beginning to accept that international support of the regime is a necessary evil.

North Korea may be biding their time for now, but one day they will be ready to strike, perhaps with nuclear capabilities that would change the world.

The aftermath of the 50 days war in Palestine

Ioana Jalea
POLITICAL REPORTER

In late August the war in Gaza ended, when Israel and various Palestinian militant factions including Hamas and Islamic Jihad agreed to an open-ended cease-fire. The seven weeks of heavy fighting had a catastrophic impact, claiming the lives of nearly 2,200 Palestinians and 70 Israelis.

The damage doesn't stop here. At least 11,000 people were injured and more than 17,000 homes destroyed or severely damaged. Around a third of Gaza's 1.8 million people are now refugees, many living in United Nations shelters. The Palestinian people are not the only ones who have been affected; there have been serious infrastructural losses in the Gaza strip. The Israeli occupation has destroyed schools, hospitals, farms, factories, mosques, and power and water plants.

At a conference in Cairo on Sunday, more than 50 donor nations have pledged \$5.4 billion to help the Palestinians in their path to recovery. The total exceeds the \$4 billion the Palestinian Authority initially requested.

The Norwegian Foreign Minister, Boerge Brende, said that half of the \$4 billion donation would be

used in reconstruction, while the rest would be dedicated to immediate humanitarian aid.

Envoys from several countries attended the summit in Cairo, which was hosted by Egypt's President Sisi. Qatar announced it would provide \$1 billion, donation, while the United Arab Emirates and Turkey both promised \$200 million. European Union said that donations from member states come up to \$568 million.

Shortly after his arrival in Cairo on Sunday, US Secretary of State John Kerry pledged an additional \$212 million in new aid. Along with the amount already promised, the US contribution totals \$414 million. Kerry also declared that the conference's aim shouldn't be just raising funds and that there has to be a commitment from both Israelis and Palestinians to establish peace and stability in the region.

Last month, while addressing the UN General Assembly, Palestinian leader Mahmoud Abbas said he would seek a resolution from the world body, asking for a sovereign Palestinian state encompassing the West Bank and Gaza Strip with East Jerusalem as its capital. The US has threatened to veto such a resolution in the UN Security Council, claiming that the only way that the Palestinians will have their own state



Peace commitments and stability are needed, not just donations

is by direct negotiations with Israel.

Although Israel was not invited to the conference, it does not seek to prevent the reconstruction of Gaza. Israeli Foreign Minister Avigdor Lieberman declared that it was crucial that donations collected in Cairo should not be used to produce weapons or build tunnels in Gaza. He then added that if Palestinians renew the rocket, Israel has the right to defend itself. UN Secretary-General Ban Ki-moon, also present at the summit, pleaded for the cycle of destruction to end. He indicated he hoped the Cairo conference

would be the last Gaza reconstruction conference and that the time has come for a just and final peace between Israelis and Palestinians.

The summit managed to emphasise that the nations want a long lasting solution to this conflict and wish to end their role as donors paying for what the warring parties have destroyed. As the Egyptian President Abdel Fattah al-Sisi noted, this conference should be used as the starting point to attain a peace that secures stability and assures harmonious coexistence between Palestinians and Israelis.



@dougankoc_
Dogan Koc
Executive director of the Gulen Institute at the University of Houston

151 votes in 2008 60 votes in 2014. Unfortunately Turkey has lost its support and popularity worldwide. @UN 17 Oct



@Danwilliams
Dan Williams
Reuters man in Israel/Palestine.

Red Cross delivers first medical aid in a year to Palestinians in Syria.

17 Oct



@nycjim
Jim Roberts
Executive Editor & Chief Content Officer of Mashable

Obama opposes ban on flights from West Africa; says airport screening works.

17 Oct



@OSCE_RFoM
Dunja Mijitovic,
OSCE Representative on Freedom of the Media Twitter feed

Free speech and criticism are dying in the #Serbian media&investigative journalism is all but extinct.

16 Oct



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Adam Coogle
Middle East Researcher at Human Rights Watch.

Saudi Arabia executed a Pakistani man for drug smuggling on Wed in Qatif.. Saudi has now executed 22 men for non-violent crimes in 2014.

16 Oct

Rwanda's legacy 20 years after the 1994 genocide

Yvonne-Stefania Efstathiou interviews Lars Waldorf, senior lecturer in international human rights law and journalist reporting on genocide trials at the International Criminal Tribunal for Rwanda

© FANNY SCHERTZER

In just 100 days in 1994, some 800,000 people were slaughtered in Rwanda by ethnic Hutu extremists, constituting as much as 20 per cent of the country's total population and 70 per cent of the Tutsi then living in Rwanda.

These days proved decisive for both Rwanda and its neighbouring states' fate. The country suffered almost one million human losses, rapes and destruction of infrastructure while many Hutus were prompted to flee to neighboring countries where they began to regroup in refugee camps along the border with Rwanda, triggering tensions.

The international political arena on the other hand, witnessing the events in Rwanda introduced the term Responsibility to Protect.

20 years after the genocide in Rwanda Dr. Waldorf examines the missed opportunities during the 100 days war, the role of the international community, the legacy of the Rwandan genocide and the lessons of the past.

What role did the international community play?

By and large, the international community failed Rwanda. Romeo Dallaire, the head of the UN peacekeeping mission in Rwanda, documents this in heartbreaking detail in the film "The Last Just Man". Embassies evacuated their foreign na-

tionals, leaving their Rwandan staff behind to be slaughtered.

The UN (under pressure from Belgium and the US) withdrew most of its peacekeeping forces. The Organization of African Unity (OAU) did nothing.

Was there a window of opportunity that was missed?

The genocide could possibly have been stopped—or certainly slowed—in the first week. UN peacekeepers failed to prevent extremists from assassinating political moderates.

The quick withdrawal of most peacekeepers strengthened the hand of extremists within the military who supported a genocidal campaign against the Tutsi minority.

What is the legacy of the Rwandan genocide?

There are three main legacies of the Rwandan genocide. First, the current regime justifies authoritarian repression as necessary to prevent another genocide and is supported in that repression by a guilty international community.

Second, the genocide has had terrible consequences for the region: two big wars over Congo as well as ongoing violence and resource-stripping in eastern Congo.

Third, the Rwandan genocide forced the international community to rethink peacekeeping and hu-



Rwanda and its neighbouring states saw their lands destroyed, citizens raped, and borders compromised

manitarian intervention.

Have we learnt from the mistakes of the past?

If we compare the international community's response to the Central African Republic with its response to Rwanda in 1994, there is no ques-

tion that there has been political and moral progress. Peacekeepers now use force to protect civilians.

The African Union rejected the OAU's non-interventionist policy and now provides peacekeepers. All UN member states have signed

up to the "responsibility to protect" populations from genocide, crimes against humanity, and war crimes.

Is this enough to stop killings in CAR and elsewhere?

Clearly not, but it's still progress.

Is it possible to secure peace in Libya?

Louis Raymond
POLITICAL REPORTER

The violent struggle in Libya continues— Islamist groups, attempting to breathe life back into a cause that should have died in May (if not years ago), successfully managed to occupy Tripoli international airport in August and have continued to extend their control of the capital's centre.

Former members of the widely unpopular GNC reconvened hoping to replace Council of Deputies, who won the elections in January by landslide.

Libya's bloody crawl away from fanatical government and state suppression towards representative government progresses slowly—it seems a lasting peace will only be realised if the forces supporting General Haftar, fighting against the Islamists are able to gain full control of the country.

To recap the events of the struggle so far—at the beginning of the year, Libya was controlled by the GNC (General National Congress). The assembly was controlled by Islamists, due to Nouri Abusham election as president of the GNC last December.

After his election, Abusham quickly worked to manipulate the

assembly's proceedings, pushing to legislate in accordance with Islamist interests, excising undesirable debates and inquiries from the Agenda.

Then, in December the assembly voted to enforce Sharia law, deciding that a special committee was to be formed, which would examine all the current laws of Libya—aiming to ensure their concomitancy with Islamic law.

Over time, a sense of disaffection developed against the GNC—the group was thought to be channelling funding towards Islamist groups, allowing others to carry out their activities unchecked.

Opponents of the GNC expressed fears that the assembly were allowing Islamic groups to carry out assassinations and kidnappings—the most notable of these being carried out by the Libya Revolutionaries Operations Room, which included the kidnapping of Ali Zeidan, who at the time— as the prime minister of Libya.

The GNC's electoral mandate came to its end in January. However, the assembly voted to extend its own term by at least one year last December. In response, protests formed across the nation, reflecting the sense of consternation felt by the general public.

Then, in February, General Haftar (of the Libyan army) demanded the dissolution of the GNC, calling for the formation of a caretaker government to oversee new elections. The GNC responded by branding him as an aspiring dictator dismissing his demands.

The GNC's refusal to dissolve led Haftar to initiate the recent civil war with Operation Dignity later (a series of air and ground attacks aimed at Islamist groups in Benghazi). Shortly after Haftar announced that the GNC was no longer representing the Libyan people, stating his primary aim was to "purge" Islamist militants from Libya.

However, fighting continued—On the 13th Operations Room (LROR), launched an offensive codenamed "Operation Dawn" on Tripoli International Airport, Fighting continued throughout the next few months—eventually the Islamists managed to occupy the airport.

Shortly after, on 25 August, former members of the GNC who were not re-elected in 2014 reconvened and voted that they would replace the newly elected Council of Deputies.

The fighting, which so far has involved sweeping rounds of indiscriminate bombing—in and around residential areas—continues as the



Peace for Libya is not going to happen instantly but it needs to last

Islamists fight to regain control of Libya. Meanwhile, movements supporting Haftar show no sign of tending towards ossification.

Peace for Libya is probably far from round the corner— but if peace is secured— it will only be likely to last if the interests of the civil war's victors are in concert with the ideals expressed by the general public,

rather than being in line with the ideals of religious fanaticism—with a view to liberate, rather than suppress the country's people.

Victors are in concert with the ideals expressed by the general public, rather than being in line with the ideals of religious fanaticism—with a view to liberate, rather than suppress the country's people.

Business



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BUSINESS IN BRIEF

Choo on the Stock Exchange

Jimmy Choo is now on the stock market, selling at 140p a share despite originally targeting to sell at 180p per share. Jimmy Choo sells shoes for around £400 a pair.



Rolls-Royce Shares Fall

Shares for Rolls-Royce have closed 11.5 per cent down due to falling revenues as trade sanctions against Russia begin to bite.

HSBC cut mortgage rates

HSBC are due to cut mortgage rates to 0.99 per cent, a record low, which will ignite a price war that will reduce the cost of home loans by thousands of pounds.



HSBC

Japan's First Jet

Mitsubishi Aircraft unveiled Japan's first commercial jet in half a century last weekend. The jet cost in the region of £42 million and has just under 100 seats.

London Mining Bankrupt

London Mining, operating in crisis-hit Sierra Leone has gone into administration. They suffered from high costs and falling iron prices.

Beth Jakubowski

How rising interest rates will affect Britain

WIKIMEDIA

Chris Scott
DEPUTY BUSINESS EDITOR

As the financial crisis gripped the world economy in early 2009, banks across the world lowered interest rates to levels close to zero in order to stimulate the economy. Being no exception to this, the Bank of England has maintained interest rates at 0.5 per cent for 67 consecutive months. However as the economic recovery takes hold, there is growing pressure on the Monetary Policy Committee (MPC) to begin increasing them.

Proponents of an increase suggest that as the economy recovers there is less spare capacity, meaning that there is less scope for the economy to continue growing without triggering inflation.

Recent revisions to GDP show that Britain surpassed its pre-crisis peak in the second quarter (Q2) 2013, with GDP growth of 0.9 per cent in Q2 2014. Recent data from the Office of National Statistics (ONS) also show that unemployment is now down to 6.2 per cent. With growth projected to continue going into 2015, optimists argue that the UK economy would be able to cope with higher interest rates, and would mark a further step on the road back to normality.

Increasing the interest rate has also been suggested as a means of deflating the housing market. Citing evidence that house prices across Britain increased by 10 per cent over the past year, the IMF has recently warned that interest rates may need to rise in order to prevent further increases in house prices.

With average household debt still at 140 per cent of gross disposable income, there are fears that rising house prices could encourage



Interest rates have stayed at 0.5 per cent since 2009, however the proponents of a change are more vocal

risky lending by banks, leading to potential instability in the financial system.

However even as the economic recovery has begun to take hold, inflation has remained stubbornly low. The Consumer Price Index (CPI) estimates that it was only 1.2 per cent in September 2014, down from 1.5 per cent the month before. This is partly a result of low productivity, which remains 4 per cent below its pre-crisis peak.

Since low productivity also impinges on wage rises, the recovery has so far failed to translate into higher disposable income for households. As such concerns have been

raised that increasing interest rates could increase costs for households, further reducing disposable income and therefore undermining the UK's GDP growth.

The effects of an interest rate rise would be particularly strongly felt by homeowners. A recent survey by the Money Advice Service suggests that 56 per cent of mortgage holders have no contingency plans for a rise in interest rates, while 47 per cent claim they would struggle to cover an extra £150 a month in interest payments. This comes as evidence suggests that the housing market might already be starting to cool, in response to expectations

that the Bank of England is likely to impose a leverage ratio on lenders, reducing the amount of risky loans they are able to make.

Although there are growing indications that interest rates are likely to rise from early 2015, managing the process so that it doesn't undermine the wider economy will be challenging for the Bank of England. As such, any increases need to be introduced gradually, in order to help households and firms adjust to the new economic climate. If this process is managed successfully, it will be another indication that Britain is emerging from the shadow of the 2008 financial crisis.

Are CEO's earning more than they're worth?

James Humpish
BUSINESS REPORTER

Last year American CEOs earned \$11.7 million dollars on average, 331 times that of the average worker. The use of the term 'earned' is controversial however.

It's possible to explain high salaries for a variety of reasons. CEOs may have invested a large quantity of time and efforts to get where they are today. They may have taken a variety of risks that have paid off. It may sometimes be that they were simply in the right place at the right time, but holding a grudge against that would be like holding a grudge against lottery winners. Even if they were lucky to get where they are, CEOs need a great deal of skill to stay at the top.

The idea of being a multi-millionaire is an appealing incentive

for masses to strive and contribute to industries and potentially even society so as to reap the rewards. It's not the relativities that always matters. In the United Kingdom, the CEO can stand to earn £2.35 million a year whilst the average worker will make 1/84 of that amount. The average worker makes around £28,000 a year.

In a study by Sorapop Kiatpongsan and Michael Norton, 'How Much Should CEOs make?', it was revealed that in the UK there was consensus that CEOs should make 5.3 times the amount of the average worker. The sample from which that consensus was drawn believed that CEOs make around 14 times the amount. So at 84 times the amount there seems to be an extreme discrepancy in not just what people think is justified but what they're actually getting.

Whilst the top 50 CEOs earn

millions each, collectively they generate billions in profits. They also pay a hefty amount in tax which will be reallocated into society at the government's discretion. Additionally, only a fifth of a CEO's salary tends to be base pay, whilst the rest is performance-based.

These facts add up to suggest that the salaries aren't entirely out of keeping.

One of the main bites to the issue is the millions of workers who aren't earning enough to live a decent standard quality of life. Many put in the work and still don't earn the living wage through a variety of contextual circumstances.

As Harvard philosopher Michael Sandel notes, we can't help how we are born, whether it be economic circumstance, intellectually, or capacity to be motivated. The other bite, which really does warrant debate is why the discrepancy



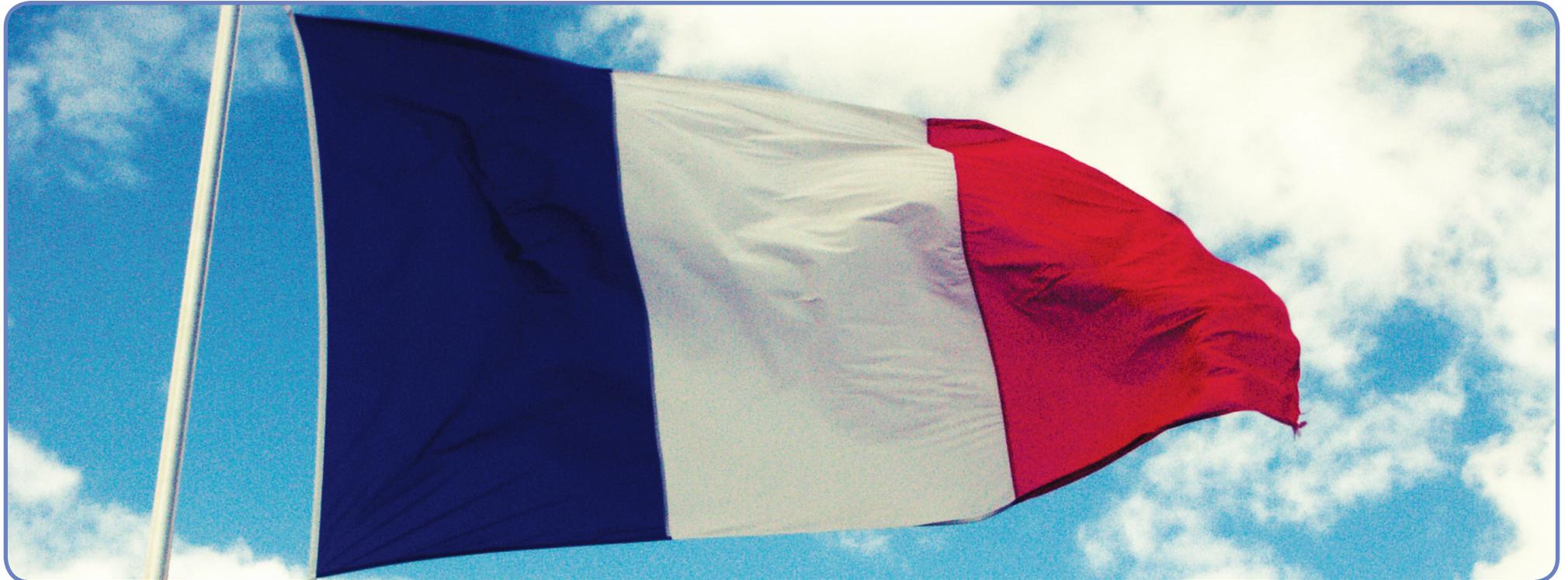
PHOTO CREDIT: PIXABAY

in payment has only grown in recent decades.

There is consensus that CEOs deserve more than the average worker with respect to income. But they are paid far more than people think they deserve and more than people think they're actually getting.

French Woes: The Downward Spiral of the Economy

WIKIMEDIA



France has suffered a turbulent period recently with its government resigning, growth has stagnating and unemployment rising; President Hollande has been trying to steady the ship

Kim Almond
BUSINESS REPORTER

On Monday 25 August this year, the French Prime Minister, Manuel Valls, handed in his government's resignation, a move triggered by economic minister Arnaud Montebourg's criticisms of the government's economic policy.

The source of conflict in the French government was the approach to the economic troubles which continue to plague France as the world begins to emerge from the recession. It was announced in August, shortly before the government reshuffle, that French economic growth had stagnated in the second successive quarter, indicating that more needed to be done to stimu-

late the French economy and avoid a triple-dip recession.

The lack of consensus over how to deal with this crisis has undermined the government's ability to take action to address the lack of growth. Even since the reshuffle, the government has continued to be plagued with division and doubt, facing a vote of confidence over economic policy on the 16th September. The government survived the vote by a margin of 269 to 244, but it remains to be seen whether it will be able to deliver on that confidence. Recent figures from the Bank of France indicate that French GDP rose 0.2 per cent in the third quarter of the year, while unemployment remains high and business confidence low, holding France back from economic recovery.

Montebourg had denounced austerity as an "economic aberration", and called into question whether the European austerity drive would deliver on the promised growth after four years of failure to achieve this aim.

His subsequent expulsion from the government, along with fellow anti-austerity ministers Benoît Hamon and Aurélie Filippetti, demonstrated Hollande's commitment to his economic policy and lack of tolerance for dissent. This clarity was badly needed after Hollande's constantly changing policies since his election in 2012. Elected on a platform of high taxation on the rich and enmity towards "big finance", his ideas then underwent a dramatic reversal, moving towards more business-friendly policies and

tax cuts. This apparent U-turn provoked anger that the government was pursuing a completely oppositional direction to that for which they were elected, leading to Hollande's deep unpopularity.

It appears that now the French government are taking clear and decisive action. On 1st October the French government unveiled its budget plans, planning to reduce public spending by 50 billion euros over the next three years. Although the government is facing fierce criticism from the Left over the deep cuts in spending on services such as health care and family benefits, the reduction will come at a steady pace, so as not to damage the feeble French economy. The government are, however, potentially restricted here by EU regulations. Under the

current proposals, France will fail to meet its budget deficit target of 3 per cent until 2017, running a deficit of around 4.4 per cent this year, falling to 4.3 per cent in 2015. As a result, it is possible that France could be forced to revise its budget, or face a fine, if the European Commission turn down its appeal for special dispensation.

The likelihood that the European Commission will reject France's budget was described as an "atomic bomb" hanging over France's economy by French newspaper Le Figaro. A rejection would throw the government into further turmoil, potentially undermining even further what remains of public confidence in Francois Hollande and casting fresh doubt over the future of French economic recovery.

Is poor marketing to blame for ailing Samsung?

James Pascoe
BUSINESS REPORTER

It remains early days, but analysts predict a storm may be brewing at Samsung Electronics. The South Korean chaebol technology giants reported a 60 per cent fall in quarterly profits last week, amid concerns that cheaper, and ever-improving, competitors are gaining ground in the lucrative smartphone market. Reception for its flagship Galaxy S5 phone has been lukewarm at best, and in China, the world's biggest smartphone market, Samsung fell to second place in total handset sales for the first time, behind previously lesser-spotted Chinese company Xiaomi.

Company spokesmen blamed the fall in profits on "marketing expenses related to aggressive promotions." Perhaps herein the problem lies—marketing has never been the Korean company's strong suit. One recent online advertising campaign sought to mock arch-rivals Apple. The joke, however, was very

firmly on Samsung, after Apple announced impressive sales of ten million new iPhone 6 units within three days of general sale, dwarfing that of the Galaxy S5 when it launched in April.

Some commentators interpreted the figures as indicative of Samsung now entering the same cycle of decline as previous market leaders Ericsson, Motorola and Blackberry. That may be premature, but it is clear is that something has to be done to stop the rot.

Samsung has form in poorly-received marketing campaigns. Last year, a promotional video featuring what some observers called "possibly the world's worst actors" had to be pulled from YouTube after it became a laughing stock across social media.

If a marketing rethink isn't on Samsung's agenda, then one route out of the woods that Samsung seem to be pursuing is streamlining. Similar to HP's decision to spin-off its PC and printer arm this month, it seems Samsung has decided to shift its gaze away from the Euro-



WIKIMEDIA

Samsung has been fairing badly in recent times with its rival Apple taking over the market

pean laptop market, where it trails Apple's MacBook range, and now the likes of Lenovo, by a significant margin. Whilst Samsung has always been renowned for its product diversity, spanning televisions and white goods, fighting a war on so many fronts is becoming

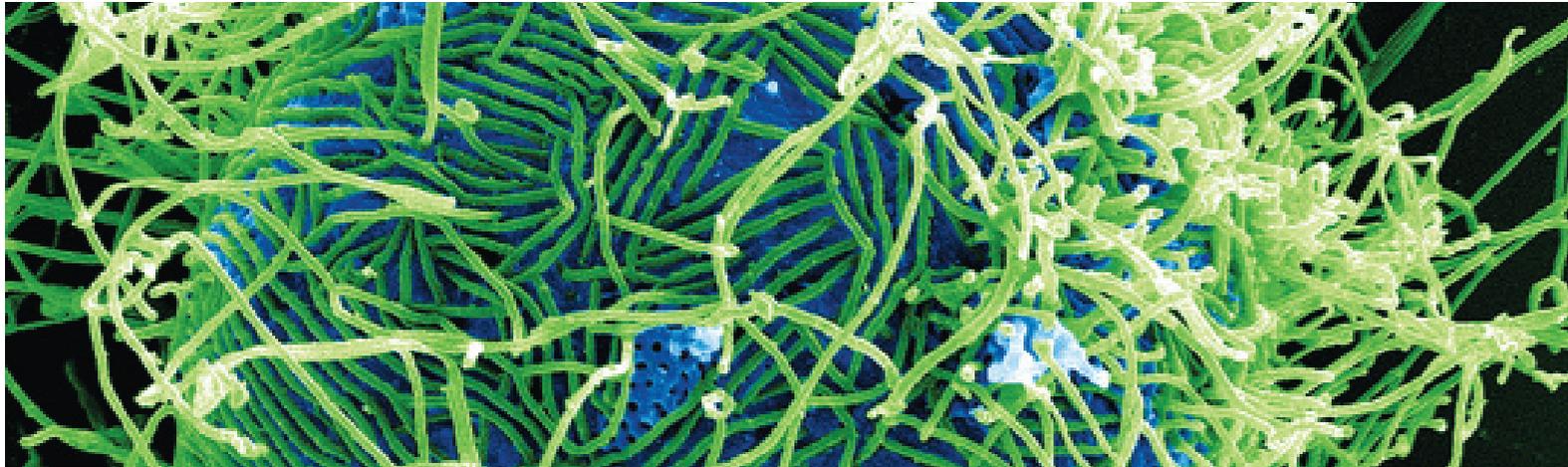
an increasingly tall order, and it is no wonder that Samsung executives have taken the decision to channel their energies into fewer products. Now, perhaps channelling energy into some more effective marketing campaigns would help too.



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Science

Ebola: where the fear should lie



A false-colour electron micrograph of Ebola virus particles (green) attached to and budding from an infected cell (blue) at 25,000x magnification

Peter Smith
SCIENCE REPORTER

If you type the word 'Ebola' into Google and read the list of news articles released in the past 24 hours, you might just think that you are going to die.

Over the past few weeks, the news has been saturated with the outbreak of Ebola. It's more than likely that any one person has been confronted by a headline that spells 'Ebola Could Kill Us All'.

Alarming for hypochondriacs, the first symptom of Ebola Virus Disease might even be a case of the hiccups, before progressing into something very grave indeed: massive internal bleeding, known as hemorrhagic fever, which only 10 per cent survive. This has torn communities of West Africa apart, with over 4500 lives lost.

The news of the death of US

citizen Thomas Duncan at the start of October has been met with an explosion of Ebola-related headlines. Suddenly we are being told that Heathrow airport is screening flight arrivals, and the UK Health Secretary Jeremy Hunt expects 10 per cent of Ebola by Christmas.

Even the word 'Ebola' evokes powerful connotations in the mind that grab the most sensitive of heartstrings. The virus is a monster that lurks in the dark, ready to devour you internally and leave a bloody, isolated and undignified exit from the world.

With a knot in our stomachs, we ask: "Is Ebola here?" Or is this mere sensationalism at work?

The comparisons between affected communities such as those of Liberia, with Dallas or London, are quite frankly irresponsible. Liberia, post civil war, simply cannot

deal with Ebola. With its stretched resources battling other parasitic diseases like Malaria and Lassa Fever, and only 51 doctors catering a population of 4.2 million people, the situation is incomparable.

Ebola is deadly and kills 70 per cent of those infected, but it is not very contagious and should easily be contained. With the infected so obviously symptomatic, it is hard to imagine anyone in the UK passing on the virus without making national headlines.

Sensationalism in the media has the potential for gross harm. It has cost a reemergence of measles, by leading people to believe that the MMR vaccine would leave their children autistic. It has influenced the stigmatization of gay men, who were supposedly responsible for the AIDS epidemic.

Once again, we are being led to

face the wrong direction.

Seeing 'Ebola' trending on Facebook and Twitter for the reason that the world might be facing a biological apocalypse is disheartening to see, because it's a waste of social media's energy. This summer, we witnessed the power of social media on a charitable stage, where mass awareness over the debilitating effects of Lou Gehrig's disease raised over \$100 million.

Money needs to be raised to slow down a crisis in Western Africa that is constantly gaining speed, and so we need to channel our anxiety into fundraising towards the medical staff and supplies that are so desperately needed in areas of poor health infrastructure.

Ebola truly is the monster of a living nightmare portrayed by the media, but is it lying under our bed?

The Latest In Science

Sam Wainwright
SCIENCE EDITOR

Since the last edition of Nouse, the continued outbreak of Ebola in West Africa has dominated headlines, with the occasional mention of the Nobel prizes (why exactly are blue LEDs worth a Nobel?), and not much room for anything else. Here's a collection of stories that I really liked this week which you might have missed.

Sarah Brown-Schmidt and Sid Horton failed to replicate their previous findings, and published a paper this week saying so. This doesn't sound like big news, but it's impressive in an environment where researchers are constantly competing for grants. A bit closer to home for those of you living in halls this year is the finding that students who live in accommodation with shared toilets make more friends.

Matthew Easterbrook and Vivian Vignoles' study of 462 students from 13 halls of residence, and found that students living in buildings with "a shared common area and an absence of ensuite toilets" made stronger, long-lasting friendships. Good news if you're in James N-block or the hideous Derwent buildings with those wierd kitchen-corridors.

And finally, my favourite headline this week: The Verge reported that "More than one in three wild boar in Germany are too radioactive to eat".

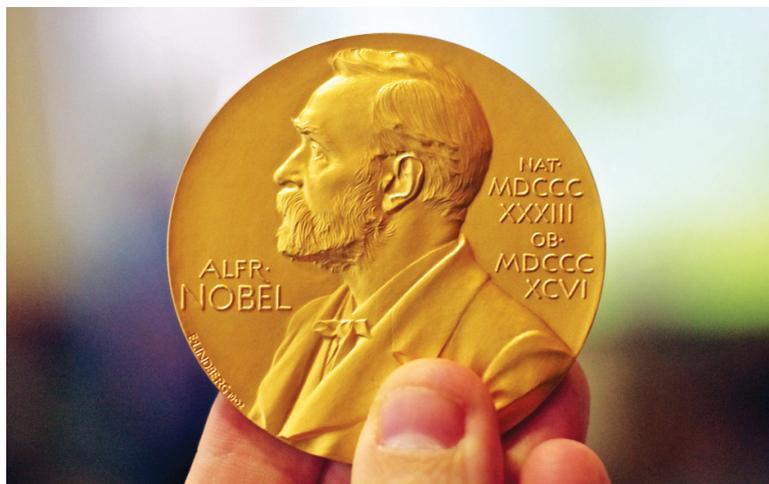
By way of explanation, wind and rain has carried radiation the 700 miles from Chernobyl to Saxony. Boar become contaminated because of their mushroom-heavy diet: some fungi absorb radioactive Cesium 137 from the ground.

2014 Nobel Prizes announced

Faye John
SCIENCE REPORTER

With the recipients of the 2014 Nobel Prizes being announced over the last couple of weeks, here is an overview of this year's winners in the science categories, and the important discoveries they have made.

The 2014 Nobel Prize announcements kicked off on Monday 6th October with the prize for Physiology or Medicine. The prize was split between UK based researcher John O'Keefe and Norwegian married couple May-Britt and Edvard Moser, whose research uncovered the GPS system in the brain. O'Keefe first came upon this idea in the 70s, after discovering a type of nerve cell that was always activated in a rat's brain when it was in a specific place in a room. The Mosers, who met in O'Keefe's lab in the 90s, went on to discover another type of cell which generates a co-ordinate system for path finding. Together, these 'place cells' and 'grid cells' form the brain's inner GPS system, which is how we



Nobel Prizes were established by Swedish inventor Alfred Nobel in 1895

know where we are and how to get to other places. These findings may help in our understanding of Alzheimer's and the spatial memory loss that comes with it.

The Nobel Prize in Chemistry was awarded to three researchers whose combined efforts have led to the development of a new type of high-resolution fluorescence microscopy. In the year 1994, Hell developed Stimulated Emission De-

pletion microscopy. This uses two laser beams: one to stimulate fluorescent molecules to glow, and another to cancel out all other fluorescence outside of a nanometre sized area. Betzig and Moerner worked separately on single-molecule microscopy, which involves turning the fluorescence of individual molecules on and off. They take an image of the same area many times, with just a few molecules glowing

each time, and superimpose all the images together to form a super-image to show the structure of a single molecule. Together, these discoveries have created a microscope with a higher resolution than previously thought possible.

The Nobel Prize in physics went to the inventors of blue light emitting diodes (LEDs). Red LEDs became available in the 60s, shortly followed by green LEDs, and blue LEDs were the final piece of the puzzle for creating white light from LEDs, but researchers struggled to develop a material that could emit short enough wavelengths to create blue light. In 1986, Akasaki and Amano grew gallium nitride, which they thought would be able to produce blue light, on a sapphire coated with aluminium nitride. Nakamura discovered how positive holes, which are needed for LEDs to work, could be introduced to layers of gallium nitride. Thanks to these Nobel laureates, LED lights are now available as a low-energy and environmentally friendly light source, replacing traditional light bulbs across the world.

Half a Pint of Science

Sam Wainwright
SCIENCE EDITOR

Science has a terrible image of being an old man writing in an unintelligible scrawl of Greek letters, making little to no sense to the masses and this shouldn't be the case.

Pint of Science is a nationally recognised event, getting people involved with science by bringing it to the pub.

Half a Pint of Science intends to be the 'younger brother' to Pint of Science. Where Pint takes place over the summer exam period, half a pint will be for all those who could not be there but with the same ethos. Three lectures a night will run simultaneously in either the Courtyard, Glasshouse or the Lounge on the 20th, 21st, 24th and 25th of October at 7:30pm.

It's free entry and drinks deals apply - the lecturers have pints given to them too, so it promises to be

Lose weight, not your mind

Emily Hoyland
SCIENCE REPORTER

Subjecting our bodies to strange things in the name of vanity is commonplace in university life. One example that almost everyone has at least contemplated is *The Diet*. Beginning mid-20th Century with the sexual revolution, women wanted to be seen not as housekeepers and mothers but as sexual beings, showing off their skin, and their skin pulled over a taut and slim frame.

Only more recently have gentlemen dipped their toes in the murky weight-loss world, with the rise of the 'metrosexual male' and a raised awareness of increasing worldwide obesity.

Whether the above are causal or just a correlation is meaningless: people diet. So here are the biological consequences of diets upon your whole body, not just your waistline.

Low calorie diets such as The Cabbage Soup Diet consist of eating two low-calorie and one 'normal' meal per day. This fits with what most people with common sense would advise; the key to weight loss is 'eat less and do more'. Fewer calories equals less energy stored as fat. The only real issue with this is that people get bored and so it's not usually very successful in the long term.

Low carbohydrate, high protein diets such as the Atkins cut out carbohydrates to force the body into metabolizing stored fat, instead of the glucose which is released in carb-y foods.

Dr. Atkins recommends eating only pure protein for two weeks. Analyses show that weight loss is very high during these two weeks. This change in metabolic processing produces pretty bad breath; reportedly a 'sweet metallic' smell, probably from the release of ketones. Now this, you say, won't have

much affect on your BNOC-level pulling-potential. But studies have conclusively shown that high protein diets significantly lower your sex drive ... is it worth it?

The 5:2 Diet relies upon people eating normally (2000 calories for women and 2500 for men) for 5 days, and eating a quarter of that amount on 2 days of the week. Partial fasting increases the time period it takes to feel hunger, with the end point being a reduction in the amount eaten.

All well and good, but meeting someone who's fasting gives a whole new meaning to the name of "one of the seven dwarves which is rendered Severus in Latin" (if you don't get this reference then shame yourself).

“If it works for you, without lowering your quality of life, then you've got yourself a winner”

on you, embarrassment of a York Student. University Challenge. 13/10/14. 20:00. York vs Corpus Christi Cambridge; it's on iPlayer).

What I'm trying to say is that fasting people are grumpy.

Reducing your food intake will make you lose weight. However, it has been shown that during 'controlled starvation', metabolism slows to ensure that you have enough energy.

An unfortunate consequence is that when the diet is over, and normal eating habits return, weight gain will actually be faster than before.

Dieting is personal. The best advice I can give is that if it works for you, without lowering your quality of life, then you've got yourself a winner.



Weight loss is about eating less and doing more, not harmful fad diets

Sonata for two hemispheres

Marie Guglielminetti
SCIENCE REPORTER

Scientists are discovering the unexpected potential of music and the way that it acts on the brain.

When you say something like "I love chocolate cake," what you mean is "I enjoy eating chocolate cake". If an activity makes you feel happy, then dopamine, a major neurotransmitter involved in movement and memory, will be released in the brain. This phenomenon is due a brain mechanism known as the 'reward system'. Researchers from the University of Montreal (2011) found that music activates this mental process. By activating it, it liberates some dopamine.

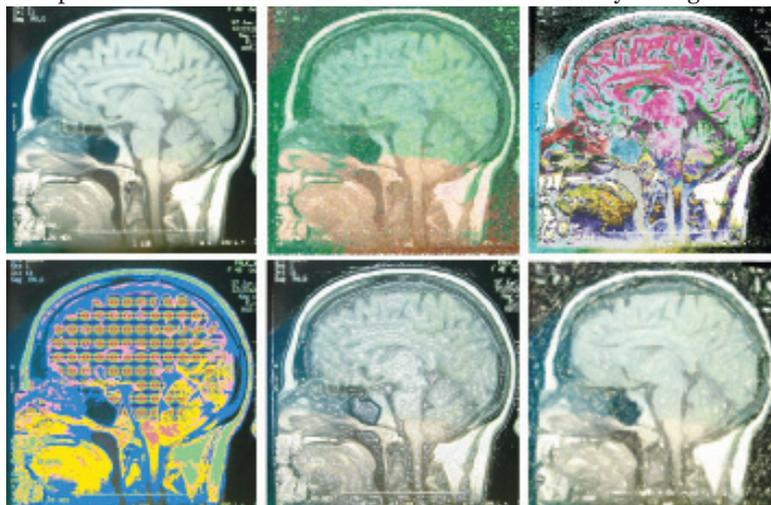
In the neurodegenerative disease Parkinson's disease, patients have difficulty creating fluid movements. The reason lies in the brain; dopamine is lacking in people with Parkinson's disease. Unfortunately,

despite these amazing discoveries, music doesn't stimulate cerebral plasticity enough to cure patients with Parkinson's disease.

More hope is seen in Alzheimer's patients. Studies revealed that patients who often listened to

the same melody managed to learn and remember it few weeks after. Regrettably, music can't bring their memories back, but studies like this show that Alzheimer's still have the capacity to learn.

It is commonly thought that



Music shows that Alzheimer patients still have the capability to learn

Mozart is beneficial to learning in some way. The "Mozart Effect" is the phenomenon of listening to the piece Mozart's Sonata for two pianos in D major would improve our brain ability, especially in epilepsy.

Epilepsy is a brain disease which is caused by an excessive neuronal activity in the brain. A study conducted in Taiwan in 2011 with children having difficulties in controlling seizures found that listening this piece of Mozart once a day before sleeping for six months could highly reduce the number of seizures. In some cases, children were seizure-free at the end of the study.

Music seems to offer wonderful opportunities, but more studies need to be conducted before it can be considered as a real treatment for diseases like Parkinson's, Alzheimer's and epilepsy. For now, at the very least, music is a way to help patients to feel better, and perhaps to bring them some hope.



Anne Jefferson
@highlyanne

This year: 1 of 9 science Nobel Laureates are women. This year is 2014.

17 Oct 2014



Cedar Riener
@criener

If we over-celebrate individual scientists, we risk misleading about collaborative nature of science & historical continuity.

8 Oct 2014



Neil deGrasse Tyson
@neiltyson

Plants get their energy from the Sun. Herbivores from plants. Carnivores from herbivores. In the end, we're all solar powered

7 Oct 2014



Saved You A Click
@savedyouaclick

Yeah. RT @nytimes: Can pets get Ebola?

17 Oct 2014



Anthony Costello
@globalhitwit

Two Ebola vaccines (cAd3) + (rVSV) have 100 per cent efficacy in primates. Ebola out of control. No time for a trial but stepped wedge roll out.

9 Oct 2014



Dr. Tom Frieden
@drfriedencdc

CDC working closely w/Texas hospital & staff around the clock. Intensive efforts underway to train & retrain staff on #Ebola preparedness.

15 Oct 2014



Geoffrey York
@geoffreyyork

future of not just West Africa but perhaps all of Africa is "at stake" in #Ebola epidemic, says World Bank president

9 Oct 2014



Katie Mack
@AstroKatie

If you were standing on the Moon during a #LunarEclipse, you would see every sunrise and every sunset on Earth simultaneously. #gorgeous

8 Oct 2014



Susanne Vickers
@susannevickers

Is it Chem? Phys? Bio?! The more we know the more science becomes a continuous spectrum rather than following classical divisions

8 Oct 2014

Sport

>> Pages 29-31

Match reports from this weekend's College Football fixtures



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Echoes of Glory

Tom Fennelly
SPORTS REPORTER

There are a lot of things on the new Tottenham Hotspur kit that, to the uneducated fan, would go unnoticed.

On this season's lily white home kit, the words 'echo of glory' can be seen woven into the fabric across the shoulders, referencing a famous quote from ex-manager Bill Nicholson.

The words are formed around an intricate pattern that is found on the front gates to White Hart Lane, which is on Bill Nicholson Way.

On the away shirt, the centre of the chest is vertically dissected by eleven yellow lines, with each line representing each of the eleven trophies that were won by Bill Nicholson as a manager.

The 23rd of October will mark ten years since the passing of Bill Nicholson. He was a true club legend, a one-club man who played, scouted, coached and managed at Tottenham Hotspur in a career that spanned 36 years.

At age 18, he signed as a professional player, but the outbreak of the Second World War meant he only played a few games before becoming a sergeant-instructor and training new recruits.

Taking time out during the war may have cost him half his playing career, but it was this experience that gave him the man-management skills that made him the legend that he became.

Bill continued to play until 1951, earning 314 caps playing mostly as a right-back.

He only ever received one call-up to the England squad and is the only player to score for England on his debut and then to never play internationally again.

This was partly due to his dedication to his club – "well, they pay my wages, don't they" – and also to the dominance of England captain Billy Wright, who played in Nicholson's position.

It was his management career that made him the legend that he is today, probably spurred on by a 'victory or nothing' approach instilled in him by the army.

In total, Bill secured three FA Cups, two League Cups, four Community Shields, a league title, a UEFA Cup and a European Cup Winners' Cup.

Nicholson left the club after Spurs lost the 1974 UEFA Cup. Spurs fans rioted after the game in an era when hooliganism was on the rise and football become increasingly commercialised.

He had finally stepped back from what he had fallen in love with as the game that he knew changed out of recognition. Yet it was his aiming high that meant that Tottenham's Glory Days will always have an echo of glory.

FROM THE SIDELINE

NOUSE SPORT COMMENT

IMAGE: TOM BULLEN



Jamie Summers
SPORTS EDITOR

A matter of days before my time as *Nouse* Sports Editor is over, I've finally gotten round to writing a regular comment piece. Much like a rickety Northern Rail train, it's a case of 'better late than never' I guess.

The inspiration was born out of my former co-editor Tom Fennelly's suggestion that I write a column called 'Countyfile'. Whether that's a reference to my delusional support of Stockport County, or whether he thinks I look like young John Craven, I'm not too sure.

The other day, while nervously flitting between the living room and wearing a groove in the kitchen floor with trips to the fridge every five minutes, the TV gave me the news that Wigan Warriors forward Ben Flower has been slapped with a six-month ban for walloping Lance Hoia in last week's Grand Final.

To rub salt into what is probably an already-gaping wound, Wigan lost too. (For southerners: Rugby League is a little bit like Union... but better). It'll go down as one of those 'I was there' moments for the people in the stands.

My good friend and former *Nouse* columnist Rob Culshaw subsequently recounted the time in last year's Grand Final that he patted Flower on the head as he bounded his way through the stands. Thankfully, Rob didn't get twatted on that occasion. It got me thinking though; regardless of our favoured sport, we'll do anything to follow our teams across the country for the memories it creates and the right to take the mick out of a mate that couldn't make it because they were working their afternoon shift at Morrisons.

A win leaves you feeling as high as a kite, or, more appropriately for me at least, a defeat ruins

the weekend. And yet, it's no secret that the cost of following sport – football, in particular – is rising.

The BBC released an excellent report last week that laid bare just how much we're being fleeced to watch football. Here's a little fact for you: the cheapest season ticket at Real Madrid is less expensive than the cheapest one at Altrincham FC, in the Conference National. Make of that what you will – but from experience, I've been to Altrincham, and I'm not planning on making a habit of it.

There's a serious point to be made about the

“You'll find overweight topless blokes with their man-tits swinging side-to-side.”

price of football here, but for once I'll leave that to someone else. It does raise the question though – if it's so bloody expensive, why do we bother?

In a nutshell, it's just something we do. The weekend wouldn't be the same without football (or your alternative sport of choice).

It's like fish & chips at the seaside or having a few too many vodka mixers on Salvo Wednesday – life would be miserable without it. Despite the Sky Sports era, those of us daft committed enough go through the same ritual on football day, usually involving varying amounts of alcohol and train journeys sat next to someone with serious body odour issues.

Each club also has their own unique 'thing'. At Norwich City, it's jumping round to terrible

music when they score. At Newcastle United, you'll find a bunch of overweight topless blokes with their man-tits swinging side-to-side, as they get red in the face shouting 'PARDEW OUT!' You get the idea.

And then there's the terrace chants. It's been a tough decade at Stockport. The fall from Championship to Conference North has been brutal; we couldn't afford a coat, never mind a sodding parachute. The result is gallows humour from the stands, including the fantastic 'We'll win again' – a witty adaptation of Vera Lynn's classic.

My all-time favourite was last season; the club's board was about as popular as a bout of anthrax in a field full of cows. When they released season tickets, they were met with 'you can shove your season tickets up your arse'. I think somebody took it literally. That ended badly.

Suddenly, I've come full-circle back to ticket prices. So, it doesn't matter what your favourite sport is – Football, Rugby League, competitive kitten huffing – regardless of cost, we ultimately turn up in droves anyway, like a bunch of socially-challenged lemmings hopping off the top of a cliff.

I'll finish on a partially serious note. During the last two years, I've met some fantastic people, and some great writers. There's been the four university tournaments, (three of which, true to form, York lost), the weekends sat in a filthy office smelling of stale takeaway, and the getting soaked on 22 Acres every week. My lasting memory will be criticising a Lancaster hockey player at Roses 2014. Her dad happened to be stood behind me; when I turned round, it also turned out to be my fucking landlord. I nearly died.

So, that's that; the end. Thanks *Nouse*, it's been a blast. I might be back with a column next edition (hint), or the new editor might wield the axe. Who knows? The next editor, probably.

Tales From The 22

Beth Jakubowski
DEPUTY EDITOR

What great teams spring to mind when you talk about the end of an era? Is it the Spanish football team who won three consecutive international tournaments? Perhaps it's the England cricket team that reached number one in the world and won three back to back Ashes series? Or maybe it's Dave Brailsford's enigmatic cycling heroes from London 2012 and the Tour de France?

All great teams come to a natural, organic end and as this year's *Nouse* Sport team ride off into the sunset we'd hope we've left behind some sort of legacy that can be looked back on fondly.

Okay, perhaps comparing us to the England cricket team and Iker Casillas' Spain is slightly over stating our importance. Actually, it's like comparing a prized race horse with the old nag that loiters in the field next to campus. But that's probably quite an accurate analogy for our beleaguered sports team. We're always there, you don't really notice us and you can't quite remember how long we've been hanging around.

After two years of stellar work, the majority of the team are moving on to greener pastures (I'll stop the horse analogy now, promise) and we're leaving our precious section in the hands of new and exciting talent.

"It's like comparing a prized race horse with the old nag that loiters in the field next to campus."

Our tenure has seen some amazing highs and some pretty depressing lows, not least spending 12 hours in the office laying up the Roses supplement after spending two nights on dodgy lecture room floors and watching York be roundly beaten by Lancaster.

But amongst those late nights in the office being fuelled by energy drinks and takeaways, there were some sporting highlights that will stick with me long after the taste of stale pizza has faded.

Watching the opening ceremony of Roses 2013 in the Huntington Stadium, reporting on the men's cricket firsts astonishing win during Roses 2014, the College Cup, the insane sports days and Fantasy Football.

All of the stress and the heartache was worth it to be a part of campus sport.

And as I sit in the office being serenaded by James Blunt, I can honestly say I wouldn't trade a moment of it. Well, most of it. The 72 hours without sleep after Roses I could have done without.

So, here's to the old team and here's to the new team. It's one of the best teams to be a part of.

Except perhaps Andrew Strauss' England side.

Good Week, Bad Week

The *Nouse* Sport Team takes a light-hearted look back on the last week's sporting action at York

Good Week

York Women's Football Firsts

Although the men had a tough time of it in BUCS competition this week, it was a superb start to the season for the women's firsts. Their first match was a White Rose derby at home against York St John firsts. The bragging rights are held well and truly in the concrete jungle of this campus for now though, as our girls hammered St John 3-0 on 22 Acres. The goals came courtesy of Kayleigh Peters, Ante Cole and Jess Craig. So, after one game, York are joint-top of the league and our friends on the other side of the city are bottom. That's what we like to see!



York's new Focus Sports

The latest batch of York Sport Union 'Focus Sports' were announced this week. For the 2014-15 season, men's and women's football, futsal, fencing, water polo, lacrosse and men's rugby have been selected to receive perks including matchday physiotherapy, regular meetings with coaches and strength & conditioning training. It's been shown to be effective in the past, so hopefully it'll lead to another great year for sport at York as we look to replicate last season's impressive 38th place finish in BUCS.

York Hockey

York's hockey and badminton sides blew even the most optimistic expectations out of the water this week as their BUCS campaigns off to unbeaten starts. The men's firsts beat Sheffield seconds away, and the seconds and thirds teams picked up impressive home victories. The women's firsts earned an impressive draw, while the seconds and third both won. Not only does it get York off to a great start, but gives UYHC a brilliant platform to build on. Here's hoping that it's a stellar year for all of the York teams. Well played, folks!



The weather

We'll level with you. We were hoping to get to this point, exactly a year on from first complaining about the weather in this very column, and say that it's finally turned out nicely for us. Alas, no: it's still shite. Over the last year, we've put up with torrential rain, frozen seats (and indeed arses), horizontal snow and even gale-force winds. We've decided that the weather just isn't our friend, so we're going to give up. It's futile; we just have to accept that we'll forever be slaves to standing on the touchline and feeling the pain of frostbitten limbs as we awkwardly scribble in rain-soaked notepads.



Men's University Football

It's been a tough start to life for UYAFC as their sides get used to life in higher divisions after promotion last season. The firsts travelled away to Leeds Beckett (Formerly Leeds Met, if you're confused) seconds and succumbed to a narrow 1-0 defeat. However, on home turf, playing on the 22 Acres pitches that they are used to, they'll secure plenty of points. The seconds fell to a very organised Durham seconds team and the thirds lost at home to Teesside thirds. It's early days though, and we'll see them flying up their respected tables again soon!

James College Rugby

The James rugby fellas experienced a problem of a... different kind this week. They couldn't train in their usual slot on 22 Acres because when they got there, they found out that the University Quidditch team, the HogYork Horntails (no, seriously) had already booked the pitch out. The Snitch tells us that the Horntails are gunning for promotion this season, to turn the fledgling owl into a fully-trained Hedwig. As for James rugby; well, we're reliably informed that they eventually found a different pitch to practice on, and they're still battering everyone anyway, so all is well.



Bad Week

Shooting for Glory

As the new BUCS season finally gets underway, netball club vice-captain **Emma Loft** speaks to Lewis Hill about some big changes happening at the club.

Some clubs, for a variety of reasons, just seem set to have big seasons in certain years. Last year, the university's netball club had one of those seasons, as the first team were promoted for the first time in a decade.

This year, the netball club are aiming to replicate this achievement with their other two teams, and are looking for the club as a whole to have a successful season. I spoke to the club's vice-captain, Emma Loft, about all things netball.

After she informed me that she had never seen such a high standard of netball in pre-season, I ask Emma why she thinks that this is the case: "I think that it's the way we have promoted the club on social media. We've re-vamped the image of the club, making it look a lot more professional and serious.

"We really wanted to get people in with a drive to play netball. We uploaded a lot of pictures, showing them what we did in training. The way that the captain [Hollie Dixon] and I wanted to do trials was to really plan it beforehand so that we could turn up on the day and spend all of our time watching the Freshers.

"One major thing that we changed this year was that we had a cut-off point mid-way through the first day. So we looked at everybody on the first day and those who we invited back on the second day trialled with our current girls, who all re-trialled this year."

What is apparent is that Emma and the rest of the netball club's committee really planned to have a strong start to the season.

Part of this planning has seen the club hire a brand new coach to help train their girls, something which I'm sure will only help elevate the performances of all three teams.

The netball club have really taken on a new approach this year, not only by rebranding the club to make it look more attractive to prospective players, but also in overhauling the process of trialling freshers, to ensure that they pick up on the best talent as early as possible.

I next ask Emma what the club's expectations are for the season, she tells me that the coming year will be tough and as a result, the club has to be realistic. "Our goals are so much higher than ever before, but in order to aim high, we have to put in place solid foundations beforehand. That is what we did last term with the new committee, we've been planning over summer what we really want.

"We knew that this year was going to be tough, it's the first year where the current members have had to re-trial for their positions. It meant that some people didn't get what they expected and people were upset about that."

I have to admire the netball club at this point, it's not easy telling friends and team mates who you played with last year that they might not be guaranteed a spot on the team for this year. It's a bold direction for the club to take, but one that will surely pay off. It will allow the netball club to have the best possible talent at their disposal, something that Emma expands on. It's about giving everybody a chance to prove themselves and I think that is why so much talent came in because we weren't looking for who could fill in the gaps.

It was more a case of looking at who is good enough for the team."

Emma then explains to me the system of old and it's clear that the changes the new committee have made are certainly radical, "Once you made the team, that was the team, you became part of UYNC. Like in other sports teams, you could drift in, be a social member, then play. You got to know the girls on your team so well because of the hours that you put in together in training as a team. We needed to take that aspect away and realise that if we want to get a promotion, it has got to be a case of whoever is playing the highest level of netball gets to make the team."

It is clear that this year, the netball teams are being picked on merit, rather than having teams set in stone because everyone on the team is good mates with one another. This approach only backs up the new professional mind-set of the netball club and I'm sure that if the club sticks with it, they will reap the rewards of promotion and beyond.

The club's desire to play a better standard of netball is only reinforced when Emma goes on to tell me about the exciting training opportunities happening at the club at the moment, "We've got the Yorkshire Jets coming in and giving us two sessions this term with a view to making it a more regular fixture. We watch the NSL League quite often before matches and we wanted to have some one-on-one coaching with them to see how they work in person."

I then ask Emma what makes the netball club stand out in comparison to the other clubs here at York, her response is one that I half expected, "Everyone plays netball.

Football and netball seem to be the traditional games that are handed to people when they are younger. It's readily available, you get a ball, you get some posts and you can play.

"Here at York, I think the thing that netball really stands out for, especially this year, is the time and effort that people put in to make this a good club. This year, we tried to do it well in advance during the summer by sourcing sponsorship and getting everybody involved. We had a load of meetings with people and really went the extra mile and thought outside of the box. If you don't ask, you don't get and that has really paid off for us. If we can put lots of effort in now to get money and resources for the club, then we have no reason not to be the best that we can be this year."

There is a rather unfair stereotype that is attached to netball teams, one of being unfriendly and perhaps one that causes outsiders of the sport to view clubs as breeding grounds for cliques.

However, after chatting with Emma it is fair to say that this stereotype is completely unfair. The netball club seem to have a fair approach to selection and are even actively seeking to shake things up and reduce the familiarity of each individual team.

It's clear to me that the netball club is in safe hands. A new approach has seen them increase the standard of talent at the club. Sometimes, clubs need new impetus to keep things moving in the right direction, it seems that the netball club have plenty of impetus to strive for and achieve promotion.

ALL IMAGES: JAMES HOSTFORD



The netball club trained last Friday ahead of their first home fixture of the new BUCS season



Thriller ends in Romans defeat

Constantine Firsts 4

Derwent Thirds 5

Tom Harle
SPORTS REPORTER

DERWENT THIRDS snatched a breathtaking 5-4 win over a Constantine Firsts who came from behind on three separate occasions but miraculously left with nothing to show for their efforts.

The new Heslington East side showed great spirit in only the second competitive game in their short history, following their dogged 2-2 draw against Halifax last week. They were ultimately left to rue individual errors for their loss in this thrilling Revolution Division Two encounter.

Derwent began the game in the ascendancy but they were soon pegged back. After a dramatic first phase in which the ball struck the post and Matt Coathup saw an effort cleared off the line, the ball was recycled to the edge of the area from where Constantine's Jack Cooper clipped a left-footed effort over Peter Bunce in the Derwent goal.

Derwent, as if affronted by this spell of dominance, launched an emphatic riposte. After Tof Odu-solu's jaw-dropping tackle, the ball looped up and Tom Mulligan rose highest to nod in an equaliser.

Benjy Hollis, whose intelligent movement continued to cause Constantine problems, shifted the ball onto his right foot and lashed home a well-struck low shot into the far corner- 2-1.

Although they looked vulnerable at the back, it is a testament to Constantine's character that they weren't fazed by chasing the game.

They probed patiently, with Cooper hooking an effort over and Ben Froughi, who made a real difference after coming on, unable find a finish after skinning his marker.

Constantine got their reward, as Benjy Lloyd stealthily rounded the keeper and kept his head to



ALL IMAGES: JAMES HOSTFORD

Constantine firsts were defeated in their Revolution Division Two match 5-4 against Derwent thirds on 22 Acres

make it 2-2. Alas, shortly before half-time, Dan Braham put Derwent back in front with a well-taken header from Hollis' pinpoint centre.

Constantine threw everything at the second half, pummelling Derwent's back four from all angles.

This softened them up to the degree that Jack Cooper was able to find space between the centre-backs and shinned home his second from distance.

At 3-3 it was anyone's game, and it took a deflected clearance from keeper Jack Collins to present Benjy Hollis with an unmissable chance for Derwent's fourth goal.

This Constantine side do not take no for an answer and Benjy Lloyd recovered his heavy touch to

scoop home and incredible, final equaliser to make it 4-4.

This game twisted and turned but sung its final note when Braham latched onto a loose ball and forced a deflected effort over Collins to Derwent delight.

Constantine deserved at least a draw for their spirit but, in the end, Derwent were more clinical.

Constantine's manager, Jamie Summers declared, "We're devastated to lose that match after such a strong performance. In the second half we came out and gave Derwent one hell of a game, and it's something that the lads can be proud of."

"We were the better side, we looked sharp up front and dominated in the middle of the park. We

were just done by the cruellest of goals.

"These boys will be back next week and they are going to win games in this division, so we're not worried about the tough start we've had. The aim is promotion and we are certainly capable of it."

Constantine:	Derwent:
Collins, Forster, Spring, Aldrett, Barrett, Shove, Deehan, Lloyd, Coathup, Richards, Cooper.	Bunce, Westhead, Lake, Smith, Fraser, Ream, Simpson, Hoff, Mulligan, Braham, Hollis.
Subs: Froughi, Odusola	Subs: Revill, Turner, Woodham

Man of the match: Benjy Hollis

Vanbrugh in smash and grab

Alcuin Firsts 3

Vanbrugh Firsts 4

Rob Middleton
SPORTS REPORTER

A LATE goal from Vanbrugh's captain sealed all three points in another game where Alcuin fell afoul of bad luck.

Pressure paid immediate dividends for Vanbrugh, as Sean Perera caused the Owl's centre back to give away a cheap corner. A poor corner came back to its taker, who whipped in a good cross to find the head of Matthew Potts, whose glancing header was kept out by Richardson. However, his save fell to Connor Brennan who fired a simple finish into an empty Alcuin net to make it 1-0.

An equaliser came, but through a penalty, as McConnell with his back to goal, was brought down by a Vanbrugh defender resulting in a penalty which was coolly dispatched by Fernando.

Upon the restart, the game roared into life, as Vanbrugh skipper Joe Lund was set free down the right-hand side. His pull-back found Troy Cauthers whose mis-hit shot looped over the head of a scrambling Richardson to find Watkins at the back post who grabbed himself a goal.

However, Alcuin gained their second equaliser. The wind got a hold of a floated free kick from Fernando which caused Donnell-Ford to parry the ball, which fell to Houlgate who fired low into the corner to restore parity.

Vanbrugh were soon ahead again, albeit in bizzare fashion. Karl Pickar took a swing at a long ball, missing completely but clearing on the second attempt. However, it became clear that the referee had deemed the ball to have struck Pickar's arm and he awarded a penalty. Lund tucked away the penalty to put Vanbrugh in front once again.

From the bizarre to the sublime, The Owls levelled through Fernando. A throw in was worked from right to left, and fell to the feet of an Alcuin attacker who struck a shot low into the bottom left corner.

Despite all of Alcuin's pressure, it was Vanbrugh who had the final say. Tabas played a long ball into the box, which fell to Lund. With all the time in the world, Lund rounded the keeper and poked the ball home to give his side a crucial win.

A devastated Peter Kennick spoke to *Nouse* saying, "We had good chances to win. The wind played a big factor but I'm not just blaming that, we made our mistakes."

Vanbrugh captain Joe Lund thought the score reflected the game, telling *Nouse*, "We were the better team but we struggled to keep the ball high up."



Ultimate Frisbee

Lewis Hill
SPORTS EDITOR

THE FIRST inter-college One Day Tournament of the year kicked off with ultimate frisbee.

The tournament was played on 22 Acres last Sunday morning with six colleges being represented.

Halifax stole the show, winning the tournament with a total of fifteen points.

James College came a close second with ten points with Vanbrugh finishing in third place, narrowly missing out on second by one point, finishing on a total of nine.

Speaking about the success of the tournament, Mel Turner, College Sport Officer, told *Nouse*, "The

first One Day Tournament is always exciting as it gives us a bit of a taste of what is to come for the whole year.

"Halifax put in a brilliant performance taking wins in all of their matches.

"Saying this, there were some extremely strong performances from all of the sides and it was hard to pick out an obvious winner from the off.

"There were great battles being fought in all of the games with college spirit shining through throughout.

"In light of today, we are thoroughly looking forward to all of the upcoming tournaments, all of the colleges will no doubt be coming back fighting to take the next top spot."

Sport

Hapless Halifax beaten


Derwent Firsts 4

Halifax Firsts 2
Jamie Summers
SPORTS EDITOR

RYAN GWINNETT'S Derwent firsts exacted revenge for two successive College Cup final defeats by beating a notably below-par Halifax firsts by four goals to two at the 3G on Saturday. It was an accomplished and assured performance from Derwent, despite lacking a number of regular first-team players, and they were more than worthy of their victory as four different players got onto the score-sheet. Rob Nicholson, Paul Reynolds, Ryan Gwinnett and Josh Bew all found the net as Derwent collected the win.

It was Derwent that started off by far the better side, a pattern which played out throughout the entirety of the first half. In surprisingly good conditions on a dry pitch, they passed the ball with a characteristic level of fluidity and coherence, and their first chance came when Fresher Reynolds bombed on down the left wing, and threaded in Gwinnett. His ball into the box teed up Josh Bew, but Lewis Keane blocked the shot and cleared the danger.

There was a sense that a Derwent goal was inevitable, and it wasn't long before the losing College Cup finalists opened the scoring. After some excellent build-up and a display of attacking prowess in their forward-play, Ron Nicholson picked up a loose ball, split the Halifax defence almost as though it didn't exist, and unleashed a shot that had Jamie Coleman beaten.

Falling behind seemed to temporarily wake Fax up from the lethargy of the opening minutes, as first Guy Bowden, and then Garo Heath and Charlie Dunning tested Peter Bunce in between the Derwent sticks.

Derwent soon contained the threat though, and doubled their lead with less than 20 minutes gone. A superb centre from Jack Low on the right played in Paul Reynolds, and the left back's brilliant shot looped into the top corner at the far

post. Shouts for handball from Halifax were waved away.

If the first goal had shocked Halifax, then the second brought them to life; Bowden began to carve out chances from deep in central midfield, and Tom Shelbourn had to head away a dangerous ball from a corner. Elliot Testor also began to come into the game more, and Fax eventually grabbed a goal back. Following some good build-up, Garo Heath ghosted in from the left to smash home and reduce the deficit to one.

A great passage of play between Henry Collins, George Waring and Charlie Dunning then almost brought an equaliser, but the Lions were made to rue their missed opportunities. Alex Ingham, introducing himself after coming on for the injured Nicholson, provided a perfect ball for Gwinnett to nick in behind the defence and restore Derwent's two-goal advantage at 3-1 just before half time.

Derwent once again started the second period with intent as Oli Bull cleared a shot from Gwinnett, but the leading side's tiredness progressively began to show and Halifax took full advantage. Less than ten minutes into the second half, it was 3-2 as Waring played in Dunning, whose shot found the back of the net.

Halifax were beginning to grow in confidence as the effects of a pulsating first half took its toll on their opponents; this was Derwent's first match of the season after last week's game against Wentworth firsts was conceded because the Postgrads failed to field a team. Dunning was released again just moments later, but a brilliant block from Mark Askham – who had a fantastic game at right back – averted any danger.

At the other end, Bew then tested Coleman with a good effort from a free kick, before a good corner delivery from Gwinnett saw Shelbourn get his header on target.

Halifax pressed again as Heath tested the Derwent defence, while Collins and Testor were combining well. However, the Lions still remained sloppy in possession, and this was costing them the ability to unlock a resolute Derwent backline.

However, as the game progressed, Derwent were becoming increasingly stretched due to inju-



IMAGES: JACK RICHARDSON


Derwent firsts put in an inspired performance to beat Halifax on Saturday

ries and a lack of fitness. They went down to ten men as Nicholson was forced off with injury and they had no remaining subs; with Shelbourn already off injured, Derwent ended the game with virtually no midfield as they had to dig in deep to defend a late wave of Halifax attacks.

However, the points were secured in the dying moments as Gwinnett set up Bew on the counter-attack, and the frontman's shot bounded in off the keeper to make it 4-2. It was a very strong performance from Derwent, who came out of the stalls and set themselves up for a good victory early on. Credit must also go to Halifax for getting themselves back into the game twice after a tough first half. However, Derwent defended well and closed out the game well when they found themselves under the cosh.

After the match, pleased Derwent captain Ryan Gwinnett told

Nouse, "We had to dig deep today on this pitch. I'm really pleased with the shift we put in because we showed a lot of character. We had about eight first-team players missing today, so we called up a lot of the seconds players. I think I'll be calling on them again.

"Fitness is something we need, but Halifax are one of the sternest tests of the season for us and we came through with a win. We also gelled as a team, so I'm pleased."

Derwent:	Halifax:
Bunce, Askham, Shelbourn, Bell, Reynolds, Whittall, Ntephe, Low, Gwinnett, Nicholson, Bew.	Coleman, Goldthorpe, Birtles, Bull, Keane, Bowden, Collins, Testor, Dunning, Heath, Waring.
Subs: Ingham.	Subs: Knifton-Smith, Gizardes.

Man of the match: Mark Askham

>>Continued from back

financial aid.

The schedule for the Programme has now been confirmed by Brown, with the first workshop being held on Wednesday of Week Six; this will focus on how to develop high-performance strategies for teams.

There will also be workshops on sports nutrition, diet analysis, training regimes and alcohol in Autumn Term. The issues covered in Spring Term will include dealing with a poor streak of form, managing talented players and rest and recovery methods.

The Summer term will then see an emphasis on dealing with stress.

The development of the Performance Programme comes at a time when York Sport are investing heavily in new sporting infrastructure at the University in an attempt to raise York into the higher echelons of the BUCS national table.

New infrastructure includes the new athletics track and recent construction of the tennis dome and New JLD on the Heslington West campus; and the basketball courts and velodrome on Heslington East.

It has also been confirmed that the Tent at the back of James Sport Centre will undergo refurbishment in a sixth-month project which will commence in the earliest weeks of Summer Term.

A further series of measures have also been announced by the Union following the commencing of the university BUCS leagues last week.

To complement the introduction of the Performance Programme, the number of York Sport Focus Sports has been increased to six this year, and the latest batch of clubs to receive this status have now been finalised for the 2014/15 season.

Men's rugby, lacrosse, water polo, futsal and both men's and women's football will enjoy the benefits of being a Focus Sport, meaning they will receive many of the advantageous features of the Performance Programme listed above.

However, they will also be in receipt of measures including match day physiotherapy, regular meetings with the Union to monitor progress, and dedicated space on the YUSU website.

The Focus Sport Scheme has demonstrated its value in recent years, as demonstrated by the strong showing of Lacrosse in 2013/14.

The Lacrosse Club enjoyed Focus Sport status last year, and it paid dividends for both the club and the University; both the men's and women's firsts teams won their BUCS leagues, securing promotion. They also won their Cup competitions. Speaking about the securing of funding, Cass Brown, York Sport President, told Nouse, "I'm so glad the University have decided to support the funding of this scheme.

"For so long we've been completely reliant on YuFund - it's great to see them showing faith in it and I fully believe that's because of all the hard work that's gone into making it more professional than ever before.

"I'm delighted for this year's Focus sport clubs and the new scholars - I'm sure the scheme will give them the support they need."

Match Stats

Fouls

 Halifax 1sts 5
Derwent 1sts 6

Offsides

 Halifax 1sts 1
Derwent 1sts 3

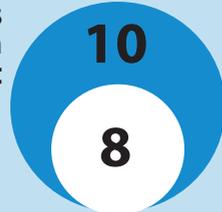
Corners

 Halifax 1sts 5
Derwent 1sts 7

Possession

 Halifax 1sts 57%
Derwent 1sts 43%

Shots

Shots on target


News In Brief

Lamberts to dine with BUCS

University Vice-chancellor, Koen Lamberts, has been invited to dine with Professor Ian Diamond, chair of BUCS. The meeting was facilitated by Cass Brown, who currently serves on the BUCS board of directors. The breakfast will be an opportunity to discuss sporting opportunities for York.

Alumni Mentor Scheme begins

Cass Brown has confirmed that a York Sport Alumni Mentor Scheme will begin this term. Ten places are available for captains of York sport teams, of which seven have already been filled. Each captain taking part will be paired with a York alumnus who had similar experiences of leading a team whilst at the University.

Committee's Annual goals

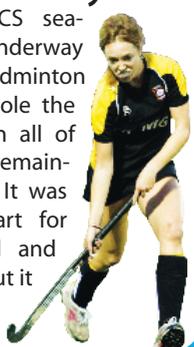
The York Sport Committee has established five goals for this year. These include increasing Committee visibility; improving candidate diversity in York Sport elections, and developing fundraising activities. They also aim to increase attendances at matches and ensure a strong display at Roses.

Athletics track runs late

Nouse Sport understands that the new athletics track has slipped behind schedule. The track is being built on the site of the Old JLD, which was demolished during Summer Term. When the track is completed, it will be open to students and will be shared with the City of York Athletics Club.

BUCS season underway

The new BUCS season got underway this week. Badminton and hockey stole the headlines, with all of their teams remaining unbeaten. It was a tougher start for men's football and men's rugby, but it remains early days yet.



James secure solid win

IMAGE: PETROC TAYLOR



James Firsts put in an efficient display against Goodricke Firsts, beating the Heslington East side 2-0 with goals from Gwyn Davies and Michael Austin

 **James Firsts** 2

 **Goodricke Firsts** 0

Matt Kirkum
SPORTS REPORTER

JAMES BATTLED through the windy conditions to record a second well earned victory in this season's Revolution Premier League.

Both sides acknowledged the blustering wind by exerting a passing rhythm in the opening exchanges.

James, buoyed by their previous win, looked to score an early goal and did so through left winger Michael Austin.

Joe Fox spread the ball out wide to striker Andrew Jopson whose cross found Austin. Austin duly struck the ball from the edge of the area beyond Goodricke keeper Alex Woolley.

Instead of resting on their laurels, James continued to press and went close through Jopson who, cutting in from the left, saw his shot blast over the cross bar.

While Goodricke's defence toiled admirably to prevent further damage, James were looking ever more threatening.

Austin's low driven cross was defended superbly by the impressive Matt Carmichael before Tom Jobling saw his effort drift wide of the post.

Goodricke did have their chances and on one particular venture forward, James Lewis picked out Ben Watkins who couldn't find the net.

It was only a matter of time before James got their second through Gwyn Davies, just before the break. On the edge of the box, the mercurial forward neatly shifted the ball passed a defender before his low drive ensured James went into half-time in the ascendancy.

The second half began with a similar pattern to the first with Jopson and Jobling having early oppor-

tunities to extend James' lead. The closest of which fell to Fox whose glancing header from David Clarkson's free kick inched wide of the post.

Goodricke had, however, managed to find a foothold in the game as they attempted to mount a spirited comeback.

Despite seeing a larger share of possession, James remained a persistent threat. Jopson had a hatful of chances palmed away by keeper Woolley who was in outstanding form.

On occasions, James' defence were prone to lapses in concentration which Goodricke sought to exploit.

James Lewis twice found Luke Sides with defence splitting passes but, on both instances, Sides failed to convert.

The final stages saw a cluster of chances for James go begging with Woolley again denying Jopson from point blank range following a cut-back from winger Clarkson.

James captain Mandeep Sang-

ha admitted that, "It could have been and should have been more given the amount of one on one chances in the second half". Sangha admitted that Goodricke had a, "fair share of possession' but that, "our defence was comfortable they failed to create any notable chances".

Goodricke captain Aaron Sullivan was quick to praise his team's efforts, "The work rate was incredible, we didn't deserve to lose today."

He continued, stating, "We won the second half today, they were the team to beat last season but we pressured them and didn't allow them to pass the ball."

James:	Goodricke:
Little, Sangha, Gill, Elliott, Axford, Clarkson, Fox, Jobling, Austin, Davies, Jopson.	Woolley, Duffin, Carmichael, Anderson, Thomas, Sullivan, Sides, Lewis, Watkins, Denton, Sheldrake.
Subs: Jones.	Subs: Courtney.

Man of the match: Alex Woolley

Classified Football Results

Revolution Premier League:

Derwent 1sts 4-2 Halifax 1sts
James 1sts 2-0 Goodricke 1sts
Langwith 1sts 5-0 Wentworth 1sts
Vanbrugh 1sts 4-3 Alcuin 1sts

Revolution Division One:

Derwent 2nds 6-5 James 2nds
Alcuin 2nds 3-2 Goodricke 2nds
Halifax 2nds F-F Wentworth 2nds
Vanbrugh 2nds 3-2 Langwith 2nds

Revolution Division Two:

Alcuin 3rds 3-3 Langwith 3rds
Derwent 3rds 5-4 Constantine 1sts
James 3rds 6-1 Vanbrugh 3rds
Halifax 3rds 5-0 Goodricke 3rds



Good week, bad week

A light-hearted look back at the University's sporting action from the last week

Autumn Term Week Four
Tuesday 21 October 2014



Nouse Sport

www.nouse.co.uk/sport



College Football action
>> Pages 29-31

University pledges 10K grant

Jamie Summers
Tom Fennelly

IT HAS been announced by Cass Brown, York Sport President, that a funding pledge of £10,000 has been made to the York Sport Union to secure the development of their fledgling Sport Performance Programme. York Sport will initially

make an application to YuFund to secure funding for the Programme, although it has been guaranteed by David Duncan, Registrar of the University, that any funding gap will be subsidised up to the £10,000 figure.

This gives an added layer of security to the new scheme, which is set to come into effect this term with a series of measures to aid the sport-

ing development of the University's sports clubs and a number of scholars.

Under the Programme, which is ran in conjunction with York Sport - the company which operates the University's sports facilities - high-performing clubs will now receive support ranging from strength and conditioning training

to a series of sports science workshops. Participating clubs will also receive discounted physiotherapy and massage sessions, as well as dedicated support from specifically trained coaches.

Meanwhile, the fifteen York Sport scholars, who were recently chosen by the York Sport Committee, will receive free gym member-

ship and financial aid as part of the funding pledge.

Nouse Sport understands that scholars will be split into 'Black' and 'Gold' tiers - named after the University's sporting colours - and will receive varying degrees of

Continued on page 30

Shooting for Glory

Netball Club vice-captain Emma Loft talks to Lewis Hill about changes at the club this year **p.28**



Life on the Terraces

Jamie Summers writes his final comment as Sports Editor on the quirks of the match day experience **p. 26**



21.10.14

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