

TERM

Tarporley High School and Sixth Form College

December Issue 2018

FASHION

FOOTBALL

FRESHERS!

LET'S TALK ABOUT...

MENTAL HEALTH

GIG ECONOMY

SOCIAL MEDIA



CHRISTMAS DAY... IS IT THE BEST DAY?



Two thousand and eighteen years ago, some fella (a God to many) was born in a stable, and now people eat turkey and spend an uncertain amount of money on food and presents for distant relatives you only see once in a blue moon.

So, how does this become 'the best day of the year'?

Well, when you think about it, that statement makes perfect sense, because what does everyone get on Christmas day?

Christmas Dinner. And lots of it actually, lots of different types, lots of different courses, lots of different tastes and flavours. We'll start with the Turkey, stuffed with only the best stuffing (probably from Waitrose, since it's Christmas and all) then you hit the veg. A few carrots, some broccoli splashed in there for colour, asparagus is a must. Maybe some sprouts if you're that way inclined, but then again I bet you put your milk in before your cereal, don't you? Psychopath. Y'know, a recent study showed that 110% of people who put their milk in before cereal turn into cereal killers?

So, after you've got past the hard part, you pile some roasties onto your plate, followed by everyone's favourite: pigs in blankets. A humble food, like the Hufflepuff of Christmas Day. But we never make pigs in blankets outside of Christmas Dinner, and that's to keep their speciality alive. It's like winning the lottery must get pretty boring if you did it every day.

Now this next bit is the combined section. You've forgotten your parsnips. There's only 3 left. You've seen your balding and slightly 'big boned' uncle eyeing them up from across the table. Unfortunately for him, his big bones ain't helping here, you swipe the parsnips and a cheeky two

fingered salute gets fired his way.

But wait. Now you see your sister taking aim on the gravy. She's already making moves on the gravy boat. This can't happen. It's not a Christmas Dinner without gravy. She's been around 2 years longer than you, that means she can do without gravy just one time, right? Numbers start flying around your head. A plan forms. It's a weak ruse but you're confident you can fool her, you know her weakness.

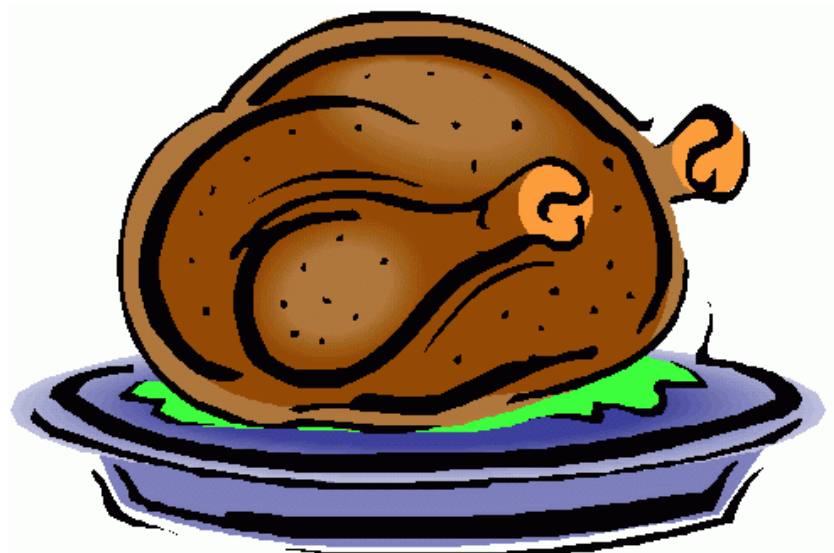
Uni students all have two weaknesses:

1) Money – not gonna cut it here pal, she just got her bursary.

2) Free Alcohol – Bingo

"Is that Vodka on the window ledge?"

It works. Her head spins faster than an owl when they do that weird thing with their heads. She quickly realises what you've done and swivels her beady eyes back to the table, expecting to see her pot of gravy perched in front of her. It's gone. Worse, it's empty. She looks around the room. Your smug face looks her right in the eyes. You see her cheeks run red with anger. Success.



"It's a shame this only happens once a year, isn't it?"

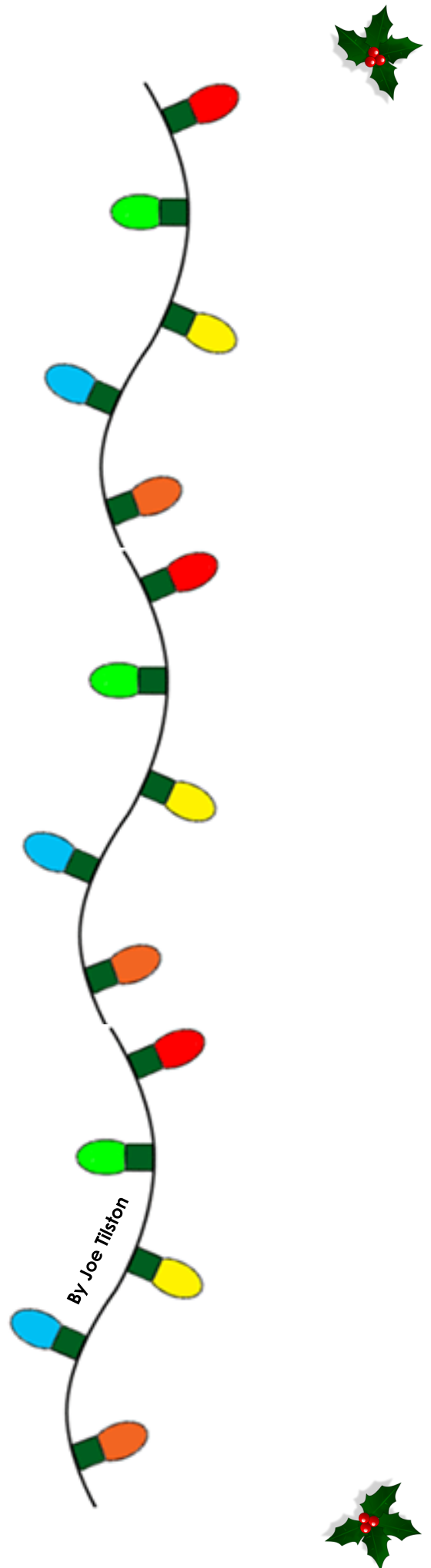
Following a silent conflict at the table, you all move into the living room to sit down and watch a movie with a cuppa, as every typical British family does on Christmas Day. It's going dark outside and the log burner's providing a toasty ambience. Then you start sweating. You look around at your family, they too are uncomfortably hot. All eyes turn to your grandad, who's fallen asleep in his recliner after bumping up the thermostat. It's now 35 degrees in the living room and everybody moves to separate rooms in order to cool down. Nice one, Grandad.

Guess you've got some time to check your phone and see what your mates are up to. Not surprisingly, they're all complaining of having 'food babies' and there's always one that makes the 'at least you don't actually have a baby' joke to which no one laughs because, secretly, you're all scared of adulthood responsibilities. Don't worry that's a trait shared by many but loved by none. We're all in the same boat here.

Someone suggests going out in the snow, but no one answers. You assess it and you know you're gonna need heavy lift gear if you're going anywhere other than your bedroom today. Eventually someone breaks the bad news to the hopeful snow-angel-maker "sorry pal, maybe tomorrow" but you all know you're going to be just as bad tomorrow as well...

So with your Christmas Day battles won and your hunger more than taken care of, you return to your bedroom, and reflect on your victories. Your sister has demanded that £20 she gave you as a gift back, claiming she needs it for petrol. It's unfortunate she still lives at home and has no need to drive anywhere, isn't it? She storms out, knowing you've won for the second time that day. 2-0 to the home side. Your 'big boned' uncle still hasn't forgiven you and insists he'll get you back, you're convinced by some quite obvious physical factor however, that whatever he tries, you can probably move quick enough to avoid it.

That just about wraps up your Christmas day. You tumble into bed, worn out by your arduous battles with food and family members. It's a shame this only happens once a year isn't it?



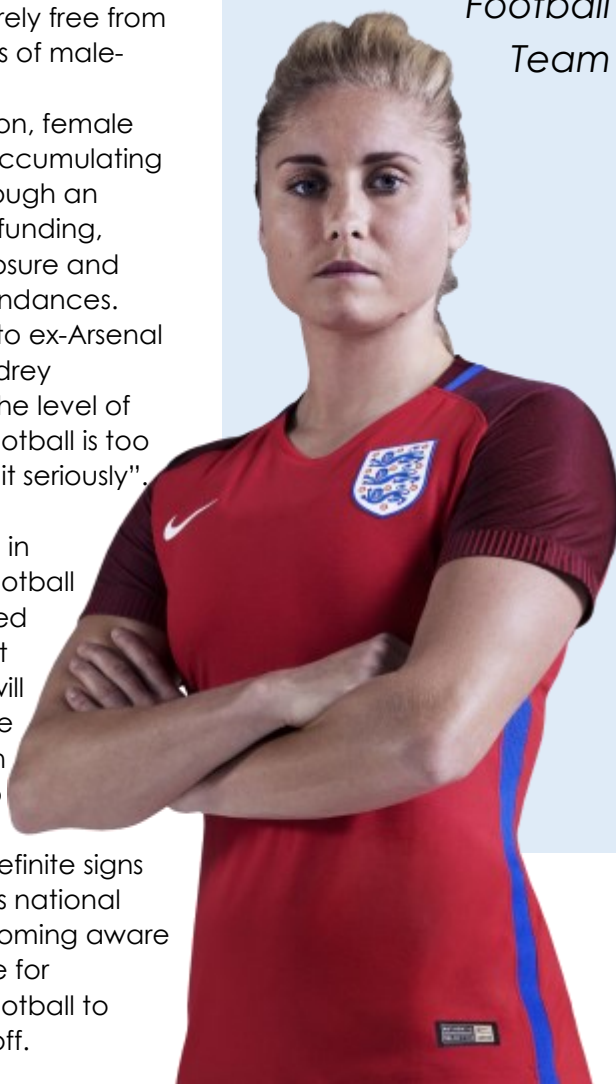
FOOTBALL IS A MAN'S GAME... STILL?

Striking out at the long held masculine ideals of the past, feminine football fanatics are rising up to tackle the patriarchal dominance of the 'Beautiful Game'. Even though women are not yet entirely free from the shackles of male-dominated discrimination, female football is accumulating support through an increase in funding, media exposure and match attendances. According to ex-Arsenal legend Andrey Arshavin, "the level of women's football is too low to take it seriously". But... with investments in women's football having tripled over the last five years, will this continue to be true in the years to come?

There are definite signs that Britain's national sport is becoming aware that it's time for women's football to finally kick-off.

Over the last few years, the Lionesses (England's women's football team) have performed at new heights, with support and national interest.

Steph Houghton -
*Captain of Women's
England
Football
Team*



The women's game has risen to new levels. 2015 was the year we saw England bringing home a bronze medal in the FIFA World Cup in Canada, encouraging a surge in participation to make football the most popular women's team sport in the UK. Last season, almost 2.5 million players took part in organised football in the UK. Considering that this number was less than 500,000 only 20 years ago, it is clear to see the numbers behind Britain's fastest growing participation sport.

In 2018, the final of the women's FA Cup was held at Wembley Stadium for the 4th consecutive year, attracting a record crowd of 45,423. It's astonishing to think that just 6 years earlier less than 9,000 fans watched the 2012 final – a 500% increase for attendance at the women's showpiece occasion. In a bid to build upon recent successes, the FA are currently investing £50m into the women's game over a 6 year period. Let's support country's ambitious girls in their passion for the game,

By Hannah Whelan

Despite a rapid rise in the number of full-time players, it is no secret that an unjust wage is handed to females who play at the highest levels. The top players participating in the Women's Super League earn up to £35,000 a year. Although this may seem a considerable amount, this pales in comparison to male Premiership players who earn a monstrous average of £676,000 annually. Is that really necessary? The vast disparity between male and female funding results in a lack of quality coaching and facilities, therefore offering significantly less opportunities for girls to develop. Whilst the quality of women's sport is on the rise, men are offered opportunities through training, salaries and media attention that women can only dream of. But why are females paid significantly less? The countless factors to explain this include history, commercial sponsorship and TV funding. While there is still a long way to go, positive views on women's capabilities are being cultivated, resulting in a significant impact on the sport's fund streams.

Where will women's football end up in the future? As society continues to develop acceptance with a view to females participating in the sport, I can assure you that its cultural acceptance can only ascend. If our national team continues to be successful in the future, surely it is only a matter of time before football fully accepts women and truly becomes The People's game it has long claimed to be.

"The level of women's football is too low to take it seriously"

— **Andrey Arshavin**





One Year On

I'll be honest, when I first woke on Friday 17th August my first thought was of how to get to Park Güell and what I would put on my tostada for breakfast. Yet as soon as we stepped out of our hotel, a mere side street from Las Ramblas, I realised something extraordinary was afoot.

The day had not yet opened its eyes over the city but already scores of sorrowful and determined faces lined our way to the metro, deep within the thriving heart of Barcelona: Las Ramblas. Amongst the Catalan flags swaying proudly in the morning breeze, I saw a banner which read 'nunca olvidamos': We never forget. It all came flooding back to me, the memories of a year previous. I was now standing on the very street where the horrific scenes of hysteria from a cold-blooded terrorist attack had occurred. What I'd watched on BBC News now felt very real indeed. Despite this, I did not see a shaken city fearful of the hordes of foreigners enjoying this exquisite location, nor did I ever once feel unsafe within their midst. Instead I felt their joy for living and the limitless passion every Spaniard seems to possess. If anything, the commemorating forest of yellow flowers atop the cobbles conveyed so much light and vitality that I



needed sunglasses. This was one such display of the incredible ability of Catalonians to find the light in dark situations. Barcelona is not free from tension, Catalan is not free from Spain, yet I witnessed the single most impactful show of solidarity towards their fellow countrymen that I am ever likely to see.

Undoubtedly, everyone grieved for the fallen 16 and the 100 injured in the attack but instead of withdrawing the people of Barcelona, along with King Felipe VI, Queen Letizia and Prime Minister Pedro Sanchez, piled out onto the streets to reinforce the idea that 'Barcelona es mucho mas'. This city is much more than the site of an atrocity, this city is much more than the death count of a year previous and above all Barcelona is much more capable of recovering than anyone could have expected. At the location where the van was used in the first attack came to a halt, eight people speaking in the eight languages of the deceased recited the poem



'Devotions upon Emergent Occasions' by John Donne. It was to symbolise that where the terror ended art could begin and that beauty was able to replace the trauma.

Politics inevitably crept into the day as the figurehead of unity, King Felipe VI was amongst the tribute payers in a city fighting for independence. However, both sides acknowledged that what they came together to commemorate was infinitely more important than whether or not the deceased voted to Remain or Leave Spain two months before the attack. That Friday was about showing the resilience of Barcelona and the beauty in carrying on. I feel proud to be able to say I was there the day Catalonians came out onto the street and showed the world Barcelona is going nowhere.

By Olivia Franks

THE HOLOCAUST:

A TRAGIC EVENT TO BE REMEMBERED

On 7th November, in conjunction with Tarporley Sixth Form and The Holocaust Educational Trust's Lessons from Auschwitz programme, I had the life changing opportunity to visit Auschwitz. Together with other North West students, we set off on a chartered aircraft early in the morning and visited the concentration camps, Auschwitz I and Auschwitz-Birkenau.

“a fascinating and powerful experience”

This was an eye opening experience, highlighting how the 6 million who died were not just a number, but were individuals living vital and fulfilling lives. The former dormitories had been altered slightly to showcase items left behind such as shoes, kitchen utensils and hair shaved from their heads. Particularly significant were the sets of keys, highlighting the deceit spread to make people believe they would return to their homes whereas, in reality they were walking towards their final moments.

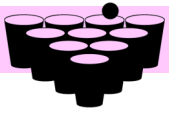
It was a fascinating and powerful experience to see the concentration camps in person, as I had been warned at the LFA workshops that 'hearing is not like seeing', which applies to so much of the Holocaust, as it is so hard to comprehend the horrifying, massive scale of events.

By Amy Fenwick

“what struck me the most was the individual stories of innocence”

Visiting the camps certainly conveys the tragedy of the Holocaust and brings about an awareness of the hundreds of thousands of people remembered there. Personally, what struck me the most was the individual stories of innocence, such as mothers standing with their families whilst their children argued over which line to stand in. Tragic and distressingly naïve. This led me to really understand the massive impact the Holocaust has, not just at that time, but still today. We must learn from our past to better our future.





So who survived Freshers Week?

**Last year's Year 13 students share
their University experiences so far**

Tom Evans

At Leeds Beckett University

Studying Sport and Business Management

The course links both my A-level Business with A-level PE, therefore it's been a good choice. However I can't lie it's been a struggle sometimes to get to ALL of my 9 am's! The life is unbelievable and I love being independent so much, however, I do feel guilty that all I'm spending my loan on is food and beer... I got into the university 2nd football team and we play every week which is without a doubt the best part of uni life for me. However I have been made (as a fresher) to do some things that I can't put in this email ... but I've discovered I have a natural talent for singing "Hey There Delilah..."

After my parents dropped me off - I lay on my bed, took my socks off and threw them on the floor. It was the next 10 seconds later when I realised that my mum wasn't there anymore to pick up after me ... Harsh reality :)



Andrew Wedge

At Leeds Beckett University

Studying Media



In the run up to starting university, I began to feel both nervous and excited. Moving to Leeds, meeting new people and having to do all my own washing was quite a daunting prospect. But having been living in Leeds for over a month now, I'm absolutely loving it and all those worries are gone. Everybody is in the same boat so making new friends was simple and I've met some great people that I've already created some lifelong memories with, especially during freshers week. Freshers week turned out to be one of the best weeks I've ever had and it certainly helped break the ice with my flatmates. In terms of my course, settling in was easy thanks to the help from the tutors and various social events that helped me get to know some of my course mates. Sophie Hemingborough is here too and we meet up sometimes which is fun. I now realise that there is no need to worry about university, even the washing isn't that hard!



Tegan Berry

At University of Birmingham

Studying Biomedical Science



Uni life so far has pretty much exactly lived up to all the stereotypes and my expectations. Freshers week was as crazy as you made it and, considering I'm living in a flat with two medics, I wasn't the only one who didn't go out every single night! Lectures are very different to lessons- a lot less interaction but the anonymity has made it very easy for a member of my tutorial group to fall asleep on my shoulder whenever he's getting bored- so I suppose that's a positive.

Birmingham as a city is about as far from Chester as you could get; very multicultural for one, and ridiculously huge. I'm not sure I'll ever get tired of exploring it all, even if it's very tempting to stay in New Street and do all my shopping in the Bull Ring. I'm proud of how healthy my meals are (though they do currently have a Ben and Jerry's offer on so I'll probably succumb to that!) but doing laundry here is an absolute nightmare. The laundry app you have to use has a 1 star rating, for a reason, and there's only ten washing machines between everyone in the whole of my accommodation area, so if you're a minute late to picking up your washing it'll have been chucked out onto the floor. The only way to keep your clothes safe is to stay in the laundrette till it's finished; which on a very tenuous plus side is at least a good place to get some work done.

I have met so many people from so many different backgrounds; just the cultural kick I needed, I'm excited to come home in a few weeks which will be for the first time since I left, but I've been too busy to miss it much!



Rob Thorp

At University of York

Studying Linguistics

Starting Uni seems a scary prospect, but when you first arrive and see everyone else waiting to join, you soon realise everyone is in the same position and making friends becomes easier than you think. Living with complete strangers for at least a year sounds daunting but whether you've connected via Facebook beforehand or not, you come to see that these people have been worried about the same things you have and that none of you are alone in feeling anxious.

To throw yourself into Uni life you first have to face freshers, a week that is a whirlwind of introductions and trying to get familiar with the place you'll be calling home for the next three years (at least).

York as a place and a Uni, is so much better than I first expected. I'd visited the city when I was younger and had attended the open and applicant days; the city has many similarities to Chester, which at times can be a comfort, and my course has proved more enjoyable than I anticipated, even if no one has ever heard of it!

In the end, I didn't need to worry nearly half as much as I did before Uni and while everyone obviously worries, my course turned out to be more interesting than I'd thought. I've made great friends here already but still stay in regular contact with my old Tarporley mates!



Krista Harris

At University of Salford

Studying Media and Journalism

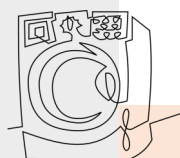
So far university life has been a whirlwind, it's gone so fast and I already feel like I've lived here for a year, but in a good way!

At first I was really nervous about leaving home and fending for myself! But me and Sami are sharing an apartment in Media City which is where our campus is, right next to the BBC and ITV, so obviously it was easy for us to settle in together quickly, at first it felt like we were on holiday together going out and staying in our new home during freshers week!

Media City is a great location to be studying Journalism, we even have lecturers who still work at the BBC and ITV! The course is so much fun but also very full on, especially whilst trying to have a magazine job on the side and juggle the washing, cleaning and cooking our own tea, feel very much like an adult even though I definitely am not one!

Despite the cooking and cleaning uni life is exciting and it's been so nice making new friends and meeting new people from all over the country - away from the bubble of Tarporley, not that I don't miss that!

MediaCityUK



Angus Crayston

At University of Leeds

Studying Economics

University at Leeds has been amazing so far. Freshers was a great experience and a chance to make friends straight away, although don't feel pressured to act as someone you're not. The only down side was you suddenly realise at the end of the week, you've got no clothes left and it's time to negotiate the laundry room! Aside from the party lifestyle, my course at Leeds has been everything I hoped for and support is available wherever needed. What appears a daunting transition is actually something you should thoroughly look forward to. I play for the University team and we recently beat Leeds Beckett 5-4 on penalties! (A local Derby!) Good luck to all of you in your exams, start to practise your cooking and choose Leeds!



Josh Dos Santos

At University of Leeds

Studying Business Management

University at Leeds has been a great experience so far! It began on a high note with an eventful Freshers week which allowed me to socialise, make friends and enjoy a few drinks (not too many of course!). Leeds city itself is really vibrant and is a great place to stay due to the vast amount of events, places to eat and of course the occasional window shopping. My course so far seems to be everything I hoped for, however, the biggest obstacle of my university life so far must be THE LAUNDRY - from the battle for limited washing machines to the tedious process of actually cleaning the colours and whites separately! Recently things have been getting exciting in the kitchen as I have been experimenting beyond the threshold of beans on toast, cereal and a flavourless pasta. Good luck to all of you - maybe I'll see you here next year!

Charlie McMillan

At University of Sheffield

Studying Biomedical Science

I live in hall and there are nine people in my flat, we all get on really well. My room has an en suite and we have a shared kitchen. This works well as we each have a cupboard and a fridge shelf – no-one has stolen my food yet! I tend to live on pasta and stir fries because they are easy, reasonably healthy and cheap!


There is a bar and a free gym opposite us and my halls are a twenty minute walk away from the main campus. The student union is there too, but we mostly go to Sheffield City Centre at night. There is a massive community of students in Sheffield so it has been easy to make friends and settle in. Freshers week was brilliant – we were out all the time and pretty exhausted by the end of it. I'm massively enjoying my course and it's been great to discover a new city and make friends from all over the country. I've met up with old Tarporley friends at Sheffield Hallam and play football for my course team....I've only been home once and placed an order for a home cooked roast dinner!



Alex Schofield

At Liverpool John Moore's University

Studying Construction Management

I've met so many good mates, already. Initially, getting your head around the structure of uni and the way assignments work is difficult but you soon get used to it. I've actually cooked loads of different dinners - as a big food lover myself! It's good fun to cook with your mates and take it in turns on different nights. I genuinely love Liverpool, the city centre is actually really small so it's easy and safe to navigate, whether that's at 7am after a night out or leaving uni at 4/5pm! Also, there are too many events/club nights to choose from! The Scousers are very welcoming, they consider Chester as local, and POSH! :) 



Will Pape

At University of Newcastle

Studying Mathematics

Since moving to Newcastle, I have met many new people and made many new friends. Freshers week was the first week with many social events in the evenings and daytime activities (when we weren't in lectures). It really allowed everyone to meet and greet, get to know each other really well, and get drunk... a lot. Newcastle University is brilliant. I'm thoroughly enjoying my course and I've also joined several clubs and societies. Living in the centre of Newcastle has been excellent with everything you may need in walking distance (quite different to living near Tarporley). Also, you always have a great night out with good music and most importantly cheap drinks!

Emma Peake

At University of Bath

Studying Economics

So far, University has been amazing and freshers week was as good as people say it is! The course can be hard but overall not too big of a jump from A levels, however the change in teaching to lectures took some getting used to. As for cooking I have struggled to not burn everything and if in doubt baked beans has been a regular! I have enjoyed cooking for myself though, although a homemade meal from mum has also been missed. Moving out has been easier than expected as everyone's in the same boat so making new friends is as easy as it could be and I've met some great people. I would definitely recommend going to University, so far it has been great fun!

David Joyce

At University of Essex

Studying Business Management

My course involves modules such as economics, accounting and marketing. The Uni is located in Colchester which is a city similar to Chester and is good for nights out, however the campus also has a few bars and a couple of clubs which is convenient as this is only a couple of minutes from my accommodation. Being only a short train journey from London, this is also a good place to meet with other Tarporley students and provides a heavy night out! Cooking can be too much effort from time to time however there's always a Domino's nearby. Bars around campus are a good place to meet new people, especially if you find you don't have too much in common with your flat mates. I didn't find leaving home too much of a big deal so settled in well here and overall I am enjoying the uni life.

Erin Metcalf

At University of Birmingham

Studying Political Science with Philosophy

My time here, although only a few months in, has just been the best experience. Committing myself to a course I had never studied was always a worry of mine but fortunately I'm absolutely loving it. Keeping on top of work and trying to balance it will all the nights out (which is eroding my student loan) is something that has to be done and people are there to help you. You do gain so much independence at uni which I think is a great thing. Although I found working the washing machine and having to cope without a dishwasher hard, it does ease you into adulthood (scary!). For freshers I did live off noodles and yoghurts, and a lot of alcohol, but luckily now I'm getting good meals in. In terms of friends, I got put into a flat with a bunch of fab people from all over the UK. I know many people worry about being put into halls but some of my closest friends live 10 metres away from me! It's definitely important to put yourself out there and meet new people by joining societies and attending events. It keeps you occupied too! You do really make friends for life. One of my best friends at uni is actually a boy who sat in front of me on the plane on the way to Ayia Napa from Wolverhampton that I recognised! Such a small world!

Harry Walsh

At Liverpool John Moores University

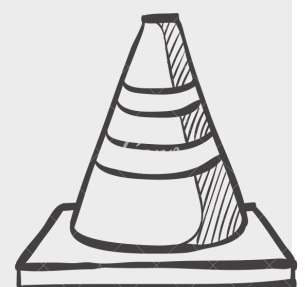
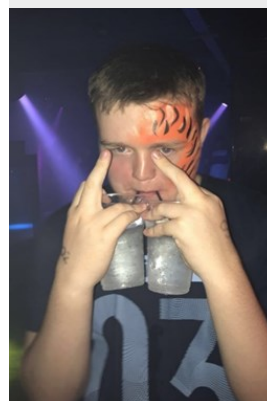
Studying Business

For anyone considering University, DO IT! Although around this point last year me, Mrs Everton and Mr Nuttall were probably all thinking an extra year was going to be the most viable option! Looking back to results day I'm sooooo glad I chose uni because honestly it's class!

Studying at John Moore's was probably the best choice for me because I have family nearby and the best football team is here! I've found the course pretty sound so far which probably means I'm not doing enough work! Making friends has been pretty easy, luckily for me Ollie came here so I've got to know his flat mates better than mine because mine tend to stay in their rooms 24/7 whereas I'm usually out somewhere. Truthfully, I think Freshers week was a little overhyped, but the uni did put on loads of events throughout the day and at night which were great.

Moving out meant I had to start to do everything that my mum had been doing for years: cooking, laundry and shopping. Luckily with it being only Liverpool I can literally be home in 45 minutes. (Washing here is £5.40 a time so I tend to only wash something that is desperately needed otherwise it goes in a bag and I go back home (for mum) to wash it.) Cooking is actually pretty easy when you read the packets and google everything - no joke for 2 weeks straight I lived off chicken and rice just because that was the only thing I could cook. Overall uni has been class, the only thing I miss is the social side of Sixth Form. Being with mates you have literally grown up with to suddenly not seeing them makes you SOMETIMES want to be back there

so enjoy it!



Found in most student houses

Josef Gunn

At Sheffield Hallam University

Studying Product Design

Living away from home is a very daunting task and a very scary process. You're finally an adult, something you've wanted since you were small, and living away from home is your first real taste of freedom. Like many I was very scared about going. Even on the morning when I got into the car to drive to Sheffield, I wasn't 100% sure if this is what I really wanted to do. Fear was freezing my body to the point where I sat there with my ear-phones in listening to anything that was on my playlist - just trying to block out the fact that in two and a half hours I would be starting a whole new life. With none of my closest friends going to Sheff, it was a very daunting time but with all honesty it was the best thing I have done and would recommend it to all.

As a keen sportsman, I decided to join the university rugby team. This was a hard decision, as I had heard rumours about team initiations, and most of all the ruthlessness of rugby union. However, I can whole heartedly say it was the best decision. I have met so many new mates. My tip would be to make sure you stand out in your sporting trials: in my case, 50 freshers turned up to impress and show the seniors what they had. This was a very scary process as I knew what challenge I faced. However, I gave it my all and out of 50, 6 were picked to play amongst the seniors in the first and second team. Fortunately, I was one of them and have been playing in the 2's team ever since. However, this is not so say don't try. There is a very high turnover rate as players get injured and replaced with "fresh" legs so do not just give up

The one and only rule when living in hall is: be confident and talk to people. Don't hide in your room and not talk because this instantly builds walls between you and your flatmates which then become awkward to address and hard to break down. In addition to this, in fresher's week, hold a flat party, invite the other flats around you and be open-minded about meeting the people that are going to be living on your floor.

(And let's be honest, we all know, alcohol is a good way to break the ice!)

So, since birth you've been spoon-fed. This ends very quickly and abruptly at University. BBC Food becomes your new best friend. Student finance comes in and you finally have money - don't blow it all on takeaways and Dominoes because it will soon run out! This is very important as you have to manage your money effectively and spend it wisely.

One tip is to learn how to section and roast a chicken, this is because a whole chicken costs around £4-£5 and you can have a roast, make chicken soup, eat the drumsticks and chicken sandwiches. That's 4/5 meals for 4-5 pounds whereas if you just buy chicken breasts, it's more expensive and doesn't go as far. Just call me Gordon Ramsay.

Hands down though, going to university is one of the best decisions you'll make. Work hard in Sixth Form, set yourself goals and go for it!



**Sheffield
Hallam
University**



I want to talk about mental health.

Breaking the stigma and accepting the truth... if only mental health was that black and white.

A-levels look easy, whether you admit it or not, taking three subjects compared to ten at GCSE looks like we've hit the jackpot. Free periods look like the dream, the ability to walk out of the gates whenever we choose feels like a privilege we've earned. But soon we start to realise teachers and students weren't lying when they said Sixth Form isn't easy. Each hour-long lesson feels like a ten hour lecture, essays begin to pile up and before we know it free periods are becoming studies to keep up with deadlines.

"I want to talk, as a mental health sufferer and advocate."

The problem is how to manage fifteen hours a week of lessons, fifteen hours a week of homework and with most of us working a part time job as well, when do we give ourselves time to recuperate and rest; when do we begin to pay attention to our mental health? One in four of us will be affected by a mental health condition in our lives, whether it's pre-existing to A-levels or not, stressful environments are known to erode on our mental wellbeing. It's important for us to understand warning signs in ourselves and others and acknowledge that sometimes we're not okay; it's perfectly acceptable to admit that.

Whilst mental health awareness is increasing, how much are we actually listening? There is still an unbreakable stigma around the topic. As a society we need to understand that our mental health is just as important as our physical health. Time management and determination are two invaluable skills within A-levels and mental wellbeing; we need time for our work but we need 'me time' as well.



Every condition is different, the way it affects people is different but the generic response of "everything will be okay" is always the same. Depression, anxiety, OCD, PTSD look different on everyone; in an ever changing world it's hard to keep up with Brexit, let alone mental health.

"mental health conditions like anxiety, depression, OCD all look different on everybody."

One in four of us will have to deal with a mental health condition at some point in our lives and I'm one of them.

My battle with anxiety and depression started with denial, I refused help from those around me and instead I shut off. I was losing everyone I cared about, I couldn't focus on any positives. It took a virtual mental breakdown for me to reach out and ask for help. The second biggest killer of 15-24 year olds is mental health related suicide. I want to talk, as a mental health suffer and advocate, about we can do for ourselves and the people around us.

TALK. Whether it's a person, pet or immortal being, just talking can release or decrease the monster that is mental health. There is a massive misconception that asking for help is a sign of weakness, when in fact it shows strength, resilience and a willingness to change. At my lowest I struggled to articulate my thoughts, so I wrote everything down. I'd have endless notes on my phone relating to a problem or how I was feeling; when I felt ready to deal with it I'd share the note, then delete it.

LISTEN. Finding the courage to speak up is difficult enough but feeling like someone isn't listening can make all the effort seem worthless. If you don't understand what someone is saying then ask; sometimes people are willing to explain but not always.

In summary, what I'm trying to say is that mental health has no boundaries, no prejudices. If you're struggling, speak out. A-levels are relentless, but also two of the most exciting years of our lives. Look out for yourself and others and if you genuinely can't be bothered to write that 3000 word essay, Netflix is always your therapist in waiting.



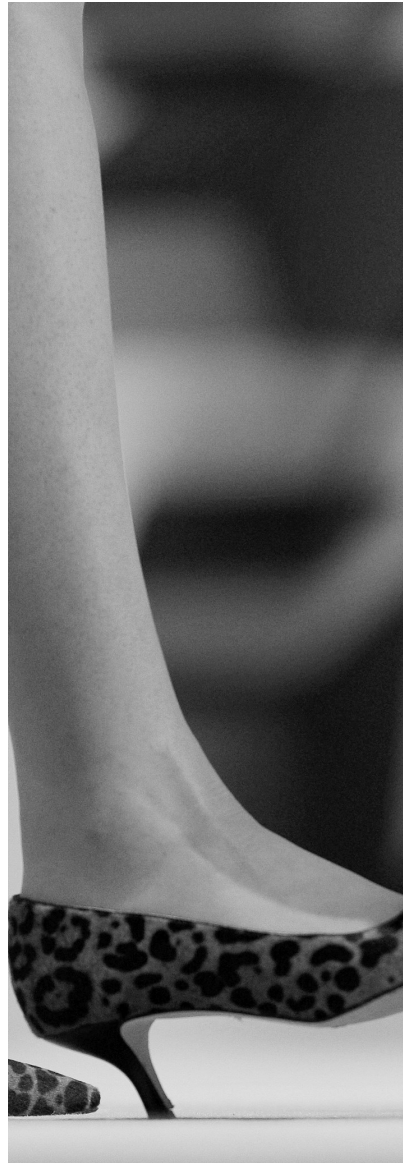
YOU ARE WHAT YOU WEAR... APPARENTLY

Beep! You're alarm rings at 7:15am. It's a Tuesday morning and you roll out of bed and begin getting ready for the day ahead. You burst open your wardrobe to throw on some clothes.

Hmmm... Blue t-shirt or red t-shirt? Rushing to be ready on time you grab the closet t-shirt to hand. It's red. Red. You probably bought this t-shirt just because you needed a new one, or maybe you liked the colour, or the style, whatever it may be. There was no extra thought behind it. But when you bought this t-shirt, I can 100% guarantee you didn't think about what this red t-shirt could say about you.

Judging someone's appearance is highly frowned upon especially in the 21st century as we are learning to become more accepting of the eclectic range of fashion choices and everybody's individuality.

However, fashion has always had an important role in society - and whether we like it or not, can be extremely influential - specifically surrounding politics and representation. (Who can forget May's leopard-skin kitten heels that gained more headlines than her role as Prime Minister ever had?)



In April 2015 it was revealed that Hillary Clinton wore an Armani Jacket costing almost \$12,500 while giving a victory speech. After this, her clothing choice was seen as a direct contradiction to her words that aimed to present herself as an "everyday" woman. Viewers saw this as hypocritical, casting doubt on Clinton's words regarding her empathy for the poor and her benefit on the country and citizens of America. It seems unimaginable that the price of an item you wear can actually impact the quality and truth of what you are saying but criticism shows that when you are watched by cameras and society every single day of your life, Hillary herself being an example, you just can't win.

After examining how Clinton's expensive fashion choice reflected the untruthfulness of her words – too flashy, too ostentatious apparently - she later spoke to the people of Bangladesh wearing no makeup and her glasses. Following this the Daily Mail wrote how Clinton looked "tired and withdrawn." This was printed and published for millions which only gave Clinton an unenthusiastic attitude, triggering many to think she wasn't capable of the job, purely because of her appearance. Realistically when are we ever going to see a male politician wearing a full face of make up with perfectly defined red lipstick? - Never. Yet the chances of them being described as tired and withdrawn are slim. Very slim.

After examining how Clinton's expensive fashion choice reflected the untruthfulness of her words – too flashy, too ostentatious apparently - she later spoke to the people of Bangladesh wearing no makeup and her glasses. Following this the Daily Mail wrote how Clinton looked "tired and withdrawn." This was printed and published for millions which only gave Clinton an unenthusiastic attitude, triggering many to think she wasn't capable of the job, purely because of her appearance. Realistically when are we ever going to see a male politician wearing a full face of make up with perfectly defined red lipstick? - Never. Yet the chances of them being described as tired and withdrawn are slim. Very slim.

Additionally, in the fashion industry it is becoming more and more common for designers to think with open minds, taking inspiration from everywhere. Initially this has the effect of trying to make all cultures and appearances accepted, but despite this, it has backfired in multiple cases. Firstly, in 2016 at New York Fashion Week, the runway with dreadlocks. A hair stylist for Jacobs said "I was inspired by rave and club culture" which indicates this is something to celebrate. However, critics on social media called Jacobs out for cultural appropriation which offended to thousands. The designer himself tweeted "Funny how you don't criticise women of colour for straightening their hair."

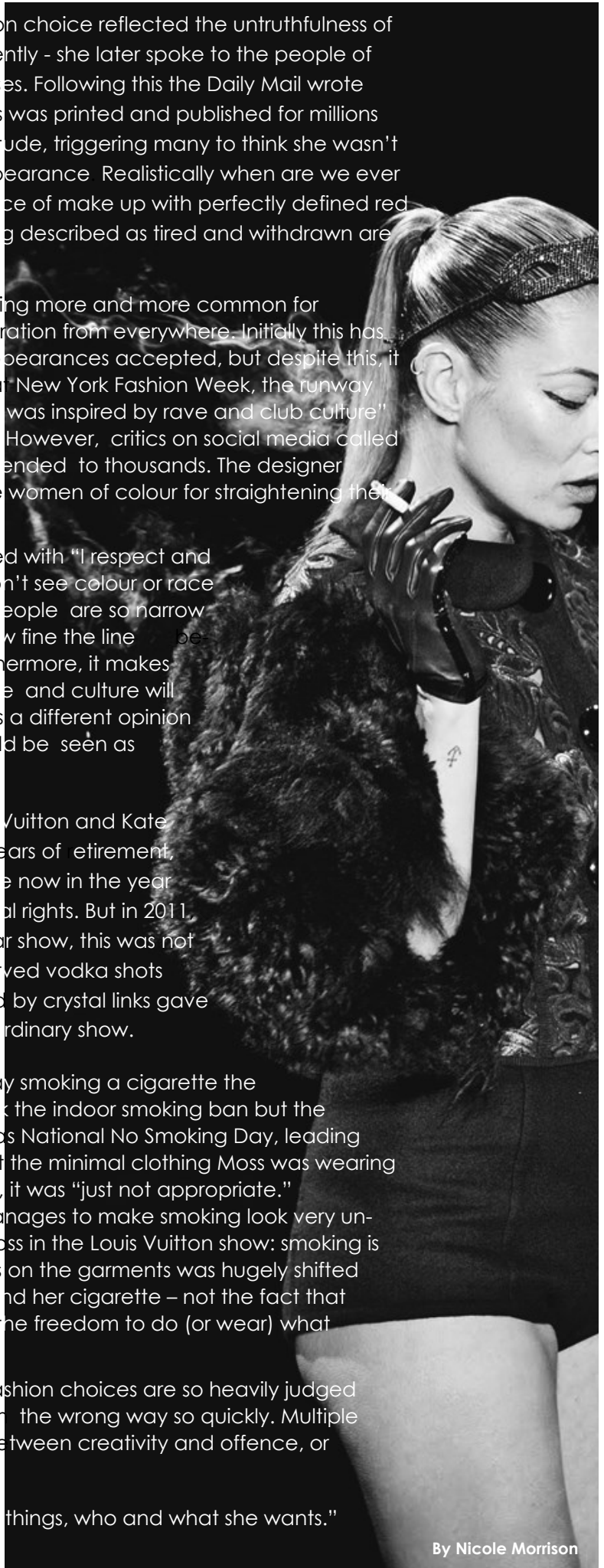
This was then very quickly deleted and replaced with "I respect and am inspired by people and how they look. I don't see colour or race - I see people. I'm sorry to read that so many people are so narrow minded...Love is the answer." This shows us how fine the line between inspiration and offence really is. But furthermore, it makes us wonder when the segregation between race and culture will ever stop. It's a difficult topic as everybody has a different opinion so what is seen as offensive to one-person could be seen as encouraging and unique to another.

Contrasting all of this, when your brand is Louis Vuitton and Kate Moss has agreed to walk in your show after 7 years of retirement, making a statement is kind of inevitable. We are now in the year 2018 and in theory women and men have equal rights. But in 2011, at Louis Vuitton's Autumn/Winter Ready to Wear show, this was not the case. Waitresses in French maid regalia served vodka shots despite the 10 am start time and models cuffed by crystal links gave the impression that this wasn't going to be an ordinary show.

The second Kate Moss strutted down the runway smoking a cigarette the audience was left in shock. Not only did it break the indoor smoking ban but the designer made a deliberate statement, as it was National No Smoking Day, leading to conflict and offence. Many were shocked at the minimal clothing Moss was wearing and many were of the opinion that, at her age, it was "just not appropriate." Comments were made such as: "Kate Moss manages to make smoking look very un-cool on the Paris catwalk", "Didn't like Kate Moss in the Louis Vuitton show: smoking is not cool or fashionable." Furthermore the focus on the garments was hugely shifted and the main discussion point became Moss and her cigarette – not the fact that women of any age, shape or size should have the freedom to do (or wear) what they want.

Overall, we are left to wonder why women's fashion choices are so heavily judged and criticised and how an idea can be taken in the wrong way so quickly. Multiple cases have left us questioning where the line between creativity and offence, or personality and morals should be drawn.

Coco Chanel stated that: "a girl should be two things, who and what she wants." If only that were true....



Silent Tsunami



President Joko Widodo, will be scrutinised for the shortcomings in its response to the natural disaster.

Scary stuff.

Having experienced similar events myself, although incomparable to those of Palu, I empathise with the people who have lost more than everything: their family, community and livelihood. Whilst in Indonesia, I was caught up in earthquakes,

To all those affected by natural disasters.

In the late afternoon of 28th September 2018, a strong 7.5-magnitude earthquake hit the equatorial Indonesian island of Sulawesi. A local fisherman, known only to journalists as Bobi, was one of few to see the ocean water quickly “being sucked out of the narrow bay”. This was the only warning that many people had of the looming disaster, which swept through the low-lying, provincial capital of Central Sulawesi, Palu. A set of tsunami waves up to 7 metres in height flattened the majority of the city, and tragically took many lives with it. Bobi was one of the few able to alert his family and send them to higher ground where they escaped the devastation, which has, at the time of writing, killed at least 2100 people.

Unfortunately, the warning system as well as the governmental response to this disaster has been questionable. Supposedly, the country's National Disaster Management Authority (BNPB in Indonesian) sent SMS messages to all phones in the area, but telecommunications were down due to the preceding earthquake. Even then, the texts only warned of waves 0.5 metres high, insignificant in comparison to the actual waves that reached the shoreline. Since waking up to the damage, the government has struggled to get aid into the region because of a cracked runway and roads destroyed by landslides. Admittedly, these are factors out of the authorities' control but inside what is left of Palu, conditions have deteriorated fast. Looting for basic resources is rife as water resources become contaminated and bottled water can no longer be delivered to the region. It is certain that the government, headed up by

which puts me in a better position to write this article. To most unfamiliar with the sensation, it can only be described as though the whole fact an earthquake. These emotions turn to relief world is moving simultaneously. Concern for this strange stir soon becomes panic as you realise that it is in as the shaking stops as suddenly as it starts. In the case of a tsunami, or even early warning signal, nothing really matters anymore. All of sudden, money, possessions; everything becomes worthless. I ran, literally scared for my life, uphill, where I waited until finally the warning was lifted.

The following morning I woke up still shaken to find that 563 people had been killed as a result of the same earthquake I experienced. It was all very real.

Not so rare.

The series of earthquakes in August 2018, which centred on another Indonesian island, Lombok, were serious seismic events; just part of the many natural disasters that Indonesia has to deal with every year. Located in the Pacific Ring of Fire and on multiple tectonic plate boundaries, the island nation is constantly rattled by the very forces that created it millions of years ago. Nearly all of the islands are of volcanic origin, and to this day, life in Indonesia is still punctuated by earthquakes and volcanic eruptions.

In order for the country to develop, Indonesia has to take two steps forward, and one step back as frequent natural disasters wreak havoc on the country. Its population of 266 million people desperately need investment into the nation's infrastructure, but this is proving rather difficult. Lombok had a booming industry that was close to rivalling that of Bali, a neighbouring tourist paradise, but the tremors that rocked the island in the summer will undoubtedly scare off tourists, even more so as further stories of crisis are reported from Indonesia only a month later. The much needed tourist money will no longer reach

Indonesia and so rebuilding Lombok in the near future could turn out to be a tough task, a dire outcome for all those displaced and left with nothing.

Joko Widodo certainly needs to up his game regarding disaster warning systems if he still wants to sell Indonesia as the tourist haven, it so easily has the capability of being. More importantly, the locals, who have to live with the constant fear of losing everything need safety and security. Tourists who spend time on the islands are part of the economic chain reaction that boosts the local economies and improves the lives of Indonesians. The BNPB must quickly organise an emergency team meeting to sort out their warning systems because unfortunately it seems that seismically dangerous tourist destinations can't be rebranded in any other way.

Lessons to be learnt

Indonesia has some brutal lessons to learn from the consequences of this recent natural disaster. It was planned, after the 2004 Boxing Day tsunami, that a comprehensive tsunami warning system would be implemented throughout the archipelago. At the end of September the warning system completely failed the people of Palu – fingers have been pointed to a lack of funding. However, money wasn't the only reason that made this earthquake-tsunami combination a worst-case scenario. The fault line on which Palu sits is not usually considered worrisome for those who monitor tsunamis due to horizontal movement between tectonic plates, rather than vertical. And so, the actual reason behind the waves remains unknown, explaining why scientists were unable to provide adequate information to the residents of Palu.

A lack of education and evacuation routes in coastal areas could actually be Indonesia's biggest problem. Yet these problems can be turned into strengths in the warning and response to natural disasters. Allegedly, these two key,

life-saving techniques had been gradually employed since 2004 but, either nobody saw the tell-tale sign of receding water or people just weren't aware of what was about to happen. Unfortunately the latter is more likely, which will cast a shadow over Joko Widodo's government leading into next spring's elections. Whether this event will really cause the BNPB to buck up its ideas is uncertain for now, but judging by the loss of life and lack of faith in the authorities, one can only hope disasters like this will never be so fatal again.

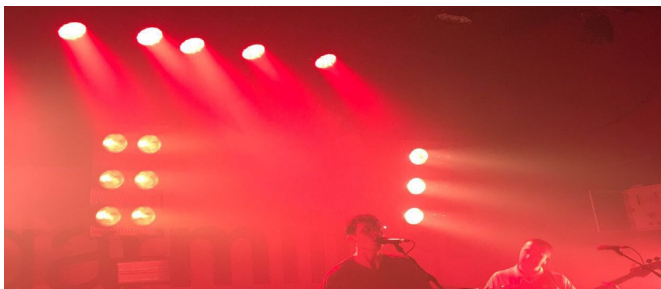
By Thomas Adkins

**“Nobody saw the tell-tale sign
of receding water
or people just weren't aware
of what was about to happen”**



Gig Economy

After consistently pressing the refresh button for 16 minutes on Friday morning, I made it into a virtual queue with an estimated 5 minute wait time. Overjoyed, I then received the confirmation of £79.50 to pay, for two tickets, to see Stockport's home-grown sensation 'Blossoms' play on their home turf in June 2019. Delivering the news to my family and friends granted me mixed reactions, some shocked at the sheer expense others delighted at the great value for money.



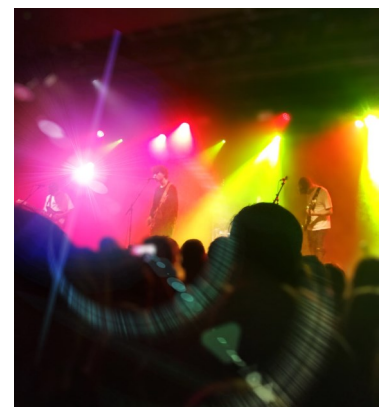
Consequently, I was led to question the gig economy, and why, in a modern society it exhibits such contrasting perspectives.

BBC News states that concert tickets have inflated in expense by 27% since the late nineties, but even by this point my evidence would suggest a seat to see an artist had already succeeded the standard price of the seventies or eighties. Delving into my dads' extensive ticket stash informed me that a standard ticket for a concert would price between £3 and £5 in the eighties. Interestingly, in today's market, a gig for that price is unheard of – the smallest I personally have ever paid being £15.00. More applicable to the BBC stat would be Dad's 1996 jaunt to see Oasis at Maine Road which would become one of their most successful and well-known shows – which cost him a grand total of £27. Nowadays, the average ticket price in the UK is around £40.75. Music magazine NME put out a twitter poll for its 910,000 followers to ask how much they'd pay for a ticket to see Arctic Monkeys in the days prior to the announcement of the band's first tour in 5 years. 49% said between £30-50, whereas 34% would pay £50 and more, this shows people expect and accept higher ticket prices in the age of streaming since they're given much quicker access to music. As a consequence, listeners are

paying less for actual music, so the musicians themselves struggle to support their careers with the minimal revenue they receive from streaming outlets. (Spotify pays around \$5.88 per 1000 streams to the artist).

Swedish company, 'Spotify', was launched in October 2008 and has spawned a decade of global success ever since it began. Having 83 million international, paying subscribers with access to over 40 million songs, Spotify has created a hugely significant and solid name in the music-streaming industry. It appeals to audiences through ad-free, instant music at their fingertips complimented by the ability to make their own personal or collaborative playlist to save and share. Similarly, 'Apple Music' has been a fierce contender as a streaming service since its release in June 2015, with access to over 100 countries including 60 that Spotify doesn't supply. As well as huge subscriber figures which surpass Spotify, Apple Music offers exclusive content unique to its paid-for platform.

Many avid listeners struggle to choose between these two main rivals despite other worthy options being available. This constant availability means audiences shy away from physically purchasing music, meaning its value decreases – forcing bands to rely on tours to fund their career.



Consequently, it can be concluded that streaming services are the foundation of the way the gig economy has changed and why people have such differing opinions. Paying £9.99 a month for instant, accessible music has become the basis of the musical economy - instead of supporting our favourite bands by buying their albums whether it be an LP, Cassette or CD, we now fund the continuation of their career through paying more to see them live. But with vinyl in its resurgence, is this set to change again in the future?

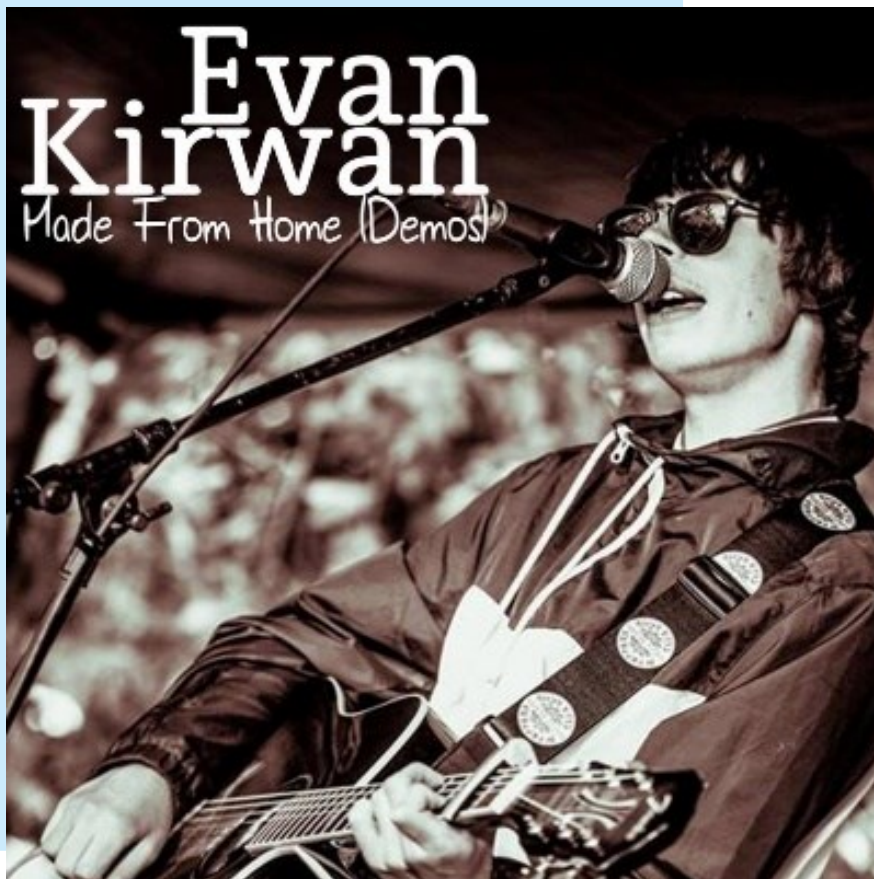
By Kirsty Thorp

Evan Kirwan

A Name To Remember

Described as a 'young musical talent' by one of his fans in Winsford, the 16-year-old, self-taught guitarist Evan Kirwan created electric nights in club De Bees, a licensed music venue for new and established acts, tribute bands and DJs.

As a strong guitarist who uses simple chords and creates powerful sequences, Kirwan's voice is integral within his songs, relaying his passion for music. The picture displayed below is from the cover of his first demo, which has been added to Spotify and Apple Music, titled 'Made from Home (demos)'. This further emphasises his work ethic and enthusiasm. Kirwan's music is constantly evolving, as he can take on board constructive criticism to work on becoming a better musician, arguably the most important feature those in the music industry need to possess. If Evan masters this, it gives him the potential to tailor his music to his target audience.



This is an essential goal for any aspiring artist due to the constant demand from audiences in the world of music. The singles featured on the demo include 'You Can't Make Her Stay' and 'You're on The Outside.'

Kirwan shows brilliant stage presence for such a young artist, developing confidence from watching the self-established acts who played in the pub he lived above. These acts include 'The Luka State' who released three singles in 2013: 'Matter of Time', '30 Minute Break,' and 'Rain'; all three being recorded by Sam Williams - best known for discovering alt-rock band Supergrass. Night upon night spent watching and learning from this break out group has impacted upon Kirwan's style and talent. Evan and The Luka State have become noticeably friendly over the time they have spent together. The lead singer of the band, Conrad Ellis and bassist, Sam Bell have both taken a guru-like role in helping Evan get to where he is now.

I was fortunate enough to ask Evan two questions:

What do you find which inspires your lyrics such as objects or feelings?

"'You Can't Make Her Stay'" is about a bird. Not much more to it. "'You're on The Outside'" is about me being different to everyone else and not fitting in, reckon lots of people feel like that sometimes.'

Do you ever get nervous before a gig?

'Nah. Never really have. Can't dwell on things.'

This being the start of Evan's musical journey, he has the musical knowledge, talent and potential to become the next big addition to the huge 'Rock n Roll' names.

Evan Kirwan. A name to remember.

1991 or 2018?

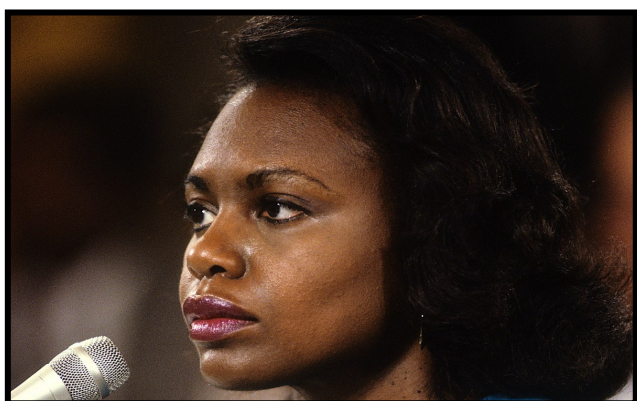
When will we listen to the survivors?

In 1991 Anita Hill's life would change.

Anita Hill had been an exemplary academic her whole life, going from valedictorian of her high school in Oklahoma, to a degree in psychology and then on to Yale, and in the later years she even taught at the University of Oklahoma College of Law. She'd worked her whole life to be a scholar and wholeheartedly threw herself into academia. She'd lead a relatively quiet but extremely accomplished life in Oklahoma until September 3rd 1991.

Between September and October 1991, Anita Hill was subjected to a complete attack of her character and public humiliation because she dared to speak out against a man who sexually harassed her. Anita Hill claimed she was sexually harassed by Clarence Thomas and wasn't even given the opportunity to decide for herself how she wanted to proceed with her allegations. This had huge impact due to his Supreme Court nomination under then President George W. Bush. When called to testify to the senate not only was she denied the right to have other witnesses to attest to her claims, but she was subjected to a vicious personal attack and embarrassed in front of a nation.

For days, an all-male panel of senators degraded her and made light of her experiences. None of them would take her claims seriously. We've all heard the saying innocent until proven guilty and that's true, but they had decided before Anita Hill stepped into that courtroom that she was a heinous liar. These men cared more about their politics.



“I did what my conscience told me to do, and you can't fail if you do that.”

Fast-forwarding to today the #MeToo movement which was supposed to highlight the change our society had made.

With everything in the media today about the #MeToo movement and how equality has come a long way, you may be surprised to see how there are exact parallels today to the hell that Anita Hill was subjected to 27 years ago. People cling to any excuse they can to avoid the conversation we need to have. Sexual misconduct has not been properly addressed. The #MeToo movement was a start but how quickly it declined shows how some still don't view the movement as legitimate. Prominent media figures, such as Louis CK, who was claimed to have indecently exposed himself to five women, is back to cracking jokes about rape whistles.

So why didn't #MeToo work as well as we thought it was going to? It's simple really, the atmosphere surrounding the victims hasn't changed. People still have the mind-set from 1991 that victims are liars. Victims are trying to gain attention, victims are after some sort of revenge, or victims are politically motivated. All of these are used to discredit what could be someone's most traumatising memory. No one is saying that it is imperative we automatically side with the victim, but that doesn't mean we have to side with the accused. A fair investigation without stigma or bias. That's all we need. But that's not what we're getting.

Take Anita Hill's case, most of the senators had decided before they'd even heard from her, they had a bias and it showed. Take Christine Blasey-Ford's case, another instance where they'd practically decided before hearing from her because they thought that the accused was a 'very fine person'. The case goes on for many more victims whose credibility is questioned before they'd even had the chance to speak.



#ME TOO

“The real problem is that the way that power is given out in our society pits us

Christine Blasey-Ford's case was a slap in the face to survivors. Women were heard but no one cared. The whole trial was overridden with bias; in the investigation no one was interviewed, not the victim, not the accused, not the witnesses. With any other crime this would be inexcusable. But not only is this inadequate investigation apparently accepted, but survivors now are being mocked and impersonated. Do you now understand why survivors don't come forward?

Anita Hill was supposed to be the moment we'd learn from. Her trial was play-by-play of what not to do when talking to a victim of sexual misconduct. She herself even thought this, a few months ago, when being interviewed on the idea of something identical to her circumstances, she didn't think it would get as far as her case. Yet somehow we keep seeing this mishandling of survivors' cases and it needs to stop. We can't keep reliving 1991.

By Molly Bleckly



EPHEMERAL

Ephemeral: lasting for a short time.

The harmonic sound of the crisp raindrops falling onto his clear, exposed skin revived him from his sudden mental state – relaxation was controlling him. It wasn't unusual for him to be out here at this dark hour and in this astounding temperature, but, as always, he didn't care. He felt non-existent, beautiful, ethereal – able to push away any revelation he had towards his wellbeing. Contrasting with the soothing raindrops was a thick layer of impenetrable fog covering any speck of sight that he had of the small, neglected park, that he was present in. He felt surprisingly at ease with his surroundings, at home, despite the intense coldness and obvious dampness impaling his pale skin.

Everything was elysian. Whether it was the delightful smell of blossoming flowers, or the soothing feel of the brisk wind gracefully hitting the back of his neck; everything was elysian.

Thunderstorms always managed to pull him away from the repulsive, brooding thoughts he unsuccessfully bid against. The sound of crashing thunder around him caused a sudden surge of adrenaline to take over, awakening him from his once disconsolate state. The plethora of light, however, was enough to keep him sane and still in contact with reality; lightning caused a wave of anxiety to pool uncomfortably inside him – he hated it. His reasoning for being out here was simple – he wanted to escape. He needed to escape. He needed to escape from the devilish hell that was containing him from the euphoria he so desired. The feeling of being able to do nothing but breathe ruined him, guarded him – made him feel imprisoned. He ~~wanted~~ needed to escape. Thunderstorms were the closest thing he had to an escape; they were opulent, rich, luxurious, everything he'd always wanted his life to be; everything he'd always needed his life to be.

Free.

Tears pricked against his cheeks, burning against the sensitive skin most prominent underneath his eyes. Pain. It stung; it brought a sickening irritation throughout the entirety of his body, causing him to shiver with satisfaction. He enjoyed it. It reminded him that he was still bound to reality – that he was still alive and breathing. However, this notion was still absurd to others, weird to those who didn't or refused to understand. They thought and believed that he was insane, eccentric at best, but he wasn't. He knew he wasn't. We all have our ways of reminding ourselves that we are human, that we are breathing and that we can still *feel* things. We are not numb – we all have our ways, some much more different than others. His resulted in pain, rain and thunderstorms.

However, just like thunderstorms, everything is ephemeral.

Nothing can save *me* from *myself*.



The idealistic nature of social media.

Social media is the new technological endemic that gifts many opportunities to our society. Without the easy access to social media, our nation would not have access to the world around us without the expense of travelling. News articles, communication and online internet use, all of these factors allow us to have a deeper understanding of the diverse world in which we live in. Without social media, social, ethical and environmental reason would have limited visibility due to the lack of immersion into these integral topics. 78% of people admit they utilise the addictive technology, to interact, grow and to convey a sense of fulfilment, whilst nurturing long distance relationships that may have been difficult to maintain, without the access to social media.

However, it is also a large benefactor in the problems young people in particular encompass, in everyday life. There is a vast number of reasons, however, the main issue being the detrimental effects due to the manipulation of behaviour.

Studies prove that almost a quarter of the world's population is on Facebook. A benefit of this is that it allows people from all backgrounds and of many ages to express their passions and opinions to the majority of all internet users. However, envisage the issues that correlate with the freedom of expressing opinion and interacting with a quarter of the world's population. Is sharing your daily life on social media really a safe and wise decision?

Speech is ephemeral, contrastingly, writing or anything posted on social media is not necessarily able of being erased, and therefore issues arise. The irony of the erroneous reputation of social media is that realistically it actually causes a lack of communication due to the addictive and consuming nature of it, consequently people struggle to manage daily activities such as school work and hobbies, as it causes a decrease in the concentration of young people in particular. This causes a decline in school examination grades and a belligerent nature of young people.

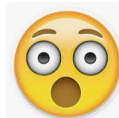
Despite the title 'social media' many young people of today become highly unsociable due to constantly checking the amount of likes they have on a picture on social media. Is this obsessional trait healthy?

Social media further raises many issues such as the idealistic body image, which is specious and creates body dysmorphia in many people of today's society. Furthermore there is a correlation with mental health issues and the hours spent on social media as there is an increased rate of depression due to an erroneous lifestyle that is perceived as 'perfect' and a façade of the perfect body image.

Social media is a significant distraction in today's society and causes inescapable bullying, for example; a recent survey conducted found that 95% of teenagers witnessed cyberbullying and 33% of teenagers have been victims themselves. These high percentages could be as a result of the increased use of social media, as the victims feel they cannot escape due

to the posts sent being predominantly permanent. YouTube, Facebook, Instagram, are all distractions in today's society, especially for young people as it becomes innate due to being brought up in the rapid development of social media. In 2012 a research study was made for social media online users, 53% of young adults say that social media has affected their behaviour and 51% say that it has affected their behaviour negatively, is this due to the inevitable isolation from the outside world? As we are consumed by the photo shopped lifestyles of all our idols, the degradation of our self confidence increases. What are we really trying to achieve?

Naturally, as human beings we are tempted to believe all data consumed through our screens, however, we must be aware of this erroneous data, as not everything published on the media is true...



"There is an increased rate of depression due to an erroneous lifestyle that is perceived as 'perfect' and a façade of the perfect body image."

White, Cis and Straight is the New Black

For years, humanity has struggled in the fight for civil rights. Accomplishing major milestones like the end of Apartheid, legalisation of same sex marriage in many influential countries, and the instating of numerous labour unions have been



Whitewashing has been an epidemic among performers since Shakespeare's Othello. Minorities have been shunted aside while privileged actors play their characters for centuries. They don't even bother with boot polish or Photoshop anymore; they simply erase the character's

long and bloody battles that still have impact to this day. However, the good news is that we don't have to worry about that anymore! White actors such as Scarlett Johansson and Johnny Depp have valiantly volunteered to carry the banner of the underprivileged all the way to justice. Despite showing no effort previously to help in any way with civil rights movements, the exception being Johansson's half-hearted and wholly unsuccessful attempt at feminism, they have now decided that they would like to take part in one of the most important factors in the acceptance of minorities; representation.

They have taken it upon themselves to play the parts of black, Native American, Latino and transgender characters in order to contribute to the arduous slog towards equality. This must of course be the motive

behind these decisions, as it would be impossible for the lovable, frosty faces of white cinema to take away these important roles for their own personal gain.

...Right?

Of course, in actuality, the majority of Hollywood is only concerned with one fight: the competition to see who has the biggest yacht on Beverly Park Terrace. It comes as no surprise that overwhelming capitalism has spread to your favourite actors.

traits to conform to all the pasty every-men that came before them.

It makes no difference to the actors willing to play these kinds of roles. All they care about is that new Lamborghini for their four story garage.

One excellent example of this is Scarlett Johansson. The sexual awakening of many preteen boys and idol of hundreds of Starbucks-drinking mothers going

through their mid-life crisis, Johansson has reached a considerable amount of fame for her roles in Avengers and... Avengers. Her mediocre film background and pasty complexion allow her to slip under the radar of those unwilling to view her for what

she really is: a fame-greedy, white feminist who has no concern for the struggle people of colour and transgender actors go through in Hollywood. White feminism is a term used for 'feminists' like Johansson who preach gender equality yet turn a blind to non-white, queer and poor women, believing that women being able to wear short skirts is the top priority for female activism. Johansson's first example of being a privileged actor playing the underprivileged was her infamous role in Ghost in the Shell. A revolutionary Japanese franchise set in a neo-Japan that inspired the matrix. Ghost in the Shell was given an American live action reboot in 2017.

“Representation is one of the most important parts of the fight towards equal rights”

Johansson was cast as Miria Killian, the main character. Knowing she was playing a Japanese woman, living in Japan, written by Japanese creators, Johansson still decided to go through with the feature. Taking something rooted so deeply into Asian sci-fi culture, Johansson and the director of 'Ghost in the Caucasus' still decided to rebrand it as a white-American cash-grab. Johansson received huge amounts of criticism for the film, and gave a lukewarm apology as a result. Johansson had learned her lesson and the whole mess seemed to be cleared up... Until she did it again.



Less than a year later Johansson took on the role of a transgender man, obviously still believing she could get away with playing minority parts despite being a cisgender, white woman. Johansson only exited the movie after talk about investors pulling out circulated. It's also not surprising that Rupert Sanders directed both movies, belying his own apathy towards the issue of representation.

Representation is one of the most important parts of the fight towards equal rights. By having fully-rounded, interesting minority characters at the centre of popular narratives we can normalise same-sex couples or transgender teens. When a little black girl sees a beautiful, powerful black woman in a superhero movie she sees herself, and can keep her head up when society tells her that her natural hair is ugly. Through representation, people can deeply identify with characters and feel less like outcasts.

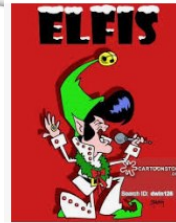
When society is constantly fed a production line of the same white, heteronormative media it believes that this is the only acceptable version of society. People become ashamed of their cultures and identities, internalising the hate that is fired at them. When gay or black people are reduced to hideous stereotypes for the sake of cheap comedy, society forgets all of the huge contributions black and gay artists have made to the very media that now mocks them.

“It’s time Hollywood gave the undermined the microphone.”

Without representation, all media is the same. Originality dies. People's stories are silenced, and instead the same ones that have been told for hundreds of years are repeated again and again. Society sees black people as dangerous because this is all they have been told by the media. Society sees gay people as sex-obsessed jokes because this is all they have been told by the media. People see transgender people as rapists because this is all they have been told by the media. It's time Hollywood gave the undermined the microphone. I move we take a stand against those individuals who scream over the masses of muffled voices so they cannot be heard, and have a Japanese trans woman play Black Widow. **By Phoebe Dobie**

“Through representation, people can deeply identify with characters and feel less like outcasts.”





And to all our contributors: "Thank you very much" ... said with an Elvis lip curl!



Yeeeeee- haaaaaa!
Have a very Merry Christmas y'aaal!

