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TRUMP WINS

WILL TRUMP ACTUALLY BE BETTER FOR THE US ECONOMY?

Lauren Tutchell
Head of Politics

Trump will be better for the economy. That is what the majority of his voters, from the diehard MAGA to the desperate and disenfranchised Americans, seemed to be telling themselves when they put a cross next to his name in the polling booth. But Trump's path to "Make American Great Again" actually appears to involve shrinking the economy, reducing workers' rights, retracting women's rights, raising prices, lowering employment, and giving tax breaks to the wealthy (funny that). And despite twenty-three of the world's most notable economists—all of whom are Noble Prize winners—warning America that Trump's economic policies will stoke inflation, no one seemed to listen. The narrative was already set in place and there was seemingly nothing the Democrats could do to change it. Contrary to popular belief, the American economy is, according to facts and figures, actually doing really well. The US economy had the strongest pandemic recovery within the G7, growing three times as fast as France and Japan, and four times as fast as Britain. Under Biden, the unemployment rate was the lowest in fifty years. The Trump presidency added 6.7 million jobs, Biden added 16 million. Wages are up, the stock market is hitting all time highs, and inflation has now fallen to around 3%.

The problem is, American people are not feeling it in their pockets. The memory of peak pandemic-induced in-

flation (where it hit 9.2% in 2022) is still fresh, with two-thirds (67%) of voters saying the condition of the economy is "not good/poor" according to an exit poll. Despite low inflation, prices remain high, with goods and services costing consumers about 20% more today compared to February 2020, per CPI data. But Biden had no control over the pandemic-rattled economy he inherited, and surprisingly enough, there is no magic

"stop inflation" to underneath the President's desk in the Oval Office. While Trump got to ride the coattails of Obama's strong economy that he had carefully crafted over eight years, Biden had to face the immediate task of heading off a recession as the country slowly started to recover from the pandemic economic slump.

Russia's war against Ukraine has also contributed to inflation, dramatically increasing energy and food prices. The price of gas was a big issue for voters in this election, but instead of blaming Putin, they allowed MAGA to convince them it was purely Biden's fault. Instead of looking at other countries across the world—who have all largely been suffering with inflation, recessions, and hardship as a consequence of the pandemic (including our own, of course) — or listening to the economic experts, Americans looked towards the multi-billionaire Elon Musk for advice. This is a man who made \$20 billion overnight as a direct result of the Trump win, a man who will largely benefit from the tax cuts that Trump is planning on giving to corporations and high-income earners, and a man who openly admitted he would be "fucked" if Trump lost. Really sounds like an impartial and reliable source to get economic advice from.

Evidence shows that Trump's economic proposals would, on average, lead to a tax cut for the richest 5% of Americans, and a tax increase for all other income groups, with.

To read the full story, turn to Page 15

The Psychology Behind Voter Behaviour

Hannah Prince
Science Editor

By the end of 2024, there will have been 64 national elections around the globe, including the UK and the US. With the results of the US presidential election recently finalised, it's interesting to look into the unconscious psychology behind how voters make their decisions when they go to the polls. There are many factors that will influence how people decide to vote on the day of an election, from upbringing, religious views, what the people around you are doing...

To read the full story, turn to page 20

The Apprentice: The Making of the 47th President

T.R. Cunnick
Contributor

The Apprentice is the film, the origin story, the creation of Donald Trump as we all know him—its release and its timing clearly deliberate. The film—dealing in evidence, in fact—has rippled many red waves over the pond and the notoriously thin-skinned Trump has denounced it from on high. The film is a chronology of Trump's rise during these early, formative periods (from 1973 to 1988) and specifically his relationship and mentoring by Roy Cohn, a NY lawyer famous...

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Politically Undecided? Never Fear, the Celebs are Here!

Miriam R.M. Southall
Contributor

It's clear that we are living through truly historic times, witnessing events that future generations will remember forever. This US presidential election may go down as one of the most divided in America's political history, with tensions and animosity skyrocketing between parties and the public. The political climate has been filled with suspense, marked by assassination attempts and presidential candidates struggling at times to string a sentence together, let alone potentially run...

To read the full story, turn to page 11



THE TEAM



SPOTLIGHT



Henry Moxon



Neve Powell



Heather Layton



Ari Plant



Helter Skelter at Winter Wonderland

Source: Jeremy Segrott
(via Flickr)

The Best Bites at Cardiff Market

Henry Moxon
Head of Spotlight

Cardiff Market is home to some of the best independent food companies in Cardiff. Hosting a wide variety of cuisines, Cardiff Market is (in my opinion) the best place to pop into if you want a quick and substantial bite to eat.

Dirty Gnocchi

Most recently, I visited Dirty Gnocchi on ground floor of the market. While I may or may not have found it through TikTok, every time I visit the market I see so many people walking around with cheesy, tasty-looking pasta and gnocchi dishes. I chose to go with the Beef Ragu Tagliatelle, which you can watch them make

fresh as you wait. The best part about choosing the tagliatelle is that they make it in a big wheel of melted cheese, which made the pasta really gooey and even more delicious. The ragu they put on top is clearly slow-cooked because the beef is tender and falls apart in your mouth. It is full of flavour and pairs really well with the cheesy pasta beneath it. If I was served this in a restaurant I would have been really happy, so for me it's a must-visit at the market.

Ffwrnes Pizza

Ffwrnes Pizza, as the name suggests, serves thin-base pizza, and is on the upper floor of the market. They serve a nice variety of meat and vegetarian pizzas, and I opted for the funghi pizza which had tomato sauce, mozzarella, mushrooms, basil and extra vir-

gin truffle olive oil. It has a really thin base, a crispy crust and flavour packed toppings, with a hearty tomato sauce and plenty of mozzarella cheese on top. In my opinion, the quality of a pizza is defined by its tomato sauce, and Ffwrnes's sauce is rich and a nice consistency. It's often busy up at Ffwrnes, but the pizza they serve is absolutely worth the wait.

Ya – Souvlaki

A personal favourite of mine I have frequented since the beginning of my second year here is Ya – Souvlaki. The staff are really friendly, and the stall started my love for Greek food. I always get the same thing because I am a creature of habit, but the chicken souvlaki pita is delicious. It's stuffed full of fragrant chicken, feta cheese, salad, tzatziki, and

herby chips, all surrounded by a warm, thick pita bread. It's really tasty and flavourful and these are a reasons I have continued to go back for the last year and a half. I even got given a free croissant on my birthday because they saw my crown advertising it. It's the small things like this that I love Ya – Souvlaki and indeed many other stalls at the market.

If you ever find yourself famished in town but can't be bothered to sit down in a restaurant, or want something more interesting than a supermarket meal deal, then Cardiff Market is the place to visit. With a whole range of food, both hot and cold, and a greengrocer, fishmonger, butcher, and cheesemonger, you can even grab some food to take home and cook too! The market is my favourite place in town to visit, and hopefully after a trip there it will be yours too.

Where to Go in Cardiff for a Sober Night Out

Sophie Arben
Contributor

As a student, it is quite difficult to avoid the inherent drinking culture at the heart of the majority of social activities, whether it be a pub night or a Wednesday social and finishing the night off in YOLO. While the majority of students embrace socialising around alcohol, a sober night out is always an option. Whether you are teetotal or just fancy a night off drinking, there are plenty of options for a non-drinking night out in Cardiff.

Boom Battle Bar

Boom Battle Bar, situated in the old brewery quarter, hosts a variety of interactive activities such as darts, snooker, karaoke and axe-throwing. Axe-throwing is a great opportunity to try something new and unique with friends while staying sober given that it is actually a requirement due to safety reasons. With the option of keeping score, axe-throwing also caters for the competitive making it appealing for big groups. Furthermore, the wide selection of games at the venue caters for all numbers of parties, whether you were looking to host a sober society night out or just looking for something more casual with a few friends or even for date night.

ping centre is also a great way of spending time sober. Open until 11pm on weekdays, the aesthetic crazy golf course is set to entertain you and your friends without wanted to reach for a drink.

Christmas Markets

With the weather getting colder, the Cardiff Christmas markets are a prime location to spend the evenings socialising and embracing the Christmas spirit. Consisting of food and drink stalls, gift shops, and festive music, there's something for everyone to enjoy.

Winter Wonderland

Not only that, Cardiff's infamous Winter wonderland is returning this year. Whether you fancy taking a turn of the ice rink in Cardiff Castle; exploring the magical Christmas Light Trail in Bute Park; visiting the vast selection of stalls, games and hospitality vendors; Winter Wonderland offers a great night out for all without being centred around alcohol.

So, while Cardiff can cater for the boozy nights out, it can also deliver a night of sober fun without any pressure to drink, you just have to know where to look!

Tree Top Golf

Additionally, Tree Top Adventure Golf, located in St David's shop-

Best Places for a Sweet Treat in Town

Cameron Wagg
Contributor

Who doesn't love a sweet treat? If you're a Cardiff student then you're in luck as Cardiff city has a wide array of cafés and restaurants with delicious choices. Yet with so many selections it can be difficult to figure out where's best to go when you're having a sweet craving.

With massive competition, MyCookieDough stands out because of its easy location and excellent quality. In the middle of St David's Centre, MyCookieDough is easily accessed mid shopping trip. It sells amazing fresh cookie dough and fresh vanilla ice-cream for under £7, an incredible deal for their tasty cuisine. Having been several times, I can personally vouch for their Kinder cookie dough, which is the perfect midday snack.

However if you're looking to venture further in town then Whocult Coffee + Donuts are an excellent bet. If you're (somehow) bored of Krispy Kreme, then Whocult is an excellent solution to this. A hidden gem within one of Cardiff's many arcades, Whocult creates homemade donuts with a variety of flavours, including Biscoff, Oreo, and Snickers. Served with some excellent coffee, Whocult is the perfect place for donut lovers. Plus, its secreted location keeps it from being too busy, meaning you'll never have

to wait too long to be served. On the other side of Cardiff is Fluffy Fluffy an excellent pancake place on Queen Street. After only opening on the 19th of October of this year, it has amassed a huge following with a café always full of customers. Famous for its soufflé pancakes, Fluffy Fluffy can satisfy all of your sweet-treat needs with both its croffles and beverages. It is a perfect place if you're looking to sit down for your sweet treat and enjoy a nice atmosphere.

Finally, whether you're local to Cardiff or a tourist, Cardiff Bakestones is a must to visit. Located in Cardiff's market, the atmosphere surrounding Bakestones is always a vibrant and bustling one. With there usually being a long queue around Bakestones, you can watch the chefs while you wait, and witness them making fresh batches of Welsh cakes in front of you. After you do taste their mouth-watering treats, you'll find out why the queue can be long. The dough is both light and fluffy, with an extra sweet taste from the sugar encompassing them. If Welsh cakes aren't to your taste, then threat not, as they offer countless other treats, including a variety of cookies and cakes.

Fast Fresher Food: Heather's Chicken Pot Pie

Ingredients

Olive oil for cooking
1 diced onion
2 diced chicken breasts
4 rashers of diced bacon (optional)
Handful of mushrooms (optional)
1 tin of cream of chicken soup
Salt and pepper
Garlic granules
Thyme, parsley and paprika (optional)
1 ready-rolled sheet of puff pastry
Dash of milk (optional)

Step 1: Chop up your ingredients, firstly adding your diced onion to the pan with a dash of olive oil. Brown off the onion then add salt, pepper, and garlic granules (measure with your heart!). Add your chicken and bacon to the

pot and fry off until cooked through.

Step 2: At this stage, I like to add in the mushrooms, some thyme, parsley and a pinch of paprika. I never measure my seasonings but feel free to do so if you want!

Step 3: Add in your tin of soup and stir fully through. Reduce the heat and allow to simmer for 10-ish minutes until the mixture reaches your desired thickness. At this point, grab your pastry out of the fridge as it should be as close to room temperature as possible before use.

Step 4: Now you have a couple of options here, if you're making one large pie, take the mixture off the heat and pour it into a deep dish. If you don't think you'll get through it in one go, you can separate the mixture into portions in tupperware

and freeze—that way you can defrost and use when you need a quick midweek meal (this is Fast Freshers' Meals after all!)

Step 5: Measure out your pastry so that it covers the top of the dish and cut accordingly. Once you've placed it over the dish, use a fork to gently press the edges down all around. This makes sure the pastry doesn't release off the side of the dish once cooked.

Step 6: Finally, use the flat side of a teaspoon to spread a little bit of milk over the pastry—you can skip this step if you like, but I think it makes the pastry come out a nicer colour! Pop in the oven for 25 minutes or until the pastry is browned off and enjoy!

45-minute prep and cook time
Perfect for batch-cooking!



Cardiff's Fresh Finds: New Shops and Restaurants Bringing Flavour and Style to the Capital!

Neve Powell
Spotlight Editor

Cardiff's city centre has been hit with something new in the last month with anything from gym-wear to party-wear, trending to statement pieces or maybe something homely; we've been given ample choice for the Christmas shopping visits to the big capital!

Clothing

No matter what your style is, the clothing scene in Cardiff has definitely got something for you with at least four new clothing shops open in the past few weeks. For all of the gym girlies, Sweaty Betty, now open on The Hayes, has everything from matching gym sets to swimwear and ski jackets! With a range of styles and patterns I know where my next running jacket will be from. Then we've got Pull and Bear for comfy sweats or your newest party dress; stocking men's and

women's, their style is never out of fashion, making it the perfect place to stock up on your autumn and winter wardrobe! Their first store in Wales is meant to open very soon, which means no more trips across the border to Bristol and Birmingham (which are currently the nearest stores), meaning Cardiff is officially on trend with all the latest fashion fixes! The shopping scene is getting even more inclusive with the opening of Sosandar in St. David's shopping centre, offering a range of sizes and a petite range. There's going to be no money left in my bank account when the denim shop and Christmas trends are already selling out as you read this! So gather all your friends and get down to St David's while there's still stock in any of these stores! Then if there's someone a bit more original out there, then your taste is perfect for the opening of CO.LAB where over eighty brands are presented, allowing them to display their products with their own distinct style: bringing together the current and rising fashion community, in Cardiff especially!

Food and Drink

Opened in the summer of this year, Gorse in Pontcanna has continuously turned heads after earning a spot in the prestigious Michelin Guide! Offering "a taste of Wales on a plate", chef Tom Waters is serving up a bit of culture, attracting people from all over with their 3-course lunch menu to 10-course sample menus that will give your tastebuds something to savour! Additionally, the latest addition to Cardiff's eats is Terra Mare; where they serve up modern takes on traditional Puglia favourites. If you're craving antipasti or dolce the range of menu options here will leave your stomach rumbling! Again, offering multiple course taster menus as well as including a menu just for the kids, this restaurant will leave the whole family asking for more. And with their bar offering a range of crafted cocktails as well as draught beers and wines, it's a good spot for the upcoming Christmas drinks parties!

Home

Søstre Grene is one of the newest shops that sells everything you didn't know you needed! With something for every room in the house and at affordable prices, you'll most likely be leaving with a bag full or at least something to add to the Christmas list. Ranging from household décor to novelty items, this may be becoming another one of Cardiff's favourites, bringing something to every type of shopper young or old, old fashioned or modern! Currently open downstairs in St. David's shopping centre, I'm finding something new every time I go in there, plus there's always expert staff on hand to offer design tips and guidance. Stop by to explore carefully curated collections and discover the perfect pieces to transform your home!

Taly vs. Cathays vs. Roath: The Best Place for Student Life

Olivia Nilsen
Contributor

Talybont

I only have had the pleasure of experiencing Talybont South, (House 26, to be more specific) I was one of the unfortunate souls who had the displeasure of being in lockdown in uni halls. So, I might be slightly biased in saying it was a bit claustrophobic. As far as the student experience side of things, Taly really introduces you to uni life. Every night you never know what you might wake up to—whether that be broken glass, eggs everywhere, or a shopping cart outside your bedroom door (on the fourth floor). Despite living during COVID times, many friendships were made, and it has been and will continue to be a staple of the student experience; it seems to have a certain symbiosis with the chaos of first

year. Often it felt like an absolute free-for-all, a whirlwind of drinking, procrastinating, studying, and at the end of it all, you're amazed that you even got through the year. It wasn't my favourite place to live but it eases you into studying, living for yourself, and managing your own responsibilities.

Cathays

An introduction to living in a real house is something that most freshers are looking forward to during their first year, or they're just eager to have a double bed. The Students' Union minutes away, Cathays campus around the corner, and a stone's throw from town. Cathays is the hub of student life, whether that be study spaces (pulling all-nighters in the ASSL), sports, partying, or enjoying a cold pint at one of the many pubs. My time in Cathays was only slightly less chaotic than first year halls. Wednesdays especially were something I had to get used to, particular-

ly when I was either studying or just trying to get some sleep. Like Taly, you never know what you might wake up to on your doorstep: sick, empty cans, all the car wipers up, or cones populating your doorstep. Cathays suits those who love a night out and strengthens your ability to manage your money and growing responsibilities.

Roath

Living in Roath was by far the best for me. You're far enough away from Cathays to not have restless nights, but still close enough to feel involved. It feels like there is a lot more to explore and you get to interact with the community a little bit more. There are markets every weekend by the tennis club, Roath Park is not far, great food, coffee shops, and tons of charity shops. It feels a lot cosier in my opinion and I found it calming in comparison to Cathays. It was my favourite place to live in Cardiff, I had little weekend traditions

like going to the bakery to get a gourmet baked good or a loaf of artisanal bread.

Despite Roath being my favourite, I am back in the centre of Cathays simply because it's hard to beat the convenience of being minutes away from my uni buildings, right next to my work, and close to Lidl. I don't know if I would want to live in Taly ever again but I am always curious about who ended up moving into my old room and what it's like now.



THE TEAM



NEWS



Dilichi Dieobi



Tom Nicholson



Oliver Morten

Applying for Extenuating Circumstances

Karen Jenkins
Student Adviser

Extenuating Circumstances – what are they and will it work for me?

If you are experiencing issues with your studies and are worried about an upcoming assessment or a submission deadline, the Extenuating Circumstances procedure may be able to help taught and research students.

Extenuating Circumstances is available to all taught students regardless of their level of study and the process is quite straight forward. You can submit Extenuating Circumstances for many reasons including a sudden illness, an exacerbation of a long standing condition and bereavement amongst others. Check the Extenuating Circumstances intranet page for a full list.

A request for Extenuating Circumstances will only be considered if your circumstances are close in time to the assessment,

if your circumstances are unforeseen and unavoidable and severe and exceptional.

You can submit an Extenuating Circumstances request to your School to request either an extension (for submission deadlines only) or to defer the submission deadline but the request must be submitted before the deadline. For exam or time limited assessments you can ask for a deferral within 24 hours of start of assessment. Evidence is not normally needed

If a deferral is granted, the deadline or assessment will usually be rescheduled to the next assessment period which may be in the August resit period. It may be a good idea to check this with your academic school before making the request. You make requests via sims but some schools have an Extenuating Circumstances portal so you need to check how your school wants you to make the request.

The process is there to help pro-

tect your academic attempts. There is no limit as to how many Extenuating Circumstances requests you submit, but if your School are concerned about the number of requests submitted they may contact you to see whether they can offer any support and discuss further options. A word of caution for students in their final year of study. The process is of course still available to you but if you request a deferral of an assessment this may delay your Graduation.

Don't be tempted to keep requesting a deferral of assessments as this could trigger the requirement to repeat a year or could lead you to exceed your time limit to complete your studies. If you feel that you may fall into these categories please contact Student Advice who can advise further. Some students who have a long term health condition or have a caring responsibility may be able to submit Extenuating Circumstances retrospectively, even if they have completed the assessment or submitted their work. If you feel that

you may meet this criteria and would like to know more – contact the student Advice team.

If you become unwell in an exam or have technical difficulties when completing an assessment you can also report. If this happens in is important to act very quickly. Tell your School and report extenuating circumstances straightaway. There is no guarantee that your request will be granted so you will need to explain in as much detail as you can how your circumstances have impacted your ability to study. Research students can also report extenuating, but the process is different as well as the remedies. If you are research student, contact the Advice team

Ultimately the procedure is there to help you when life gets in the way of your studies. If you are at all unsure whether your circumstances meet the criteria or would just like further information – contact the Student Advice Team at the Students Union on 029 20 781 410 or at advice@cardiff.ac.uk

Cardiff Council Proposes Ban on Parking Permits for Student-Only Houses

Cerys Finch
Contributor

Cardiff Council has proposed a scheme to prevent student-only households from applying for parking permits. The plan aims to reduce the impact of student vehicles on local residents and promote increased activity through sustainable transportation. The council is exploring ways to manage the growing number of cars in both the city centre and surrounding areas, citing concerns that the current system is being “abused”. A key element of the proposal is to stop students living in shared houses from obtaining parking permits. The

plan suggests creating “parking-controlled areas” that would give local residents better parking options on their streets and nearby roads. Under the proposed scheme, any household where all occupants are students would not be eligible for a parking permit, as the scheme requires permit holders to have a valid council tax number—something students are typically exempt from. The proposal is currently in the consultation phase, with a public survey open for comments until December 1st. One of the key questions asks whether respondents agree or disagree with the idea that students—who don't pay council tax due to the student status—should still be allowed to purchase parking permits.

If the proposal is approved, changes would not take effect until autumn 2026. The implementation plan includes a wide-ranging consultation process to ensure that all student bodies across the three universities are engaged and well informed. Councillor Dan De'Ath, cabinet member for Strategic Planning, Climate Change and Transport stated that the “Parking across the city has increasingly become an issue for many residents who are finding it harder and harder to park outside or near their own homes due to high numbers of commuter traffic”. However, many have criticised the proposal as unreasonable, arguing that it would make attending university and completing placements

at all three universities in Cardiff much more difficult for students. Cardiff University's Students' Union president Madison Hutchinson has called the proposal “disappointing” as it “singles out as a group that seemingly does not warrant equal access to essential services, which gives the impression that they are not valued residents of this city”. In response, a petition titled “Our City, Our Parking: Cardiff Council Drop the Student Parking Ban! Ein Dinas, Ein Parcio” has been launched to ensure students' voices are heard and not put on the backburner. The petition has already well over 2000 signatures, reflecting the strong opposition to the plan.



Source: Florent Beriaux (via Pexels)

Field of Remembrance Opens at Cardiff Castle

Thomas Mahoney
Contributor

November is a busy time in the British events calendar. We've just had Halloween and Guy Fawkes Night, meaning Remembrance Sunday follows just afterwards, as well as Remembrance Day on the 11th of November, which will mark 106 years since the signing of the armistice to end World War One. Around a week before this date, I found out that a Field of Remembrance had been designated within the Cardiff Castle grounds (along with other such fields in Westminster, Belfast, and elsewhere), and naturally I thought I'd go and take a look.

On a sullen, grey day in reading week, I made my way through the castle's front door and was granted free access to the relatively central field within the grounds, opposite the spectacular Gothic Revival-themed buildings to the castle's west. There, I found the field, which turned out to be a lot smaller than expected and quite understated, containing remembrance crosses and signs behind them, indicating the different divisions of the Armed Forces commemorated. Examples included the Royal Welch Fusiliers and South Wales Borderers, along with general categories such as the Royal Marines, Royal Air Force, and a section for those who have lost their lives in more recent conflicts. Upon the remem-

brance crosses, heartfelt messages are written by relatives of fallen soldiers and passers-by alike. Some are addressed to specific deceased relatives; others are more general. I found this display to be particularly apt for the occasion, preserving the memory of the fallen in a dignified and sombre way. Moreover, it isn't overpowering or commercialised either, acting as a perfect location for anybody to pay their respects, should they wish to.

Within some circles, Remembrance Day has sparked often superfluous debates about its relevance or aims. To me, this is simply overthinking and politicising the matter—something that many on all sides

of the political spectrum tend to do. The day has a different meaning for everyone, to some perhaps little or no meaning at all. One of my ancestors perished during the D-Day landings in 1944; so, naturally I use this time to recognise the bravery and sacrifice made by him and those in his position who were exposed to the horror of war firsthand. Simultaneously, Remembrance Weekend serves as an opportunity to reflect on the futility of war and hope that we as a society can one day learn to avoid it completely. Regardless, we ought not to judge one another based on if or how we remember and respect that decision accordingly.

NEWS FROM AROUND THE UK



EDINBURGH

Edinburgh student jailed after fatal hit and run on Easter Road.

LEEDS

University of Leeds appoints new vice-chancellor and president.

BIRMINGHAM

Family pays tribute to “inspirational” Birmingham Engineering student killed in shooting.

BRISTOL

Self-swab rape kits are now being handed out to Bristol University students.

SOUTHAMPTON

Southampton University bans Stanley cups in lectures after damage caused by leakages.

The Safe Rides Scheme has Returned!

Annika Lai
Contributor

Stranded without cash after a night out? The Safe Rides scheme is back, ensuring students can return home safely—no wallet required.

The Safe Rides initiative has made a comeback in Cardiff for the twelfth consecutive year, offering students a safe way to get around the city throughout the academic year, even when they are short on funds. Launched by private hire operator, Veezu, this scheme is designed to assist students in vulnerable situations and has become a crucial part of student welfare in the city for over a decade.

Working in partnership with Cardiff University and Cardiff Metropolitan University, the Safe Rides scheme ensures students have access to safe transportation at all hours, even if they do not have any cash for the fare. The students’ unions at both Cardiff University and Cardiff Metropolitan play an active role in supporting the programme and are fully trained to advise students on the service and take the deferred fare

payments later on. In an interview with Wales Online, Madison Hutchinson, president of Cardiff University Students’ Union, expressed gratitude for Veezu’s continued support, calling the Safe Rides initiative “invaluable in keeping our students safe”.

She added: “This service provides peace of mind to both students and their families, and we’re excited to continue working together to support our university students throughout the academic year.”

Will Fuller, CEO of Cardiff Metropolitan University, said: “We are incredibly grateful to Veezu for their continued support through the Safe Rides initiative. This service plays a vital role in ensuring the safety and well-being of our students, especially during times of need. We look forward to continuing our collaboration and strengthening our partnership to provide the best possible experience for Met students.”

How does the Safe Rides scheme work? Students in need of a taxi can call Veezu Taxis at 029 2033 3333 and quote the Cardiff University Safe Taxi Scheme or Cardiff Metropolitan University Safe Rides Scheme. Through the scheme,

stranded students will receive priority for a vehicle to be sent directly to them. This service is available to students from both universities 24 hours a day, seven days a week, and will be covered by the respective Students’ Union. Students must show a valid student ID card or provide their name and student number to the driver as proof of identity.

After the ride, the driver will forward these details to the relevant Students’ Union to follow up on payment. Students are required to repay the fare to their university’s Student Union within 72 hours of the ride.

Veezu, recognising the importance of providing students with a safe and reliable taxi service, prioritises their safety by requiring that all drivers are DBS-checked. Furthermore, with its service offered around the clock, Veezu’s taxi service is designed to meet students’ varied transportation needs, offering convenient travel options for commuting to and from lectures, social events, or exploring the city.

The Safe Rides scheme was first introduced in 2012 as a collaboration between Cardiff Univer-

sity Students’ Union and Dragon Rides, following a proposal by the Welfare and Community Officer Megan David.

Originally launched to help students get home safely after a night out, the scheme has since expanded to aid students in navigating the city in a variety of situations.

Jack Price, regional director of Veezu, said: “We’re here to support students moving to a new city and help them settle into Cardiff student life. This service ensures they can get home safely without the stress of worrying about a fare.”

Through the Safe Rides scheme, Veezu continues to be a vital part of keeping Cardiff’s student community safe throughout the academic year. Students can have peace of mind knowing they will always have a safe way home—even without money.



Cynllun a allai arwain at Hunllef Parcio i Fyfyrrwyr

Ifan Meredith
Cyfrannwr

Er mwyn lleihau'r nifer o geir ar heolydd Caerdydd, mae Cyngor y ddinas wedi cyflwyno cynlluniau i atal myfyrwyr rhag ymgeisio am drwyddedau parcio.

Mae gan fyfyrwyr bryderon am eu gallu, yn sgîl y cynlluniau, i fynychu profiadau gwaith sydd ymhell o'u tai. Ond, mae Cyngor Caerdydd yn mynnu y byddai'r cynllun yn galluogi i breswylwyr llawn-amser gael mwy o fynediad at lefydd parcio.

Byddai'r cynlluniau yn golygu na fydd hawl gan fyfyrwyr ymgeisio am drwyddedau parcio i breswylwyr gan eu gadael heb le i barcio neu i wynebu costau uwch i barcio mewn meysydd parcio.

“Ein Dinas, Ein Parcio”

Mewn e-bost at fyfyrwyr, mae Llywydd Undeb y Myfyrwyr yn galw ar Gyngor Caerdydd i “ollwng y gwaharddiad parcio myfyrwyr” gan alw ar fyfyrwyr sy'n “gwerthfawrogi hygyrchedd” i leisio eu

barn.

Mae Undeb Myfyrwyr Caerdydd wedi lansio deiseb yn galw ar Gyn-gor Caerdydd i roi stop ar gynlluniau i atal myfyrwyr rhag barcio yn y ddinas â thrwydded. Mewn datganiad gan yr Undeb, dywedwyd, “Mae'n siom gweld myfyrwyr yn cael eu dynodi fel grŵp nad sydd, yn ôl pob golwg, yn haeddu mynediad cyfartal at wasanaethau”.

“mae cael lle [parcio] yn bwysig”

Wrth siarad â Gair Rhydd, dywedodd Beca Parry, myfyriwr Meddygaeth ym Mhrifysgol Caerdydd ei bod yn “defnyddio car lot – oleia' dwy i dair gwaith yr wythnos”.

“Mae gen i ymarferion pêl-rwyd sydd ddim yn agos iawn a gyda placements, meddyliais bysa fo'n handi”, meddai.

Mae Beca yn chwarae pêl-rwyd i Gymru a dywedodd ei bod hi'n hanfodol “gallu bod ar amser” gan ddweud ei bod hi'n gwybod am rai sy'n “gyrru i ymarferion yn gynnar yn y bore- o 6:45yb 'mlaen”.

“Byddwn i'n dweud wrth y cyngor i ystyried yr effaith ar gostau myfyrwyr”, meddai wrth Gair Rhydd gan fod peidio cael car i rai, yn golygu gorfod talu pris cynyddol am Uber yn y ddinas.

“parcio ar draws y ddinas wedi dod yn broblem gynyddol i lawer o breswylwyr”

Dywedodd yr Aelod Cabinet dros Gynllunio Strategol, Newid Hinsawdd a Thrafnidiaeth, Dan De-Ath, bod y “gallu i gymudwyr ddod i barcio yn y ddinas am ddim yn arwain at lygredd aer a thagfeydd, gyda'n preswylwyr ni yn dioddef.”

Mae'r cynllun parcio newydd ar gyfer Caerdydd yn bwriadu rhoi mynediad gwell i breswylwyr, deiliaid bathodynau glas, clybiau beiciau a cheir a busnesau lleol i barcio trwyddedig ar y stryd.”

Mae Cyngor Caerdydd yn awyddus i leihau'r

ddibyniaeth ar geir preifat ac annog mwy o ddefnydd o drafnidiaeth gyhoeddus.

“annog pawb i gymryd rhan yn yr ymgynghoriad”

Mae 15% o'r ymatebion hyd yma yn ymatebion gan fyfyrwyr ond mae'r cyngor yn galw ar bawb i ymateb i'r ymgynghoriad cyhoeddus, fydd yn agored tan y cyntaf o Ragfyr. Does dim disgwyl i unrhyw newidiadau gael eu gweithredu tan Hydref 2026.

Beca Parry
Tarddiad: Ifan Meredith



Hannah Williams



Charlie Thomas



Ffion Wyn Jones



Elen Williams



Hanna Morgans

Cyllideb Newydd Llywodr eth y DU: Goblygiadau i Gymru

Hannah Williams
Pennaeth Taf-Od

Cyhoeddwyd cyllideb newydd Llywodraeth y DU ar y 30ain o Hydref 2024 gan y Canghellor, Rachel Reeves. Dyma greu hanes, fel y Canghellor benywaidd cyntaf i gyhoeddi cyllideb Llywodraeth y DU. Dyma gyllideb gyntaf y Plaid Lafur yn San Steffan ers 2010, ond beth yw ei goblygiadau i Gymru?

Bydd Llywodraeth Cymru yn derbyn £1.7 biliwn ychwanegol yn sgîl gwariant ychwanegol yn Lloegr ar faterion sydd wedi'u datganoli i Gymru. Yn ôl y Canghellor dyma'r “cynnydd mwyaf mewn cyllid ers datganoli”. Dywed gweinidogion y DU y bydd hwn yn caniatáu “buddsoddiad sylweddol” mewn ysgolion, tai, iechyd, gofal cymdeithasol a thrafnidiaeth yng Nghymru. Blaenoriaeth gweinidogion Cymru yw lleihau rhestrau aros y GIG.

Am y tro cyntaf hefyd, cyhoeddwyd y byddai Llywodraeth y DU yn cyfrannu at ddiogelu tomenni glo yng Nghymru. Y swm dynodedig ar gyfer hwn yw £25m.

Dywed Jo Stevens, Ysgrifennydd Gwladol Cymru, “Ychydig dros wythnos ar ôl diwrnod cofio trychineb Aberfan mae'n briodol ein bod wedi ymrwymo £25m i wneud tomenni glo yn ddiogel”. Ond yng Nghymru mae 360 o domenni glo yn wynebu risg uchel o ddatblygu problemau, ac mae grwpiau cymunedol a gwrthbleidiau gwleidyddol wedi rhybuddio y bydd angen llawer mwy na'r swm dynodedig hwn er mwyn mynd i'r afael â'r broblem. Mae gweinidogion yng Nghymru wedi dadlau fod y problemau hyn wedi bodoli ers cyn datganoli, ac y gallai gostio £500-600 miliwn ledled Cymru.

Hefyd yn y gyllideb y mae cefnogaeth ar gyfer dau brosiect hydrogen electrolytig yn Aberdaugleddau a Phen-y-bont ar Ogwr, a fydd yn cefnogi cynhyrchu hydrogen carbon isel, yn ogystal â “chreu swyddi lleol o ansawdd da yn uniongyrchol”.

Er i'r Canghellor, Rachel Reeves, ddweud yr ystod yr ymgyrch etholiadol ar gyfer yr Etholiad Cyffredinol na fyddai hi'n codi trethi, wrth iddi gyhoeddi'r gyllideb newydd, dywedodd y bydd cyn-

nydd o £40 biliwn i drethi. Bydd y mwyafrif o'r swm hwn yn deillio o gynnydd mewn taliadau yswiriant gwladol ar gyfer cyflogwyr. O fis Ebrill ymlaen, bydd cwmnïau yn talu yswiriant gwladol ar gyfradd o 15% ar gyflogau dros £5,000 – newid o'r 13.8% ar gyflogau dros £9,100 yn bresennol. Fodd bynnag, bydd lwfans cyflogaeth, sy'n caniatáu busnesau llai i leihau eu hatebolrwydd yswiriant gwladol, yn cynyddu o £5,000 i £10,500.

Un o'r newidiadau mwyaf dadleuol sydd wedi deillio o'r gyllideb newydd, yw y bydd treth etifeddiaeth o 20% yn cael ei godi ar asedau amaethyddol sydd werth dros £1 miliwn, o fis Ebrill 2026. Bydd y dreth hon yn cael ei thalu dros gyfnod o 10 mlynedd. Mae'r Canghellor yn honni “mi fydd hyn yn effeithio ar nifer fechan iawn o eiddo amaethyddol”, a dywed Jo Stevens, “Rydym wedi gorfod gofyn i'r bobl â'r ysgwyddau mwyaf llydan i dalu ychydig yn fwy fel ein bod â'r arian hwnnw i leihau rhestrau aros, buddsoddi yn ein hysgolion a gwneud ein strydoedd yn fwy diogel”. Ond, mae Undeb Cenedlaethol y Ffermwyr wedi galw'r newid i dreth wrth etifeddu fferm yn

“drychinebus” i ffermwyr teuluol.

Yn ôl Jo Stevens, mae'r gyllideb yn “dangos y gwahaniaeth” sy'n cael ei wneud pan fo “dwy lywodraeth yn cydweithio”. Ond, mae'r gyllideb wedi sbarduno beirniadaeth hallt ymhlith y gwrthbleidiau. Dywedodd Andrew RT Davies, Arweinydd y Ceidwadwyr yn y Senedd, y bydd y cyllid yn “cael effaith ddinistriol yng Nghymru”. Yn ôl Ben Lake, llefarydd Plaid Cymru ar faterion y trysorlys, “Yn anffodus, mae'r gyllideb yn brin o'r newid trawsnewidiol a addawyd yn ystod yr Etholiad Cyffredinol”, ac ychwanegodd, “does yna fawr o newyddion dai i Gymru”. Dywedodd Democratiaid Rhyddfrydol Cymru fod y gyllideb yn methu â chyn-nig gweledigaeth uchelgeisiol i Gymru a fyddai'n nodi buddsoddiad hirdymor yn ei dyfodol.



Eisteddfod Ffermwyr Ifanc Cymru – Cyfle i ddal Talent y Wlad trwy Gystadlu di-ri!

Ffion Wyn Jones

Golygydd Taf-od

Yn flynyddol mae Clybiau ffermwyr ifanc Cymru yn cystadlu mewn amrywiaeth o gystadlaethau. Eisteddfodol megis canu, llefaru, sgets a meim! Cafodd yr Eisteddfod ei gynnal eleni yn Ysgol Bro Myrddin yn Sir Gaerfyrddin ar ddydd Sadwrn yr ail o Dachwedd. Gwelwyd amrywiaeth o dalent Cymru yn dod ynghyd i ddod i'r brig yn eu categorïau amrywiol.

Mae'r Eisteddfod wedi ei rhannu mewn i ddau brif adran sef cystadlaethau'r llwyfan a chystadlaethau'r Gwaith Cartref. Ar ddiwedd yr holl gystadlu bydd yr holl bwyntiau yn cael eu cyfri a bydd modd gweld pa sir wnaeth orau ar draws y gystadleuaeth gyfan.

Buddugolwyr Eleni:

1af: Ceredigion

2ail: Sir Gâr

3ydd: Sir Benfro

Eleni, y Sir fuddugol oedd Ceredigion gyda chyfanswm o 47 o bwyntiau. Ar lwyfan, gwnaeth Ceredigion bachu 34 o bwyntiau ynghyd a 13 o bwyntiau yn y categori Gwaith Cartref. Fe wnaeth 12 o siroedd gystadlu i gyd er mwyn ceisio dod i'r brig.

Dyma rhai o ganlyniadau'r diwrnod ar lwyfan:

Deuawd

1af: Ffion ac Eryllt (Sir Benfro)

2ail: Beca a Cadi (Ceredigion)

3ydd: Lleucu a Cadi (Meirionnydd)

Côr Cymysg

1af: Sir Gâr

2ail: Sir Benfro

3ydd: Ceredigion

Parti Llefaru

1af: Llanwenog (Ceredigion)

2ail: Glannau Tegid (Meirionnydd)

onnydd)

3ydd: Abergwaun (Sir Benfro)

Adran Ysgafn: Sgets

1af: Pontsian (Ceredigion)

2ail: Llanefydd (Clwyd)

3ydd: Llanllwni (Sir Gâr)

Meim

1af: Bro Ddyfi (Maldwyn)

2ail: Penparc (Ceredigion)

3ydd: Llanllwni (Sir Gâr)

Deuawd/Triawd Ddoniol

1af: Tomos, Llywelyn a Dafydd (Ceredigion)

2ail: Ifor, Hefin a Siriol (Sir Gâr)

3ydd: Rhys, Rhys a Iolo (Sir Benfro)

Ble i wylïo?

Cafodd yr Eisteddfod ei ddarlledu ar Sianel Pedwar Cymru, gan roi cyfle i'r rheini nad oedd yn gallu mynychu, i wylïo rhwng 3 a 5 o'r gloch yr hwyr ac yna

rhwng 7:30 a 11:30 yr hwyr. Yn ogystal gellir ail-wylïo'r cystadlu ar BBC iPlayer neu S4C Clic.

Mae hefyd lluniau a chlipiau ar gael ar gyfrifon cyfryngau cymdeithasol S4C a fficymruwalesyfc.

Cyd-destun

Mae Eisteddfod y Ffermwyr Ifanc yn Eisteddfod ddwyieithog, yr unig un o'i fath yng Nghymru! Mae hwn yn rhoi cyfle i aelodau o glybiau cystadlu mewn nifer o'r categorïau. Caiff yr Eisteddfod ei gynnal mewn sir wahanol bob blwyddyn gan gyfnewid rhwng y Gogledd a'r De bob yn ail flwyddyn. Hyd at heddiw, mae'r Eisteddfod wedi cael ei gynnal mewn amrywiaeth o leoliadau fel Neuadd Bryngwyn yn Abertawe, Neuadd William Aston yn Wrecsam a Venue Cymru yn Llandudno.

Tarddiad ein Traddodiad: Y Ddraig Goch

Charlie Thomas

Golygydd Taf-Od

Croeso nôl i drydedd bennod y gyfres Tarddiad ein Traddodiad. Y tro hwn byddaf yn archwilio chwedl y Ddraig Goch. Efallai mai dyma chwedl bwysicaf ein cenedl. Mae'r chwedl wedi'i lleoli yn Ninas Emrys yng Ngogledd Cymru, ble yn ôl straeon y Mabinogi a'r Historia Britonum, y mae'r Ddraig Goch a'r Ddraig Wen wedi eu claddu. Rhaid gofyn felly o le ddaw'r chwedl yn wreiddiol? A beth yw'r neges y tu ôl i'r chwedl hanesyddol yma?

Yn ôl y chwedl hanesyddol, fe wnaeth Emrys Wledig ddarganfod y Ddraig Goch a'r Ddraig Wen yn ymladd mewn pydew, gan gynrychioli'r Cymry a'r Sacsoniaid. Enillodd y Ddraig Goch a dyma oedd diwedd y rhyfel, gyda'r Cymry yn fuddugol. Mae'r stori hefyd wedi cael ei chysylltu gyda'r Brenin Arthur, ac yn cael ei gweld fel symbol o'i fuddugoliaeth wrth ddod yn Frenin Prydain, wrth i'r ddraig Gymraeg gael goruchafiaeth ar y ddraig Sacsonaidd. Dros y canrifoedd, mae'r stori wedi newid, ond y mae'r cyswllt amlwg gyda Chymru wedi parhau.

Mae'r stori am y Ddraig Goch yn ennill y frwydr yn dyddio yn ôl i'r 9fed ganrif, i'r straeon yn y Historia Britonum, a ysgrifennodd Nennius, mynach Cymraeg. Mae'r Ddraig hefyd yn ymddangos yn straeon y Mabinogi, er enghraifft stori Lludd a Llefelys, ble cafodd ei rhoi yn y pydew sydd yn y chwedl sydd yn gyfarwydd i ni heddiw.

Mae'r stori ei hun yn cynrychioli'r ysbryd Cymreig, a'r ffaith ein bod ni erioed wedi ildio wrth ymladd y 'Ddraig Wen', a bod ein gwlad yn dal i sefyll yn gryf er gwaethaf yr heriau. Mae'n cynrychioli'r hiraeth, ac ysbryd y Ddraig Goch sydd yn nodwedd o bob person sy'n galw ei hun yn Gymro Cymraeg.

Daw symbol y ddraig o'r Rhufeiniaid yn wreiddiol, a chafodd ei fabwysiadu gan Frenhinoedd Cymraeg yn y bumed ganrif. Ers hynny mae wedi bod yn arwydd o gryfder a gwaed y bobl. Mae'r symbol yn uno pawb sy'n galw eu hunain yn Gymry, ac yn un o'r pethau pwysicaf a mwyaf unigryw i'n gwlad fach ni.



Nadroedd o Oes yr Iâ yn Ymgartrefi yn ein Walïau?

Hanna Morgans

Golygydd Taf-od

Mae nadroedd sydd heb gael eu gweld ers 300,000 o flynyddoedd yn y gwyllt yn dychwelyd ac yn ymgartrefi mewn walïau ac atigau cartrefi yng Nghymru a Lloegr.

Nadroedd Aesculapaid yw'r rhain, a wnaeth ddianc o Sŵ Fynydd Gymreig Bae Colwyn, Conwy a Sŵ Llundain tua 50 mlynedd yn ôl.

Ers hynny mae tua 240 o'r nadroedd wedi cael eu gweld, gan gynnwys llond llaw ym mis Hydref 2024.

Canibaliaid?

Yn un o nadroedd mwyaf Ewrop, maent yn gallu tyfu dros 7 troedfedd. Yn wreiddiol mae eu cynefinoedd yn Ne Canolbarth Ewrop, a rhai rhannau o Orllewin Asia.

Yn ffodus i ni, dydyn nhw ddim yn wenwynig nac yn peri bygythiad i bobl. Mae eu deiet yn cynnwys adar, wyau, a mamaliaid bach gan eu cyfyngu. Ond yn anaml iawn mae'r nadroedd yma yn dangos ymddygiad canibalaidd, drwy ysglyfaethu ar aelodau llai o'u rhywogaeth pan fo bwydydd eraill yn brin.

Effaith newid hinsawdd ar eu cynefinoedd

Roedd nadroedd Aesculapaid, a fu unwaith yn crwydro rhannau o Ewrop yn ystod Oes yr Iâ, bron a diflannu o ganlyniad i'r newid hinsawdd eithriadol. Ond llwyddon nhw i oroesi mewn ardaloedd cynhesach ynysig a chynyddu o ran nifer ar draws gwahanol ranbarthau wrth i'r tymheredd godi.

Wrth i newid hinsawdd gynhesu rhannau o Ogledd Ewrop, mae nadroedd Aesculapaid wedi lledu i diriogaethau newydd gan gynnwys Cymru. Mae'r newid yn y tymheredd ac argaeledd ffynonellau bwyd wedi caniatáu iddynt addasu a sefydlu poblogaethau bach, lleoledig yng Nghymru, ble maent wedi dod yn ychwanegiad annisgwyl i fywyd gwyllt y rhanbarth.

Erbyn hyn maent yn byw yn ardaloedd Conwy, Parc Regent ac agos i ardal Ben y Bont.

“Encil cynnes a diogel”

Yn ôl Dr Tom Major, 33, arbenigwr a arweiniodd astudiaeth dwy flynedd o hyd, dywedodd fod y nadroedd yn gweld atig fel “encil cynnes a diogel”.

Awgrymodd “Os ydych chi'n dod o hyn i un ... yn bersonol byddwn i'n gadael iddo fod fel petaech ddim yn gwybod bod nhw yno” gan ychwanegu bod y nadroedd yn “swil iawn”.

“Does dim byd i bobl boeni, mae'r nadroedd hyn yn gwbl ddiniwed i bobl ac anifeiliaid anwes”.

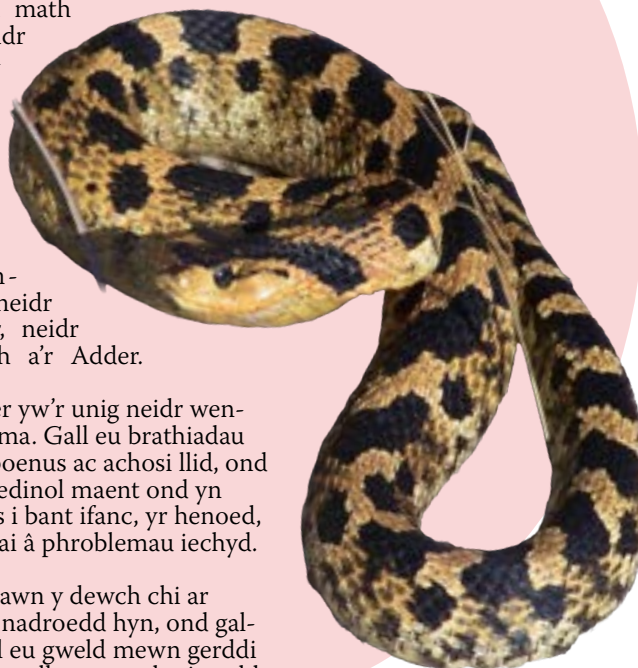
Nadroedd eraill yng Nghymru

Mae tri math o neidr frodorol yng

Nghymru – neidr y gwair, neidr esmwyth a'r Adder.

Yr Adder yw'r unig neidr wenwynig yma. Gall eu brathiadau fod yn boenus ac achosi llid, ond yn gyffredinol maent ond yn beryglus i bant ifanc, yr henoed, neu'r rhai â phroblemau iechyd.

Anaml iawn y dewch chi ar draws y nadroedd hyn, ond gallant gael eu gweld mewn gerddi ac yn y gwyllt yn ystod misoedd cynhesach.



Tarddiad: Virginia State Parks (o Flickr)

Y GymGym yn anelu at Godi £500 yn Her Tashwedd

Hannah Williams
Pennaeth Taf-od

Fel rhan o her ‘Tashwedd’, mae gan dimau chwaraeon Cymdeithas Gymraeg Prifysgol Caerdydd, neu’r ‘GymGym’, uchelgais o godi £500 tuag at yr elusen ‘Young Lives vs Cancer’.

Yr her y maent wedi ei gosod i’w huanain eleni yw rhedeg cyfanswm o 1,389km rhwng aelodau’r timau pêlrwyd, pêl-droed a rygbi. I roi hwn mewn cyd-destun, dyma’r pellter o Gaerdydd i Lundain, yna i Gaeredin, dros y môr i Ddilyn ac yn ôl.

Beth yw ‘Tashwedd’?

Mae Tashwedd, neu ‘Movember’ yn Saesneg, yn ymgyrch flynyddol sy’n codi ymwybyddiaeth am y prif broblemau iechyd ymysg dynion, sef cancr y prostad, cancr y ceilliau ac iechyd meddwl. Mae pobl ledled y byd yn tyfu mwstas trwy gydol mis Tachwedd a’r mwstas yn symbol i

gynrychioli dynion iachach a byd iachach. Mae eraill yn cymryd rhan yn yr ymgyrch drwy redeg neu gerded 60km yn ystod y mis. Yn ogystal â chodi ymwybyddiaeth, mae’r rheini sy’n cymryd rhan yn mynd ati i geisio codi arian tuag at yr achosion pwysig hyn.

Wrth gyfeirio at bwysigrwydd yr ymgyrch, dywedodd Aron Jones, Llywydd y GymGym, “Dwi’n meddwl bod o’n hynod bwysig oherwydd yn anffodus, dwi’n credu bod dal stigma efo iechyd meddwl dynion a tydi o ddim yn bwnc hawdd iawn i rai trafod. Mae’r ffaith bod Y GymGym yn cymryd rhan yn Tashwedd yn dangos ein bod yn gymuned saff i godi unrhyw bryderon”.

Young Lives vs Cancer

Yr Elusen mae’r GymGym wedi dewis ei chefnogi eleni yn ei hymgyrch yw ‘Young Lives vs Cancer’, sydd yn cefnogi plant a phobl ifanc rhwng 0-25 blwydd oed sy’n dioddef o gan-

cr, a’u teuluoedd. Mae’r GymGym yn teimlo’n gryf dros waith yr elusen oherwydd, yng ngeiriau Aron, “Mae 1 o bob 2 ohonom yn debygol o ddatblygu rhyw fath o symptom cancr yn ystod ein bywydau, gyda bron i 4,000 o bobl ifanc 25 ac iau yn cael diagnosis o ganser bob blwyddyn”.

Ychwanegodd, “Yn anffodus mae ffrind i’r GymGym wedi derbyn diagnosis yn ddiweddar. Fel y GymGym, rydym ni jyst eisiau cyfrannu i gwffio afiechyd mor ofnadwy”.

I atgyfnerthu hyn, dywedodd timau chwaraeon y GymGym mewn datganiad ar y cyfryngau cymdeithasol, “Hoffai pawb o’r GymGym anfon nerth i unrhyw un sydd yn brwydro yn erbyn cancr ar hyn o bryd gan ddy-muno gwellhad buan iawn iddynt”.

“Hyderus y nawn ni chwalu’r targed”

Mae’r GymGym yn gweithio’n ddyfal i gyflawni ei her uchelgeisiol, ac mae’r

Gymdeithas eisoes wedi codi cannoedd o bunnoedd tuag at yr achos. Yn ôl Aron, “Da ni ychydig ar ei hôl hi efo’r her o 1,389km gyda bron i 15% wedi ei gwblhau yn barod ond yn fuan mi fyddwn yn mentro i gopa Pen y Fan i geisio cynyddu ar y canran yna. Ar yr ochr ariannol da ni wedi bod yn lwcus iawn ac wedi derbyn llwyth o gyfraniadau hael iawn. Gyda tharged o £500 a’r ffaith ein bod wedi codi bron i £400 yn barod dwi’n hyderus y nawn ni chwalu’r targed yna”.

Os hoffech chi neu rywun arall gyfrannu at yr ymgyrch, gallwch wneud hynny ar wefan GoFundMe drwy chwilio am ‘Ymgyrch ‘Tashwedd’ y GymGym’, neu drwy ddilyn y ddolen isod:

<https://www.gofundme.com/f/by-ddai-unrhyw-gyfraniad-yn-cael-ei-werthfawrogin-fawr?qid=dfd31044ae-b08b0cd6a7b0d3f22126c7>

Meigr yn: ‘Colli dy fywyd, colli swydd, colli ffrindiau’

Elen Morlais Williams
Golygydd Taf-od

Mae ystadegau newydd yn awgrymu bod dros hanner miliwn o bobl yn byw gydag afiechyd meigr yn Nghymru. Yn ôl Migraine Cymru Wales, grŵp cymorth i bobl sy’n byw â chlefyd meigr yn, mae amcangyfrif bod tua 562,600 o bobl yn y wlad yn byw gyda meigr yn. Gydag un ym mhob saith o bobl yn delio â meigr yn yn fyd-eang, mae galw am gefnogaeth wrth i’r cyflwr gael effaith sylweddol ar unigolion ar hyd a lled y wlad.

Yn ôl Anna Maclean, GP o Gaerdydd oedd angen gadael ei swydd oherwydd y cyflwr: “Ti’n colli dy fywyd, colli swydd, colli ffrindiau oherwydd ti methu cynllunio gan fod y

migraines yn hollol unpredictable. Mae’n difetha bywydau.”

‘Dim digon o gefnogaeth’

Mewn arolwg yn 2023, cyhoeddodd ‘The Migraine Trust’ bod cynnydd wedi bod yn yr amseroedd aros am driniaeth meigr yn wrth i rai gorfod aros hyd at 27 wythnos i gael triniaeth. Dywedodd Anna Maclean: “Does dim digon o gefnogaeth achos ‘ma fe’n hynod o stigmatised. Post-code lottery yw e os ti’n cael y triniaethau newydd sydd ar gael”. Gan mai tri o’r saith bwrdd iechyd yng Nghymru yn unig sydd â chlinigau arbenigol, mae’r mynediad i driniaeth meigr yn Nghymru yn gyfyngedig.

‘Angen mwy o funding’

Mae ‘The Migraine Trust’ wedi datgan bod y cyflwr yn amrywio rhwng unigolion; rhai yn profi ychydig ddyddiau o feigr yn mewn blwyddyn a rhai yn delio â meigr yn cronig sef meigr yn sydd â symptomau sy’n para mwy na 15 diwrnod y mis. Er hyn, does dim ystadegau cenedlaethol swyddogol wedi’i rhyddhau ar y clefyd yng Nghymru oherwydd bod byrddau iechyd yn cofnodi’r clefyd mewn ffyrdd gwahanol. Yn ôl Anna Maclean: “Ma na ignorance mawr am yr underlying causes a dyw’r GPs ddim yn deall digon. Mae lot o help a gwybodaeth gan bethau fel National Migraine Centre, The Migraine Trust, EMHA, World Migraine Summit ond mae angen mwy o funding”.

Nifer yn dal i golli allan ar ddiagnosis

Amcangyfrifir bod 18% o bobl yng Nghymru yn cael eu heffeithio gan feigr yn, sy’n uwch na’r cyfartaledd byd-eang o 15%. Ar lefel Brydeinig, mae Prydain hefyd yn colli £9.2 biliwn i’w heconomi yn flynyddol gan fod symptomau meigr yn atal pobl fel Anna Maclean rhag gallu gweithio. Mae symptomau meigr yn arwain at 43 miliwn o ddiwrnodau gwaith ac addysg yn cael eu colli bob blwyddyn. Er hyn, nid yw meigr yn gyflwr sydd wedi ei ddeall yn iawn eto gan bob haen o’r sector feddygol ac mae nifer yn dal i golli allan ar ddiagnosis.

Barn y Bobl: ‘A ddylai rhaglenni Cymraeg gynnwys isdeitlau Saesneg?’

Gwenno Davies
Cyfrannwr

Faint ohonoch sydd erioed wedi defnyddio isdeitlau i wyllo ffilm neu raglen mewn iaith dramor? Dyw hi ddim yn beth anarferol o gwbl erbyn heddiw i ddarganfod ffilwm Sbaeneg, er enghraifft, gydag isdeitlau’n cyfieithu er mwyn i bobl ar draws y byd allu ei gwyllo. Felly pam ddim cynnig isdeitlau i raglenni Cymraeg, a rhoi llwyfannau rhyn-gwladol iddyn nhw, hefyd?

Bu’r Athro Jamie Medhurst o Brifysgol Aberystwyth yn trafod y mater ar ‘Dros Frecwast’ fis diwethaf- “dwi’n meddwl os oes gennych chi stori dda, stori

i’w dweud a’i bod yn gafael yn y gynulleidfa yna mae isdeitlau yn gallu cyrraedd cynulleidfaoedd y tu hwnt i’r bobl sy’n siarad yr iaith.” Cytunaf yn llwyr ag ef yn fan hyn – pam ddim galluogi raglenni Cymraeg i ehangu tu hwnt i gynulleidfaoedd Cymraeg eu hiaith yn unig? Gyda 36% o bobl ifanc Prydain ac America’n gwyllo mwy o ffilmiau mewn ieithoedd tramor na’r ganran bum mlynedd yn ôl, rwy’n sicr mai parhau i gynyddu bydd y galw am isdeitlau Saesneg i raglenni Cymraeg.

Ond, yn ogystal â’r drafodaeth a fu ar y radio, credaf hefyd y gallai isdeitlau Saesneg roi help llaw sylweddol i ddysgwyr wrth

iddynt gyfarwyddo ag elfennau llafar yr iaith. Mae dysgu iaith yn anodd, a, gyda bron 17,000 o unigolion wedi dechrau dilyn cyrsiau Cymraeg y llynedd, mae’n amlwg y byddai digon o alw am ychydig fwy o help. Petaech chi’n ceisio dysgu, na fydddech chi eisiau teimlo fod addasiadau priodol wedi’i gwneud er mwyn hwyluso’r broses i chi?

I fod yn onest, galla i ddim meddwl am un ffordd y gallai gyflwyno isdeitlau fod yn rhwystr i’r Gymraeg- dyw isdeitlau bach ar waelod y sgrin ddim yn ddigon i amharu ar unrhyw un, a, beth bynnag, gellir eu troi i ffwrdd ac ymlaen yn ddigon hawdd wrth wasgu botwm ar y teclyn rheoli! Yn sicr felly,

gall cyflwyno isdeitlau Saesneg ddod â môr o gyfleoedd i’r Gymraeg, yng Nghymru, ym Mhrydain, ac ar draws y byd. Ond, yn fwy na hynny, credaf ei fod yn hollol angenrheidiol ar gyfer cynnwys dysgwyr, a chyrraedd miliwn o siaradwyr Cymraeg. Felly, pam lai?

Tarddiad: Zamburak (o Flickr)

THE TEAM



Ella Lane



Aneurin Davies



Alice Roach



James Roberts



Emily Clegg



OPINION



The Bershka Twilight Collection and the Resurgence of Early 2000s “Romantasy”

Ella Lane
Head of Opinion

Despite how objectively terrible it is, I love *Twilight*. From the awkward scenes marked by a lack of chemistry between cast members, to classic lines such as “Bella! where the hell have you been, loca?”, since I was a tween I have loved everything “romantasy”. Like many of you, I was saddened by the declining numbers of vampires, faeries, and witches on screens and in books across the last decade or so, but it seems that we’re entering another golden age of supernatural stories, paired with a renewal of interest in the classics of the genre, like *Twilight*.

So, what is “romantasy”? Well, it is defined as a subgenre of (mainly liter-

ary) fiction which blends fantasy and romance while employing many features of Arthurian literature, including themes of chivalry, social class, and hierarchy, sometimes putting a modern twist on these. Although this term has been coined fairly recently, it can be applied to many examples in the media, which have had an impact on the genre, including *The Vampire Diaries*, *The Witcher*, *True Blood*, and *Lucifer* to name a few. Goodreads called romantasy the “hottest genre of the year” and I for one would be inclined to agree, because it’s all that TikTok seems to recommend to me. I admit, I was sceptical due to my distaste towards Colleen Hoover’s writing and “booktok” (as a self-awaredly pretentious English Literature student). However, my curiosity got the better of me. I decided to cave, and read the

entire *A Court of Thorns and Roses* series by Sarah J Maas over the course of a couple weeks, and I promptly fell down an endless rabbit hole of magical realms, epic journeys, and tall, dark, and handsome strangers.

How can this be defined as a resurgence though? Well, we can see the influence of the genre becoming more popular everywhere. Notably, Bershka and Dolls Kill, two extremely popular retailers have both come out with *Twilight* collections featuring merchandise such as bags and jumpers, as well as socks adorned with “I heart Edward”. Although films like *Twilight* have been popular since their release, I believe that it is because of the recent fascination with romantasy that we have begun to pay attention to the genre again, with a new appreciation of the classics that paved the way.

Having examined the phenomenon and why I believe it is having its time once again, it leads me to consider what is next for the genre. With growing popularity I think we will see some of the bigger titles in romantasy adapted for cinema or TV, which I personally cannot wait for. These adaptations will surely skyrocket the genre into mainstream popularity, even more than it already is, so I hope these future filmmakers do them justice. While we wait for these new releases, if you enjoyed this article or are curious about the genre, give it a go. I didn’t think I would like it but here I am—obsessed, in all honesty—and the same fate will befall you when you take the plunge into romantasy.

Wizards of Waverly Place’s Spin-Off Sucks

Emily Clegg
Opinion Editor

Disney+’s latest spin-off *Wizards Beyond Waverly Place*, a spin-off of the classic *Wizards of Waverly Place*, has irked me. As a huge fan of the original show, I was initially excited about the prospects of one of my favorite shows returning. *Wizards of Waverly Place* was one of those rare shows that balanced humour, family values, and fun. Like so many fans, I watched Alex, Justin, and Max Russo navigate both teenage life and the magical world with heart, humour, and genuine character development. *Wizards of Waverly Place* is a comfort show of mine I have rewatched far too many times and have formed just a slight attachment to.

Hence my great disdain for this horrendous new spin-off. *Wizards Beyond Waverly Place* doesn’t hit the mark—a misfire that, unfortunately, speaks to a bigger issue with Disney’s trend of reboots and spin-offs. The problem with *Wizards Beyond Waverly Place* isn’t just that it’s lacklustre; it’s that it feels like Disney doesn’t understand the original fanbase. Fans of *Wizards* didn’t ask for a new generation of wizards who we have no attachment to. When you take away that family dynamic—the foundation of the original show—you lose what made it work. We’ve all moved on, but Disney seems to be stuck, hoping nostalgia alone will be enough to lure viewers back. This approach isn’t limited to *Wizards*.

Disney’s pattern of rebooting classics for quick wins feels increasingly out of touch with its fans. Look at the spin-offs, reboots, and remakes flooding Disney+, each one claiming to “recapture the magic” of its predecessor. But in so many cases, like *That’s So Raven*’s spin-off *Ra-*

ven’s Home, the new versions miss the nuanced charm and unique qualities that made the originals resonate. Instead, Disney often strips these shows down to simpler, more generic versions that lack the emotional depth and humour we connected with in the first place.

When *Wizards of Waverly Place* ended, it was a fitting conclusion. We saw Alex, Justin, and Max make choices about who they were and who they’d become, making it feel complete. When Disney chooses to revive shows years later, it feels like they’re undoing that closure. And for what? The chance to milk a new generation of viewers on the back of something we already loved? Disney seems intent on targeting younger audiences rather than nurturing the ones who grew up with its classics. But nostalgia alone isn’t enough. Spin-offs like *Wizards Beyond Waverly Place* lack the heart of the originals. So, Disney, here’s a thought: if you’re going to keep reviving our old favourites, maybe try watching the originals first. *Wizards Beyond Waverly Place* isn’t just a soulless cash grab; it’s a baffling reminder that Disney thinks a sprinkle of nostalgia will make us forget about the lack of substance. Spoiler alert: it won’t.



Source: Toglenn (via Wikimedia Commons)

Cancel Culture: Does it Truly Have an Effect?

Aneurin Davies
Opinion Editor

The idea of cancel culture has been around for more than a decade now and almost everyone has heard of the term, if not of a celebrity who was “cancelled”. But in light of the apparent suicide of an Oxford University student in January of this year after he was ostracised by his peers, a coroner has called on the government to review cancel culture on university campuses. Naturally, a few questions arise from this. Is cancel culture effective against sexual assaulters and abusers? Does it truly have long-lasting effects on those who seemingly deserve it?

Celebrities are the obvious choice for a case study. Take Armie Hammer for example. Hammer was anonymously accused in 2021 of sending sexual messages to many women, before being accused of sexually assaulting his ex-girlfriend, Erosina Angelova. Many remember Hammer after this case as being accused of being a cannibal by Angelova and chances are this is how you remember him today. After being investigated, no legal action was taken against him, but he was ostracised online by many. Now, Hammer is attempting a comeback, with a podcast, interviews with famous presenters (Piers Morgan and Bill Maher), and starring in a new film. Though we don’t truly know the extent of his comeback, the fact that he would even attempt one is a shocking revelation to many, leaving some wondering: who is supporting his comeback?

Though old, a famous case of a celebrity avoiding cancel culture is Roman

Polanski. For over 40 years, Polanski has been accused by numerous women of sexual assault and the rape of minors, from 1977 onwards. Polanski even pled guilty to “unlawful sexual intercourse with a minor” after being arrested in 1977. Yet, in 2002 he directed *The Pianist*, a film that won three Oscars, including best director—twenty-five years after pleading guilty to statutory rape. Polanski was also supported by many of those within Hollywood at the time. But, when the #MeToo movement arrived, Polanski was removed from the Academy of Motion Picture Arts and Sciences as a result of his many criminal cases. He is also currently being sued by a woman who alleges he raped her in his house in 1973.

Though these are only two cases of celebrities being ostracised for their crimes, there are so many more that I couldn’t possibly list them in an article. Hammer and Polanski are probably the most sinister examples of cancel culture within recent pop-culture history. But was this truly a result of cancel culture? These two examples include celebrities who were ostracised for pleading guilty to and alleged crimes. Which raises the question, is that really the fault of cancel culture, or have they just been legitimately ostracised for violating the law?

Reunion Tours: Comebacks or Purely For The Profit?

Bhamini Khandige

Contributor

In recent years, we have seen a resurgence of bands and groups that had either been inactive for a while or disbanded completely. Groups such as Oasis have had a featured spot in the headlines due to announcing their reunion tour which is set to begin in July of 2025. This came as a shock to everyone, as Oasis' last performance together was in 2009. So, this raises the question of why the English rock band (among other groups), is coming back together for a reunion tour after over a decade of inactivity. Is it possible that a wave of nostalgia hit the band members, or did their funds from their last performance finally run out?

Reunion tours come with a publicity tour of their own, as we've seen with the announcement of the Oasis tour in August of 2024. Reunion tour announcements and a revival of the band and their achievements are inescapable in media, as every headline, article, and website hone in on this aspect of pop culture to keep up with the trends. This, in turn, creates more publicity for the

group, their music, and their upcoming tour.

Oasis' reunion tour announcement was incredibly nostalgic, especially for those who grew up in the '90s in the UK, most of which are the parents of the recent generations who are likely to be on social media. Our parents are able to indulge in their '90s nostalgia by attending Oasis' reunion tour. However, a whole new generation of Oasis fans has been created due to the media focus on them throughout the summer of 2024. From personal experiences, it is clear that the name "Oasis" was known to many of my generation, and the announcement of the revival tour has led many young Britons to flock to Spotify in an attempt to either remember or get familiar with Oasis' work. The majority of people know a couple of hits, which may include *Wonderwall*, or *Don't Look Back in Anger*, but after diving into the full discography, Oasis has been able to grab the attention of a whole new generation. If not for this reunion tour, this younger generation would have arguably only heard a few Oasis songs in the background while their parents cooked dinner, or tidied the garage. A reunion tour has allowed for a full revival of Oasis and their music. Both generations became Ticketmaster warriors and fought tooth and nail to secure con-

cert tickets despite the technical issues, ticket cancellations, and frustrations over ticket prices. Undoubtedly, this reunion tour has spurred nostalgia in the original generation who enjoyed Oasis while they were active, but it will also encourage nostalgia in a whole new generation through this reunion tour.

While the nostalgic aspects of the tour are high, it is impossible to ignore the financial aspect of these reunion tours. As demand increases, bands and promoters are able to have extortionate prices for these reunion tours—people are willing to pay insane amounts of money to relive their younger years and relive that sentimentality. Band members, managers, and venues alike are very aware of this fact and use it to their advantage with these reunion tours. It would be foolish to say that bands are reuniting purely for their own nostalgia or that of their fans, while this would be incredibly selfless. If bands were truly this selfless, surely ticket prices would be lower?

With the Oasis reunion tour, the Gallagher brothers are predicted to earn over £50 million each from the initial fourteen tour dates. We have seen with other artists, that many cling onto whatever nostalgia or fame they have left in order to profit, and continue liv-

ing a lavish lifestyle without doing anything new, we've seen a plethora of podcasts, autobiographies, and interviews being released for this exact reason. So is a tour announcement really that different in terms of what the intended outcome is? When a tour is purely conducted with profit in mind, this can often reflect in the quality of the show itself, and many fans have been left disappointed with such tours, as with the reunion tour The Doors of the 21st Century, according to fans.

Many groups have also ended tours prematurely when they are happy with the profit that they have made, which has left fans incredibly disappointed in the band. Reunion tours have the impact of completely ruining the legacy of an otherwise incredible band if something like this happens. To prevent this from happening, many artists are not paid until their initial dates of performances are complete, as with the Oasis tour. Reports claim that the Gallagher brothers will not be paid a penny until they have performed all fourteen of their initial tour dates. As this tour is yet to happen, we cannot be sure as of now whether this tour leans more towards being a nostalgic comeback, or a cash grab. However, it is surely a combination of the two, as we have noticed with other reunion tours.

The Feminine Urge to be Unknowable

Lara Fuentes-Bates

Contributor

It seems the notion of girlhood is in constant evolution, and in our digital age, social media has facilitated the creation of increasingly niche subcultures. So much so, the very idea of being incomprehensible, or "esoteric," has become an identity for many young women online. I myself was appealed by this space, filled with traditionally masculine literature, but I could not understand what had changed in the perception of these writers. There was something else I could not put my finger on; in an era where misogyny seems more rife than ever, why do women desire to be seen as a psychological threat?

Upon reflection, I think that this is primarily an attack on historical perceptions of women. Even from the beginnings of the literary canon, you

can see the archetype of the evil seductress, like Circe in the *Odyssey* who turns men into pigs. Another examples, mentioned by the Instagram influencer @joan.of.arca when I interviewed her, are biblical figures such as Salome and Lilith. This demonstrates how deeply rooted into society these one-dimensional portrayals are. This "reclamation of this sort of femininity," as she says, challenges these narratives, both in published works (such as Madeline Miller's novel *Circe*), but also in the casual form of "girl-blogger" memes, where women identify with figures such as Lilith.

The extension to other male writers such as Kafka, Nietzsche, and Dostoyevsky, is emblematic of a wider movement to question the masculine literary canon, and push back against stereotypes by hyperbolising them. Another Instagram creator I spoke to @paglianhorrer, states "if men will not discuss these things with us, we

will discuss it with each other". This statement resonated with me, as it shows that women do not need to find value though being platformed in male spaces, as they can create it themselves. They can construct a fluid and ambiguous form of identity outside the gender binary. The notion of the "thought daughter" fits in here, as it implies a priority not on who we are, but how we conceptualise the world. In terms of being seen as psychologically terrifying, @joan.of.arca sees it as "the idea of victimizing men, instead of being victimized by them". In this way, references to biblically-accurate angels or the "man-eater" trope allow women to be seen without regarding the male gaze.

But if these ideas are dependent on mass production through informal memes, do they have any longevity? For @rosabellediary, the final person I interviewed, the answer is clear: absolutely. She states that the "consumers [of this

trend] evolve and change constantly", and this is certainly true, with the notion of girlhood being passed down and adapted through generations of daughters. Ultimately, while girlhood may take different forms in the future, I believe it will shift away from being a response to male-dominated society and begin to craft its own space. Women do not want to be accepted by men. In fact, they are not concerned by them at all. Women are becoming unknowable because when men cannot understand them, their identity can finally be their own.

Podcast Overload: Has the Market Become Oversaturated?

Charlotte Hardie-Watts

Contributor

The podcast industry has experienced significant growth in recent years, specifically since COVID-19. People found ways of keeping busy, and what isn't there to discuss? Podcasts vary from relationships or casual conversations to politics and celebrity interviews. There is definitely a podcast for everyone, but is there an oversaturation of podcasts?

This market has undoubtedly expanded rapidly, with over 3 million active podcasts now available across various platforms. When compared to other forms of media, the podcast market still appears to have room for growth. There are far fewer podcasts than active social media accounts on platforms like Facebook or Instagram. Screen time rates are getting higher and higher, matching the growth of technology. Listening to a podcast, rather than spending extensive time on TikTok or Instagram, is a good way to pass time. This perspective

suggests that there can never be too many podcasts as everyone has different experiences and wants to connect to something on the internet. Providing organic content through podcasts is much healthier than mass-produced social media content.

One of the many sources of the potential podcast overload is social media influencers. Podcasts are often seen as a way to monetise their content and develop a bigger community. Following drastic life changes or leaning into their original talkative content, many social media stars seem to have had the idea of launching a podcast. From *Cancelled* by Tana Mongeau and Brooke Schofield to *NewlyWeds* by Sophie Habbuo and Jamie Laing, their pre-existing fanbase allows them to attract listeners easily, somewhat decreasing the exposure of lower-scale lifestyle podcasts. This phenomenon also creates an issue with the varying quality of podcasts. Indeed, due to the lack of a clear topic, many influencer-led podcasts are simply conversations. This can be pertinent, but it has also created a wave of new podcasts that have no particu-

lar interest in mind, increasing the oversaturated market.

A specific sector of podcasts I find to not be saturated, is political podcasts. Everyone's political views vary, so having many different podcasts in the political field is an advantage. It is also a valuable opportunity for people to educate themselves on current affairs and to be better voters and citizens, whatever their chosen podcasts are. Considered to be the number one podcast in the world is Joe Rogan's *The Joe Rogan Experience*. On October 25th, he received Donald J Trump on his podcast to discuss his campaign and some recent controversies. On the 8th of October, Kamala Harris appeared on Alex Cooper's podcast *Call Her Daddy*, where they talked about reproductive rights and her policies. These two examples demonstrate the importance of having a variety of podcasts to showcase different parties and political figures and their ideas. These podcasts reach audiences in age of voting that perhaps are not well-informed in the political sphere.

The podcast market has undoubtedly become more crowded. While challenges exist, particularly for newcomers in the industry, there are still many opportunities for high-quality, focused content podcasts to find an audience. By demonstrating creativity and uniquely valuable content that stands out, a podcast can only be successful.

Source: Mike MacKenzie (via Flickr)



Politically Undecided? Never Fear, the Celebs are Here!

Miriam R.M Southall
Contributor

It's clear that we are living through truly historic times, witnessing events that future generations will remember forever. This US presidential election may go down as one of the most divided in America's political history, with tensions and animosity skyrocketing between parties and the public. The political climate has been filled with suspense, marked by assassination attempts and presidential candidates struggling at times to string a sentence together, let alone potentially run an entire weaponised nation. With news coverage highlighting polls indicating the result was too close to call, the outcome hung in the balance, where even a tiny

mistake could have serious repercussions. In such times of unpredictability and uncertainty, there is one factor that remains crucially important; the democratic right to vote.

This simple act has seemingly never had the significance and power that it does at this moment with individuals participating in elections becoming crucial. However, who should American voters choose? Given the significant divide, there are certainly mixed feelings about both candidates. With the wall-to-wall coverage of the campaigns, one has to ask, who could be the most successful influencers across the Republican and Democratic divides? In my opinion, the answer seems as obvious as Donald Trump's fake tan. It's no longer experienced politicians, but "the celebrity", with all their infinite wisdom and knowledge, trying to shape the public vote.

Endorsement is the public expression of support for a person or idea, which plays a crucial role in elections. It helps to garner support, particularly when experienced politicians or former presidents endorse new candidates, as their opinions can carry significant weight. However, in today's chronically online society, it could be argued that emphasis on endorsement from

politicians has shifted to endorsement from A-list celebrities. There was more excitement and coverage over Taylor Swift endorsing Kamala Harris compared to Barack Obama's endorsement. I've counted at least thirty celebrities publicly endorsing either Harris or Trump at rallies, through social media and magazine interviews, attracting mass attention from large fanbases. However, is this a beneficial or detrimental change to modern-day politics?

Celebrities, though no doubt talented in their area of work, will have little experience of political service or the dark arts of politics and campaigning. However, there seems to be an expectation that we should hang on their every word because it seems to me that they believe they can change the world. Often, they phrase their statements in a way that makes fans feel guilty for not agreeing with them. For example, Jake Paul encouraged his viewers to "do [their] own research" but then pushed undecided voters to Trump, claiming they had to "Save America". On the Democratic side, at the Houston rally, Beyoncé opined "I'm not here as a celebrity, I'm not here as a politician, I'm here as a mother." Surely if she was truly there just "as a mother", she wouldn't be on stage receiving applause. I'm sure the crowd's reaction would have been very different if it was just an ordinary mother instead of a mega-celebrity giving that speech. However, this is not the only point to be taken by her quote, as we can also see how manipulative her words are.

They are carefully crafted not only to influence wavering voters, but also to make it appear that she too, even with her million-dollar mansions and designer clothes, is down in the trenches defending the rights of women across the globe. She also stated that she is "a mother

who cares deeply about the world for my children". Mothers who are undecided might feel guilty listening to this, thinking that voting for Trump means they don't care about children. To me, Beyoncé's words seem entitled and out of touch with reality, deliberately trying to shame mothers into voting for Harris.

To further illustrate the dangers of celebrity endorsements, the following is taken from a *Sky News* interview on November 4th during a Taylor Swift-themed brunch in Pennsylvania. When asked about voting, a fan joked: "Uneducated people like me will probably go and register to vote just based on what [Swift] says." When asked if she trusts Swift more than politicians, she laughed: "Absolutely! If it's up to Taylor, I may vote for Kamala." While some argue that celebrities can engage young voters, these remarks highlight how fans may make significant decisions based solely on their idols' views, not their own informed choices.

I believe that celebrity endorsement of candidates can be dangerous. While they may attract younger audiences, the negatives often outweigh the positives. Some A-list stars seem to care about their messages, but for most, to me it seems to be about gaining attention and swaying votes to fit their agenda. Some fans are so dedicated that they blindly follow their idols without doing their own research. Just because someone is famous doesn't mean they are knowledgeable about politics. It's essential to educate yourself, understand politics, and form your own beliefs instead of just following your idol.

Source: Noah Wulf (via Wikimedia Commons)



Reinvented or Revived? Debating Fashion Trends

Reinvented

Claudia Roberts
Contributor

Whether you are traipsing around a heaving St David's on a Saturday afternoon or browsing your favourite brands online from the comfort of your home, it's hard to refute the twenty-year rule; that is, that fashion trends resurface every twenty years. In recent years, we have seen an early 2000s revival right on cue, with every major retailer jumping on the Y2K band wagon. Boot cut jeans, colourful sunglasses, tube tops, shoulder bags—sound familiar? Soon enough, the early 2010s will be the next big thing. Galaxy leggings. Chevron Dresses. Owl necklaces.

Seriously scary stuff.

So, does that mean that fashion is never reinvented? Is it simply an endless cycle of rise and fall? I would beg to differ.

Social media platforms like TikTok and Instagram, and popular culture such as the latest Netflix blockbuster, allow trends from bygone eras to be reinvented in ways never seen before. Take for instance the wildly successful Netflix series *Bridgerton* and the resurgence of early-19th-century Regency style. Online, the aesthetic has become known as "Regency-core" and is characterised by corset tops, puff sleeves, empire waistlines, and a romantic colour palette. Born out of the popularity of the series, this trend is not a replication of Regency fashion, but rather combines modern tastes and silhouettes with early-19th-century elements to create an interesting hybrid that

appeals to today's consumer. Undoubtedly, trends aren't restricted to the revival of one decade. Instead, it is the case that multiple decades, or more often, "aesthetics", experience a resurgence at once, giving rise to mixing and matching. Although fashion may repeat itself to an extent, trends always feature a fresh interpretation.

As well as being influenced by social media and popular culture, fashion trends also reflect society's ever-evolving attitudes and values. Let's consider shoulder pads, a staple of 1980s power dressing, which have made a comeback in women's fashion. Where the oversized '80s silhouette symbolised the need for women to assert presence in male-dominated spaces, the refined, smaller shoulder pad of today represents the progress made towards gender equality in the corporate world. This shift marks not only a fashion evolution, but also a social one, as women no longer need exaggerated styles to command respect and authority.

According to *Vogue Business'* Madeleine Schulz, "-cores" and micro trends are on the decline. Forecasts predict that Gen Z are rejecting trends that follow specific aesthetics in favour of fashion that functions for day-to-day life. This could mean that fashion trends will become increasingly original and non-conforming, rather than following resurgence patterns. Designers will need to steer away from recycling decades, aesthetics, or micro trends to align their brands with modern sustainable values. But don't wave goodbye to "Frazzled Englishwoman Autumn" just yet...

Revived

Ola Rzeszut
Contributor

Fashion is a cyclical cycle where past trends are revived as a new spark is created through societal and cultural climates of the time. As a result, a new light is shone on past styles, which may have been not considered as highly as it does in the present.

With the rise of social media, trends tend to resurface at a much higher rate as our attention spans are constantly craving the newest and best thing. As a result, we are left with the resurfacing of trends under new names and slight changes to appearances, yet at its core these trends are still true to their origins. Because of this, the memorable nature of these trends tend to have higher appeal as people are more drawn to things they are familiar with than things they are not.

The consumers of social media now have easier access to connect and buy from brands and fashion designers who are abiding with the latest "blast from the past" style choices which in turn means that more people are able to participate and bring popularity to the resurfaced trends; however, the negative side to this is that it encourages fast-fashion culture. This is why it's important to recognise how to be mindful and sustainable when wanting to join in with the latest trends, which can be achieved by shopping second-hand, like in charity shops.

When looking at the cyclical nature of fashion trends, it is easy to spot that nostalgia is a

key factor when it comes to which styles are brought back to present. As people enjoy reminiscing on their younger days, it brings back radiant memories, and for the younger generations, the style choices may reflect their favourite TV shows or movies, making them feel like they can be a part of those worlds through what they wear and how it makes them feel.

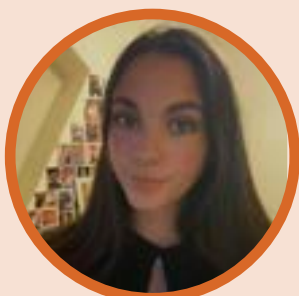
I bring this up because even in the rapid, digital age, a part of us craves the simpler and calmer times. It is why we feel the need to reflect, even through the fashion industry—whether that's through '70s patterns and colours, '90s minimalism, or the glitz and glam of the early noughties.

I would say that certain fashion trends are slightly altered to keep up with the current climate, but their true essence will always remain the same, which is why we go back to them.

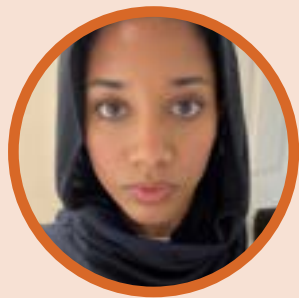


Source: Godisable Jacob (via Pexels)

THE TEAM



Lauren Tutchell



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Source: AP (via Free Radio Today)



POLITICS



What Trump's Second Term Means for the World

Laila Dawelbeit
Politics Editor

Ukraine's president, Volodymyr Zelenskyy, and Israel's prime minister, Benjamin Netanyahu, were swift to congratulate Donald Trump on his recent election victory—though for very different reasons.

Zelenskyy in apprehension, hoping that flattery would do better than an appeal for increased military assistance, and Netanyahu with cautious optimism, looking forward to Trump letting him do what he wants in the Middle East but mindful of his pledge to “stop the wars.”

Russia–Ukraine

Although declining to share further details, Trump has claimed that he would end the war between Russia and Ukraine within a day and before his inauguration in January: “They both have weaknesses and they both have strengths, and within 24 hours that war will be settled. It’ll be over.”

There is a possibility that Trump would block any further assistance to Ukraine, and according to Trump's running mate, JD Vance, the Trump administration would aim for Russia and Ukraine to freeze fighting along existing front lines. The line of demarcation would “become heavily fortified so Russia doesn't invade again.”

This would not bode well for Zelenskyy—he has repeatedly rejected making territorial concessions, but by ceasing all military aid, Kyiv would have to cede to Moscow's terms.

Europe

This would also not bode well for Europe, especially for members of the North

Atlantic Treaty Organization (NATO). Trump's ambiguous relationship with Putin have caused NATO members to worry about the potential emboldening of Russia in the European context, with one European ambassador saying that it is not clear “whether [Trump] would seek a deal with [Vladimir] Putin on day one or whether he would drop a nuclear bomb on Moscow.”

During his first presidential term, Trump threatened to withdraw the US from the alliance if his allies do not pay their fair share, frustrated that the US has bankrolled the bloc's collective defence for decades.

He took this further throughout his campaign trail, threatening that if NATO members did not increase their defence spending to at least 2% of GDP, he would encourage Russia to “do whatever the hell they want.”

“You don't pay your bills, you get no protection. It's very simple.”

Israel

While there would have been more of the same of the Biden administration's approach to Israel's war in Gaza and Lebanon under Kamala Harris, former aides of Trump have said that he would be supportive of Israeli military campaigns, with most likely no strings attached for humanitarian concerns.

Once in office, one can also expect Trump to focus on normalising relations between Israel and other Gulf Arab nations under the Abraham Accords that began in his last term.

Iran

One of Trump's tougher stances is towards Tehran. His decision to withdraw the US from the Iran Nuclear Deal during his first term was part of his “maximum pressure” campaign. Coupled

with harsh sanctions, his aim was to push Iran to agree to ending both its nuclear programme and its destabilising actions through its regional proxies.

This is another reason why Trump may well back much greater US military support for Israel's conflict against Iran and its proxies, with potential direct involvement of US forces.

China

While Trump seems to have an affinity for kingpin leader President Xi Jinping, describing him as “brilliant” for ruling with an “iron fist”, he has always had a chaotic approach to China, plunging the two superpower economies into a trade war during his first term. He is likely to ramp this up and continue challenging China on Taiwan and trade.

Last month, the president-elect said that he would convince China not to invade Taiwan by telling President Xi Jinping he would impose extremely high tariffs, or would shut down trade altogether.

Indeed, Trump says he will pursue protectionist trade policies, planning to impose a blanket tariff of at least 10% on all imports and tariff rates as high as 60% on Chinese goods.

Conclusion

The immediacy with which world leaders congratulated the president-elect is telling of the benefits and disadvantages that they see from Trump 2.0, with his first presidency characterised by his transactional “America First” outlook. With trade wars, the accommodation of and subtle or not-so-subtle reverence of autocrats, and his view of allies as a burden—judging them by their defence spending—the only thing certain about Trump's foreign policy is the uncertainty he sows in both friends and foes alike.

What does Trump's Presidency Mean for Abortion Access Across the Globe?

Khate De Castillo
Contributor

Over recent years, abortion rights in the US have become a central topic in political debate, with significant shifts in legislation, such as the overturning of *Roe v. Wade* in 2022. Questions arise about how Trump and his administration's return to the White House might reshape accessibility to abortion. With initiatives like Project 2025 and prominent GOP members' statements, a Trump presidency could bring drastic changes to women's reproductive rights nationwide.

Project 2025, conceived by the right-wing think tank The Heritage Foundation, seeks to expand presidential authority and enforce an ultra-conservative social agenda, when the president-elect returns to office. The 900-page policy document sparks contentious disputes, as it highlights approaches focused on contracting federal support for abortion services, such as the proposal to eliminate the abortion pill mifepristone from market shelves, and to use the Comstock Act to criminalise sending abortion pills or contraception via the post.

This policy, however, affects not only women in the US but potentially women across the globe too. It seeks to stop American foreign aid from supporting the global abortion industry and desires to block funding to the United Nations Population Fund (UNFPA) which provides essential sexual and reproductive health services to women and girls

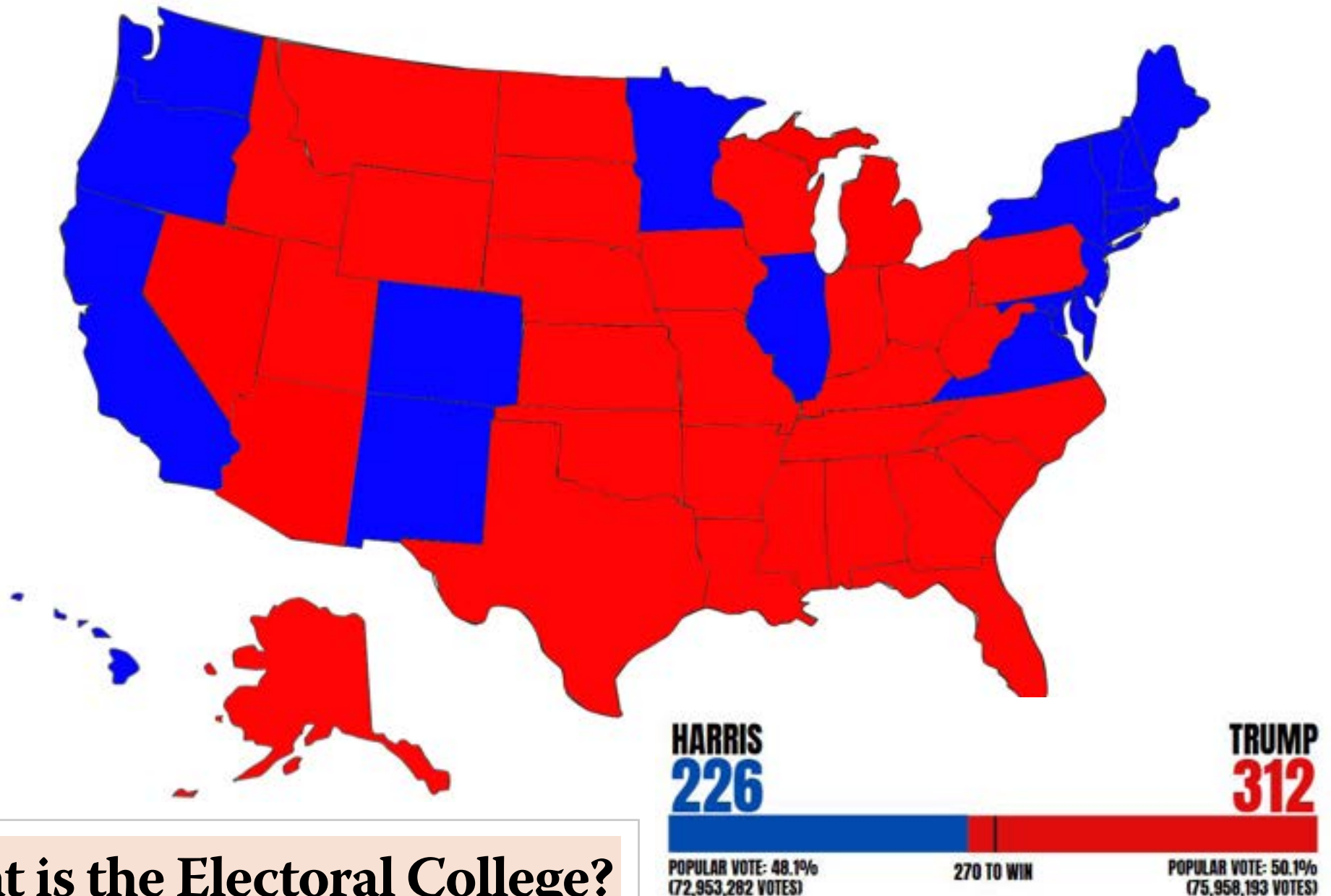
worldwide.

The push to restrict abortion rights in the U.S. echoes the period following the overturning of *Roe v. Wade*. The Supreme Court's decision to overturn the piece of legislation that guaranteed women the right to an abortion up until the point of foetal viability has already resulted in a seismic shift in reproductive rights, with states exercising newfound power to impose strict limitations on abortion. For many women, this meant the closing of nearby clinics, the need to travel long distances for care, and even legal uncertainties when seeking medical help for pregnancy-related complications. The consequences of this decision are extreme, with some women reportedly facing criminal charges for terminating pregnancies in states with restrictive laws.

With that, one of the most concerning propositions associated with Trump's presidency is the call for a national abortion ban. Republicans have raised the idea of restricting abortion across all fifty states, countering the assortment of current state laws. Vice-President-Elect JD Vance has also voiced his opinions relating to abortion, stating on X: “There is something sociopathic about a political movement that tells young women (and men) that it is liberating to murder their own children.” This problematic move would essentially negate state-level protections and standardise abortion restrictions, leaving women in both Red and Blue states with extremely limited options. With the possibility of such a ban, the resurgence of strong resistance is not unexpected.

The force of resistance has already mobilised since the MAGA leader's re-election, with American women drawing inspiration from their South Korean peers as they consider joining the 4B Movement. As a result of women's frustrations regarding their reproductive rights, many have turned to the South Korean feminist movement as a powerful form of protest. The term 4B refers to four Korean words: *bihon*, *bichulsan*, *biyeonae*, and *bisekseu*, where the prefix “bi” means “no” in English. These words represent a rejection of heterosexual marriage, childbirth, dating, and heterosexual sexual relationships. Participants of the movement refuse to engage in romantic or sexual relations with men—aiming to challenge and dismantle the patriarchal system that sustains gender inequality.

With increasing support for a national abortion ban amongst Republicans, Trump's oncoming presidency could mean that state protections become irrelevant, replaced by federal mandates that severely restrict reproductive autonomy. The future of abortion rights in America hinges on the broader ideological battle between conservative and progressive visions of reproductive freedom. As the debate intensifies, women's rights advocates are calling on lawmakers to consider the long-term impact of these policies on individual freedoms, health, and social equity. Whether through political office or discourse on social media, the struggle for abortion rights will likely continue to define America's social and political landscape for years to come.



What is the Electoral College?

Luke Tonkinson
Politics Editor

Presidential elections in the United States are not decided simply by who wins the most votes, unlike in many other countries. The US instead uses a system known as the Electoral College to determine who will become the president following an election. Under the Electoral College, voters technically do not vote for candidates, but instead for electors from their state who then ultimately elect a president and vice president on their behalf at a later date for a term of four years. Because of this, Donald Trump will not technically become the president until the Electoral College formally elects him and Congress meets to certify that election. It was this process that Donald Trump's supporters disrupted when they stormed the Capitol Building on January 6th, 2021.

For a candidate to win the presidential election, they need 270 Electoral College votes, 50% +1 of the 538 up for grabs. Each state is given a number of Electoral College votes, calculated by its congressional representation, on top of three votes that are guaranteed regardless of the size of the state. This has resulted in voters in less populous states having disproportionate voting power in presidential elections.

For example, California, with a population of approximately 39 million people, currently has fifty-four electoral college votes—as it has fifty-two members of the House of Representatives. Wyoming, on the other hand, with a tiny population of only about 580,000 people, still has those guaranteed three electoral votes. This means that a voter in Wyoming has four times the voting power for picking electors for the College (and therefore, the outcome of the presidency) than a voter in California. As the Electoral College decides who wins an

election, and not the popular vote, it is therefore possible to become president despite receiving fewer votes than your opponent. This has happened five times in US history. Three times in the 19th century, once in the year 2000, and—most recently—in 2016, when Donald Trump won his first presidential term despite Democrat Hillary Clinton receiving 2.87 million more votes than him. Many political commentators were expecting a similar outcome in the 2024 election, prior to the extent of Trump's crushing lead over Kamala Harris becoming evident.

The ability for a candidate to win the presidency without the mandate of the masses is one of the main criticisms of the Electoral College. The other main criticism is that it makes most states worthless in a presidential election. Because most states are solidly Democratic- or Republican-supporting, candidates know they do not need to campaign for votes in these states. It is the “swing states” (states who do not reliably vote for either party) which are truly up for grabs and ultimately decide elections. This is why so much attention is paid to these states by the media in the run-up to each presidential election. Supporters of the Electoral College argue that it was intended by the Founding Fathers of the United States to prevent the tyranny of the majority. In essence, it is intended to avoid larger states having too much influence over who becomes president and to stop people electing somebody unqualified to be president.

However controversial the Electoral College may be, it is incredibly unlikely to be abolished. Amending the US Constitution requires a supermajority (two-thirds of both chambers of Congress to vote in favour) and three-quarters of the states to ratify the amendment. In such a polarised America, this is virtually impossible to achieve.

Trump's “Climate Policy”

Dylan Webster
Contributor

The Trump presidency beginning at the start of 2025 is set to bring around drastic changes in all departments, but a lot of the worries lie around the issue of climate change, and the Environment Protection Agency (EPA). It is safe to say President Trump did the environment zero favours in his first term, but with Trump being supposedly more organised than ever, who knows the levels of damage that are going to be afflicted?

Trump's first term's environmental policies represented a shift from the staunchly pro-environment government of Barack Obama. Trump turned his back on the government programmes to reduce carbon emissions through the use of renewable energy sources in favour of fossil fuels. Soon after taking office, Trump signed two executive orders to bring forward the use of two oil pipelines. In addition to this, the Department of the Interior announced plans to permit drilling in almost all of the water owned by the United States.

The Trump administration was certainly not on the side of the scientists either. Trump and his associates did not believe that carbon dioxide was the lead cause of climate change, and that it was all a big hoax. This led to the catastrophic decision for the US to leave the Paris Climate Accords, damaging its reputation until it rejoined under the Biden–Harris administration.

Trump did some serious damage to the environment in his first term, with a 2018 study by David Cutler and Francesca Dominici suggesting Trump's policies would “cost the lives of over 80,000 Americans every decade, and lead to respiratory problems for millions of people”. In many of his rallies, he made the claim that he wants “the cleanest air and the cleanest water”. (Read in his voice, please.)

But what is actually going to happen during the second Trump term? The slow-turning wheels of American bureaucracy slowed Trump down last time, but this time round he plans to gut the civil service and fill it with climate denialists and fossil fuel enthusiasts. He has pledged to dismantle the policies of the Biden administration that do not directly benefit the fossil fuel industry and to heavily increase the production of oil and gas in the country, proclaiming that this is the solution to lowering energy prices for working Americans.

Experts have extensively criticised his plans, alluding to the fact that oil prices are set on the global market, which the president has little influence over. Many climate scientists are concerned with the plans that are outlined in the conservative proposal Project 2025, which promises to produce 2.7 billion tonnes in extra carbon dioxide emissions above the current trajectory for 2030. The current frontrunner to head the EPA under president Trump is former lobbyist and lawyer for fossil fuel firms, Andrew Wheeler, making it safe to say the issue of climate action isn't going to be high on the agenda for the Trump administration.

The Impact of Health on Elections

Thomas Wilson
Politics Editor

By winning the presidential election, Donald Trump has achieved one of the greatest comebacks in history. Comparable with the return of Napoleon after his exile to Elba, or the ascension of Divus Julius to Caesar of Rome despite being captured for forty days by pirates off the island of Pharmacussa a few years prior, the return of Donald Trump in spite of being convicted of thirty four felonies, facing two impeachments, and currently facing four criminal charges, including conspiracy against the rights of US citizens is nothing short of astronomical.

In the courts, Donald Trump claimed 301 Electoral College votes and even won the popular vote, the first time a Republican presidential candidate has done so since 2004. Factors behind his success are diverse, ranging from discontent over the border crisis and illegal immigration (with the Center for Migration Studies estimating there to be 11.7 million undocumented people residing in the United States as of July 2023) to the issues surrounding foreign policy, particularly US support for Israel's war on Gaza and involvement in the Russia-Ukraine war.

Intriguingly, unlike previous elections, the age and general wellbeing of the candidates was not front-and-centre for either campaign, nor was it an issue which mattered to American voters. This is in sharp contrast to the previous two presidential races where the wellbeing and overall conditions of the candidates played a crucial role in whom the American electorate would bestow power upon. In 2020, a recurring theme of the Trump campaign was to focus on the age of Biden, with Trump often referring to the former vice-president as "Sleepy Joe" alongside other demeaning descriptions to belittle Biden for his age. Similar tactics were utilised in 2016 to diminish Hillary Clinton's prospects, such as the sharing of the theory that Clinton was suffering from Parkinson's Disease, when in fact it was pneumonia which was plaguing her on the campaign trail.

However, this weaponisation of health and wellbeing as a political tool is not a 21st-century phenomenon. Many will remember the response from Ronald Reagan during the 1984 presidential debate with Walter Mondale, when Reagan was faced with the question over whether he, at the age of 73, was too old to be president of the United States, to which Reagan retorted: "I will not make age an issue of this campaign. I am not going to exploit, for political purposes, my opponent's youth and inexperience." While still standing as one of the greatest moments in American presidential debate history, it also speaks volumes to the important role that a candidate's age, and thus wellbeing and health, has on electoral outcomes. Evidently, for the voters of 1984, the health of Reagan mattered less than the health of Clinton mattered to voters in 2016. While Reagan won every state except Minnesota and Washington DC, Clinton's campaign ended in abject failure.

Alongside age and health, cognitive stability and mental fortitude persist as important factors in presidential races. Not only does the mental wellbeing of the candidates themselves matter—with Biden's perceived mental decline the catalyst for his decision to step down—but so too does the perceived health of the running mates chosen by the candidates.

An example which illustrates the importance of this can be seen in the 1972 race between Richard Nixon and George McGovern. As a means of appealing to working-class Catholics, Thomas Eagleton was selected as McGovern's running mate, largely as a result of his devout Catholicism and record as Attorney General in Missouri. After two weeks, he was replaced, after it was uncovered that he had received electroshock therapy for clinical depression in the 1960s. Despite the McGovern-Nixon election being over fifty years ago, the health and wellbeing of candidates remains a vital factor for many American voters, though its influence can vary significantly. In the age of spin and rolling news, a key test of Trump's team will be how they deal with the issues around the president-elect's health, as how they answer questions relating to it may serve to define the public perceptions of Trump's presidency.

Why Did Kamala Harris Lose?

Dilichi Dieobi
Head of News

It has happened again, the Democrats have faced yet another disappointing and disheartening defeat, and the debate as to why has already begun. Biden's initial determination to stay in the presidential race despite worries about his health and age most definitely negatively impacted Harris' chances of winning the election. If the Democratic Party (DP) had been planning who would be Biden's successor from the very first day of his incumbency, I like to imagine they would have been victorious against the Republican Party (RP). From the very beginning of the race, Democrat and Republican voters alike believed that Biden was too elderly and unwell for the job. Although not necessarily filled with sprightly youth, Donald Trump is slightly more able to string together a coherent sentence compared to his first opponent Biden. Naturally, this makes me come to the conclusion that the longer Biden was the leader of the DP, the more votes they were losing, as swing voters decided to opt for the marginally less senile candidate—making it very difficult for Harris to regain such numbers.

Elon Musk has also been a key figure in the presidential race, and it is impossible not to look into his acquisition of Twitter and its very damaging effects for Harris. With a massive

203 million followers, Musk's influence is undeniable. At least eighty-seven of his posts regarding the election this year have promoted claims that fact-checkers have rated as misleading or false and have gathered 2 billion views (Center for Countering Digital Hate report). This led to users of X (formerly Twitter) in Pennsylvania (one of the seven swing states) calling out local administrators over flagging incomplete voter registration forms which would not have been processed and falsely casting the events as examples of voter fraud, and therefore counting as election interference. However, Philip Hensley-Robin (Pennsylvania executive director at Common Cause, a nonpartisan organisation which promotes accountable government and voting rights) said at a press briefing on Monday the 4th of November: "...we know very clearly that election officials and election administrators in all of our counties were following the rules and ... therefore only eligible voters are voting." Moreover, Cyabra, a firm that uses AI to detect online misinformation, said an X account with 117 thousand followers also impacted the election by spreading a fake video of Pennsylvanian mail-in ballots for the RP being destroyed.

One could also describe Harris' campaign as "too focused" on women, therefore alienating people of different genders within her audi-

ence. Harris stressed the importance of reversing *Roe v. Wade* and women's reproductive rights throughout her campaign, which may have been part of the reason she failed. Despite thinking that she was successfully appealing to younger voters, female voters, ethnic minority voters, etc., she was in fact losing many white heterosexual male voters. For example, her use of Charli XCX's new album *Brat* to promote her campaign, created divide instead of union between her voters; the younger generations of women potentially viewing her as a youthful and "down with the kids", but the older generations of women presumably seeing her as a more unserious figure.

Even though Harris' tactics may have brought her a new crowd of voters, it simultaneously cost her many of the DP's more centrist voters. Additionally, despite being an overly qualified candidate, as a black and Asian woman, Harris' chances of beating her white male opponent were incredibly slim. As we observed Hillary Clinton's loss in 2016, I came to the same conclusion; no woman can defeat Trump in the current political climate in the US. Only another white man can and will succeed against him. If the DP had found this kind of candidate, there is every chance they would have been successful, but unfortunately they must pass the baton over to Donald Trump and the Republican Party.

What Will Trump Do in His Second Presidency?

Lauren Tutchell
Head of Politics

In a seismic shift for American politics, Donald Trump's return to the presidency has reshaped the nation's political landscape, sweeping in a victory that few predicted and many underestimated. While Harris betted on women's rights and the importance of preserving democracy, Trump put all his money on immigration and the economy, and he won big as a result. Voters the Democrats also assumed they could rely on—women, Latinos, and Black voters—did not show up for them as much as expected, and in fact there was a shift to Trump amongst almost every demographic. However, it is important to highlight that this shift is not necessarily an endorsement of Trumpism, but rather a clear rejection of the incumbent party, and although Trump has a broad coalition of support, it's a very fragile majority whose support hinges on his ability to make America "great again". Looking at his manifesto or listening to the overwhelming majority of economists, it becomes evident that this is looking unlikely.

Trump recently appointed multi-billionaire Elon Musk to lead a new "Department of Government Efficiency", with Musk claiming he will be able to cut government spending by a third ("at least \$2 trillion"). Experts warn such savings cannot be made without severe implications, with concerns over the impact on social security and defence spending. Trump has also promised vaccine denier Robert F Kennedy Jr a significant role in healthcare. In an interview with Tucker Carlson, Trump said Kennedy "can do whatever he wants", suggesting that he would like him to have his way with potentially hazardous restrictions on pesticides and vaccines. Kennedy also said Trump would push to remove fluoride from drinking water, despite the abundance of scientific evidence that this would have extremely detrimental consequences for public health.

Speaking of healthcare, Trump has been reiterating since 2015 that he wants to repeal the Affordable Care Act, but he has still not proposed a replacement in nine years, instead commenting in September that he has "concepts of a plan". Vice President-Elect JD Vance has also voiced his desire to cut insurance costs for fit and healthy young people at the expense of older people or those with pre-existing health conditions. They are all currently shielded from risk-based pricing under Obamacare, but under Trump, this protection could be removed.

Trump also wants to make big moves in education, which primarily involves abolishing the Department of Education, giving states greater control of schooling. The department plays a crucial role in making education access more equitable nationwide by providing grants and funding for low-income and disabled students. Trump also proposes taking over accreditation processes for colleges, a move he describes as his "secret weapon" against the "Marxist maniacs and lunatics" as he vowed to root out alleged left-wing ideological bias in American universities.

Additionally, he has promised to pardon a "large portion" of the more than 1,000 people arrested and convicted for the attack against the Capitol on January 6th, praising them as "patriots". He also plans to reissue his 2020 Executive Order which will restore his ability to dismiss civil servants—a power he said he will "wield very aggressively". This includes the Justice Department and the FBI who have both been cited as targets. As scholars at the American Enterprise Institute have warned, Trump has made it clear in countless ways that he expects "total loyalty—from cabinet secretaries down to the most junior agency employees". Although we do not know precisely what Trump will do in his second term, there is one thing of which we can be certain: things are going to change.

Trump didn't expect to win in 2016, and his first term was consequently marked by unorganised

chaos, constant staff churn, whimsical decision-making, and feuds with government officials over implementation of his agenda. But Trump has had four years to prepare this time, and he has cultivated a collection of loyal, hardcore MAGA supporters to assist him in office. Moderate Republican figures who previously acted as guardrails against many of his extreme ideas have abandoned him, including his national security adviser, attorney general, national intelligence adviser, and strings of chiefs of staff. The Republican Party is now entirely his, and he has been pardoned and supported by the popular vote, so there really is nothing stopping him.

As experts and commentators dissect the results and Democrats scramble to rebuild, one fact is glaringly obvious: 2016 was not an aberration. With his loyal base more emboldened than ever and the Republican Party reshaped in his image, Trump's America has arrived—not as a deviation, but as a defining feature of the nation's political identity. Where this path leads, only time will tell.



Source: US Government (via Pexels)

Trump's Extreme Migration Policy Explained

Angelie Marwaha
Contributor

Trump's recent re-election has evoked a sense of *déjà vu* from 2016, when once again using hardline policy agendas and a zero-tolerance approach has gained him political power, promising to restore America to its former glory through radical policy shifts. The issue of migration has played a big part in his electoral gain, with "securing the border" being a salient issue for many voters.

Trump is hardly shy when it comes to his attitude towards immigrants; in fact, he is passionate and proud when he classifies them as "illegal aliens" proclaiming they are "poisoning the blood of our country". Such rhetoric has obviously worked. With his 277 electoral college votes and the Republicans taking Congress, he has identified a key policy area on which he could take ground and use his personal ideology to help reinstate him as the 47th president of the United States.

It is reminiscent of Trump's original election campaign in 2016, where he promised increased border patrols, deportations, and increased

funding for US Immigration and Customs Enforcement (ICE), and it is clear we are heading the same way again. The first Trump administration made headlines almost instantly, with policies such as the colloquially dubbed "Muslim Travel Ban" and his infamous wall across the border with Mexico.

Trump joyously uses his political rallies as events to foster enthusiasm and passion for his proposed plans. Often coupled with adoring chants, screams, and tears, virtually every word that comes out of his mouth is gobbled up and lovingly cheered for. His plans for the border became progressively more extreme the closer he got to election day. Trump has promised to deport as many as 20 million people across the border through legislation such as the so-called Alien Enemies Act of 1798, alluding to the potential use of US military troops and archaic 18th-century wartime powers.

Economically and practically, would this even be possible? Researchers looking into his pledges have said his vision has severe constitutional obstacles in his path, making it potentially impossible for him to achieve his vision within a

four-year term. The immigration system is already inundated with legal challenges, and with JD Vance promising to deport 1 million immigrants annually, this would amount to a staggering \$967.9 billion over a decade, according to the American Immigration Council.

Logistically, mass deportations could send shock waves through the economy and workforce. According to the Pew Research Center, in 2022 undocumented immigrants made up 5% of the workforce, filling in vital roles that otherwise wouldn't be filled by other US citizens. This vacuum of labour would create knock-on effects and a gaping hole in the economy that would struggle to be filled.

President-Elect Donald Trump will be inaugurated on the 20th of January 2025, and only then will we get a clearer idea of what legislation exactly will be implemented, removed, and changed. Right now it is up in the air, but it is probable that the United States will see a return to the zero-tolerance approach and extremist anti-immigrant attitudes and policies. From his adoring fans and conservatively-packed Supreme Court, he has a huge amount of popular

and political power. It is very likely he will push this to the absolute limit; Trump controls both halves of a partisan Republican Congress, and will likely reclassify and fire tens of thousands of "disloyal" civil servants in the federal government who would have refused to enact his will, replacing them with loyalist political appointees who have pledged to support the Republicans' every whim. Donald Trump is at liberty to implement his migration agenda in basically any way he likes.



Source: White House Archive (via Flickr)

Will Trump Actually be Better for the US Economy?

Lauren Tutchell
Head of Politics

Trump will be better for the economy. That is what the majority of his voters, from the diehard MAGA to the desperate and disenfranchised Americans, seemed to be telling themselves when they put a cross next to his name in the polling booth.

But Trump's path to "Make American Great Again" actually appears to involve shrinking the economy, reducing workers' rights, retracting women's rights, raising prices, lowering employment, and giving tax breaks to the wealthy (funny that). And despite twenty-three of the world's most notable economists—all of whom are Noble Prize winners—warning America that Trump's economic policies will stoke inflation, no one seemed to listen. The narrative was already set in place and there was seemingly nothing the Democrats could do to change it. Contrary to popular belief, the American economy is, according to facts and figures, actually doing really well. The US economy had the strongest pandemic recovery within the G7, growing three times as fast as France and Japan, and four times as fast as Britain. Under Biden, the unemployment rate was the lowest in fifty years. The Trump presidency added 6.7 million jobs, Biden added 16 million. Wages are up, the stock market is hitting all time highs, and inflation has now fallen to around 3%.

The problem is, American people are not feeling it in their pockets. The memory of peak pandemic-induced inflation (where it hit 9.2% in 2022) is still fresh, with two-thirds (67%) of voters saying the condition of the economy is "not good/poor" according to an exit poll. Despite low inflation, prices remain high, with goods and services costing consumers about 20% more today compared to February 2020, per CPI data. But Biden had no control over the pandemic-rattled economy he inherited, and surprisingly enough, there is no magic "stop inflation" button underneath the President's desk in the Oval Office. While Trump got to ride the coattails of Obama's strong economy that he had carefully crafted over eight years, Biden had to face the immediate task of heading off a recession as the country slowly started to recover from the pandemic economic slump.

Russia's war against Ukraine has also contributed to inflation, dramatically increasing en-

ergy and food prices. The price of gas was a big issue for voters in this election, but instead of blaming Putin, they allowed MAGA to convince them it was purely Biden's fault. Instead of looking at other countries across the world—who have all largely been suffering with inflation, recessions, and hardship as a consequence of the pandemic (including our own, of course)—or listening to the economic experts, Americans looked towards the multi-billionaire Elon Musk for advice. This is a man who made \$20 billion overnight as a direct result of the Trump win, a man who will largely benefit from the tax cuts that Trump is planning on giving to corporations and high-income earners, and a man who openly admitted he would be "fucked" if Trump lost. Really sounds like an impartial and reliable source to get economic advice from.

Evidence shows that Trump's economic proposals would, on average, lead to a tax cut for the richest 5% of Americans, and a tax increase for all other income groups, with working-class families being hit the hardest, according to the Institute of Taxation and Economic Policy. While Trump tries to argue that tax cuts for the wealthy will stimulate investment and economic activity, in reality we have seen time and time again that "trickle-down economics" doesn't work. Instead, it simply exacerbates inequality and increases the federal deficit, with economists warning that Trump's tax plans will increase the federal debt by a colossal \$7.8 trillion.

Another hallmark of Trump's campaign is the use of tariffs—his "favourite word"—which he plans to enforce on all trade, with a 60% tariff on imports from China and a 10 to 20% universal tariff for the rest of the world. He told voters that this would grow the economy, protect jobs, and raise revenue. Instead, tariffs are likely to raise inflation, disrupt global commerce, create supply-chain bottlenecks and, most importantly, increase costs for ordinary Americans, with businesses likely to pass the import costs onto consumers through higher prices. According to experts at the Peterson Institute for International Economics, the tariff plan alone would add \$1,700 in annual costs for the typical US household.

In contrast, Kamala Harris had specific plans to improve the economy and help Americans cope with higher prices. In her first one hundred days, Harris had pledged to pass a national ban on "price gouging"

to lower food prices, giving the Federal Trade Commission and prosecutors authority to go after companies on this issue, as well as investigating price-fixing in meat supply chains.

Regarding taxes, Harris planned to expand the Earned Income Tax Credit for workers in lower-income jobs, which would cut taxes by up to \$1,250, as well as promising to continue President Biden's promise not to raise taxes on American households earning \$400,000 or less annually. She also supported raising taxes for high earners and corporations.

Additionally, she planned a \$50,000 tax deduction for new small businesses, setting a goal of 25 million new small business applications in her first two years. She also proposed creating a \$3,600 tax credit per child and \$6,000 for newborns to help with the high costs of raising a family, and a \$25,000 down payment assistance for first-time homebuyers. Many experts supported this, with twenty-three Nobel-winning economists saying that Harris' economic agenda was "vastly superior" to Trump's and would improve the nation's employment opportunities, health, investment, and fairness.

Yet, despite all of this, American voters still believed Trump would be the better option. Although, we really shouldn't be surprised. Across the world, we have witnessed a

remarkably consistent trend of voters turning against incumbents in elections; including Japan, South Africa, France, India and the UK. Governments, no matter the party political affiliation, are all falling, and Kamala Harris is simply the latest victim to add to the casualty list.

Yes, there were certainly aspects of her campaign that could have been improved, and maybe if she had more time then she could have gained more votes, but she would have, quite frankly, needed an absolute miracle to overcome this tornado of voter indignation that is sweeping across the globe. Unfortunately, disillusionment at the scale we are witnessing encourages voters to turn to radical solutions, even if it is actually against their own interests to do so, and for America, Donald Trump was that very answer.

Source: AP
(via Free Malaysia Today)



THE TEAM



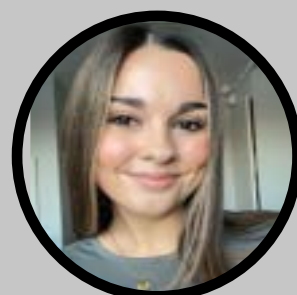
REVIEW



Emily Jo Cottle



Gemma Willmott



Lowri Jones



Angela Griffith

Patterns In Repeat: Album Review

Angela Griffith
Review Editor

Laura Marling's latest album *Patterns in Repeat*, comes four years after her phenomenal album *A Song for Our Daughter*, nominated for Best Folk Album at the 2021 Grammy Awards. Perhaps you can draw some easy parallels; both of the central themes of each album are motherhood. But, oddly enough, *Patterns in Repeat* is about her newborn daughter (born in February last year), while *A Song for Our Daughter* is about an imaginary one.

The album opens with *Child of Mine*, an acoustic, stripped-back, homey, heartfelt song about the transformative experience of becoming a mother, opening with a recording of the joyful babble of a child accompanied by parental laughter. You get a huge sense of the environment in which the album was recorded. When I listen to it, I feel like I'm sitting on the carpet in Marling's living room, as she strums her guitar. Marling's tender vocals deepen the emotional resonance, creating a reflective and intimate atmosphere that captures the raw beauty of early parenthood—she asks “who

would want to rush right through it, child of mine?” My favourite lyric: “Last night in your sleep you started crying/I can't protect you there, though I keep trying/Sometimes you'll go places I can't get to/But I've spoken to the angels who'll protect you.” It's so calming, and possibly the best on the album.

Patterns, on the other hand, is a finger-picked love ode to becoming a grown up, to falling in love and embarking on the journey of motherhood, and to the future of a never-ending pattern of life. There is a reprise of it in the title track *Patterns in Repeat* (the penultimate song on the record) which serves to create a cyclicity—a pattern, if you will—that I really enjoy.

Some other reviewers have interpreted her song *Your Girl* as one that references a previous relationship (“I'll always be your girl”), but on my first listen I thought that it was Marling telling her parents that, although she has now become a parent, she will always be their girl. I suppose you could interpret it either way, but I think the idea of a song dedicated to the transition from being a daughter to becoming a mother is a particularly poignant and nuanced perspective. The lyrics convey a sense of continu-

ity—the eternal bond between parent and child—while also acknowledging the profound shift that comes with stepping into motherhood.

My other standout from this album is the exceptionally beautiful piano-led song *No One's Gonna Love You Like I Can*, which she released back in August. Although it could be assumed that the song is a romantic love song with the opening lines being “you were taking off your clothes in a bar by the road when I thought no one's going to know you like I know”. In line with the rest of the album being about motherhood, and the likelihood that small kids take off their clothes (high), I interpret this song as another about the intimacy and unique bond of mother-daughterhood.

In her own words, *No One's Gonna Love You Like I Can* speaks to an album which hinges on “the drama of the domestic sphere, the frail threads that bind a family together, the good intentions we hold onto for our progeny and the many and various ways they get lost in time. So much complexity in the banal, the caged, the everyday”.

Champagne, Caviar and Naked Tennis: Rivals

Kate Croft
Contributor

For some, the very notion of watching the British upper-class elite cavort in their own trivial and frivolous affairs, quite literally, is something akin to watching paint dry. I'll admit that the premise of the new adaptation of Jilly Cooper's bonkbuster was almost amusing upon first inspection—as a hardcore socialist and a proud feminist, the appeal was lost on me. Well, how very wrong I was. Set amongst the idyllic backdrop of the Cotswolds, we enter a world of infidelity, treachery and shoulder-pads, all deliciously blended together while Wham plays in the background. Never before have the '80s seemed so risqué. Amongst an array of delightful and memorable characters we have Cooper's ex-Olympic-showjumper turned conservative MP bachelor, Rupert Campbell

Black, who spends most of his time sleeping with his neighbours' wives and locking horns with Tony Baddingham, owner of the fictional Corinium television studio. New to the world of the elite are the O'Haras: the workaholic and alcoholic Declan, the beautiful yet adulterous Maud, the somewhat naive but nonetheless delightful Caitlin, and our darling Taggie who covets the eye of Rupert, despite him being fifteen years her senior. Top-bitch Cameron Cook is the extremely glamorous and formidable producer of Declan's show, which she balances with being Tony's mistress. Add on the myriad of other enjoyable characters (played by a star-studded cast)—who are all shagging someone else's partner—and you essentially get the gist of *Rivals*. To be quite frank, this show is the kind of television that you don't watch with your mother. But despite the rather carnal appetites of this raucous bunch, *Rivals* provides an exploration into the turbulent world that was Thatcher's

Britain. The show emphasises the struggles of women breaking the glass ceiling, the nation's hostile reaction to the AIDS crisis and the racism towards anyone who wasn't English. There is a sense of glamorisation in the show (the constant champagne drinking, the scintillating affairs, the thick-lipped moustaches), but equally there is no hiding of how truly challenging the '80s were. The showrunners do not shy away from this, rather they use it to create something that is both salacious and sincere, indulgent and convincing. For this alone I must commend them. And if all this cannot convince you to watch, then perhaps the chance at seeing Danny Dyer play the world's most romantic character will. Talk about swoon-worthy. If you need your winter night's warming, then look no further. I can guarantee by the time you're halfway through the first episode, you'll have found the cure to the energy crisis.

The Apprentice: The Making of the 47th President

T.R. Cunnick
Contributor

The *Apprentice* is the film, the origin story, the creation of Donald Trump as we all know him—its release and its timing clearly deliberate. The film—dealing in evidence, in fact—has rippled many red waves over the pond and the notoriously thin-skinned Trump has denounced it from on high. The film is a chronology of Trump's rise during these early, formative periods and specifically his relationship and mentoring by Roy Cohn, a NY lawyer famous for his cut-throat approach and methods of business. Cohn is enlisted by Trump to fight a discrimination case and to hold a bar against ethnic minorities trying to become tenants in apartment buildings owned by the Trump family. Trump's zeal to fight

is clearly to gain approval from his family and to match or outdo his more successful brother, Fred Jr. It is not long before Trump is immersed in Cohn's world and dealings. How Cohn acts, speaks, and interacts with others and the unorthodox measures of blackmail Cohn uses to dismiss Trump's case seems a blueprint for Trump and his future actions. We see Trump be inspired by this mentor to a point where his mimicry of Cohn sows the seeds of distrust, Trump pivoting from him into new business ventures in aviation and gambling; the inexperienced Trump ignoring Cohn's advice and steering. Cohn is seen as someone happy to use any underhanded methods to gain the upper hand and much is made of Cohn's blackmail and “framing” as head prosecutor in the Rosenberg trial in 1951—which resulted in the Rosenberg couple's execution. Cohn's justification of his actions is laid out in a chilling and piv-

otal statement to Trump: “It doesn't matter if she was innocent or not, she had to die. Because you have to set an example, and you have to be willing to do anything to anyone.” You need to work towards a bigger ideology (America) and everything you do needs to be towards it, regardless of how bad it is. “America is the biggest client.” Cohn's decline and eventual death is juxtaposed with Trump's accelerated rise as a New York City property developer and eventual celebrity. The final scenes of the film introduces his biography *The Art of the Deal*—the irony being that the book's content varies wildly in what was seen over the course of the film's narrative: the green Trump and his assimilation of all that Cohn stood for and acted upon. Trump is portrayed here as vain-glorious (obviously) but the film dwells on his frailties (hair loss, weight gain, steroid use) and his utter disrespect for women,

culminating in a detailed and disturbing alleged sexual assault on his eventual estranged wife Ivana. The film acts as a kind of evidence-based argument here, shot in 4:3 square TV ratio that evokes the technology of the period (late 1970s to 1980s), mainly using a hand-held approach. These techniques deliberately blur the lines between feature and documentary, heightening these disturbing and despicable scenes with their accuracy and realism. Trump ultimately is seen as flawed, though the film ends at a point where his stock is on the rise, no mention of disastrous future projects nor political aspirations at this point. Released with incendiary timing, this was bound to be controversial; though the film has garnered many award nominations along the way. This is, in essence, the creation of Trump—the person, the image and the ego... It goes a long way to explain a lot!

Woman of the Hour: Film Review

Dilichi Dieobi
Head of News

If I told you that a serial rapist and murderer was once on a live television dating show in the midst of his crimes, you would not believe me, would you? No, of course not—but you should. This is the premise of Anna Kendrick's new brilliant film *Woman of the Hour*, based on the true crimes of Rodney Alcala during the 1970s, directed by and starring Kendrick, Daniel Zovatto, Autumn Best, Kathryn Gallagher, and Nicolette Robinson. The film begins with murder of an unnamed woman, who falls victim to Alcala's deceiving flirtatious charm, as he photographs her in a remote location. What is initially a seemingly heart-warming conversation, where the woman opens up about her personal life, quickly turns sinister. Alcala strangles her, and in vain, she attempts to free herself from his grasp. This opening scene immediately sets the tone for the rest of the film, and as a viewer I suspected that this would not be the last femicide I observed onscreen. The film takes place across California in the 1970s, not only following Alcala, but also aspiring actress Sheryl Bradshaw. Just as Bradshaw is about to leave LA, giving up on her dreams of making the big screen, her agent calls her with an opportunity to

be on a live television show called *The Dating Game*. Reluctant, but desperate for the chance to have a big break, Bradshaw accepts. It is on this show where she meets Alcala and she too, like the other women he has murdered and raped, falls victim to his flirty exterior. Luckily, Bradshaw is able to escape Alcala—she gets into her car as he briskly follows her, while a group of men from the television crew leave the studio loudly. Then Alcala, angry that he did not get to claim yet another woman's life, anxiously backs away from Sheryl's car. Daniel Zovatto's acting as Alcala is blood-curdling, particularly in this scene—the pure fury and psychotic hatred in his face as he looks at Sheryl is an emotion many (if not all) women have witnessed in men at some point in their lives. Bradshaw is not the only character to escape Alcala though, a teenage girl named Amy, is the victim who brings Alcala to justice at the close of the film. After being knocked unconscious by Alcala, Amy can tell she has been raped, with her hands and ankles tied and her trousers at her ankles. As he lies next to her, crying into his hands, Amy uses his own methods against him, telling him that she is embarrassed by what has happened asking him if he can keep their relationship a secret. Alcala, fooled, says that he will, and they get back into his car together. When they stop at the service station, Al-

cala uses the toilet, and Amy makes a run for it. She goes into a diner opposite and immediately calls the police. Quickly, the police arrive, and Alcala is arrested whilst Amy watches from the diner window. This is yet another hard-hitting scene, as viewers watch Amy breakdown in distress, but they do not get to see Alcala's arrest, providing a dissatisfying conclusion to the film. However, I believe this is exactly what Kendrick wanted to achieve, as the real-life Alcala was actually released after his arrest the first-time round. There is a suggestion at the end of the film that he will most definitely reoffend (which was the case in reality), making viewers wonder how many more women will have to die before he is finally made to pay for his crimes? One character whose storyline touched me was Laura. Although she is not directly a victim of Alcala's, she is directly affected by his crimes. A year prior to the day Alcala and Bradshaw are on *The Dating Game*, Laura's friend was raped and murdered. As Laura sits in the live audience with her boyfriend and his family, she panics as she recognises Alcala's face. In a fluster, she leaves the studio and asks security to contact the police and the producer of *The Dating Game*. The security guard assures her he has passed on her message to the producer, however, later Laura discovers that he has given her details to the janitor as a joke. Out of the

entire film, I found this scene brought out the biggest emotional response in me. I felt Laura's rage and upset in my own heart; yet another woman's fear and pain has been mocked by her male counterparts. Despite being set in the 1970s, this gender discrimination is alive as ever in the 21st century. Robinson, like the rest of the cast in this film, gives viewers a beautifully heart-breaking performance, evoking passionate emotions in all kinds of audiences. Kendrick's film truly transcends all centuries, its story more apt than ever as we watch the United States of America elect Donald Trump for a second term as their 47th president, even though he is a misogynist, racist, and convict who has been found liable for rape. It makes one wonder, what it will possibly take for the world to start supporting women and listen to victims. It makes us wonder what extreme lengths people will go to keep women from being in power. It makes us wonder when there will ever be a serious change in male attitudes to femicide and violence against women more broadly. *Woman of the Hour* demands us to look directly at the primary enemy of the feminist issue—the age-old patriarchal institutions that have governed us from the beginning of time. The final look from Amy asks us a simple question: How are we going to fix this?

White Rabbit, Red Rabbit

Joshua McGowan
Contributor

On the 19th of October 2024, I went down to London to attend a performance of Nassim Soleimanpour's *White Rabbit, Red Rabbit* in @sohoplace. I was intrigued by the play's premise in which each performance sees a different actor reading the script for the very first time on stage. I was attending the performance of one Callum Scott Howells, a personal favourite actor of mine whom I adored in Russel T Davies's brilliant series *It's A Sin*, so to say I was looking forward to the evening would be a criminal understatement. I'm delighted to say that my excitement was vindicated.

White Rabbit, Red Rabbit sees the performer give a cold read of a script which oscillates between different forms throughout the show. It is generally a monologue wherein the actor relays Soleimanpour's reflections on life, occasionally dipping into a more conventional script structure, or even sets of instructions which the performer, as well as select audience members, are expected to carry out. This eclectic format is incredibly engaging in practice. You're taken on an odd journey wherein each turn is unexpected but holistically coherent. The tone of the show is also carefully considered, such that my audience went from near-constant laughter and applause to rapt silence as the show went on—and this change never felt jarring. The show thoughtfully engages with its multifaceted nature in a way that makes it utterly enrapturing and enjoyable from beginning to end.

In particular, I want to highlight how well the show sticks with you. Near the end of the performance, Solei-

manpour invites the performer to sit on the stage and think about their experience after the audience has left. When I saw Callum Scott Howells at the stage door after the show, I overheard him tell other attendees that he had followed Soleimanpour's request for as long as the staff would let him. I understand that completely, since the show has been constantly rattling around in my mind too. It's not that it introduces particularly novel ideas; rather, it highlights and frames its ideas so creatively that you're compelled to ponder them afterwards. The way that the format and script openly invite us to interrogate the nature of performance as well as the tripartite relationship between writers, actors, and audiences provides plenty of food for thought in an effective and gripping way.

Before I went to see *White Rabbit, Red Rabbit*, I spoke with a flatmate who asked, based on the premise of the show, if it was a comedy. I wasn't quite sure, but I had received a list of content warnings beforehand, so I assumed it would be heavy and dramatic. After seeing the show, I think both of us were half-right. *White Rabbit, Red Rabbit* is fully aware of the implications of its form—including the comedy of unpreparedness, the second-hand embarrassment of audience participation, and the need to capture the audience's attention right away so that heavier later content lands properly—and Nassim Soleimanpour masterfully navigates and utilises these to create a unique and powerful experience. While the show's run at @sohoplace is unfortunately now over, I highly recommend that you keep an eye out for more runs in the future, because the experience I had in the audience of this show is one I will never forget—and I can only hope will be shared by as many people as possible.

The Cure's New Album

Gemma Willmott
Review Editor

It feels almost poetic that The Cure return with *Songs of a Lost World* after sixteen long years of absence, right at the height of political turmoil.

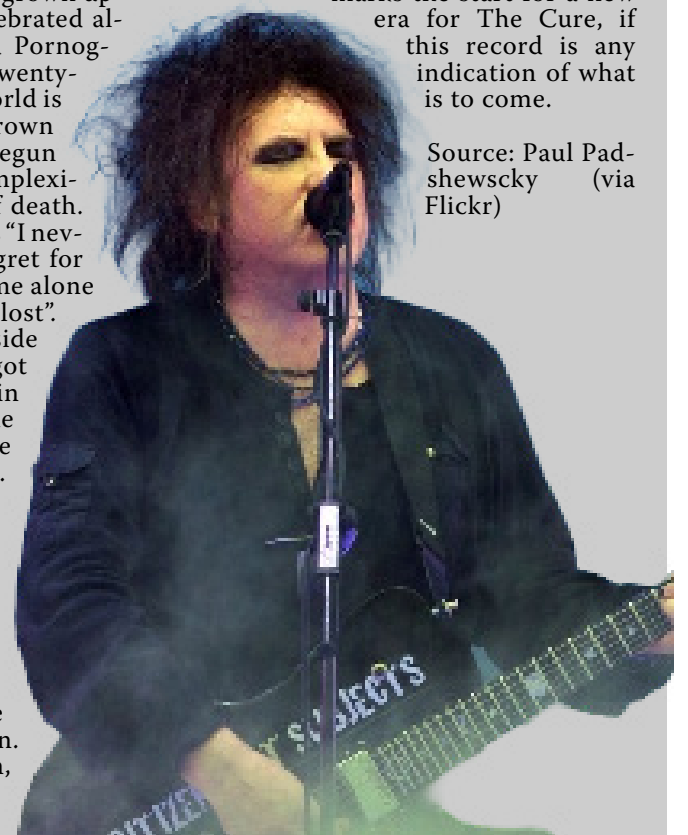
Whether that timing was planned or not, Robert Smith encapsulates the dread and despair felt by millions about the current state of the world. Gone are the light-hearted, poppy interjections like *Just Like Heaven*—the new album is unremitting in its dread, reveling in the inevitability of death and the reality of aging. Sonically, it is without a doubt a return to their most celebrated era of the '80s. To me, this album feels like a "grown up" Cure album. If their most celebrated albums like *Disintegration* and *Pornography* can be seen as angsty twenty-year-olds, *Songs Of A Lost World* is an older uncle, who has outgrown the angst of his twenties and begun to come to terms with the complexities of life and inevitability of death. In *A Fragile Thing*, Smith sings "I never thought I'd need to feel regret for all I never was / But all this time alone has left me hurt and sad and lost". In *Endsong*, he sings "I'm outside in the dark wondering how I got so old". There is no respite in the album, no lightening of the mood or attempt to alleviate the heaviness of the subjects.

In *I Can Never Say Goodbye*, Smith sings about the death of his brother, saying "Something wicked this way comes / To steal away my brother's life / I can never say goodbye". This song sits as the emotional precipice of the album, in my opinion. The songs move in succession, sometimes with several minutes of musical interlude to

allow the lyrics to sink in. Sections of guitar, piano, or strings throughout are heavy and demanding, cementing the themes of dread and mourning that flow throughout.

In an industry so fueled by hit singles and TikTok clips, it feels like a deep slow breath to hear an album that is so clearly intended to be heard as a record in its entirety. Although reunion tours and returning albums are somewhat of a controversial topic in the music industry at the moment, I don't think anyone could argue that *Songs Of A Lost World* is a "come-back cash-grab". It is a moody, thoughtful, and emotional record, with Smith amending and editing the songs for years before its release. I hope this marks the start for a new era for The Cure, if this record is any indication of what is to come.

Source: Paul Padshewsky (via Flickr)



The Silent Hill 2 Remake Review

Tegan Davies
Contributor

The Silent Hill 2 remake was perhaps one of the most unexpected successes in recent video game history. Following an underwhelming series of trailers and sneak peeks, Bloober Team's 2024 version of one of the most impactful stories in the horror game genre exceeded all expectations by earning high ratings and dashing reviews. Being a long-term fan of the original PlayStation 2 game, I was initially sceptical when hearing about the remake. That eerie, mysterious vibe that was perfectly captured through the VHS static of a 2000s computer felt impossible to measure up to or ever do justice to on a modern console. Through not only visuals but soundtrack and storyline, Silent Hill 2 was an untainted masterpiece, and so when my expectations were let down following the promotion that lead up to the new game's release, I had vowed not to play.

That was until said reviews flooded in, and my prayers were answered—the developers seemed to have taken criticisms on board and had created a remake that was entirely loyal to the source material, diverging only to expand upon areas of gameplay that fleshed out the consumer experience. The Bloober remake is huge and a must-

play, not only for old fans, but also newcomers to the story and franchise. A game that previously took around nine hours to complete, now takes the average person over twenty just to complete the main bulk of the walkthrough.

A remake is not a remake without a refresh. Of course, changes had to be made to revitalise the game into one that is enjoyable two decades on—tweaking the combat, locations, and puzzles within the story to keep fans both old and new on their toes and prevent boredom. Instead of the original's click, click, click approach to fighting, the new game has not only a pattern to each enemy, but a dodge option that adds to the intense experience with each and every monster. Whereas past enemies weren't much more than an inconvenience, easily avoided by rerouting around their path, the remake versions are individual obstacles that cannot be ignored. They are fast, determined and savage, to the point where I was almost relieved to encounter a boss fight, as I was sick of being stalked and beaten by Mannequins. Speaking of which, those things are less comedic and more terrifying, striking an uncanny nerve when hunched in a storage room corner, standing rigid behind a curtain, or (perish the thought) crawling up the walls of Toluca Prison.

In terms of boss fights, revitalisation of the same old has unlocked new loca-

tions, new stages and new difficulties. You won't be pleased to hear, but Pyramid Head is almost too frequent in the remake. He still finds James in those expected places, such as closets in apartments, and long, winding hallways with Maria, but will sneak up on you in some new environments, too. He is equally as terrifying as in the original game, but in my opinion slightly diluted in terms of ability. This is maybe one of the only complaints I have about the new game. In the original version, James' first fight with Pyramid Head is in a compact stairwell, making it difficult to dodge or catch a break from his relentless attacks. The reboot has altered this fight to take place in a much larger room, full of places to hide and avoid that rusted scissor blade swinging towards you. While this makes for a much more pleasant experience, the claustrophobic feel of the original boss fight had you holding your breath as you ran around the tight room, always in arm's reach. Some players have reported that it is possible to complete the fight now without taking a single hit, by waiting for the sirens droning in the background to cease (by which point, he will grow tired of chasing you around the room and give up).

The much-loved characters, Angela, Eddie, Maria, and Laura have been given a breath of fresh air, too. Many players have reported that the Eddie fight was the most difficult part

of their playthrough, even worse than the final boss fight. Angela has been given more scenes, and is no doubt my favourite character. Critics had a lot to say about her new look—eyebrow-raising, if you ask me, as she just looks younger, more vulnerable and less likely to be sexualised—but I think she captures the traumatised, desperate young woman she has always been, maybe even better than the original game. James sees her a lot more, and his encounter with the Abstract Daddy boss is somehow even more devastating than the original, running through burning hallways of her childhood home.

And as for the map itself, the town of Silent Hill is like a Tardis. With a new ability to smash windows allowing for even more exploration of businesses and shops, you truly feel as though the town is abandoned, left intact from the day it was last lived in. The major areas, such as the hospital, apartments, and prison, keep their original aura but somehow become even more terrifying and mazelike. The hotel is no doubt my favourite location, with some of the more difficult puzzles within that section meaning that a portion that previously took maybe an hour to complete, left me confused, scared, and running in circles for around four.

Agatha All Along - A Review

Sam Davies
Contributor

The newest addition to the sprawling Marvel Cinematic Universe, Agatha All Along, expands the much-loved Scarlet Witch narrative, acting as a follow-up to WandaVision and a successor to Doctor Strange: Multiverse of Madness. Since 2021, fans have been captivated by Elizabeth Olsen's portrayal of Wanda, AKA the Scarlet Witch. With the open-ended conclusions of both WandaVision and Doctor Strange, the demand for further exploration of her story, and the characters connected to it has been overwhelming.

Which is what Agatha All Along serves as, deliciously feeding fans by expertly weaving threads from its predecessors as a homage and to build on the magic of Wanda's world. Kathryn Hahn, who became an immediate fan favourite as the morally ambiguous, "nosy neighbour" in WandaVision, returns to Westview, only this time to fully step into her own,

purple spotlight. Now, it's Agatha's turn to enchant audiences with her unique wit and charm in a spellbinding journey.

With witty humour, and an undeniable charm, Agatha All Along fully immerses you in a witchy and spiritual journey throughout. The weekly episodes kept me counting down the remainder of the week, biding my time and awaiting the next magical trial. From divination and incantations to tarot, each character of the coven undergoes their own test upon the witches' road to seek their prize at the end.

The casting is a major triumph, featuring icons such as the musical theatre legend Patti LuPone and Heartstopper's Joe Locke. Each character brings depth to their roles, contributing a unique aesthetic and personality that just works. And of course, Kathryn Hahn's Agatha steals the show, balancing her character's sarcastic humour with moments of genuine power that highlight her acting brilliance.

What sets Agatha All Along apart from typical Marvel projects is its refreshing focus on a contained setting—the Witches' Road. Rather than exploring the vast landscapes that Marvel is known for, this setting is intimate and visually stunning, keeping the viewer curious about the road's next conjuring and the mysterious laws that govern it.

Despite being Marvel's lowest-budget TV project, the attention to detail here is remarkable. Subtle foreshadowing and intricate plot twists unfold in a way that feels both satisfying and surprising, culminating in a particularly striking reveal in episode seven. It's rare for a series to tie together clues and premonitions so effectively.

Despite having the lowest budget for any Marvel TV project thus far, I found that it only made the attention to detail even more exquisite. Subtle foreshadowing throughout perfectly unfolds through multiple plot twists and reveals. Culminating into many powerful scenes, especially in a striking reveal in episode

seven. I can't think of many examples where a show has connected threads, hints, and planted premonitions so well, even down to costume symbolism. Just when you have been pleasantly surprised by one twist, the show continues to throw another at you that keeps even seasoned comic fans impressed.

The decision to conclude the show with a two-part finale on Halloween was also a factor that I am so grateful for as a viewer. It made Halloween feel just that extra bit spooky and immersive. I know that in years to come, I will look back at this spooky season as memorable and nostalgic thanks to Agatha All Along.

UPCOMING RELEASES

Queer
Moana 2
Wicked

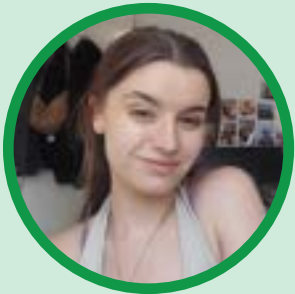
THE TEAM



SCIENCE



Natasha Fray



Hannah Prince

The Dangers of Trump's Health Statements

Natasha Fray
Head of Science

With Trump's recent win in the US election, and his "pledge to let Robert F Kennedy Jr go wild on health", has sparked widespread discussion among the healthcare industry. Both Trump and RFK Jr have controversial stances on health issues, such as vaccines and fluoride in drinking water.

RFK Jr, an environmental lawyer with no formal credentials in medicine or public health, has been outspoken about his distrust in vaccination. However, if vaccination rates were to significantly decline, both individuals and communities would face increased risks of potentially life-threatening diseases. Unvaccinated individuals are more susceptible to preventable diseases like polio, whooping cough, or measles, all of which can lead to serious complications or death. Larger scale epidemics, brought on by a drop in vaccination rates, endanger herd immunity which is crucial in safeguarding the already vulnerable populations, including anyone who is immunocompromised, the elderly, young children, and organ transplant recipients, who can not safely receive vaccines. These potential epidemics would put an unnecessary strain on the

healthcare system and result in preventable fatalities. Vaccines are a cornerstone in public health, they protect the individual and the community while preventing the re-emergence of nearly eradicated diseases. Preventing illness through vaccination is far more effective and economical than relying on treatment after disease onset.

In an attempt to "Make America Healthy Again" RFK Jr has advocated for removing fluoride from public water supplies. However, fluoride in drinking water is widely recognised as one of the most impactful public health initiatives due to its role significantly reducing tooth decay, a common health issue across the globe. By strengthening tooth enamel and increasing resistance to acid attacks from plaque bacteria and sugars in the mouth, fluoride is essential in the prevention of cavities, particularly for those with limited access to dental care. The Center for Disease Control and Prevention (CDC) recognises community water fluoridation as a major public health achievement, with studies showing that it reduces tooth decay by 25% across communities with water fluoridation compared to those without. Water fluoridation helps reduce the need for avoidable dental treatments, such as fillings, and offers a substantial economic benefit, yielding approximately \$20 in savings for every \$1 invested by lowering overall dental care costs.

Both vaccination and water fluoridation are critical, cost-effective preventive measures that bolster public health

Source: Gage Skidmore (via Flickr)



Vaccines: How They Work

Lucy Bushnell
Contributor

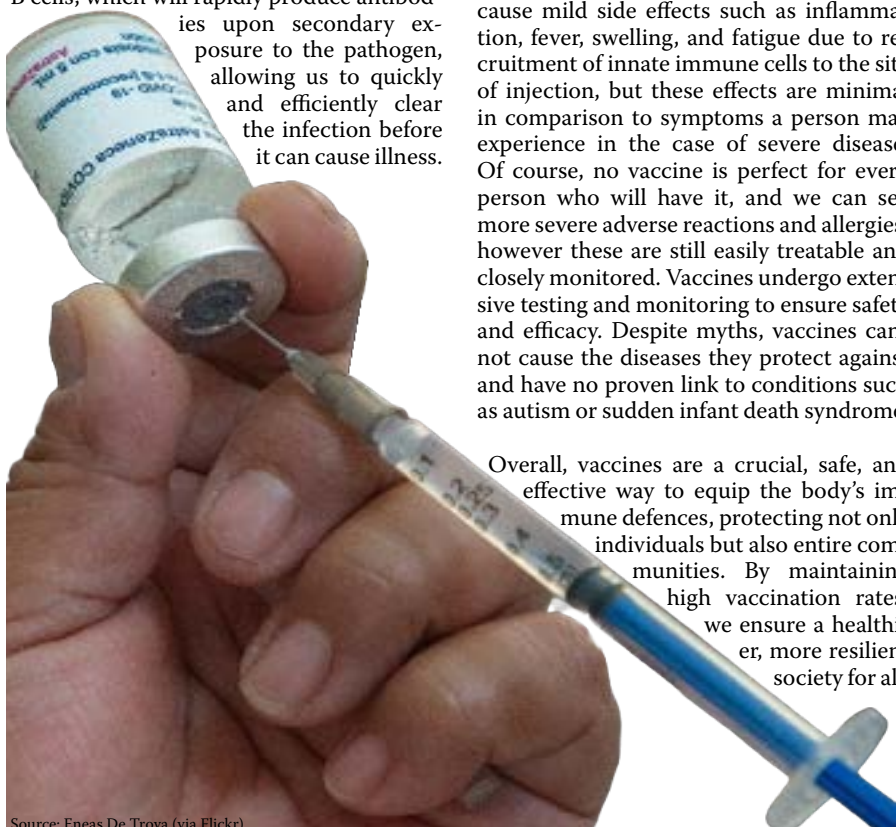
Vaccines are essential tools in safeguarding public health by helping to build herd immunity. This form of immunity arises when a large portion of a community becomes immune to a disease, making it harder for the pathogen to spread and protecting vulnerable individuals who cannot receive vaccines themselves.

How do vaccines achieve this? Vaccination is a prophylactic measure whose end goal is to provide individuals with antibodies against foreign pathogens. B cells, a type of immune cell, recognise these foreign pathogens and produce antibodies against them. This process, which is part of the adaptive immune response, also generates memory B cells, which will rapidly produce antibodies upon secondary exposure to the pathogen, allowing us to quickly and efficiently clear the infection before it can cause illness.

We typically vaccinate against viral infections, such as COVID-19, measles and rabies and bacterial infections such as diphtheria, meningitis, and tetanus. Their success in reducing and even eradicating deadly diseases has been widespread; for instance, smallpox was declared eradicated in 1980 thanks to global vaccination efforts. Similarly, tuberculosis cases have drastically declined due to effective vaccines. However, vaccination rates must remain high to prevent outbreaks. Recent measles outbreaks, for example, are partly due to declining immunisation rates—only about 85% of children are currently receiving the two recommended doses of the MMR (measles, mumps, rubella) vaccine, falling short of the World Health Organization's target of 95%.

Due to the nature of vaccinations in eliciting an immune response, they can often cause mild side effects such as inflammation, fever, swelling, and fatigue due to recruitment of innate immune cells to the site of injection, but these effects are minimal in comparison to symptoms a person may experience in the case of severe disease. Of course, no vaccine is perfect for every person who will have it, and we can see more severe adverse reactions and allergies, however these are still easily treatable and closely monitored. Vaccines undergo extensive testing and monitoring to ensure safety and efficacy. Despite myths, vaccines cannot cause the diseases they protect against and have no proven link to conditions such as autism or sudden infant death syndrome.

Overall, vaccines are a crucial, safe, and effective way to equip the body's immune defences, protecting not only individuals but also entire communities. By maintaining high vaccination rates, we ensure a healthier, more resilient society for all.



Source: Eneas De Troya (via Flickr)

The Science Behind Fireworks

Sam Wainwright
Contributor

Many historians believe fireworks originated in the second century BC in Ancient Liuyang, China. Since then, they have become synonymous with grand displays and celebrations marking key events. You might even say we have a "particular proclivity for pyrotechnics" (RIP Dame Maggie Smith). What many people might not realise, however, is how exactly these explosives work. Let us start with firecrackers, initially made from bamboo stems and gunpowder in Ancient China and constructed similarly today. Black powder (gunpowder) is enclosed in a narrow paper tube and a fuse to ignite the powder. But what exactly is gunpowder? It is a mixture of saltpetre (potassium nitrate), sulphur, and charcoal; aluminium may also be added to produce a brighter explosion. On the contrary, sparklers—another common accompaniment to aerial fireworks—work somewhat differently. They are coated in a slurry mixture consisting of a fuel (typically charcoal and sulphur) and binder (sugar or starch) bound to the sparkler once the mixture dries. When lit, the sparkler burns, causing the oxidising agent potassium chlorate (a source of oxygen) to undergo a chemical reaction. It decomposes to yield potassium chloride and oxygen; the oxygen will then combine with the metal, allowing it to burn. This reaction is controlled as the fuel and oxidiser are balanced; hence, the sparkler does not explode! Furthermore, the bright sparks you may see are usually the burning of metal dust, such as aluminium, iron, steel, zinc or even magnesium,

which all shine brightly at high temperatures. Whilst this is an impressive feat of chemistry, the physics behind the more impressive displays of aerial fireworks is not to be taken for granted. Once the fuse is lit, heat energy travels along it until it reaches the bottom of the firework's shell. The lift charge, also known as the bursting charge, which is made from black powder and situated at the shell's undersurface, is ignited. When ignited, the black powder will undergo a reaction, creating a high volume of hot gases and a lot of energy. These combined forces cause the firework rocket to launch from its mortar, i.e. the tube it was secured to. Once the firework reaches a specific altitude predetermined by the length of a secondary timed fuse, it ignites and triggers a burst charge. Once activated, small spheres, cubes or cylinders of a sparkler-like composition—stars—explode into an epic display of vibrant colours, sounds and shapes. Metal salts are responsible for the colours seen when a firework explodes. They are packed into star pellets within aerial shells, most frequently including strontium carbonate (red fireworks), calcium chloride (orange fireworks) and barium chloride (green fireworks). The arrangement of the pellets determines the aerial effects that paint the sky with intricate designs. To create a specific image, an outline of the figure is replicated inside the shell, surrounded by a layer of break charge, and additional explosive charges are placed inside the pellets to blow them outward into a more prominent figure. For example, a "willow" effect can be achieved when pyrotechnic stars (with a higher charcoal composition, which makes them long-burning) fall in the shape of willow branches.

Source: Sebastian Hietsch (via Pexels)

The Psychology Behind Voter Behaviour

Hannah Prince
Science Editor

By the end of 2024, there will have been sixty-four national elections around the globe, including the UK and the US. With the results of the US presidential election recently finalised, it is interesting to look into the unconscious psychology behind how voters make their decisions when they go to the polls. There are many factors that influence how people decide to vote on the day of an election, from upbringing, religious views, what the people around you are doing, and personal political views. Yoel Inbar, a psychologist who has spent his life studying the psychology behind decision-making in the political context, has determined several other important factors that influence voter behaviour, such as disgust, fear, and negative emotions. Many psychologists believe that all decisions that humans make are unconscious decisions. By placing participants on a disgust scale and asking them to rate how they felt towards stomach-wrenching statements, before being asked about their political ideologies, Inbar found that the more easily that a person is disgusted, the more politically conservative they are. Disgust is the biological emotion that tells us to stay away from something, and it can be perceived through all senses. Many psychologists have advanced the idea that humans evolved a behavioural immune system back in the hunter-gath-

erer days. As large social groups formed, humans developed a set of behaviours that would minimise the risk of getting a disease. These sets of behaviours and the attitudes derived from them are all things that we tend to think of as socially conservative. It is about avoiding groups that we are not familiar with and adhering to what are classed as more traditional social practices. In relation to political campaigns, if one party uses terms and words that trigger a disgust response from us, then it subconsciously influences the voters to not want to vote for them. It can even be said that if the candidate themselves, such as Donald Trump, triggers a disgust response, then it can alter your decision when casting your ballot. A study was conducted into the impact of fear sensitivity on people's political ideology, showing similar results. It suggested that strong and powerful rhetoric of fear—as seen on both sides of the election during the run-up to the 2024 presidential election—can have a significant effect on groups of people when it is used to sway voters one way or the other. In the 2024 election campaigns, both Donald Trump's campaign and Kamala Harris' campaign used rhetoric of war and nuclear weapons, which will have prompted a physical fear for some voters. However, there are also aspects of their campaigns which will have prompted more of a subtle fear response, such as talk of repro-

ductive rights or immigration. The negativity bias is well utilised by political parties during election campaigns. People have an unconscious tendency to remember negative information over positive information and they allow the negative emotions to dominate their decision-making. Research strongly shows that when politicians around the world emphasise negative qualities or aspects in the opposition's policies, their view will negatively impact the electorate and increase voter turnout. If voters are undecided on whom to vote for, and like both candidates equally, they are proven to have very little motivation to go out and vote. The same result occurs if the voter dislikes both candidates equally. However, dislike

of one candidate is a significantly more compelling motivator to cast a ballot, thanks again to the unconscious negativity bias. Both parties in the 2024 US

election have utilised this negativity bias by pointing out flaws in each other's policies or straight-up slander the opposition candidate. In Trump's election campaign, his primary tactic was to slander both Biden and Harris with flagrant lies. In fact, without any of us actually realising it, most political parties use such tactics to tap into these subconscious elements that influence voters in order to increase their chance of success on the day of the election. While there are many things that will have determined how the people of the United States, as well as the millions of other voters around the whole world this year, made their decisions on election day, it remains interesting to look at the general psychological trends behind these decisions and how seemingly minor aspects in election campaigns and day-to-day life influence people's decision-making.

Source: Sora Shimazaki (via Pexels)



The Effects of Misinformation by Artificial Intelligence and its Impact on the Election

Daisy Davies
Contributor

Donald Trump is set to return to the White House in his most successful presidential election to date. But in an election with such a significant online presence, what role has misinformation and disinformation involving artificial intelligence had to play in its outcome?

Misinformation and disinformation are not exclusive to the 2024 election; it's widely accepted that Russia interfered back in 2016, by hacking Hillary Clinton's emails and spreading propaganda on social media. The Senate Select Committee on Intelligence found that the Internet Research Agency (IRA), described as a "troll farm", had posed as "US political activ-

ists" spreading misinformation on social media, which was chiefly used to the "detriment of Secretary Clinton's campaign." This included the sharing of hashtags, such as "Hillary4prison." In 2019, Robert Mueller's report on Russian interference found no evidence to suggest that the Trump campaign had been involved.

The 2024 election saw the use of new examples of misinformation and disinformation; taking the form of artificial intelligence. Much of this AI misinformation has come from Russia, but not entirely. Some US citizens have also been responsible for the spread of AI misinformation. In February 2024, the Federal Communications Commission (FCC) made it illegal to generate AI voices in "robocalls", after voters in New Hampshire were discouraged from voting in the primary

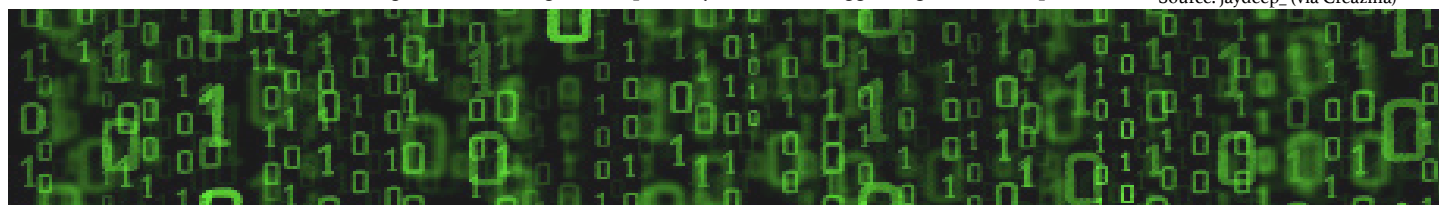
by a deepfake of President Biden. The call was actually commissioned by a Democratic political consultant, supposedly taking just twenty minutes to create.

But deepfakes are not just audio. Deepfake images of Donald Trump have also been shared this election, primarily by Trump and his supporters. Unlike audio, there are more discrepancies found in images. Earlier this year, two images of Trump went viral, and were very quickly recognised as being AI-generated; given away by the shiny skin and inconsistencies with people's fingers. While these images, and others shared by Trump, are clearly fake, what they represent still promotes misinformation. Trump has regularly shared deepfakes of himself, including one which showed him riding a lion. No one is suggesting that this par-

ticular image is real, but it is being used as a propaganda tool to portray Trump in a certain way.

Pew Research Center found that 57% of US adults were "extremely/very" concerned about the influence of AI on this election. The Institute for Strategic Dialogue highlighted that this concern is valid; finding that X (previously known as Twitter) users were "misidentifying content in 52% of cases", unable to distinguish between what was real and what was fake. Misinformation, including AI-generated content, may not have decided this election, but it certainly had a role to play. Given that the party most responsible for the sharing of AI-generated content now has control of every branch of the US federal government, it is certainly not going away any time soon.

Source: jaydeep_ (via Creazilla)



How the US Election Will Impact Science

Ruaidhrí Gillen Lynch
Contributor

Political elections always affect the prospects of science, particularly those from such an influential government as the United States. Change in leadership often results in variation within scientific funding, whether it is a shift in focus or a decrease in resources altogether, but the re-election of Donald Trump will credibly have much more substantial consequences than most ballot-box appointments. The National Scientific Foundation (NSF) reports that in 2019, the USA made up 27% of global monetary spending on research and development, making them the world's biggest contributor. Many fear that Trump's election could mark a shift in the United States' policies in science, resulting in drastic cuts of funding for institutions like the NSF or NASA—especially considering the Republicans now also control the Senate and the House of Representatives, giving the Trump administration a trifecta. The most drastic effect of this could be the application of severe brakes on the growth of global collective scientific knowledge as the US and its specialists collapse out of the game. It is unlikely that scientists would continue to work at the same levels, as many have gone on record saying the election of Trump makes them strongly consider migrating elsewhere. However, this doesn't mean there would be no effect, as although migration of academics is an option, the tap that ensures the flow of funding and institutional equipment will not be easy to replace. Optimists amongst us may want to brush this off as an exaggeration and argue that these four years will be, in the grand forward march of science, an aberration in US political and scientific history and largely irrelevant past this presidential term. Project 2025 makes this hard to believe. Project 2025, to which many of Trump's former and current closest staff and cronies contributed, advocates for highly conservative views, including regarding education. Within it are calls for substantial restraints on scientific education, with everything from evolution to climate science restricted. This institutional restructuring would have long-lasting effects which would plunge America into an academic ice age, where little development of scientific theories could occur, setting the USA adrift from the global scientific stage for, perhaps, a scientific generation or longer. Climate change and climate science will also feel the impact. The US is already the world's second-largest emitter of carbon dioxide and is undoubtedly in a position to push the world over the climate crisis cliff. With the Trump administration's plans to strip back on R&D for green science and ramp up fossil fuel usage, it is blindingly obvious that the US will certainly not retain its leading position on climate technology developments, and may instead become the nation that runs the planet's ticking clock down—with China and India also conceivably reneging on climate commitments if they no longer have any obligation to strip back when America does not.

Space, the final frontier, will also likely remain unconquered—at least by NASA, with cuts to their funding likely, and difficulty ensuring public support and interest due to the changes in the mindsets of Americans that Trump seems capable of inspiring. As the pendulum of political power swings ever more rightwards, its shadow leaves chasms in many paths and the corridors of science are likely to be especially damaged—certainly in the US, but perhaps globally—for an unknowable length of time.

THE TEAM



SPORT



Aimee Szulczewski



Grace D'Souza



Lily Zeeuw



Professional Footballers Back Launch of Female Nutrition Education Platform

Aimee Szulczewski
Head of Sport

A new nutrition platform aimed at supporting female footballers is gaining strong backing from professional players as it prepares to launch. The Female Football Nutrition Network (FFNN) has already generated significant attention on social media, having over 1,300 followers on Instagram before the app's official debut. The platform's goal is to provide expert nutrition advice tailored specifically to the needs of women and girls in football. "We knew there was a gap in the market for this type of education, but the response has exceeded our

expectations," said Aimee Ellen O'Keeffe, co-founder of FFNN and former performance nutritionist for Manchester United Women. "Having professional players like Kirsty Hanson, Martha Harris, and Millie Turner support us has been amazing."

Kirsty Hanson, Aston Villa midfielder and Scotland international, is enthusiastic about the project. "Aimee is one of the best nutritionists out there. She helped me with everything from recipes to fueling strategies, which really boosted my performance on the pitch," Hanson said. "It's great that girls coming up in the game will now have access to this kind of support."

Martha Harris, Birmingham City full-

back, echoed Hanson's sentiments. "I didn't fully grasp the impact nutrition could have on my game until I worked with Aimee at Manchester United," Harris said. "It improved my performance and gave me confidence in my food choices. I still reach out to her for advice even four years later."

Millie Turner, a Manchester United and England Lioness defender, also praised FFNN's importance. "Maintaining a steady weight during the season was a struggle for me until Aimee taught me how to fuel properly. Now I feel more confident about my nutrition and how it supports my game."

The FFNN's platform, co-founded by O'Keeffe along with Dr James More-

hen and Evan Bailey, aims to be a comprehensive resource for female athletes. Dr. Morehen, England Men's performance nutritionist, and Bailey, Lead Academy nutritionist for Birmingham City FC, bring their expertise to the platform to offer a range of science-backed advice, from pre-match preparation to post-game recovery.

The platform, available for a pre-launch membership fee of £14.99 a month, provides webinars, recipes, consultations, and more. With the app set to launch on October 28th, FFNN hopes to empower female athletes to fuel their performance both on and off the pitch.

Lando Norris: McLaren's Rising Star in the F1 Title Race

Aimee Szulczewski
Head of Sports

As the Formula 1 season nears its thrilling climax, Lando Norris finds himself at the centre of a tantalising title tussle, with the shadow of reigning champion Max Verstappen looming large. While Verstappen seeks to achieve his fourth drivers' championship, Norris is not just playing catch-up, he is tackling a serious challenge that could see him disrupt the established order at the very top of motorsport's elite.

At the upcoming Las Vegas Grand Prix, the stakes could not be any higher. Verstappen only needs to finish ahead of Norris by 60 points to secure the championship. However, despite the odds, Norris' performances and growth as a driver this season have kept his chances alive, as he continues to close the gap in points with consistently strong finishes.

Norris, previously outside the usual title contention conversations, has evolved remarkably under the guidance of McLaren. Team Principal, Andrea Stel-

la, has expressed immense satisfaction with Norris' development, praising his maturity, racecraft, and ability to learn from every race situation. This season, Norris has proven his skill by not only keeping pace, but also strategically challenging one of modern motorsport's best, Max Verstappen.

McLaren's strategy remains unchanged despite the high pressure. They have encouraged Norris to continue his approach, focusing on consistency and learning from each race, whether it be from mistakes or successes. This strategy has seen Norris deliver performances that ignore his relative inexperience in title fights in F1, including calculated manoeuvres on track and mature handling of race incidents, even when penalties have cost him valuable points—much different to previous seasons.

But what does Norris need to do to beat Verstappen? The path is fraught with challenges. Not only does Norris need to outperform Verstappen in the remaining races, but he also needs favourable outcomes from other competitors to truly tilt the

odds in his favour. Each race weekend now carries an added weight, with sprint races and fastest lap points offering Norris avenues to take advantage of gaining points.

As the F1 takes on the glittering streets of Las Vegas, all eyes will be on this young Brit. Can he deliver a performance that stuns the motorsport world and sow the seeds of a future champion? While the odds may lean heavily towards Verstappen, the spirit of the competition and the unpredictability of racing mean that in Formula 1, nothing is certain until the chequered flag is waved.

The coming races are not just a test of speed but of strategic sharpness, resilience and sportsmanship. For Norris and McLaren, it is an opportunity to step out from the shadows and into motorsport history. As the engines start up in Nevada, Qatar and Abu Dhabi, it is clear that the race for this year's title is just as much about the future as it is about this season's crown.

WRU Accused of Sexism Amid World Cup Threats

Alaia Osoz
Contributor

The Welsh Rugby Union (WRU) is facing new allegations of sexism and inequality. It has allegedly threatened to withdraw the senior women's team from the World Cup if players do not sign new contracts. Contract negotiations have been ongoing over the year with pay being at the forefront of the conflict. The players threatened to go on strike over contract disputes, and the WRU responded by giving a three-hour deadline to sign the contracts. The consequences of not signing were being withdrawn from the WXV2 tournament in South Africa and the World Cup next year.

It is alleged that the WRU repeatedly refused to meet players' requests during contract negotiations, and threatened them with disciplinary action, leaving many players feeling emotionally unwell. Other claims include that player requests for bespoke, performance-based maternity policy, upgraded sala-

ries, guaranteed boot allowance, and nutrition supplements were almost all refused. The Union refutes the claim that player proposals were not met, with a full bespoke maternity policy being finalised as part of the new contracts.

This comes a year after an independent review that found aspects of the WRU environment to be sexist, misogynistic, racist, and homophobic. After these allegations, the WRU chief, Steve Phillips resigned and Abi Tierney replaced him, becoming the first female chief. Tierney promised to "not only fix the issues identified but also to build a culture and values that we can all be proud of". However, as part of the recent claims, it is alleged that Tierney did not want to pay travelling reserve players. The WRU disproved this claim and has denied allegations of sexism but says it will apologise to its female players for how they have dealt with contract negotiations.

Richard Collier-Keywood, chair of the WRU, said: "It is our intention to sit down properly with the players over the course of the next couple of weeks

and deliver the apology." However, Collier-Keywood urged it was not sexist: "We basically chatted to the women about that and that word just did not come up. I know people want to use labels but it is probably an unhelpful label because that is not representative. WRU board member Claire Donovan also denied sexism allegations: "There are all sorts of things we absolutely could have done better and there are all sorts of hurt that we need to talk to but I genuinely don't believe the decisions that were made were driven by sexism."

A joint statement issued by the WRA said: "Having represented the Wales Women's team this year, we have been blown away by their bravery, determination, and unwavering commitment to collectively improving not only their own working conditions, but those of the future generations of players in Wales." It further stated: "We are proud to have been able to support this group of women through such a challenging time and look forward to seeing what they continue to achieve in such an exciting year for women's rugby."

England Crush Finland with a 3–1 Triumph

James Burns
Contributor

Superb goals from Jack Grealish and Trent Alexander-Arnold helped England wrap up the international break in style with a 3–1 victory over Finland in Helsinki. However, the routine win was undoubtedly overshadowed by the Football Association's major announcement: Thomas Tuchel would be the new head coach of England.

Tuchel has signed on an 18-month contract that will last up until the conclusion of the 2026 World Cup. His appointment sees him become the first German and third foreign head coach of England, after previous stints from Sven-Goran Eriksson and Fabio Capello. The ex-Chelsea manager will be officially appointed on January 1st 2025, with interim boss Lee Carsley continuing to take charge for the remainder of 2024.

The match against Finland was a predominantly comfortable affair for England. The opening goal came from a wonderfully timed reverse pass by England's new boy Angel Gomes who played it precisely through to Jack Grealish who opened up his body and found the bottom corner. For Grealish, this was his third start under Interim manager Lee Carsley and his second goal in as many games under the new boss. From there England were dominant without truly wowing, until the 74th minute, when Trent Alexander-Arnold bent home a delightful free kick to give the three lions a 2-goal advantage. Declan Rice went on to add England's third as he converted Ollie Watkins cross, who had come on as a substitute. Finland finally inflicted some damage on England's back line as Arttu Hoskonen ran free to head home from a corner; however, this was

merely defensive irritation for Lee Carsley's men, who looked comfortable throughout as they made it three wins out of four for the Birmingham born interim boss.

Comfortable was precisely the type of evening Lee Carsley needed after England's frantic Thursday night clash with Greece. If the historic loss to Greece was the fuel of uncertainty surrounding England's future, then Sunday was a return to the tranquil progress seen in September. Tuchel's pending arrival will look to bring new life and excitement to the national set up, and go one-step further than Southgate and lift a major trophy for the first time since 1966.

However, Ex-England right back and pundit Gary Neville labelled the appointment a "shock" and Jamie Carragher said "it is embarrassing, that we as a nation, need a foreign coach to be successful". While the appointment of a German coach may be controversial, if Tuchel succeeds the questions around his nationality will be obsolete. As a coach, he plays a much more fluid and high press system than Southgate, and his time in England showed he can take a team struggling and without ideas and turn them into champions, like he did with Chelsea, as he lifted the Champions League in 2021.

In his first press conference, Tuchel described the role as "a huge privilege" and lamented his love for living and working in the country following his time at Chelsea. Only time will tell if the German will rally the Three Lions, but all eyes will be on him when he takes to the Wembley dugout next March.

Wales One Step Closer to Making History

Lily Zeeuw
Sports Editor

The Welsh women's team are two matches away from making their international tournament debut in Switzerland next summer. After a tight play-off semi-final against Slovakia, where the Welsh side lost the first leg 2–1, it seemed the chances of Euro qualification were slipping away. However, in the second leg hosted at Cardiff City's stadium, an extra time goal from captain Jess Fishlock saw Wales achieve a 2–0 win guaranteeing them a spot in the play-off final against the Republic of Ireland.

So, what can Welsh fans expect against the Republic of Ireland? Ireland qualified for their first international tournament in the 2023 World Cup hosted in Australia. They finished last in a strong group, including Canada, Nigeria, and host Australia, with 1 point. Despite this, it's clear that Ireland will put up a strong fight to qualify for the Euros, hoping to qualify for two major tournaments in a row. A strong showing against Georgia in their play-off semi-final, saw Ireland win by an aggregate of 9–0.

One player who will certainly put up this fight is Ireland's star player and captain, Arsenal midfielder Katie McCabe. Known for her aggressive style, she plays with her heart on her sleeve, and she will certainly be hoping to be the captain to lead her team to Euros qualification.

Some other players to look out for are: Denise O'Sullivan, the North Carolina Courage midfielder, who will link up seamlessly with Katie McCabe to create a robust midfield that fights for every ball on the pitch; and Everton goalkeeper, Courtney Brosnan, who won player of the year for the Irish squad in 2023 and has made the most saves out of any Women's Super League keeper in the 2023/2024 season, saving ninety-five shots, with a 75% save percentage; she certainly will prove a test to get past at the back.

There's no doubt this game will be a battle. Both teams are likely to fight for every ball and try to make the best out of every opportunity, so it sure will be a good event to attend and perhaps a historic night in Welsh football history. With the most recent fixture against Ireland, in February this year, ending in a 2–0 win for Wales, it is hopeful that this could be a historic play off for the Welsh women. If you want to be there, it will be hosted at Cardiff City stadium, on the 29th of November, so make sure to get down to the stadium and support the team and be part of a potential historic night in Welsh football.

Source: Lorenzo Cafaro (via Negative Space)

Welsh Superstar Ella Lloyd Joins McLaren for 2025 F1 Academy Season

Mia Coley
Contributor

McLaren have announced the signing of Welsh 19-year-old Ella Lloyd as one of their drivers for the 2025 F1 Academy season.

Lloyd will also be joining the McLaren Driver Development programme alongside her fellow F1 Academy driver Bianca Bustamante. The programme has seen drivers such as seven-time world champion Sir Lewis Hamilton and Grand Prix winner Lando Norris, to name a few, rise through its ranks to success in Formula 1—putting Lloyd in a hopeful position for a F2 or F1 appearance in the future.

The teenager from Pontypridd, South Wales, has only got two years under her belt but has made a significant impact in her short career. Lloyd started racing competitively in 2022 in the Ginetta Junior Championship which saw her finish in the points positions in an impressive fifteen of the twenty-five races that season.

In 2023 she moved up to the Pro Class of the Ginetta GT Championship in which she gained the Vice Champion title with eighteen podium finishes, including ten wins. Earlier this year, the Welsh

teen competed in the Formula Winter Series taking the Female Driver Trophy home several times.

Following this, Lloyd's success carried on as she competed in British F4 and finished 11th overall with four podium finishes. "I'm really excited to be joining the McLaren Driver Development programme as the team's F1

Academy driver in 2025," said Lloyd in the announcement on the McLaren Website. "It's an honour to drive for a team that has such a great racing history, and also a long track record for developing talent. "With McLaren, I now have everything I need to keep developing and pushing the boundaries as a female in motorsport. Thank you to Zak Brown, Stephanie Carlin and the entire McLaren team for their faith in me. I can't wait to get racing in papaya."

Lloyd has already competed in F1 Academy as the Wild Card entry for Round 5 at Singapore in September.

This saw her score two points finishes, setting herself up for a positive trajectory for the 2025 season.

Stephanie Carlin, Director of F1 Business Operations at McLaren Racing and leader of the McLaren driver development programme, told the McLaren Website: "I am pleased to welcome Ella to the McLaren Driver Development programme ahead of her debut as our F1 Academy driver for the 2025 season.

Ella has great talent and potential and has already cemented herself in the series,

performing brilliantly as the Wild Card entry in Singapore, so we're excited to see what she can do with us. We look forward to supporting her."

Ella Lloyd's first ontrack appearance for McLaren was on the 7th of November when she drives in Formula E's Women's Test in Valencia, Spain for the NEOM McLaren Formula E team.



Source: Artes Max (via Flickr)

Wales Preparation for Autumn Nations Series

Luke James
Contributor

With the first weekend already done, New Zealand victorious in a brilliant thriller at Allianz Stadium in Twickenham, and Scotland dissolving a Fijian side missing many of their best players, it's clear to see we are in for another fantastic Autumn Nations Series. World champions South Africa face Scotland this weekend, looking to continue their nine game winning streak against Gregor Townsend's men. Ireland face the All Blacks in a rematch of the World Cup quarter final, in what will be an intense clash. Wales versus Fiji looks to be the second of what we can presume to be tight matches, with both sides wanting to prove points, and Gatland's Wales still looking for a first test win in 2024, whilst Fiji won the Pacific Nations Cup earlier this summer. The other two matches are Italy versus Argentina and France versus

Japan. None of these are with certain victors. The sides from the southern hemisphere all have come north from an intense season, with those from the Rugby Championship having had one of the most competitive seasons yet, the Boks winning it in the final match. All four of these sides are with a new coaching setup, experimenting with new approaches, and attempting to revolutionise their gameplan. Scott Robertson's New Zealand already looks to be a strong side, having pushed the Boks to the limits in both Johannesburg and Cape Town, and only just losing both matches. Felipe Contepomi's Argentina has already beaten both South Africa at home and the All Blacks in New Zealand. Joe Schmidt's Australia is far from full strength and full capabilities, but showing promise, and the quality of the Rugby Championship perhaps does not let Australia show its full potential. Finally, Rassie Erasmus' Springboks have kept their core strength at the set pieces, with to-

tal scrum and maul dominance, but are attacking with even more menace than before thanks to new attack coach Tony Brown's work, alongside Jerry Flannery's interesting new defensive system, building upon what Jacques Nienaber and Felix Jones had built in preparation for last year's Rugby World Cup. All this means is that we are in for an absolute treat. Never before has the standard of international rugby been so high across the board. The only team that I am sure will win all of their matches is the Springboks purely because they have the extra edge and are just playing such an evolved game plan. I am very open to being proven wrong, however, and am watching all this rugby mostly as a neutral, for the love of the sport. Without wanting to have an article of lists I think it's best to highlight what I believe will be the best matches (even though all of them will be excellent), and those are New Zealand vs. Ireland, France vs Argentina, and South Africa vs. Eng-

land, but I would strongly recommend you watch every game you can because anything can happen. The tone for what's to come was already set when England and New Zealand broke World Rugby regulations and advanced towards each other during the haka, a great move, allowing more of a challenge to the war dance than just standing and observing, something hopefully that happens more, like in years gone by. George Ford's failed drop goal attempt broke England fan's hearts, but either side deserved the win, and New Zealand's defence held strong except for Marcus Smith's interception. England never looked like they were getting past the 5 metre line, and substitutions that may have been too early according to some leave many questioning what if, but what if isn't the real world, and the scoreboard is all that matters in the end. The Autumn Nations Series is finally upon us, and I for one am excited for what is to come.

30 Years of Impact: How the National Lottery has Transformed Welsh Sport

George Clark
Contributor

Since the first draw of the National Lottery on 19th November 1994, Wales has seen a profound transformation in its sporting landscape. The National Lottery has not just been a game-changer for individuals and community clubs across the country; it has become a bedrock of Welsh sport, funding everything from grassroots projects to elite athletes on the world stage. Now, as the National Lottery celebrates its 30th anniversary, it's a fitting moment to reflect on how its funding has elevated Welsh sport and enriched the lives of countless individuals. One of the most remarkable aspects of the National Lottery's impact in Wales is its support for athletes from all walks of life. Take Wasem Said, for example. Growing up in the multi-ethnic community of Butetown, Cardiff, Wasem faced the difficult challenges of gang crime and personal loss. However, the National Lottery's funding for the Tiger Bay Boxing Club provided Wasem with the resources to turn his life around and, in turn, help over three-hundred young people do the same. Through sport, he has inspired youth in his community to stay away from drugs and knife crime, becoming a local hero in the process. On the other end of the spectrum, the National Lottery has supported some of Wales' most iconic sporting figures, such as Paralympic legend Tanni Grey-Thompson. Throughout her career, the Lottery funded her training, helping her secure eleven Paralympic gold medals and more than thirty world records. Grey-Thompson, now a prominent advocate for sport and wellbeing, has been a trailblazer for athletes with disabilities, highlighting the vital role the National Lottery plays in supporting elite talent and ensuring athletes have the resources to thrive. Beyond individual success stories, the National Lottery has also facilitated the

development of state-of-the-art sporting infrastructure. The Principality Stadium in Cardiff, for instance, was made possible by £46.3 million in National Lottery funding. Since opening in 1999, it has become the beating heart of Welsh sport, hosting everything from Grand Slam-winning rugby matches to memorable boxing bouts and international football fixtures. The stadium is a testament to how National Lottery investment has created iconic venues that unite people across Wales and showcase the nation's sporting talent. Moreover, the Lottery's reach extends far beyond professional sport, playing a crucial role in grassroots and community initiatives. Swansea Galaxy Football Club, for example, has used National Lottery funding to create an inclusive space for LGBTQIA+ individuals to play football in a safe and supportive environment. This funding enables the club to offer football opportunities to anyone, regardless of gender, sexual orientation, or background, fostering inclusivity in the sport. In the world of youth sport, the National Lottery continues to empower organisations such as, Urdd Gobaith Cymru, which reaches over 40,000 young people across Wales through sports clubs and competitions. The funding has allowed them to expand their programmes, giving children the opportunity to engage in sports through the medium of Welsh, a unique offering that strengthens cultural and community ties. From community clubs in rural areas to world-class Olympians, the National Lottery has provided essential funding for all levels of sport in Wales. As we look to the next thirty years, it's clear that the National Lottery will remain integral to the future of Welsh sport, supporting athletes, coaches, and communities alike, while inspiring the next generation to take part, achieve, and dream. The Lottery isn't just about funding—it's about making Wales a stronger, healthier, and more connected nation through sport.

Bath Brutally Beaten 4-0 by CULF

Grace D'Souza
Sports Editor

On November 6th, Cardiff University Ladies' Football (CULF) made the journey to Bath Spa for their cup match. Despite Reading Week leading to a limited squad size, the girls played exceptionally well. From the warm-up, it was evident that the team was ready to win. Captain and goalkeeper for the match, Sophie Hauptmann, made some great saves during the striking practice before kick-off. The team was in safe hands. As the match kicked off, CULF looked strong. In the first five minutes, there was very good build-up play from the team, in particular Number 9, Erin Slade; Number 10, Sam Coffey; and Number 11, Sai Fisher. All three had an instant impact on the pitch, with some incredibly well-timed runs. Their defence was very strong; every corner Spa had was immediately dealt with. In the eighth minute, Cardiff had a corner taken well by Sai Fisher while Spa's headed it over the bar. Another corner came for Cardiff, and this time it went narrowly wide—very unlucky not to take the lead. Erin Slade, looked very confident on the ball, but in the thirteenth minute she got taken down in the box holding her head. It was unclear how serious the injury was; the Spa team gave her space and huddled up as the CULF team ran to her aid with a bottle of water. Cardiff's Number 10 had a lot of pace and outran the Spa player. She marked her, but a dangerous tackle saw her taken down. The free kick was taken well by CULF, but Spa's goalkeeper, Izzy, made a clinical save at full stretch. In the twenty-first minute, Number 7, Catherine Andrews, scored the opening goal. The goal gave the team a lot of confidence despite a hand-ball and a free kick for Spa. The CULF counter-attack and defence were perfect. In the thirty-fifth minute it looked like we were going to score another as Number 9 went for goal, but it hit the side netting. Olivia Shaw tracked back a lot throughout the first half and it worked out in her favour: after Spa had an incomplete pass, she scored the second goal for CULF in the thirty-

ninth minute. Player Number 5 had played an incredible first half, with "she just did a three-point turn" being yelled on the touchline by Spa supporters. In the forty-fourth minute, Erin went for goal again, but Spa's goalkeeper safely saved it. On the stroke of half-time, Number 8, Olivia Shaw, scored a screamer, making the score 0-3 at the break. After a firm team talk at the break, Cardiff looked confident as they returned back to the pitch. In the forty-ninth minute, Number 10 went for goal, but once again Spa's goalkeeper managed to block the ball. Spa needed a goal desperately and they were fast on the counter-attack. They went for goal, but our Number 1 and captain, Sophie, made a good stop. I could see in her eyes she wanted that clean sheet. Ashleigh, the Number 17, substitution made a great impact as the fresh legs were needed for Cardiff. Spa were making aggressive tackles. Cardiff were awarded a free kick in a dangerous position after Ashleigh was taken down. Number 10 took it well but Spa's goalkeeper saved it. CULF were not done though, as in the seventy-first minute who else could it be as Number 8 gets a well-deserved hat-trick. In the seventy-seven minute CULF got a penalty. Number 10 stood up to take it, but Spa's keeper saved it confidently. Just before the whistle is blown Ashleigh CULF's Number 17 gets pulled down aggressively by Spa defence and a free kick is given as the last kick of the game. A massive result for the Cardiff team: Spa 0 – Cardiff 4. Post Match CULF keeper and captain Sophie Hauptmann said: "So pleased with the entire team for putting in top notch performances throughout the match even though we had limited numbers. To walk away with a 4-0 win in a cup match given these circumstances is something I am very proud of the girls for accomplishing."

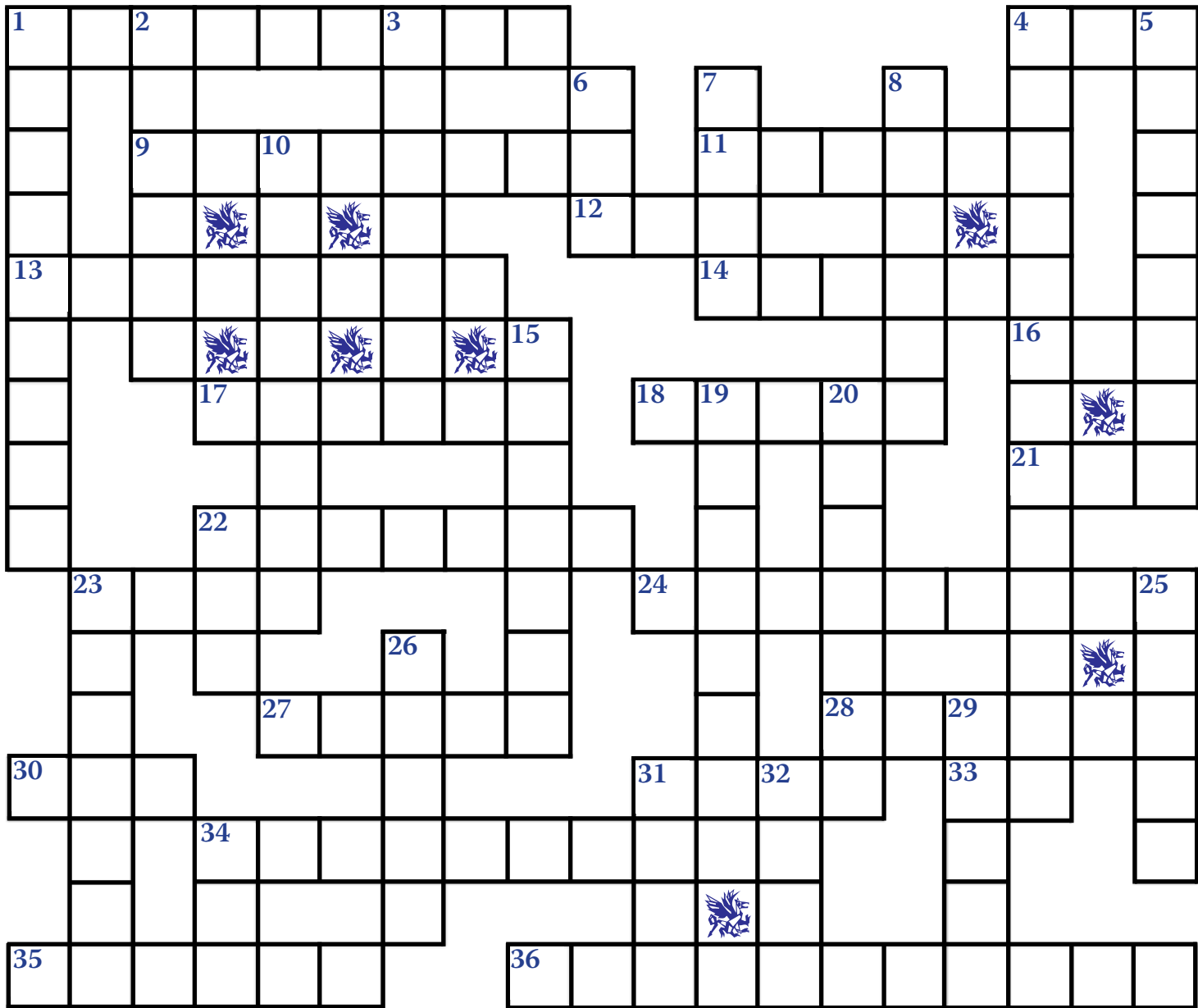
Source: Grace D'Souza



New and Improved!

Crossword | Croesair

Daniel Raybould and Oliver Morten



ACROSS

1. nan's favourite treat; bodily system (9)
4. what Gair Rhydd tries not to be; cleaning aid (3)
9. Carpenter's favourite coffee (8)
11. Western cradle, Plato home (6)
12. socially inedible animal (3)
13. ovoid fruit, also known as canistel (8)
14. neigh sayers (6)
16. unimportant individual in a greater system; toothed wheel (3)
17. "burnt" earth pigment used for cave paintings; Toyota minivan (6)
18. *mutti*; Tutankhamun today; gas-masked child's goal (5)
21. dermic drawing; vulgar tastelessness (conflated by many parents) (3)
22. chickpea food served in Corners and Houses (7)
23. true of both the truant schoolboy and the army deserter (4)
24. a final peremptory demand (9)
27. consort, dowager, regent, regnant, mother; or just a great place to shop (5)
28. oval-shaped marzipan and "milk" ingredient (6)
30. seizure; sexually attractive (3)
31. Simon's alien friend; John, George, and Ringo's human friend (4)
33. gets salty if you turn it around (2)
34. three-flavoured trilogy; Italian ice-cold goodness (8)
35. wiggle room (6)
36. Armeddon-like (11)

DOWN

1. Lamar-defeated duck+ US Motor Company = ex-First Minister (9)
2. the proletarian Pret a Manger (6)
3. peninsula of the Andorrans and Gibraltarians (7)
4. consciousness restoration action (13)
5. to manipulate into doubting one's memory or sanity (8)
6. '40s jazz style; any other danceable music (3)
7. UNESCO World Heritage Site, unrelated to the shower (4)
8. isle with a royal reliance, or the newer American variant (6)
10. John the headmaster and bishop; ASSL-adjacent building (8)
15. purportedly porcine-passionate PM (7)
19. lesser Cardiff arena, for sponsorship reasons (7)
20. symphonic spectacle on an end that is west or a way that is broad (7)
22. pocket-watch pocket (3)
23. Roadshow subject (7)
25. most overworked student type (5)
26. baked, black, or green (5)
29. "Stop being a wimp", stereotypically (3, 2)
31. springy stick (4)
32. European football association (4)
34. corvine bird call (3)