



Written by: Kerry Martin // Designed by: Olivia Pooley //
Images source: uk.lush.com



Lush's number one selling product, 'Dream Cream', (£6.50) is a hand and body lotion containing ingredients such as oat milk, lavender oil and Fair Trade organic cocoa butter which all work to heal the driest of skin, even eczema. With the cold weather and constant washing up since starting university is taking its toll, this works wonders on dry, cracked hands. Recently, Lush have also brought out a self-preserving version of 'Dream Cream' which is slightly more expensive at £12.95 but rightly so, as it keeps itself clean without the need for any artificial ingredients or fragrances. These products also come in a black tub made entirely from recycled rubbish. If you collect five empty, full-size tubs and take them to any Lush store for them to recycle, you can claim a free fresh face mask.



'The Comforter' bubble bar is renowned as one of Lush's best-selling products. Boasting a 'good enough to eat' berry scent and containing mostly natural ingredients including bergamot and cypress oils, this bubble bar also leaves your skin feeling silky smooth. Simply break off a small piece of the bubble bar into the palm of your hand and crumble it under hot water and watch as your magenta coloured bath water is concealed by copious amounts of berry scented bubbles. Alongside using less packaging than a regular bottle of bubble bath, with this bubble bar, a little goes a long way; so at £4.95 this product is great value for money.



Chocolate and face masks... what is not to love? The 'Cupcake' fresh face mask made entirely of natural ingredients such as cocoa powder and peppermint oil, is perfect for those with sensitive, acne, or spot-prone skin. It works by drawing dirt out of the pores then toning and moisturising the skin. Store the mask in the fridge for a few hours and then simply put it all over your face avoiding the eye area and leave it on for 10-15 minutes. Although they do have a use by date because they are free from any artificial preservatives, you can be sure that what you are putting on your face is entirely beneficial. Priced at £6.95, you can usually get up to five uses out of one of these tubs, a lot more than the cheaper single-use masks on the market.



'Trichomania' is a coconut scented solid shampoo bar that leaves hair feeling squeaky clean and smelling great. Simply take the bar and either lather it up in your hands or run it along the hair and watch as it lathers up, then wash it out as usual and follow with conditioner. They work on all lengths and hair types, especially those that are prone to product build up. Also, they are great for the environment as they do not use any packaging, which is a big part of Lush's ethos. 100g costs just £5.95 which is more than a regular bottle of shampoo, but it will last you a great deal longer. There are also solid conditioner bars too for those of you that want to try an all-solid haircare routine!



Lush's infamous 'Bubblegum Lip Scrub' made primarily of caster sugar and organic jojoba oil is a staple in these cold winter months to help save dry, chapped lips. Simply dip your finger in the scrub and massage it onto the lips to slough away any dry skin. Then to remove it, you can just lick it off! Unlike many other lip scrubs on the market, this one is not too harsh on the lips and will not leave them feeling sore or swollen afterwards; just soft and moisturised because of the jojoba oil. Like many of these products, a little certainly goes a long way; so for just £5.50, you may never see the bottom of this lip scrub!



LAZY AND FABULOUS 101



Lately, fashion magazines such as Marie-Claire, Elle, Cosmopolitan, and also brands like H&M, NYX, Mac, are trying to switch the focus from a "traditional" way of wearing make-up to a more original, outside the box one. Instead of staying in the comfort zone wearing red lipstick, black eyeliner and smoky eye for a night out, articles from magazines or from social media sites (especially Snapchat), try to educate individuals on how to combine colours in a fashionable way, without having a heavy look. However, there are some products that can be used solely on a daily basis, easy to put on, and also, affordable.

NYX Vivid Brights

NYX launched a range of 8 eyeliners that come in extremely bright colors (hence the name). When purchased, the eyeliners have the same colour on skin as they show on the box, they are really pigmented (only one application is enough), and they cost no more than £5.50 from any Boots store. They can be used alone or in combination with other eyeliners or eye shadow. However, considering their rich pigmentation, it is recommended to be used alone.

Complete it with a nude, peachy, or brown lipstick, and a popping highlighter, focusing on the high points of your cheeks so you can make those eyes stand out.



Highlighter

Used for strobing, after Kim Kardashian made the concept popular, make-up artists such as Jeffrey Star and brands like Make-Up Revolution created their own unique highlighters. Jeffrey Star's Skin Frost collection is a bit more expensive, being £25.50; it comes in black, pink, blue, grey, gold, and purple shades and it is absolutely amazing and pigmented. A black highlighter during the day is too much, but for a night out it is perfect, especially if you want to stand out from the crowd. I Heart Makeup Unicorn sold by TAM Beauty is only £5 and offers a range of five different highlighting colors and its texture creates a perfect glow on the face: not too much, not too little (also, you can also add more if you feel like it).

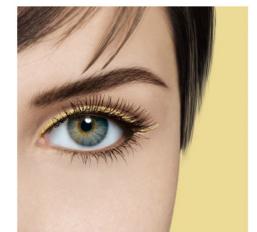
Complete it with a subtle contour, as the highlighter is already dramatic, and a shade of lipstick that contrasts the shade of highlighter; for example, if wearing gold, peach, light green, go for dark lipstick, and if you are wearing black, grey, purple, go for peachy and nude lips, as there always needs to be a balance on the face.



Gold Eyeliner

Everyone has got to love a little bit of gold in their life. When you just want to make a statement without putting too much effort, then go for a gold eyeliner. Being the peak of this season, there are a range of brands to choose from. Lush is selling gold eyeliners (on top of emerald green, sparkly pink and intense blue) for £14.50; NYX offers both liquid eyeliners and pencils, which adjust to every customer's way of doing make-up; or Urban Decay Razor Sharp liquid liner for £16. Pay attention to the Lush one as its pigmentation will make your eyes look a bit too much if used alone. Therefore, feel free to try different looks (even though they might seem odd when you picture them) by having a thick line of black eyeliner and a thin gold one on top, or a bit of gold in the corner of the eye, or half gold, half another color, etc.

Complete it with a matte complexion with a deep contour, and a purple/dark red/black/grey lipstick. Try to avoid highlighter and any other glitter as you do not want to look too sparkly.



Denim Hair: A Trend That Transforms a Classic

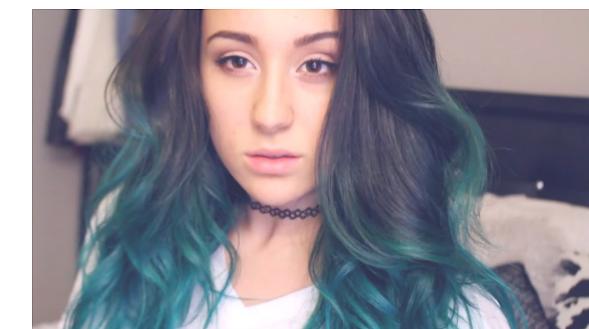


Everyone has their favourite pair of jeans, possibly threadbare and falling apart in places, but still well loved. Now, there is a hair trend trying to encapsulate this familiar feeling, in the form of denim hair. It uses different blue, grey and even green tones that are slightly faded out to create a stone-washed effect, just like your trusty jeans. An undeniable staple in everyone's wardrobe, denim goes with absolutely everything, making this a colour anyone can pull off.

This trend is brilliant because it is so low maintenance. Other hair trends such as silver hair or the "mermaid" hair trend require mainly bright and saturated colours,

and anyone who has ever experimented with unique hair colours will know how quickly these can fade. But as denim hair relies on a more relaxed, toned down effect much like your favourite jeans, you will not have to be re-dyeing every 2 weeks. Your hair and your bank balance will thank you! The only challenge you may face when trying to achieve this look is that, like all light and bright colours, if you have a dark base, a certain amount of lifting by bleach will be required for the colours to take to the hair, which inevitably comes with some damage. But the good news is that dark roots really work with denim hair. Moreover, they look especially good and effortlessly blended into the rest of the look.

We have seen shades of denim hair ranging from light sky blue to inky midnight, with intensity varying from bold, blue, and beautiful, to a much subtler light silvery blue. Therefore, there is no need to worry if you have naturally dark skin or hair, as there is a tone to suit every complexion. **It is a playful look that can easily be customised by switching up the tone, colour or intensity.** Kylie Jenner, always being one of the first people to experiment with a new beauty trend, was one of the first celebrities to debut the denim hair look last year. As a natural brunette, she went for a dark navy blue with dark smoky roots which complimented her tan and dark eyebrows. Guy Tang (a hair stylist specialising in fashion colours, who currently has over 1.5 million subscribers on YouTube) has also helped many of his clients undergo a denim hair transformation on his YouTube channel. He has produced a range of variations of the trend, from a bright blue distressed denim look, to a much lighter silvery blue style made of metallic sky blues and grey highlights, resulting in his own updated twist on the silver hair trend.



Blue hair is versatile and easy to wear as it goes with nearly every outfit. There are few colours that blue clashes with, meaning you will not have to reshuffle your entire wardrobe if you choose to take the plunge with this look. Considering that denim hair is so washed out, this makes it even easier, as you can wear bright colours without looking like a primary colour paint palette. The only thing you may want to avoid is wearing too much blue or too much denim, which can make you look washed out and very cool toned. This works with jeans if you are wearing a different colour in between your hair and your trousers, so you are not channelling too much of a 90's double denim look. Blue or denim hair also works well with both warm and cool toned makeup, so you can still experiment with your face or stick to your everyday look that you know works best for you.

Written by: Ruby Ellis
Designed by: Olivia Pooley
Image source: ???

3 EASY STEPS FOR HEALTHY NAILS



Unfortunately, getting Instagram worthy Gel and Acrylic manicures can leave the natural nail damaged, impossible to sustain fake tips for future manicures. Therefore, it is important to give them time to heal to become polished and strong again.

To help your nails back to their natural beauty follow these 3 easy steps to help.

2. Say Goodbye to Your Claws

Sadly, once the gel tips are gone the nail that grew underneath is too thin and brittle and will tear shortly after being exposed. To help the natural nail grow stronger right from the beginning and not have to deal with tears you have to file down, not cut, the nail to 1-2mm length. Using a glass file, filing in one direction only, and going from the corners inward is the best way to prevent future cracks.

1. Moisturize, Moisturize, Moisturize

The most important thing to do for your nails is to bring moisture back to the nail bed, cuticles, and surrounding area. To do so, you should invest in an intense hand cream or mask with Vitamin E to help nail growth. A specific oil and cream for your cuticle area is recommended as these absorb faster into the skin.



3. Get Strong Again

Apply nail hardener thinly every week until any visible damaged has grown out. This will help to feed minerals to the newly growing nail and thickening the layers.

Do not be impatient with this healing process, all the damage done from the electric files needs to grow out. This can take up to 6 weeks and is a frustrating time for nail polish lovers. But as long as you follow the steps above, your nails should grow stronger and more beautiful than before, allowing you to wear them natural again if you please so.



Kim Kardashian breaking her social media silence



Kim Kardashian West is back in full force and breaking the internet once again. After a three month break in the wake of her terrifying Paris robbery in October, the social media queen has finally broken her silence, but is she back to her old ways?

After Kim was held at gunpoint and had millions of pounds worth of possessions stolen, it has undoubtedly left her with a severe mental impact. It is clear that in the past months, the star has been figuring out whether she wanted to come back to sharing her life with the public. Younger sister, Khloe Kardashian spoke on behalf of Kim a week after the robbery, stating that "it's just a wake-up call to make a lot of life adjustments." And it was indeed Kim who had the journey to make back from the unrecognisable place she found herself, after sharing intimate details of her life with tens of millions of people every day. "This is a really serious matter for Kim. I think that's really personal as to when, that emotional terror, you could move on from that. I think for us it's all a wakeup call for all of us, but definitely just to make sure our sister's OK."

Kim made a low key social media return, by her first posted Snapchats including images of herself and her mum and also uploaded pictures on Instagram with her

family in polaroid's. The message behind what she's put on Instagram so far seems fairly clear: No matter what happens, it's all about my family. After posting emotive images of her family, Kim confirmed that allegations of any divorce between herself and husband, Kanye West were false. Yet, she has now ditched the emotive images and is back to living the high life, posing on a private plane as she jets off to Dubai. Is the reality star back to her flashy ways?

Adoring fans were ecstatic to see the queen of all things extravagant back to her high maintenance lifestyle, while others claimed that she was 'as fake as ever.' However, it is good to see that Kim is bouncing back from what must have been a traumatic experience. It is also clear that this has taught her an unpleasant lesson to not be so open with the world, and to not share every aspect of her life with millions of people. With technology such as Snapchat and Facebook allowing others to identify your location, we live in an age where you have to be wary of the impacts caused by the pressing of a button.

Written by: Lana Byrnes

Designed by: Olivia Pooley

Image source: WallpaperCave via Google



AN INTERVIEW WITH **BLOSSOMS**

- GEORGE MCMILLAN -

AHEAD OF THEIR SOLD OUT SHOW AT THE OLD FIRE STATION, NERVE SPOKE TO NUMBER ONE ALBUM-SELLING AND NOW, BRIT NOMINATED BAND, BLOSSOMS FROM EVERYTHING LIKE THEIR LIFE ON THE ROAD, TO THEIR ODD PRE-SHOW RITUALS...

With a staggering number of live dates in 2016, it's fair to say that Blossoms number one debut album was well deserved. Despite this, the band stays humble as they chat about touring life. Lead singer, Tom Ogden and drummer, Joe Donovan go off on a tangent about their worst and best experiences in the vast number of airports they have spent time in over the year. "*I'd say Luton is up there with the worst. We were going to Romania the day after we had got to number one and we arrived at Luton airport... Not exactly the most glamorous place... You need bringing down though don't you.*"

Turning to preshow antics the rock stars of Stockport open up on their, not so Rock n' Roll routines, "*We usually go for a spa actually, it's nice before a gig to just get in a steam room, a Jacuzzi to just chill out, then spag-bol, get back to the venue and start having a few beers while we're listen to some tunes and go on! It's not a diva thing, we pay for it ourselves.*" This then lead to an in depth conversation regarding Spaghetti Bolognese and Tom went as far as calling themselves 'connoisseurs' of the Italian dish. The guys have clearly endured an extensive amount of their time on the road into making it their duty to find and crown the restaurant who best serves the dish, Joe intercepts the conversation to name Jamie's Italian as the winner.

Drawing comparisons from *The Doors* to *Arctic Monkey's 'Suck It and See'* phase, Blossoms appear to be a combination of every 80's band our dad's bang on about, but the only difference is that they come twenty years later. Rest assured, the leather jackets and overdue haircut look still remains. Ogden's lyrics are the kind you see tattooed on a hipster kid's skin:

mysterious, slightly ambiguous and eluding to the topic at hand, only making them all the more relatable. "*With me it's usually stuff about relationships, or I'll read stuff and take it if it looks good written down or sounds quite dramatic. You know what I mean? I can't explain it but I'm always looking for stuff and listening for things people say. I like song titles, I'll read through things looking for song titles.*"

In my brief time spent with the five-piece Stockport band it was easy to see how they had built up such a dedicated and enthusiastic set of fans, their authenticity and down to earth attitude combines to give off a charming image, refreshing from the abundance of indie bands floating around the circuit currently with a very self entitled opinion of themselves. This modesty is not to be mistaken for a lack of confidence though, as Tom talks of the stigma that Manchester based bands often find themselves under the scrutiny of being compared to the big names that have come before them. "*I wouldn't say there's a pressure, we embrace the whole thing, if we can get people talking about us in the same breath that's pretty cool but you don't really feel pressure because you've got to believe in your own songs as a band. We've had that kind of confidence from our early rehearsals, before anyone was making those comparisons.*"

Blossoms UK tour continues from March onwards and you can vote for them as British breakthrough act of the year at www.brits.co.uk/nominees.

Designed by: Olivia Pooley

Image source: Blossoms Official Store

Fickle Friends



TWO WEEKS AHEAD OF THEIR UK TOUR, NERVE SPEAKS TOURING, RECORDING AND MORE WITH NATTI SHINER, LEAD SINGER OF UP AND COMING POP BAND 'FICKLE FRIENDS'.

Although only recently coming onto the radar for many after an exhausting festival period for the band, such as their notable performance at Reading Festival, Fickle Friends have been grafting and perfecting their style over the past three years. Forming back in 2013, Natti moved from Liverpool down to Brighton to study at BIMM and met her fellow band mates.

"I started the band straight away because I wanted to get a head start. It's so competitive in your first year at music school because everyone is nabbing the best musicians."

Fickle Friends posted a demo online in early 2014, debuting their track 'Swim'. This was released two years later after they signed to Polydor Records (home to some of the biggest and most legendary artists) with better production and a more beefed up sound.

Drawing comparisons to the likes of 'The 1975' and 'Haim', the bands indie-pop feel good style consists primarily of funk infused syncopated guitar riffs, tight four-to-the-floor drums, and often contrasting bittersweet lyrics about feeling drowned in relationships or battling anxiety. All this is wrapped up in a snug blanket of warm synths and harmonies to create the unique sound that is Fickle Friends. The kind of music that sets the mood for a good night out, whether you like it or not your head is usually bopping and feet tapping by the end of every song.

"Everything is a little bit derivative but we kind of fall between pop and indie, our record is a lot more pop but obviously people haven't heard that yet. I think the problem is people can't pigeonhole us because it falls somewhere in between... I'm not sure I could compare our new record to anything, obviously we're influenced by a lot of stuff but

hopefully the mix is different from what else is around at the moment."

Surprisingly, many tracks released since the original release of 'Swim' have been "binned" such as 'Play', 'Shake Her' and arguably an audience favourite 'For You' as Natti explains, "They're all songs that are dead, they've had their time and that's it." She even suggests that latest single 'Cry Baby' is a slightly outdated version of the bands new sound. "That's still more on the indie pop end of things to be honest which is why we put that out next because, we didn't want to put out a crazy pop track because it's too far away from what people are familiar with.

"I want the album to be out because it's so different. Obviously there's some old stuff on there but, everything out is so old."

Despite recording their record out in LA, the band still have a UK tour to prepare for, which includes their biggest headline show to date at the iconic London venue 'Heaven'. "It's been a bit of a ball ache the past few months, we got back from LA yesterday so I'm really jet lagged and we've got so much work to do on the set to make a new live set to change it up.

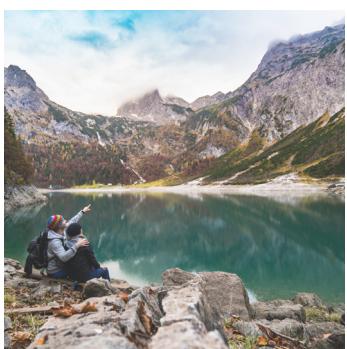
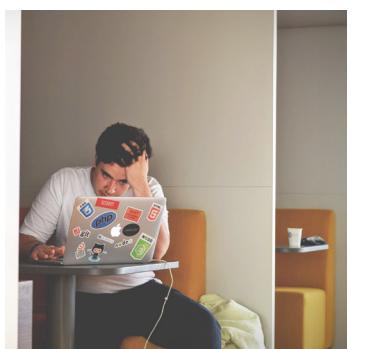
"We're very nervous because we haven't got a lot of time until we have to do all our stuff for it, it's a big venue. We're nervous about selling enough tickets and design a lighting show and the set, it's exciting but it's very daunting."

Fickle Friends new track 'Brooklyn' is out now and you can catch them on tour from the 18th of November.

Written by: George McMillan

Designed by: Olivia Pooley

Image source: Fickle Friends Online Store



BEWARE OF THE QUARTER LIFE CRISIS

A midlife crisis... really? Do you want to know what a real crisis is? Try being between 21-25 and being ambushed everywhere you turn by society as it tries to shove endless expectation down your throat, until you can do nothing but gag on all the debilitating possibilities. Choose a job. Choose a career. Choose your soulmate. Choose your future. Choose the rest of your life - is the constant banshee scream awaiting the ears of young adults across the country as graduation looms.

People talk about a midlife crisis, as if it is this big scary thing- but is it? Let's be honest, all a midlife crisis really amounts to is a shiny new car, some new 'young people' clothes and possibly even an affair with the next door neighbour.

A quarter life crisis on the other hand - well that is different, even Hollywood could not make a horror films as scary as that.

As recent graduate Rebecca Pates puts it: "Since the age

of four, you've known the following year you will go back to school or college or university and then suddenly, there is this big blank part of your life which you're not used to filling."

But what happens when you are in the quarter life crisis? Nothing much really, it is like a casual stroll in the park - well, until the clouds overhead slowly blacken, swell up and then drench you in a deluge of confusion, self-doubt and the crippling fear of not knowing what to do next. The world can be a scary place which you are looking at from the bottom of a mountain. One minute you are the biggest fish in the pond, the next you are barely a drop in the ocean. That is why it is so daunting making the transition from adolescence to a credit card holding, mortgage paying, 9 to 5 working, full blown adult.

And unlike our grandparents who had their entire lives mapped out from the day they were born, our generation has been both cursed and blessed with endless possibility.

And the internet does not help. Social media has made a crisis of identity even more acute for millennials, now it is practically impossible not to scroll through feeds and not instantly succumb to self-loathing as you are bombarded daily with other people's successes and how much better their lives are than yours. Not to mention that modern society is obsessed with youth and achieving success as quickly as possible, leading you to constantly compare yourself to those achieving more, quicker and younger than you.

"Malala Yousafzai received a Nobel Prize at 17, Jennifer Lawrence won an Oscar by 22, Emilia Cline signed a three book deal by 25 - Jesus. What am I doing with my life?"

So what do you do in a quarter life crisis? Instantly you panic and then you panic some more. And when you are all panicked out, finally two things go through your mind: firstly you think about doing a masters in some vein hope

of recapturing your glorious university days and more importantly, avoiding the real world for just one more year. However, the potential reality of being saddled with even more debt, quickly dashes that dream. Secondly, you think about working some dead end job in the hopes that within 6 months you have made enough money to pack your bags and go 'find yourself' in South-East Asia, away from the stress of the west. You decide to follow the latter. But it never leads to riding elephants in India and shaving your head in Tibet, because before you know it you are trapped in the seduction of the easy pay cheque and your parents have suddenly decided to start charging you rent - so yeah, welcome to the quarter life crisis, it is going to be a bumpy ride.

*Written by: Silva Chege
Designed by: Olivia Pooley*

MICROAGGRESSION

While blatant racism and prejudice is not something most POC (people of colour) will experience at face value, it does happen. Unfortunately, hidden beneath the surface of some people resides an inclination to be dismissive, stereotypical and to make assumptions based on someone else's ethnicity, gender or religion and this can often manifest itself in the form of microaggressions. This is something that most POC do actually experience. Whether intentionally or unintentionally, microaggressions consist of acts or things white people say to POC without having any real awareness of the hidden meaning or effects it could have on the person. Here are some of the most common examples:

"You're not like most black people..."

How can you act black? There are over one billion black people across this planet, each with very different tastes, personality and ways of life. Inferring there is only one way to act black is to ignore the rich complexity of the culture and condense it into ghetto living, saggy pants wearing and gangster rap listening stereotypes, perpetuated in Hollywood films.

Regardless of colour, people are not walking, breathing caricatures. The colour of someone's skin is only a fraction of who they are as a person and no two people are alike.

This has been frustrating for Amelia and international student from Nigeria, whose name has been changed for the purpose of this interview: "A lot of the time I hear people say he or she is from Africa". That baffles me because ideally in this day and age, you should know no one is just from 'Africa or Asia', they are from 'Nigeria, Japan, India, Botswana' specifically..."

"I'm not attracted to Asian guys..."

Between models on catwalks, movies and adverts, you could be forgiven for believing that blonde hair and blue eyes were the definition of beauty. Except they are not. It is important to understand that beauty falls on a spectrum and each colour is beautiful. To limit yourself to only one race of people is to deny yourself an opportunity to find love in other places.

"Where are you originally from?"

"England."

"No, where were you born?"

"England."

At this point it is very obvious what answer they really want to hear- some place exotic, foreign, and inherently 'other'. Obviously, their intent was never to offend, but when a white person asks someone of colour this question, even though that person sounds as English as they are, it is as if they are questioning their identity and forcing them to qualify their Englishness. Whilst it would be slightly unfair to call this racist, it is undoubtedly misguided and unfair. If someone was born and grew up in this country, regardless of what ethnicity they are, why is their British nationality second-guessed?

In multicultural Britain, it is a source of pride to see diversity and people from all parts of the world and walks of life accepted with such open arms and warm smiles to this country. However, with that

same multiculturalism it is important to open up the definitions of what it means to be English, because being English should never be restricted to what your birth certificate says, shackled to the language your parents speak at home or chained to the colour of your skin, being English is about what your heart says.

Nigel Farage constantly complains about how Britain is becoming overly PC, which can be easy to believe when you have been part of a demographic that has never truly experienced racism. Conversations about microaggressions are not ploys to call out white people as racists or POC trying play the victim card. **Instead it is an attempt to raise awareness of how people can be affected by the things we say and to help each other avoid situations where someone may feel uncomfortable or hurt, ultimately this is about respect.**

Written by: Silva Chege

Designed by: Olivia Pooley

THE SMART PILL MYTH

AND WHY THEY DON'T MAKE YOU SMARTER

It sounds too good to be true: a pill that makes you study harder, longer and faster.

Tempting, so it is understandable that around **one fifth of students admit to taking non-prescribed medication to help them work** (TheTabOfficial 2014).



The most popular of these 'smart' pills goes by the name of modafinil and it is used to treat narcolepsy and daytime sleepiness when prescribed by doctors. It works primarily by releasing CNS (central nervous system) histamines in the brain and initiating the stimulation of various neurotransmitters by binding with their corresponding receptors. It is the chemical binding of these molecules that creates its wakefulness-promoting response.

A common brand of modafinil is Provigil, which is both illegal to supply and buy without a prescription. An alternative drug also used as a cognitive-enhancer is Ritalin, a drug mainly used to treat ADHD, again illegal to buy and supply.

Harvard and Oxford Universities have announced Modafinil as "The world's first safe smart drug" with little risk when taken in the short term (Zand 2016). It is also seen to be the most effective in providing a beneficial cognitive response for tasks that are longer and more challenging (Battleday and Brem 2015), so it is no surprise that students are tempted to use them for late-night revision sessions. A number of students have even reported feeling more alert and focused when on the drug. Talking to the Guardian in 2016 one student explained how she felt she '...could study for 10 hours and then go to the gym' feeling as if she was 'superhuman'.

Although this all sounds great so far, there are an abundance of reasons why modafinil might not be all that it is cracked up to be.

Firstly, this smart pill **does not replace sleep**. It has been seen that students who have used the drug as a sleep alternative can suffer from a range of symptoms such as:

- Headaches
- Drained of energy
- Rashes
- Loss of appetite
- Constant need for the bathroom
- Insomnia
- Anxiety
- Dehydration

It also is known that sleep provides an important time for your memories to consolidate. Missing out on this vital period can result in declines of cognitive ability and all that time spent studying would be wasted as you fail to remember what you have tried to learn.

Writing for the Psychological Bulletin psychologists Smith and Farah concluded that smart pills are "inconclusive and ambiguous". Although the response so far has been seen to be beneficial, there is no significant evidence to show what effects long-term use of these drugs can be. **The European Medicines Agency has also gone as far to say that modafinil should not be prescribed at all for less severe conditions due to risks of serious skin reactions, depression, suicidality, psychosis and adverse cardiovascular effects.** It is also important to note a lot of medication should not be mixed with smart pills, including birth control tablets.

Speaking to a second year Bournemouth student who we shall call Chloe, she explained her hesitation and worries about these popular pills: "I think not knowing if what you are actually taking is what it says it is puts people off - it could be anything from dishwasher powder to sugar in the pills. You never know exactly how trustworthy these so-called 'government-approved sites' can be."

There is also the whole '**unfair advantage**' aspect. Would you be happy comparing your exam results when other students have been popping the smart pills and you have not?

Now you know the facts; it is up to you on what choice you make. But remember, you can never be entirely sure what is in the foreign pills you ordered online, and who says you are not going to be one of the ones suffering from severe side effects?

*Written by: Imogen Byers
Designed by: Olivia Pooley*

REVIEW SWIMMING



FIFTY SHADES DARKER REVIEW

By Lily Coleman

We are all well acquainted with the infamous story of Anastasia Steele and Christian Grey from the flop that was *Fifty Shades of Grey*. But 2017 offers their next chapter, a muddled story with a mix of dramatic backstories, confused plotlines and a desperate attempt for the leads to salvage some chemistry (with no success).

The script itself is awkward and cringey. For almost 2 hours you watch as Dakota Johnson and Jamie Dornan stumble through sentences that are strung together with the hope of making audiences swoon, but actually inflict a sensation of seasickness.

If it wasn't clear from the first instalment, the entire plot heavily relies on sex. But there is something so fake and so forced about these scenes that do not induce feelings of pleasure but rather embarrassment. Whilst the film tries to tackle more some serious topics, it falls flat and becomes merely a tool to move from one tragic 'love' to another.

The scene where Anastasia compares her love for Christian with romantic icons from classic literature, completely sums up the issues with this film. Whilst it may aspire to be more than just a cringey, sex-fest for middle-aged women, it does little but offer a confusing plot that relies on badly structured sex scenes.



LOGAN REVIEW

By Aakash Bhatia

The Wolverine is back. And he's tougher, grittier and angrier than ever. Both James Mangold and Hugh Jackman have truly outdone themselves with this movie. Don't be fooled, this isn't some flashy comedy-filled typical Marvel movie. It is quite the opposite. *Logan* follows the 'Old Man Logan' comics and is set in the future where most mutants are dead. The 'R' rating allowed the titular character to show his true colours and his tremendously violent tendencies that will satisfy the cravings of long-time Wolverine fans who have always felt let down by the previous movies.

Jackman delivers a stellar and heart-breaking performance for his last ride as the clawed mutant. Patrick Stewart also appears but with a sad twist. He is old and weak. We see them ditch the cosy mansion from previous X-Men films for a darker backdrop. The strange combination of a brutal dystopian world and mildly comfortable familial feelings is what makes the movie so special. It is a bittersweet farewell required to provide some sort of closure from the fact that this is the last time Hugh Jackman will ever dawn the familiar claws of The Wolverine.



DIVIDE BY ED SHEERAN REVIEW

By Reece Shrewsbury

Following the success of an amazing album like 'Multiply' seems like a daunting task, or at least it would be to any other artist. However, Ed Sheeran's newest offering, 'Divide', manages to simultaneously live up to, and surpass, the excellence of his previous work.

Sheeran has always been an expert at playing with his audience's emotions as easily as he does his acoustic guitar, and while his almost trademark lyrical prowess and soulful storytelling shine throughout the album, he also experiments with a lot of sounds that break new ground. Tracks like "Galway Girl" and "Bibia Be Ye Ye" stand out as unique and rather risky endeavours, yet he still manages to take them in his stride and produce amazing melodies and spectacular riffs.

Lyrically, Ed has a range of content that you'd expect from one of his albums, equal parts hilarious (there's a lyric about bleached bum holes) and heart-breaking, see "Supermarket Flowers" for the most heartfelt goodbye to a loved one since "Tears in Heaven", and "Perfect" is sure to be a new first-dance phenomenon this summer.

'Divide' is pure emotion and a showcase of Sheeran's prowess, sure to solidify him as one of the greatest musicians today.

KNOWING WHEN TO STOP

WHY DO SO MANY ATHLETES PLAY PAST THEIR BEST?



It is often said of great athletes that, when in full flight, time seems to stand still around them. Think Roger Federer hitting a backhand, Lionel Messi changing direction or Dustin Johnson bending a golf ball to his will.

However, as the famous proverb states, time waits for no man. Sporting careers are short, in the grand scheme of things. Many try to put off the inevitable but, eventually, everyone has to retire. Yet, how often do athletes get to leave on their own terms?

One final swansong, an adoring crowd, adulation – surely the dream of every athlete. Although some manage it, the vast majority fade in to obscurity, forgotten once the floodlights have gone out.

Take the 2015 Rugby World Cup. Much fanfare surrounded the retirements of Dan Carter and Richie McCaw, stalwarts of the winning New Zealand side. Yet, how much did you hear about the international retirement of Frederic Michalak, France's all-time record point scorer?

This is not to say that Carter and McCaw didn't deserve their plaudits. Quite the opposite, in fact. Both All Blacks transcended rugby and earnt the right to ride into the sunset. However, you can be sure that Michalak dreamt of leaving the international game in the same way, having led his side to victory in a World Cup final. Instead, he had to make do with a humiliating 62-13 loss to Carter and co. in the quarter-finals, limping off with injury part-way through the game.

I am not, for the record, a Frederic Michalak fan with an axe to grind. Simply, Michalak's story illustrates the plight

facing many sportsmen, and goes some way to explaining why so many play on well past their prime.

Almost all sportsmen strive to replace the 'buzz' once they retire, yet very few achieve it. Anyone who has kicked, struck or served a ball in anger knows what this intangible feels like. Now, imagine experiencing that feeling with thousands cheering you on a weekly basis.

Some try and come back once they've left. Michael Jordan, widely regarded as the NBA's greatest ever player, retired three times and was arguably a worse player each time he returned. Certainly, when he turned out for the Washington Wizards in 2001, his legacy was blemished. Bjorn Borg, vaunted as one of the best tennis players of all-time, attempted an ill-advised comeback in the early 1990's. Borg tried to play with a wooden racket even though all players had moved to graphite models by this point. Playing analogue tennis in a digital era, Borg failed to win a match.

Both Jordan and Borg mastered their sports and retired with untold riches, safe in the knowledge they would always be a part of the conversation after their glittering careers finished. Despite this, they chose to risk their reputations and return to the arena. Why? Because, no matter the situation in which you left, no matter how comfortable your retirement, nothing beats that winning feeling.

It is for the same reason that thousands turn out for amateur sports clubs on a Saturday afternoon when, deep down, they know there are better ways to spend their time. Many adults would struggle to explain why they spend freezing weekends in November stood on an unkempt field with 22 men they hardly know. But, when it all comes together and you play that perfect pass or you hit your 7-iron just like you intended, it all becomes clear.

Athletes are taught a win-at-all-costs attitude from an early age, yet the battle with time is one they can't win. No matter how hard they try to prolong the show, the curtain always falls. The biggest challenge is knowing what to do when the cries for an encore stop.

*Written by: Jonathan Coles
Designed by: Olivia Pooley*



IS HOOLIGANISM STILL A PROBLEM IN FOOTBALL?

The unrest at Euro 2016 and recent comments by a Russian politician has exacerbated fears about fan violence at the 2018 World Cup

With just over 15 months to go until the 2018 World Cup in Russia, excitement should be building in anticipation of the event. Yet, in light of recent comments by a Russian politician and the behaviour of some fans at Euro 2016, there is also considerable dread about the possibility of fan violence.

At its peak in the 1980s, football hooliganism was a real cause of concern. However, in the years since, unrest in the stands and outside of the grounds has become less and less common. Fully-seated stadiums, increased police presence and stadiums located on the periphery of towns and cities have helped to reduce the threat, although incidences do still occur - like at Euro 2016.

Last summer, southern France saw frightening clashes between fans - many of whom were either English or Russian. Scarier still, the French police described some of the Russian fans as "well-trained", indicating a wider problem. A number of Russian 'fans' were deported in the wake of the incidents, although fans of other nations were also found to be at fault.

Nonetheless, with the next major international football tournament scheduled to be played in Russia, the spotlight invariably falls on them. Furthermore, recent comments made by a Russian politician have done nothing to alleviate fears about travelling to the 2018 World Cup.

Igor Lebedev, who is a representative of the opposition Liberal Democratic Party of Russia, has drawn up rules for "draka" - the Russian word for fight - which he said would involve 20 unarmed competitors on each side in an organised brawl. Interestingly, the politician is also on the board of the Russian Football Union.

Lebedev published the proposal on his party's website, stating: "Russia would be a pioneer in a new sport. Fans arrive, for example, and start picking fights. And they get the answer - challenge accepted. A meeting in a stadium at a set time."

Although there has been little said in response to Lebedev's comments at the time of publication, FIFA have previously indicated that they are "not at all concerned" about the threat of hooliganism at the World Cup.

Speaking in February Gianni Infantino, the association's president, said he has "full confidence" in the Russian authorities to combat any trouble next summer, adding they are taking the matter "very seriously".

Although this should inspire some confidence, it should be noted that FIFA recently disbanded its anti-racism taskforce, declaring that it had "completely fulfilled its temporary mission". Read in to that what you will.

*Written by: Jonathan Coles
Designed by: Olivia Pooley*

ALTHOUGH ALASTAIR COOK DESERVES TIME, HE MIGHT NOT GET IT

COOK IS CONSIDERING RELINQUISHING THE ENGLAND CAPTAINCY ROLE



It's hard not to feel for Alastair Cook. The England cricket captain has never quite found the favour of the public and pundits alike, despite having led his side to several famous series wins during his four-year reign. Now, in the wake of England's 4-0 series defeat in India last month, it has emerged that Cook is considering stepping down from the role with Joe Root being touted as his most likely successor. When pressed about the issue after the fifth Test match, Cook simply replied: "I've got to go away and do some thinking". Unfortunately for Cook and England, time isn't on their side - an Ashes series in Australia looms large on the horizon.

Ex-England batsman Geoffrey Boycott feels Cook should step down as Test captain soon to give Root time to settle in to the role. "Cook is a top professional and a top batsman," said Boycott. "But I don't think it's helpful to him, the team or English cricket if he's in two minds what to do.

"This hasn't just happened. It's obvious that this has been on his mind for some time," he added. "Whoever captains in England this summer has seven Tests [against South Africa and West Indies] before the biggest series of all in the Ashes.

"If it is going to be Root - which it will be - he needs seven Test matches to put his stamp on it. Players need to get with his style."

There is another issue to consider before Root assumes the role. There is a touch of the poisoned chalice for batsmen who take on the captain's role. Many successful batsmen - of which Root is one - struggle for runs once they assume leadership, finding it difficult to balance the responsibility of both roles. In fact, it is testament to Cook that he has continued to be England's rock at the top of the order during a sometimes tumultuous captaincy.

England will need Joe Root at his best against Australia, so need to ensure he has found a balance between astute captaincy and continuing as one of the world's best batsmen.

If Alastair Cook does step down in the near future, his tenure at the helm of English cricket should be remembered fondly. Joe Root could do worse than emulate his successor.

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Image sources: Evening Standard & Betfect via Google