Salva Enlydd Salva Enlyddd Monday December 2nd 2013 | freeword | Issue 1017





Government privatises £900m of student debt

Ashley Bebbington News Editor

Last week the government made a move towards the privatization of student loans by selling £900 million of student debt to debt management consortium Erudio Student Loans for £160m. The sale of 250,000 loans, taken out by students who began courses between 1990-98, is intended

to generate a lump sum for the government, which many commentators have labeled as a shortsighted approach.

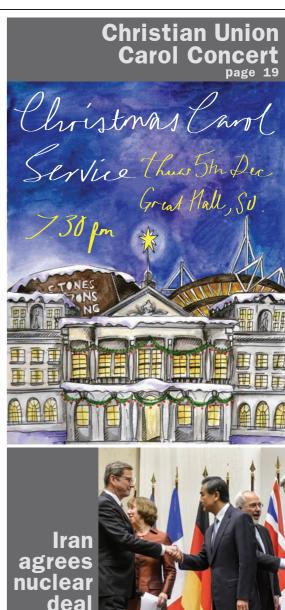
The government's plan to privatise student loan debt is a move that has been widely criticised by student bodies and organisations across the country, and is part of a wider plan to sell off £15bn of public assets to the private sector. The sale has proven unpopular because the low sum accepted

by the government is seen to be unfair on the taxpayer; additionally it could result in greater debt for graduates, and force harsher penalties upon those who can't pay.

Toni Pearce, President of the National Union of Students (NUS) said: "This announcement is extremely concerning and is one that will see the public subsidising a private company making a profit from public debt, which is incredibly problematic.

"The impact of this sale won't only affect borrowers, but will affect everybody. The simple fact is that having these loans on the public books would be better off for the Government in the long run. Selling off the loan book at a discount to secure a cash lump sum now doesn't make economic sense."

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University Challenge team selected



Scientists closer to male-free reproduction page 15





Tom Eden

CO-ORDINATOR Elaine Morgan

SUB EDITOR Jacob Dirnhuber

NEWS Ashley Bebbington Max Eshraghi Georgia Hamer Rowan Whittington

OPINION Jacob Dirnhuber Gareth Evans Beth Lyons

COLUMNISTS Jess McFarlane Charlotte Wace

POLITICS Matt Harding Greg Landon

SCIENCE **Scott Davies** David Mason

PARK LIFE Vidya Brainerd

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A note from the editor

hat a hectic couple weeks. The national mefrom dia, The Telegraph to The Mirror, all picked up the front page story we ran about the Football Club's infamous presentation. Since I last wrote one of these, I've had the privilege of going to the MIND Media Awards, with Mike - the editor of Quench - where he was nominated for Student Journalist of the year. I popped along to a few of the Christian Union's Convinced? talks, have begun planning Drink The Bar Dry (I can't wait), and most excitingly, had lots of talks with people who might be running to become elected officers next year. Nominations opened on Friday, so if you fancy my job, or any of the other six roles, then please get in touch. I couldn't recommend it highly enough.

I couldn't be prouder of the Student Media team. Forgive the self indulgence, but you had a week off last week, when there was no editor's note, largely due to the exhaustion from AMM & then an all night edit-a-thon (like a marathon, but with fewer blis-

Ideally I would have sung their praises last week, but now that the dust has settled following AMM I have had the chance to watch, listen and read what the various platforms did. CUTV and Xpress were exceptional in their coverage of the event -videos are up on CUTV's website (www.cardiffunion.tv) if you missed it.

Anyway, the superb coverage is only part of the reason I bring it up. Motion Six and the subsequent amendment would have had a massive impact upon Student Media in years to come. It was passionately debated, solely because there are so many people who care so much about it. However, in the short term, discussing the future direction in such a public forum could have had been divisive and damaging, but, thankfully,

Anyway, I hope you enjoy this week's paper and if you have any feedback, please tweet me @MediaCSU, or pop up to the Media Office on the third floor of

this hasn't happened.



SPORT

Cardiff defeated by Hartpury at the Arms Park.



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SOCIETIES

A look ahead at Act One's panto - Snow White and the Seven



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SPORT

An in depth look at the issue of mental health in both professional and university sport.

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In this week's Team Talk, **Sport Editor David Hooson** talks to JOMEC FC Captain Liam McNeilly

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OPINION

Vox Pop as people (mostly those in the Taf) about their housing horros.

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SCIENCE

POLITICS

Cardiff's CCI Leads catalysis doctoral training

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UK Government privatises student debt

<< Continued from page 1

Universities Minister, David Willets, said that the sale "represents good value for money" and has allowed the reduction of the public sector's debt by £160m. He went on to say the sale would help the Student Loans Company to focus on providing loans to current borrowers, as well as collecting the debts from more recent loans.

The handing over of student debt to private debt collection companies could potentially leave students who graduated before David Cameron's government tripled tuition fees with more debt than they would have otherwise. If the cap on student debt interest were left as it is, private companies would find it difficult to profit from the venture, making retroactive price hikes in student debt a troubling

Danny Alexander, Chief Secrettary to the Treasury, said in a statement to Parliament this June that the government plans to sell £15bn of public assets by 2020, £10bn of which coming from "corporate and financial assets like the student loan book." Therefore up to £10 billion of student debts could be sold to private companies by 2020-25% of all outstanding student loan debt.

The current system is designed to help graduates in unfortunate financial circumstances; currently payment can be deferred if their income is below 85 per cent of the national average earnings, which currently stand at £28,775. It is feared that private loan companies will be much tougher on borrowers, and force them to pay up in spite of their circumstances.

An online petition warning that the plans could "saddle many UK graduates with loans they would be unable to pay during their working lives" has attracted more than 15,000 signatures in opposition of the scheme. However, Mr Willets was keen to stress that "borrowers will remain protected and there will be no change to their terms and conditions, including the calculation of interest rates for loans." This has been reiterated by Business Secretary Vince Cable.

Stephanie Lloyd, President of NUS Wales said "The simple fact is that having these loans on the public books would be better off for the Government in the long-run and

makes economic sense.

"NUS sought and received assurances from David Willetts that the terms and conditions on the student loans will not be changed, but we want to see all students protected on this by law."

The Student Assembly Against Austerity, an activist group that opposes cuts to higher education and vehemently opposes the sale of the loan book, has organised a nationwide 'week of action' in February next year to persuade the government against further action. The SAAA's suggestions for the week of action include targeting local MPs' surgeries as locations for protest. and utilising creative methods of raising awareness.

Erudio Student Loans won the bid to buy the remaining 17% of outstanding debt from 1990-98 - valued by the government at £160m. Erudio's bid was financially backed by CarVal Investors, Arrow Global, and others, who subsidised the cost of the bid.

The sale of the student debt has sparked a wider debate amongst MPs, who are concerned that the government is not doing enough to recuperate money loaned out to students. The current amount of

student loan debt stands at £46bn and is expected to rise to £200bn in the next 30 years.

The National Audit Office, a government-spending watchdog, says that there needs to be tighter scru-

tiny on student loan repayments. The current rules of repayment mean that 50% of current borrowers are not expected to be able to repay their debts.



University details plans for a greener Cardiff

mitments to environmental aware-

sor Elizabeth Treasure, who over-

saw the creation of the policy com-

mented: "This is an exciting step

forwards in demonstrating how

important the university takes its

responsibility to the wider society.

Deputy Vice-Chancellor, Profes-

Katie Evans

Cardiff University's on-going efforts towards responsible social and environmental development have received a boost following the unveiling of a new sustainability policy.

Launched earlier this month during the annual Sustainability Week, The Corporate Social Responsibility Policy details the University's current and future com-

'Cardiff is committed to making a significant and sustainable contribution to health, economy, education and culture locally, nationally and internationally."

Amongst the Deputy Vice-Chancellor's wider community promises.

the policy pledges a commitment to ethical banking and investment, the implementation of a carbon management plan, a reduction in landfill waste continued sup-

port to local and Fairtrade produce. Concerning the University's immediate management, the policy also details an annual revision of environmental policies and the promotion of sustainable transportation op-

tions for staff and students. Over the past 12 months, the University has made great progress by way of environmentally-friendly management; its efforts rewarded by becoming an accredited member of the International Environmental Management Standard.

In its continued attempts to positively impact the environment, the University and NUS run numerous initiatives to reduce energy waste. such as the Switch Off campaign run throughout residences and Snap It Off, an interactive project that encourages students to report unnecessary lighting.

The University also implements the NUS-led Green Impact scheme, an initiative that invites staff and students to contribute to the University's efforts in reducing its carbon footprint.

As an extension, the University has launched its own Green Impact Awards. With the awards' debut next year, the University is encouraging staff and students to submit entries of energy-saving ideas, the best of which will be awarded with a £100 prize as well as possible implementation throughout the Univer-

Details on how to enter the Green Impact Awards' competition can be found on the Cardiff University's

Vice-Chancellor appointed to South East Wales City Region Board

Kieran Davey News Writer

Cardiff University Vice-Chancellor, Professor Colin Riordan, has been appointed to a new board which aims to drive economic competitiveness in South East Wales.

Professor Riordan will act as a Vice-Chair on the new South East Wales City Region Board, and will play a crucial role in providing knowledge and leadership, as well as boosting investment for local businesses in the City Region. The board will be chaired by Roger Lewis, Group Chief Executive of the Welsh Rugby Union (WRU), and will be supported by Cardiff Council's Cabinet Member for Financial and Economic Development, Councillor Russell Goodway. who will also take up a position as Vice Chair. Board members were announced by the Minister for Economy, Science and Transport, Edwina Hart, and have been selected from senior level executives in the private sector, as well as those in higher education and from local government.

The aim of the board is to re move boundaries between council areas and encourage collective thinking for strategic economic development, following advice from an independent panel which found that the councils make up a large proportion of the UK's economic

Professor Riordan said that the move will "give us the opportunity to create a dedicated vehicle to spearhead the economic renewal of a region that needs to catch up with the more economically successful regions in the European Union."

Mr Lewis welcomed the move, saving that "The calibre of individuals who have also accepted the opportunity to serve on this Board is an excellent indication of the shared consensus, commitment, and enthusiasm that the City Region approach is already generating in Wales."

The board will meet for the first time next month, with early talks expected to surround the proposed Metro integrated transport network for South Wales, following the electrification of the Valley and Vale of Glamorgan lines.

Cardiff University student competes for the chance to hold a £30,000 party in Solus

Georgia Hamer News Editor

A Cardiff student has been shortlisted in the final 10 of Red Bull Nightmaster, a competition for students to create a club night which will be thrown at their university.

James White, a third year Computer Science student at Cardiff University, is one of the 10 finalists who hopes to run his event with the prize budget of £30,000.

Students from across the UK submitted their ideas for the 'ultimate party', which were reviewed by the Red Bull judging panel. The chosen 10 finalists were then invited to the Red Bull headquarters in London, an all expenses paid trip, where they met Red Bull's Student Brand Manager, who is assigned to assist them through the competition. Each contestant was also provided with a budget to create a short promotional video to promote their idea for the party.

The finalists' videos are now available to view on the Red Bull Nightmaster website, where the public are encouraged to vote for their favourite.

In White's description of his party on the competition website he states that he intends to create the ultimate party by 'creating a journey though dance and house music history', saying: 'I aim to make party-goers feel as if they are in a different location and time. Recreating the disco vibe from Studio 54 in New York, to the acid house sounds of the rave era and memories of the UKG pirate radio scene are just a few examples of destinations on the journey'.

If his idea wins the public vote, White's journey through dance music history will come to life later in the academic year in an event held in Solus.

James said: "I first heard about the Red Bull Nightmaster event through a friend... and after seeing that you could only apply if you were a student, I thought it would be worth a shot... I thought about how you could transform a venue to make it look like somewhere or some-time completely unique. This combined with a journey through house, garage & dance music history seemed appropriate, as there are landmark eras that can be easily categorised."

"Essentially I wrote up my entry on one Sunday morning and sent it off, a few weeks later I got a phone call asking me a few more questions, and an invitation to the Red Bull HQ in London...we have been trying to get the word out around Cardiff, and everyone has been really supportive of the idea. If you haven't voted yet then help me out by going to the Red Bull Nightmaster website and voting for James White."

The winner will be announced shortly after voting closes on the 4th December.

To vote, visit: http://nightmaster.redbull.com/finalists



University staff campaign for Living Wage

Sum Sze Tam News Writer

Students and staff are campaigning for Cardiff University's cleaners' wages to be raised from the National Minimum Wage to the Living Wage.

The nationwide Living Wage



Campaign was launched by Citizens UK, an alliance of civil organisations and citizens; their Welsh division Citizens Cymru Wales are bringing Cardiff University's Living Wage campaign onto their agenda.

The majority of the university's cleaners, some of whom have been working at the institution for over twenty years, are hired by external contractors like Integrated Cleaning Management and Supacleen. The University currently does not have a policy to pay contracted staff the Living Wage.

A Cardiff University spokesman said: "The setting of a base living wage does not recognise the full breadth of employment benefits enjoyed by staff. It only looks only at base pay and ignores other benefits offered by employers, such as enhanced paid holiday, a final sal-

ary pension scheme, occupational sick pay when staff are sick."

However, as cleaners are not employed directly by the university, they do not directly benefit from the institution's policy.

Some cleaners have been told that their wages will be increased to the Living Wage as of January 2014, although neither the university nor any of the contractors have confirmed this.

The current National Minimum Wage for adults is £6.31 per hour, and the Living Wage as of 2013 is £7.65. It is calculated by Loughborough University every year according to the minimum amount of money required for a worker to have a good quality of life, and to raise their family.

Cleaners at the university do not feel that the National Minimum Wage is proportional to the work they do. With the majority working night shifts from 10PM until 6AM, the work is physically tiring, takes place in unsociable hours without extra financial compensation, and unrewarding. One cleaner, who wished to remain anonymous to protect his job security, said: "It's never-ending. You get no end result... this is one of them thankless jobs."

For those who are completely free of debt, the National Minimum Wage allows cleaners to rent small studios, and live with constant worries about their financial circumstances with everyday matters like insurance and groceries. For those with pre-existing debt, their

The difference is between surviving, and living. That's why it's called the Living Wage.

Jonathan Cox Lead Organiser at Citizen Cymru Wales wages are insufficient to cover their living costs and the money

Jonathan Cox, Lead Organiser at Citizens Cymru Wales, said of the benefits of the Living Wage: "The difference is between surviving, and living. That's why it's called the Living Wage. This is what you need, as a human being, to live with decency and dignity in Britain, and also to be able to enjoy those things that make life worth living."

He also said that "We are keen for all organisations to consider paying a living wage, and while we understand that that is not necessarily a swift or easy process for all organisations, we would love to see progress with universities."

A Cardiff University spokesman said that the Living Wage might appear to be affordable for employers now, but because it is set by social consensus, it could lead to increases employers are unable to afford in the future. "An organisation can only remain signed up as a Living Wage employer if it agrees to implement whatever rates that organisation may decide to publish."

Following on from Living Wage Week on November 4th, Citizens UK are organising an Annual Celebration and 2014 Planning Event on Wednesday December 4th, where cleaners will be giving personal testimonies and the Living Wage campaign will be planned. The event is open to anybody who would like to get involved.



Monday December 2nd 2013

Cardiff's University Challenge Team 2014: gair rhydd exclusive interview

Max Eshraghi News Editor

Cardiff's University Challenge Team 2014 was chosen this past week and *gair rhydd* offers an exclusive look at the four contes-

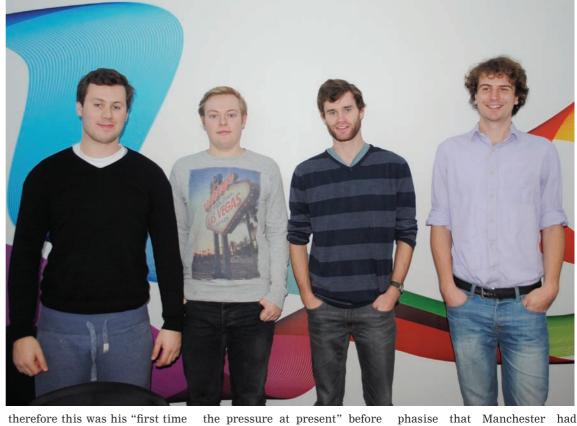
The first rounds of testing commenced on Friday 22nd November for the initial eighteen applicants. After a written exam, that number was whittled down to a final eight who were then invited back for a final test in the style of the famous game show. From this mock University Challenge trial, those who answered the most correct questions were selected onto the team.

Representing the University next year are Callum Smith, Tim Lewis, Sean Cook, Geraint Thomas and Henry Atkinson. Smith, a third year economics student, has been appointed team captain while Tim Lewis, a fourth year civil engineering student, serves as the team's reserve. Cook, a second year biochemistry student, Thomas, a fourth year geologist and Henry make up the team that will be representing the university for the first time next year.

Only Tim Lewis had had long term ambitions to take part in the prestigious show. He had applied for the team while a student at Imperial College, London several years ago. "This is my third time trying... second time at Cardiff" he said. Cook stated he was not aware of the application dates in previous years and

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Team Captain Callum Smith stated he applied "off the cuff...which had obviously paid off"



therefore this was his "first time applying." "My Dad showed me the Tweet advertising the application", he admitted.

Team Captain Callum Smith stated he applied "off the cuff... which had obviously paid off." Thomas meanwhile had been alerted by gair rhydd editor Tom Eden's post on Facebook, which had advertised the applications.

Lewis said they are "feeling

the pressure at present" before Cook corrected him saying "there is only pressure to get our own subjects right!". They agreed they have a good broad knowledge of subjects, with Atkinson singled out in particular for his arts and literature knowledge.

The team noted that, beyond Oxbridge, Manchester and Durham were competitors to watch out for They were quick to om-

won both the 2012 and 2013 titles. 'UCL also have a very good team and have a great history', Lewis added. 'I have a mate in the Aberdeen team... as long as we get past them I'll be happy' quipped Thomas.

The team will be heading up late February to film the show in London where they hope to "do Cardiff proud"

Cardiff Un iversity allotment society turfed out

Helena Branch News Writer

Plans to rennovate the front of the Students Union have received criticism from Cardiff University' Allotment Society. Members of the society, which offers the chance for student gardeners to grow fresh, natural produce, oppose plans for the construction of a new staircase outside the Union. The plans have been put forward by the university's operations board and have been approved by many university stakeholders.

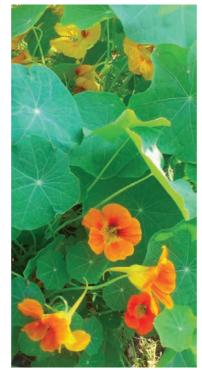
However, the new infrastructure is to be built upon the spare allotment currently undeveloped outside the Union. The society had made plans to use this land to grow their own plants and flowers, creating an attractive garden for the exterior of the building.

Society heads have criticised the University's plans, claiming that

more unnecessary infrastructure will not benefit the "outdated" look of the Union but a garden can add an appealing aesthetic. They also point to concerns raised in the past about the health and safety problems the current staircase poses and suggest that an additional staircase could increase the number of incidents.

However, the society have been accused of making promises they cannot keep. Their plans for a garden would require them to maintain a large allotment for an indeterminate amount of time. The Union has not expressed any intention of spending money on maintaining such a project, meaning the onus falls solely upon the society to tend to the garden.

Plans for construction on the staircase, however, have been announced to begin in March, brought forward from the five or six years' time previously insinuated.







Further strike action

Rhiannon Tapp News Writer

University staff are set to strike again on December 3rd following the failure to resolve an ongoing

The strike is in protest to the one per cent pay rise offered to university staff this year. University academics and staff have faced pay cuts of 13% since 2009 and employers have refused to improve upon the aforementioned increase.

The University and College Union (UCU) said it was disappointed by employers' inability to resolve this issue, following the recent strike on October 31st, and wishes to see more talks before the second strike. UCU head of bargaining, Michael MacNeil, said, "we are naturally disappointed that the employers chose not to improve the offer, but we remain hopeful there can be talks before the strike on Tuesday December 3rd."

The strikes include a walk out of all staff involved in four unions Universities and Colleges Employers Association (UCEA), UCU, Unison and Unite. The demonstrations on the 31st October affected

149 universities across the UK, and it is predicted that this month's strikes will be of a similar scale. This will include the cancellation. postponement or closure of most lectures, libraries and university services, with support services such as catering, cleaning and security also affected.

UCU's Michael MacNeil said: "Staff have suffered year-on-year cuts in the value of their pay and have made it clear that enough is enough." The union members will also continue to strike again if employers don't positively engage with the unions on December 3rd.

During the last strike, many students from across the country came out in support of the staff. There were more than 100 strikers at Cardiff, both staff and students, amassing outside of the university's main building and stopping passers-by.

College London University Union have added that, "Strikes like these aim to shut down universities as a last resort, to show the senior managers that it is us staff and students - who make the university work, and that unless all of us are treated fairly, they cannot rely on us to do so.'

Cardiff University faces inspection

Jacob Dirnhuber Sub Editor

In April 2014 Cardiff University will undergo Institutional Review. This is a yearly review by the Quality Assurance Agency to make sure that the academic rigour of Cardiff University degrees meets UK expectations. To support this process the Students' Union has been writ-



[It is] a really healthy way of engaging in a dialogue about quality with the University

Ollie Wannell, VP Education

ing a student submission detailing the student experience of different elements of university life. Over the next two weeks, sections of the Student Submission will be uploaded to the Students' Union's website and all students are invited to comment on its progress.

The agency, in its mission statement, says that its function is to 'safeguard quality and standards in UK universities and colleges'.

Ollie Wannell, VP Education, said that at the first glance the Institutional review "might not be the most immediately interesting topic," it is nevertheless "important to ensure that the university's quality assurance processes work and that it is keeping up standards.

"The students' union plays a big part in the review and has been involved throughout the process and this a really healthy way of engaging in a dialogue about quality with the University."

"A successful review is essential for the University's reputation and in turn existence. So, paperwork aside, it is quite exciting to be so

heavily involved in such an important exercise."

Reviews take place on a rolling programme and are carried out by a team of external peer reviewers.

First, the review team will analyse information provided by both Cardiff University and its students, which will be followed by a physical visit to the campus where the staff and students will be inspected.

Every University is subjected to regular reviews in this manner in order to ensure the quality and enhancement of every student's learning experience.

The review will determine how confident the Government and the public can be that the standards that the University has previously set are being maintained.

The last review, which took place in 2008, concluded that 'Confidence can be placed in the soundness of the institution's current and likely future management of the quality of its academic programmes and the academic standards of its awards."







Tuesday 3rd December 2013 18.00 CF10, 1st Floor Students' Union



1) Support Equal Access for Asylum Seekers to Higher Education



2) Amendment to the banning of cruel sports policy



3) Anti-Lad Culture Policy



🍞 4) Cynnig llety Cymraeg – First year accommodation for Welsh speakers

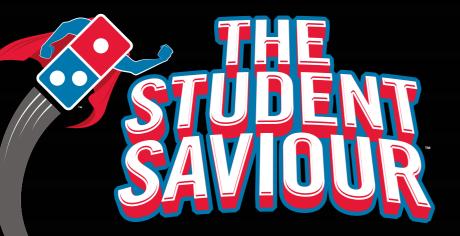
All Cardiff Students are invited to attend Student Senate meetings and take part in the discussion. Get involved and tell the Student Senators what your views are. Got questions or want help submitting you idea to the next meeting?

'Get in touch' Democracy@Cardiff.ac.uk

Find out more cardiffstudents.com/your_voice/student-senate

Student Senate Senedd y Myfyrwyr







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Domino's

Opinion



Are student stereotypes justified?

Lauren Cocking Opinion Writer

To the average Joe, the student lifestyle is full of laziness, messiness and disruptiveness. I hate to say it but outsiders are right. There are quite a few of us that don't fall into these distinctions but we have to put up with those that do just as much as the locals. Students really are the worst type of people when it comes to proving people wrong.

For a start, Cardiff is known for its wild nightlife and this is what often attracts many students. Monday through to Friday is when the locals know to stay away from the clubs. The weekdays are full of student aimed events advertising cheap, boozy nights out. You wouldn't think lectures and seminars existed.

Whether you are living in halls of residence or a student house, you are surrounded by other students and most likely to party. I am not a party Grinch, but when you have 9am starts most of the week, hearing loud obnoxious music while you are trying to sleep is not on. If it's not shouting in the street, it is random people knocking on your door because they have forgotten where they live. It is even worse when you find your housemate has brought a drunken person home to sleep in your living room who has puked all over your sofa.

It is not a surprise that students have a bad reputation when most of them are too drunk to stand up straight or get themselves home. Some even push these boundaries by puking and peeing in the street, while some take to having sex in doorways. It's disgusting when you are minding your own business, walking to lectures, and you have to play dodge the vomit. No wonder people give students a bad name, if most spend every night getting drunk off their faces and disgracing themselves. I love that I am able to go out and drink cheaply

but those that take it too far,put me off.

I hated my time in halls. Talybont was full of rubbish, seagulls and disrespectful louts. Living in student housing areas is not much better. Rubbish and takeaway wrappers are thrown carelessly onto pavements, and scummy bug-infested mattresses line the streets of Cathays. Constant noise, rubbish everywhere, it must be hell on earth for the residents, let alone the rest of the student population.

It is no surprise that some students live like pigs. When we searched for a house in first year, we saw some truly disgusting places. Washing up piled to the heavens, bathrooms left in such a state they were creating penicillin. In some bedrooms, once you get past the mountain of clothes and empty alcohol bottles, you could see mould stretching from floor to ceiling. That was a nightmare. I cannot for the life of me understand how anyone can live like that. It's as if some are expecting their parents to magically appear and do everything for them.

The locals really suffer when it comes to living in student areas. They may be used to the mayhem, but they shouldn't have to grin and bear it. Living in a student warzone must be horrendous; music is played deafeningly loud throughout the evening, and you are woken up at ungodly hours by drunken idiots who can't even remember where they live.

Students have a bad reputation but never try to correct it. If anything, the majority of them reinforce the ill feeling from locals. Being loud and obnoxious without a care for anyone else around them appears to be the norm for most. We have the opportunity to change these views but resign ourselves to them instead. There are a few of us that go against the grain but we alone cannot change people's opinions on students.



Past the mountain of clothes and empty alcohol bottles, you could see mould stretching from floor to ceiling.



We don't always rely on alcohol to provide our fun Charley Griffiths Opinion Writer

When asked to think of a stereotype for a standard university student. it is very likely that you will imagine a 'sleep all day, party all night' lifestyle full of drunken antics, one night stands and general debauchery. While this may be mostly true in Freshers Week, where I included adapted a nocturnal sleep pattern and drunk for days straight, this is definitely not applicable to the rest of the year. In the first week, Talybont was more like a holiday camp than a place of study. But once lectures and actual work went into the equation, things noticeably calmed down. It was as shock to the system at first. Getting up before midday? God, do I have to? But soon enough I am used to rising from bed at 9 hangover free, and having a diet that isn't made up of cider and supernoodles.

Despite being a fresher, a supposedly 'doss' year. I have already found myself submitting essays, reading online journals and books I don't understand, and destroying my hand from frantic note-taking in two hour lectures. Not to mention relying solely on numerous cups of tea to get me through seminar prep work. As an English Language and Literature student, I may have to read more than others (Great Expectations is NOT a short book)and submit more essays, but this attitude definitely extends to other subjects. I rarely see my Medic flatmate, who has 9-5 everyday gets home studies eats tea, and does all nighters to finish writing up her lectures and completing online tutorials; the same can be applied to my flatmate studying Astrophysics. The other day, I walked in on my Chemistry flatmate in the kitchen doing some bizarre experiment using Tesco's own baked beans. Archaeology flatmate has notes written up and stuck to his wall, and History flatmate frequently uses me as a printing service for his work, when he isn't making late night trips to the ASSL library to do so. All of us are active members of societies ranging from dance, alternative music, hockey, rugby, photography and drama. I don't think this sounds lazy at all.

Obviously, we do go out from time to time, we are not complete social rejects. Our flat have had some epic nights out and flat parties etc, with incidents that are definitely not clean enough for this article. But we don't always rely on alcohol to provide our fun. We have curry nights, movie nights, game nights, to mention a few. Last Saturday night involved me, my onesie, 3 fellow students and an aggressive game of Monopoly. We simply don't have enough money to go out every night. (On the topic of money, with £9000 a year tuition fees, it would be a waste to skip every lecture due to a previously heavy night!) As for the constant stream of sexual partners, STIs and one night stands stereotype? Well, I am one of five people in our friendship group with a partner, so I can confirm this isn't true. Even our single flatmates have (sadly, in their view) not pulled on a night out, and more often than not aren't even going out with that purpose, but instead just want a laugh with their mates.

The involvement of Facebook probably doesn't help with the rowdy student stereotype. True, all my pictures involve drinking/partying/people passed out in our hallway. But you aren't going to take pictures in the library or lecture are you? I certainly don't want to document myself in no makeup, pyjamas and slippers writing yet another critical analysis on poetry? My drink of choice tonight: another cup of tea, then off to read some Brontë... Wild. I know.

OUSU's election of LJ Trup reveals the flaws in student politics

Olivier van den Bent-Kelly **Opinion Writer**

Louis Trup is the President-elect of the Oxford University Student Union. While the name might not instil much resonance in people, this is the individual who will in six months' time be representing Oxford students as a whole. However, Trup is the remarkable choice by students of what some media organisations are deeming candidate. Presenting 'ioke' personifesto rather than a manifesto (which he deemed sexist) , the flip flop wearing geography student who has promised double beds for all and the incorporation of all societies into one massive 'SocSoc' topped his document off by writing it in crayon.

The enticement of his other policies including world peace and the promise of a monorail to be installed in Oxford whipped up such popularity for him that Trup didn't just win the student election, he won by

a landslide. Gaining 710 more votes than his closest rival of the Labour Club, the surprise outcome of electing a student whose campaign picture is one of him posing in a fetching pair of Union Jack boxers has left Oxford University in the awkward predicament of being forced to accept Trup as the representative head of the student

Although Trup insists that he has a serious side, one which he attempted to display in his student newspaper, it seems that voting in such an individual simply highlights the apathy held by the majority of the student population towards such elections. Trup claimed that he was running in order to protest the current student politicians - in his view, out of touch careerists "looking for a safe labour seat in 20 years." The fact a protest candidate won the election by a landslide says much about how Oxford's students view the OUSU, consistently ranked as one of the worst Students' Unions in the country. However, the problems run deeper than that. Only 20.8%

of Oxford's 21,000 strong student population voted in the election, incredibly disappointing turnout that truly shows that such an outcome is extremely under representational. Student Union officers are incredibly important to everyone who attends university, and their positions are undermined when the students who they represent simply don't care. They are directly responsible for student welfare, educational affairs and any socials issues impacting the student body. Having the opportunity to pick individuals that attempt to improve student living is a luxury. Many critics of Oxford's election point to this fact that votes have been wasted putting a figure such as Trup into power, and they do have a point.

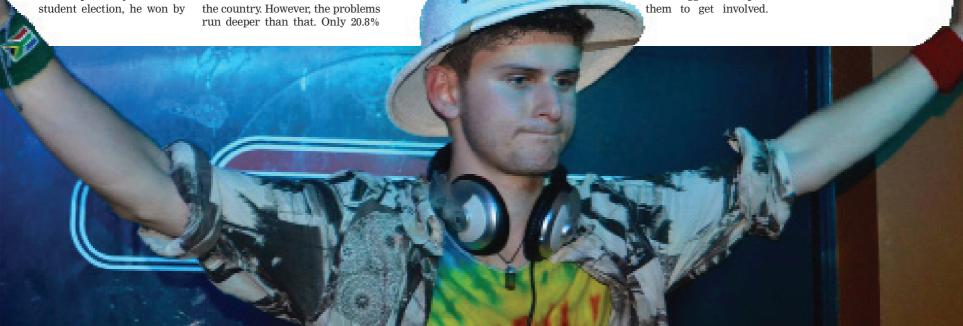
Is it right that an individual can dress up, get a few cheap laughs from novelty policies and win the presidential seat of one of the most prestigious institutes in the world? One only needs to examine the Cardiff Student elections and see the passionate individuals who campaign each year to have the opportunity to make a difference. Yes they wore costumes - you only need to look back at gair rhydd's Editor Tom Eden who was seen wearing a morph suit earlier this year to prove this, but this group of people still had the ideas, thoughts and policies to back up their eyecatching campaigns. It is necessary more than ever for students to get involved with the voting process. Our t generation have entered into an attitude of indifference to taking student elections seriously.

The rise of Trup epitomises this and should act as a wakeup call to students to have the urge to help shape the social agenda of their union. It is not right that people who truly care and campaign to make improvements and change are not appreciated by a majority and struggle to inspire

The Oxford outcome is one that simply cannot be allowed to occur on a frequent basis.

That said, Trup has the potential to be a roaring success in his new role. He recognises the disinterest Oxford attendees hold for such elections commenting "Students on the whole are not engaged with OUSU, despite the fact that it does amazing things for every student in

The combination of a colourful character and his appreciation of the indifference from his peers in student politics could possibly lead to the reform Oxford needs to breathe fresh life into its union. The hope is that such an upset in the election could in fact make a legacy, one which kick-starts student interaction back into the spotlight. He has been met with scepticism and doubt at his abilities, but if Louis Trup does reveal his serious and assertive side then Oxford students might, just might, have their Union in safe hands.



Free speech should be upheld regardless of the voice

Hannah Taylor **Opinion Writer**

As students we all have a right to free speech on campus, but how should we manage those we allow as guest speakers? Governing bodies argue that, "institutions need to balance freedom of speech with respect," which is fair, yet the debate continues.

Ultimately, students are at university not just to learn and become specialists in their given subjects, but also to broaden their horizons and open their minds to new things. All this with the aim of becoming a well-rounded and intellectual person. Considering that we conduct research and read around our subjects, it would be foolish to ignore extra opportunity and leave it at that; we need to know what is going on in the world, and be able to form our own opinions with the ability to discuss

New guidance on how to tackle this issue, recognises that universities have a legal obligation to ensure freedom of speech. However the paper issued by Universities UK reminds us that "Universities have to balance their obligation to secure free speech with their duties to ensure that the law is observed - which includes promoting good campus relations and maintaining the safety and security of staff, students and visitors." Furthermore, they also realise that, "A number of criminal offences can be committed in spoken words, typically involving threats of violence or certain categories of 'hate

While governing bodies obviously cannot allow universities to be turned into recruitment grounds for terrorist groups, we cannot afford to ignore what they are saying. It is vital that we know and understand the views of controversial parties, and their threats or intentions, so as to be aware of their persuasions and be able to act, whatever this may entail. By this I do not mean we should appeare them. Yes, they want to be heard and there is an argument to state that we should not give these people a platform from which to preach or recruit, but we cannot go through life as ignoramuses. With so many extremists prominent in the news today, it has unfortunately become a part of our culture, and even if for that reason alone, we must be aware of it.

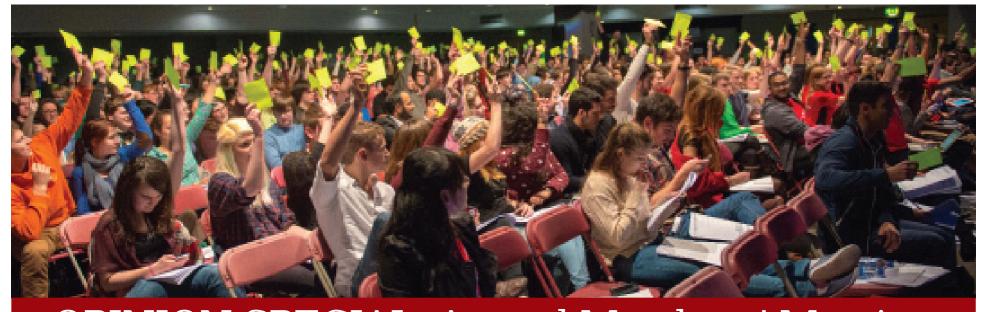
The document continues, "In relation to anti-terrorism legislation, there are also offences in connec-

tion with arranging or attending meetings and terrorist training events (i.e. publicising them at a meeting)." This is something that has to be monitored not censored. If these people are to be allowed to speak, there must be some form of content regulation, not to alter or modify their message, but to keep the nature of the speech informative and not persuasive.

Naturally, some people will be offended by some of the views that are expressed, but it will create debate, which is healthy and good for the mind. However, the guest speakers should be allowed to voice themselves in a controlled forum where students have to opt in to hear the speakers. This is very different to allowing radical speakers to roam the campus, handing out leaflets and protesting in front of the union, which would make most people feel very uncomfortable.

Nicola Dandridge, the Chief Executive of Universities UK argues, "Universities have a vital role to play in securing free speech and promoting debate." Universities could leave themselves open to legal action if speakers are denied free speech, so to have a policy of 'no platform for racists', as some universities have adopted, could in fact be seen as an infringement of human rights. Without starting a separate debate, this is something that again, needs to be managed responsibly and in a controlled fo-

In no way am I condoning anything that the speakers are saying, but we have a right to hear their opinions, just as they have a right to have those opinions, and it is the way in which the opinions are managed that is the issue at stake.



OPINION SPECIAL: Annual Members' Meeting

Why go to Glee Club when there's the AMM?

Ben Cole **Opinion Writer**

The obvious answer would be because it's the only time I really get into Twitter, and share my own hilarity with the rest of the world. But there is (some) seriousness behind this. Apart from the slightly controversial amendment to the VP Media's role that was proposed, and the Time to Change Pledge (which went through #winning), I didn't really have much interest in going. If I'm completely honest I went because last year's one was really quite entertaining, thus I had high hopes for this one. Especially seeing as a fairly Keen Bean and veritable Eager Beaver was proposing, and running for, a couple of things, as they had last year. Unfortunately they didn't go down as well as he did this year. But in a way I want them to be elected in, purely out of a sick, twisted desire to see what could happen...

I'm quite confident in saving that the majority of those who attended were only there because they were obliged to. Which leads me to the question of why should we bother? Obviously democracy is a pillar of society, and I'm quite strong in feeling that it should be a part of the whole University experience. But if people feel obliged to take part rather than wanting to take part, then what is the bloody point? Apart from an excuse to drink Port from a teacup, and Tweet about the goings on, I didn't see an obvious

I suppose I went because I wanted to take part in some form. I took the motions seriously, and voted on them. I even took part in the giant "WAHEY" that took place when the last motion was taken off

the agenda. But it seems to me, that the whole thing should have taken place in a Coliseum with everyone wearing armour and sandals than decently dressed (which should be the norm anyway), than within the confines of a serious meeting. For example, the highlights of the evening for me was when I got a shout-out from Cari Davies due to my Twitter being quite active and "liking my talk", and when for some reason I shouted those immortal words: "She doesn't even go here". The former actually made my day, nay, my life. But apart from that, I wasn't really bovvered. Innit.

What I want to get across, without being too much of a righteous prat about it, is whether democracy and politics, at any level, has gone from something that should be respected to something that should be ridiculed at every possible opportunity. I don't think

it should. That being said, without it, Private Eye, The Onion, and Myself, would have no entertainment and nothing really to do (I have a degree to do, but eh). But quite often the actual point gets detracted from, and turns the whole affair into something that people like myself can take the mick out of. It worries me that something that can and should lead to greater equality and a better quality of University turned has

That isn't to say I won't laugh though. I'm not that boring.

into

laughable.



'My society is neither sexist nor homophobic'

Isaac Spencer SFL President

As I'm sure all readers will know, a bit over a week ago the Students' Union held its Annual Members Meeting. This was by and large a great event and there were some really good motions passed. However, the evening was marred for me by the fact that one of the students standing for election to the student senate, chose to use his hustings speech to attack my society, branding us (among other things) as 'sexist and homophobic". These remarks are grossly offensive and utterly false. Immediately after the AMM, I sought and received assurances from the Student Union that they do not believe such baseless accusations. I am very grateful to

Tom for giving me this platform to respond in the strongest possible

For those of you who do not know, Students for Life is the university pro-life society. We are opposed to abortion and euthanasia because we believe every human being deserves to be protected from the moment they start existing to their natural death. We aim to raise awareness of life issues and to support mothers and their babies. Although it saddens me, I realise this is a controversial position and I accept that not all students will agree with me. I am proud to stand for what we stand for, and I am more than happy to enter into debate with anyone who has a different view to mine. However, surely it is an obvious prerequisite that all of us respect each others' views and refrain from stooping to such baseless and hurtful insults.

As someone who has more than a few gay friends - some of whom were in the room at the time - I find the accusation of homophobia especially offensive. I wish to make the truth perfectly clear. There is nothing even remotely homophobic about Students for Life. We are a broad and inclusive society which aims to be as welcoming as possible to all students regardless of gender, sexual orientation, race or faith. Discrimination is forbidden in our constitution, and in all my years of involvement I have never heard of a single instance where any student has been made to feel uncomfortable for who they are. If I ever did, I would deal with it in exactly the same way as any

other society president.

As for the accusation that Students for Life is in some way sexist, this is equally groundless. Quite apart from the fact that my entire committee happen to be female students and every single one of my predecessors bar one have been female students, I believe our society exists to help further the interests of women in our country. One of my favourite quotes is from Alice Paul, one of the early feminists, who states that 'Abortion is the ultimate exploitation of women'. This is why we're going to be hosting a talk on 'Abortion and Feminism' in February next year. If you are interested in finding out why we believe women deserve better than abortion, I recommend you come along!

When I was speaking to students

at the end of the AMM, a lot of people said the same thing to me. This attitude is exactly the sort of thing that puts so many of us off student politics. The view that it is acceptable to try to smear those with whom you disagree belittles you. If you wish to discuss these sorts of issues then you are more than welcome at any of our talks. If, however, you just want to shout and intimidate my members then I would ask you to step aside from bodies such as the Student Senate, which are there to support all students - not just, as you seem to believe, those with whom you agree. I am extremely proud to be part of a Students' Union which supports and protects all students and I am confident that, thanks to the hardworking elected officer team we have, this will continue to be the case in future.

Sexism, Racism and other isms; Banter?

Katie Sands Opinion Writer

Cardiff University Football Team's temporary ban from training and playing, as well as their withdrawal from the annual Varsity fixture, including a Powerpoint presentation during a social on how to identify and sleep with girls with low self esteem clearly illustrates that "banter" obviously has its

I do not wish to appear as though I am justifying their actions for one moment; I think they should have been more responsible and aware of how their actions could offend other people, especially as representatives of the university. However, I believe that this banter culture is undoubtedly contributed to by social expectations imposed university students youngsters by Facebook pages such as UniLad and LadHumour. This fiasco certainly brings to light how "banter" has its limits but it's near impossible to definitively pinpoint the lines that it shouldn't cross.

There are both positives and negatives to the playful exchange of teasing comments. It helps to form a lot of students' sense of humour and provides a lot of entertainment over three years when in social situations. During times of exam stress and revision cramming, banter brings great relief and muchneeded laughter.

Being a red-head from the Welsh valleys, I have been dealt my fair share of banter in the past. The majority of these comments. becoming somewhat less and less original as the years go by, are made by my friends. Even though I roll my eyes at them, I know they don't say it with malice. Personally, I believe that who we banter with dictates the boundaries, rather than the topic on which we are teasing. Within my circle of friends, we are all aware of what makes each other tick and we take care not to overstep the mark.

As my housemate Abby Johns, who studies History, puts it: "Banter allows us to learn to make fun of

ourselves and not to take ourselves too seriously. Good banter and friendship go hand in hand."

In my opinion, I think you are asking for less trouble by bantering with people you know well. But that doesn't mean to say that you cannot enjoy a good-natured tease from someone you do not know. A few weeks ago at a cricket club's inaugural dinner, a certain SCRUM V presenter was hired for the evening's entertainment. He remarked how he found the Harry Potter series unrealistic: not because they fly on broomsticks and can kill their enemies by pointing a wooden stick at them, but because it depicts a ginger person with two friends! This particular joke got laughs from all sides of the room and, even though I did not know this man, he had definitely not crossed any line or offended me.

Sadly, the boundaries to what is acceptable and what is downright offensive are not always as clear as my previous example. These ambiguous boundaries, or blurred lines if you are a Robin Thicke fan, are most definitely a lot harder to establish when moving in a social circle that is new to you, whether that be at work with friends of friends. The fact that we don't all have common sensitivity radars, if you like, means that we can never truly know if offence will be taken by what we say.

If nine out of ten people find a comment funny and one does not, is that comment acceptable? I don't think so. The excuse "it's only a bit of banter - lighten up" simply does not wash with me. In fact, this attempt at a justification for insults makes the comment even more disrespectful by refusing to even acknowledge its potential to offend. This sort of comment, in my experience, is usually followed by claims that the "victim" is too sensitive or has no sense of humour. Why is taking offence associated with an inferiority in terms of how much teasing one can handle? I believe that every student should take responsibility for their words and actions. A simple apology for a comment that is disrespectful or

upsetting, even if not intended to be so, is all that is required in these all too familiar circumstances. "Banter" is not a justification for causing social discomfort or embarrassment.

Of course banter is an important part of university life; it helps it to establish bonds with our fellow students, gain social skills and provides cheap entertainment amongst ourselves. Its topics can range from love life, names, hair colour or size, to the more serious nationality, race, illness, religion or academic success. I am not suggesting that we go around our campus asking permission from friends and so on before we tease them. What we need to do is acknowledge and bear in mind that it is always possible to upset someone by what we say, even if we say it with good intentions. If in doubt, we can always refer back to a lesson drummed into our ears at primary school (or at least mine, anyway): if you can't say anything nice, don't say nothing at all.

What's your housing horror story?

If you yearn to live somewhere that resembles one of Oscar Wilde's holiday homes combined with the technology of one of Steve Jobs'; then quit University and spend £9000 a year on lottery tickets. Or invent the next social network.

Horror stories are aplenty when it comes to student housing. From landlords in denial, to leaks that make Chernobyl seem like an overaction, it's fair to say that answers were not hard to come by this week.

Strangely, the focus was not on the slum-like housing that Cardiff students call home. Instead, their codwellers came in for the most criticism. It appears that living away evokes the vomiting, crying, toddler within us all. Or maybe that's just the alcohol.

Either way, you can always register yourself with the local vet and book yourself in at the nearest dog kennels. Conditions should be about equal. And at least the food is included.

Gareth Evans



"Squatters" – William

"Pubes in the shower" – Claire T

"Housemate chanting 'I've got period pains" - MJ

"My housemate invited his mum to live with us" – Sarah

"Living with a smackhead" - Tom Davies

"Living with a brass band" – Claire A

"People washing pans in the shower" -Heather

"Threatening notes" – Adam

"During freshers, there was a naked girl in my kitchen, who then proceeded to get into bed with my boyfriend" - Olga

'People repeatedly setting my car on fire" – Thomas Jarrett (BDP)

'Breaking my leg outside my house and my neighbours laughing at me" – Owen

"Neighbours throwing toast at me" – Snibb

"Cocky Landlords" – Helen G

"I live with Ben" - Jess Johnson

"Slut armies invading my kitchen" – Anon

'Fly armies in the kitchen" – Izzv

"Being woken up by 4am on the morning of my Chaucer exam" - Charlotte

"Mould" – Dan

"Fighting with my flatmate's boyfriend" – Dave

"Someone using Henry the Hoover to get rid of sick from the sink" – Lois

"My neighbours selling my bike, playing loud Polish music in a room next to my bedroom, and having a dog so loud that I'm rethinking my stance on animal cruelty" - Jacob

'Can you please speak slowly, I'm French – Uruguayan

"My shower leaks through the ceiling" – Mike

"I had mice in my sofa" - Tom



Iran deal could be a major moment in nuclear diplomatic history

Politics writer Joe Paley recaps an unprecendented agreement between Iran and the West on the country's nuclear program

estern powers and Iran reached a historic deal last week in Geneva concerning Iran's nuclear program.

The deal, which will last for six months whilst negotiations on a permanent agreement take place

between both sides, involves Iran agreeing to cut down on its nuclear activities in return for \$7 billion in sanctions relief.

Iran's nuclear program has been a major political talking point since its inception in 2002. Western powers have long suspected that Tehran has been in the early stages of developing nuclear weapons but Iran has always maintained that its nuclear program is purely for peaceful

purposes. Under the agreement, Iran has agreed to halt uranium enrichment above five % purity, suspend work at the heavy-water reactor at Arak and give greater access to UN inspectors. Tehran has also promised to suspend construction on further enrichment facilities and reduce its stockpile of medium-enriched uranium.

In return, sanctions have been eased on President Rouhani's state, allowing Iran to trade in gold, precious metals and petrochemical exports. If Iran obeys the current interim agreement,

certain nuclear-related sanctions will also be avoided in the future. Additionally, \$4.2 billion will be transferred to Iran from sales of

Whilst stating that it would "help prevent Iran from building a nuclear weapon", President Obama appeared realistic about the progress made so far:

"Huge challenges remain, but we cannot close the door on diplomacy, and we cannot rule out peaceful solutions to the world's problems."

Iran's negotiators were met by hundreds of delighted supporters at Tehran's Mehrabad airport on their return. President Rouhani claimed that "Iran's right to enrichment has been recognised" and Iranian Foreign Minister Mohammad Javad Zarif said that "this is a process of attempting to restore confidence in Iran.'

Israeli Prime Minister, Benjamin Netanyahu, slammed the deal however, calling it "a historic mistake" and that the world had become a "more dangerous place"

Netanyahu believes that Tehran has given very little away in their nuclear infrastructure whilst receiving a much needed economic boost with the easing of

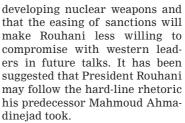
Israel has been firm in holding the belief that Iran has been

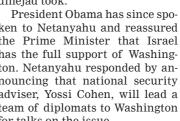
ken to Netanyahu and reassured the Prime Minister that Israel has the full support of Washington. Netanyahu responded by announcing that national security adviser, Yossi Cohen, will lead a team of diplomats to Washington for talks on the issue.

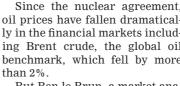
Since the nuclear agreement, oil prices have fallen dramatically in the financial markets including Brent crude, the global oil benchmark, which fell by more

But Ben le Brun, a market analyst stated that the fall in prices is just a "knee-jerk reaction" to the deal and that the markets are waiting to see the "nitty gritty de-

Iran, the world's fourth larglowed to increase its oil sales for the next six months but analysts be financially beneficial as it re-







tails of the agreement.'

est producer of oil, will not be alhave suggested that the deal could duces the risk of investment in the Middle East.



Rebecca Smith PMQ Columnist

Westminster today had the air of a fundraising event with many entirely worthwhile charities and causes receiving valuable airtime and attention.

With 'Movember' drawing to a close, Conservative MP Michael Fabricant sported a rather bushy fake moustache as a money raising attempt for the cause. Fellow Conservative, George Freeman, raised the question in Parliament asking for greater funding towards research into prostate cancer, as currently 1 in 8 men are likely to be diagnosed. David Cameron responded to this by pledging his absolute support, admiration and even jealousy of all those able to grow a moustache and called for "better diagnosis, better knowledge and better education.

On top of this Mr. Cameron pledged to more than double research funding for dementia from £26 million to over £66 million, calling it "a disease we should be fighting with all the energy we are fighting heart disease and cancer." The Prime Minister also acknowledged the importance of an early diagnosis and called for rates to increase from 50% to two-

Conservative MP Eric Ollerenshaw sought to raise the profile of pancreatic cancer through the shocking statistics that 8000 people are likely to be diagnosed with the disease by the end of the year, of which only 4% will have a realistic chance of a five year survival rate. Mr Ollerenshaw closed by saying it was "time to change and improve on these dreadful outcomes" as these figures have remained the same for 30 years. Mr Cameron finished Questions today by championing World Aids Day and praising all MPs who campaign "so persistently and consistently" and calling for continued progress both within

the UK and on a global scale. Meanwhile the cost of energy and the actions of the 'Big 6' companies reared its ugly head again as Mr Milliband challenged the Prime Minister over company's profits rising by 75% in the last year, exclaiming, "Why is it acceptable to pay exorbitant prices to fund exorbitant profits!". The Leader of the Opposition also clashed with the PM on winter deaths, payday loan companies, and the economy in general.



The deal, which will last for six months involves Iran agreeing to cut down on its nuclear activities in return for \$7 billion in sanctions relief









Pope Francis introduces radical reforms for the Catholic church

Pope Francis has demanded power in the Catholic Church be devolved away from the Vatican, in one of the first major works he has written since becoming Pope. In the document, he says he

is open to suggestions to change the power of the papacy. He also warned that global economic inequality may well cause worldwide conflict.

Central African Republic in chaos according to UN

The Central African Republic is in "complete chaos", the UN deputy secretary general has declared, calling for action to be taken immediately. Jan Eliasson pressed the Security Council to strengthen the African Unionled force in the country, and to turn it into a UN peacekeeping operation. The CAR has been in turmoil since rebels seized power in March, since then, there have been warnings of a possible genocide.

Syria peace talks set for January

Ban Ki-moon has stated that Syria's government and opposition will attend peace talks - in Geneva on January 22nd. It would be "unforgivable not to seize this opportunity to bring an end to the suffering and destruction", he said. The UN, US and Russia have been trying to get both sides to agree a political solution to the conflict for the past few months.





Harry Thompson FMQ Columnist

Andrew RT Davies, leader of the Welsh Conservatives on devolved matters, asked about the Welsh Labour Government's policy of keeping Welsh tuition fees at £3000. His party believe in trebling fees to £9000. The Welsh Audit Office recently claimed that cabinet ministers were kept in the dark over the policy, and Davies asked whether Carwyn Jones thought they were wrong. Jones stated that he did, and that he would be releasing evidence.

Davies moved on to PISA (international education rankings) results, which are released next month. He claimed Jones said Wales' results would improve, yet his education minister implied they wouldn't. Davies asked who was correct. Jones responded by mocking Davies for dropping questions about tuition fees, claiming the Conservative hadn't expected his answer. He also stated everyone wanted to see an improvement, but measures introduced by the government would take time.

Davies accused Jones' lower tuition fees policy of being under-thought, under-evaluated and under-resourced. He joked that when he heard a comedydouble act was reforming, he thought it was Jones bringing Leighton Andrews (ex-education minister) back, rather than Monty Python. Jones pointed out that Monty Python is not a double-act, and joked that comedy was not Davies' strong point.

Next up was Kirsty Williams, leader of the Welsh Liberal Democrats. The PISA figures from a few years ago showed Wales falling behind, and she described them as a 'wake-up call'. She questioned whether Wales was on track to improve. Jones stated he hadn't seen next months figures yet and hoped to see an improvement, but that government measures would take time to have an effect.

Leanne Wood pointed out that North Wales was the most obvious transport link between Ireland and the British mainland, yet was not classed a a 'core port'. She criticised the government for failing to stand up for Wales. Jones claimed the government had stood up for Wales and that Wales wouldn't lose any funding.

Thailand brought to standstill by protests

Rebecca Smith Politics Writer

There have been major demonstrations in the Thai capital, Bangkok, with estimates claiming over hundreds of thousands of people have called for Prime Minister Yingluck Shinawatra and her government to resign.

The possibility of an Amnesty Bill served as the catalyst for the event as it could allow the disgraced former leader Thaksin Shinawatra, also Ms. Yingluck's brother, to return from his selfimposed exile, while avoiding a jail sentence for corruption.

Sunday, demonstrators staged a march on several promilocations

within the city, such as the police headquarters and TV stations. The most high profile building involved was the finance ministry, which was overrun by protestors claiming huge discrepancies in the country's budget. The attacks and unrest have prompted the Prime Minister to invoke the Internal Security Act allowing officials to impose curfews and seal the roads.

The demonstrator's person. Suthep Thaugsuban, has described their actions as "a peaceful seizure by the people" to insure the Thakshin system could no longer be viable. The protest was always intended to be a peaceful rally with those attending "blowing whistles and handing out flowers.'

Thakshin has become an incredibly polarising figure in Thai politics and this is not the first time protestors have been drawn out as a response to his actions. 2008 saw the occupation of Bangkok's primary airport, shutting it down. Two years later his sup-

porters and allies held two months of street protests, paralysing the city.

More protests currently planned throughout the week with thousands more expected

Osborne U-Turn on payday lenders

Michael Arnott **Politics Writer**

The government will be introducing a cap on the cost of payday loans, in a surprise reversal of its previous policy on the issue.

The Chancellor, George Osborne, has included the cap in the Banking Reform Bill, which is currently going through Parliament. He promised that the measure would "make sure that hardworking people get a fair deal." The cap will be controlled by the newlyformed industry regulator, the Financial Conduct Authority.

The cap comes in response to the growing excesses of the payday loans industry. Companies such as Wonga, QuickQuid and PaydayUK have been setting their customers extremely high repayments, with Wonga charging at an annual interest rate

Whilst the coalition's actions do seem to be in the interests of the British public, they have

taken their time in addressing the issue. The cap comes as a direct Uturn: Osborne said last March that "simply introducing a cap might have the effect of pushing a lot of people into a completely unregulated black economy."

Labour has seized on this, with one of its MPs, Stella Creasy, accusing the government of "playing catch-up" with the opposition party. Labour had already pledged to cap the cost of payday loans, with its leader, Ed Miliband, attacking the "bullying, harassment and threats" of lenders.

This U-turn, coming from the same government which abandoned plans to replace GCSE's and backed down on the 'pasty tax', appears to be another example of changing policy according to a shift in public opinion.

Whether this latest shift is down to a desire to represent the masses, or is just a vote-grabbing move, it would appear to be further evidence that this coalition government is not one of

Ukraine faces Cold War-esque choice: Russia or Europe

Politics writer Thomas Bamford discusses the latest unrest in the former Soviet Republic

tempestuous nother week for Ukrainian politics saw riots and tear gas as protestors attempted to storm Government buildings in Kiev. Up to 100,000 protesters congregated in the heart of Kiev on Sunday, caused by public acrimony toward Ukrainian president Viktor Yanukovych's U-turn over a pro-European trade agreement. Ostensibly under pressure from Moscow, he has re-opened dialogue with the Kremlin regarding Ukraine's involvement in the nascent Russian led "customs union" with Belarus and Kazakhstan.

The refusal to release 'orange revolutionary heroine' Yulia Tymoshenko, (indicted for abuse of power and embezzlement in 2011) has played a major part in the break down of discussions. Ukrainian parliament last week rejected legislation that would have enabled her to leave Ukraine for treatment of chronic back pain in Germany. The EU have made her release one of the conditions of the trade agreement, as they believe the charges bought against her to be politically motivated, citing "selective justice" by her rival and present incumbent of office Viktor Yanukovych

This trade agreement would be the first stone to enhanced political. social and economic integration between Ukraine and Europe but perhaps most relevantly mark a pro EU shift away from Russia.

The Ukrainian Governments' press release sighted the "benefit of Ukraine's national security" as reasoning for the ensuing Uturn. In previous years, Moscow has curtailed Ukraine's gas supply over disputes over prices, and earlier this year it blocked the import of Ukrainian chocolate in order to curtail their dealings with the EU. Russia has also applied other embargo measures to Georgia and Moldova, other ex Soviet states seeking dealings with the EU. Yanukovych, has suggested that Russian involvement in home affairs has lost the country over \$15 million in revenue, reducing Ukrainian trade by up to 25%.

The EU have stated in response that "it is up to Ukraine to freely decide what kind of engagement they seek with the European Union" The statement was issued jointly

by European Council President, Herman Van Rompuy, and European Commission President ,Jose Manuel Barroso, who furthermore stated that they "strongly disapproved" of Russia's actions.

Notable protesters include champion heavyweight-boxing turned politician Vitali Klitschko, who labelled the abrupt change of tact 'shameful'. Hundreds of tents have been erected in Independence Square; drawing parallels to the 'Orange Revolution' of 2004, a reaction to large-scale corruption, voter coercion and direct electoral fraud in the presidential election of the same year. Protests have continued throughout the week and it is of huge concern that Ukraine will become an EU vs Russia battlefield.









Cardiff leads cancer treatment at Wales Cancer Trials Unit

Sophie Howells Science Writer

A new medical procedure for treating oesophageal cancer is being trialled by researchers across Wales. Run by the Wales Cancer Trials Unit, part of Cardiff University's newly formed College of Biomedical and Life Sciences, the trials involve combining three commonly used methods of tackling the disease: chemotherapy, radiotherapy and surgical removal. The standard treatment for this particular cancer is usually a course of radiotherapy, which is designed to reduce the tumour size, followed by surgical removal. However, this new procedure uses chemotherapy to further improve recovery by targeting any cancer cells, which may break away and travel around the body causing tumours to grow elsewhere. This technique has been used by numerous clinicians previously but has never been put to trial to objectively measure its effectiveness.

This particular trial is a Phase two, where dosages of chemotherapy drugs are being refined and side effects identified and managed. If successful at this stage, the trial will then be taken to Phase three where the new treatment may be compared with the standard radiotherapy and surgical removal approach or different doses may be compared. Following this, the treatments will be randomised across a sample of patients. Finally, if the treatment is shown to work significantly, the results will be published and depending on its effectiveness in relation to the cost of provision, the treatment may become a standard approach within NHS hospitals.

While treatments such as this are being developed to attack the disease in its later stages, research is also being carried out within Cardiff University around the early stages of cancers. Lab studies are working to understand cancer on cellular levels and identify drugs that can be used to destroy cancer cells. When drugs are successful at this within lab settings, they are then brought to the trials unit, to be tested in human patients. The team at the Wales Cancer Trials Unit, led by Dr Gareth Griffiths, play a large role in participant recruitment, without which the groundbreaking research into cancer treat-



The work within the unit is mostly to do with clinical trials that are treating a cancer, however we also do research into screening and trying to catch cancers early

Dr Gareth Griffiths Cardiff University



ments could not go ahead. Often clinicians will approach the team with a patient who they feel may be suitable for the treatment being trialled, or in other cases patients themselves will identify an experimental procedure as something they would like to try.

In an interview with Dr Griffiths, he explained that "the work within the unit is mostly to do with clinical trials that are treating a cancer, however we also do research into screening and trying to catch cancers early". This involves working with medical professionals to develop methods for screening patients who may be at risk of developing cancers. Currently, lung and bowel cancer screenings are being developed in the hope that GPs will be able to recognise the symptoms earlier on and refer patients to specialists before the cancers spread.

Further research can be carried out using blood samples to observe genetic patterns in those patients who react particularly well or not so well to the same treatments. By locating specific genes, which determine how successful a course of treatment will be, clinicians will be able to screen patients for the genes and provide the corresponding treatment. This approach has proved successful in breast cancers related to the HER2 receptor; the medication Herceptin was developed and given to patients presenting with HER2.

Another successful outcome of this approach to treatment is the development of the HPV (Human Papilloma Virus) vaccination given to teenage girls. The vaccine targets strains of the virus associated with cervical cancer. It is hoped that by eliminating these viruses girls who have the vaccine will be at a much lesser risk of developing the cancer later on in life. It is predicted that through this, cervical cancer will become extremely rare if not non-existent in decades to come.

Much of the research into cancer that goes on in Cardiff University is a result of support and funding from Cancer Research UK. Hopefully with the generous support of fund raisers nationwide, these breakthrough discoveries and procedures will continue until cancer becomes an illness of the past.

Neanderthal DNA shares viruses with modern man

Kirsty Franklin Science Writer

Modern technology has allowed scientists to produce millions of short sequences called reads from fossilised bone or teeth from extinct human groups (archaic hominins). This has allowed researchers to compare genetic data from fossils of Neanderthals (Homo neanderthalensis) and another group of ancient human ancestors called Denisovans (Denisova hominins) to modern human DNA. The latest finding, reported in Current Biology has stated that researchers have found evidence of Neanderthal and Denisovan viruses in cancer patients, suggesting that the viruses originated in our common ancestors more than half a million years ago.

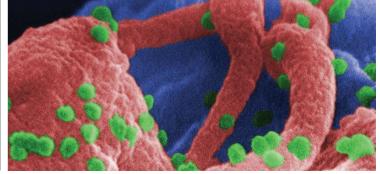
The analysis of Neanderthal and Denisovan genomes identified many reads that contained sequences of viral origin, similar to known integrations of retroviruses into the germline of modern humans. Such so-called endogenous retroviruses (ERVs) are common, and make up roughly five percent of our genome. Some of the reads from the Neanderthal and Denisovan genomes spanned the locus of an ERV and thus were part viral DNA and part of the extinct human group DNA. All of these loci belonged to one ERV lineage, which is the only lineage that has continued to replicate within humans in the last few million years, known as HML2.

However, in some cases, the researchers did not find an ERV at the corresponding coordinate in the human genome. Instead they found the pre-integration site: the sequence that existed before the virus inserted a copy of itself into the chromosome. Therefore, it was concluded that these retroviruses had infected the germline of the archaic hominins either after their divergence from modern humans (400,000 years ago) or immediately before divergence.

Dr Gkikas Magiorkinis and his colleagues, of Oxford University's Department of Zoology, are now looking to further investigate these ancient viruses, belonging to the HML2 family, for possible links with cancer and HIV. It is possible to see how widespread these viruses are in the modern population by sequencing the genomes of patients. If the ERV loci are relatively spread throughout the human population one would assume the virus has no negative effect as there will be no selection pressures against it. However. if they are found to be less common, this may indicate that the viruses could have been inactivated by chance or that they increase mortality, through increased cancer risk for example.

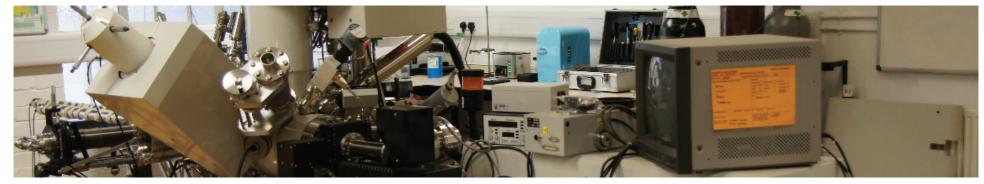
Therefore, when the ERV loci in modern humans have been reasonably well sampled, it might help us in the measurement of divergence dates and population sizes for these archaic hominins. It could also indicate whether these ancient viruses play a role in modern human diseases thus improving our understanding of both ERV and human evolution.





Monday December 2nd 2013 SCIENCE 15

Cardiff's CCI leads catalysis doctoral training



Scott Davies Science Editor

Cardiff University is home to one of the largest catalysis research groups in the world, led by Professor Graham Hutchings. This research group is known as the Cardiff Catalysis Institute (CCI) and is a world leader in its field, researching everything from how gold can be catalytically active to new exhaust systems that meet European Union directives for car emissions. The prestige of this institute has been recognised by Government's £350 million investment in setting up Centres for Doctoral Training (CDT) around the UK with the CCI taking the lead for doctoral training in catalysis. This is the UK's largest ever investment in postgraduate training in engineering and physical science and the catalysis CDT is a partnership between Cardiff, Bath and Bristol Universities.

Science Minister David Willetts said of the achievement: "Scientists and engineers are vital to our economy and society. It is their talent and imagination, as well as their knowledge and skills, that inspire innovation and drive growth across a range of sectors." Indeed, catalysis is key to our everyday lives producing everything from the plastics used in everyday objects to pharmaceutical compounds used to keep us healthy. Catalysts are industrially important; some processes become impossible without them. This is due to catalysts being an agent that allows reactions to follow a lower energy path-



During that first year, you will spend time in Bath, Bristol and Cardiff exploring the different aspects of the catalytic industry and engineering

Professor Stanislaw Golunski

Cardiff University



way, letting us use less energy and resources as a consequence.

Professor Karen Holford, PVC of the College of Physical Sciences & Engineering said "This funding is targeted at areas vital to economic growth and is good news for Cardiff's thriving postgraduate community." Indeed, the CCI currently employs roughly 50 postgraduate students and many postdoctoral researchers, people who are at the beginning of their academic career. With this expansion, it is hoped more students can come to Cardiff and launch their careers as part of a world leading team and help boost Cardiff's reputation world-

The CCI has a remit of developing clean and sustainable technologies for clean energy creation and environmental clean-up of air and water. It was only recently that the CCI partnered with Solvay and Selden in an attempt to create catalysts for the treatment of wastewater. It is hoped that pollution from factories and chemical plants can be further reduced by the catalytic decomposition of waste chemicals into benign agents. The CCI also helps companies such as Scania and Jaguar Land Rover develop new catalytic systems to minimize particulate emissions and provide a cleaner, safer car emission profile. Professor Stanislaw Golunski, a key part of the establishment of the Cardiff CDT said to gair rhydd: "Doing a PhD at the Catalysis Centre will be a fantastic experience. Imagine having a whole year before you decide on your research topic. During that first year, you will spend time in Bath, Bristol and



This funding is targeted at areas vital to economic growth and is good news for Cardiff's thriving postgraduate community

Professor

Karen Holford

Pro-Vice



Cardiff exploring the different aspects of the catalytic industry and engineering that will prepare you for the research path you choose."

The Centre will not only equip people with PhDs but will spend an additional year training students in general chemistry to give them a sound footing in physical science. This interdisciplinary approach, led by Cardiff will also involve students having lectures at Bath and Bristol, both members of the Great Western alliance (GW4).

Professor Graham Hutchings, Director commented, "This interdisciplinary programme will allow postgraduates to develop an advanced knowledge of traditional and emerging catalysis disciplines, an understanding of industry and global contexts plus research and professional skills." Cardiff is a partner in two further Centres for Doctoral Training (CDT). The Water Informatics: Science and Engineering (WISE) CDT led by Exeter and the Diamond Science and Technology CDT led by Warwick University and partners. WISE is hoped to foster new levels of innovation and collaboration on factors that impact the water cycle whereas Diamond is tasked with enabling innovative technologies for emerging scientific applications.

Paul Golby, the European Physical Sciences Research Council's (EPSRC) chair, said: "Centres for Doctoral Training have already proved to be a great success and the model is popular with students." Everyone in the CCI is looking forward to its new chapter and how they can be key to its success here at Cardiff

Scientists step closer to male free reproduction

Jack Di Francesco Science Writer

For reproduction to occur, an X chromosome and Y chromosome, from mother and father respectively, are both needed. However, a current study at the University of Hawaii may have taken us one step closer to the creation of babies involving no use of the Y chromosome at all.

The study has managed to create baby male mice, using only two genes from the Y chromo-

some of a male mouse and the X chromosome of a female. The two genes required from the Y chromosome are Sry and Eif2s3y. Sry alone can produce an anatomically male mouse, as it controls the development of gonads and male differentiation. The offspring in this case however, would be infertile, as it would not have genes involved in sperm production.

The Eif2s3y gene being included allows spermatogenesis to partially occur, with spermatocytes undergoing meiotic prophase and the first meiotic di-

vision, before stopping and staying as secondary spermatocytes. These secondary spermatocytes are known as round spermatids, and are precursors to sperm cells.

These mice can then eventually reproduce successfully, via the help of Round Spermatid Injection (ROSI). This technique involves the injection of the spermatids into eggs in culture dishes. These then develop into embryos and are implanted into female mice wombs with nine percent of these transfers result-

ing in a birth of a live mouse. Statistically, this is significant, as using the same technique but with mice with full Y-chromosomes results in a successful birth 26% of the time.

ROSI is already being used with humans, with males whose testes can only produce spermatids, and not normal sperm. There are worries with the technique however; the offspring produced would likely have genetic defects, due to the process of imprinting (the turning on and off of genes in sperm cells) not oc-

curring to completion in spermatids. Alleviating these fears was the fact that from the study, using ROSI, normal offspring were obtained

Being able to produce male mice using only 2 genes of the Y chromosome is a big step forward for science, showing that all of the male genes available are not needed at all in the production of offspring. This could have profound effects in terms of conservation of species, potentially enabling us to save a species using females alone.



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SIFI



Elliot Howells VP Societies

Officer's note

Hey all!

I won't say much this week, looks like there's plenty of society activity for you to be reading about on these few pages.

I'm excited to announce that Go Global 2014 is around the corner. Go Global is our annual festival of culture and diversity which celebrates all things International at Cardiff University. On the evening of Saturday 15th February 2014, our cultural groups will take to the stage of The Great Hall in a showcase of talent.

If you'd like to be part of this exciting event, head to cardiffstudents.com/goglobal and fill out the form!



Act One Panto: Snow White



Rhys Johns Societies Writer

From the brilliantly depraved minds of Nick McAndrew and James Paine comes the most shamelessly funny rendition of "Snow White and the Seven Dwarves" ever to grace/defile the stage.

As Snow White (Becki Dack) struggles through the rigours of her sociology degree and endless drunken parties with her housemates Claire, Samantha and Philippa, she successfully manages to ignore the loving adoration of her best friend Jim (Hywel Bradley), our slightly hapless male lead.

But every great tale needs an overly evil villain, who comes in the form of the evil Queen Narcissa of Swansea (Erin Doherty), who tries to hunt down our beautiful protagonist so she can become the 'fittest of them all' and conquer the world. As reality is thrown to the four winds, Narcissa and Co recruit a sassy magic mirror (Josh Stanley) and a questionably drug addled Santa Clause (Kane Malone) in order to bolster her idiotic henchmen Larry and Barry and her disillusioned accountant Richard.

As Larry and Barry try to rub each of their brain cells together to get some energy going, Richard busies himself with making snide remarks behind his boss's back whenever he thinks she can't hear him.

While Narcissa's plans get set in motion and Jim tries to save his one true love, Snow, after being torn from her Cardiff Uni life, must deal with trying to teach seven (role-playing) dwarves how to attract women and master the basics of human interaction. Led by the brave Thorin (Rhys Evans), these dwarves know roleplaying only in the sense of table top gameplay, stumbling through the social maze of university in a zombie-like trance while Thorin tries to keep the more unstable members from causing a scene.

Our perpetually drunken narrator (Jack Thompson), on the other hand, observes the ensuing carnage in between pointing out copyright infringements and making excuses to have another drink. Yet he still finds time to moan about the inconveniences of cryogenic freezing.

Rehearsals have been very successful and productive, yielding such amazing progress as to lead one of the talented actors, Kane Malone to remark that "It's about as funny as famine." Others, however, have been more positive. For instance, Rhys Evans, who plays Thorin has stated that while the play will not induce death by laughter, it will cause "Grievous bodily harm by laughing", displaying the confidence of the cast in the script.

The directors of the play have shown incredible commitment and the cast has made the script come alive with all the hilarious, mildly offensive energy befitting a Snow White pantomime.

One of the directors, James Paine has underlined the basic feel of the play, stating that it is simply "bad puns and nearly offensive jokes for a couple of hours." Though many of the cast seem to feel more optimistic in their belief that it won't last that long. For example, after being asked whether the play was respectable or not, Jack Thompson, who plays the narrator, stated "Of course it's respectable: it's absolutely suitable for the women's officer!" After which many cast members let out stifled laughter. Thompson then tapped his nose whilst slyly adding "Kev Knows..."

Snow White and the Seven Dwarves has been brought to life like never before as a rude, crude and hilarious adaptation of one of Disney's classics, adding a unique flare that will make audiences laugh, cry, heckle and shout long after the curtain is drawn.

Can Snow White and Co save the world from the evil forces of Swansea? Find out at Solus on December 2nd and 3rd at seven o'clock!



Christian Union Carol Concert

Stacey Baldwin Societies Writer

The Christmas cheer is well underway in the heart of Cardiff, and the Cardiff University Christian Union are going one step further in bringing the city's Winter Wonderland into the midst of student life. Thursday the 5th of December will bring to our Union the annual Carol Concert in the Great Hall, this year with a Winter Wonderland theme to add to the festive fun. Last year saw a turnout of over 500 peo-

ple filling the seats of the hall to listen to the choir and grab a taste of the mince pie bonanza. This year is shaping up to be a similarly spectacular event, with Cardiff University Brass Band and TCUPS choir joining the stage to create the bilingual rendition of the traditional Christmas carols (Welsh and English lyrics provided).

Male President of the Christian Union, Jack Mowll, said the carol concert is going to be "Splendiferously festive, and a great chance for all students to celebrate the season

together!".

As with years past there will be mince pies, tea and coffee available at the end of the concert, to refresh our singing voices after bellowing out the classics for what will surely not be the last time this season.

Doors open at 7pm to fill seats for a 7.30pm start. Entry is free and all students from the university are warmly invited to attend - undergraduates, postgraduates, international and exchange students are all welcome. So come along, and see what Christmas is all about.

Wildlife Society to visit zoo

'The Wildlife and Conservation Society is holding a trip to Bristol Zoo on Sunday 8th Decemeber, departing from the SU at 10am and arriving back in Cardiff for 5pm! Tickets

are £8 for members and £10 for non-members. Anyone is welcome! You can buy tickets on the student union website, hurry tickets are selling fast!'

Life Drawing

Life-drawing: A man and his bike Tuesday 3/12/13, 7-9pm Room 4D in the SU

No need to bring any materials

Make sure you sign up online at www.cardiffstudents.com/activities/society/art/events/ as places are limited due to room capacity.







but do you want to see some real Lions this Christmas?



Our support groups are run every other Thursday (the next session is 5th December, 6:15pm- 7:15pm in room 4F in the SU)

Student Minds is a national charity with many branches all over the UK. They provide volunteers with training to run support groups but any funds needed must be raised by the individual groups. Here is a link

to the national website: www. studentminds.org.uk/

We are planning a lot of events for next semester to raise awareness of eating disorders, particularly during Eating Disorder Awareness Week, which is 24th February - 2nd March You can find us on Twitter (@ StudentMindsCDF) and Facebook (https://www.facebook.com/StudentMindsCardiff)



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I CAN BE AWE



Are you getting cold feet?

wanted to do something unique to raise money to support those affected by the East Africa Food crisis, so he decided not to wear any shoes throughout the month of November. We all thought he was crazy, but he did it - with feet often frozen and battered. We were all incredibly proud of his accomplishment. Afterwards, Simon bought a foot spa from Boots to placate his pavement-beaten toes. When I spoke to Simon about the experience more recently, he said that it was one of the most fun and painful things that he has ever done, and he'd love to do it again

Two years later, along with six other students who are raising money for various charities, my other friend Alex is raising money for Edith's Home, a small NGO that works with AIDS orphans in Uganda. After Alex excitedly told me about the ups and downs of going shoeless, he challenged me to join him for 24 hours of barefooted solidarity. As the desire to

display true awesomeness has taught me to never to pass up a vaguely interesting challenge, I decided on arguably one of the coldest days of this Autumn so far to take off my shoes in support.

How did it go?

My initial thought when agreeing to go shoeless was, "Well, how bad can it be?" I mean, I wear flipflops every summer; I love walking around with no shoes on around the house. And then I remembered. November can get a little bit cold.

That fateful Saturday morning, I woke up to a lot of frost outside and an average temperature of 3 degrees. Gazing longingly at my UGG boots, I resolved that I would in fact be doing this. My initial idea was to plan some elaborate day to write about so that everyone would know how interesting my life is. I would do all of this barefoot, just like the shoeless students of Cardiff.

If you've ever planned on doing

ise how uninteresting and average it could be. Find mine on YouTube.

With a deep breath, I left the house with my rather perplexed housemate to test out the perseverance of my freshly pedicured feet. However, walking through the mean streets of Cathays controversially barefoot means that even the most ordinary day can be a little bit more interesting. I ended up tiptoeing into town to get a present for a friend, past a rather complimentary builder, an elderly lady who looked rather concerned and a tremendously confused international student. I emphatically explained that I was not in fact crazy and they should donate to the cause.

Explaining what was going on got a bit easier when I wrote the hashtagged 'No Shoes November' across both of my feet.

I found myself looking down a lot more than I usually do, as I was unsure if there would be glass leftover on the pavements from the previous night's frivolities or the aftermath of morning dog walks. I

found that paying attention to the variety of surfaces the streets of Cardiff have to offer made me appreciate those easier on my battered feet. Cardiff Queen street is great, the walkways in Bute Park - not so much. I think that standing in the middle of Queen Street barefoot on a busy shopping Saturday will probably be one of my favourite memories of the column so far.

Overall, through the pain, I had a tremendous amount of respect for Alex and the rest of the shoeless individuals. Well done guys!



Alex's handy tips for shoelessly surviving the mean streets of Cathays.

Glass - Cathays' street twinkle with the glassy remnants of a thousand predrinks and that's a constant preoccupation for the barefooter.

Social Awkwardness - In the line in Sainsburys, getting a book out in the library, bumping into an old friend ... everyone just looks at you funny! Generally it's fine once you explain, but often people will keep glancing at your feet when you're

talking to them. My face is up here! Urinals - 'Nuff said (This wasn't a problem for me).

Minor Surgery - For example, performing minor surgery on your own feet with a magnifying glass and a pair of tweezers.

You can find out a little more about No Shoes November at www.noshoesnovember.com.

If you're in a sports club or society and would like to show me another way I can be awesome, I'd love for you to get in touch!



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25/01/14 [SPUNGE] £8 ADV

27/01/14 SWN PRESENTS...

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13/02/14 THE 1975 SOLD OUT

28/02/14 NEWTON FAULKNER £19.50 ADV





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06/03/14 RIZZLE KICKS £17.50 ADV

11/03/14 ARCHITECTS £14 ADV

13/03/14 CHVRCHES £13 ADV

16/03/14 BOMBAY BICYCLE CLUB £19 ADV

20/03/14 STRANGLERS £23 ADV





3/04/14 DEVILDRIVER £17 ADV

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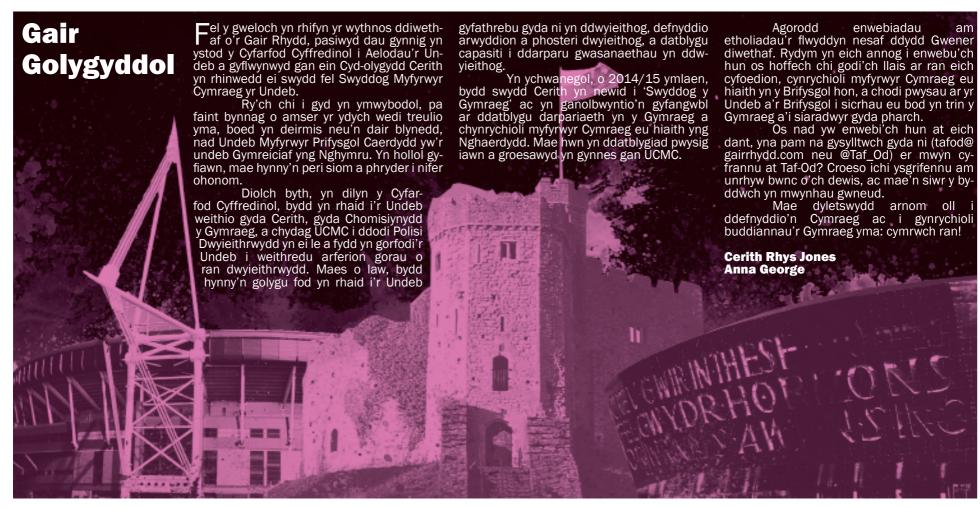












Darn Barn: 'Ymateb i Silk ... o'r diwedd'

Cerith Rhys Jones Cyd-olygydd Taf-Od

Wedi hir, hir aros, cyhoeddodd Prif Weinidog a Dirprwy Brif Weinidog y Deyrnas Gyfunol mewn cynhadledd wasg yn y Senedd yn ddiweddar y bydd Cymru'n cael pwerau dros y dreth tirlenwi a'r dreth stamp yn ogystal â phwerau i fenthyg arian.

Yn ychwanegol, cyhoeddodd David Cameron a Nick Clegg y caiff bil ei gyflwyno yn Senedd y DG i roi'r hawl i Lywodraeth Cymru a'r Cynulliad Cenedlaethol gynnal refferendwm ar ddatganoli'r dreth incwm I Gvmru - er mwvn 'sicrhau fod gennym lywodraeth yng Nghymru sy'n wirioneddol atebol'.

Ymatebodd y pleidiau yn gadarnhaol i'r cyhoeddiad. Barn David Jones, Ysgrifennydd Gwladol Cymru, oedd y bydd y pwerau newydd hyn yn gwneud Llywodraeth Cymru a'r Cynulliad Cenedlaethol yn fwy atebol i'r bobl sy'n eu

Cafwyd croeso iddo gan Ysgrifennydd yr Wrthblaid dros Gymru, Owen Smith, a ddywedodd fod Llafur eisoes wedi galw ar Lywodraeth y DG i weithredu argymhellion Comisiwn Silk.

Yn ogystal, ategodd arweinydd y Democratiaid Rhyddfrydol Cymreig Kirsty Williams fod angen senedd go iawn ar Gymru, a chanddi ragor o gyfrifoldebau cyllidol er mwyn creu economi gryfach a chymdeithas decach.

Roedd arweinydd Plaid Cymru rywfaint yn fwy ceidwadol yn ei hymateb. Fe groesawodd y cyhoeddiad ond dywedodd ei bod yn siomedig nad oedd Llywodraeth y DG yn bwriadu gweithredu holl argymhellion Comisiwn Silk, a bod angen y p er dros y dreth incwm 'ar unwaith.

Gyda'n bod yn sôn am y dreth incwm, fe gyhoeddodd y Prif Weinidog Carwyn Jones na fydd Llywodraeth Cymru'n cynnal unrhyw refferendwm ar ddatganoli'r dreth incwm hvd nes v caiff fformiwla Barnett ei ddiwygio. Y farn

gyffredinol, a barn Carwyn Jones, yw bod Cymru'n cael ei than-gyllido o ryw £300 miliwn bob blwyddyn

Ymatebodd Kirsty Williams i hynny trwy ddweud fod y Weinidog yn Prif ofni gorfod cymryd mwy o gyfrifoldeb dros oblygiadau ei benderfyniadau polisi, gan ddweud nid oes ots ganddo ar hyn o bryd os oedd ei bolisïau'n llwyddo neu'n methu o ran cvllid, gan mai Llundain oedd vn rhoi'r arian iddo fe.

Dw i'n tueddu i

gytuno â Kirsty Williams. Wrth gwrs, mae pwynt y Prif Weinidog yn un ddigon teilwng, sef bod angen diwygio Barnett. Ond eto mae'n rhyfedd nad oes braidd neb, oni bai am rai o fewn y Blaid Lafur, yn meddwl y dylai Barnett fod yn rhwystr i Gymru allu bod yn atebol am y dreth incwm.

Ar hyn o bryd, mae'r arian yn dod i lawr yr M4 i Fae Caerdydd heb fawr ddim cyfyngiadau, ac felly nid yw'r Prif Weinidog yn llawn atebol os yw ei benderfyniadau'n methu. Pe bai ef a'i Lywodraeth yn gyfrifol am godi peth o'r arian mae'n ei wario, yna mi fyddai Carwyn yn fwy atebol i ni, etholwyr Cymru.

Ac ar y mater o gynnal refferendwm, y cwestiwn sydd gen i yw: pam? Dw i'n deall yn iawn y cysyniad y dylid cynnal refferendwm ar unrhyw fater sy'n newid y cyfansoddiad yn sylweddol, a dw i hefyd yn gwybod y gwnaeth Silk ei hun ddweud y dylid cynnal refferendwm cyn datganoli pwerau dros v dreth incwm.

Ond fy nadl i yw taw nid mater o newid y cyfansoddiad yn sylweddol yw hwn, ond mater o wneud Llywodraeth Cymru'n atebol i bobl Cymru.

Mae'n rhyfedd o beth ein bod yn gorfod gofyn i bobl Cymru a ydyn nhw am gael llywodraeth sy'n atebol iddyn nhw. Dyw'r peth ddim yn gwneud synnwyr yn fy meddwl i. A oes angen refferendwm ar "a ddylai Llywodraeth Cymru fod yn atebol i bobl Cymru o ran arian?" Yn syml iawn: nac oes.

Wrth ymateb i'r cyhoeddiad y bydd Cymru'n cael y pwerau newydd hyn ategodd Llywydd y Cynulliad Rosemary Butler ei barn fod angen mwy o ACau er mwyn craffu'n iawn ar bolisïau - rhywbeth mae Richard Wyn Jones o Brifysgol Caerdydd eisoes wedi galw amdano.

Eto, dw i'n cytuno. Mae ACau yn ei chael yn anodd gwneud eu swyddi'n iawn fel y mae gan fod cymaint o lwyth gwaith arnyn nhw mae eu capasiti i graffu'n effeithiol wedi ei gyfyngu - ond pan ddaw'r pwerau ychwanegol hyn i Gymru, ac yn enwedig os ddaw cyfrifoldeb dros y dreth incwm i Fae Caerdydd, yna does dim amheuaeth y bydd rhaid cael rhagor o ACau.

Y gwirionedd yw bod angen mwy o ACau a llai o ASau. Pam ddim torri'r nifer o ASau sy'n cynrychioli Cymru yn Llundain, a chynyddu'r nifer o ACau i ryw 100? Dyna sydd ei angen ar Gymru os yw ein system am weithio ac am fod vn wirioneddol ddemocrataidd.

Mae 'na gwestiynau i'w hateb hefyd o ran Mr Cameron a Mr Clegg. Y cwestiwn mawr imi yw: pam yr hir, hir aros cyn cyhoeddi? Addawyd ymateb Llywodraeth y DG erbyn y gwanwyn eleni.

Iechyd, dim ond mis Tachwedd y cafwyd ymateb! Llusgo traed oedd hwn, a dylai fod arnynt embaras am hynny.

Ar y cyfan, rwy'n hapus. Fel Leanne, ac fel Kirsty, mi allem fod yn hapusach. Ond am nawr, mae 'na wên ar fy wyneb.





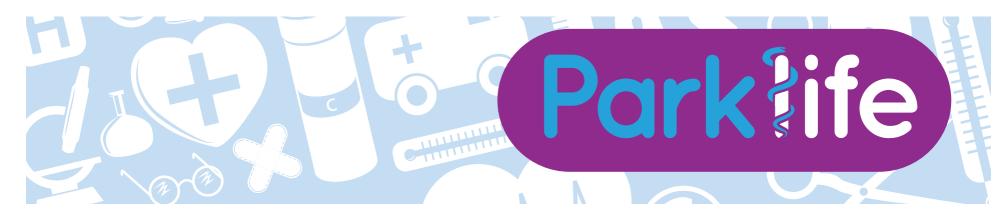
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#DTBDXMAS









Hey there,

Welcome this week's edition of Park Life. This will be the last edition before Christmas (phew,

you hear me say). Only joking, I have enjoyed putting Park Life together although it has been braindraining at times due to the truckloads of commitments and roles I have taken on. I hope our efforts in Park Life aren't going to waste and you have read each edition page to page! The last edition saw the achievements of many of our students! I know I enjoyed editing their articles and learning about how they have gone above and beyond their port of call.

This week's edition sees the return of Park Profiles. We were very fortunate enough to have a

chat with Professor Sheila Hunt, the Dean and Head of School of Healthcare Sciences. Thank you Professor Hunt for being our third Park Profile!

Thanks also go to those of you who have got in touch regarding co-editing. I will be in contact with you after Christmas, as I simply don't have the brainpower to sort it all out now and train you up! A massive thanks also goes to Tom. Mike and Gemma for being as supportive as ever.

If you have any ideas on how Park Life could be improved, or what articles you'd like to see in the next one, please do contact me!

Have a great week and Merry Christmas in advance!

Vidya Brainerd Park Life Editor BrainerdVC@cf.ac.uk

Hi again.



words to go in Park Life. We have had four issues produced, and this week sees the last edition before Christmas. This week also sees the launch of our new Park Life branding - essentially that is the banner at the top, but branding is so much more than that. This new branding gives Park Life an identity, something hopefully we could see an extension to the Heath Hub and beyond. It's fantastic to have more of an identity and in turn more attention placed on students at the Heath.

This is also followed through

with the fact that I am currently planning a series of refreshers events at the Heath, at the request of some societies, with a theme of "new year, new start, new society" watch this space for more information, and get in contact if vou would like to be involved! This is unprecedented, as the Students' Union on Park Place is not planning on running any similar events, and as such running events targeted at Heath Students increases the feeling of including for students (or so I hope!).

Thanks, once again to Vidya for producing Park Life. I'd also like to take this opportunity to wish you a (very premature) Merry Christmas, and good luck for those of you that have exams in January.

Gemma Wheeler VP Heath Park



PARK LIFE | Staff and Students recognised at Annual Awards

Gemma Wheeler VP Heath Park

November 22nd 2013 saw the School of Medicine host their annual Celebration of Medical Student Achievement and Excellence in Teaching awards. Over the course of the morning, over 80 awards were given out.

Professor Paul Morgan, the Dean of the School of Medicine opened the ceremony, followed by third year Medical Student and MedSoc President, Amy Butlin. Student awards included the release of the Dean's list - the students who are in the top 2% of their cohort, and within the nominated list, one student per vear also receives the Dean's Prize. This year, the named students are:

Primary MB: Loh Sook Yin **Intermediate MB:**

Abigail Stubbs

Final MB Part I: Sarah Moore Final MB Part II: Sophie Glenn-

Medical Intercalated Degree: Joanna Cranshaw & James Clark

Other prizes specific to year groups were also handed out during the morning event and the full list is available online.

The second half of the awards ceremony aimed to recognise the excellent effort put in by teaching staff in the undergraduate curriculum. Seven different awards were presented to teaching staff, the full list of which can be found online, however a special mention goes to Professor Helen Sweetland. Professor Sweetland has had a variety of roles at Cardiff University School of Medicine, where she is now the Vice Dean of Medical Education. The Lifetime Achievement award reflects her contributions to the old MBBCh curriculum as well as the new C21 curriculum for medicine, with the focus being not only on the quality of teaching provided, but also raising the standard in pastoral support for students in the School of Medi-

For the full list of awards please visit http://medicine.cf.ac.uk/

Park Life Profiles: Professor Hunt

Vidya Brainerd Park Life Editor

The next in the series of Park Profiles to feature in gair rhydd is Professor Sheila Hunt. Sheila has had experience in the healthcare setting; since she qualified as a nurse, long before Nursing and Midwifery were part of HE; Sheila's initial qualification was a certificate! She then obtained a Masters degree in 1985 and another in 1990 and a PhD in 2000.

Professor Sheila Hunt is the Dean and Head of School of Healthcare Sciences since the formation of the new School in September 2013, which now incorporates the old School of Healthcare Studies and School of Nursing and Midwifery Studies.

Please can you tell us what made you want to pursue a career in this field?

I wanted to be a midwife, then a teacher, then an academic and now

What made you choose Cardiff University as a place to teach?

Simply the best University in the UK

Please could you tell us a bit about the course you are currently teaching?

Lead the new school of Health Care Sciences

Have there been any recent changes to the course? Many

What advice would vou give to a Heath Fresher? Work hard, rest often and look out for your colleagues.

Finally, if you could invite any three guess to a dinner party, who would they be? Nelson Mandela, Dali Lama and Glenys Kinnock



'Tis the season to drink coffee

Fa la la la la la la la la la

THE christmas coffee MENU IS NOW AVAILABLE AT THE KITCHEN



LATTE

GINGERBREAD
TOFFEE
HAZELNUT
CINNAMON



MOCHA

WHITE CHOCOLATE
MINT CHOCOLATE
CHOCOLATE ORANGE









- DON'T RUSH to sign a housing contract before Christmas REMEMBER houses are available at any time in the year
- FREE INDEPENDENT ADVICE from the Students' Union Advice Centre (ARC), 3rd floor Park Place advice@cardiff.ac.uk 029 20 781410
- PEIDIWCH Â RHUTHRO i lofnodi contract tŷ cyn y Nadolig I COFIWCH fod tai ar gael ar unrhyw adeg o'r
- flwyddyn CYNGOR ANNIBYNNOL AM DDIM gan Ganolfan Gynghori Undeb y Myfyrwyr (ARC), 3ydd llawr Plas y Parc advice@cardiff.ac.uk 029 20 781410.

BUCS Review

Men's lacrosse ease through in cup

Eliza Nicholas Sport Writer

Plymouth Marjon2 Cardiff9

Cardiff's men's lacrosse travelled once more to Plymouth Marjon in the first round of the BUCS Trophy, having beaten them 7-0 in October's league game.

Cardiff dominated in attack during the first quarter, maintaining possession and making consistent shots. A Marjon defender had an unfortunate accident resulting in a broken ankle, causing play to be suspended, but two goals were scored by James Gibson when play resumed.

During the second quarter, Cardiff rotated some of their freshers, who helped maintain the team's dominance and produced another goal from Gibson and one from Dom Evans. Impressive tackles were made by the dynamic defensive trio of Jamie Bodnar-Horvath, Silas Fuller and Jack Ward, enabling the opposition to score only one goal and make the score 3-1 at half time

The third quarter proved exciting, with a goal by James Tilley directly from the face-off, followed by goals from Hugo King-Oakley, Joakim Schuwer, Paul Chapman and two more from Evans. Another was scored by Plymouth, which proved to be the final goal as neither team broke through in the last quarter. Bradley Cooper executed some fantastic dodges towards the end of the game, adding to the dominant style of lacrosse played by Cardiff throughout, resulting in a 9-2 win. Dom Evans was named Most Valuable Player.

The win was the latest in Cardiff's highly successful season, which included an important 6-2 victory against Varsity rivals Swansea last week. The tough match, which saw some controversial and competitive play from both sides, eventually resulted in a triumph for Cardiff against their previously unbeaten opposition, creating great excitement for this year's Varsity match. MVP was awarded to Bodnar-Horvath for his unfaltering defence against strong opposition.

CARDIFF: J Ward, D Evans, S Fuller, J Bodnar-Horvath, J Schuwer, J Gibson, B Cooper, J Tilley, M Lane, H King-Oakley, P Chapman, M Cork, M Lane, W Morris, J Thomas, J Sowerby, B Bowen, J Abrahams

Cardiff sails up in Welsh Dragon meet

Tom Johnson Sport Writer

Two weekends ago saw a host of sailors from universities across the United Kingdom descend on Cardiff for two days of intense action in Cardiff University Sailing Club's annual Welsh Dragon team racing event.

Following arrivals from as far afield as Edinburgh and Plymouth, Saturday morning dawned frosty, setting the scene for some brisk competition in the fleets of Fireflies.

The first day was characterised by some very close contests and a few surprising results. While Bristol 1 and Edinburgh won all six of their races, teams including Plymouth 1 and Bath languished towards the bottom end of the fleet. Given the near perfect conditions,



all 63 races were completed in good time. At the end of Day One, Cardiff's entry, a team of freshers, lay just inside the top half in 10th.

Regardless of how well you prepare, sailing ultimately depends on the wind and Sunday saw scarcely enough to move the boats across the bay, let alone race. Despite the clubs' repeated attempts to start, the day was brought to an abrupt close at lunchtime with just 21 races completed.

Notwithstanding the weather mishaps on the second day, both the social and competitive members of CUSC put a lot of effort into the successful smooth running of the event, complete with their trademark hard work and wit.

Bread, gloves and the occasional muddy puddle cleared from the changing room, the boats were packed away and we sadly waved goodbye to Welsh Dragon event for another season.

Ladies' lacrosse suffer sixth straight loss

Ellie van Klaveren Sport Writer

 Cardiff
 2

 Oxford
 22

After a disappointing performance last week, the ladies were keen to keep a closer score line this week.

The first half saw Oxford take an early lead, with a quick succession of fast breaks and accurate shooting. After a hard first 10 minutes, Cardiff's defence settled and managed to slow down the Oxford attack

With some incredible saves from goalkeeper Cat Williams, the defence successfully turned the ball over and moved the downfield to the attack. An early injury to Ox-

ford and no substitutes meant that the Oxford attack were weakened.

Cardiff's attack moved the ball around the fan fluidly, combining well against a strong Oxford defence. Captain Amy Rochford scored a fantastic goal to keep Cardiff in the game.

Towards the end of the first half, Cardiff's defence struggled, allowing Oxford to extend their lead and score some easy goals. Communication between the defences broke down and attacking players were left unmarked.

After half time, Cardiff regrouped and started the second half well with some strong defensive play. Oxford found it hard to get past the tight defence, with some strong double-teaming and fantastic goal-saying tackles.

Williams' impressive form continued with some more great saves in the second half.

Cardiff obtained some possession in the second half courtesy of a number of good turnovers and better midfield ball movement. Cardiff's attack managed to capitalise on this possession, with midfield defence Fiona Tait scoring a great goal.

Despite a stronger second half, Oxford took advantage and extended the scoreline with some fast-break goals and impressive shooting.

CARDIFF: A Rochford, G Glennon, G Shields, F Tait, E Burgin, L Gilbert, E Hearn, S Snell, C Williams, E Evans, F Parker, C Cummings, A Broughton, E Bartholomei

Badminton rally to draw with Brighton

Dave Riley Sport Writer

Cardiff	•••	 	••	 ••		••		••				•	•	 		4	Ė
Brighto	n	 		 										 		4	į

The pairing of Roshani Mann and Cerys Hickinbottom saved a point for Cardiff against Brighton.

The home team were looking for a change in fortunes after defeat in the reverse fixture earlier this season, but they can take credit from a spirited performance against a strong Brighton side.

The tie's first match saw the Cardiff pairing of Rapacioli and Gilmour race to a 10-5 lead in the opening game. The home pairing proved too powerful for the visitors, with a number of Cardiff smashes going past Brighton racquets. Cardiff ended the match quickly, 21-12 21-17 to go 3-0 up in the tie, having received two walkovers due to Brighton having only five players.

Cardiff then went on to toil in the singles against Brighton's quality number one and similarly struggled against the visitors' top doubles pairing. This left Cardiff 3-4 down going into the final match, where Mann and Hickinbottom came through 21-18 21-19 victors in a match they controlled from the outset.

This may go down as a missed opportunity for Cardiff to have recorded their first win of the season against a depleted Brighton. Solace, however, can be taken from the manner in which the point was salvaged. If the tenacity shown continues, the win cannot be far away.

CARDIFF: K Mahay, J Chuang, R Mann, C Hickinbottom, S Rapacioli, C Gilmour

Varsity vengeance for Cardiff ladies' football

Abigail Smyth Sport Writer

Cardiff 4 Swansea 1

Cardiff University ladies' football put their Varsity defeat behind them with a 4-1 win against rivals Swansea last Wednesday.

The first half saw an extremely high-tempo performance from Cardiff, with their first goal being scored within the first two minutes as striker Hattie Gillet managed to turn skilfully around a Swansea defender to find the back of the net.

Cardiff piled on the pressure with the ball remaining in Swansea's half of the pitch for the majority of the first period. Laura Mcdonald stood out as she sprinted up and down the wing, crossing the ball into the box. Her efforts paid off as she doubled Cardiff's lead in the 13th minute.

Swansea started to push Cardiff back towards the end of the first period – however, the home side's defence remained strong, with good communication across the back four. Gillet then managed to bag her second of the game when she was presented with a tap-in at the left post.

Swansea managed to pull one

back just before the half-time whistle, the teams going in at the break with Cardiff up 3-1.

Cardiff took to the pitch for the second half comfortable with the score line but determined to maintain their level of intensity and claim all three points.

It would not be easy, however, as Swansea picked up their performance after the break and began to make inroads into the Cardiff defence. Possession between the two teams was very even, but a set piece would see Cardiff increase their lead with Fran Dalton showing great composure to blast the ball into the net from a

The full-time whistle saw a very pleased Cardiff team celebrate as they had won the derby game. The bad memories of the Varsity match have been put to the back of the players' minds, with the win taking them up to third – two places above Swansea.

Cardiff will travel to Swansea next week for the reverse fixture, where the ladies could secure the double over their greatest rivals ahead of the 2014 Varsity.

CARDIFF: F Taylor, S Glover, M O'Connell, F Dalton, C Moore, L Mcdonald, S Davies, E Davies, V Francis, H Gillet, A Smyth

Monday December 2nd 2013 SPORT 29

Errors cost Cardiff dear as Hartpury power to victory

Steffan Thomas

Rugby Club Correspondent

Cardiff	10
UWE Hartpury	2

Cardiff University's men's rugby took on the challenge of facing up to a powerful UWE Hartpury outfit at Cardiff Arms Park.

The visitors started the strongest, with their physical approach causing Martyn Fowler's side all sorts of problems.



After an even opening five minutes, classy Hartpury fullback Ian Clark ghosted his way past three would-be tacklers, before being brought down in Cardiff's 22. This resulted in a chance for the home side to open their account, which outside half Gareth Thompson succeeded in doing with a penalty.

It was courtesy of scrum half Tom O'Flaherty that the home side's first real opportunity arose. After a free kick from a scrum in their own half, the nippy scrum half took a quick tap, and after having gone through numerous phases on the away side's try line, centre Ben Madgewick knocked on with the try line at his mercy.

And this would be the story of the first half, with slight errors ruining the home side's opportunities after some inventive and exciting rugby. It was from a scrum that the first try of the contest came, with the visitors causing Cardiff's scrum to disintegrate under pressure, which resulted in a penalty try that Thompson duly converted.

Hartpury's physicality allowed them to maintain momentum after their first try, with Thompson making a lovely break in midfield before throwing an audacious floating pass for lively winger Cameron Roberts to score.

Hartpury centre Seb Rodwell was outstanding throughout and his powerful running allowed Roberts to run in unopposed for his second try of the match.

Jack Wilson managed to get the hosts on the board just before the interval with a difficult penalty, but the first half very much belonged to the Englishmen.

The first points of the second half came as a result of Cardiff's defence when Thompson ran into



a brick wall attempting to run the ball out from underneath his own sticks. The ball was subsequently ripped out of his grasp, with second row Ollie Smith touching down for a converted try that reduced the score to 10-20.

Unfortunately, despite putting the visitors under sustained periods of pressure, the Hartpury's forwards were still able to win the majority of the collisions, with their scrum still a massive strength of their game. But it was Clark who put the final nail in Cardiff's coffin as the former Gloucester player sidestepped four defenders before racing away to seal a 27-10 victory for the league leaders.

CARDIFF: S Burrows, L
Waldren, B Madgewick, J Watters
A Evans, J Wilson, T O'Flaherty,
D Wayman, R Smith, B Unwin, J
Kenny, O Smith, A Rees, H Wilkes,
M Bonzanko, Dave Fellows, G
George, D Jones, M Baker, A
Burril, L Thomas, L Molloy, M
Evans, I Phillips

Solid start to the year for Dancesport

Sophie Banks Sport Writer

Warwick held Dancesport's first competition of the year on November 16th, with 52 competitors representing Cardiff.

The field was strong, with 11 other universities competing throughout the day. With more than 50 competitors in the beginner category and over 60 in the novice category, Cardiff did extremely well.

In the beginner category, Shani Freeke and Ollie Wannell danced excellently and came first in Jive and second in Waltz, Quickstep and Cha. Cari Davies and Becky Lambert came first in Cha and fifth in Jive, with Findley Mostyn and Kate Baranaby coming third in Jive and fifth in Cha.

In our novice's category, Jenna Crocombe and Apple Gam came fifth overall in the Latin section. Rosemarie Foreman and Faye Rees were semi-finalists in novice Latin, and couples Matt Burgess and Sophie Kendall and Bryn Griffiths and Katie Kelly were semi-finalists in the novice Ballroom category.

In the intermediate category, Ali Naeem and Sophie Timbers came second in Ballroom and Laurence Lovell and Bethan Edwards came sixth. In intermediate Latin, Zixin Tong and Hannah Garfield, Bryan Heggs and Natasha Dumigan, Laurence Lovell and Bethan Edwards were all semi-finalists.

Cardiff also made up six teams in the 32 strong team matches. In division one of the team matches, Cardiff A team came fourth, Cardiff B came 10th and Cardiff C came 16th. In Division 2 Cardiff D came 4th, Cardiff E came 9th and Cardiff F came 11th.

Overall, Cardiff had a successful day at Warwick and will look to build on a solid start at the next competition in Bath on November 20th



Korfball seeded for BUCS Nationals after stellar display

James Wilcox Sport Writer

Cardiff University Korfball Club began their 2013/14 BUCS campaign in earnest last weekend with a fourth-placed finish at the Southern Regional Qualifiers in Birmingham.

The first team were pooled with Essex, Birmingham, Reading, Oxford and Bristol. Cardiff started strongly, dispatching an inexperienced University of Essex side 12-1 with a convincing display of shooting, combined with impressive control.

Cardiff's next opponents were Birmingham, with whom they have maintained a close rivalry over the last few years. Cardiff opened the scoring to take an early lead, with the first half continuing as a close affair. However, after Birmingham took the lead, some dubious refereing decisions followed and Cardiff lost their focus, allowing Birmingham to claim a hard-fought 7-3 win

Cardiff then redoubled their efforts and saw off Reading 6-1 and Oxford 5-1 with relative ease. In the final group match, Bristol showed surprising resistance and matched Cardiff's scoring to force a frustrating 5-5 draw.

After a team talk from their coaches, the squad entered the final

placing matches in the top 6. Their next opponents were Southampton, who managed to earn a convincing 7-1 victory with very organised tactics, which broke down Cardiff's game

Having to bounce back again to try and secure a top-four finish, the squad needed a win against Cambridge. This match was to prove the tightest of the tournament. It remained a low-scoring affair, with the teams trading the lead throughout the game. As the final whistle sounded, Cardiff were celebrating with four goals to Cambridge's three and only one game left to play, against Kent.

The final match was a quiet affair with Cardiff easing to a 5-1 win, ensuring that they finished fourth behind Birmingham, Southampton and Cambridge. Although Cardiff had beaten Cambridge, the former's draw with Bristol denied them a top-three placing.

Finishing in the top four teams means that Cardiff are seeded for the BUCS National Championships in March next year. The squad have seen what they are up against and the coaches have identified some areas to improve on, meaning that Cardiff are easily capable of coming back stronger and reversing some of these results.



TEAM TALK: Sport editor David Hooson talks to JOMEC FC captain Liam McNeilly about the IMG set-up this year

After disappointing defeats to Y Gym Gym and EarthSoc, JOMEC FC seemed to have turned a corner this season - a comfortable 3-1 victory over CHAOS and a hard-fought draw against the Medics have since followed.

Following their recent improvements in form, JOMEC are looking to push on in the concluding games of Phase One as captain and goalkeeper Liam McNeilly sets his sights on qualifying for the Second Division next semester.

How would you assess your season so far?

Mixed but improving. The draw against Medics in particular was a big result for us. We are now fourth in our group and I think another four points from our last two games will get us into Division Two at the end of the season, which is definitely achievable.

What are your main goals for the season?

ished second in Division Three. so going one better than that and possibly getting into Division Two would be great. We are in a group that is strong throughout, so just to do that would be an achievement in

kev players?

recruited quite strongly. Simeon Goldstraw is proving a prolific goal scorer and Jimbly 'Klaus' Taylor has stepped up to become our regular centre-back. Joe 'Chow' Mayne and Ben Rynjah have also made important contributions in the middle of the engine room.

Why do you think IMG is an important part of uni life?

It provides Cardiff students with an outlet to play sport if they are unable to play AU sport or choose not to. You only need to look at how much of a scene there was when they attempted to cap IMG at 24 teams to see how much it matters

What are the main challenges you face as an IMG team?

Financing is an issue. We tried to get a sponsor this year but we couldn't, which means that we've had to pay for everything ourselves. I initially had to pay for everything myself and then get that money back from people in the team. Additionally, Wednesday afternoons have traditionally been left clear for participation in sport but, this year, lectures seem to be running into Wednesday afternoons, which leaves people with the decision of whether to turn up for a lecture or participate in sport. The purpose of university is obviously to study, but the University also have a responsibility to provide for people who want to play sport.

What do you think could be done to improve IMG in general?

There has been a lot of criticism of referees, but I think the initiative to improve that has to come from the players. Everyone is quick to scapegoat bad refereeing, but players are always trying to influence referees to make bad decisions. A more sporting attitude would benefit everybody. Also, the random draw at the beginning of the season could potentially cause some anomalies, with the possibility of teams like Engin Auto (Engineering's 2nd XI) ending up in Division One, so a seeding system could im-

In such a close Premier League season, what do you think will be the determining factor in the final standings? Who's your tip

It could be a number of things. Many people are suggesting that both Arsenal and Liverpool will not have enough depth, but equally their class could prove enough. 1 think that Chelsea will come good and win the league in the end. They have class throughout their team, even coming off the bench, to a much greater extent than any other side. The Mourinho effect will shortly come into play. He's the right man for the job in my



Joe Atkinson

With approximately one-third of the Premier League season complete, there is plenty of reason for quiet optimism among Cardiff City supporters. Encouraging, wholehearted performances have reaped results against the giants of the league, while City have repeatedly demonstrated their ability to dig in against clubs around them in the table.

Although Malky Mackay's men currently sit just above the drop zone, team spirit and performance level suggests the squad has enough about it to survive City's maiden Premier League season. A number of players have shown their topflight credentials, with both new signings and members of last season's promotion squad impressing.

The central defensive unit of Steven Caulker and Ben Turner typifies this mix - Caulker a summer arrival from Spurs, while Turner is in his third season as a City player. They have started together in every league game so far and have formed a formidable partnership at the back, while Caulker's aerial ability has seen him net vital goals.

In midfield, Gary Medel, also a new acquisition, has proven to be a determined and aggressive player, perfect for the fast-paced and physical English game. The Chilean has complimented the likes of Jordon Mutch, Aron Gunnarsson and Peter Whittingham, who have been star performers in the heart of the Cardiff midfield. As noted in this column last week, City's strikers have struggled at times to score goals. Fraizer Campbell is the club's top scorer in the league with just three, highlighting a problem going forward for Cardiff. Craig Bellamy and Peter Odemwingie have both offered competition and versatility, but neither has made a significant impact on the scoring charts.

With a settled squad and a balanced and consistent starting 11, Cardiff have so far adapted well to the Premier League and will look to kick on over the Christmas period to ensure survival come May.



Amos looking to build on first call-up

Steffan Thomas

As Cardiff University student Hallam Amos ran out on to the Millennium Stadium turf against Tonga. back on November 22nd, one can only imagine the feeling of elation that the Newport Gwent Dragons was experiencing upon winning his first senior Welsh cap.

The 19-year-old medical student would have expected to watch the Autumn Internationals either in the comfort of his own home or out with his friends, but instead he was lining up in a star-studded Welsh back division that included IRB World Player of the Year nominee Leigh Halfpenny and established international winger

"Two weeks ago, I was sitting watching the South Africa game and had no idea I would be involved a fortnight later. Things do move very quickly in this game," said the Stockport-born winger.

"The intensity of training definitely brings you on. There are no hiding places. You have to be accurate in everything you do.

"[Wales coach] Rob Howley always says international rugby is about doing the basics really well. When you are playing in front of 50,000 people you can't hide, really.

"It was an amazing experience, very special, and I really enjoyed it. I am a bit battered and bruised now, but it was good to get the win.'

Despite being born in Stockport, Amos is a product of Monmouth School, famous in Welsh rugby circles for producing the legendary Keith Jarrett, who scored four tries on his debut against England as an 18-year-old in 1967.

Former Welsh international John Bevan, a coach of Amos in his early years, described his admiration for the winger: "We are very proud and it is fairy-tale stuff seeing the head boy, who only a few months ago was reading out notices in assembly, set to play for Wales.

"Hallam has all the physical attributes and is bright both on and off the field.

"Every time that a player steps up a level they will find things faster and harder but Hallam has taken it all in his stride and is mentally tough."

Amos, who studies medicine at Cardiff University, will look to follow in the footsteps of one of the University's favourite sons in Welsh and British & Irish Lions international centre Jamie Roberts.

Roberts, who graduated only a few short months ago, is well qualified to advise Amos about the difficulties of combining a career as a professional sportsman, with medical studies.

"It's good having Jamie, who has already been through it," said

"I have spoken to him a few times about it. I think it is good for me to know there is someone who has already done it and that it can

"I've put the medicine a bit on the back seat these last couple of weeks with all the Welsh training, but it's going well. It's just about managing to keep all balls in the air. It can be pretty hectic. One day last month. I was 9 to 5 in hospital. doing CPR, learning resuscitation, and then I was straight down to Rodney Parade for the game against Zebre. So it's busy, but it's really, really good. I am enjoying

Unfortunately for Amos, he was not selected ahead of Wales' clash with Australia last weekend, but will no doubt be looking to the future and hoping to build on his first cap both for the Dragons and



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Paul Davies

Leigh Halfpenny is the Cardiff Blues' most valuable asset. Over the past year, Halfpenny has proven to be one of the world's most consistent fullbacks, as well as one of the most reliable goal-kickers. He has stood out with exceptional performances for the Blues, Wales and for the British & Irish Lions.

As if it wasn't enough to be named Player of the Six Nations and Player of the Series for the Lions, he might soon be adding World Player of the Year to his Twitter bio.

It is well documented that Halfpenny will be out of contract with the Blues at the end of the season. Several months ago, Halfpenny was linked with a move to Toulon. If the rumours are to be believed, Toulon have already offered him a £1 million contract to join their incredibly star-studded ranks. No wonder Blues fans are sceptical about their chances of keeping a hold of Wales' golden boy.

Halfpenny has been keeping quiet over his future and, since his link to European champions Toulon, there have been no clues regarding the club he might be playing for next season. If Halfpenny was planning on staying with the Blues, you would imagine that he would have at least voiced a desire to stay, like Sam Warburton has.

Realistically, the Blues have very little to offer Halfpenny. They won't be challenging for silverware anytime soon and there is a strong chance that they won't even be involved in next year's top European club competition. Players of such calibre want to play at the highest level and relish being involved in teams who are challenging to win trophies

The Blues won't get close to matching the wages offered by the French clubs, even if the WRU make good on their promise to cough up £1 million to help keep international players in Wales

It will be a devastating blow if, or when, Halfpenny leaves. As a player, he's irreplaceable and his departure would mean a further step backwards for a Blues team, which seems to be in a dangerous state of decline.

Sport's Pitch: The Real Test

In light of the news of Jonathan Trott's Ashes departure, Sport writer Dom Booth takes a look at the issue of mental health in sport

onday morning is never a pleasant time of the week, but England cricketer Jonathan Trott, waking up on Monday must have been a night-

He scored just 19 runs in two innings as England laboured to a huge defeat to Australia in the opening Ashes Test. Yet, for Trott, this would have been strangely insignificant. Later that day, it emerged that the England number three would play no further part in the Ashes series and would travel home to be with his family due to a "long-standing stress-related condition".

This is not the first time that an England cricketer has suffered from the brutal demands of the international game. Comparisons were immediately made between Trott and former opening batsman Marcus Trescothick, who flew home from India in 2006 and Australia in 2006/07 for similar reasons, and Michael Yardy, who was forced to leave England's 2011 World Cup campaign due to depres-

From a cricketing perspective, the reason behind this seems obvious - all three players mentioned above are batsmen. Many see batting as the more mentally demanding discipline and the most successful purveyors of the batting trade have been the most mentally tough. Australian opener David Warner insensitively described Trott's performance as "poor and weak" and jeered at England's "scared eyes" in the face of some hostile bowling.

However, short-pitched bowling and hostile atmospheres have become part and parcel of Test cricket. Most commentators would agree that, since coming into the England Test team in 2009, Trott has been renowned for his mental toughness. Therefore, the issues must lie much deeper than Warner's accusations suggest.

The arduous schedule of three to four-month winter tours, when the players are tested mentally. physically and emotionally to such a degree, are bound to be a factor. Trescothick was forced to pull out Test matches in England because of the huge pressures that were weighing down on him. Some critics of Trescothick and Trott's performances have used such slurs as "jibbing" and "bottling" in highpressure situations, but their success means that we should not cast such aspersions on to their character - they should be praised for their skill and dexterity.

Mental illness has often been a taboo subject, but with the advent of sport psychologists, sportsmen who have issues with stress or depression are seemingly well supported. Yet, it seems that sportsmen and women in the public eye are not receiving quite enough help. The media have a key role to play in how mental illness is represented in society.

When speaking to gair rhydd about mental health in sport, in cricket, particular University Cricket Club captain Joshua Allen spoke of how "people will always understand that there is a mental side to any sport, but cricket is different. The long tours and pressure of getting results may put more strain on the psyche than other sports and perhaps not everyone appreciates that.'

This lack of empathy towards mental health issues in sport was demonstrated in the reaction to Gary Speed's shock death in November 2011, aged just 42. Although no evidence of mental illness was ever diagnosed, there was an outpouring of media and



public speculation about the issues that may have led to his suicide. Despite tributes being held in Cardiff and across the country, it seemed as though many people couldn't comprehend Speed's situation. Perhaps the real reasons behind his death will never surface, but speculation and hypothesising do not help, especially in a case as sensitive as Speed's death.

Whether cases such as his are properly reported in the media, however, is an important question in shaping how mental illness is understood. Many people are still unable to talk about it due to a lack of factual information. As consumers and observers of top-class sport, it is in the public's interest to be better educated about mental health, and it is the media's duty to inform. Once this is done, there is a chance that we can move towards an era where the ridiculing of sportsmen suffering with stress no longer happens.

As recently as November 21st, at the Cardiff University Students'

Union Annual Members' Meeting, a motion was passed to ensure that the University will work in partnership with elected officers to take action in tackling mental health issues across campus. According to the Mental Health Foundation, as many as one-in-four people will experience some kind of mental health problem during the course of each year. Some of your own teammates may have suffered or are suffering from similar issues, whether it be in IMG or in AU sport.

In the case of Trott, like others before him and those to come, he needs to be given the time and space to recover in his own time. For now, fans, fellow sportsmen and the rest of society need to understand that their sporting heroes are not invincible and should be supported, not derided. High-profile cases of sportsmen in such situations can only help raise awareness and eliminate ignorance or misconception about mental health issues.

anv thanks to those who came along to Dodgeball Thursday. It was a great event and was played in great spirit by everyone! I'd like to thank all the clubs that entered teams as well - vou represented the AU fantastically.

Well done to the Vicious & Delicious team, who won best fancy dress for their matching outfits and matching accessories as well. There was also the typical sporting drama as Acapelter (Acapella Society) through sheer heart, determination and luck - were without a doubt the true underdog story

of the event as they managed to make it all the way to the final before losing out. They were beaten

by the favourites, the New Cardiff Banzai Mavericks (Lacrosse Club), who were a strong contender throughout the tournament and proved to be a dominant force yet again, winning for the fourth year in a row.

In other news, in March every year the Students' Union holds elections for its full-time officer roles and part-time officer roles as well. This year, there is a slight change to usual in that nominations are open now.

If you have ever considered being an elected officer, then go on and nominate yourself! You have until February to do so. If you have any questions, don't hesitate to contact any of the current officer team. The elected officers are here to represent students and to get students' voices heard. If you want to be involved in that, you should definitely consider nominating yourself! What's the worst that could happen?!

If you'd like to run for VP Sports & AU President, then come and see me in the Officers' Bowl on the third floor of the Students' Union building - I will gladly tell you more about the AU and all our amazing clubs and give further details on how to run.

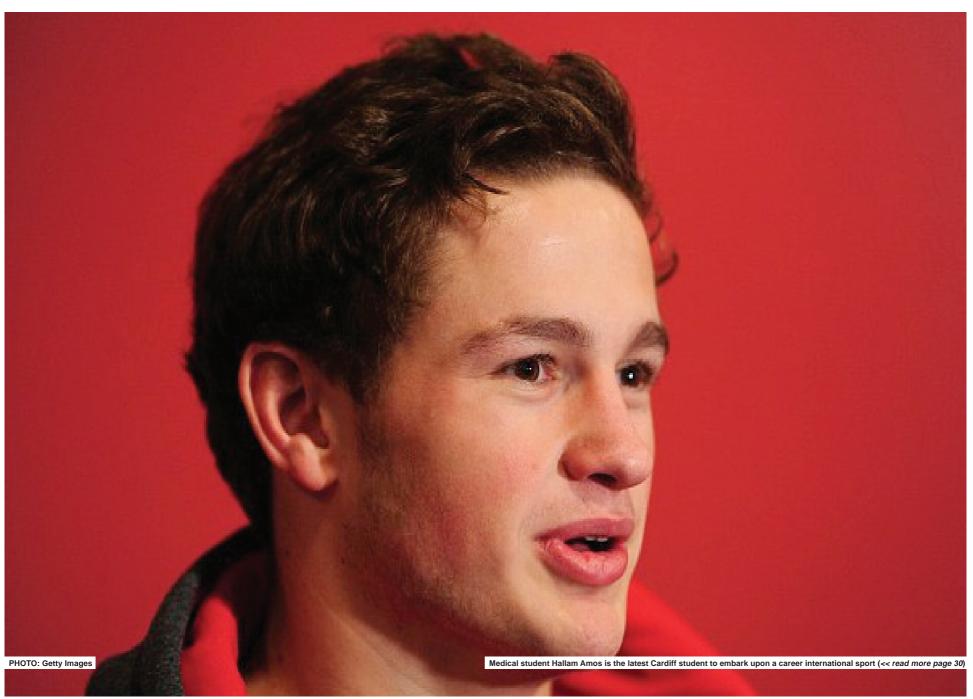
It's December and the first term is almost over already. Time has flown by and I'd like to say "thank you" to all of our clubs for putting in excellent performances whenever they have competitions as well as arranging fantastic trips and events and getting involved in lots of Union activity.

EDORE EVUARHERHE **Athletic Union President** @AUPresidentCSU

cardiffstudentmedia.co.uk /gairrhydd



Fresher Amos following Roberts' lead



Sport's Pitch: a look at depression in sport following Trott's Ashes departure

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Success for Cardiff
Dancesport in Warwick
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Cardiff hosts Welsh Dragon sailing event