

**Deacon Blue and Pope sing off
same hymn sheet as both back
Glasgow charity** P6/7



From left to right; Timothée Chalamet, Johnny Depp, Gene
Wilder, and Paul Connell in their adaptations of Wonka
(Credit: Warner Bros & Paul Connell/Wired)

A WORLD OF PURE DISAPPOINTMENT

Paul Brady writes about the Willy Wonka event that has captured the world's attention P12



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Hello readers,

This will be my final edition as editor of The EDIT magazine, and I hope you have enjoyed the publication this year as much as me and my team have enjoyed putting it together.

I write this note on the back of a busy weekend for the Irish diaspora across the globe and an even busier weekend for those that are lucky enough to work in Irish pubs. So, I am quite tired and emotional (not in the Private Eye euphemism way) I'm literally tired and a lack of sleep tends to make me quite emotional, but it has been a really good year for me, starting projects, making new friends and most importantly of course spending time working on this magazine.

The first edition was well received as we took on a campaign to get free breakfasts back on campus after the university took them away, but that freshers' edition saw more as we celebrated students, Scots culture and more.

Then came the second edition, where we looked into politics – a Keir Starmer interview was featured – we also took a dive into music more so than usual as the music section was packed with articles about Taylor Swift and indie-folk star Noah Kahan and the renaissance of the genre.

So, as I bid farewell to my role as editor of The EDIT, I'm filled with gratitude for the opportunity to be a part of this vibrant community. Over the past year, we've delved into the pulse of student life, celebrating achievements, challenging norms, and embracing the diversity that makes Glasgow Caledonian University so special.

I extend my deepest thanks to the incredible team behind The EDIT. Your dedication, creativity, and tireless efforts have brought this magazine to life, sparking conversations and forging connections across our campus.

To our readers, thank you for joining us on this journey. Your engagement, feedback, and support have fuelled our passion and inspired us to push boundaries.

As I pass the baton to the next editor, I have every confidence in the continued success of The EDIT. May it remain a platform for student voices to be heard, ideas to be explored, and stories to be shared.

Thanks for the last time,
Daniel Byron

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Daniel Byron, above and US President Joe Biden, inset below, (R;L: Self took photos, and Biden's photo: Gage Skidmore/Flickr)

'The fear of stuttering is worse than the stammer itself'

The speech impediment is believed to effect 3% of the population and *Daniel Byron* writes about the frustration it often involves

"HI my name is D-d-daniel..." someone would retort "Ha! You've forgotten your name?" Which is all too common. The first few times I took offence, but now it's not even original nor an attempt at patter.

Anyway, I (like 80 million people in the world, the commonly used number) have a stammer. I've always had it, ever since I can remember at least. It's something that haunts me, not feeling in control – not being able to order at a restaurant coherently or a pint at a pub. It's something that affects my confidence.

I am lucky as people say they don't notice it, but that's because I swap words out when I know a block is coming. Some people on the internet call it "covert stammering", where you

insert filler words, such as "emmm", or swap words about before blocking on them. There are some situations in which you can't swap the words about, say you're in a restaurant and you really want the Spaghetti Bolognese, but you can't get the words out so you settle for something easier to say like a burger. It can make you feel like a fool and like a child.

People that know me, know I love a pint of Guinness, one of the reasons I tend to only drink the stout is because Guinness is a nice easy word to say. And on the off chance I did stutter, I could easily switch it up and ask for a "pint of plain" or "black" or "stout" so many variations.

I am thankful when people say they didn't know, it means it's working. But it does

frustrate me not necessarily that I want

people to know – I don't want pity, it's just when I start to stammer it's usually quite bad and people would laugh about it.

The late Joseph Sheehan described stammering as being "like an iceberg," so the part above the surface, what people see and hear, is really the smaller part. By far the larger is the part underneath the shame, the fear, the guilt, all those other feelings that we have when we try to speak a simple sentence and can't.

My fear of stuttering can easily become worse than the stuttering itself. The feeling of dread I have about anything which involves speaking is clouded by the possibility of stuttering. A way to combat this could be to embrace the stutter and just keep on going in a way it can be authentic, if it works for the president of America it can work for me too. I guess?

But even he gets bullied and mocked for it, Donald Trump will stoop as low to mock someone's disability, which he has started to

do since Biden's well received State of the Union address. Trump despite joking about a reporters disability in 2015 by intimating the upper-body movements of the journalist. He always exercised some restraint around stuttering, perhaps because Republicans stutter too, including his friend Herschel Walker who has a place on Stuttering Foundation's website alongside the incumbent president.

Trump did it more subtly in the last campaign, with his team clipping up Biden's verbal mishaps. When Biden mixes up names, or dates, it's not because of his stutter it's just him making a mistake.

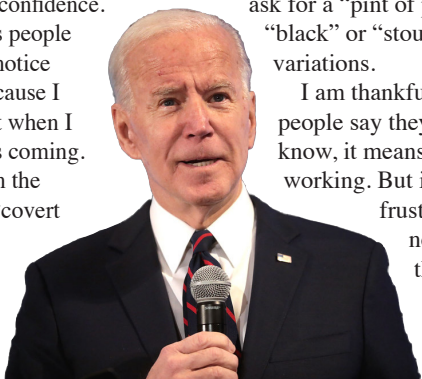
Trump may be among the most famous and powerful people in modern history, but he remains a small-minded bully.

When you're a covert stammerer, reading a book out

loud is extremely challenging – something we had to do at school of course – or now at university having to read an autocue. It doesn't matter how familiar with the script I am, there will always be one word – ad-libbing is far much easier. But that isn't always practically done.

Having the speech impediment is often seen as having a low intelligence – perhaps because it is often used in comedies to show an idiotic character off – however, it is just not a true assumption. Some of our best speakers, actors, writers and poets have a stammer.

When I spoke with Jane Powell, CEO of Stamma UK, last year about the perceptions of those that stutter, she said: "Research shows that stammering is neurologically based. This means that the way speech is produced in the brain is different for people who stammer. Stammering isn't an indicator of personality type or intellect, and it doesn't mean we're nervous. It's simply how some of us talk."



TRIBUTES have been paid to a Holocaust survivor who fled to Scotland from Germany after he died at the age of 100.

Henry Wuga MBE was sent to Glasgow at the start of the war after arriving in the UK on the Kindertransport in 1939, where he found a welcoming home.

Wuga celebrated his 100th birthday in February with friends and family at his Giffnock residence.

Jackson Carlaw MSP for Eastwood, Wuga's constituency, who submitted a parliamentary motion to mark the centenary said:

"How joyful it was just last month to celebrate with Henry the reaching of his centenary. The years Henry and Ingrid gave over to sharing their story in schools across Scotland will never be forgotten by those who sat enthralled and deeply moved by the unique experience of a lifetime."

"That legacy will now continue through the testimony which Henry recently recorded to ensure his experiences remain available for others and for years to come on film... What a man, what a life. May his memory be a blessing."

Wuga met his future wife Ingrid Wolff, who also entered the UK on the Kindertransport, when he returned to Glasgow in later years.

For over 25 years both Wolf and his wife, shared their experiences of fleeing a Hitler controlled Germany to finding love in Glasgow to school students across the country, partnering with many holocaust memorial charities.

Jewish community voices are urging that the Holocaust work done by Wuga continues after his death as the Community Security Trust found that there were 4,103 instances of anti-Jewish racist hatred recorded across the UK in 2023, a 147% rise from the previous year

David Grossman, Man Booker International prize winner and



Portrait of Henry and his first day of school (Credit: The Association of Jewish Refugees)

Holocaust education needed more than ever after death of survivor who fled to Scotland

friend of Wuga reinforced the importance of Wuga's Holocaust education in schools: "He was an active member of the [Holocaust Education Trust and Anne Frank Trust] and spoke frequently in interviews and schools about the holocaust and his experience as a Kindertransport child.

"It is extremely important; the number of survivors are dwindling as the years go on and these are the people with the first-hand information. It

is vital these people are given a voice to emphasise the atrocities that took place at that time." Grossman added.

Wuga also dedicated his life to teaching people with missing limbs how to ski and was awarded an MBE by The Queen at the Palace of Holyrood House Edinburgh in 1999, for services to sport for disabled people.

Michael Newman CEO of The Association of Jewish Refugees, who has worked with Wuga said:

"We are grateful to have had the opportunity to capture Henry's testimony as part of our Refugee Voices archive. Capturing experiences like Henry's helps preserve the record of the Holocaust and enables us all learn about his remarkable life and the contribution he made to his adopted home.

"We will miss him greatly and are honoured to continue to tell his story as part of our work."

POPE FRANCIS this week offered his support for Scottish Catholics efforts to help the people of the African nation of Rwanda this week.

The secretary general of Caritas Internationalis, Alistair Dutton, met with the Pope. However, before moving to Rome, Dutton served as the chief executive of SCIAF, the Scottish Bishops' organisation for international development.

Each Lent, generous Scots give up a favourite treat such as coffee, chocolate, wine or crisps during Lent and put the money they save into a "Wee Box" sponsored by SCIAF. The people then donate the "Wee Box" at Easter to provide help to vulnerable communities worldwide, struggling to survive due to hunger, poverty and the climate emergency.

This year, the appeal focuses on the people of Rwanda, 30 years after the genocide which left around one million people dead.

"Our Lent appeal this year is so important," said Lorraine Currie, SCIAF's current chief executive.

"There are so many wars and tragic things happening all over our world, which we witness every day on our television screens. But there are also ongoing struggles and injustices in countries across the world that we don't hear much about, like in Rwanda," she said.

"SCIAF's work across Rwanda, driven by donations from the people of Scotland, focuses on supporting women and girls who have suffered abuse and discrimination. Working through local Rwandan organisations, SCIAF is supporting projects which help women and girls rebuild their lives, change social attitudes, and build a better future for themselves and their families," Currie said.

A SCIAF representative told The EDIT that as Lent is a time for reflection Christians are asked to pray, fast and give alms, "the Wee Box offers people in Scotland the chance to show their love and compassion for our sisters and brothers around the world."

"The Wee Box has been



Pope Francis after blessing the SCIAF Wee Box Lenten appeal with Caritas International Secretary General, Alistair Dutton, and President Archbishop Isao Kikuchi (Photo: Caritas)

Glasgow-based charity receives Pope's blessing

supported for many years by incredibly generous parishes, schools and individuals across the country. The Wee Box is the focal point of SCIAF fundraising and is used by communities to support SCIAF's projects," the representative said.

"Through the Wee Box, we focus on a different country

where we work each year and tell the stories behind our projects and those we are able to help thanks to the generosity of people in Scotland," the SCIAF staff member said.

Dutton said on X – formally known as Twitter – that Francis was pleased to bless SCIAF's Wee Box Lenten appeal and

hear about their work in Rwanda.

"Adelente' he encouraged!" Dutton wrote.

The SCIAF staff in Scotland were happy to see the picture of the Pope holding the Wee Box.

Jennifer Adams has worked for SCIAF for the last 35 years.

"The staff were all delighted



to hear that the Holy Father had given our Wee Box his blessing. We may be a small charity, but we have a huge reach and this endorsement from Pope Francis has given us a real boost," she said.

Currie hopes the Pope's support will help convince the Scottish people to donate to the Rwanda cause.

"Please give what you can to the SCIAF appeal this year. Even a small donation makes a huge difference," Currie said.

A SCOTTISH pop group took to the streets of Glasgow to ask people to show their love for some of the world's poorest people this St. Valentine's Day, which this year took place on Ash Wednesday.

Ricky Ross and Lorraine McIntosh, the vocalists for the hit Scottish pop group Deacon Blue, are supporters of the Scottish Catholic International Aid Fund (SCIAF).

The couple helped the group launch its annual "Wee Box, Big Change" appeal, which raises funds for its work in Africa, Asia and Latin America.

This year, the appeal focuses on the people of Rwanda, 30 years after the genocide which left around one million people dead.

"Having seen first-hand some of the programs that SCIAF are involved in made us realize how important it is to support the ongoing work of SCIAF," Ross said. "We are continually amazed at the difference that the WEE BOX makes, even tiny amounts make a huge change."

Deacon Blue was formed in Glasgow in 1985, and their 1988 song 'Real Gone Kid' was the band's first top-ten hit, perhaps their most well-known song 'Dignity' surprisingly though failed to break into the top-ten.

Lorraine Currie, SCIAF's Chief Executive said this year's Lenten appeal is "so important."

She urged Scots to give to the SCIAF appeal this year, saying, "Even a small donation makes a huge difference."

Meanwhile, children at St. Francis Xavier's in Falkirk got together this week to show their support for the SCIAF Lent appeal.

Teacher Rebecca Murray told The Falkirk Herald that each year during Lent, the Primary 7 pupils organize and run whole-school fundraising events each week to raise money for SCIAF.

"This year, they have planned a movie afternoon, a fun day, an obstacle course, a non-uniform day and a coffee morning for members of the community," she said.

"As a whole school, we will also take part in The Big Lent Walk as a sponsored event, including elements of play and prayer along the way. We are very proud of the commitment and compassion our pupils



Lead singers of Deacon Blue Lorraine McIntosh, left, and Ricky Ross promoting SCIAF (Credit: SCIAF)

DEACON BLUE AND PONTIFF SINGING OFF SAME HYMN SHEET WITH SCIAF SUPPORT

have shown to raising money for SCIAF and supporting our sisters and brothers around the world," Murray said.

Ben Wilson, SCIAF's public engagement director, told The Falkirk Herald the Catholic charity is "so grateful" to St. Francis Xavier's school for giving SCIAF "such a lovely welcome."

"Their support for people living in poverty around the world is really overwhelming," he told the newspaper.

"Our Lenten appeal this year is so important. There are so many wars and tragic things happening all over our world, which we witness every day on

our television screens. But there are also ongoing struggles and injustices in countries across the world that we don't hear much about, like in Rwanda," he said.

"SCIAF's work across Rwanda, driven by donations from the people of Scotland, focuses on supporting women and girls who have suffered abuse and discrimination. Working through local Rwandan organizations, SCIAF is supporting projects which help women and girls rebuild their lives, change social attitudes, and build a better future for themselves and their families," Wilson said.

Do we have a problem with alcohol?

EIDANE MONTGOMERY

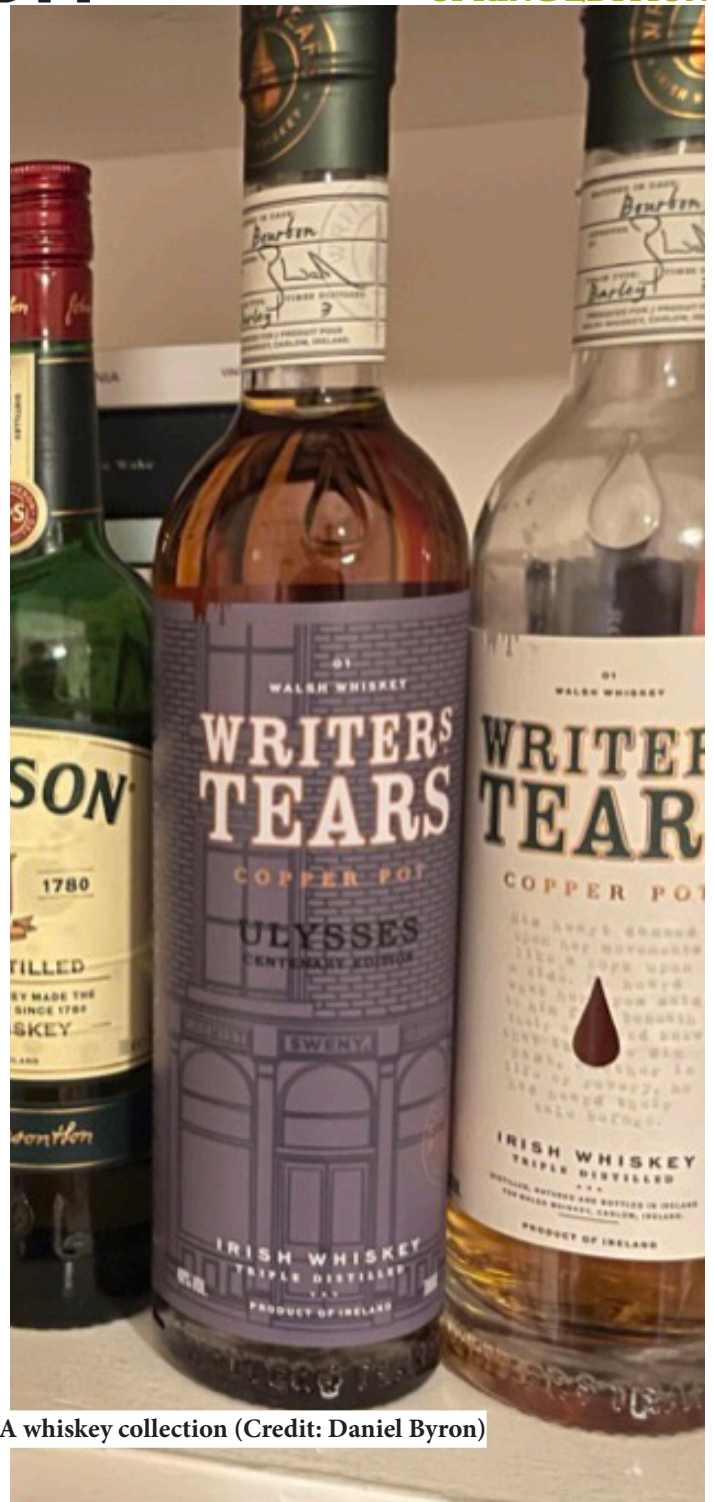
ACCORDING to the charity Alcohol Focus Scotland one in four adults are classed as a hazardous or harmful drinker. This means that the amount they drink exceeds fourteen units per week, this can increase your risk of developing cancer, heart disease and even brain damage. Alcohol related injuries have been rising since 2019 and there has been a twenty-five percent increase in alcohol-specific deaths. Many people may not even realise that the amount they are drinking is harming them.

Alcohol can be a great thing when enjoyed in moderation, but the culture of drinking can be extremely damaging. It plays a significant role in university life. You meet new people at a nightclub, and you bond with your new course mates over a pint in the union. Students Organising for Sustainability polled more than one and a half thousand students across the country to assess the impact that both drugs and alcohol were having on students. More than half of students believed that alcohol was needed to have a good night out, this had also led many to miss classes and take risks that could affect their

personal safety. This is also a thirty eight percent increase from the previous year. Many report 'h anxiety' which is the anxiety that follows after a night out when you can barely remember what you did but you know it was probably embarrassing. The amount we drink is affecting both our health and our mental well-being.

The culture surrounding alcohol is not only damaging to those who do drink but also those who are trying to quit. Alcohol Focus Scotland says that there has been a drop in the amount of people who are seeking help for alcohol addiction. In a society where many can't even enjoy a night out without turning to alcohol, it can be hard to recognised when things are taken too far, and it can be even harder to admit that there is a problem in the first place.

If you do think you may be developing a problematic relationship with alcohol, don't be afraid to visit NHS Inform which has information and advice on alcohol addiction. The site also has links to resources such as Drinkline which provides over the phone guidance to anyone who may be struggling or knows someone who is struggling with alcohol.



A whiskey collection (Credit: Daniel Byron)

HOW TO MANAGE ALLERGY-PRONE SKIN DURING HAY FEVER SEASON

LAURA BURNS

AFTER enduring months of harsh cold and central heating drying out our skin, the UK is now bracing for a pollen surge this April as pollen counts steadily rise each day.

Freezing temperatures, strong winds and indoor heating are a combination prone to drying out the skin because they disrupt the skin barrier.

However, as we are now heading into hayfever season, eczema

flare-ups, itchy eyes, and runny noses are the next challenge.

A spokesperson for beauty and wellness marketplace, Fresha, says now is an excellent time to learn about how your skin can react to seasonal weather.

"Around 44 per cent of all British adults are impacted by allergies, and hay fever is one of the most common allergies, reportedly affecting up to 49 per cent of the UK population.

"Grass pollen is the most common allergen, which normally is

at its strongest from May to July. However, trees are mainly prone to causing the allergic reaction we know to be hay fever, at its strongest from February to June.

"Allergies cause inflammation in the body, which can lead to swelling and skin irritation. When an allergen enters your system, the immune system overreacts and prompts the release of histamine, causing symptoms like sneezing, itchy eyes, and wheezing.

"However, that reaction inside your body can impact your skin,

and most of the time, skin conditions like eczema, psoriasis, and hives are likely to flare up at the same time your allergies do. This is because they are all connected to the immune system.

"This flare-up will cause dryness, redness, irritation of the skin and sometimes puffiness around the eyes."

To help you prepare for the month ahead, the experts at Fresha share their top tips on allergy-proofing your skin during the hayfever season.



THE STAR AWARDS 2024

Thursday 18th April | 6:30pm

Re:Union Bar & Grill

Tickets £10 including meal and drink:



Preventing dryness is key to reducing red, itchy, cracked symptoms. Therefore, moisturising at least twice daily, once in the morning and once at night, is recommended.

Depending on your skin type and sensitivity, if you suffer from skin conditions such as eczema (including contact and atopic dermatitis), psoriasis, or rosacea, you should avoid any products containing fragrance or alcohol.

Anything labelled with ethanol, isopropyl alcohol, and alcohol denat is ultra-drying for the skin.

Normally, the ingredients that are at the beginning of the label

indicate the main ingredients the product is made up of. For example, e45's main ingredient is white soft paraffin, which helps soften dry skin and soothe sores, lesions, and psoriatic scaling.

Cleansing your skin is extra important during allergy season, and you should do it in the morning and at night.

This is because you need to get rid of any pollen particles that could have landed on your face or body.

However, over-cleansing can dry your skin out, especially for those with dry, sensitive skin. Therefore, it is important to

cleanse the right way and pick your cleanser wisely.

Ideally, you want a mild, gentle cleanser with no harsh chemicals. CeraVe and Cetaphil have some great options and also La Roche Posay.

Also, avoid cleansing with piping hot water, as this doesn't just strip your skin of natural oils but can also damage or burst capillaries.

Alex Sena, medical practitioner of Our Skin Clinic adds:

"If you don't have a suitable cleanser, don't moisturise or use skin protection you leave your skin exposed to free radicals, like

UVA rays and pollen.

"Your skin's immunity is then going to be naturally low and the side effects will be much greater compared to those people who have the same condition but have prepared themselves beforehand."

Wash your bedding and clothes regularly and dry them indoors

Pollen sticks to your clothes easily and can easily be transferred to your skin and bedding. Therefore, washing them very regularly will help to avoid contact.

Also, during this time of year, it is recommended you wear non-abrasive fabrics that are gentle on your sensitive skin.

SCOTLAND'S flagship Lush store opened its doors last year, and this EDIT reporter was one of the first into the shop.

Beauty enthusiasts have eagerly anticipated the opening of the flagship store on Glasgow's bustling Buchanan Street. When the doors swung open this morning, bath aficionados swopped into to revel in three floors brimming with an array of bath bombs, bubble bars, and soaps.

Spanning 20,000 square feet, the store not only houses the essentials but also offers enticing beauty services. From the Lush Shampoo Bar to lively Lush Parties, a makeup station, and a range of fragrances, there's an abundance of experiences to explore.

Come March 2024, an additional floor will debut a new Scotland-themed treatment at the Lush Spa. A giant disco ball adds flair to the store, complemented by vibrant displays and local artist Joshua Barr's graffiti, creating an upbeat atmosphere throughout.

With Christmas approaching, a substantial section is dedicated to the beloved Snow Fairy collection, a favorite in Glasgow where it outsells every other UK city, doubling the sales of the second-place Liverpool.

Discover other unique areas such as the Lush florist offering fresh bouquets, skincare "sushi" bars, and a cafe and bakery managed by the popular Plant Blonde from the West End, tempting visitors with generous slices of brownies.

Jennifer Walls, from Plant Blonde, said: "We are extremely grateful for this amazing opportunity to work with such an ethical brand that shares the same values.

"Lush is such a fantastic welcoming, experience driven place and we enjoy every moment spent there.

"We can't wait to share the speciality coffee and freshly baked cakes everyday



(Credit: Daniel Byron)

Looking Lush: A first look into Scotland's biggest Lush store



with the team at Lush and everyone now in the city centre of Glasgow." Since

establishing in 1995, one of Lush's most well-known creations has been the bath bomb. Invented in 1989 by Lush Co-Founder Mo Constantine in her garden shed, Lush sold over 40.5 million last year.

Today, Lush operates in 48 countries with over 886 shops and 38 websites shipping worldwide.

Lush Glasgow City, 98 Buchanan Street, Glasgow, G1 3HA



The Oscars 2024 Look Book: A Fashion Triumph

LEONA STEWART

THE 96th Academy Awards dazzled not just with cinematic brilliance, but with a kaleidoscope of captivating red carpet looks. From bold and daring to classically elegant, celebrities brought their A-game, solidifying the Oscars as a night of unforgettable fashion moments.

Ariana Grande, teaming up with Cynthia Erivo for their upcoming film “Wicked,” channelled Glinda the Good Witch with a whimsical custom Giambattista Valli gown. Layers of tulle in a delicate pink cascaded down the carpet, adorned with shimmering crystals that evoked a sense of fairytale magic. Her signature high ponytail and oversized pearl earrings completed the enchanting look.

Florence Pugh turned heads too, dazzling in a custom-made silk gown. The “Dune” star embraced a glamorous aesthetic, captivating audiences with her shimmering ensemble.

The dress had a structured bustier, crafted with sparkling silver rhinestones that resembled a dazzling cascade. This fell into the flowing silk skirt, adorned with subtle beadwork.

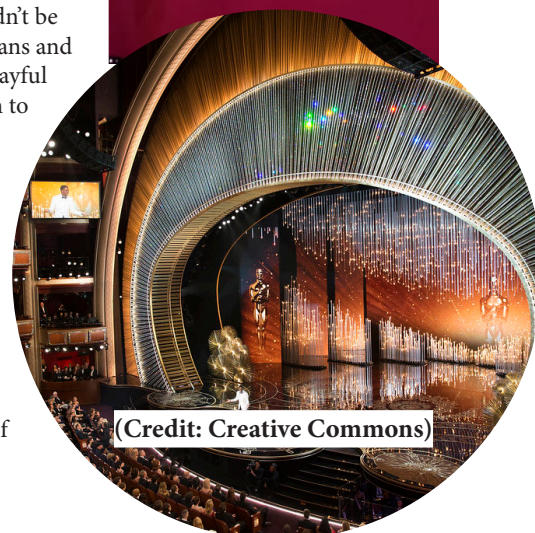
To complete the captivating look, she accessorised with a statement piece - a Bulgari snake-shaped diamond choker. A chunky gleaming ring from the same designer added a touch of modern flair.

Sabrina Carpenter, ever the rising star, turned heads on the red carpet. Seen alongside now-confirmed partner, Barry Keoghan, the couple's outfits hinted at a playful sense of coordination. Carpenter wore a black Tory Burch dress with a sheer skirt, while Keoghan stayed dapper in a black tweed jacket. He was also seen wearing a small beaded friendship bracelet, with Sabrina's name on it, given to him by fans as she opened for Taylor Swift on her Era's Tour.

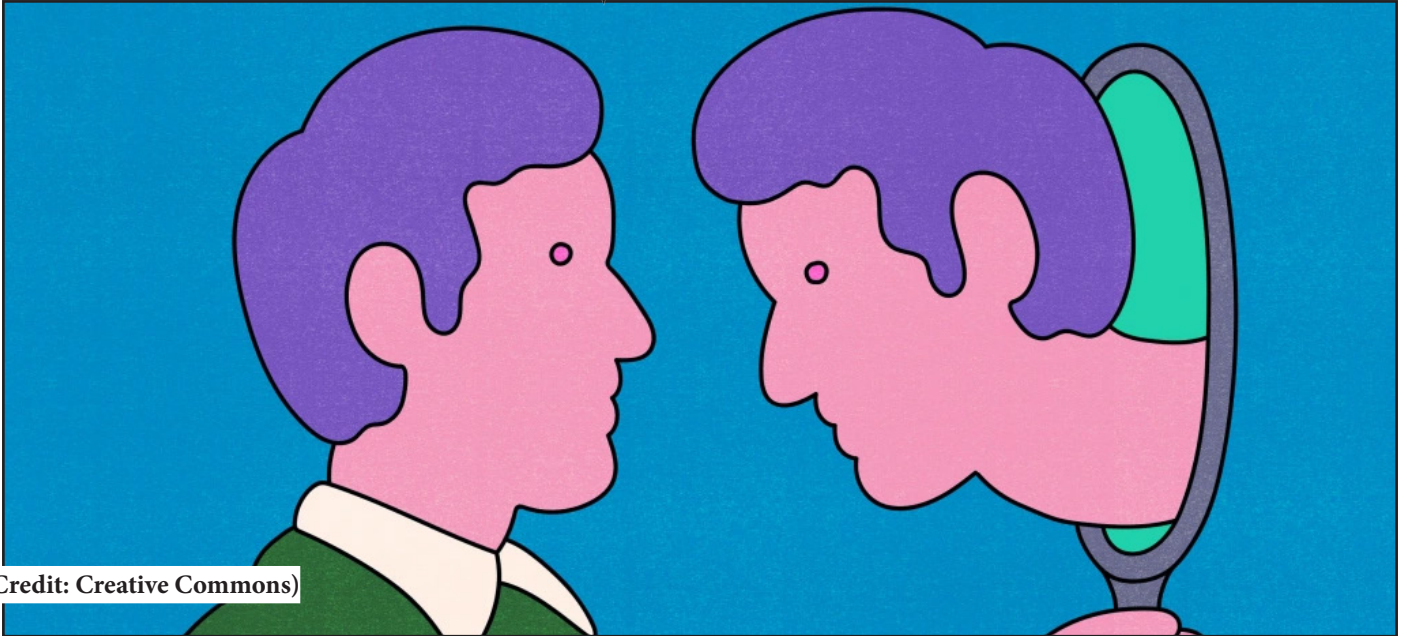
Having captivated audiences throughout awards season with a dazzling array of Barbie-inspired looks, many were expecting Margot Robbie to stun in yet another historic look. However, she opted for a surprising departure from the film's signature pink palette. Robbie surprised the Oscars with a stunning Versace gown. The figure-hugging silhouette with a hint of sparkle was unbelievably elegant, however, perhaps a letdown to fans

as it was her final chance to stun in a Barbie ensemble.

For me, the true show stopper came from the footwear of the team behind the award-winning “Godzilla Minus One.” The cast and crew from the latest instalment in the iconic Kaiju franchise, stomped onto the red carpet with a touch of retro flair and a monstrous secret hidden in plain sight. Director Takashi Yamazaki and leading man Ryunosuke Kamik alongside the rest of their team sported sleek black dress shoes featuring a distinctive short heel - a recreation of Godzilla's mighty claws. The silver, gleaming fingernails on these claw-heels were a detail that couldn't be missed by eagle-eyed fans and photographers. This playful and thematic approach to red-carpet fashion was a celebration of the film and a subtle nod to the King of the Monsters himself. This cohesive and thematic approach to red-carpet fashion paid homage to the legacy of Godzilla and the film's exploration of post-war trauma.



(Credit: Creative Commons)



(Credit: Creative Commons)

Power of thoughts: Understanding, controlling, and shaping your reality

MAHEK KHAN

AREN't thoughts ambiguous sometimes? Not every time but most of the time they are. What do you mean when you say, you've thought about it? Are you aware of what you think? All these questions were once raised in my mind too, but I tried to learn how to discipline my thoughts by giving it time and of course, practising it. Practicing different ways to discipline your thoughts helps you to know yourself a little better.

"The process to change the mindset is to start with awareness." - Anonymous

You should be aware of the kind of thoughts your brain is being exposed to, only then you'll be able to treat them.

SO WHAT ARE THOUGHTS? AND WHERE DO THEY COME FROM?

THOUGHTS are a mixture of what we sense and what our brain has perceived from a particular situation. It's a mental process which ends up with a bunch of information or interpretation about our experience. Thoughts are an easy way to know the world and make predictions about it.

Thoughts are something that comes unconsciously. Most of the times, you are not conscious of your own thoughts. And even if you indulge in conscious

thinking, then those aren't your thoughts, it's an illusion. Now illusion here doesn't mean that it doesn't exist, it does exist but is not real. While sleeping you are unconscious of what you think unless you dream about something. If during sleep you dream, then that will be your conscious thought.

Thoughts arise from nowhere. They originate from our own selves, just pop up in our minds and out. These are just the impulses that your brain is creating from the events that occur around you. These impulses are proven to be your thoughts when you speak them in your own language.

Every individual has a different thought process and so is their inference. Your thoughts may also vary according to what kind and type of people surround you.

CAN WE CONTROL OUR THOUGHTS? OR DO THOUGHTS CONTROL US? THOUGHTS can never control you because it is you who give them a meaning. No one can control your thoughts. It's you who is controlling them. In fact, thoughts do nothing to you. You are safe. No negative or fearful thoughts can harm you unless and until you let it overpower you. Your thoughts are designed in such a way that it acts as a magnet. What you think is what

you attract. So think what you want. Because what you'll think is what you will captivate from your surrounding environment.

If you try to consciously control your thoughts, you won't be able to do that. Let's try it by doing an experiment. Start staring at the moving hands of the clock, without having any thought in your mind for at least a minute. Try to control or stop all the thoughts popping in your mind for that particular minute and see the result by yourself. The moment you start staring at the clock, there's a random thought arriving in your mind in spite of you trying to not think about anything. This shows that it is impossible for us to control or stop our thoughts.

But yes, it is definitely possible for you to choose what thoughts you want in your mind. You can choose the thoughts that serve you well. We can practice stopping the unwanted thoughts so that they don't affect you.

When you identify your own thoughts, you start living in them. And then you don't live in the present because you are lost in a world of thoughts. Don't let this happen. Don't believe everything you think. You have the power to redirect your thoughts when it's taking you on a wrong path. You don't have to control your thoughts, you just have to stop letting them control you. This is a power you can

cultivate.

Believe it or not your thoughts are indirectly connected to your feelings and emotions. What you think is what you feel. Controlling thoughts will help to change how you think, and eventually, this will help you feel better. Unwanted thoughts can make you feel anxious and depressed. These thoughts are not beneficial. Instead of running from it, you should try to fix it. So now we will have a look at the different ways to control unwanted thoughts.

In this process, you have to shout out loud and say "Stop." After some time you will be comfortable to say this in your mind. It will take time to get used to this technique and that's okay.

To start with this 'Stop' process of changing thoughts let's first see what exactly does this word mean in this context.

S - Stop the thought

T - Take a break and smile

O - Observe what are you feeling at that moment

P - Pay attention to understand the cause of the thought These are a few simple steps you need to follow:

1. To stop these unnecessary thoughts you will have to be aware of the thoughts that strike your mind. You have to focus on the thought, to learn what it is and why it is so. To stop these thoughts you will have to know

SPRING EDITION

where they are arriving from.

2. Accept the thoughts that come to your mind. Even if you get any negative or depressing thoughts, learn to accept. Because acceptance is the key. If you don't accept your thoughts you won't be able to change them.

3. Make a list of your thoughts. Write down all these thoughts that are creating stress and issues in your mind. These thoughts hinder your daily routine and make your day to day activities difficult because you can't focus on your work. This will eventually lead you to think more and more about these unwanted thoughts, even if you don't wish to. List these thoughts in order of most to least stressful thoughts. Start practising the 'stop' process.

4. Sit quietly or lay down in a place, close your eyes and start to imagine the thought. See yourself in that situation and imagine how you will react to it. Focus on the reason this thought crossed your mind.

5. Interrupt the thought. This is a good way to get rid of these thoughts. Set a timer for around 3 minutes or 2 minutes, and when it rings, try to do something actionable and say "stop". This will interrupt your thought and your mind will be empty for 30 seconds. It is said that the human brain doesn't respond to a thought if it is not acted in less than 30 seconds. This will help you to be committed to your process.

6. Practice this until the thought goes away with your command saying stop. Once your brain is adapted to this method you will be able to stop the thoughts at any point in life.

Take deep breaths, smile at yourself and observe what is happening in your body. Realize that these are just thoughts, this is not something that is going to take place. As soon as you start to get any unwanted thoughts, stop then and there. Add a more pleasant image to your mind that will help to calm your mind, this image should not be related to the thought.

ARE THOUGHTS REALITY? ARE THOUGHTS POWERFUL?

NO, they aren't. Thoughts are imaginations that our mind creates about a particular

situation that is from the past or is going to occur in the future but hasn't occurred yet and has very less or no probability of occurring in future. Just because you think of something, will not make it true. To summarize, thoughts are just predictions.

The energy in your mind has a potent potential to revolutionize your life. Those same thoughts can also settle in your mind, infecting every emotion and behaviour until it manifests itself into reality.

Thoughts are never real but yes they do exist. Your thoughts do not exist outside of your awareness. Your thoughts can never turn into your actions. Actions are movements of the body that we do voluntarily, with our own will or choice. So if you thought of something bad, you won't end up doing bad. It's upon you to decide what you want to do and what not. In spite of the fact that your mind is creating negative thoughts, you will do good actions because you don't want to do bad. But it is possible in some rare cases that we end up following our own thoughts and act according to what we think.

Thoughts will come and go as they always do. But as soon as you become aware of them, some space is created in our minds. And you are no longer lost in them.

People believe that thoughts represent who we are and what we do. But if you observe, it is not the truth. Your thoughts can trick you, scare you, throw you around. But if you can steadily act through them, you'll see that they don't have to determine what you do or who you are. These thoughts are not you, they are just external events. Realize that these actions are not you. You are just the watcher of your thoughts, the events and the actions.

It is in your hands to shape reality. Creating your life is in your hands. Don't let your thoughts turn into you into someone who you are not in real life. Do not get affected by your own thoughts, your thought may change every minute.

Everything you perceive in the physical world has its origin in the invisible, inner world of your thoughts and beliefs. If you look it from a different angle, the conditions and circumstances

of your life are a result of your collective thoughts and beliefs.

It's all about what you think and what your mindset is. Nothing will turn into reality unless you overthink it and believe in it. Thoughts are not your enemy. The mind is a beautiful creative force. Imagination is powerful. The ability to form thoughts is, as far as we know, unique to us. Even the thoughts that we judge as negative can hold valuable information.

The mind creates stories, and these stories can be magical. They can guide us, point us to what we want, what we need, or what we would prefer to avoid. They can also take us into the dark—sometimes this is where we need to go for a while, to come back with renewed strength and insight.

How to Have Positive Thoughts?

Positive things happen when you think positive and act rationally. This is because you take control of your thoughts to make good things happen. Focusing on positivity around you will help you to be positive and happy all the time. This will in turn help you to change negative thinking into a positive one. To live better you need to get better. Let yourself heal and detach yourself from doubts and negativity. A negative mind will never give you a positive attitude in life. These daily activities will help you to attract happiness.

- Start your day on a positive note
- Try to meditate and do yoga when you get up.
- Practice gratitude.
- Remind yourself to smile and be happy all the time.
- Help someone in need.
- Spend time with positive people
- Practice self-talk

To sum up this article, thoughts are a huge part of our lives, yet complicated and sophisticated. Thoughts are powerful and using that power is in your hands. So choose them wisely.

"A positive mindset creates a room for thoughts to come from a clear place."

- Mahek Khan

The secret of attracting anything in your life is in your hands so use it to get the life you want with your thoughts.

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HOW TO DEAL WITH SEASONAL AFFECTIVE DISORDER

EIDANE MONTGOMERY

THE winter months can be especially difficult, the nights are long and cold, the holiday seasons can also make you feel lonely. For some, this can be even harder. Seasonal Affective Disorder or 'SAD' affects up to two million people in Britain and 12 million across Europe each year. While there is no concrete cause of SAD, when the clocks go back it can affect people's circadian rhythms combined with a lack of vitamin D can play a part. SAD can even last to five months plus a recovery period as well. Symptoms can mirror a depressive episode with low mood, fatigue, any kinds of sleep issues such as sleeping too much or too little. Here are some tips that may help alleviate some of the symptoms.

It is important to keep a good routine and get as much sunlight as possible, try to keep a good sleep schedule that works for you and get some daylight hours. Around noon is the best time to get sunlight and maximise your Vitamin D. It's also Important to get as much Vitamin D as possible as it helps produce serotonin which helps our bodies regulate sleep and mood. You should also try and maintain a regular diet, hearty foods such as soups and stews can be helpful as they are rich in nutrients which will help protect against viruses like cold and flu while also giving you energy which SAD can create a lack of. Exercise can also help as it is proven to increase serotonin, even just a short walk during daylight hours can have a massive effect. You could also invite a friend as social interaction can also help boost your mood, just talking to another person can make you feel less alone during these difficult times. If you have any pets, even something like walking your dog or petting your cat can also help boost your mood.

It is completely normal to not feel like yourself during this time, but you should not be afraid to reach out. If you feel affected by it in anyway you should reach out to your GP or the university's Student Wellbeing or Student Nightline who are always here to listen and lend a hand.

Furious families won't attend another event hosted by House of Illuminati as Glasgow Willy Wonka experience didn't 'choc' up to expectations

PAUL BRADY

FAMILIES that attended the "Willy Wonka Chocolate Experience" in Glasgow who were promised a "paradise of sweet treats" and "mind-expanding projections and optical marvels" saw those dreams melt away.

The event priced at £35 per ticket which consisted of three jelly beans, a cup of lemonade, a sad 'Oompa Loompa' and an unknown ai-generated villain has been labelled as 'an absolute shambles' by those who attended, as they believe the "universe where your dreams come true" did not meet their

expectations.

Event organiser, House of Illuminati, based the event on the new Warner Bros film, *Wonka*, starring Timothée Chalamet as the young chocolate entrepreneur and was a hit with both children and adults during the festive season.

The recent success of the movie saw families travelling all over Scotland despite the pricey demand to create special memories, now they say they don't plan on attending another House of Illuminati event anytime soon.

Kris McGinn, one of the

parents who were left less than satisfied with the organisation of the event, said: "It took us an hour to get there and we were greeted at the door by Billy Coull [the director of House of Illuminati] and he just said that the event had been cancelled. We asked why and they didn't give any details."

He added, that the organisation and aftermath of the was handled so poorly it has him rethinking what events he will attend: "He has tried to put on an event and failed

miserably, people paid between £30 and £40 per ticket and it didn't live up to expectations, kids and adults were disappointed. Lesson learned I certainly wouldn't book again and will be more vigilant booking other events in future."

The event was cancelled halfway through on Saturday as angered mothers, fathers and grandparents demanded refunds until police had to be called out to calm down the furious families.

House of Illuminati has said refunds should take about ten working days.



(Credit: Warner Bros & Paul Connolly Comedy)

SEISMIC SWIFT...

Taylor's fans create tremors bigger than Metallica

DANIEL BYRON

TAYLOR SWIFT'S hit 'Shake it Off' should be renamed 'Quake it Off' after frenzied fans made the earth move at one of her concerts.

Some 70,000 fans jumped and danced so hard when she sang the track, the tremors they created equalled a 0.8 magnitude quake.

And seismologists at the California Office of Emergency Services say the 'Blank Space' singer, 34, generates more vibrations than ear-splitting heavy metal band Metallica.

After Swift's gig in Seattle last summer caused a seismic event, researchers set up motion sensors for her show at LA's SoFi Stadium to measure any tremors.

Data showed the seismic signature of the chart-topper's songs and determined the strength of each tune's tremor.

Lead researcher Gabrielle Tepp, from the California Institute of Technology, said the show generated many signals with narrowband, harmonic frequency peaks between one and ten hertz. That's similar to a tremor recorded when a volcano erupts.

But it wasn't the musical beats or reverberations of the sound system that caused the ground to shake it was probably the fans' movements, she said. "Keep in mind this energy was released over a few minutes compared to a second for an earthquake of that size, she added.

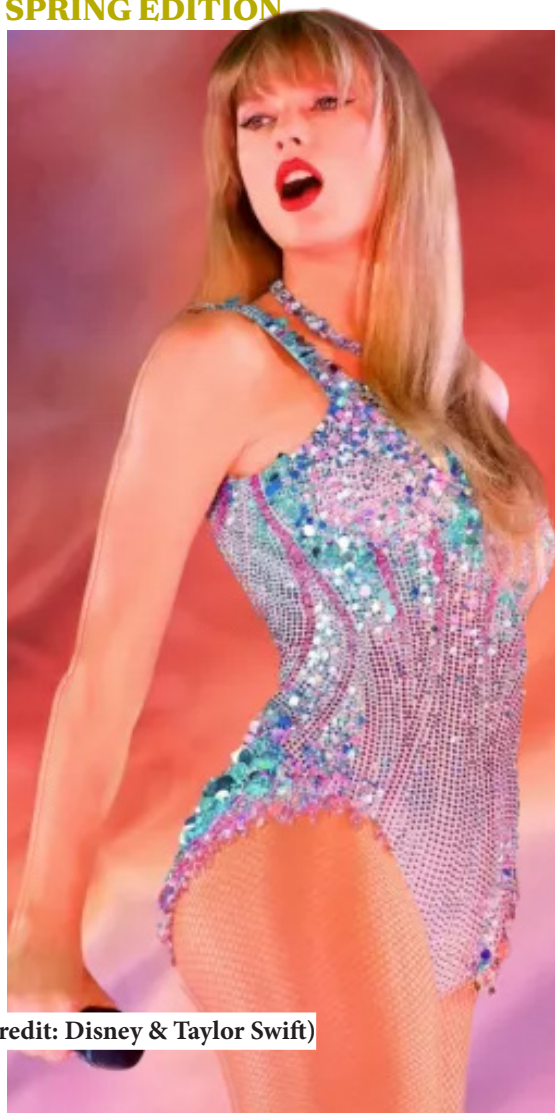
Her team recorded five zero magnitude 'micro-earthquakes' at the event, during songs 'Shake It Off', 'You Belong With Me', 'Love Story', 'Cruel Summer' and '22'.

'The tremor signals themselves are likely coming from the audience, said Ms Tepp.

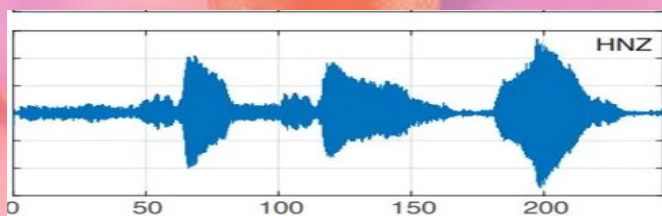
Comparing Swift's results with seismic activity generated by Metallica, she said readings from the rock band's shows were slanted and kind of weird looking.

One explanation may be that the beat rate for Swift's songs doesn't vary much between live and album performances, whereas Metallica's "are all over the map", she noted.

Videos of both concerts also highlight differences between Swift's choreographed shows and Metallica band members wandering across the stage. If the band is varying the beat or speed of songs as they go, maybe the audience is reacting differently.



(Credit: Disney & Taylor Swift)



I KEEP BEING TOLD TO REMEMBER I'M SCOTTISH, SAYS EWAN

TRANSPOTTING star Ewan McGregor has said people from Scotland still tell him "to remember where I come from". The Star Wars actor, 52, who was born in Perthshire, said he is Scottish "wherever I am in the world".

Speaking to the Radio Times, he said: "I left

Scotland at 17 to go to drama school in London. I haven't lived in Britain since 2008, I've been living in the States."

"It was hard to leave Scotland," he added. "There's a sense you're turning your back.

"People in Scotland to this day tell me to remember where I come from. I know where I come from! I don't need anybody to remind me.

"It's this feeling of you're not Scottish enough. I'm Scottish wherever I am in the world. I'm always Scottish."

McGregor is starring in the coming Paramount+ TV series A Gentleman In Moscow alongside his second wife Mary Elizabeth

Winstead.

He spoke about the importance of using an intimacy co-ordinator on set.

The actor plays Alexander Rostov in the historical fiction drama about a Russian aristocrat who is spared from death and put under house arrest while the Bolshevik Revolution plays out.

Winstead, 39, who is known for playing Ramona Flowers in Scott Pilgrim Vs The World, portrays Anna Urbanova – who seduces Alexander.

McGregor said: "We did have an intimacy co-ordinator. It's still necessary, because it's also about the crew, and it's odd to be naked in front of people, it's odd to be intimate in front of the

camera.

"If you were doing a dance scene, you'd have a choreographer.

"It's an important part of the work now, because it's somebody that the director and actors meet in the middle."

The Scottish actor also appeared alongside American actress Winstead in the TV series Fargo.

McGregor and Winstead welcomed a child together in 2021 and got married in 2022.

The Scottish actor was just 25 when he starred in Danny Boyle's 1996 film Trainspotting about a group of friends living in poverty and struggling with addiction in Edinburgh.



(Credit: Disney)



Out of Darkness: Haunting descent into humanity's primal past on the Scottish Highlands

(Credit: Selkie Productions)

LEONA STEWART

EMERGING from the unforgiving wilds of Scotland, 'Out of Darkness' isn't just a horror film set amidst ancient landscapes – it's a product of them. This 2022 film, finally reaching a wider audience as it returns to cinemas in February this year, is a chilling exploration of survival and primal fear that burrows deep into the psyche.

Directed by Andrew Cumming, the film ventures back 45,000 years into the past, a time shrouded in mystery and whispered legends. We follow a small band of early humans, a tightly-knit tribe on the precipice of change. Driven by dwindling resources and a relentless hunger for survival, they embark on a perilous journey to what we learn is an unforgiving island, leaving behind the familiar caves and hunting grounds of their ancestors.

Towering mountains pierce the sky, their peaks capped with snow even in the meagre warmth of summer. Dense forests

offer potential shelter but also harbour unseen dangers. The unrelenting wind howls a lonely song, carrying with it the chilling echoes of a world still untamed.

Shot on location in the Highlands, the film's cinematography by Ben Fordesman is a character in itself. The camera lingers on the harsh beauty of the landscape, capturing its unforgiving nature in all its stark glory. Long, sweeping shots emphasise the characters' isolation, dwarfed by the vastness of the wilderness. The film's colour palette is muted, dominated by greys, browns, and the occasional sliver of green, reflecting the nature of life in this prehistoric era.

As the tribe ventures deeper into this unfamiliar territory, a sense of unease begins to settle over them. It's a feeling that transcends the physical dangers of the environment. Strange sounds pierce the night – rustlings in the undergrowth, unsettling howls echoing from

distant valleys. The characters grapple with the unsettling feeling of being watched, a constant prickling on the back of their necks that speaks of a predator unlike any they've encountered before.

The film masterfully keeps the source of this unease unknown, leaving room for interpretation, and a natural sense of unease for viewers. Is it a territorial rival tribe, a cunning predator with an insatiable hunger, or something altogether more unsettling, a presence from a forgotten era? This ambiguity fuels the film's simmering tension, keeping the audience on edge throughout.

'Out of Darkness' neglects the use of a readily understood language. Instead, the characters converse in a completely fictional language, meticulously crafted for the film called Tola. This choice, while initially challenging for the audience, ultimately serves to further immerse viewers in this prehistoric world. The

actors deliver their lines with remarkable conviction, their impassioned tones and body language conveying a range of emotions that transcend the barrier of language. Subtitles translate the dialogue, but the focus on Tola creates a powerful sense of authenticity, reminding us of the vast gulf separating us from our distant ancestors.

'Out of Darkness' is a bold and unsettling film that departs from traditional horror tropes. It relies on slow-building tension and a pervasive atmosphere of dread to create a truly unnerving experience. This approach may not be for everyone, but for those seeking a unique and thought-provoking cinematic experience steeped in the raw beauty and cruel realities of Scotland, 'Out of Darkness' is a must-watch. It's a testament to the burgeoning Scottish film scene, utilising local landscapes, talent, and funding to craft a film that lingers long after the credits roll.

Dreams 2024: Fashion that makes a dream a reality

PAUL BRADY

IT has always been a dream of mine to attend a fashion show ever since Carrie Bradshaw's spectacular fall in Sex and the City season four which saw Heidi Klum label her fashion road kill and thanks to Glasgow Charity Fashion Show (GCFS), my dream became a reality.

Since its establishment in 2014, GCFS has raised over £240,000 for nine different Scottish charities during its nine charitable campaigns. It is the largest student fundraising organization in Glasgow and to celebrate a decade of hard work and charity, they titled their anniversary show: Dreams.

With a pre-show featuring a stunning red carpet and by providing free drinks through the shows sponsors, GCFS created an escape for lower income and students from other minority backgrounds from the anxieties and harsh realities of what they face in the real world.

It only makes sense that GCFS partners with Impact Arts, a platform for Scottish students who aim to discuss broad social issues and inequalities such as poverty through creativity. Impact Arts have provided over 7,000 opportunities to earn qualifications and find employment, sustain a tenancy, and improve their mental health by combating isolation in the past 20 years, making them a perfect collaborator to execute their show's vision of allowing all students the opportunity to dream.

The show reinforced these ideas with an incredible showcase of creativity from over 25 student designers with a diverse range of models who put their all into making an incredible 2 part event.

Misty Turnbull opened the

show with a stunning range of outfits featuring pastels which popped under the lights and the incredible Paris Babs, who took centre stage and perfectly opened the evening.

Rosie Erin Knits showcased many knitted floral summer fits, one of which was a lacy blue starry set which saw Mollie Woodward storm down the runway, the outfit could be worn by Bianca Censori on a night out with Ye.

Flora Mcfarlane followed suit with a collection of striped and patterned high fashion which saw Matthew Mcateer, receive an eruption of applause as he strutted in a black formal suit fitting for the Oscars.

Cairistiona Fletcher's designs were some of the best the show had to offer, the clashing colours and patterns and used of horns in one outfit created memorable 60s inspired looks and Hanne Hellawell made them the future of fashion like Alex Consani.

Faye Baxter closed the one night only show with a set of neutral inspired outfits and featured, Lia Ritchie, a stand out of the night who commanded the stage in every collection she was featured.

GCFS have started preparation for the sequel show to Dreams titled - Utopia, which they describe as the final destination of the dream sequence, on a journey that has taken the viewer through highs and lows, chaos and order, and fear and joy. It represents the joyful possibilities that can be found in community and free expression and we can't wait to see it.



(Credit: GCFS)

The 2000s mini skirts are striking a pose once again

MAYA AMIR

AFTER engaging in the Mean Girls musical earlier this year, it dawned that the Tiktok fashion trends were reverting to Lindsey Lohan times.

The Freaky Friday debutante would rock up in a belted skirt with a T-shirt right at the belly button creating an awe for the audience.

These classic movies filled girl's wardrobes in the 2000's with clothes and accessories that Megan Fox would wear on the screens.

So mini skirts made an appearance on the social media app, Tiktok enduring many fashion experts to create a trend.

Remember the iconic line "Mini skirts. Skirts should be the size of a belt. Life's short, take risks." Paris Hilton brought this idea to many fashion shows including Diesel's FW in 2022.

This phrase encouraged many to find a skirt that made them feel as confident as they wanted to be.

The fashion brand Diesel is known for their leather mini skirts and have been promoting them for a while.

With girls interacting with each other asking where they get their skirts from, more people are clicking the button to buy them.

2000s movies were relatable and heart-warming but fashion grew and shopping centres were queued up until the car parks.

With the comeback, many lip-syncing videos of these fabulous skirts are out for the world to see.

It will be interesting to know if the fashion statement is here to stay or while it is overruled by skinny jeans.

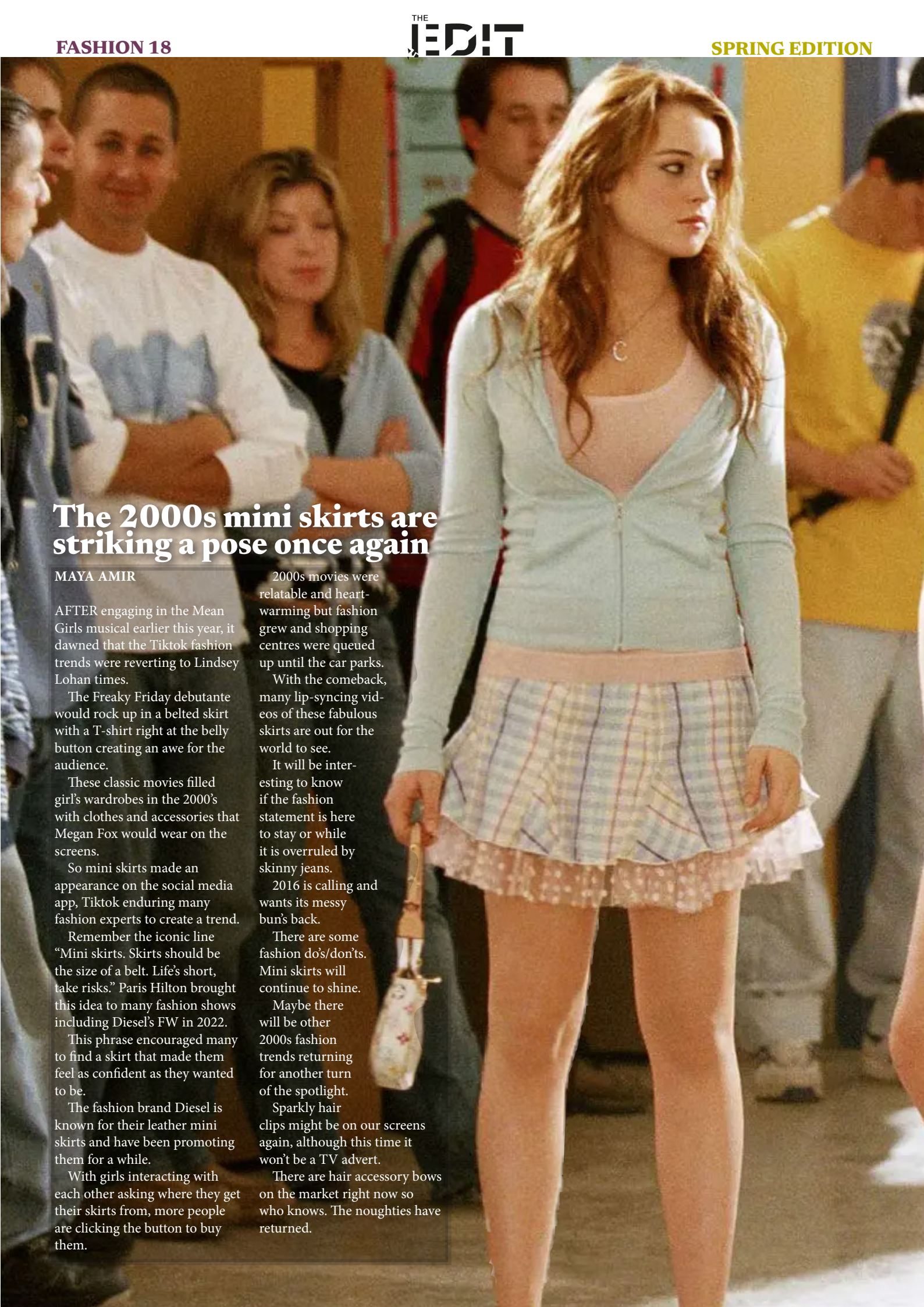
2016 is calling and wants its messy bun's back.

There are some fashion do's/don'ts. Mini skirts will continue to shine.

Maybe there will be other 2000s fashion trends returning for another turn of the spotlight.

Sparkly hair clips might be on our screens again, although this time it won't be a TV advert.

There are hair accessory bows on the market right now so who knows. The noughties have returned.





(Credit: Mean Girls)



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