

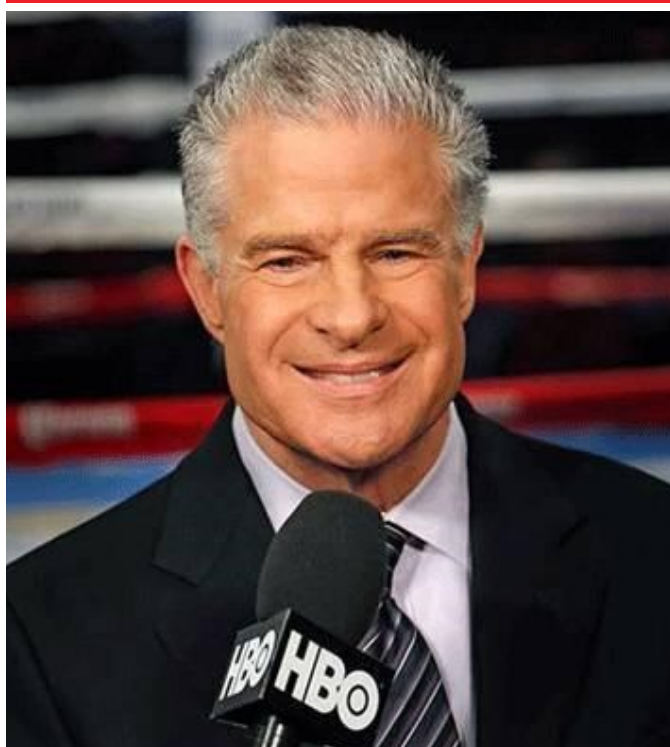
A WADHAM SCHOOL STUDENT PUBLICATION



THE QUILL



LEGENDS OF THE SQUARED CIRCLE



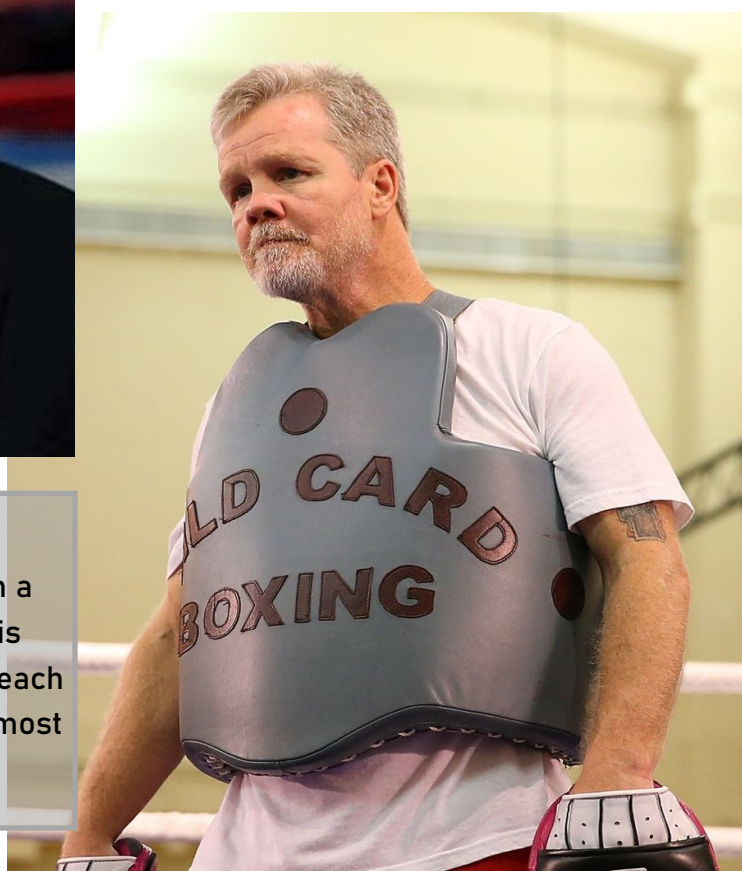
Jim Lampley—The voice of HBO sports

“When two fighters go after each other in a fiercely combative way, the end product is almost always that they fall in love with each other. Their level of mutual respect is almost indescribable.”

Freddie Roach—Fighting for the Little Guy

“When you start cutting corners and taking short cuts, you will only cheat yourself.

Sacrifice is an investment in yourself.”



Plus Reviews, Previews and Opinions



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Introduction

Welcome to the eighth edition of the Quill.

With the arrival of 2023 we present our latest offering. Our student journalists have been hard at work and we hope you enjoy what you see. In this months magazine you will find interviews from two of the most influential people in boxing, commentating legend Jim Lampley and world class trainer Freddie Roach. As well as this we have the usual mix of reviews, features and discussion pieces.

If you want more information please contact myself at the school.

Enjoy reading our eighth edition of The Quill, and a happy new year!

Will Ford ~ Assistant Editor



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Let's get going for 2023

Start 2023 on the right foot!

By Phoebe Bailey

Getting outdoors can be so good for your mental and physical wellbeing, but on the other hand it's not the easiest to get outside especially with other activities and devices that distract and stop you from getting outside. So here's methods and ways to get you outside and living a healthier and stress-free beginning to 2023.



It has been proven that being outdoors can help lower stress, blood pressure and heart rate, which leads into the first thing you can try to add into your daily routine. By starting your day with some stretching or yoga this can increase productivity throughout the day. Though this may be boring so it's best to listen to music, podcast or even the news while doing these activities so you're away from social media and can start your day with an open mind.

unsurprisingly, more daily screen time and higher levels of loneliness were both associated with lower levels of happiness, which is why you should avoid social media as much as possible especially in the morning where it can tarnish your mood for the rest of the day bringing productivity down. A way to help this would be having a timer on your social media apps or even turning do not disturb on. You may be thinking what I do while not being on social media, well you can take up new hobbies like journalling, reading or listening to podcasts all these things can help with stress and anxiety.



So methods like walking or even running can be a good alternative to clear your head before and after work, school or even just a stressful day. Specialists suggest these methods for a healthier alternative of relieving stress instead of staying inside which can make it worse. There's loads of groups, podcasts and even apps that can help you achieve getting outdoors by running,

walking, cycling and loads more. So, start of 2023 by changing your lifestyle to what's best for your mental and physical wellbeing!



News, News, News

Questions on the Chinese 'spy' balloon: Overkill or Overcast?

By Toby Swan

I'm sure you will have seen on the news that the suspected Chinese spy balloon that had traversed North America, first above Alaska, then over Canada and the USA before coming to an abrupt halt off the coast of Carolina. It had flown over several important military bases and hovered over a nuclear silo, but was it overkill to shoot it down with arguably the most advanced fighter jet in the world?

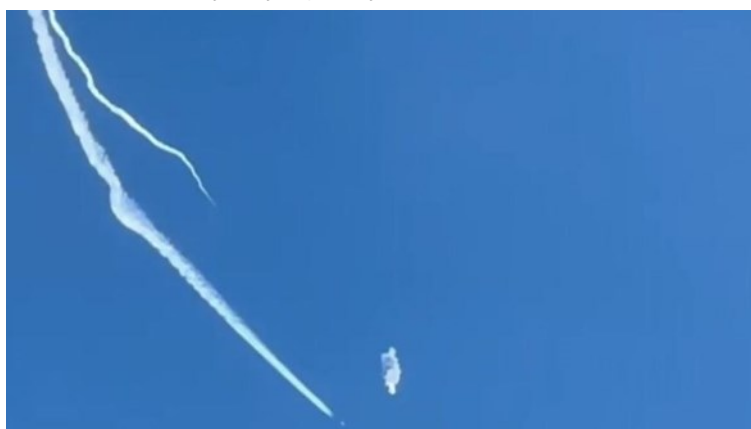
Why is Beijing doing this, and at what cost? Don't expect this to answer your questions though, it still might have just been a weather balloon!

The Plane and shooting

The balloon was shot with a AIM-9X Sidewinder missile launched from a F-22 Raptor, the fighters first air-to-air kill. Is it overkill to send a \$200m plane to shoot a balloon down with a \$380,000 missile, possibly? But the balloon could have been harvesting seriously sensitive information. So, was it necessary? Could it have been done in a better, more co-operative way?

Another one?

Just hours after stating that there was a 'spy' balloon over the US, the pentagon said there was another over South America, with the Colombian Military saying they have seen it. Will this one be shot down? Where is it going?



A new change for your pocket



By Will Ford

As per tradition following the death of Queen Elizabeth II September last year, the design of the Pound sterling coins and notes are due to change. Henry VII was the first monarch to have their face featured on English currency, and Elizabeth II was the first monarch to have her face featured on bank notes, in 1960. December last year the Bank of England and the Royal Mint released more details and images of the new currency, and following tradition King Charles III's head faces the opposite direction to Elizabeth's.

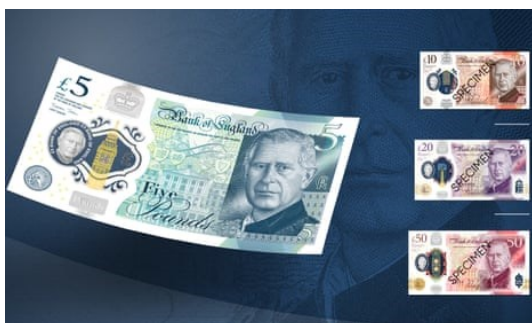
The new notes are expected to enter circulation by mid-2024. All polymer banknotes carrying a portrait of HM Queen Elizabeth II remain legal tender, and the public can continue to use these as normal. In line with guidance from the Royal Household, to minimise the environmental and financial impact of this change, new notes will only be printed to replace worn banknotes and to meet any overall increase in demand for banknotes. Notes featuring HM Queen Elizabeth II and King Charles III will therefore co-circulate.

Speaking ahead of the release, Governor Andrew Bailey said: "I am very proud that the Bank is releasing the design of our new banknotes which will carry a portrait of King Charles III. This is a significant moment, as The King is only the second monarch to feature on our banknotes. People will be able to use these new notes as they start to enter circulation in 2024."

The reverse of the 50 pence features a design that originally appeared on the 1953 Coronation Crown. It was struck to commemorate Queen Elizabeth II's coronation at Westminster Abbey and includes the four quarters of the Royal Arms depicted within a shield. In between each shield is an emblem of the home nations; a rose, a thistle, a shamrock, and a leek. The Royal Mint has depicted Britain's Royal Family on coins for over 1,100 years, documenting each monarch since Alfred the Great. Based in Llantrisant South Wales, it continues to make the official coinage of Britain as well as offering commemorative and historic coins, precious metal investment and jewelry.

Anne Jessop, Chief Executive Officer of The Royal Mint, said: "The Royal Mint has been trusted to make coins bearing the Monarch's effigy for over 1,100 years and we are proud to continue this tradition into the reign of King Charles III. Although technology has progressed, we continue to honour British craftsmanship passed down through the centuries. Our team of skilled modellers, tool makers and engravers will ensure that The King's effigy will be faithfully replicated onto millions of coins.

"Her Late Majesty ruled with heart and devotion for seventy years, and this memorial collection commemorates her remarkable legacy as Britain's longest serving monarch. To ensure everyone can hold a piece of history in their hand, the 50p will also enter circulation in the UK."



The King's effigy has been created by renowned British sculptor Martin Jennings and has been personally approved by His Majesty. In keeping with tradition, The King's portrait faces to the left, the opposite direction to Queen Elizabeth II. The Latin inscription surrounding the effigy equates to 'Charles III, by the Grace of God, King, Defender of the Faith'.



INTERVIEW

FREDDIE ROACH,

ALWAYS FIGHTING

FOR THE LITTLE GUY



Foreword and interview by Jack Anstey

For this edition of the Quill I was lucky enough to interview the world renowned boxing coach Freddie Roach. His training resume has included boxing champions Mike Tyson, Amir Khan, Tyson Fury, Manny Pacquiao as well as UFC fighters such as Georges St-Pierre and José Benavidez Jr. A former fighter himself, Roach amassed a professional record of 53 total fights, 40 wins and 15 by way of knockout, before his career was cut short due to onset Parkinson's disease at the young age of 26. Finding a role outside of the ring Roach has overcome the challenges of his condition and become an inspirational coach and mentor. It is no surprise then when in 2012 he was inducted in the International Boxing Hall of Fame in Canastota, New York. In this interview I asked in-depth questions about his

1. What is your earliest sporting memory?

Watching the Boston Red Sox play baseball at Fenway Park. Carl Yastrzemski was a big hero to me. I was very excited in 1967 during the team's pennant run. It was the first time they would play in a World Series since 1946.



2. Who was your role model growing up? Why?

My dad. He was a New England boxing champion and I wanted to do the same thing because he meant so much to me. I was so proud when I did win that title and it made him so happy.

3. How would you describe a typical day in the life of Freddie Roach?

Monday through Saturday, I wake up early and I arrive at my gym, Wild Card Boxing Club, by 7:30 a.m. to get everything ready before we open at 8 a.m. We have a dedicated group of members who work out daily on their own or with my trainers, in addition to professional and amateur fighters. I work with 10 to 12 fighters myself, who usually train six to eight weeks at Wild Card before their fights. I head home around 6 or 7 p.m. It's a long day but I love it.



4. When and how did you decide you wanted to go into boxing as a career?

When I was a little boy and saw my dad training amateur fighters. I wanted him to train me and that's exactly what happened until I turned professional.

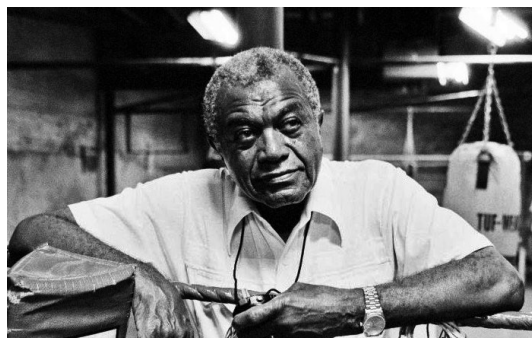


5. What advice would you give young people wanting to get into boxing as a career?

Boxing is a great sport but it requires your respect. You need to be disciplined. And by that I mean, work hard, listen to your trainer, maintain a healthy diet, get the proper amount of rest, and never skip a day of training because when you start cutting corners and taking short cuts, you will only cheat yourself. Sacrifice is an investment in yourself. I know it may be fun to go out with your friends, and you should, but between fights, not during your training camp.

6. How did you end up working with legendary trainer Eddie Futch both as a boxer and trainer?

My dad realized he had taken me as far as he could as my trainer and I needed someone with more experience and talent to take me to the next level as a professional. He drove me to Las Vegas and met with Mr. Futch, and no one else. He had a lot of respect for Mr. Futch and his résumé. My dad left me with Mr. Futch and drove back to Dedham, Massachusetts.



7. What were the most important things you learnt from watching and assisting Futch work with other boxers?



Mr. Futch was a complete trainer. He knew how to develop a strategy for a fight, he kept an eye on every fighter, even when they weren't in the gym, he knew who was doing his roadwork and staying in at night. He was just good at all aspects of training a fighter. The one thing I noticed early and picked up on was that in the corner or on the gym floor, Mr. Futch always spoke in a low tone. He never yelled. It forced you to focus on what he was saying and listen hard because everything he said was important and you didn't want to miss

it. The other thing I learned from Mr. Futch was to be spare in the instructions you give in the corner between rounds. You only have one minute so make one or two points to the fighter and drill it in.



8. In regards of boxing how do you think the sport has changed since you started training?

Science has really stepped up. We know so much more about the importance of nutrition and new forms of conditioning. Fighters are performing better and their careers are lasting longer. It also seems like it's a lot harder to make the big fights that fans want to see which would return boxing to the spotlight.

9. What was it like to work with actor turned boxer Mickey Rourke?

It was definitely an experience. Mickey was a very famous and talented actor when he reached out to me. He told me he wanted to become a fulltime professional boxer. I give him a lot of credit. That was a gutsy decision to walk away from all that money and glamour. It was difficult for him because of his age and lack of experience. He did his best and we had some fun working together, but there were too many obstacles to make boxing his sole profession.



10. How were you able to change Manny Pacquiao into the amazing two handed fighter he was so quickly?

That process started after the first fight against Erik Morales. Manny had lost a very close unanimous decision in their first fight, which was a great battle. The first thing I did was evaluate the training we had done and that's where I realized we had both been content on relying on Manny's left as his weapon. Morales knew that Manny would not be dangerous using his right and adjusted. We didn't have a Plan B and that was on me.

So I went to school before I took Manny to school. I drew up new training plans that incorporated the right. Manny always had a good right hand, I just needed to build up his confidence to use it, which is what we did for his next few training camps. Once we unleashed that, you saw the results, which included knockout victories in the next two Morales fights.

11. How different is the UFC training compared to the boxing and how many things do you need to do differently?

Apples and oranges. Major boxing bouts are scheduled for 10 or 12 rounds, which means you need to build up your stamina for up to 36 minutes of action. MMA bouts are usually shorter so they prepare to go all out over fewer rounds. There's also a lot of grappling and kicking in MMA, unlike boxing. MMA is based on Jujitsu, a much different combat sport discipline. But both require a lot of intense training.

12. Is Mike Tyson really as scary as people think?

Yes. But we got along when I trained him and we still enjoy a close friendship today.

13. Why do you think it is important for young people to get into boxing?

Boxing is a great sport. Even if you don't want to spar or be a fighter, it builds you up mentally and physically. Great for strength and conditioning. Knowing how to take of yourself is a great confidence builder. But if you want to be a fighter, the competition is fantastic. It's one on one. No teammates. You're on your own inside the ring. You need to think...to anticipate how you can score and defend yourself. It builds discipline and character. You learn the value of sacrifice and hard work and its impact on being successful.



14. What should be done to boost the popularity of the womens boxing?

Keep matching the best against the best. Look at last year's world championship fight between Katie Taylor and Amanda Serrano. They sold out Madison Square Garden. Good fights bring in good crowds and build up the sport. I trained Lucia Rijker. She was an unbelievable talent and a great athlete. She sold tickets because she always put on a good show.

15. What are you opinions on Youtubers and non-professionals like KSI and Logan Paul getting into the boxing?

I was hopeful in the beginning—popular personalities bringing boxing exposure to a new audience. Now, I'm not so big on it. I don't see the end game. Where do these "fights" lead?



16. Which fighters would you tell UK boxing fans to keep an eye out for?

I have a lot of great prospects, but two I am really high on are Callum Walsh and Elvis Rodriguez.

17. Which boxer would you have loved to work with and why?

I've been lucky to work with many of the best fighters of this era, but believe it or not, my dad. I think it would have been great to work his corner and train him for a big fight, just to show him how much I learned from him.

18. The general public know about boxers like Ali, Tyson, Pacquiao and Mayweather, but who do you think are the greatest fighters people have no idea about?

There are so many fighters who fought for titles and gave great performances even though they lost. That's a hard one.

19. What fight do you want to happen most in 2023?

Terence Crawford vs. Errol Spence and Tyson Fury vs. Alexander Usyk.



20. In your opinion who is the best pound to pound fighter at the moment?

Terence Crawford and Dmitry Bivol

21. What problems do you think still need to be addressed in boxing and why do you think these problems have not yet been addressed?

Promoters and networks and major platforms need to do a better job making the fights the public want to see; to get the public talking about boxing again. It seems like it's always about money.



22. What do you think is the biggest misconception the general public has about boxers and boxing?

The importance of undefeated records. Good fighters not only learn from a loss, they become better. A loss on a boxer's record should not be a death warrant on their career. Manny suffered losses and always came back better. It's part of the sport.

23. Do you have any treasured sporting memorabilia? What is it and why does it mean so much to you?

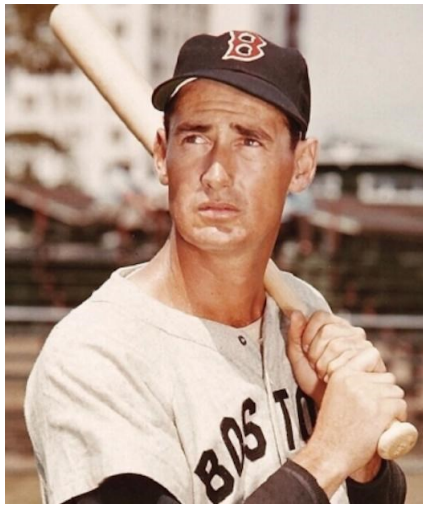
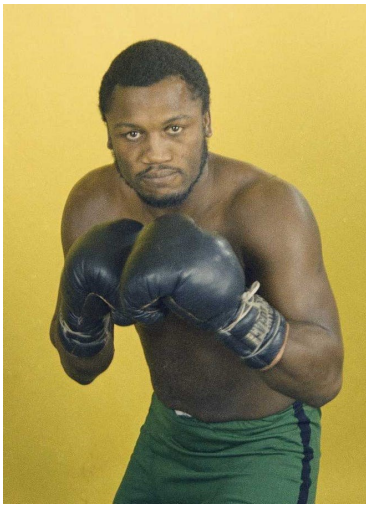
Yes. Signed Boston Bruins sweaters from Bobby Orr and Jerry Sanderson. I have them framed and prominently displayed.

24. What's one thing about Freddie Roach that very few people know about?

My dog is named Minnie.

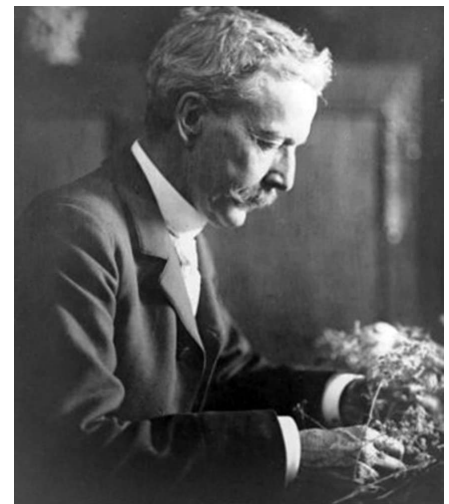


25. Finally, if you could have a dinner party and invite any 4 people from history who would be on the guest list and why?



Joe Frazier, Ted Williams, Bill Russell and Luther Burbank. The first three were courageous champions in their own right.

Burbank was a botanist, horticulturist and a pioneer in agricultural science. I have a background in similar fields, though not remotely close to his accomplishments. I graduated from an agricultural high school. and worked as an arborist. I'm an aggie at heart..



History Matters

By Esme Hallett

Currently we are studying the issue of slavery, its effect on black people and the civil rights movements in both the UK and US. This inspired me to look back at some of the figures who made a difference in this field.

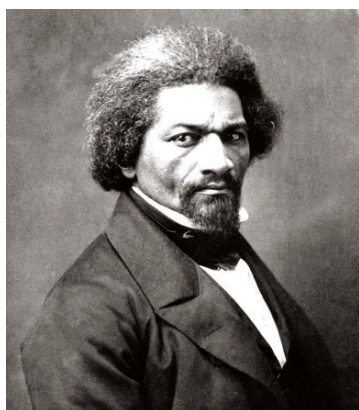
Harriet Tubman

Harriet Tubman was born March 1822. She was an abolitionist and political activist. Born into slavery, Harriet Tubman escaped and subsequently made some 13 missions to rescue approximately 70 enslaved people, including family and friends, using the network of antislavery activists and safe houses known as the Underground Railroad. During the American Civil War, she served as an armed scout and spy for the Union Army. In her later years, Harriet Tubman was an activist in the movement for women's suffrage.

Born enslaved in Dorchester County, Maryland, Harriet Tubman was beaten and whipped by her various masters as a child. Early in life, she suffered a traumatic head wound when an irate overseer threw a heavy metal weight intending to hit another enslaved person but hit her instead. The injury caused dizziness, pain, and spells of hypersomnia, which occurred throughout her life. After her injury, Harriet Tubman began experiencing strange visions and vivid dreams, which she ascribed to premonitions from God. These experiences, combined with her Methodist upbringing, led her to become devoutly religious. In 1849, Harriet Tubman escaped to Philadelphia, only to return to Maryland to rescue her family soon after. Slowly, one group at a time, she brought relatives with her out of the state, and eventually guided dozens of other enslaved people to freedom.



Frederick Douglass



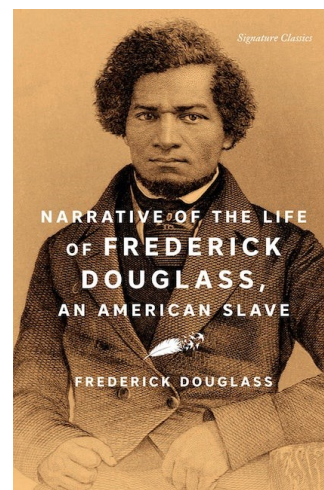
Frederick Douglass was born February 20th, 1818, was an American social reformer, abolitionist, orator, writer, and statesman.

After escaping from slavery in Maryland, he became a national leader of the abolitionist movement in Massachusetts and New York, becoming famous for his oratory and incisive antislavery writings. Accordingly, he was described by abolitionists in his time as a living counterexample to slaveholders' arguments that slaves lacked the intellectual capacity to function as independent American citizens. Likewise, Northerners at the time found it hard to believe that such a great orator had once been a slave. Douglass wrote three autobiographies, describing his experiences



as a slave in his *Narrative of the Life of Frederick Douglass, an American Slave* (1845), which became a bestseller and was influential in promoting the cause of abolition, as was his second book, *My Bondage and My Freedom* (1855).

Following the Civil War, Douglass was active campaigner for the rights of freed slaves and wrote his last autobiography, *Life and Times of Frederick Douglass*. First published in 1881 and revised in 1892, three years before his death, the book covers events both during and after the Civil War. Douglass also actively supported women's suffrage and held several public offices. Without his permission, Douglass became the first African-American nominated for Vice President of the United States as the running mate and Vice Presidential nominee of Victoria Woodhull, on the Equal Rights



Party tickets

William Wilberforce

William Wilberforce was a British politician, philanthropist, and a leader of the movement to abolish the slave trade.

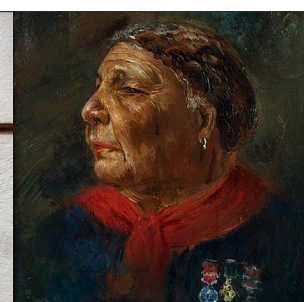
A native of Kingston upon Hull, Yorkshire, he began his political career in 1780, eventually becoming an independent Member of Parliament (MP) for Yorkshire (1784–1812). In 1785, he became an evangelical Christian, which resulted in major changes to his lifestyle and a lifelong concern for reform.

In 1787, he came into contact with Thomas Clarkson and a group of anti-slave-trade activists, including Granville Sharp, Hannah More and Charles Middleton. They persuaded Wilberforce to take on the cause of abolition, and he soon became one of the leading English abolitionists. He headed the parliamentary campaign against the British slave trade for twenty years until the passage of the Slave Trade Act of 1807.

Mary Seacole

By Miles Quick

Mary Jane Grant/Seacole was born in Paddington London on the 23rd of November 1805 who set up a hotel for the sick and wounded in the Crimean War. Sadly due to Mary being a black Jamaican woman at the time she was forgotten by 19th century society.



During her life the 18th century Jamaican doctresses mastered folk medicine including hygiene and medicine, with Mary even boasting that she "never lost a mother or her child". Following this all up, and with extra knowledge it was easy to tell that Mary was even better than Florence Nightingale, a contemporary of her time, or they could be the same who knows! But it's easy to see how easy it is to forget and judge someone - like they say "never judge a book by its cover."



Time to think about...

2050: The Future of transport: Part One: Flight

By Toby Swan

The aviation industry is on the cusp of a revolution, with new technologies and sustainable alternatives poised to transform the way we fly. Here's what flying will look like in 2050, including the rise of vertical take-off and landing (VTOL) aircraft, hydrogen and electric aircraft, blended wing aircraft and the surprising return of airships.



Vertical Take-Off and Landing (VTOL)

Aircraft VTOL aircraft are perfect to become the go-to solution for short-haul trips, with their ability to take off and land vertically, like a helicopter but becomes exactly like a normal plane once in the air. This is already in use in military planes like the F-35B variation and many companies are trying to bring it in to commercial flying.

The Return of Airships

Airships are making a comeback, perhaps surprisingly due to their history of failure. With new designs and technologies set to make them a more practical mode of transportation. They will be far easier and cheaper to operate as there is no need for long constantly resurfaced runways as the blimps can land virtually anywhere. They are also far more energy efficient than a traditional commercial plane today because they are converting energy almost completely to forward movement rather than lift. They are also far easier to make hydrogen or electric, as they are not so reliant on low weight and high energy density.



The Return of the Concorde? Tesla's Supersonic jet

Elon Musk wants to bring back the Concorde but with a twist. The supersonic airlines era ended because they drank far too much fuel and were not profitable in the end. But Elon Musk has plans to change that. He wants to build a tesla supersonic jet; however, it will of course be battery powered and therefore, without a combustion engine, and the need for oxygen that comes with it, the plane can fly

much higher. This means that the air will be much thinner, and the energy needed to break the sound barrier will be much less meaning the jet will need much less power to sustain that speed.



Hydrogen and Electric Aircraft

Another development in the aviation industry is the slow rise of hydrogen and electric aircraft. These aircraft will be powered by hydrogen fuel cells or batteries, offering a more sustainable alternative to today's fossil-fuel powered planes. Hydrogen-powered aircraft will generate electricity through a chemical reaction between hydrogen and oxygen, producing only water as a byproduct. Electric aircraft, on the other hand, will be powered by batteries, with extremely high voltage charging stations at airports for quick top-ups.

However, there are some challenges that need to be addressed before hydrogen and electric aircraft become the norm. For hydrogen aircraft there are several dilemmas, energy density is high in hydrogen, but only when it is pressurised, otherwise it will take up far too much space, and this will be very hard to keep up in commercial aircraft flying at cruising altitude.

Another is that hydrogen is very explosive and will be very dangerous depending on where it is stored in the aircraft.

Additionally, the development of batteries with enough energy density to power larger aircraft and be small and light enough to still allow for a payload is still in its early stages.

Blended Wing Aircraft

I'm sure many of you have seen the relatively new B2 Spirit with its sleek black body and menacing look, well what if I told you the blended wing design wasn't just good for a micro radar cross section and at some point, you could go on holiday in a blended wing plane. That's right, Airbus have released plans to make blended wing commercial airliners. They are a vast improvement to a traditional circular fuselage air frame as the entire aircraft generates lift and there is much less 'wetted area' (area which is hit by external airflow) around the wing-body junction which decreases drag making them far more fuel efficient. They will also be able to house more seats without increasing wingspan so much it doesn't fit in an airport.

There is only one problem, aircraft like the B2 require much more handling and minute changes in the steering of the aircraft to keep them on course which cannot be given by a human pilot, and therefore we need very advanced software to control the aircraft and prevent crashes.

As you have seen the future of flying looks bright with ultra-efficient blended wing bodies and a high-flying new take on concord. In the next part of 2050, we will be looking at the future of ground transport,



with hyperlink, high speed rail, autonomous vehicles and electric and hydrogen cars.



ENVIRONMENTAL NEWS

8 Billion People: Is this good or bad?

By Charlton Bowery

In late 2022 the world's population has surpassed 8 billion people. For decades, scientists have been worrying about food shortages, electricity shortages and even freshwater shortages. This could be reality by as early as 2030.

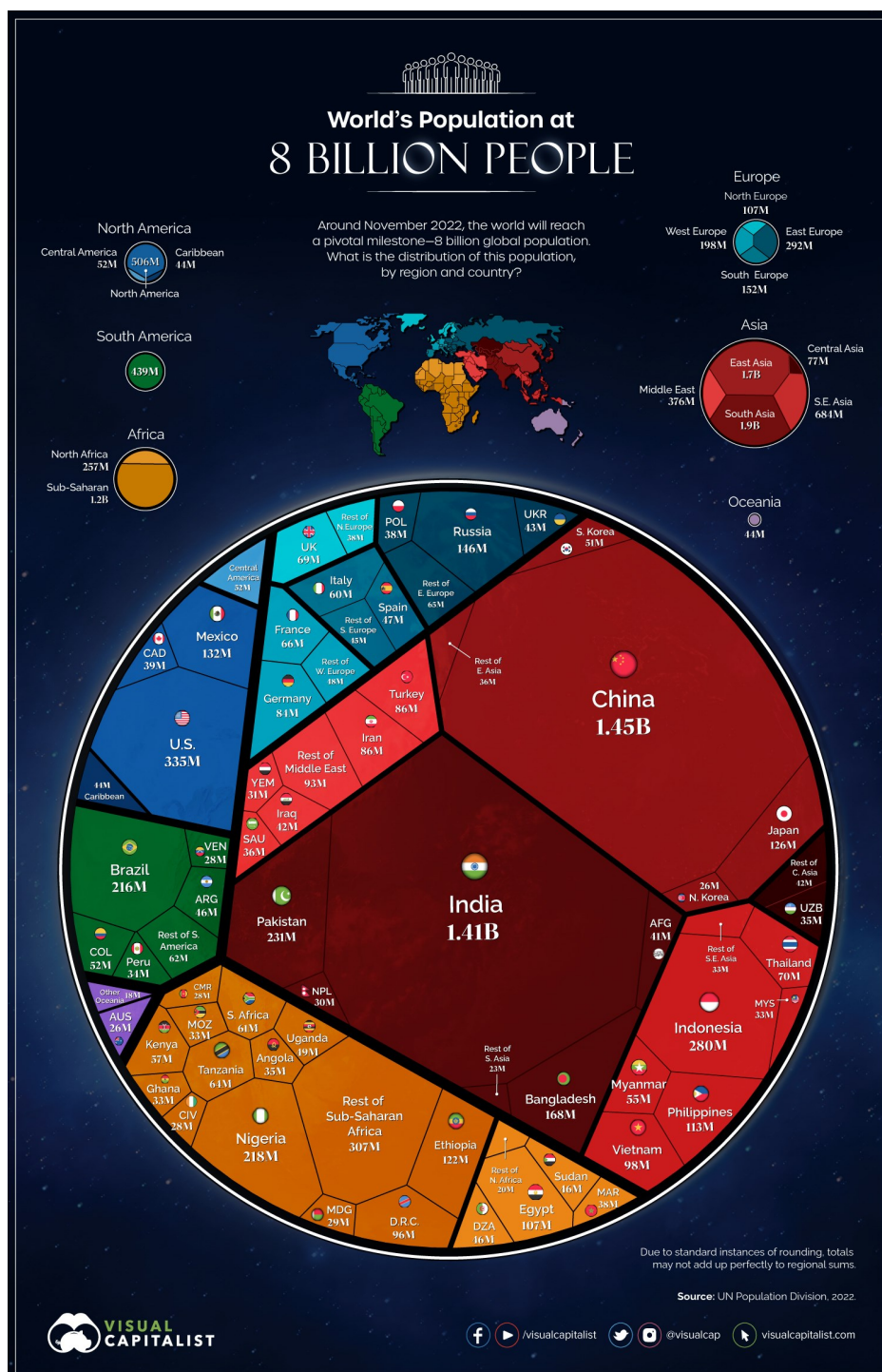
Having more people on the planet can be a good thing. For example, it may teach us a lesson about what we use and what we waste.

Did you know in the UK we throw away an average of 9,500,000,000 kilograms of food every year! This food could feed 500,000 human beings for a year or even 1.9 billion people in a day. And that is just a small country. The world's food waste could feed 500 million people a year.

One way you could help with cutting down on food waste is by making sure your food is not by checking the use by date, but by examining it. This helps with cutting down your waste and helps you spend your money more effectively.

Where is population projected to rise the most? As of current, Africa is experiencing economic growth, and is where the population is growing. Asia will also continue to be densely populated in urban regions.

Most impacts will be positive if we make sure we manage resources properly and minimize waste.



ENVIRONMENTAL NEWS

Africa again plagued by drought

By Zara Mapstone and Ruby Bryant

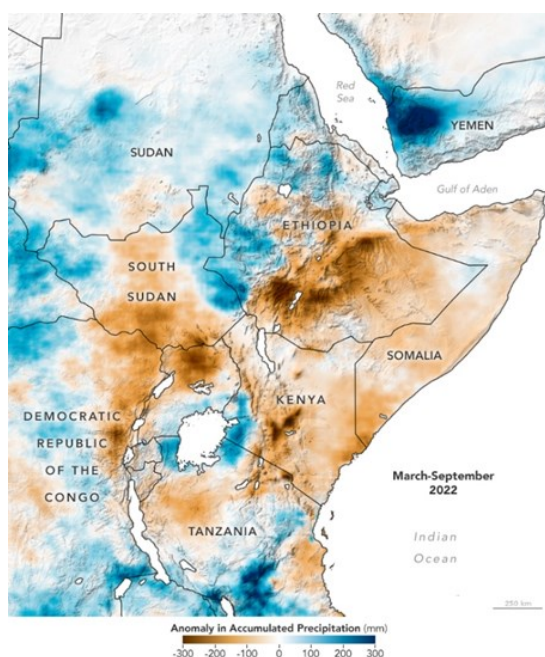
The latest African drought was March-September 2022 the horn of Africa is experiencing the longest drought on record it is threatening people with starvation it made it hard for people to grow crops and raise livestock and buy themselves food.

Rainfall in the horn of Africa is concentrated in two rainy seasons: One is in March-April and one in October-November-December. Four dry seasons in a row and now we are coming up to a fifth dry seasons said Chris funk.

October - December 2022

researchers combine CHIRPS data alongside NOAA's weather model, the National Centres for Environmental Prediction Global Ensemble Forecast System .to provide 15-day forecasts of precipitation globally.

The latest IPC analysis projects that a famine will most likely occur among rural and displaced populations in Bay Region and Mogadishu—located in southern Somalia—between April and June 2023 if current levels of food assistance are not sustained.



What happened?

From March to September of 2022 Africa experienced the most severe drought on record that lasted a very long time.

Why is this an issue?

Millions of people were threatened with starvation because due to the high food prices as well as the drought it means that many people are struggling to grow crops, raise livestock and buy food.

Where was this?

Somalia, Kenya, and Ethiopia suffered very badly in the drought as a statement was issued on november 7, 2022, by a consortium of 16 international organisations about the deteriorating food security crisis in those countries. Apparently according to the statement over the last two years there has been a large-scale loss of food and income due primarily to drought this has led to food insecurity for 21 million people across the region. over 3 million people face emergency levels of food insecurity meaning the regularly go a day or more without eating and have sold their possessions to earn income for survival. The drought in Somalia has forced over 1.3 million people to abandon their farms and migrate to displacement sites.

Is it going to get worse?

Unless we act on climate change this certainly isn't going to get better.

What can we do?

There are lots of things you can do even just raising awareness to others will help because the more people who know about it the less it can be ignored. You could be more thoughtful when thinking about your contributions to climate change and how that might affect other people's lives or even your own. There's lots of things you can do to help out with global warming and droughts



INTERVIEW

HELLO AGAIN,

I'M JIM LAMPLEY



Foreword and interview by Rosemary Hooper

Jim Lampley is an American commentator best known for his US coverage of 14 Olympics and 30 years of announcing for HBO World Championship Boxing. Lampley started out commentating at college football games in 1974 after being scouted by ABC before moving on to the Olympics and becoming Studio host of the United States Football League in 1983, another impressive achievement in the early 1980s was becoming the host of the first televised Super Bowl XIX. In between covering the Olympics, Jim worked for several broadcast companies on sports such as, boxing, tennis (Wimbledon), NFL and Nascar! Now after an impressive career spanning over 4 decades I got the opportunity to sit down with Jim as ask him about his life and the issues that surround sport today.

1. What is your earliest sporting memory?

My father died of cancer in 1954 when I was five years old. The following year my mother took me to an adult holiday party at a neighbor's house and marched me down a hallway to a guest room where a small television sat on a folding table. She said "sit here on the sofa. You are going to watch the Friday Night Fights sponsored by Gillette. In the next hour or so a man named Don Dunphy is going to tell you a lot about the sport of



boxing while you watch a boxing match between Sugar Ray Robinson and Bobo Olsen, competing for the middleweight championship of the world. It is their second fight against each other, and you are doing this because if your father were still alive this is what he would be doing, and he'd be thrilled that you are doing it together". That night marked the beginning of my romance with boxing, and I watched countless episodes of Friday Night Fights in the years thereafter.

2. When and how did you decide you wanted to go into journalism as a career?

After I earned my undergraduate degree in English Literature at the University of North Carolina in 1971, I began searching for a meaningful occupation. At a party following a football game on campus that fall I met my US Congressman's wife and we began a conversation based on "who are you? What are you planning to do now that you have your degree?" She persuaded me to come to work as a volunteer in her husband's campaign to win a US Senate seat, and the following Monday I went to his campaign office, where I was assigned to work as an assistant to his press secretary, interacting with



journalists who covered the Senate race. As soon as I began doing that work I was pretty sure I wanted to use my language skills as a journalist of some sort.

3. What was your favourite subject at school and how has this been relevant to your career?

My favorite subject was English and its relevance to my career is self-evident. To this day I often counsel aspiring sportscasters to understand “this is not primarily about what and how much you know about sports. This is about how comfortable and authoritative you can be communicating in the language of your culture”.

4. What advice would you give young people wanting to get into sports commentary?

See the above response. I DO give this advice frequently, and have given it to quite a number of aspiring sportscasters. The heart of the matter is using your language comfortably and well.



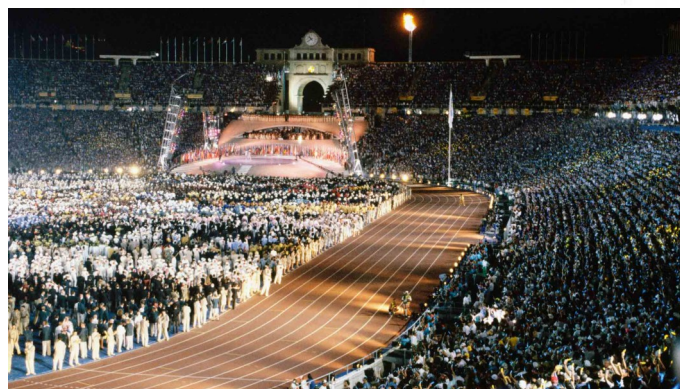
5. You've recently moved into the field of education as a teacher of news media. How and why do you think delivering this course allows you to influence the youth of today?

Interestingly, my course has little or nothing to do with sports, even though most of the money and recognition I earned from forty seven years of television work I earned from covering sports events. The title of my course is Evolution of Storytelling in American Electronic News Media,

and I am qualified to teach it because I did function many times in my career as a news anchor and a news event reporter. I choose to teach this subject for the simple reason that news reporting is far more important to the future of our society than sports reporting. I regard that as self-evident. And the content of the course is historically based, and relates to how processes—societal, economic, technological, personal—influence how news stories are chosen, developed, produced and disseminated to the public. I'm not sure how— or how much— I influence my students, but they say I do. I hope I do.

6. Reporting on the olympics have been a key part of your career for over 30 years. What would you say has been your favourite moment or moments?

I went to fourteen Olympics as a reporter, and personally witnessed many of the most historic and resonant Olympic moments of the past fifty years. It is very difficult for me to isolate any one of them. I saw the Miracle on Ice and interviewed the American heroes Mike Eruzione and Jim Craig on Main Street in Lake Placid that night. I saw the greatest downhill ski race in the history of the sport at Innsbruck in 1976 and spent much of the following day walking the streets amid Austrian fans with their hero Franz Klammer. I watched my boyhood idol Muhammad Ali light the torch in 1996 in Atlanta. And on and on. But if you said “name one”, I think I would go to the Opening Ceremony in Barcelona in 1992. I remember turning to my twelve year old daughter in the stadium as the Parade of Nations began, and saying to her “we are about to see a uniquely historic snapshot of the world as it will be going forward, and the world as it has been, but will



never be again". That night for the first time ever black South African athletes joined white athletes arm in arm marching for their country. That night Soviet satellite nations, freed by the fall of the Iron Curtain, marched under their own flags as the Commonwealth of Independent States. Throughout the context of that ceremony there were liberating symbols of an oppressive old world crumbling and a more liberated new world arriving in its footsteps. And to cap it all off, in an audacious demonstration of cosmic Olympian skill, an archer lit the Olympic torch with one spectacular shot of a flaming arrow across the broad expanse of them stadium into a gas-fueled urn. No Opening Ceremony will ever duplicate the impact of Barcelona 1992.

7. Another sport you are closely associated with is boxing and HBOs 'boxing after dark'. How do you think this show influenced, but also furthered, your career?

There were in essence three separate boxing telecast series at HBO: the centerpiece was World Championship Boxing, which was exactly what it sounds like, major title fights populated by the best and most decorated fighters in the sport, airing on the main HBO channel. Boxing After Dark, also on the main HBO channel, was a series devoted to fights we knew would most likely be close, entertaining and violent, sometimes featuring fighters who were fan favorites though not quite at the upper echelon of the sport's stars. Then there were HBO Pay-per-View telecasts, distributed independently on a buy-it-if-you-want-it basis, and those were almost always fiercely anticipated matchups among the most popular and bankable stars. I called all the fights as the blow-by-blow commentator and host, and all of them contributed mightily to my eventual status as the most recognized and celebrated fight caller in boxing. They put me into the International Boxing Hall of Fame.



8. In recent years the issue of concussions, head trauma and CTE have become more widely discussed in the media. In the US these issues are often associated with contact sports such as boxing and American football. With your background in both of these, what are your thoughts on how these sports can make positive changes for the people who participate and put their lives on the line for our entertainment?

In boxing the primary elements of defense against CTE (chronic traumatic encephalopathy) are skills and judgment on the part of referees, trainers, ring physicians, and regulatory commission officials. All of the people who are given those responsibilities must be equipped with the complex knowledge and awareness necessary to maximize prevention and minimize damage to fighters. There must be classes, clinics, regularly scheduled evaluations, intelligible codes of precaution which can be employed at ringside. But even when and where all of the best possible preventions are in place, some damage can take place. As Mike Tyson said so eloquently, "boxing is a hurt business".

Football is different in context than boxing, and in my view more CTE-dangerous, because of the cruel illusion that a hard helmet constitutes protection against concussions and CTE. Nothing could be further from the truth. The hard helmet is an invitation to trauma because the football player sometimes chooses to use it as a weapon, and a brain splash (the first step toward damage) is a brain splash



regardless of whether you are wearing a helmet. Football would be much safer for players if there was a return to the original soft leather helmet of several decades ago. Players wouldn't be deluded into thinking they are protected. In thirty-plus years of calling fights I am pretty certain I never covered a single boxer who was unaware of the risk he or she could be permanently injured or die. But I am a sure I covered many football players who were deluded into thinking otherwise.

9. In regards of boxing how do you think the sport has changed since you started commentating on it?

Boxing has grown considerably in its approach to injury prevention and medical supervision since I began calling fights in 1987. It still has quite a long way to go. But I do think, for instance, that it is more advanced than its direct competitor MMA. Many of the salutary changes in boxing administration have emerged from the work of a single ring physician in Las Vegas, Dr. Margaret Goodman. She is unprecedented and unique. But it will be critical that she has inheritors. I have not called any fights for the past three and a half years, so I don't know if there is someone now walking in her path.

10. What problems do you think still need to be addressed in boxing and why do you think these problems have not yet been addressed?

The problems in boxing which still need to be addressed all fall into the categories I have described above: medical knowledge, further research, active application of concrete principles at ringside, the willingness to make tough decisions which might fly in the face of good business. There must be more Margaret Goodmans and they must be given absolute authority to protect athletes. To the degree that such responses are inhibited or diluted, the countervailing force is always profit. Boxing is at its safest when governing bodies and state or local commissions feel secure that the profit pipeline will continue yielding benefits even if athletes are protected to the maximum level available or possible. When athletes in boxing or any other sport are endangered by the conduct of the sport, the usual suspect is profit.

11. Have you ever been commentating on a match, fight or competition and had nothing to say? Why?

I have never faced a television moment in which I was being paid to say what I thought and could find absolutely nothing to say. I think that would be a dereliction of duty. Even if I were forced to say "I don't know exactly what to say about this", that in itself would be saying something. But I am almost never at a loss for words, whether on the air or not.

12. Which event have you not commentated on which you wish you had? Why?

I have been the play by play commentator for track and field competitions less widely exposed and prominent than the Olympics, but since I was mostly a studio host at the Olympics I was never the track and field play by play (or as you Brits call it, "athletics"). I loved calling races, so I wish I had done so at the Olympics. I am also a massively devoted basketball fan, but I have called only two basketball games in my life. That's weird to me, but pursuing these talent careers is like water flowing down a hill full of obstacles and open paths: you go where opportunity takes you. No network ever asked me to call basketball, as opposed to football and boxing and other sports.

13. As a commentator do you have a sports team or boxer that you support? If so, does this affect your commentary?

It's inevitable in this life that sometimes you feel emotional allegiances for or against teams or



competitors in the sports you are covering. It is a basic fundamental of professionalism that you must avoid allowing that to affect your faithful narration of the event for an audience which includes all stripes: fans of every individual athlete, fans of every team, fans who love the sport but don't carry an allegiance. The safest approach is to root in your heart for a great event, an event defined by great performances on the part of all the individual athletes, and spirited responses within every category of fans. It sounds more challenging than it is. Your heart enters back in once you are over and it is off the air, but until that moment you are a fan of the competition.



14. Who have you most enjoyed sharing commentary duties with?

I could list for you dozens of expert commentators with whom I have been both privileged and thrilled to work. At HBO's Wimbledon telecasts alone I worked shoulder to shoulder, six hours a day, with Arthur Ashe, Billie Jean King, Martina Navratilova, John Lloyd, John McEnroe, Barry MacKay, and various others. All celebrated legends as tennis players and as human beings, and that's just one sport. At ringside, Sugar Ray Leonard, Larry Merchant, George Foreman, Lennox Lewis, Emanuel Steward, Max Kellerman, Bernard Hopkins, Andre Ward. Repeat the above comment, all legends, all spectacular human beings, all among my closest friends in

life. If I were forced to choose one who most deeply affected my life, that would be the greatest of all boxing trainers, Emanuel Steward. We were brothers from the moment we met in 1987, and I watched from close range as over the years (and beyond his signature relationship with his first truly legendary fighter Thomas Hearns) he trained both Lennox Lewis and Wladimir Klitschko and developed the greatest record ever for a trainer in heavyweight championship fights (you can look it up, I believe it was 37-3).

15. Do you have any treasured sporting memorabilia? What is it and why does it mean so much to you?

Very early on in my career I realized I would feel geeky and embarrassed asking athletes for souvenirs or (later in the cellphone era) photographs. But I wanted something to commemorate my work and my extraordinarily far flung travels. At some point in the first few years it occurred to me to save all the credentials I was issued for access to the events. So now I have thousands of credentials, many of them with my photo on them, to track what I did and where I did it. Very fortunately, both Olympics credentials and most big fight credentials are elaborately artistic artworks. They have character and glamour beyond just the name and date of the event. They are organized into artistic collages which fill the walls in my office and adjoining rooms. It was poetic that my career came to an abrupt end (when a cretinous cadre of cellphone salesmen from Dallas, AT&T, bought Time Warner Entertainment and shut down HBO Boxing, a precious and historic franchise they in no way understood), at the same moment the wall space ran out in my Chapel Hill apartment. Done. Finished. Possibly the greatest and most significant collection of boxing and Olympics credentials ever assembled. I also



have framed one-sheets from most of the seventeen movies in which I appeared, and promotional posters from the three program series I produced for HBO, ON FREDDIE ROACH, THE FIGHT GAME, and WELCOME TO HOLLYWOOD.

16. When you travel to the UK for the Wimbledon Tennis Tournament, how do you find the atmosphere compared to a boxing ring or gridiron?

First of all understand my ancestry is mostly English. The Lampleys came from Manchester and above. My paternal grandmother was an Askew, and they were from London. My distantly great aunt Anne Askew was the first and only woman ever tortured to death in the Tower of London for religious heresy. Google her. Obviously there is a branded form of decorum for fans at Wimbledon that doesn't apply to boxing or football. At a boxing match or a football game a fan might feel encouraged to make as much noise as possible. At Wimbledon it is the opposite. When I was first calling tennis with Arthur Ashe at ABC I had to be tutored not to talk over the strokes on the way to a point. He was appalled, then amused. I am not a tennis player, largely because I couldn't solve the puzzle of hitting a backhand. I can still hear Billie Jean asserting to me "but it's actually the easier, more natural stroke!!!" Couldn't prove that by me. But my inability to play the sport didn't prevent me from understanding the nature of the competition and the drama. The similarities between boxing and tennis are numerous and obvious: one on one sports, two athletes facing each other in a confrontation both highly tactical and highly intuitive, heads are uncovered and faces are visible so no emotional response is unrevealed to both the opponent and the audience. All of that I got instinctively, so boxing was a good learning platform for calling tennis matches. Tennis is boxing with racquets and strawberries and cream.

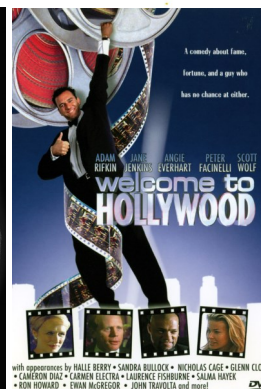
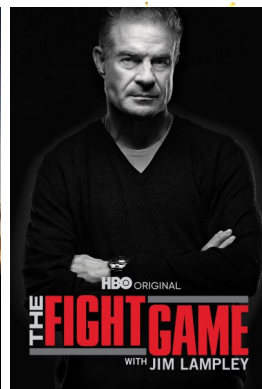
17. Is there any sport besides boxing, American Football and tennis that you have wanted to cover? Why?

Wish I had covered more track and field, as i have covered above. And basketball, in which i called two games, one college and one professional. Maybe I wasn't all that good at it. Just don't know. Those games took place at the moment when I was transitioning to being a fulltime news anchor, a period which lasted three years.

18. What is the biggest misconception you think the general public have about all of the different sports you've commentated on in your career?

Probably the biggest misconception is that because boxing is violent, it promotes and engenders hatred and mean-spiritedness among its competitors. Nothing could be further from the truth. When two fighters go after each other in a fiercely combative way, especially if it happens two or three times, the end product is almost always that they fall in love with each other. Their level of mutual respect is almost indescribable.

When you see two fighters fall into each other's arms and embrace at the final bell of a twelve-round fight, that is an instinctive and utterly sincere response. At that moment they feel they have explored





every element of their opponent's personality, his strengths and his vulnerabilities, and they give in to a sense of shared humanity which they are quite unlikely to attach to any other human being. They are blood brothers, they know each other better than even their mothers do, and it is a bond which frequently lasts until the end of both their lives. Hearns and Leonard are like that. Tyson and Holyfield are now like that. Tyson Fury and Deontay Wilder have been to hell and back with each other, and if they do it again they will bring a form of true love into the ring. This is what many, many people grossly misperception about fighters and fighting. The more spirited the violence face to face, the more indelible is the true love.

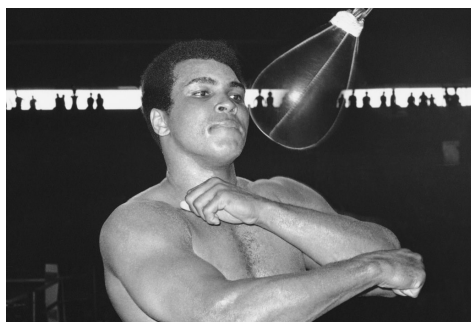
19. What's one thing about Jim Lampley that very few people know about?

That my older half brother was gay, and he came out of the closet as a fourteen-year-old in a small town in North Carolina in 1959. Unquestionable to this day the bravest person I have ever met. All the time I was covering boxing I went into fighter meetings with the perspective that if social scientists estimate eleven percent of males in America identify as gay, then logic said that eleven percent of the fighters I was covering were gay. And sometimes, over a long period of time covering their fights, I was discreetly allowed to know.

20. Finally, if you could have a dinner party and invite any 4 people from history who would be on the guest list and why?

Dinner with four historic figures. Hmmm.

Jack Dempsey because he was in his time the world's most dramatic fighter, he was the soul and spirit of the Roaring Twenties. He had an irresistible smile.



Muhammad Ali because he was the central hero of my youth and he once babysat my eldest daughter for three hours while I ran some necessary errands in Manhattan, and he was a great friend and I loved him.

Barack Obama because he is Barack Obama.

My mother, Peggy Lorraine Maria Teresa Clark Trickey Lampley, because she had a life every bit as dramatic as those three men and they would appreciate her, and she has been gone since 1985 but still deserves an evening in that kind of company.



Sports, Sports, Sports

FOOTBALL THIS TERM!

By Oliver Taylor

This January we have seen a lot of things in football. For example Transfers, I'll get onto it in a bit. But this is all about what's happened in football this January.

Transfers.

The transfers this month have been amazing, (I'm writing this on the 30th of January, so the transfer window ends tomorrow.) We have seen Danny Ings go to West Ham, Anthony Gordon go to Newcastle United, Memphis depay to Atletico Madrid! And many more. Chelsea have spent approximately €490 Million! (Proof : Transfermarkt) The lowest 3 spenders in the premier league are as followed, 18th Brentford €51.50 Million, 19th Crystal Palace €34.60 Million, 20th Leicester City €31.00 Million.

Best scores!

At the moment we have seen a lot of big scores and most of the in England. So let me show you my best findings from January;

Sheffield Wednesday 2-1 Newcastle United

Brighton & Hove Albion 2-1 Liverpool

Wrexham 3-3 Sheffield United

Real Madrid 3-1 Atletico Madrid

Manchester City 4-2 Tottenham Hotspur

Brighton & Hove Albion 3-0 Liverpool

Manchester United 2-1 Manchester City

Juventus 0-2 Monza

Lecce 2-2 AC Milan

Napoli 5-1 Juventus

Fulham 2-1 Chelsea

Southampton 2-0 Manchester City

Manchester City 4-0 Chelsea

Aston Villa 1-2 Stevenage

Liverpool 2-2 Wolves

Coventry 3-4 Wrexham

Villarreal 2-1 Real Madrid

Monza 2-2 Inter

Monaco 2-2 Rodez (p)

CF Intercity 3-4 Barcelona

Leicester City 0-1 Fulham

Brentford 3-1 Liverpool

Nottingham Forest 1-1 Chelsea

Yeovil 2-0 Torquay



I am writing this now on the 1st of February, Newcastle has gone to a carabao cup final for the first time since 1973. The Geordies seem over excited as they beat Southampton 3-1 on aggregate.

Bruno guimaræs got sent of last night after studding a Southampton players ankle. The transfer window also wrapped up last night, ending with Chelsea spending more money than the Italian and German leagues combined! A lot more will happen tonight (1st February) as Nottingham Forest play Manchester United at Old Trafford.

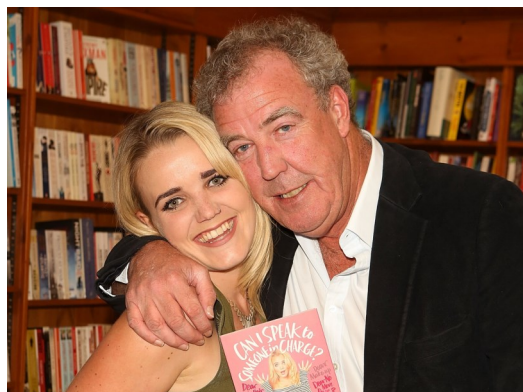


Time to think about...

Why does the media hate women?

By Emily Watson

So this question has been running through my head for a while now but it was immediately brought to the front of my brain by a recent post I saw on instagram.

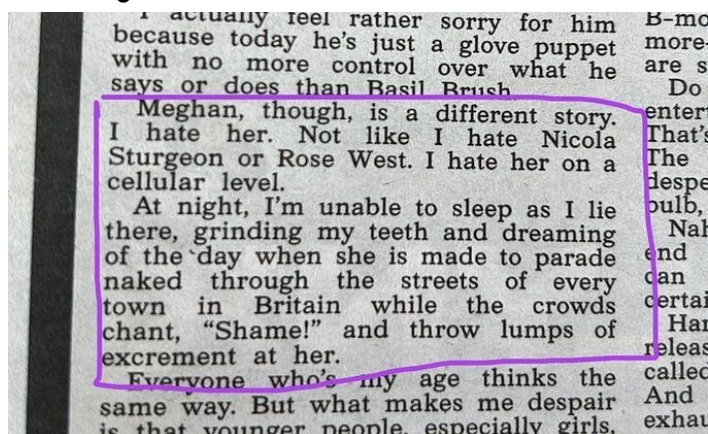


Emily Clarkson, who is known for her active feminism and social justice topics, recently posted a pregnancy photoshoot on her page and it was all going down okay and most people were very positive about it, however the Daily mail decided to write a disgusting piece about her, it was titled "clarkson girl dons skimpy top gear".

Now there's a lot to unpack with that statement so let's start with the classic patriarchal "clarkson" so using her last name and only her last name to talk about her as if she's an object of her father's and the word "girl" with it

infantilising her and making it seem like she's just her father's child even though she's a fully independent 30 year old woman with her own life that has nothing to do with her father's, And on top of that the phrase "dons skimpy top gear" as if its offensive for her to show her skin and like that's not completely objectifying her to her clothing and body, even though it was a pregnancy shoot they still decided to comment on what she was wearing, and then at the end of everything "top gear" was added so it can still be brought back to her father and his career.

Emily called them out publicly on instagram and said that they'd been doing this since she was a child and that it needed to stop, and at the end of the day the actual article had nothing to do With what she was wearing and instead the actual writing spoke about Jeremy Clarkson's issues with Meghan Markle that he discussed publicly recently. So all in all she was used as a pawn in the daily Mail's big game of publicity by misogyny.



But this isn't the end because this has been happening to successful women in the media forever now and it needs to be stopped, to the rich male controllers of the media this is all a game (such as Richard Eden who wrote this filth about Emily Clarkson) but to real life, working women this is outrageous. They constantly post disgusting content using a woman's features for more views on the story and more clicks online without caring that that's a persons life they're affecting.

Emily Clarkson has gone on to talk about how this made her very depressed as a teenager and it still affects her mental health now as an adult, and everyone in the media laughed at Meghan



Markle for talking about her experience with depression from the media but as humans with emotions how can they not see that that would be affecting someone?

The things written about Meghan Markle are just disgusting and she has to experience all of that just because she married someone who she clearly loves? It's not right, and the fact that this has been happening since mass media has existed and has since worsened due to social media and online hate, is the problem. So many women have spoken about this and so many women have been silenced by the same media that are using them for their clicks is what needs changing.

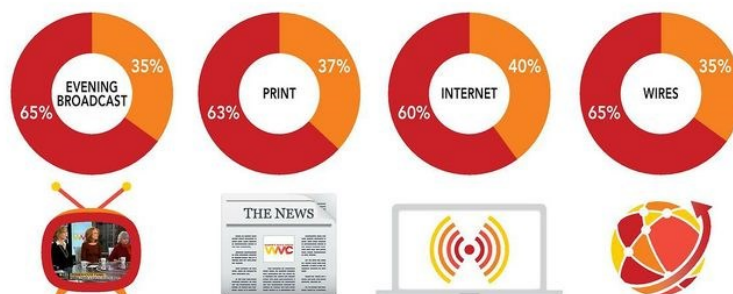
So how can we create positive change?

Positive change is mostly achieved through education, you can educate yourself on these topics, you can educate other people, you can get involved in online petitions and boycotts of media outlets and websites that you feel need to be banned or need changing. Ultimately what is happening in the media is so rude and so offensive and is destroying so many lives that we can't keep letting it go.



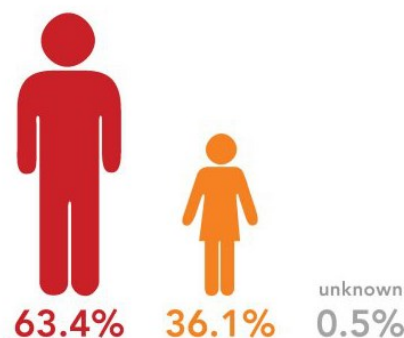
men women

THE MEDIA LANDSCAPE



BOTTOM LINE: MEN DOMINATE MEDIA

Gender inequality exists in print, on television, and online across all media outlets and in all news topics.



MOVIE REVIEWS

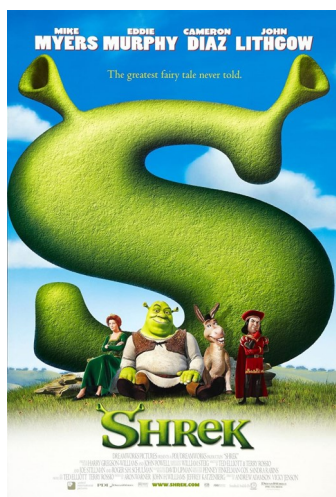
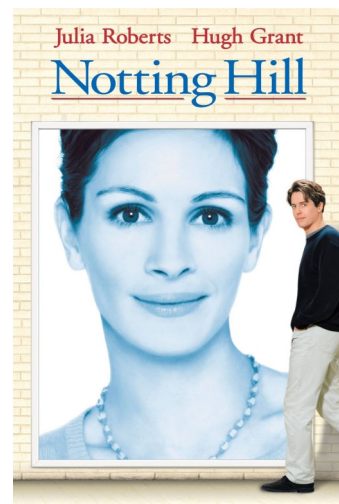
Need a pick up?

Ten films to shift the the post Christmas blues.

By Edie Pattison

Here are 10 films to keep your spirits up this year.

1. Notting Hill - This is a Rom-Com film about a travel book shop owner who meets, and falls in love with, a Hollywood actress. Sadly, he is a bit awkward, and with the help of his weird roommate (Spike) and his amazingly odd family, the relationship goes back and forth like a ping pong ball. This film is absolutely amazing and stars: Hugh Grant, Julia Roberts, Rhys Ifans, Hugh Bonneville, Gina McKee, Emma Chambers and Tim McInnerny.

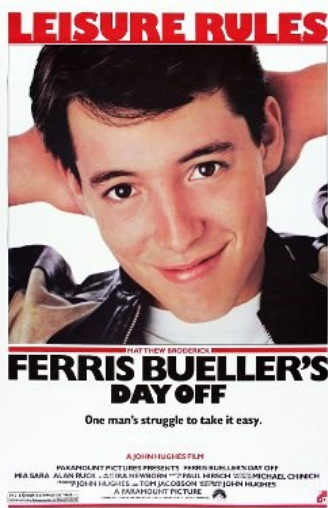


2. Shrek - This is a very well-known animated film all about an ogre called Shrek, who has always lived on his own, and he likes it that way. But then one day the ruler of the land, Lord Farquaad, sends all the fairy-tale creatures away to the swamp. In order to get his home all back to himself Shrek agrees to go on a quest for Lord Farquaad, along with his over enthusiastic "friend" (a donkey named donkey) but after the quest he discovers something he had never felt before. This is a hilarious film that makes me smile. It stars: Cameron Diaz, Mike Myers and Eddie Murphy.

3. Legally Blonde - This is a film that really promotes girl power, it is a film that follows Elle Woods (Reese Witherspoon) on her journey to becoming a lawyer, the catch is though that she's only becoming a lawyer to catch the eye of her ex. Along the way she makes some new friends (and enemy's) but also discovers that her old friends from her previous collage,



were just waiting for her to leave to jump at her boyfriends. This is an amazing film that really makes you feel great about yourself and lets you feel a little more comfortable being you. It stars: Reese Witherspoon, Jennifer Coolidge, Selma Blair and Luke Wilson



4. Ferris Bueller's Day Off - This is a film about a boy named Ferris Bueller. Ferris is a skiver and almost NEVER goes to school, he has even come up with a machine that makes it look like he's sleeping in his bed so his parents don't suspect a thing. In the film Ferris takes



his best friend and his girlfriend out into Chicago and get up to all kinds of mischief. This film is absolutely hilarious (and even makes a funny cameo in *Spiderman: Homecoming*) I would highly recommend this film to anyone who is looking for a laugh.

5. Paddington - Most people know the story of Paddington Bear and will have watched it, but I want to remind everyone of what an amazing film it is. The film follows the story of young bear who



moved from Burma after a tragic earthquake that killed his uncle Bastuso. On arrival to London the bear is met by the Brown family and is given the name Paddington (after the train station). This film is amazing and I could watch it over and over again. It stars: Ben Wishaw, Hugh Bonneville, Sally Hawkins, Jim Broadbent, Julie Walters.

6. Nanny McPhee: The big bang - This is the last of the Nanny McPhee films and is an absolute classic. This film follows the Green Family.

World War Two is in full swing while this film is taking place and the three Green children (Megsie, Norman and Vincent) have their city living cousins (Cyril and Celia) come and stay with them, sadly they don't quite hit it off when they first meet and they have huge fights, enter Nanny McPhee. As time goes on Nanny McPhee teaches the children to live together, through some rather mad tasks. This film makes me feel so happy and I would highly recommend. This film stars: Emma Thompson, Dame Maggie Smith, Ewan McGregor, Rhys Ifans and Ralph Fiennes.



7. Mary Poppins Returns - This is the sequel to the famous musical film, Mary Poppins. This time the film follows the children of Michel Banks and his financial troubles. This is why Mary Poppins appears, to look after the children. The new original soundtrack



was written by Lin Manuel Miranda (who

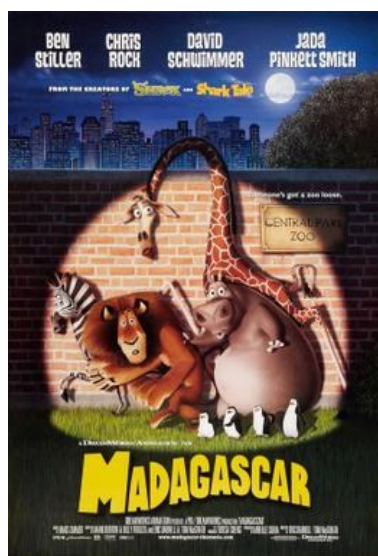
also stars in the film). This film is absolutely amazing and you'll be singing along in no time at all. This film stars: Emily Blunt, Lin Manuel Miranda, Ben Wishaw, Dick Van Dyke, Colin Firth and Julie Walters.

8. Mamma Mia - This is a VERY well-known musical film that consists of ABBA songs. It follows the story of a young bride to be and her route to find her real dad, the problem is though, she has no idea where to start and the night before her wedding she gets all three of her possible fathers tell her that they each think they're her father. Through a number of iconic songs, and some amazing drama the truth comes out at the wedding ceremony. This film stars: Meryl



Streep, Amanda Seyfried, Pierce Brosnan, Colin Firth, Christine Baranski, Stellan Skarsgård, Julie Walters and Dominic Cooper.

9. Princess Diaries 2 - This is a film following the life of a Princess soon to be Queen, and her mad life trying to become more ladylike and ready to be a Queen. But there is one problem, according to the law of her country, she needs to be married to become Queen so needs to find a suitable match, who will fit both her, and royalty. This Film is an absolute "Must Watch" and I would definitely recommend to anyone who needs a smile. It stars: Anne Hathaway, Julie Andrews, Chris Pine, Héctor Elizondo and even has a cameo appearance from Stan Lee.



10. Madagascar - This is a film about 4 animals from Central Park Zoo in New York. The twist is that one of the animals, a Zebra called Marty, wants to go back to the wild and escapes from the zoo, the other three animals, a lion, a hippo and a giraffe, go after, Marty and end up being recaptured and sent to a different zoo. On the way there though, the animals shipping containers get thrown off the boat and they drift away to Madagascar, hence the name of the film. The animals have to become accustomed to life in the wild and decide to take orders from a lemur king (King Julian) which might not be the best idea. This film is awesome and a right laugh and I would highly recommend. This film stars: Sacha Baron Cohen, Chris Rock, David Schwimmer, Ben Stiller and Jada Pinkett Smith.

February 23
THE QUILL
Edition 8

CALLING ALL JOURNALISTS OF WADHAM!

The Quill is a magazine for Wadham students and is open to anyone! It's full of exciting opportunities and always looking for new members, from photographers to interviewees, we want YOU!

Speak to Mr Hopwood in B23 or email Phopwood@wadhamschool.co.uk to find out more!

A WADHAM SCHOOL STUDENT PUBLICATION

THE QUILL



SHALL HE PLAY A GAME?

VIDEO GAME REVIEWS

MIKE TYSON'S PUNCH-OUT!!

By Alfie Cox

Mike Tyson's Punch-Out!! is the third instalment in the Punch-out!! Series of games by Nintendo. It's previous instalments include Punch-Out!! and Super Punch-Out!! It was first Released on The Nintendo Entertainment system (or Famicom in Japan) In 1987 but it has been re-released on Multiple Nintendo systems (Wii, Nintendo switch etc) as Punch-out featuring Mr Dream, removing Mike Tyson in favour of the fictional character of Mr Dream.

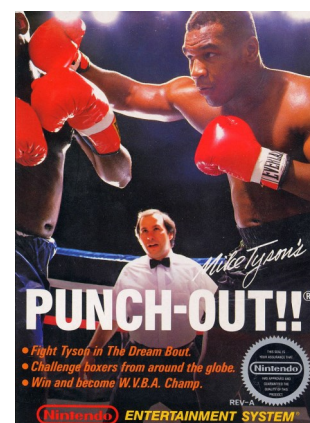
The game revolves around Little Mac (the player character) going on multiple boxing matches with fictional boxers. The game play itself is mostly pattern based, most people when playing the first time will just spam the punch button just to be met with a block after a couple hits and then a swift jab from the enemy, But a more experienced player will know the patterns or figure them out. Some fights don't necessarily need patterns you can just dodge and hit but it makes them much harder.

The game is known for Its difficulty especially in the later on in the game. But with a few well timed punches and dodges I got through the game, well most of the game, I still need to fight three more characters: one of them being the final boss, Mike Tyson. I really enjoyed playing through the game and intend to finish it eventually. I especially enjoy the gameplay and characters.

I don't personally dislike anything about the game but I do think that it is important that I address this controversy :Some people have called out the game for its stereotypical characters of different nationalities such as Soda Popinski (Originally called Vodka Drunken ski) a Russian stereotype of a drunk pink-skinned man who is aggressive and cruel towards Little Mac, laughing when he makes Mac hit the mat. This particular stereotype, one of the

more intense in the game, is possibly this bad due to built up hostility of the cold war.

However, this is not an excuse for the game's other stereotypes such as Glass Joe, a cowardly French man. But, aside from the controversy I still really enjoyed the game and would definitely recommend it to anyone. It really is one of my favourite games (My favourite on the console) so I would have to give the game a score of 4.7/5



FARMING SIMULATOR 22

By Lucas Salter and Thomas Gibson

This game is produced by a group called 'GIANTS software'. They have inspired others to try and do something like farming simulator. Reliving their first game in 2008 they have progressed massively. Other people have tried to do better but with over 14 years now they will be in the lead for a long time. (You may know them from their other game 'construction simulator')

Their game is on multiple different platforms. They do their best to give everyone the best experience they can and their game is on almost every platform. The platform they are on are pc, Xbox, mac, PlayStation 4, 5 and stadia. Best of all it is cross compatible so you can play with friends even if you are not on the same platforms so you can always have fun.



One thing we particularly like about the game is the realism and just the whole experience. It is just like being on a actual farm but just in a game. Some things are sped up otherwise you would never see them actually happen. There is also modhub. This keeps the game interesting and enjoyable because there is always something new to find there.

There are a couple of things that could be better, but they are not game changing. The main one we have found is the lag in multiplayer. Mainly when something is loading in. The main thing we found is when you try and join each other's servers they don't always register the server and it can take forever to find.

If you don't like slow pace games then this is not the game for you. This game is all about running your own farm and expanding how you want to. You need to make money but when you have a good amount of cash you can buy another field and make even more than before. The more you do this the faster you will expand and faster you can grow. It can become a fast pace game after a bit. You can also build stuff so you can make a cow farm for example. You would need the enclosure and food (and water if it is not a shed). They are also in partnership with loads of different brands of vehicle including John Deere, Massey Ferguson, New Holland and now Volvo with they only partnered with recently.



We would rate it 4.5/5. This is because of the small amount of bugs and glitches.

Apart from them everything is brilliant. If you sound interested go and look at it on the actual pages and see what we haven't said.



WHAT'S WORTH A WATCH?

Avatar Way of Water

Review by Charlie Wellman.

After a 14 year wait for the second installment of the Avatar saga is finally here. Avatar: The way of water reintroduces you to ex-marine Jake Sully (Sam Worthington) and his life-changing experience on Pandora, home of the alien race known as Na'vi. Set 14 years after the events of the first



film, Jake has fully assimilated to the Na'vi tribe and has established a family with the absolute icon Neytiri (Zoe Saldana), but the resurrection of an old enemy sends the Sully's into hiding within a reef dwelling Na'vi clan. Even though they've left the threat still manages to follow them.

Much like the first film it has a careful blend of fastpaced action scenes and hardhitting scenes that fill you with emotion. It does this so much that at times it does feel like it is the first film just set in a different environment, because of this it feels predictable and boring. I often found myself accurately guessing what happened next and the outcomes of each conflict. But I cannot compare the CGI and filmmaking, as technology has vastly improved since the first film came out in 2009 and it shows. There's a lot of high-quality detail and realistic interactions with the environment that we missed out on in the first film. James Cameron and the team have put a lot of passion and time into not just the video production but the design of the world and environment, pulling inspiration from real world cultures and species to create a vibrantly familiar yet alien world.



I cannot wait for the next installment of the Avatar saga, which is currently in post-production editing and is estimated to be out in 2024. But James Cameron wants all 9 hours of usable footage to be edited before he cuts it down. So, I'm not holding out on it being out until December and will have to have a bit of a think before I see it in cinemas with the possible 9-hour watch time. Way of water is predicted to be on Disney+ in March 2023 due to it being a cinema exclusive as of the time of this article.

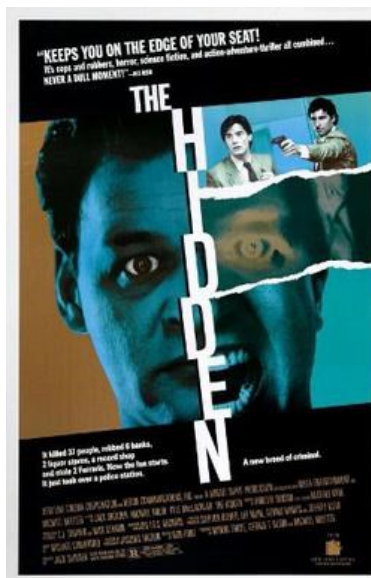


WHAT'S WORTH A WATCH?

CHARLIE'S CULT CLASSICS

By Charlie Wellman

A-level History lessons with Mr. Hopwood always leave me with a list of cult movies that I simply MUST watch. Here's a few of these off-topic rambles recommendations.

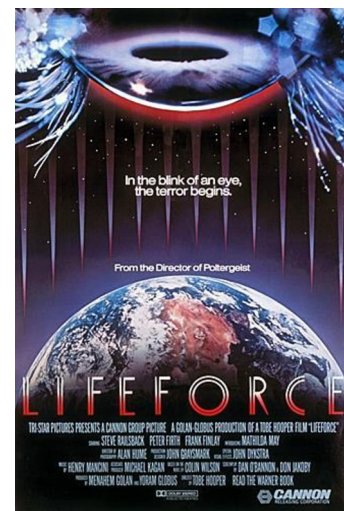


The Hidden (1987):

I could easily sum this movie up in four words: What is going on? And I say this is the best way. The hidden starts with a man robbing a bank, stealing a car, and creating a car chase that reminds me of my time playing Grand Theft Auto. The man ends up in hospital after being shot multiple times and dies, his roommate - a middle aged man who is practically dead- leaves his bed and starts to rob stores. This blasé and almost childish nature hops from person to person causing mayhem for the FBI and local police, who are trying to work out what was going on. The quality of the film is good for its time, with some cool CGI and practical effects within it and the music in it is top tier. If you are looking for something a bit different with some iconic action themes, this is a much watch.

Lifeforce (1985):

This movie feels like a fever dream. It's a weird amalgamation of a science fiction, vampire, zombie, AND apocalypse film. You start in a space shuttle that is investigating Halley's comet, they find a strange ship with weird bat like things and three naked (scandalous) human corpses. The crew take a few bat things and the corpses into their ship. Fast forward a few scenes the female human corpse wakes up and turns a guard into a lifeforce sucking zombie-vampire, and soon these zombie-vampire people take over England. It's a Cannon Group film, so it's worth a watch because they always make interesting films.



The Thing (1982):

An absolute classic. If you like well-made movies, this is an absolute must watch. As are practically all of John Carpenters movies. On a remote Antarctic research base a parasitic alien is taking over bodies of humans and animals, with the capabilities to take over the whole world. What ensues is a wave of paranoia among the researchers as they try to avoid being taken over and remove this unearthly threat. The Thing has some epic levels of practical effects with scenes reminiscent of films like Alien and Stranger Things.



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What's worth a read?

The Last Bear – By Hannah Gold

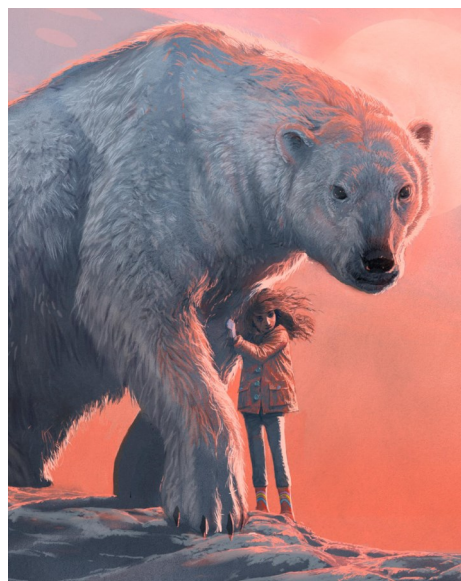
By Emily Wood

The last bear is a very unique story written with the purpose of educating young people on the real effects of global warming on our planet. Published about two years ago on the 2nd of February, it has never failed to inspire a new generation of readers and could put a smile on anyone's face.

The author has also written another heart-warming book called *The Lost Whale*. *The Last Bear* is a very compelling tale of a girl's relationship with nature and animals, particularly her best friend Bear. It is a very addictive and relatable story from when it first begins to when it finishes. It puts forward an uplifting moral to help the Earth because it's special and shouldn't be taken for granted.

It has many messages hidden within its pages with the inclusion of family and what friendship is really about. If it were up to me this story would be compulsory for everyone, including adults, to read. It is so hard not to fall in love with April, the compassionate and brave protagonist and her loyal and indomitable companion Bear.

The journey that they both mentally and physically go through will never fail to make you laugh and cry, it is the definition of a page-turner and will leave you yearning for more. It is an over-all masterpiece and couldn't be overshadowed by most other works. It is absorbing, heart-wrenching and carries a positive message of looking after our world, what more could you want in a book?



Me, My Dad, And The End Of The Rainbow: By Benjamin Dean.

By Lucy Wood

Me, My Dad, And The End Of The Rainbow will be one of the most joyful books you will come across this year. Not only is it written so beautifully by the author, Benjamin Dean, but it also gives us a

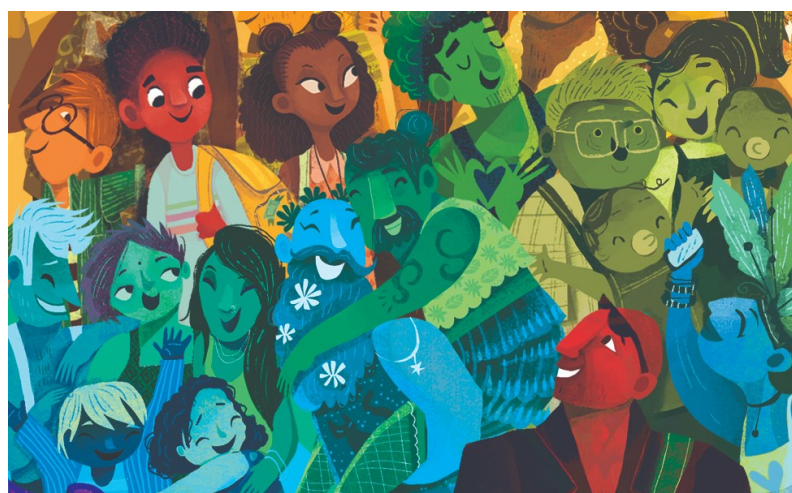
relatable perspective of how modern day society has finally opened up to new ideas and new ways. Finally we have a book that questions whether being normal is really the only option we have. Would you rather blend in, or stand out? This book answers that question in the most delightful way possible.

The story in question follows a boy called Archie who, despite the invisible wall that has built up between him and his dad, is determined to journey to Pride to prove to his dad he supports him. And with the help of a few friends, he may be able to achieve this goal.

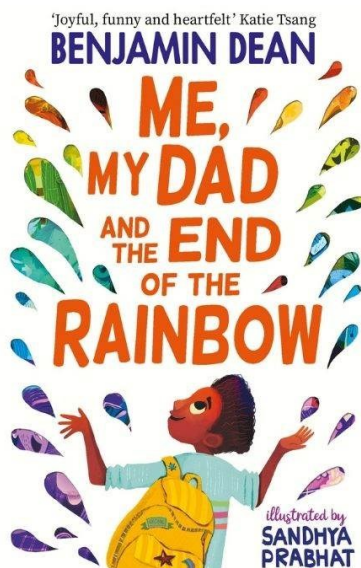
This book is the first to shine out from the rest of regular books with its charming cover, colourful storyline and, probably most of all, glittering characters that really stand out from average people. Despite the problems that these characters face they never hesitate to help Archie reconcile his every-day relationship with his dad.

The book is a glorious representation of the LGBT+ community and how important it is to be proud if you are different. I truly believe that if everyone had a chance to read this book, maybe the world be just a tad bit happier, and we can acknowledge that change is happening all around us. Sure, it may not be good change, but it is happening and we could try to do something good with it.

There are a lot of things that build up everyone, our personalities, our quirks, our fears, and why should people be persecuted just because they have a different way of thinking to you or have different hobbies to you. Because all that really matters is that you're a nice person and



you respect everyone around you. It is a story about decent people dealing as best they can with seismic changes to their lives and it will be welcomed by people who may also be dealing with changes whether big, small, huge and tiny, they all impact us just the same. This book celebrates the power of family and how far we will all go to protect it.



Doing Wadham Proud, Former students changing the world

Name - Alex Taylor

By Peter Hopwood

1) What years were you at Wadham?

Years at Wadham: 2009 - 2015

2) What memories do you have of Wadham?

I have many fond memories of my time at Wadham. I felt that every single one of my teachers cared about me, and my progress. I particularly enjoyed representing the school in both football and rugby. One memory that really sticks out in my mind was in the winter of 2011, during a heavy snowfall. The whole school was out on the top field throwing snowballs and enjoying the weather.

3) Who was your tutor?

Miss Barrell and latterly Mr Farmer.

4) What subjects did you enjoy the most at Wadham and why?

English Language and Drama. Mr Hobhouse made the lessons fun and taught me to enjoy reading. Drama helped me to become much more confident

5) What did you decide to do post 16 and why?

Post 16 I attended Richard Huish College to study my A Levels with the goal of going to University, but at this point I did not know what I wanted to study.

6) What did you do after you left Wadham?

After Wadham I went to college and then onto University where I achieved a degree in law and spent the following two years working as a legal assistant.

7) What job do you do now?

I am an Officer in the Royal Navy and have recently completed an operational tour to the Far East, visiting countries such as Singapore, The Philippines, South Korea and Japan.

8) How has your time at Wadham helped you?

My time at Wadham helped me to find what I enjoy doing and to become more confident in being myself. I still have a number of close friends who I met during my time at Wadham.

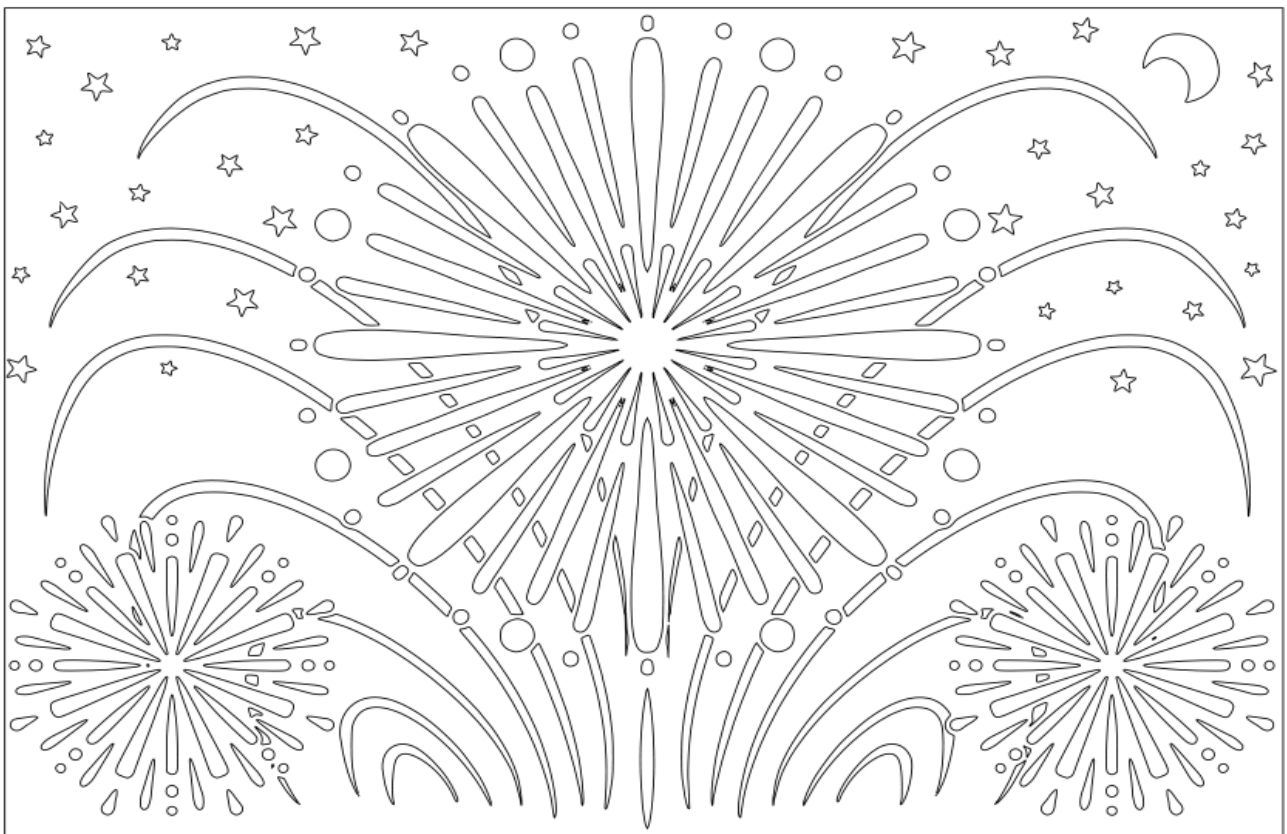
9) How would you describe Wadham School in 5 words?

Hard working, community, fun, supportive and memorable.



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Carefully picked New Year colouring



New year colouring



A graphic with the words "THANK YOU!" in large, white, bold, sans-serif capital letters. The text is centered and surrounded by a cluster of overlapping circles in various colors including blue, orange, pink, green, and purple. The background of the entire page is dark blue with white and purple streaks resembling fireworks or starbursts.A graphic with the words "THANK YOU" in a playful, multi-colored font. Each letter is made of multiple overlapping translucent shapes in colors like red, blue, green, and yellow. The text is set against a dark purple background with scattered white and colorful confetti, including small circles and lines.A graphic with the words "thank you" in a cursive, handwritten-style font. The text is surrounded by several heart shapes in various colors including red, pink, blue, and yellow. The background is white.

...to everyone who has helped put this edition of The Quill together.

Will Ford . Zara Mapstone . Ruby Bryant . Edie Pattison. Lucy Wood . Emily Wood . Emily Watson . Esme Hallett. Miles Quick . Rosemary Hooper . Toby Swan. Jack Anstey . Oliver Taylor . Charlie Wellman . Alfie Cox . Lucas Salter . Thomas Gibson . Charlton Bowery . Phoebe Bailey

The Quill is a magazine for Wadham students and is open to anyone. We want writers, artists, reporters, photographers, reviewers, critics, etc from all across the school.

If you'd like to get involved in our next edition please speak to Mr Hopwood via teams or in B23 at break/lunch



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