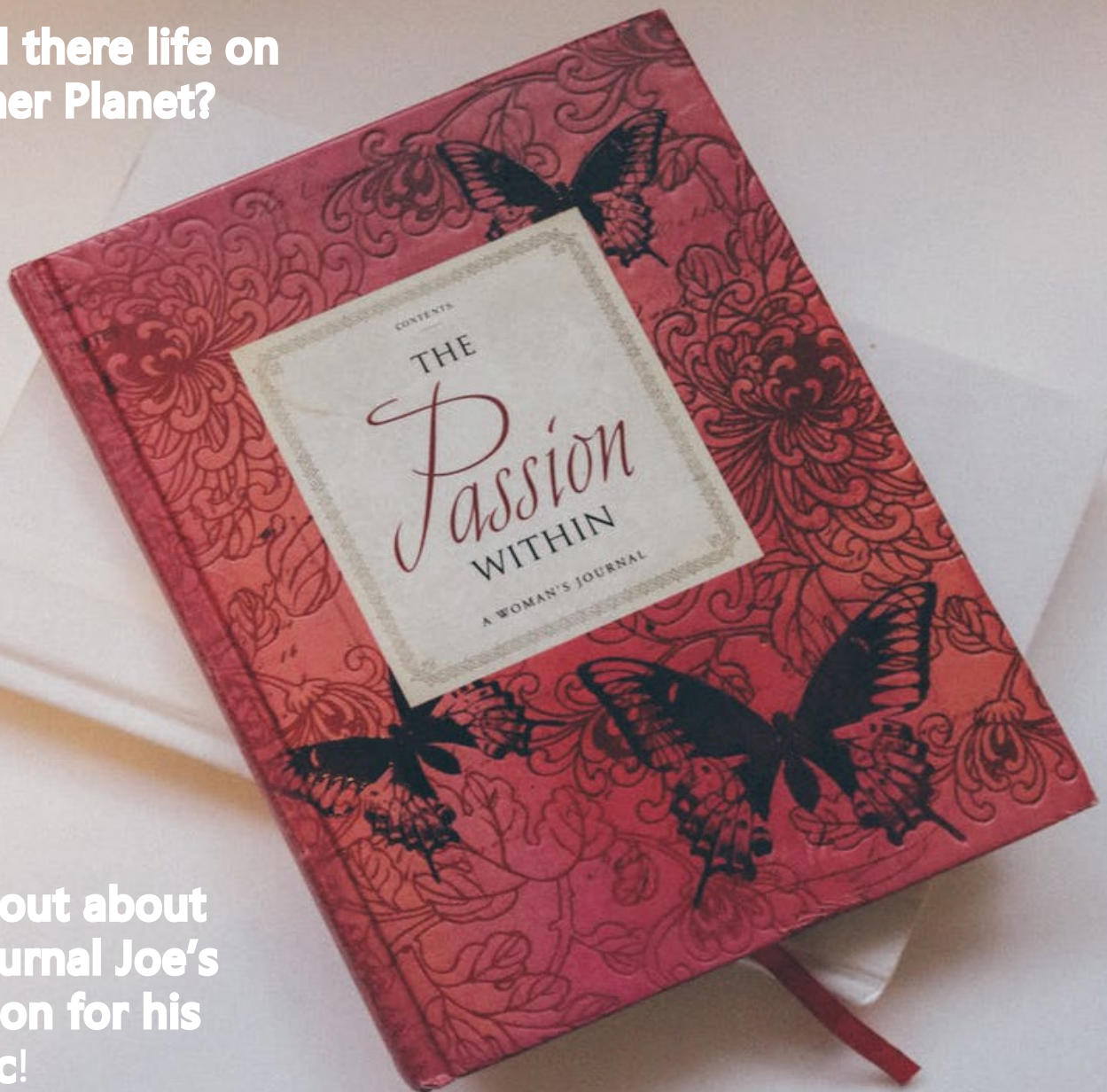


## THE THINGS WE LOVE

Discover your passions!

Read about why  
Lacrosse is for  
the people?

Could there life on  
another Planet?



Find out about  
Nocturnal Joe's  
passion for his  
music!



# MEET OUR HEAD



**NATALIE MCNEILL**  
**HEAD OF NEWSPAPER**

Dear Readers,

Thank you for joining us for our February issue, we are extremely excited to share this edition with you. Our February issue is focused around 'Things we love' and 'Passion Projects', focusing on both our own passion projects and those of others. Spending time focusing on the things we love, and our own passion projects gives us time away from the stress of work or University, which is why we felt we should dedicate a full issue to it.

I want to thank the whole committee for their ongoing hard work in providing these issues and sharing their experiences with the wider student body. I also want to thank writers who have submitted some brilliant articles for us to share with you.

Thank you for joining us for this issue, both me and the committee hope you enjoy.

# THE PHAN- TOM TEAM



**EKTA RAJAGOPLAN**  
**DEPUTY EDITOR**



**ALUMITA SAUMOSI**  
**CONTENT DESIGNER**



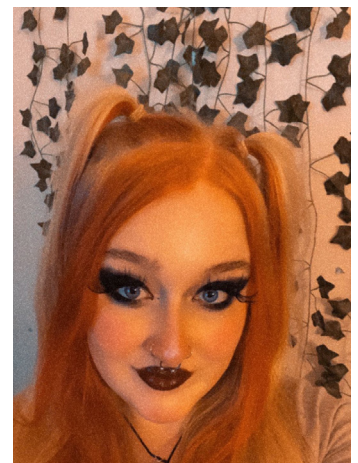
**ANNABEL HERBET**  
**FEATURES EDITOR**



**ROBYN DYSON**  
**SPORTS EDITOR**



**OLLIE ATKINSON**  
**MEDIA AND EVENTS  
EDITOR**



**BETH PARKS**  
**NEWS EDITOR**

# CONTENTS PAGE

## FEATURES

- 3** **How can you gain passion your through event trousim.**  
- by Lucy-Mae Adlington.
- 5** **5ways you can keep your wardrobe fresh on a student budget.** - by Annebel Herbet

## NEWS

- 7** **Life on another PLANET? What are the odds!**  
- by Beth Parkes

## SPORTS

- 9** **Lacrosse; the game of the people.**  
- by Victoria Blacklock

## HUMANITIES

- 11** **Passion Projects: What are they?**  
- by Natalie McNeill

## MUSIC & EVENTS

- 13** **Nocturnal Joe says he plans to “build up some hype” back home amidst his passion for music.**  
- by Ollie Atkinson

# How **you** can gain **your** passion through event tourism.

**H**aving a passion is the key to living your dream life, as they have the potential to evoke a strong emotion of desire for a particular activity or for a special someone. Not only this, but having a passion can also be profiting, for example, you could turn a passion for DIY into a business or a passion for travel into a website or blog. However, realising a passion can be harder than anticipated, and there are many examples of passions that can be developed as hobbies or even through career goals. Take event tourism for example, this can be developed into a passion through the love of travel and learning and can even be profitable for some through sharing experiences online.

So, what is event tourism? Well, event tourism means taking a marketing orientation to attract tourists, this creates what are known as 'destination events'. These 'destination events' create a place for travel enthusiasts and those who wish to learn about different cultures, as they are usually based on traditional or contemporary celebrations of culture which can include music, dancing, arts and many more. All these celebrations can attract individuals from all over the world as for a lot of people it can open the roots and history of a destination and so can be a learning experience as well as being fun.

Some events that take place are carnivals, art festivals, music festivals, food and wine festivals and even circuses. An example of a traditional celebration is the Fuji Shibazakura festival, based in Japan and which centres around the blooming of Shibazakura flowers at the base of Mount Fuji.

It also incorporates stalls that sell pots of pink moss, Shibazakura-themed souvenirs, food and local produce all to help complete the experience. This example is one of the most popular cultural events as it is a way of experiencing the Japanese culture through the gorgeous natural views that the country has to offer.

I bet you're asking, what does event tourism have to do with having a passion? It is very common to hear about an individual's passion for travelling but less common to hear about a passion for culture. Having a passion for travel can develop people's minds and nurture personalities as it involves stepping away from your home life and instead involving yourself in someone else's way of living. You can learn about the contrast between different places through learning about the people, weather, situations and even culture and this can widen your perspective of the world. And so, having this passion for travel also involves being passionate about cultural experiences.

Event tourism is the perfect way for people to bring together their love for travel and their passion for culture as it creates these 'destination events'. It opens a different way for people to learn about the cultures of a country and creates a way for every culture to come together and feel connected through the experience of everyday activities such as dancing or music.



Overall, event tourism is the perfect way to combine that passion for travel and culture. So, if you have a need for travel, art, music or even history, then why not start off with event tourism. It is the best way to learn and experience new things without the struggle of figuring out your own way, instead it creates an easy pathway into learning cultures and travelling as it's one destination and event after another.





# 5 ways you can keep your wardrobe fresh on a student budget.

**W**ith a new semester commencing, there is no doubt that many of us are currently making plans on budgeting our lifestyles over the next few months. Managing money can be stressful, especially when it comes to affording clothing, and the National Student Survey found that 75% of students in 2021 said that the way they dress has changed since attending university. So, if you have a passion for clothes, here are 5 ways in which you can keep your wardrobe fresh and full of clothes you love wearing without dipping too far into that precious student loan.



## 1 ● Shop at the right time!

Usually, if you wait until you need something to buy it, you'll most often be paying full price for an item. However, timing your purchase can save you big bucks, and as a student, sales will soon become your best friend. It's all in the supply and demand. For example, buying your winter coat outside of December will be significantly cheaper than buying it as the temperature starts to plunge, and buying your swimwear for the summer break ahead of the warmer weather will also save you money. Take notice of what you're lacking for the upcoming season and see if you can buy them cheaper in sales. Although, if you're desperate for those new shoes that just came out last week, you're best to wait for events such as Black Friday or student nights, where most of the time, you can get



## 2. Consider building a capsule wardrobe!

Building a capsule wardrobe involves investing in quality over quantity and buying neutral, versatile basics so you can look polished in every situation no matter what season it is. The first step is thinking about what your most worn pieces are and investing in them, such as your favourite little black dress, a cropped white tee, and the perfect pair of straight cut jeans, which can be worn to date night, the club, lunch with a friend or even a study session. Then, add layering basics such as a cropped puffer, and finally, a few statement pieces and accent colours for nights out. Sites and apps such as Pinterest, Instagram and Tik Tok are great for inspiration on how to build your capsule wardrobe.

## 4. Buy and sell your clothes online!

Do you have trousers in the back of your wardrobe that you haven't worn since last summer? Or how about that t-shirt that hasn't seen the light since last spring? Websites and apps such as Depop and eBay are the perfect way to get cash for the clothes you don't wear anymore to spend on new clothes that you'll actually wear. Alternatively, these are also great sites to thrift clothes at a fraction of the original price. Most of the time, you can even find clothes that are brand new, niche labels or bargains on your favourite brands.

## 3. Borrow and swap your clothes with friends!

Borrowing and swapping clothes with friends allows you to scratch that itch for shopping for clothing without actually spending any money. Not only can you change up your outfits or try a new style, but you are also helping the environment by extending the life of your own clothes. Even better, if you're part of a society or club, borrowing and swapping clothes can be great for socials and themed evenings. Need to dress up as an alien or wear something neon? Perhaps your friends might be able to help you with that rather than splashing the cash.

## 5. Make use of your student discount!

A small purchase here and there can quickly evolve into a big bank statement, which is why you should get to know what discounts are available to you as a student, and by using them, you can save on just about everything. The apps UNIDAYS and Student Beans are the most well-known for providing student discounts across high-street stores and online shops, and what's best is that they're free to use. However, £24.99 can get you a TOTUM card for three years, providing you with over 350 offers and exclusive deals across top fashion and clothing retailers such as ASOS, JD and even Amazon. A survey carried out by TOTUM even found that in 2021, 3,617 student respondents said that they save on average £12.75 per week when using their TOTUM membership.





# Life on another PLANET?

## What are the odds!

According to researchers, they believe that there is a planet out there in the universe with potential of sustaining life orbiting a star known as the 'white dwarf'. The planet is said to exist within the stars 'habitable zone'

### What is the White dwarf star?

In its scientific meaning it is a stellar core remnant composed mostly of electron-degenerate matter, which is very dense, and its mass is that comparable to the sun. in simple terms they are stars that have burned up all of the hydrogen they once used as nuclear fuel.

Essentially, this potential newfound planet is orbiting not far from this star.

According to some sources the white dwarf was spotted thanks to gravitational microlensing back in 2010! Despite, not having direct evidence of the planet being there orbiting around the white dwarf star, there is substantial evidence to suggest that it is. The planet is believed to be 60 times closer to the white dwarf star than earth is to the sun! -



Many scientists have begun studies, since 2010, on this newfound discovery in order to learn more about it and gather information to assess its authenticity. The study has been published in the monthly notices of the Royal Astronomical Society, which has been led by Professor Jay Farihi, from the University College London. Professor Farihi has made comments in relation to the newness of this news to those astronomers. They have further stated that it is a shock to the team, and it just possibly couldn't be made up.

There has been some to minimal information released by scientists that concludes the star is 118 light-years away and items passing the star may become cosmic debris or a comet-size moon. Upcoming scientists have also commented that the cosmic debris is orbiting because there is a "gravitational pull of a planet orbiting slightly further away from the star". Despite not being much information, it is still highly important, fascinating, and inspiring in relation to the topic of the information.

Other sources conduct that this gas giant is about 40% larger than Jupiter and its parent star, orbiting near to the Milky Way.

As such the study is minimal as this is a new-found discovery and will take more in-depth research into it in order to progress with any new information.

This news is ever so exciting, **could there be another earth? Another form of life that could or does exists?**

However, with this is does bring the unexpected. The unknown and this is what will be figured out by scientists in the upcoming time period. Scientists will work harder towards gathering more evidence to support this new discovery.

Hopefully, scientist carry on their studies, and we can find out truly whether there is another planet capable of life forms like earth as we know it. Only time will tell. Let's hope for the best!



# Lacrosse; the game of the people.

**K**nown as the fastest game on two-feet, lacrosse was created by the Canadian Indigenous Nations, the Iroquois (formally known as the Haudenosaunee confederacy) and the Algonquin Tribe, originally created to settle disputes between rival tribes and to train young men for war, but to also be played for recreation and religion. It has been noted that it is the oldest organised sport in North America.

The game has spiritual significance to the First Nations in their way of life. It is a game that is to be played for the Creator and for the First Nations to show gratitude to the Great Spirit, meaning that they can live in harmony and live a full life in nature and allow them to be at peace with themselves. Played with a long-handled stick, with a curved L-shaped or triangle frame at one end with a piece of shallow netting in the angle, a ball is passed between players and caught in the sticks with the main intent to score. The game of lacrosse can be played in many forms, including men's and women's field lacrosse, box lacrosse (played in an ice hockey arena) and the newest form, World Lacrosse Sixes.

## The History:



It is noted that the games would take place over several days, played between villages in large, open areas. There is an estimation that from 100 to 100,000 were involved at any one time. The rules were simple; the ball could not touch a player's hand, and there were no boundaries. Obviously, with the progression of the sport, the rules have changed a lot, but still stay with the simplicity of the original two rules. Now, a sport played worldwide, recognised by 75+ countries and an IOC (International Olympic Committee) recognised sport, Lacrosse has evolved in many ways throughout the years.

Lacrosse, because of its unique history, exists as a link between the disparate components of Canadian history, First Nations and European Settlers. It remains the rare occurrence in which an element of Native culture was accepted and embraced by Canadian society and is still played proudly to this day. In the 1840s, the first games of lacrosse were played between the townsfolk and the First Nations. Though, it was many years before any significant wins were logged against the First Nations teams. The game soon won the loyalty and interest of the new settlers in North America.

The name lacrosse was influenced by early French settlers, despite it having different names from various tribes. The Algonquin referred to it as 'Baggataway'. However, the Iroquois Nation referred to it as 'Tewaarathon'. Ultimately, the name lacrosse came from the French word, 'crosse' meaning crozier, as the stick reminded early French settlers of a Bishop's crozier. Interesting anecdote is that it was due to be made the Canadian national sport back in the late 1800's but the legislation was burned in the Parliament building fire of 1916 year and as such the legislation never got enacted until 1994 where it shared the enactment with ice hockey.





# How is it played?

The closest form of Lacrosse to the original game can be found in the women's game and their tactics. Whilst the sticks might look the same, the pocket in the women's stick is shallower, mimicking the original sticks. The men's sticks have a deeper pocket. This means that different skills and techniques need to be applied when carrying and shooting the ball. While having less contact and aggression than the men's game, the women's game focuses more on tactical skill and agility, with learning how to control the ball and master the skill of passing and ultimately work as a team.

Women's and Men's field lacrosse is played on a grass or synthetic pitch, with ten on-field players per team, with further player substitutes allowed.

The men's game can be viewed as a more aggressive take on the game. With full-body contact allowed, the men wear protective equipment, such as a helmet, gloves and voluntarily shoulder pads. The women's game is much less protected due to the less combative approach to the game. Goggles are optional to protect the eyes but suggested in the UK. However, in the United States they are required to play.

Contact is not allowed in the women's game, only allowing the defensive side to place their hand on their attacker's hip, in hopes of moving them away from their desired destination.



# Lacrosse in the Olympics:

In both the 1904 and 1908, lacrosse was played at the Olympic games, returning briefly in the 1948 London Olympics as a demonstration event. However, the focus on putting lacrosse in upcoming Olympics began in the early 2000s. The International Federation (formerly known as the ILF now known as 'World Lacrosse') began researching on the requirements to become an Olympic sport once again.

On July 20th, 2021, the IOC announced that World Lacrosse would be fully recognised, and the sport could possibly feature in future Olympic Games. However, no final decision has been made as to the final sports to be included in the Los Angeles 2028 Games.

If selected, the World Lacrosse Sixes game would be used with smaller teams (six per team on the pitch), making the game more fast-paced and adding to the adrenaline rush.

In their press release, World Lacrosse cited that the World Lacrosse Sixes game was to "appeal to the next generation of sport participants," and to "support and encourage the growth of lacrosse worldwide."

The advantage of the Sixes game is that the rules are very similar for both Women's and Men's making it easier for non-lacrosse spectators to enjoy the game.

Overall, lacrosse can be seen as a game of patience and strategy but also speed and agility, with a main focus on being able to control the ball and work as one unit, a true team sport.



Written by Victoria Blacklock

# Passion Projects: What are they?

**O**ne of this issues' main theme's is 'Passion Projects', but you may be thinking you don't have a passion project or wondering what they even are. Passion projects are outlets in our lives that are shown to make us happier, and more stress free, similar to a hobby. The only difference when compared to a hobby is that passion projects usually stem around meeting particular goals or reaching particular results. If you currently don't have any passion projects in your life, here is how you can try and find the perfect one for you:

## List ideas that may interest you:

Create a list of general interest or possible project ideas to get started. Passion projects do not work unless we are fully interested in them!

## Look at your schedule:

Be realistic, some of us do not have hours and hours we can dedicate to a project, so see what spare time you can free up in your schedule.

This is also a good time to consider a possible budget for a project.

## Work towards results:

It is good to set goals and work towards an end result with a project. This will ultimately keep you motivated and give you something to show for all your time spent.

## Share with the world:

It is always good to share the results of your passion project with friends and family or even on social media.



If you are still struggling to come up with a Passion Project here are some ideas to get you started:

### Learn something new!

This could be learning anything from a new instrument to a new language.

### Volunteer or join a group!

The university offers many sports, societies and student led services you can get involved in, which are all showcased on the union website. If there isn't one that fits your passions you can always create your own!

### Art!

For creative individuals, you could expand your interest in art, including painting, photography or film making.

### Write a Book!

This one is pretty self-explanatory, but start with setting small word goals and grow from there, you can even share your journey on social media!

Passion projects can start with any interest you have and grow from there! Having a passion project in your life will give you a break from the everyday stresses of work or University. Don't forget to share the results of your passion projects with those around you and with the world, you can create on-line portfolios and digital links to your projects that can be shown on social media or LinkedIn profiles. They can benefit both your personal and professional lives!

Written by Natalie McNeill







# Nocturnal Joe



says he plans to “build up some hype” back home amidst his passion for music.

**The electronic DJ and producer built his name within the music industry having worked with numerous artists, genres from hip-hop, drum and bassline, and record labels such as Audio Rehab and NE1 Sound.**

Nocturnal Joe has innovated the London and Birmingham scene over the years with his uplifting original remixes and beats that would make any night out an eventful experience, but now he aims to “build some hype up” “back in his hometown, Derby.

He added, he has plans to put on some small events for students, and the general public in Derby to help draw interest within his music as they are a” bit behind in loving his sound as those in London, as there is so much to do in a city that never sleeps”.

The electronic DJ and producer built his name within the music industry having worked with numerous artists, genres from hip-hop, drum and bassline, and record labels such as Audio Rehab and NE1 Sound.

Releasing numerous hit singles including drinks featuring Limey, which gained a massive following in Brazil and one of their biggest hits on Spotify to date. Proving clearly that he can pull out some good tunes to get you onto the dancefloor.

And remixes such as eye of the tiger and bite the dust, he added, “people have a relationship to these songs and with my remixes it helps give new life to those once beloved hits”.







At age 16, he first pathed his way into the local club circuit in Derby when his parents first brought him his first pair of decks, a sound system that helps mix audio. He said: "I've always liked music, I used to listen to my dad's tapes as he used to be a soundman and play dub music". Alongside attending gigs and events organised by the owners of Baby People, helping to showcase the talents of the Derbyshire youth.

Nocturnal Joe's house-music sound is heavily influenced by northern baseline and grime music which is an electric style of British rap that originated in London in the early 2000s, that enhanced his passion to practice music. And influenced by musicians' including Kanyo Beats, X5 Dubs and Mark Radford with a "similar sound to what he makes". He said: "It took a bit of time for Mark Radford to realise who I was and to listen to my music and get back in touch with me to get an EP made in 2019, to be released this year as my first solo EP under Audio Rehab." - and promoted on behalf of BBC introducing.

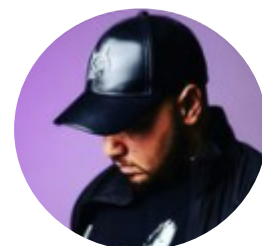
As last year many musicians were impacted by covid, with UK Music reporting that 90% of live music venues have collapsed and 69,000 fewer jobs for musicians.

However, for Nocturnal Joe covid had a positive impact for him, he said: "It helped to fast track me into the scene, make music and get a lot of people listening to my socials.

"With restrictions being lifted and doing livestreams allowed people to engage with hearing the production process of my music."

Covid helped boost Nocturnal Joe in the house club scene in getting bookings for clubs like Ministry of sound. Building contacts with artists and growing his music catalogue.

**@Nocturnal\_joe**





# PHANTOM MEDIA

Want to be featured in the Phantom?

Have an idea for an article?

Know some ways to help us?

To find out more get in contact with us:

[phantomnewspaper@derbyunion.co.uk](mailto:phantomnewspaper@derbyunion.co.uk)



# SPA

**STUDENT  
PUBLICATION  
ASSOCIATION**