

A New Beginning

**Need Tips On How to
Set YOUR New Years
Resolutions?**

**Meet This Months
Sport Scholar **Abbie
Smith!****

**"Being A New Band"
Read About What
The Fakers Have To
Say!**

**Say Hello to 2022
With US!**



MEET OUR HEAD



NATALIE MCNEILL
HEAD OF NEWSPAPER

Dear Readers,

Happy New Year to all our readers. Thank you for opening and sharing our first issue of 2022 with us. Our January issue will be focusing on new beginnings, how to start the New Year and what new things we can adapt with the coming year. The New Year has good and bad aspects for all of us and within this issue we will discuss it and bring voices of people who can also relate to that. With the troubles arising from the ongoing pandemic, we want to focus on other aspects of the world and bring a positive message to motivate and encourage our readers.

I want to thank the whole committee for working hard and encouraging positivity with this January issue, New Year can be a busy and hard time so thank you to everyone who's put the effort in to make this issue happen.

Thank you for opening up this issue to read, me and the whole of the committee hope you enjoy it.

THE PHAN- TOM TEAM



EKTA RAJAGOPLAN
DEPUTY EDITOR



ALUMITA SAUMOSI
CONTENT DESIGNER



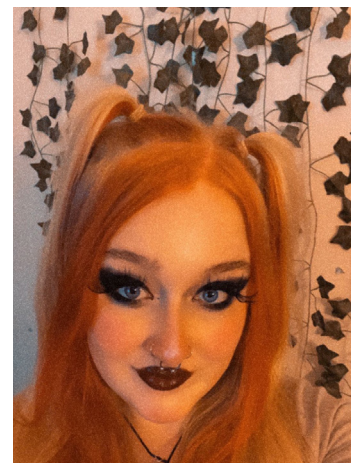
ANNABEL HERBET
FEATURES EDITOR



ROBYN DYSON
SPORTS EDITOR



OLLIE ATKINSON
**MEDIA AND EVENTS
EDITOR**



BETH PARKS
NEWS EDITOR

CONTENTS PAGE

FEATURES

- 3** What's the most sustainable way to read a book in 2022?
by Annabel Herbert

NEWS

- 5** Europe on the verge of war?
with Beth Parkes

SPORTS

- 7** Sport Scholar - Abbie Smith
by Robyn Dyson
- 9** "The Sport is back" The BUKC is back -How do the Team Derby rookies get on?
by Tayte Fordham

HUMANITIES

- 11** Beating the New Year Blues - Setting Realistic goals
by Natalie McNeill

MUSIC & EVENTS

- 13** New beginnings: The Fakers talk about "being a new band" amidst covid and studio demolition
by Ollie Atkinson

What's the most sustainable way to read a book in 2022?

With COP26, the recent UN climate change conference, and the lockdowns, which encouraged thousands of us to turn to e-books and audiobooks to escape the cabin fever we all felt, you might have felt pushed to question the sustainability of the hefty paperback books we so often buy from Blackwell's. Even if your New Year's resolution is to read more books or be more sustainable, then you might want to consider this: could e-readers and audiobooks be the future of cleaner reading?

Surely, if you choose to listen to an audiobook on your mobile device or escape into an e-book on your e-reader, then you're making a more environmentally friendly choice than buying a traditional, 'dead tree' printed book? Unfortunately, it isn't as simple as that, as both printed books and the devices we use to access digital content produce different kinds of waste.

Why are printed books so bad for our environment?

E-books and audiobooks have no chance of competing with the feeling of walking into a cosy bookshop and smelling the pages of a brand-new book; however, this shouldn't embellish the fact that over the coming decade, the global book industry is on track to bulldoze up to a staggering 3.4 billion trees.

Whilst the publishing industry is going greener, for example, since 2020, 100% of Penguin Random House's total UK output is printed on recycled paper, deforestation is only a fraction of the problem that printed books cause. A quick google search of the lifecycle of a book could tell you that not only does it take approximately 7 gallons of water to produce the average printed book, but that the average book then also produces approximately 7.46 kg of CO₂ over its lifetime from printing and transportation.

Digital publishing isn't as green as it appears.

However, e-book worms and audio listeners shouldn't be so quick to feel so-eco smug. Although a single Amazon Kindle e-reader does have the potential to prevent the emissions of 11,185kg of CO₂ caused by traditional books, research found that you'd have to read over 30 books per year on your e-reader to break even with these emissions.

We shouldn't also forget that unlike traditional books, which can be gifted, loaned, or sold, digital content mostly can't be passed onto others, and electronic devices tend to be replaced prematurely for the newest model causing more e-waste. There is also the energy usage that will go on indefinitely, and we also must consider that it is not just the devices themselves but the internet services we rely on to download books or stream audiobooks. Research estimates that these represent about 3.7% of global carbon emissions, comparable to the global airline industry.





Does it matter where we buy our stories?

Where we buy our books also impacts how sustainable they are, and whether you're an avid audiobook listener, e-book worm, or you just need something that little bit sooner, like, tomorrow, then you've most likely bought from Amazon before. However, despite being one of the main competitors in the digital publishing landscape with their audio subscription service Audible and their Kindle e-reader device, Amazon isn't exactly known for being the most environmentally friendly.

On Point's series *The Prime Effect* found a released report which estimated that in 2019, Amazon used an estimated 465 million pounds of plastic packaging. To make matters worse, an estimated 22 million pounds of this plastic packaging polluted the ocean. Whilst sometimes Amazon is unavoidable due to their lower prices and choice in products, perhaps consider a local indie bookshop or the library for your next read.

So, what is the cleanest way to read a book?

On a final note, we should acknowledge that paperbacks, e-books, and audiobooks all have consequences on the environment, and either could be the more environmentally friendly option depending on circumstances, such as how many books you read per year. Ultimately, though, if you want to make the least negative impact on the environment when reading, ride your bike to the library and borrow a book.



Europe on the verge of war?

It is no hidden factor that at the moment there is heavy tension building within Europe with fears that there could be another war in decades to come. **Why?**

The tension, specifically, has escalated between Ukraine and Russia. Ukraine is known for sharing its borders with both the EU and Russia. Having been previously part of the Soviet Union and having close connections with Russia up until early 2014. When Russia added Ukraine's Southern Crimean Peninsula and backed separatists who captured larger swathes of eastern Ukraine. Could this perhaps had been the beginning of years of tension piling up between the two?

Although currently Russia have made comment in regard to the rumours claiming war in that they have no current plans or desire to invade or attack Ukraine. Which presents some positive signs for the rest of the world. Nevertheless, this does not mean the tensions between the two aren't still rising. President Vladimir Putin, Russia's president, has threatened to take 'appropriate' retaliation if Ukraine continue to aggressively approach them. Whilst also having troops posted, Russia has made no further comments to the US on why these troops have been placed. Despite claiming their no desire to invade. So not only is this of a concern for Ukraine it is now becoming an issue for the rest of Europe and the United States.



Russia has further commented, "For us it's absolutely mandatory to ensure Ukraine never, ever becomes a member of NATO." **What is NATO?** The North Atlantic Treaty Organisation. Aside this, Russia have followed on to set out several other demands. Including the US preventing further eastward movement of NATO and no allowance of former soviet states joining NATO. Russia also commented on the US and stated there was to be no military bases built by themselves on former soviet based land. It is not unknown. That Russia does not have a particular liking to the United States.

It has left many questions in relation to why Russia are doing this. Since the breakdown of the Soviet Union Russia has made it no hidden comment that they believe this was catastrophic on Russia. Along with this Ukraine has great importance to Russia, with its positioning and symbolic historical context associated with the country. On the brighter side mainly all of the countries involved, and associated countries have stated that they want to avoid military action at all costs possible.



However, the biggest question left now is how far will Russia go?

Written by Beth Parkes



Sport Scholar Spotlight

Name: Abbie Smith

Course: BSc Psychology

Sport: Badminton

Level/Team: University of Derby Women's 1st Team, Hertfordshire County 1st Team

At what age did you first start your sport/ how long have you been playing/how did you get involved?

I first started playing badminton at 12/13 years old, which compared to most players is quite late! I initially attended a local club, got scouted by Hertfordshire County, joined a couple of academies and then came to University of Derby to join the badminton team.

What is your favourite part/memory of playing for Team Derby?

Without a doubt I would have to say my first year! It was my only year where I had full experience of everything – BUCS league matches, Cup matches and obviously BUCS individuals. Winning the league in the 2020/21 season was also amazing and to be part of such a talented group of players was a privilege. But I am also excited to see what we can achieve as a new team this season!

Outside of university sport, what team/level do you play for?

I regularly compete for my county, Hertfordshire 1st Team in the Premier Division. We have an outstanding group of players who I feel lucky to play alongside. It is funny because all of the women on our team either have MBEs or Olympic experience, but I have neither – **yet!!!**



What are your goals for the year within BUCS, individually and as a team?

Our goal for BUCS leagues this season, as ever, is to win it! As of right now we are top of the league. We have two more league games to come, one against Birmingham and the other against Loughborough. Our team goals this season remain similar to previous seasons in that we give everything in training and competition, as individuals but also as a whole team. I also feel as though an important team goal currently but also moving forward, is to reobtain group cohesion post-COVID and to really create a legacy for players that are yet to join our University team. On an individual level my goals are to continue pushing myself to be the best player and person that I can be on and off the court and to play to the highest level that I possibly can – ***all whilst having a smile!***

What is your proudest sporting achievement?

I think one of my proudest sporting achievements would have to be winning bronze medals in Women's Doubles at the U13 and U15 English Nationals. Although many years ago, I feel like my experience of my first Nationals kickstarted my drive to work hard and believe in myself as before that point I was quite nervous about playing tournaments. More recently, I got into the quarterfinals of the Senior English Nationals in 2019 in both Women's Doubles and Women's Singles. During the summer, before this tournament, I had been training in Denmark with a variety of players from all over the world. I was able to use what I had learnt whilst training overseas whilst also recognising the different levels I had to my game.



How has Covid-19 affected your training?

During the first lockdown, we were unable to train at all as team. We are used to training as a group for Team Derby and so to have to train individually and remotely was challenging. As much as the lockdowns meant that the team was separated, Team Derby ensured that we all felt supported either through strength and conditioning sessions or psychology workshops. I also had access to online training with my academy from home, training twice a day for an hour each session via Zoom. Post-lockdown, our team was able to get back on court together, but this had to take place in bubbles and during gym sessions we were encouraged to wear masks so as much as things seemed back to 'normal', it definitely was not the 'normal' we were used to.

Have you returned back to where you were before the first lockdown?

I feel that I am as fit if not fitter than I was pre-COVID and as much as lockdown was a really difficult time, it allowed me to reflect on many things and put everything into perspective. I had to take ownership of my training and stay self-motivated to ensure that, when possible, I could return to court fit and strong. After not being able to play for such a long time, post-lockdown I fell back in love with the sport again and I am determined now not to lose that feeling. Right now, training has returned to how it was before COVID; training as a team on-court and in the gym together most days and playing BUCS leagues fixtures every Wednesday.

What does a regular training week look like for you?

Each on-court training session lasts for two hours. We train once on a Monday, twice on a Tuesday (morning and evening), once on a Thursday and twice on Friday (morning and afternoon). Alongside on-court training we also have strength and conditioning sessions in the High-Performance Unit at Uni on Mondays, Tuesdays and Thursdays, each for one hour. Then Wednesdays are used for our BUCS league fixtures during the season.

What is your main sporting goal?

I would love to continue developing as a player and person on and off the court, whilst pushing myself to play at the highest level possible. Most of all I want to carry on enjoying it and be able to look back whenever I finish playing and to have no regrets!



“The Sport is back” The BUKC is back! How do the Team Derby rookies get on?

The president of the Derby motorsport team has claimed that “the sport is back” following months of uncertainty because of Covid-19.

Derby’s motorsport team president Gideon Thomas is glad to be back on track **“With Covid-19 last year, it’s nice to be back racing again.”**

With so much happening in the last two years due to coronavirus, many people’s activities and hobbies have been put on hold or transformed to be done at home.

Although that can be hard if your hobby is Go-Karting. More specifically competing in the [British University Karting Championship \(BUKC\)](#). The British University Karting Championship, founded by Imperial College London students in 2001, is where universities across the country go head-to-head on track to win and become the fastest team.

[Read More: What happens on a BUKC test day?](#)

Last month motorsport fans could finally rejoice as the first session of BUKC was back for the 2021/22 season, albeit for only one of many test days at Whiton Hill.

Before the Rookie Test Session that [Team Derby](#) drove in, Gideon, 24 talked about the prospect of his new recruits.

“We have Alex Simmons who is a really good driver and has done club 100 before and has even won championships”

He said:

“I think it will be a shock [for the rookies], coming into Karts like these. We have one driver who has never even sat in a Kart before!

“We also have a few who have done arrive and drive Karting, but I think they are going to do well.”

In the opening test session, Derby managed to scoop the top two places with Owain Thomas P1 (52.069) and Alexander Simmons P2 (52.229).

The session also featured rookie Damion Large, 23 from Wales, who has never sat in a Go-Kart, let alone driven one. He managed to finish the session P18 out of the 20 drivers.

Damion said:

“[It was] scary. When I was sitting in the pits I was singing, the most stupid songs. When I was going around, I was terrified.”



The image shows a digital display titled "Practice One Times" for the "Team Derby - Rookie C Session AM". It lists the names of the drivers and their corresponding times. The background of the display shows a blurred image of a go-kart on a track.

Practice One Times	
Team Derby - Rookie C Session AM	
P1 - Owain Thomas -	52.069
P2 - Alexander Simmons -	52.229
P8 - James Hutton -	57.251
P9 - Nick Kohmann -	58.034
P13 - Kellan Pope -	1.01.416
P14 - Conor Morley -	1.08.319
P15 - Stuart Hall -	1.03.847
P16 - Ollie Evenden -	1.04.430
P18 - Damien Large -	1.25.551
P19 - Anna Howell -	1.33.666

The Practice One times for Team Derby rookies.

Credit: Tayte Fordham.

During the second practice, many of the drivers improved from the first sessions. Gideon said:

“The drivers did extremely well, adapting to the conditions and improving significantly from the first session. I’ve now got the hard decision of who I pick for the qualifiers.”

When asked about if the level of the Rookies, a BUKC member at the Whiton Mill test, who did not want to give his name, said:

“We have differing levels of rookies, people who have never karded before at all! [Then] people who have only done indoor karting for things like birthdays, and people who’ve never competed before but done a few indoor/outdoor sessions.”

“We wish luck to everyone who takes part.”



Practice Two Times

Team Derby – Rookie C Session PM

P1 - Alexander Simmons –	45.745
P2 - Owain Thomas –	46.010
P7 - Nick Kohmann –	47.581
P11 - Conor Morley –	49.103
P8 - James Hutton –	49.142
P14 - Kellan Parr –	52.743
P15 - Stuart Hall –	54.183
P17 - Ollie Evenden –	56.838
P18 - Anna Howell –	1.17.305

The Practice Two times for Team Derby rookies.
Credit: Tayte Fordham

When asked at the end of the day if he would do go-karting again, rookie Damion Large said:

“Yes, definitely.”

Now all the rookies in the Team Derby camp will have to wait to see if they have passed the test day, based on speed and safety. Once passed they will have an official BUKC Licence and will be entered into the qualifiers on the 20th and 21st of November at Whilton Mill.

Written by Tayte Fordham



Beating the New Year Blues

New Year, New Me. We all say and hear it every year, most of us making unrealistic goals such as never eating chocolate again or running a 5k every day of the week. Though the intent of setting goals for ourselves is good, a lot of us end up falling into the New Year blues, especially when looking back at the hardship of the past two years. This article is going to focus on what we can do to pull ourselves out of those nasty unproductive and unmotivating New Year blues.

Setting Realistic Goals:

Let's be honest with ourselves, most of us set ourselves unrealistic New Year's resolutions and goals, I know I have many times in the past. Setting these super hard resolutions leads us to beat ourselves up if we don't stick to them, which is anything but a fun start of the year. Here are my top tips for setting realistic goals:

Besides making resolution for ourselves, New Year is also the time we look back and reflect on the past year. It is easy to tell ourselves we haven't done enough or achieved enough, especially after two New Year holidays spent in a pandemic world. Instead of focusing on this we can focus on small victories, like surviving through the pandemic to this point or passing a university module you found especially hard. Achievements aren't just based on big wins or victories but also on small ones. A victory could also be maintaining the goals you set for yourself the previous year, even if you haven't met the end goal yet.

Goals and achievements can happen anytime of year and not just at New Year. New year is just an opportunity to look at all the great things we've achieved, and all the great things planned for the future, no matter how big or small.

Written by Natalie McNeill

1

Give some leeway in your goals. Instead of saying you'll wake up every day at 6 or 7am to work out (which if we are honest isn't going to happen), start with saying you'll wake up earlier on weekdays but have your weekend off, or start with picking the days you have a more flexible schedule to achieve your goals. Giving yourself looser resolutions rather than strict ones means you're more likely to follow through with them and less likely to beat yourself up on days you don't achieve them.

2

Think Long-Term. Make long term goals with long term results rather than setting goals to get the quickest result possible. For example, if your resolution is to get in shape, starting the year going to the gym or a run every day can lead to burn out, or beating yourself up if you miss a day. Start by building up your exercise time slowly and building a schedule which is much easier to maintain.

3

Base your goals around yourself and not others. It's easy to spend your time focusing on what other people think and wanting to change to fit that. But if your goals are created to impress others it's unlikely, you'll maintain them. Put in the work and effort for you.

H A P P Y

N E W

Y E A R

NEW BEGINNINGS:

The Fakers talk about “being a new band” amidst covid and studio demolition



Credit: James Birtwhistle(Indiehorse)

Alex Sabey from the Fakers had the opportunity to openly discuss with Phantom Media about being a new band on the scene, and what they expect to see for the coming year prior experiencing Covid and the threats of studio demolition.

With any new band comes new beginnings. This is one members of the Fakers certainly can agree on. When it comes to creative differences and sound as they make way to release their first single this year.

The Derbyshire high energy punk Rock n Roll band was initially formed back in 2021, consisting of two-piece band called Atomic Tide. Band members and music performance BA students Connor Turton and Josh Green who released their first single called Feelin Fine last year was also featured on BBC’s introducing. “And we met Ed through Join My Band, and we all just clicked perfectly”, says Alex Sabey.

Yet over the past few years many musicians’ have struggled to make a living from live gigs and entertainment venues due to cancellations and testing positive for covid. Making it even difficult for many small independent bands and musicians’ starting off. “With us being a new band as well, it’s made it even harder,” says Alex Sabey.

“But we hope this year to just keep being able to gig, we just want to keep playing and reaching more people. It’s great to get on stage, go crazy and feed your energy onto the audience.”

Many small businesses and local music studios such as Have You Heard Media and Dubrek Studio aim to support upcoming artists through organising live events, exhibitions, and workshops. That are worthy of attendance and potential discovery of new bands to listen to.

“And by being a brand-new band, it can be hard to network when you don’t know any promoters. Not only have they been a massive help, but they’ve always had faith in us and allowed us to play there even though we don’t have a massive following. That has only just kept us going.”

Despite, Derby City Councils plans to demolish Dubrek Studio to make way for the new £45m Becketwell performance venue. Studio owner Jay Dean plans to have a new venue as early as February after campaigns were made to assist Dubrek in relocating, helping to keep culture to remain in Derby.

“It was quite scary for a while, not knowing whether Dubrek would be able to survive, but I’m happy they managed to find a new building. Hopefully they will be able to get up and running again as it has been extremely difficult for independent venues to survive during the pandemic. But we’re relieved and over the moon that Dubrek can carry on”, says Sabey.

As for the last two years many music venues and nightclubs were said to be on the brink of collapse, Chancellor Rishi Sunak brought forward £1billion to support businesses impacted during the pandemic.

And with the rise of the omicron variant, over 86 per cent of grassroots music venues were reported to have been negatively impacted.

With many music venues facing a loss of over £2 million due cancellations by organisers, poor ticket sales or due to touring members testing positive for covid, making the last few years quite difficult for many artists.

But for the Fakers it has taught them resilience and independence, he added: “The last few years has taught me that we had to do it all ourselves as no one is going to do it for you, and it has only just made us closer not only as a band but mates.

“I love playing with the Fakers, I’ve always wanted to play this kind of music and to be able to do it with my mates make it even better because if you aren’t fully into it or if it isn’t authentic then this there any point.

The high energy in your face punk rock n roll band based in Derby, inspired by bands such as The Stooges, The Damned and the cramps. Hopes to release their upcoming single this year at their upcoming and future live gigs that would be worth checking out.

Instagram- @Fakersofficial / Facebook – Fakers (Social media handles)

Written by Ollie Atkinson

Upcoming Gigs:

Feb 9th - The Chameleon supporting Unified Roots, with Idiocy

March 8th - Percy Picklebackers

May 16th - SOUPFEST



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



SPA **STUDENT
PUBLICATION
ASSOCIATION**