

THE EDIT

FOR GCU STUDENTS, BY GCU STUDENTS

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Productivity: How Can We Beat The
Winter Worries?*

UNIQLO: The New It Store in Town

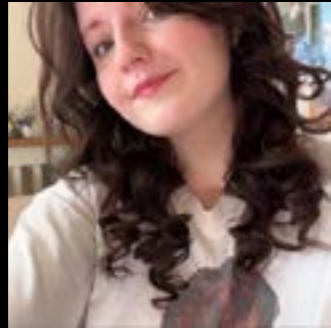
*Olivia Dean, The Art of Loving: An
Exploration of Love, Self-Comfort,
and Loneliness.*

WINTER EDITION

THE LATEST NEWS, TECH, MUSIC, SPORT, FASHION, AND ENTERTAINMENT

December/January 25/26

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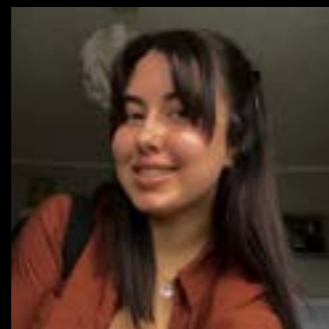
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Thank you!

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UNIQLO: The New It Store in Town

Detailing a sneak preview of the opening evening of the new Glasgow store

By Fashion Editor: Megan Lindsay

The New it Store in Town

Now that the immense buzz around the new store has calmed down, let's recap. On October 1st, our News and Features Editor, Kayla and I were invited to UNIQLO's exclusive pre-opening evening, to celebrate the launch of its highly anticipated new store on Argyle Street.

From the moment we arrived, there was an undeniable sense of warmth and excitement. The atmosphere buzzed with upbeat music and friendly conversation, creating a lively, community feel. Guests were even treated to goody bags as a thank-you, a thoughtful touch that made the night feel personal for all who attended.

First Impressions: Warmth Meets Minimalism

As soon as we stepped inside the store, UNIQLO's signature warmth was unmistakable. Greeted with a cheerful "Welcome," we instantly felt the brand's inclusive spirit everywhere. The upbeat music set the tone for a lovely evening that celebrated community spirit just as much as the clothing.

Design that Speaks for itself

Walking through the new Argyle Street store feels like stepping into a world of modern sophistication, cool, sleek, organised, and refreshingly calm. The open-plan layout and soft lighting felt inviting, luring you to browse at your own pace and discover neatly curated displays of wardrobe essentials and seasonal pieces.

Every corner of the store reflected UNIQLO's brand design perfectly through simplicity, functionality, and quiet confidence. Even the self-checkout area continues this theme of effortless efficiency, quick, intuitive, and perfectly aligned with the brand's belief that great design should make life smoother, not more.



Credit: Kayla Maclean



Credit: Kayla Maclean

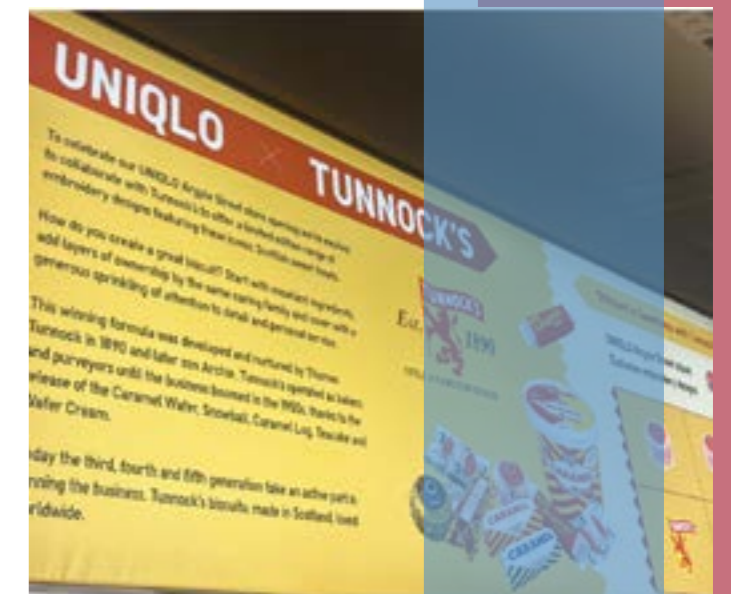
A New Chapter for Glasgow's High Street

Beyond the fashion itself, UNIQLO's arrival feels like a breath of fresh air for Glasgow's retail scene. In an age of constant trend turnover, its commitment to simplicity and purpose-driven design provides the Glasgow fashion scene with a new, innovative approach. The launch also celebrates local pride, with exclusive collaborations such as UNIQLO x Tunnock's, which is a playful nod to Glasgow's creativity and community spirit.

With its welcoming atmosphere, stripped-back design, and commitment to conscious fashion, UNIQLO's new Argyle Street store does not just sell clothes, it redefines how we experience fashion. Thoughtful, inclusive, and built to last, it is precisely what the city's style scene has been waiting for patiently.

Fashion for All

UNIQLO's "Made for All" philosophy shines through every rack and display effectively. Rather than chasing fast-changing trends, the brand focuses on timeless, high-quality clothing that feels both practical and elevated. It is this ethos that sets UNIQLO apart. With a focus on longevity and sustainability, the brand champions mindful consumption, high-quality basics designed to last, not to be replaced every season.



Credit: Megan Lindsay

UNIQLO has officially arrived, bringing a new era of effortless, everyday style to the heart of Glasgow.

How McLaren were crowned 2025 Constructors' Champions after a season of complete control

By Ellie Turnbull

McLaren has officially secured the 2025 Formula 1 Constructors' Championship, cementing its position as the sport's dominant force for a second consecutive year.

The Woking-based team clinched the title at the Singapore Grand Prix, six races before the season's end, after building an unassailable lead with 713 points.

Throughout the year, McLaren's blend of raw pace, strategic acuity, and reliability was unrivalled. The team recorded 12 victories in the first 18 rounds, often finishing with both drivers near the front. Even on weekends when they missed out on wins, they consistently gathered valuable points — a testament to a team operating at the highest level.



Credit: Jonathan Borba



Credit: Jonathan Borba

Drivers Lando Norris and Oscar Piastri played key roles in the campaign. Piastri's early-season hat-trick of wins set the tone, while Norris's consistent podium finishes and vital race victories kept McLaren ahead of the pack.

Their strong partnership, competitive yet collaborative, maximised the team's points and minimised costly errors.

Behind the scenes, McLaren's technical department delivered a car capable of performing across a wide range of circuits. A vital upgrade package early in the season transformed the MCL38 into a race-winning machine.

Team Principal Andrea Stella praised the "focus and discipline" of everyone involved, highlighting innovation, success and flawless execution that defined the year.

This victory marks McLaren's 10th Constructors' Championship - McLaren hasn't achieved back-to-back titles for over 30 years, since the legendary Senna-Prost era.

For a team that spent much of the past decade rebuilding, 2025 signifies the completion of a remarkable comeback — and a signal that McLaren is once again setting the benchmark in Formula 1.

As the sport looks ahead to the 2026 regulation changes, McLaren's challenge will be to preserve its dominance.

But for now, the orange team stands at the forefront of F1 — the outcome of consistency, teamwork, and relentless pursuit of performance.

Crookston Castle – A Glasgow must go

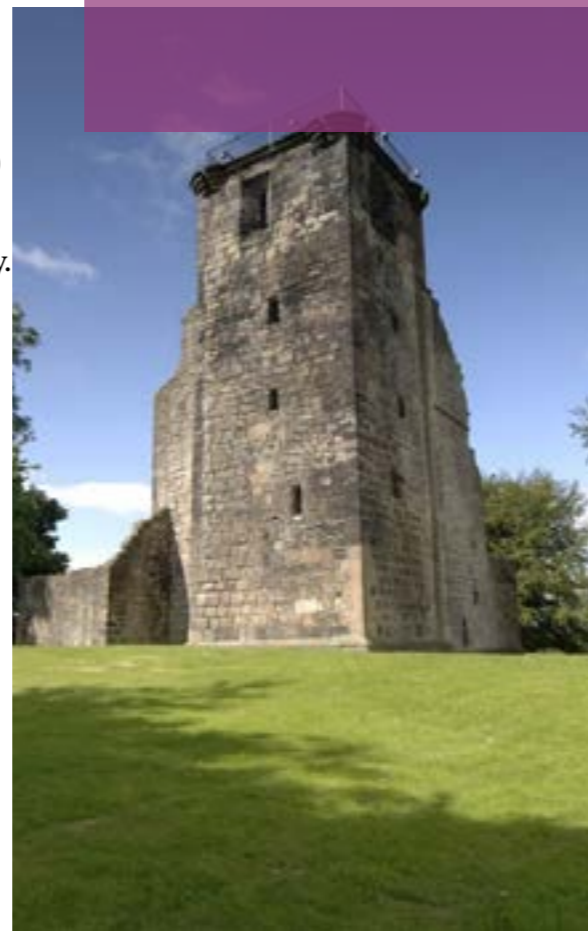
By Aoife Deveney

Winter has come, with it comes cute coffee days out and study nights in - the bustle of the city centre is great but what else does Glasgow have to offer this season?

In the heart of Crookston just minutes from Silverburn shopping centre, lies Glasgow's only remaining medieval structure. The ruins of Crookston Castle are perched atop a steep hill and a low winding bank bleeding into the dense vegetation of Ross Hall Park. Despite the castle being in the middle of a busy urban area, the reds and browns of the surrounding tree life paint a transformative picture of the historic grounds. With the tall stone tower making for the best viewpoint.

The Castle was originally built in the 12th century by the Lord of the area: Robert De Croc. The namesake to which the village 'Crookston' gets its name from. Robert De Croc was given the lands and thus the title of Lord. Once Lord he erected a wooden castle in the spot where the stone ruins are seen at today. The early wooden castle remained there until the lands were bought over in 1330 by Sir Alan Stuart - the Lord of Darnley who built and resided in the stone castle which can be seen there today. Another notable person of that family is Lord Henry Stuart of Darnley, second husband to Mary Queen of Scots and King Consort until his murder in 1567.

The castle remained within the Stuart family for years, until attacked by King James the VI and ultimately brought under siege by the Earl of Arran. The Castle suffered damage beyond repair throughout the years of attacks and sieges. For centuries it was constantly bought and sold by powerful Scottish Lords and Families. The castle remained in disrepair and abandonment until



Credit: Wheree

powerful Scottish Lords and Families. The castle remained in disrepair and abandonment until it was purchased and protected by the National Trust in 1931.

Today the castle and its volunteers at 'Friends of Crookston Castle' keep close ties with the locals. Working with schools to educate the resident children and instil a sense of pride for their home whilst also hosting fun events to bring the community together. This year the official Crookston Castle group 'Friends of Crookston Castle' hosted a family Halloween parade. Where families dressed up and walked around the area together before arriving at the castle for food, games and spooky storytelling.

Crookston local, Eva Moran (20) said; "Having the castle right at the centre of our community has been amazing and they have always been involved with us. I remember taking multiple trips with my school and learning so much about its history."

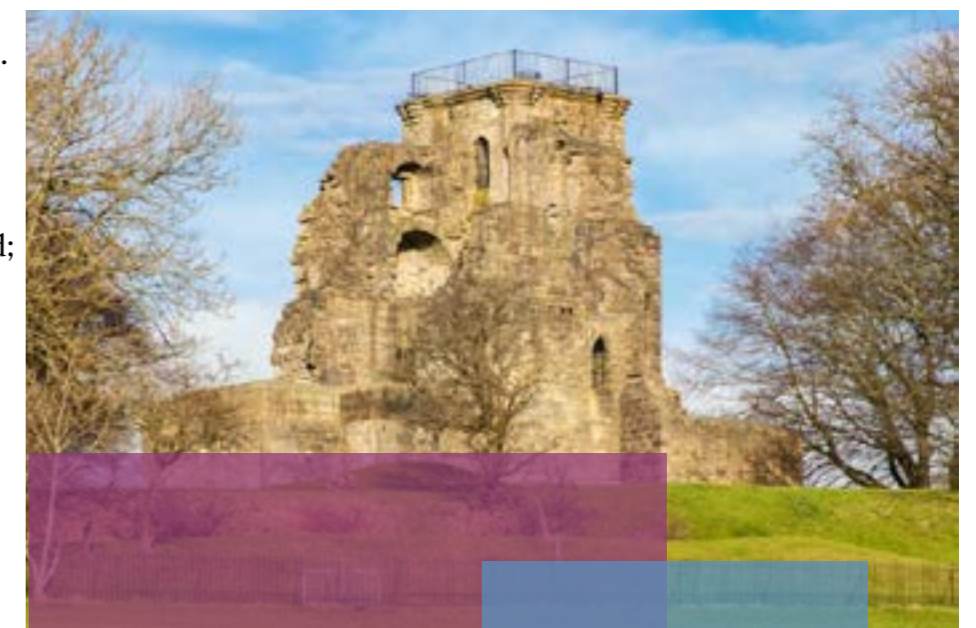
It was this commitment to their community that got the group nominated for the Glasgow Time's Community Champions Award. The award was established to recognise the efforts of groups and individuals that contribute positively to their communities. I asked the Chair at 'Friends of Crookston Castle', David McDonald what activities were on offer for the kids. He replied; Crookston Castle.

It was this commitment to their community that got the group nominated for the Glasgow Time's Community Champions Award. The award was established to recognise the efforts of groups and individuals that contribute positively to their communities. I asked the Chair at 'Friends of Crookston Castle', David McDonald what activities were on offer for the kids. He replied;

"Over the past year pupils have taken part in hands-on workshops searching for medieval Masons' marks carved into the walls when the castle was first built. They've created their own Crookston flags to 'claim' the castle for themselves and even supported three days of geophysical scanning to help us look beneath the soil for lost archaeological stories. During the 'Doors Open Days' festival, we also transformed the castle into a classroom for a whole week, welcoming pupils for fun and engaging lessons and activities on site."

Castle core is calling you this winter, so this is your sign to grab a hot chocolate, put on your medieval armour and visit

Credit: Stravaiging Around Scotland



Pursuing Productivity: How Can We Beat The Winter Worries?

By Morgan Hermiston

Everyone will view the winter months differently. Some people look forward to these times, excited for things like seasonal holidays or spending more time with loved ones. However, not everyone views winter in this positive light. This article approaches the detrimental impacts that the colder months can have, and various ways that these can be mitigated or combatted.

With a decrease in temperatures, the likelihood of our moods and motivation levels decreasing is higher. For students and workers, there are many other areas of life that could be made more difficult to navigate. I asked fellow students if the winter months, and seasonal changes in general, impacted their productivity levels. All respondents indicated that there is a change to how productive they are with things like studying. Most of these responses also suggested that these alterations to life are less likely to be positive.

Why could it be that our study levels are affected by winter? One main culprit for the decline in productivity in winter is a condition called seasonal affective disorder. More commonly known as SAD, symptoms or signs include a continuous low mood, poor focus or concentration and a decrease in interest or motivation to complete tasks.

It's not known for certain how many people are impacted by SAD, though figures from the NHS suggest that around 2 million people deal with it annually. Other figures include work from Royal College of Psychiatrists, who in 2015 believed that 3 in every 100 people go through significant, or heightened, winter depression. It's important you seek expert medical advice, though, when working through any mental health struggles.

While not everyone who experiences SAD is a student, there are many knock-on effects that the disorder could have on those at university or other educational institutions. Lesser interest or motivation can make us less likely to be as active, for example, which has a direct impact on our physical and mental health. Colder temperatures also make the risk of contracting illnesses higher, which can result in more absences from classes, lectures, and less motivation or ability to complete coursework. Winter also means that it gets dark earlier, meaning if we are in classes or working all day, we aren't as likely to see sunlight, or natural light. This could result in less Vitamin D, for example, and there are many studies that delve further into how this can detriment our mood, focus, and motivation to succeed.

All your previous work and effort shouldn't go to waste, though. There are many individual approaches that we can take to mitigate the impacts of SAD and other seasonal changes in ourselves and others. Professional procedures include light therapy, and cognitive-behavioural therapy (CBT), though there are long waiting lists for treatment like these. Other examples of professional options are Vitamin D supplementation, and anti-depressant medication if you feel that you need extra support. However, if you are experiencing any mental health deterioration, please seek medical advice to explore the best options to suit your individual circumstances.



Altering our lifestyles to change alongside each season is useful too. For example, planning ahead where possible, and recording how you feel in a way that works for you, could help you to prioritise tasks and other commitments more effectively. Looking at how your current routine may change over winter is a good way to minimise any disruptions to your attendance and work level. Venturing outside even for a few minutes in between classes, or taking earlier breaks, is a good way to consume more natural light, thus enhancing motivation. Ensuring that you continue to eat healthily and regularly will be evident in your work and motivation too.

When I spoke to other students, many discussed impacts external to studying, though they can coincide. Personal safety was a primary concern for many. This surrounds aspects like travelling to and from university and the accessibility of your campus and its resources. With nights being darker a lot earlier, it could be more daunting than it might already be to walk home or catch a bus. As it gets colder, road and pavement conditions could also make physically accessing and getting to campus more difficult for some.

There are many things that respondents suggested that could ease the impacts of this particular aspect, as well as things we can already do or implement. Some indicated that they would like to see work and educational institutions providing more parking options, and cheaper ones too. This would increase physical accessibility, and attendance, for those who either aren't able to walk to campus or perhaps live much further away. If you are walking to campus or work, making sure you plan the best route, and dressing for the weather, can make your journey safer also.

Personal safety is something that many educational institutions and workplaces are prioritising. There are already hundreds of personal safety apps and helplines out there, such as Peoplesafe, WalkSafe+, bSafe and Strut Safe. A lot of mobile devices have integrated safety measures now as well. Meeting a classmate or colleague could also be effective in maintaining social interaction, while also making each other feel safer on the commute.

Glasgow Caledonian University (GCU) have recently rolled out information on a free app-based personal safety system. SafeZone allows users to send a location-based alert to campus security in the event of a first aid incident, if you require immediate help, or there is an emergency. There are other features too, such as a built-in torch and a lone workers check-in resource. You can also use the app off campus, but instead of campus security, you'll be directed to local emergency services. GCU Students' Association also works with Glasgow Taxis to ensure that you don't have to choose between finances and safety. You'll need your GCU Student ID and number for this service, and the Students' Association will create a manageable way for you to repay when you are financially able to do so. For more information on SafeZone and the Get Home Safe Scheme, visit the GCU website, under the "Life on campus" section.

The winter months can be overwhelming, with exams and coursework. The last thing you need is even more to worry about or deal with. Overall, make sure you take time for yourself, and catch up with friends and family. Winter can be an isolating and difficult experience for many of us, and there is no one-size-fits-all approach on making it any better. Each of us will experience winter differently, and it's important that we look after ourselves the best we can. Hopefully, with the information provided, and even reflecting on your own experiences, we can address the negativity that winter months can bring and ease the impact on ourselves and our work.



GCU FILM SOCIETY

By Aiden Davitt

One Battle After Another

Paul Thomas Anderson's latest is nothing short of incredible. Set in the modern day, the film follows a washed-up revolutionary, played by Leonardo DiCaprio, as he attempts to save his daughter from a former enemy, Steve Lockjaw, portrayed by Sean Penn. Performances across the board are strong, but Penn, in particular, is ridiculously good. Making a character as absurd as his work is a miracle in itself, but Penn manages to balance intimidation and pathetic desperation effortlessly. It's a performance that feels destined for awards recognition. Visually, this might be among PTA's finest. Every third shot feels like a standout image that would define another director's film, yet here it's just another moment of brilliance. The pacing, too, is a masterclass. Frantic and relentless, but always purposeful. There's a much-discussed sequence involving roads, and yes, it's every bit as astonishing as critics say.

It's the kind of cinematic moment only someone with Anderson's level of experience could pull off. In comparison to the rest of his work, it absolutely stacks up with the best. I think time will be the biggest factor in terms of how this stacks up against the rest of his work as *Boogie Nights* and *There Will Be Blood* have aged especially well, but it's hard to imagine *One Battle After Another* being considered anything less than one of PTA's best. To me, this is the best film I have seen this year, and it would take more than a miracle for something to top it.

Eddington

Ari Aster originally made *Beau is Afraid* (2023) as, like most of his films, an exploration of various forms of trauma and putting something as messed up as possible on screen. However, what sticks out most from Aster's 3-hour epic was the opening 30 minutes or so. Beau's bizarre, warzone Esque neighbourhood was a fascinating backdrop for the film. Aster took it upon himself to explore a similar point in real life: the COVID pandemic. A point in time we are all deeply familiar with and all have varying experiences with. *Eddington* is set in a small town in New Mexico and explores the chaos of the pandemic.

The film focuses on Joe Cross, a sheriff who soon turns to right wing conspiracies and ideologies to cope with his failing marriage. Cross is a character who feels almost parodic but is deeply enrooted in truth. Aster doesn't necessarily have sympathy for the characters within the film who are far 'right' but seems to have an understanding of why they are likely to believe such outlandish theories. Cross' marriage isn't necessarily the focus of his character but serves as an underlying backdrop for his character. Joe's rival within the film, Ted Garcia, (played by Pedro pascal) is portrayed in a far more sympathetic light, a caring if slightly condescending authority figure. There is a kindness to Pascal's performance which helps to highlight the lack of that within Cross. (What is *Eddington* is a very complicated film, but the main emotion I came away with after watching

it was a general sense of emptiness. I felt very bummed out after watching *Eddington* and I am very sure this was the point. So, if you are in the mood for a bleak, but truthful look into the ugliness that permeates the modern world. this film is

Eddington and *One Battle After Another* serve as a bit of a pair, but almost completely different sides. *One Battle After Another* is a much more hopeful look towards the future than *Eddington*. It is interesting how both films partially about modern life have differing but also valid viewpoints.

The Smashing Machine

I went into watching *The Smashing Machine* with high hopes. There's a good level of intrigue I have for setting of this film The early Japanese based origins of the UFC is something that I found to be pretty interesting despite my lack of intrigue in the sport otherwise. This film doesn't really set out to do that unfortunately, or much of anything for that matter.

This film seemingly only exists to try and give Dwayne "The Rock" Johnson, an Oscar nomination, and it does make a solid case for that. He is good and occasionally slips into being great and surprisingly manages to avoid the usual pitfalls of a movie made with that intention. Having Emily Blunt to bounce off does also help and as usual she is great. However, outside of performances there is a core to this film that is missing. There is a severe lack of connective tissue for me, feeling like a collection of scenes rather than properly ebbing and flowing like it should. I have not seen the original *Smashing Machine* documentary, but if I were to guess that may be where the issues lie. This is clearly meant to be like a documentary, and I am assuming that's because it is based on one. I understand the intention behind this decision, but perhaps more creative liberty may have improved the film.

Ultimately, outside of what will likely be a very entertaining awards campaign from Johnson, there isn't much that stands out here. In some ways, that's a worse fate than being bad, it's simply forgettable.

War of the Worlds

You may recognise this film as being 'critically destroyed' and rightly so.

Ice Cube spends the majority of this film making confused faces from a webcam that sometimes drops in quality due to lag. There is CGI in this that is so hilariously bad that to compare it to most other bad CGI is an insult.

Critics often argue that being forgettable is worse than being bad, but *War of the Worlds*

GCU FILM SOCIETY

I must once again promote the GCU film society. Anyone interested in film should absolutely attend, it has been great seeing these films as well as the community that has been built. I encourage all to go. More information can be found at www.gcustudents.co.uk on Student Groups and the Instagram page @gcufilmsociety



The Unconnected Trilogy Which is Better than Lord of the Rings

Edgar Wright, Simon Pegg, and Nick Frost's Three Flavour Cornetto Trilogy stands tall as one of the best to grace our screens.

By Sebastian Wilkes



Over the past twelve months I've watched Shaun of the Dead (2004), Hot Fuzz (2007), and The World's End (2013) just under two dozen times. The three films vary in genre and story, yet manage to be one of the most cohesive viewing experiences in film history. Every film was penned by Edgar Wright and Simon Pegg, so it isn't surprising that eleven years after Shaun of the Dead's release it is as entertaining as in 2004.

Alongside the limitless comedy seeping out of the three projects there is permeable soul alongside each joke. The single best way to describe these films is like sitting with close friends back in college. They're warm, welcoming, and entertaining while allowing you to look introspectively at your faults.

But what makes each film amazing?

Shaun of the Dead is a horror comedy which follows the event of a zombie apocalypse... In North London. A spin on the America dominated gun-plenty zombie flicks of the sixties and seventies Shaun – the film's protagonist – must take action against the hoard in other ways. In one of the best scenes from the film Shaun and his roommate, Ed, dispatch of a larger zombie with a curated selection of rubbish records. And the Batman soundtrack.

The best part about Shaun of the Dead however is how the mundanity of British life is playfully shown through the comparison of the unzombified Londoners life to their Zombified counterpart. Throughout this entire film, we see a bleak comparison of mid-2000s life to the apocalypse- something a post-COVID world is failing to shake.

Honouring genres was clearly Wright and Pegg's calling. Throughout the production of Shaun of the Dead the duo aimed not to make parody.

This ethos carried over into Hot Fuzz, the cop-lead thriller taking place in a small town with big ambitions. Hot Fuzz tussles with its predecessor frequently in rankings of the three. It's fair to say that Hot Fuzz is the perfection of the Cornetto Trilogy 'format'. The writing is tighter and the physical comedy hits harder. I will never not see The Andes moving in and out of frame like pigeons.

I find that for a film that was shot in Wright's hometown it resembles him the most. Which is not surprising as Wright had filmed a short film called "Dead Wright" which was a formative rendition of a buddy-cop action film.

The emotional standout of the film is Nick Frost's performance as PC Danny Butterman in the final act.

This more sympathetic take to Frost's characters carries over to The World's End. The Sci-Fi extravaganza - featuring another 'Bond as a villain - flips the Wright/Pegg formula on its head, wearing its scars on its sleeves.

Touted as the weakest film out of the trilogy it's hard to agree with that statement because The World's End is my personal favourite. After years struggling with addiction Simon Pegg returns to the screen giving a devastating performance as Gary King. Paired with an all-time best from Nick Frost the dynamic the two share is pushed to the limits as we see two friends fight one another one bound on self-destruction another on self-preservation.

By far not the funniest of the three films but The World's End is such a perfect end to the trilogy. Wrapping up three films exploring and exposing mundanity in life with a story built around using substances to escape such a feeling allows you to leave the trilogy with a fresh taste in the back of your mouth.

These three films are all-time classics. It is no reason why one of the three will typically be screening in a cinema somewhere in Glasgow.

The impact these films have had on me, and many other people, have earned them yearly re-watches. I'm off to buy a cornetto in the deep of autumn now.

Credit: Rakhmat Suwandi



Olivia Dean, *The Art of Loving*: An Exploration of Love, Self-Comfort, and Loneliness.

By Maisa Hersi

British singer-songwriter Olivia Dean's second album; "*The Art of Loving*", was released on the 26th of September this year. The art of loving is a tender and honest, beautiful body of work that, as the name entails, explores the art of loving; what it feels like to love platonically / romantically, and what it feels like to be loved back, but more importantly it explores the set of emotions one can go through in the absence or loss of said love.

Dean's collection of songs in this album moves fluidly between portraying the warmth and ease of companionship and the quiet comfort in resilient solitude, which aids in the creation of this wonderful emotional artwork that feels painfully personal yet so universally relatable. At its core, *The Art of Loving* is an album about the many ways we seek connection and understanding — with others, with ourselves, and even with the world around us — and how, in moments of isolation, we can find love in unexpected places.



From the very first track, Dean portrays love as something that's tender and joyful but still fragile and complex, as it is a tool that helps us in learning more about ourselves. Love isn't an unbroken stream of joy but something that can hurt and requires a lot of effort to stay alive and sometimes might not even survive despite it all. Love is profoundly human and much like humans it is multifaceted. In this album multiple aspects of love coexist, from platonic to romantic to self-love, they're all woven together in what feels like a conversation between the different tracks. In songs like "Man I Need" and "Nice To Each other", Dean captures the bittersweet tension between the desire to be vulnerable and open yourself up to love as well as the protective need to keep your independence and protect your peace. This especially feels more relatable in a generation of women where love and partnership aren't an economic necessity that guarantees a stability in life but remains a deep aching need and an essential part of the human experience.

Credit: Apple Music, Olivia Dean

Dean's lyricism especially in her track "A Couple Minutes" reminds us of that the absence of love does not equate to emptiness and that when love from others falters, there are still endless pools of affection and meaning to be found within ourselves, within our surroundings and within our memories.

She also embodies this philosophy again in her song "Baby Steps", Dean's gentle vocals and upbeat production transform what would've been a lonely, sad situation into a moment of self-celebration, she sings about meeting her own needs and being her own "pair of safe hands" but not in a way of rejecting love but redefining it to fit her want at the time. Self-love is not a consolation prize but a foundation.

This message deeply resonates with me as I'm sure it does with many other women my age, and for the first time in history we have a generation of women who are able to make their own way in life, and despite the struggles, go on to lead fulfilling lives without the need to rely on a partner, yet still have a deep need for it, for someone to lean on, someone to take stuff off your plate. *The Art of Loving*, creates a space for women to feel these conflicting emotions without shame, validating the emotional complexity of wanting romance but still celebrating self-efficiency and holding on to hyper independence. Dean captures the often-overlooked truth of modern womanhood: that independence and longing can co-exist without contradiction.

Ultimately, *The Art of Loving* acts as a mirror. It reflects the complexities of love in an era defined by emotional self-awareness and shifting social expectations, while offering comfort to those navigating its absence. Dean's gentle voice and sincere songwriting remind us that love, in all its forms, is not just something to be given or received — it is a right. Everyone deserves to be loved, to feel understood, and to find belonging, whether through another person, through the echoes of memory, or within the quiet sanctuary of one's own heart.

In a time where self-worth feels conditional and connection feels fleeting, Olivia Dean's work stands as a testament as to how love can be resilient and adaptable in all the forms it shows up in, love isn't a single destination that we reach or find at the end of our journey, but a continuous act of noticing, in a mother blowing to cool down her baby's food, in friends grabbing a bite, in 4 hour long phone calls and in ourselves, in others and in the world that holds us. As out of reach as it may seem it's always waiting to be found.

"I guess it's been inside me all along" – Olivia Dean.

Florence And The Machine: Album Review

By Music Editor: Eve Smith

Florence and the Machine are an English indie rock band fronted by lead vocalist Florence Welch, who is best known for her earth-shattering, powerful voice and live show presence. Their debut album, “Lungs”, was released in 2009 and achieved major success, going onto win the Brit Awards for Best British Album in 2010. Since then, she has gone on to release five more albums, all which perform as an outlet for herself and her listeners, exploring themes of love and relationships, womanhood and healing.

And her sixth album, “Everybody Scream” is no exception to this. The album is fuelled by feminine rage and the horrors of womanhood, it acts as a prayer of hope to future generations of woman, but also generations before. In the upcoming weeks of the album's release, Welch told the Guardian that her original inspiration for the album had come after suffering an ectopic pregnancy throughout the “Dance Fever” tour in 2023, and when talking about it, she told the publication, “I felt like I had stepped through the door, and it was just full of women, screaming.”

This is reflected in the opening song of the album, titled “Everybody Scream”, displaying her understanding of the power of voice. It showcases her understanding of freedom, and of encouraging freedom, with lyrics in the opening track stating, “I can come here and scream as loud as I want”, referring to her live performances, which are a release for her. However, her album also goes on to travel through the exploration of live performance and effects that come with it, specifically how letting your voice guide the way can transform the nature of performance.

Her powerful vocals throughout the album tear through the pain of her experiences, unleashing it onto listeners and connecting them to it, leaving them with deeper understanding and feelings. However, it's the second track of the album, “One of the Greats” that really stands out, starting off independently, before guitars, drums and backing vocals follow in, it follows a journey of survival. The song highlights the name of the album “Everybody Scream” and displays the build-up of torture before letting it all out.

But it's not only “One of the Greats” that follows this pattern, as it's seen again on “Sympathy Magic”. Welch's ability to let it all out and let everyone feel it is one of a kind. Through her lyricism and shattering voice, the listener can form a connection to the music, as she rebuilds herself back up, despite the hysteria, as she repeatedly sings, “Come on, I can take it.” She openly builds herself back up time and time again through her songs and resonates with listeners.

However, the overall theme of the album can also lead back to the tug and war of fame, the need and desire to perform and put on a show, despite all odds. Despite the hardships she faces in life, the passion to perform remains – which is evident in songs throughout the album as she states, “Look at me run myself ragged, blood on stage.” Welch undeniably dedicates herself to her passion, despite the downsides of her suffering, which began while doing what she loves.

Also opening the second track on the album with this theme, “I crawled up from under the earth, broken nails and coughing dirt, spitting out my songs so you could sing along.” She fully dedicates herself to her fans and has an overwhelming urge to continue performing despite all odds, pushing through her pain with music as an outlet for herself, and her fans.

Overall, her album is one of metaphors and symbolism, expressing a deep pain and passion through the tug and war of performance. She connects her experiences to her music and uses it as an outlet and journey for her healing, while captivating the audience with her lyricism and earth piercing voice.



Credit: Ekaterina Belinskaya



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