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In 2017, Linacre College admitted 217 students from 54 countries!

Linacre House opened in 1962 with 135 students from 35 countries. The first Linacre students included an Irish missionary priest, a female Turkish engineer, a colonel in the Israeli army, a Japanese professor of economics, and an American nun.

...to Sexy Sub Fusc
The Pure Love of Puffinus Puffinus: A Shakespearean Sonnet
By Simon Thomas

It’s Skomer Island for my lover’s brood
and old acquaintances will reunite.
The winter’s spent and six months solitude
Has ended, spurred by skilful crested flight.

My first affaire d’amour, she’ll be my last.
I cry for love, but no love to be found.
As couples reignite has my time passed?
They rediscover burrows in the ground.

I gaze at homesteads earnestly prepared
With marriage vows renewed under the stars
and tenderly, parental duties shared.
These mannerisms are my new memoirs.

But lo my love’s descended from the skies!
Together and apart till our demise.

Simon Thomas graduated from Linacre College in 2015. He was inspired to write this poem after running into his old friend Oliver Padget at Linacre last spring and hearing an update about his research.

Oliver Padget is a DPhil student in the Animal Behaviour Research Group at the University of Oxford. He is part of a team of researchers at the universities of Oxford, Barcelona, and Pisa that recently discovered that seabirds rely heavily on their sense of smell when migrating over long distances. The researchers temporarily removed seabirds’ sense of smell and then tracked their movements using GPS. Without their ability to smell, the birds appeared to lose their bearings over sea, suggesting that seabirds use a map of smells to find their way in the absence of visual cues.

*Their research is published in the journal Scientific Reports.*
On a Quest to Find the Best Pub in Jericho
By TJ Mitchell

When I found out I would be living in Jericho it really didn’t mean much to me. One of the few things I did pick up before I arrived was that there was an amazing pub here… This nugget of information came from a rather pickled man that I briefly chatted with — at a pub may I add — whilst back at home. However, what the pub was actually called was long lost to him — and maybe to the world? So is it up to me, a fresh-faced fresher, to find this forgotten pub? Yes! As a new resident in Jericho a great pub should be my first port of call. So, for my quest I can rate each pub, see the Jericho nightlife and ultimately discover this mythical pub.

I grab my coat and scarf and get ready for the night ahead. Closing the door behind me I look about, a happy family walk past, it doesn’t exactly feel like 8 pm on a Friday night. Maybe everyone is at this pub?

I stride to the bar, a reasonable choice of standard beverages. I start with a bitter, take a seat and sit back. A good song starts and I really warm to the place, Jude could easily be a brilliant locale and I hear (literally, I have to close my window) that they have live bands on Thursdays. But would someone hold it in such high esteem? I’m doubtful. Having finished my pint I’m ready to continue on my journey. Before I leave I quickly ask, “Why name the pub Jude the Obscure?” Supposedly Thomas Hardy frequented the pub when he wrote the draft of the novel.

Jude the Obscure

| Drinks | 2 (3.5) – They have 241 cocktails |
| Atmosphere | 4 |
| Style | 2.5 |

Standard, great local pub. Take your dates elsewhere.
I quickly plan out my route and decide to head deep into Jericho before I come back to the centre and the Jericho Tavern. I wander down the quiet streets and shining like a beacon I meet The Old Bookbinders. The place is packed but all are diners as the pub doubles up as a restaurant. At first they presume I’m here for food but are quite happy to hear I’m not. The bartender is very cheerful and shares her delight in the new Christmas ales with silly names such as ‘Greedy Goose: Honkingly good Ale’ — they even offer me a generous glass. The bar itself is small and to the side of the larger dining area. The low ceilings make it feel comfortable and each wall has quirky decorations that could be admired and explored over many, many pints; even the toilets are interesting (at least the male loos are). As I finish my drink the diners make their way to the bar and the place fills; the added bustle brings a new charm. Before my departure I ask again about the name. Before it’s opening in 1869 the building served as the bookbinders (not entirely surprised) for Oxford University Press who are also based in Jericho.

The Old Bookbinders

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<tr>
<td>Atmosphere</td>
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<td>Style</td>
<td>4.5</td>
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It might be the one: great place for a couple of mates or a date that you want to impress.

Next up is The Harcourt Arms. From the outside it looked quiet but on the inside loud big tables of people take over one wing of the pub and the other is spotted with couples enjoying a drink by candlelight. At the counter the bartender is more than happy to talk me through his beers — pointing out his personal favourite, which admittedly goes down a treat. A quick sweep of the open room highlights a dominating Victorian painting of birds on the rowdier side, which makes a sharp contrast to the low-lit relaxed atmosphere of the other. I enquire about the painting and discover that there’s a big unknown story behind it and that everyone guesses as to its origin and value. I also ask about the name; The Harcourt arms originates from a local family that settled in the area soon after the Norman Conquests.

The Harcourt Arms

<table>
<thead>
<tr>
<th>Drinks</th>
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<tbody>
<tr>
<td>Atmosphere</td>
<td>3.5 (5) — They have a lot of live music nights</td>
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<td>Style</td>
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A mixed bag, take your mates or your dates, certainly if they have live music on.

I nip up the street into the heart of Jericho to the newly refurbished (opening night) and appropriately named Jericho Tavern. The Tavern is raucous on its first night — obvious by the still strong smell of paint that lingers in the large open building. At the bar, where there is a large selection of beers, I’m advised by the busy staff that the Camden lager is the new house beer after having recently been purchased by a chain. The place is definitely different to the other pubs: loud music, lager rather than ale and a polished décor. More like a bar than a pub, exactly what I’ve heard Jericho needs (minus Freud) and they even have a separate function room upstairs ‘The Venue’. As I leave I don’t ask the obvious but instead enquire about how long a pub has been operating at the location. I’m informed that it’s been serving drinks since the 1820s and was the local tavern for those rejected or too late to enter within the city walls of Oxford.

The Jericho Tavern

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<tr>
<td>Atmosphere</td>
<td>2 — More a bar than a pub</td>
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<td>Style</td>
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Not your pub of choice but a great bar before a big night out.
Wandering through Jericho I witness the late night joys of a Friday night: running students, drunk locals and oddly a street rap session. At the far end of Jericho is The Victoria. Entering by a side door I’m met by a unique atmosphere, dark and cosy yet busy and happening. Approaching the bar, though, I’m shocked to find a limited number of drinks, and their recommended drink is a common supermarket ale. Taking a seat I look about and notice the great number of students, adding excitement and buzz in a way that does not detract from the relaxed, comfortable vibe. A closer look and the place lends itself to the younger crowd: fun music, a plane crashing through the floors and humble foods — a hearty pie menu, perfect for a night out. The Victoria is a place to remember (is it the one I’ve been seeking?). At the bar I’m told that the place was opened in the 1840s and named after the Monarch and that they have a particular focus on spirits.

**The Victoria**

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<th>Drinks</th>
<th>1.5 (5) — Great for spirits</th>
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Great for bigger groups or to show off to friends and family.

My next leg takes me to the fringes of Jericho and to The Gardeners Arms. Inside it is quiet, a world away from the previous two. However, its differences are not to be insulted. Light jazz and only couples gives this place a very different vibe, one more suited for a quiet laugh or a DMC (deep and meaningful chat). At the bar I meet the staff who all seem involved in an important chat. Their drinks are few but well selected and I’m told that over 200 years ago the local farm and orchard workers used to frequent the location for a drink, thus giving birth to the name The Gardeners Arms. Taking a seat I have time to take in the pleasant wooden paneling lined by beermats and vinyl records. It almost seems like the perfect location to reflect on my quest.

**The Gardeners arms**

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<tr>
<td>Atmosphere</td>
<td>2 (5) — Really depends on your mood</td>
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A lovely getaway or the perfect place to conclude a night.

Has the best been saved for last? It’s getting late so I quickly make my way back through the streets of Jericho and arrive at the finale. As I enter, I’m thrown by an unusual sweet smell that I hope to presume is food. Making it to the bar I’m faced with an altered decision, the beers lack their logos and instead opt for descriptions of their flavours. I like it and decide to settle for a fruity ale to end the night. The bartender informs me that the pub has only had its name since 2011 and he guesses that there must have once been a newspaper press on site. I take a quick look around the corner and find a bench seat on one of the long tables suitable for large groups. All the rooms have a mix of colours, styles and items, including: a football table, diner type booths and an impressive neon dodo. Somehow, this blend comes together to make the place feel very trendy. Stacks of board games in the corner hint that this place is probably a hangout for big groups of students and maybe not the drunken man who directed me on my quest, who likely visited before it existed.

**The Rickety Press**

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A trendy meet up point for all your mates.

So have I encountered this mythical pub then? It is hard to say. Each pub puts up a good fight and carves out their own niche in this vibrant part of Oxford. However, reflecting on each, I believe that this mystical pub of Jericho would have either been The Victoria or The Old Bookbinders. Both are memorable locations that play to their strengths and display a unique character. As for my personal favourite? It really depends on my mood. They’re all great in their own way and I’m fortunate to live close to all of them.

⭐⭐⭐

*TJ Mitchell is a pub enthusiast and student at Linacre studying a DPhil in Inorganic Chemistry.*
Linacre Ladies that Lift
By Dr. Catherine Walter

The Women’s Section of the Linacre Weightlifting society, going by the tongue-in-cheek name of the Linacre Ladies that Lift, was founded in October 2012. A small group of Linacrites found an excellent weightlifting coach, Shez Naqvi, in his alter ego of librarian in the Education Department, and the club has thrived ever since. Go into the Linacre gym on any Wednesday evening or any Saturday morning of the year, and you will find up to fifteen women lifting heavy barbells.

Women can sometimes be intimidated by the atmosphere of the free weights area in a gym. The Linacre Ladies offer a space where women can learn to lift safely in a secure environment. All women, cis or trans, and people with a complex gender identity of which ‘woman’ is a part, are welcome at the sessions. Students, post-docs, academics, staff in all roles and their partners train together.

“I love Linacre Ladies that Lift because of the atmosphere it provides: a safe environment where everyone gets support in training as much or as little as they like, surrounded by strong women.”

Some of the Ladies lift competitively – in Michaelmas 2017, seven are entering divisional events in the British Drug Free Powerlifting Association, with the hope of qualifying for national championships in 2018.

“I credit the wonderful Linacre Ladies that Lift for introducing me to the world of powerlifting. … Four years later, I have just taken part in my third powerlifting competition as part of another all-female club, and often think back to my first group of strong women who filled me with confidence and inspired me to lift heavy!”
Others lift to improve their performance in other sports. Many, including some with physical disabilities, lift for fitness and strength in their everyday life.

“As I have a minor disability, I had assumed that I would never participate in the sporting aspect of Oxford life … But the condition has caused very few problems when it comes to lifting, so instead, I've been able to improve my fitness and integrate into the life of the College and University more than I had ever thought I could.”

What women don’t always expect when they join the club are the extras: Confidence in the gym, and confidence outside the gym. Camaraderie and support from a group of strong women. A growing feeling that what their body can do is more important than how it looks.

More than that, they don’t expect to learn lessons that will carry over to their academic and professional lives, such as: If you are trying hard, you will sometimes fail; if you never fail, you aren’t trying hard enough; and failing doesn’t make you a failure. Or: everyone starts from a different place, so measure yourself against where you were last week or last month, not against someone else. Or: small regular gains add up to big long-term gains.

“The great atmosphere of the Wednesday lifting session became my favourite getaway, kept me sane, and helped me discover how strong and stubborn I can be. The club also made it to my thesis acknowledgements!”

PS: The rainbow socks
The first time a group of Linacre Ladies competed was in Scotland, in January 2014. This was just before the Winter Olympics in Sochi, and the Russian government was being very unpleasant about LGBT athletes and spectators. So for the knee socks that competition regulations require, we chose a rainbow pattern, and we have worn rainbow socks at competitions ever since.

Dr. Catherine Walter is Linacre’s Welfare and Equalities officer, an Associate of the EMI Centre, a member of the Applied Linguistics Research Group, an Emeritus Fellow of Linacre College, and a proud member of Linacre Ladies that Lift.
Welfare and Peer Support in Higher Education
By Ryan Leahy

Here is one part of student life that they don’t tell you about before starting higher education: it is very, very stressful! This is definitely the case at the undergraduate level, and is multiplied in postgraduate studies. But you may find as you progress into your chosen field you become increasingly isolated, and it may become more and more difficult to talk about the loneliness, situations and exacerbation that come with the hectic stress of academia.

It is also suggested that creativeness and intelligence correlate to mental illness, which implies an increased likelihood of borderline personality disorder, bipolar disorder and depression. So, people in PhD, Masters and other higher education positions are suggested to be more susceptible to issues concerning mental illness. Even without this claim, the World Health Organization estimates there are 350 million people on the planet living with depression, and it stands to reason that a significant percentage of students have symptoms of major mental health issues.

In a recent survey, 51% of respondents had experienced at least two symptoms that indicate a risk of common psychiatric disorders. There were several symptoms that were most commonly reported, including constant stress and strain, worrying and losing sleep over worry, being unhappy and depressed, and finding a lack of enjoyment or difficulty in day-to-day activities. These are obviously all related to being under extremely high pressure when it comes to self-guided research and the pressures of particular projects. The prevalence of mental health issues in academia is well documented, so what are we doing to support those in taxing academic positions?

Institutions and departments have a long history of ignoring the systemic mental health issues facing students. The available data should, for ethical and moral reasons, push these institutions towards providing help and support to the students who are navigating the stressful journey of completing a course, particularly when the course is either spread over several years or condensed into one.

There are several things that can have a positive impact – having an inspirational supervisor has been known to offset the risks, and having an interesting academic career and a clear future inside or outside of academia upon completion of the course. So what should institutions be doing to help?

Facilitating the work-life balance is a particularly important step, as is adding clarity of future prospects and job information inside and outside of academia. Supervisors who are invested in their students and their own leadership competencies could make a lot of difference to individuals under their wing. Ensuring they are aware and can spot the signs of emotional distress (identifying students who isolate themselves, seem withdrawn and anxious, and miss lectures, meeting or deadlines is key.

While we might not expect supervisors to be able to diagnose mental health issues, we should expect people in these positions to spot changes and have the knowledge required to refer them to support. Also, students in this position might not be forthcoming as there is a very public fear of stigma and a perceived negative impact on one’s future career surrounding mental health issues, which stops the sufferer from seeking help. Recent studies have generated a lot of discussion surrounding this issue on social media. This stigma has created a lack of viability. This is a problem for the student, as it creates an isolating vacuum that can cause them to avoid support and cause their mental health to deteriorate further, but also is a problem at the institutional level as there is little public pressure on the institutions to combat the issue.
As well as having encouraging, approachable and supporting advisers, students should have access to a range of welfare, equality and peer support opportunities. Formal peer support schemes within colleges are often student-led, with an emphasis on pastoral care (emotional and spiritual support) with peer supporters going through rigorous and rewarding training, which will allow them to support people with their pain, anxiety and losses. They also are subject to a robust monitoring and evaluation mechanism, and links to the central institutions service provisions.

This is a trend that is becoming increasingly prevalent in smaller institutions but is still relatively rare in larger universities, largely due to the difficulty in maintaining the appropriate amount of peer supporter, but also creating the accessible, welcoming atmosphere that smaller institutions and welfare groups can apply. However, a well-directed team can offer an exciting, motivating and valuable experience to students looking to get involved in peer supporters or students seeking help.

The central idea of peer support is to allow students the opportunity to gain support and guidance in informal, relaxed environments from higher year students who have been in similar positions, be they in relation to academia or the tribulations of life in academia. There are substantial mutual benefits for both mentors and mentees. The core reason that peer support exists at all is to enrich the academic and university life of students, creating collaborative communities.

So these have proven an essential part of the undergraduate and postgraduate research environment, so how do we support these peer support networks? First off, these groups usually have difficulty raising awareness and face the aforementioned stigma that creates uncertainty in students that need help. Direct and detailed engagement is critical, but so is supporting the initiative from outside as well as within. Peer supporters are generally empathetic volunteers who are keen to support their peers. Peer support networks also need to be integrated with the institution and create substantial and constructive dialogue between themselves and the university support services. This is essential to referring students to professional help and supporting them in the most effective way.

Such opportunities to support and assist students in some of the most challenging and critical moments of their higher education careers should be pursued as an integral part of the academic research pedagogy of the future. The leading motivator of change towards an academic environment with less stigma, more support and more understanding comes from the students themselves, and the volunteers who substantiate change in their institutions. I would urge anyone in the higher education system to support and raise awareness and get involved with the peer support systems in place in their local institutions and departments. Challenge stigma. Facilitate care.

Ryan Leahy is a former Welfare and Equality Officer for Linacre College. He completed the MSc in Cognitive and Evolutionary Anthropology in 2016.
Life at Linacre

Across
4. Linacre's environmental accreditation
8. Every Tuesday and Thursday
11. It's faster than walking
12. We have over 50 of them
13. Wine and ___
14. Don't forget to pay it

Down
1. Newbie
2. It's stocked with drinks
3. John ___: The first Nick Brown
5. We do it for charity
6. Our liquid neighbour
7. No ___, no gym
9. Academic dress
10. Building with the music room