

Leeds Student

Friday, September 17, 2004

Volume 35: Freshers' Issue



Britain's biggest and best student paper
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PHOTO: SEB ELSWORTH



Freshers' Guide 2004

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Leeds Student

Friday, September 17, 2004

Freshers' issue

Britain's biggest and best student paper
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**Karl Mansfield,
Editor,
Leeds Student**

I didn't come to Leeds because of a prospectus or open day but due to a visit to the city when I was 17. My sister was already at university and I remember stepping out of the train station, in the city centre, to be confronted with modern and nineteenth century buildings sandwiched together in a style that actually worked. I gawped out of the window as a taxi took me to her first year halls amazed at the size of everything as I passed both the universities on my way to Headingley.

It doesn't take you long to find your feet and there are a

lot of people at your unions that offer help, advice and support. You are certainly not alone no matter how homesick you may feel at times. There are also hundreds of societies and clubs to get involved with as well as becoming a volunteer with Action, CALM, Lippy, Leeds Student, LSRfm, LS:TV, LS6, R.A.G. Up Your Street and Nightline.

The nightlife in the city is fantastic with a wide variety of music nights, clubs and late license bars. If you don't fancy a frenetic night on the tiles then there are other options including the West Yorkshire

Playhouse, City Varieties or catching a film at the Hyde Park Picture House or VUE cinema. Wakefield also has a lot on offer if you are based at the Bretton campus. The KB bar and K2 club at Bretton and Ice Bar, Reflex and the Theatre Royal in Wakefield are just some of the highlights.

Whatever you end up doing with your time here make sure you enjoy yourself. This could be the last time you have so much free time to have fun.

Remember to pick up your free edition of Leeds Student every Friday from your union.

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Thanks to everyone who wrote, contributed pictures and ideas for this edition. Without your help I'd probably have had a bit of a breakdown. There wasn't enough space to name you personally but thank you.

Call Leeds Student on 0113 3801450
or email: editor@leedsstudent.org.uk

NUJ

WRITE FOR LEEDS STUDENT AND JOIN THE NUJ.

If you are a regular contributor to Leeds Student and plan to pursue a career in journalism then you are eligible to become a student member of the National Union of

Journalists, one of the largest journalists' unions in the world.

Membership costs £10, lasts for the duration of your course and gives you the following benefits:

- Membership card and membership of the local branch.
- A press card.

• 25 per cent discount on your first year of NUJ membership when you get your first job in journalism.

Membership forms are available in the Leeds Student office on the first floor of Leeds University Union opposite the Executive offices.



**Tom Wong,
Leeds University
Union
Communications
Officer**

Welcome to Leeds you lucky, lucky people. Leeds is the most vibrant and cosmopolitan city in the UK, and is home to some of the country's leading teaching and research institutions housing about 70,000 students. Rest assured that you will find friends here that will last long after the caps and gowns of graduation.

We are proud to introduce your students' unions, Leeds University Union and Leeds Met University Students' Union. To ease your passage through University we, along with the rest of our sabbatical teams, are your representatives and provide you with a collective voice. Without this, stu-

dents' unions can be little more than a glorified common room, an elaborate coffee bar or just a cheap pub. Our jobs are to ensure that this collective voice is used to good effect, whether within the Universities when lobbying for better facilities, representing you to the Government or in the national media. We were elected to make positive things happen for students.

During recent years both Unions have invested time and money in improving their facilities ensuring that all students have every opportunity to reach their true potential. From Sports Clubs to Societies, or the Leeds Student newspaper to elected represen-

tation, your Union has something for everyone. Even if you just want a cheap pint or sandwich you can rest easy because all the profits are recycled and go straight back into providing services for you the student.

Make sure that you log on to the Unions' websites and see for yourself how easy it is to get involved. You'd have to have a fantastic reason not to...

David Hayes and Tom Wong President, LMUSU and Communications Officer, LUU.

• FOR MORE DETAILS LOG ON TO: LMUSU www.lmusu.org.uk and, LUU www.LUUonline.com.



**David Hayes,
Leeds
Metropolitan
Students' Union
President**

Want to have a say in how your union is run?

Then join Union Council today. Union Council is the highest elected body in your students' union. For more information log on to

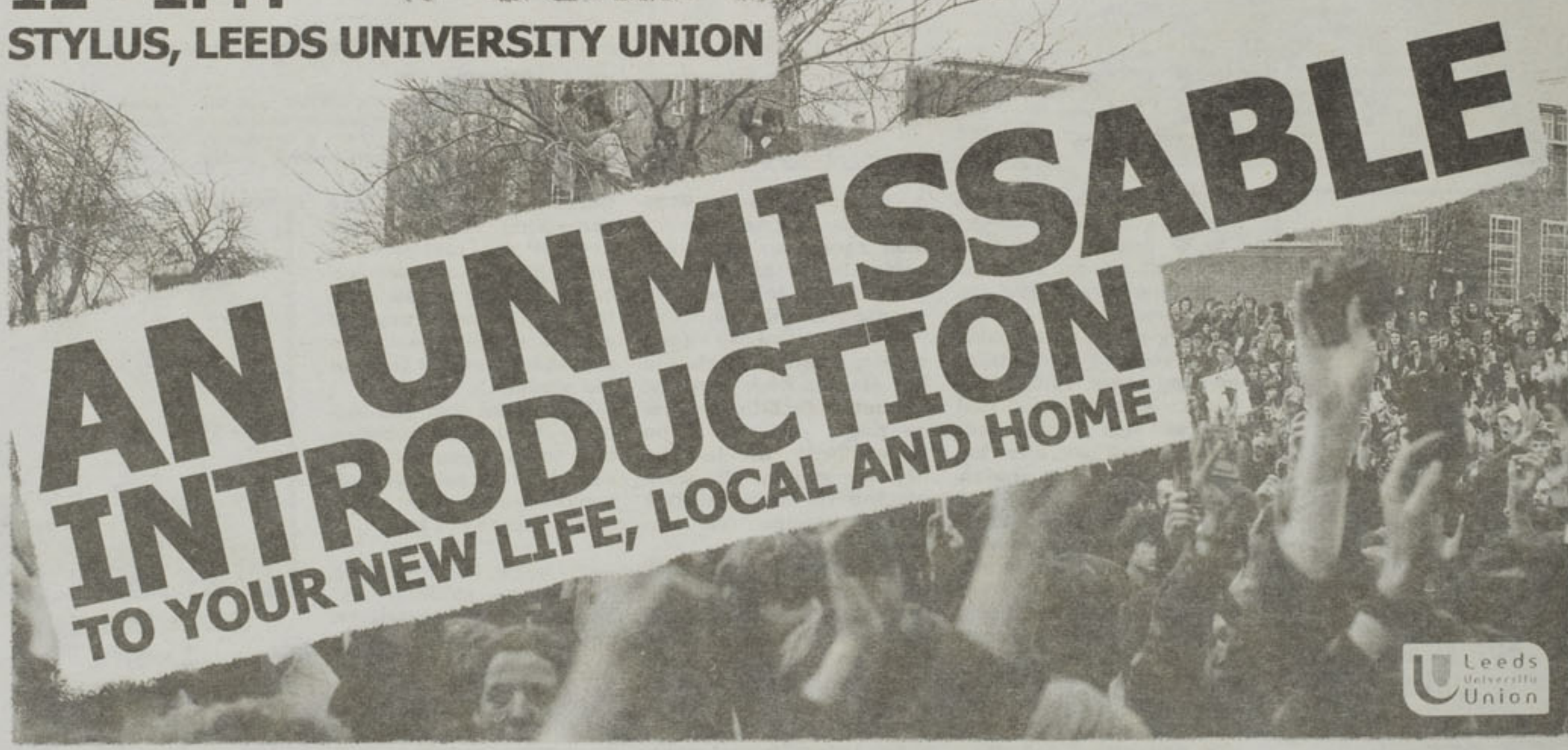
www.LUUonline.com/about/uc or visit lmusu.org.uk/constitutionandbyelaws. Contact LMUSU or LUU for more details.

FRESHERS GENERAL MEETING

WEDNESDAY 22ND SEPTEMBER

12 - 1PM

STYLUS, LEEDS UNIVERSITY UNION



A class act

CASE 1

NAME: UNIVERSITY OF LEEDS
AGE: 100

THE University of Leeds was founded in 1904 but its origins go back to the nineteenth century with the Leeds School of Medicine in 1831 and then the Yorkshire College of Science in 1874. By 1830, Leeds boasted five medical institutions. But the only systematic medical training was for apothecaries through the apprentice system and for physicians at medical schools - in Scotland, overseas or at the London hospitals. On June 6, 1831 six young men in their thirties drew up plans for a school "for the purpose of giving ... courses of lectures on subjects connected with Medicine and Surgery". Five days later they invited the founding father of occupational medicine Charles Turner Thackrah to join them. He had been teaching anatomy in his own house and was to become a leading force in the early development of the School. A course of lectures was planned and launched on October 25, 1831. The College of Science was founded around 40 years later, one of the first generation of non-sectarian colleges for the sons of local middle-class families. The Yorkshire College challenged the exclusivity of the universities of Oxford and Cambridge, which served only the needs of the Anglican aristocracy and gentry. The Yorkshire College put its full weight behind scientific studies.

In 1874, the College began teaching experimental Physics, Mathematics, Geology, Mining and Chemistry. Biology was soon included. After a few years, Classics, Modern Literature and History were added to the subjects being offered and the Yorkshire College of Science became simply the Yorkshire College. In 1884, the College combined with the School of Medicine and in 1887 the two Leeds-based institutions joined forces with Owens College, Manchester, and University College, Liverpool, to become the federal



Victoria University. But when the other two cities established universities, independence was also forced on Leeds and in 1904, King Edward VII granted the University its own Charter as an independent institution. In 2001 the University merged with the leading specialist centre for Arts, Bretton Hall, which was founded by Sir Alec Clegg in 1949 as a training college for teachers in the arts.

In April the institution celebrated its 100th birthday. There are 31,500 students with an additional 52,108 on short courses at the University of Leeds.

CASE 2

NAME: LEEDS METROPOLITAN UNIVERSITY
AGE: 12

LEEDS Metropolitan University can trace its origins back to 1824, the year in which the Leeds Mechanics Institute was founded.

In 1868 the Mechanics Institute became the Leeds Institute of Science, Art and Literature and Leeds College of Technology in 1927. A second element, Leeds College of Art, was founded in 1846 with a third constituent part, Leeds College of Commerce, in 1845. Finally, the Yorkshire Training School of Cookery was founded in 1874. By 1966, it had been renamed the Yorkshire College of Education and Home Economics.

The City of Leeds Training College, created in 1907, moved to what is now Headingley Campus (formerly Beckett Park) in 1912. The site was expanded with the creation of the Carnegie Physical Training College in September 1933 which in 1968 merged with the City of Leeds Training College (by then renamed City of Leeds College of Education) to form the City of Leeds and Carnegie College.

In the early 1950s the Leeds Local Education Authority (LEA) decided to house four of these colleges on a central site, presently the Civic Quarter in the City Centre. Leeds Polytechnic came into existence in 1970 and was enlarged in 1976 with the addition of the James Graham College and the City of Leeds and Carnegie College. The Polytechnic was a constituent part of the Leeds LEA until it became an independent Higher Education Corporation on April 1, 1989. In September 1992, Leeds Polytechnic was re-designated as a university, thus becoming Leeds Metropolitan University, with power to confer its own degrees and other awards.

In 1998 Leeds Metropolitan University became one of only two English Higher Education institutions to merge with a further education provider, Harrogate College.

Leeds Metropolitan University is one of the



largest universities in the country, with more than 41,000 students and 3,000 staff. The institution is split into two sites in Leeds, the traditional setting of Beckett Park, now the Headingley Campus, in the world famous sporting area of Headingley and our lively city centre campus right by the business, health, civic and entertainment quarters of Leeds. Leeds Met also has a campus in Harrogate. Students at Leeds Met can study courses including Sport, Hospitality and Tourism, Art and Architecture, Commerce and Design.



TOM WONG
LUU COMMUNICATIONS OFFICER

Ever wondered why people bang on about students' unions? Thought that it was little more than an extremely cheap

place to buy a pint? Your union is a lot more than this: we are a democracy and you, as one of our members, are its most important aspect. By coming to our General Meeting on February 8, voting in elections, or getting involved in sports clubs and societies, every student can have a real influence on the way their union is run.

The highest elected decision making body in Leeds University Union is Union Council.

It is comprised of about 50 student councilors, including the Sabbatical officers, who are elected to represent you. It sets up and implements union policy and looks after LUU's resources. As a student you are encouraged to come along to their meetings every second Monday during term.

Running the Union on a day-to-day basis is the Executive Committee's responsibility. Their office is upstairs in Leeds University Union and you can contact them via LUUonline. Any member of LUU can become an Exec Member, the elections are in March. For more information log on to www.LUUonline.com/aboutluu.



NICK SURGEY
LMUSU VP STUDENT AND COMMUNITY AFFAIRS 2003-04

Over the next two weeks, most freshers will get to know their student union in a quite intimate way. This will probably involve seeing a selection of the biggest crap pop groups in the land, and drinking stupidly cheap beer. I'll let you in on a secret early on though, there is more to the Union than a bar and shop. Yes you all cry, "there's a café" and "don't they give out free condoms?". Well, yes, well done smart arse, but there is much more to it than even those fine things. The whole point to the Union is that its there to

serve its members.

The Union is run by officers who are elected each year by students at Leeds Met. Five of these are working full time and twelve do union stuff whilst also doing their degree. Each officer is responsible for a different aspect of the Union and they agree on major (and some times very minor) policy details at the 'exec meeting' every two weeks. So officers get elected by you and then they run the Union for you.

Over the course of the year there are many other ways that you can get involved and change the way the Union is run. Annual General Meeting, student surveys, course reps, committees...there are lots of ways to get your point across. Go into the Union and pick up one of their leaflets on getting involved. Log on to www.lmusu.org.uk for more information.



Do you want to be a journalist?

Come and join Leeds Student. We have spaces for writers on all our sections from News to Sport, Features, Music and Clubs. We have launched the careers of journalists including Paul Dacre, Nicholas Whitchell, Jay Rayner. We are also looking for graphic designers, web designers and managers, photographers and artists as well as a Sketch writer, two columnists, Club editors, Politics editors and Comment editors. Section meetings are on every Monday starting September 20. Pick up your first free edition on September 24.

Cash back



Gary Hughes looks at what's hot and what's not in the world of student banking

The way you manage your money may not have been high on your agenda up until this point, but now it should become a much bigger priority as you could potentially get yourselves into a great deal of trouble financially if you do not plan your budget and bank very carefully.

The bank you choose can be very important in effecting your lifestyle over the next three years and potentially the way you bank for many years in the future.

There are several terms that you are likely to come across that are very important to understand. The first is probably one that excites you the most, overdraft. Now, you should sort your overdraft out as soon as possible. Banks themselves vary on the size of individual overdrafts but most first years get approximately £1,000 interest free.

An overdraft is still considered borrowing from the bank and when you complete your course you may be required to pay this money back. If you borrow over your interest-free limit you will be charged authorised interest and if you borrow over your overall agreed limit you will be charged unauthorised interest. This is when charges can become very problematic. So, the first golden rule is know your limits and stick to them.

Some student accounts also come with the option of a credit card, which may also be interest free to a point. These can be great to supplement your income for small purchases but be careful of spending too much especially if you are only paying off the minimum you owe each month, because they can become expensive.

Each bank varies as far as student

accounts are concerned and many offer differing deals to tempt you to bank with them. So, here are some of the offers available through the main high street and internet banks.

Only larger high street banks actually offer student accounts such as Barclays, HSBC, Natwest and The Royal Bank of Scotland. Many of these offer special deals or allowances to entice you to bank with them.

Barclays offers £1,000 interest free overdraft with allowances up to £1,500 in your first year this amount can be extended to a maximum of £1,750 interest free overdraft over three years of study. Though do watch out as in your first year any extension of your £1,000 interest free overdraft will have authorised interest on it, so it could mean owing more than you realise.

HSBBC seem to offer quite good deal with again a £1,000 overdraft in your first year extending to £1,500 by your third and up to £2,000 if you extend your studies further. Other benefits of the an account with HSBC include £50 in cold hard cash, credited straight to your account, a free BSM driving lesson and then a further £15 off your next five lessons. Other highlights include 20 per cent off Lonely Planet guide books and free activation to BT Yahoo internet access.

An account with Natwest can get you a free five year Young Persons Railcard which could mean a third off most rail fares and if your planning to go home regularly this could mean massive savings. Alternatively you can have your account debited with £55. The account also offers a £12,50 overdraft for your first year with an increase to £1,600 by your third.

Both Natwest and The Royal Bank of Scotland are offering a new service on their cash machines where you are able to top-up your mobile from them any hour of the day or night. The Royal Bank of Scotland also has offers on new student accounts that mean you can save forty per cent off a Vodafone mobile.

The Student Royalties account by the Bank of Scotland also offers a £1,250 interest free overdraft which can increase to £2,000. Many of the accounts mentioned do have certain terms and conditions that have to be met so that you can receive the full benefits of the account. Always read these terms, even if they are in small print. It will make sure that you won't end up being rejected at a bar, shop or restaurant. The Royal Bank of Scotland for example, needs to have a £50 deposit and the Barclays student account is not fully accessible until your loan has been debited to the account, so do be careful to read all the information supplied so that you are fully aware of your rights.

WIN A FREE MEAL FOR FOUR PEOPLE

AT EDWARD'S

Leeds Student and Edward's Bars have teamed up to offer one winner and three of their friends a sophisticated night of dinner and cocktails at their Merriem Street, Leeds bar.

Seductive design, funky music and unlimited service have made Edward's bars the place to be for a touch of style and glamour on the high street. A stylish crowd of regulars join handpicked DJs for 'flirt-central' at weekends when the gorgeous cocktails and slinky music help wind up the atmosphere for some serious hedonism. To be in with a chance of winning, answer the following question and send on a postcard to:

Leeds Student / Edward's Competition
PO Box 9698

Sutton Coldfield
West Mids
B72 1GA

Q. IN WHAT YEAR WERE THE FIRST MOVING PICTURES TAKEN OF TRAFFIC CROSSING LEEDS BRIDGE?

ENTRIES MUST BE RECEIVED BY SEPTEMBER 23.

COMPETITION TERMS AND CONDITIONS: The main prize will include drinks and dinner for one winner and 3 guests at a Leeds-based Edward's bar. There will be no cash alternative. The winner and guests will have a £80 bar tab set aside for them and £75 food budget. Edward's standard health, safety and security procedures and policies will apply to winners and guests' attendance. Edward's reserves the right to refuse entry or service. Inappropriate behaviour will not be tolerated and will be dealt with at the manager's discretion, in accordance with Edward's standard policies and procedures.

All winners and guests must be over 18 and provide proof of age on entry, if required to do so by Edward's staff.

All winners and guests must follow the reasonable instructions of Edward's staff in connection with the health,



safety and security of the other winners and guests, their personal property, and the Edward's premises.

The judge's decision will be final and no correspondence will be entered into. Transport to and from the venue must be arranged by competition winners. The closing date of the competition is September 23. The winner will be notified on September 24.

SORT IT OUT!

Make damn sure you're never stuck for a number with this spanking cut-out-and-keep version of the *Leeds Student Essential Directory*

Leeds Student Newspaper	0113 3801450
Leeds Uni	0113 2431751
Leeds Met Uni	0113 2832600
Leeds Uni Library (Desk)	0113 3435663
Leeds Met Uni Library (Desk)	0113 2833106
Student Medical Practice	0113 2954488
Leeds General Hospital	0113 2432799
NHS Direct	0845 4647
Millgarth Police Helpdesk	0113 2413059
Weetwood Police Helpdesk	113 2413459
Leeds City Council (Info)	0113 2348080
Nightline Listening	0113 801381
Nightline Information	0113 3801380
National Rail Enquiries	0845 7484950
National Express Coaches	0870 5808080
City Cabs	0113 2469999
Amber Cabs	0113 2311366



LS:TV is Leeds student television station, run by students for students. To find

out more about us, come to our first meeting in the Conference Room in the ARC, upstairs in LUU, on September 28 at 5:30. Or to watch,

tune in to any of our screens around the LUU at 1pm. Highlights on LS:TV this week include - a look at new night club Halo, an interview with Big

Brovaz and brand new student cookery series Real Food. Plus all the latest news from around the Union and a guide to some of the best LUU societies.

Up Your Street is an environmental project in Hyde Park and Burley. It's run by and for students from both universities and anyone living in the area. It's needed to improve the image of

Hyde Park and Burley and build positive relations between students and local residents. There is a big focus on recycling, graffiti removal and murals, creation of an Up Your Street website and

newsletter and repeats of last year's Winter Festival and Bargain Hunt. Also continuing the work on Harold Terrace and community notice boards. There's an intro session on October 14 from 5 to

7pm in room B09, Parkinson building, University of Leeds. Contact Charlie at Leeds Met on 2098443, or Carine at Leeds Uni on 3431062 for more information.

Volunteer and boost your CV

up your street

Time team

In a TV-style landrover driving, digging up patios and gardens kind of way, we delve into the history of the northern gem of Leeds

In the beginning Leeds was a Saxon village and by the time of the Domesday Book, in 1086, it had a population of around 200. A new town was founded in 1207 by Lord of the Manor Maurice De Gant. A new street of houses west of the existing village were created. De Gant divided the land into plots for building. Craftsmen built houses and paid rent to the Lord for the land. The new street was probably called Bridge Gata, gata is an old word for street. In time it changed to Briggate. In the little town there were butchers, bakers, carpenters and blacksmiths. The main industry was the manufacture of wool. It was woven then fullled. That means it was pounded in a mixture of water and clay to clean and thicken it. The wool was pounded by wooden hammers worked by watermills. Afterwards it was dyed. In the town there was a weekly market. There were also two fairs. In the Middle Ages fairs were like markets but they were held only once a year. People would come from all over Yorkshire to buy and sell at a Leeds fair. However, many of the people in Leeds made a living from farming. The little town probably had a population of around 1,000 people. Leeds was at a vital river crossing, bridging the River Aire which meanders its way South-Eastwards across Yorkshire and eventually joins the Humber and the North Sea.

Everything changed in the 16th century. In the Middle Ages cloth manufacture was concentrated in the East Riding. Then in the 16th century wool manufacture moved to West Yorkshire. The population of Leeds soared. By the late 16th century it had reached 3,000 and by the middle of the 17th century it was probably about 6,000. From being a small and insignificant town Leeds grew to be one of the largest towns in Yorkshire. In 1552 a grammar school was founded in Leeds. In 1626 the town was incorporated. In other words it was given a corporation and a mayor. During the 17th century as the town grew more prosperous many of the merchants rebuilt their houses in stone. St Johns church was built in 1634. Then in 1642 came civil war between king and parliament. Most of the townspeople supported the king and a royalist army occupied the town. But in January 1643 it was captured by parliamentary soldiers. They held the town until the summer of 1643 when, after losing a battle in Yorkshire they were forced to abandon Leeds. The parliamentary army returned in April 1644. They held Leeds for the rest of the civil war. In the 17th century Leeds was a wealthy town. The wool trade boomed. However, like all towns in those days it suffered from outbreaks of the plague. There was a severe outbreak in 1645. In 1694 Leeds gained a piped water supply for those who could afford it to be connected.

In the 18th century wool manufacture was still the lifeblood of Leeds but there were other industries. Leeds pottery began in 1770. There was also a brickmaking industry. There were also many craftsmen such as



A LESSON IN HISTORY: anti-clockwise from top Lord Mayor of Leeds Lieutenant Colonel Tetley in 1940, The Leeds United squad in 1964 and a train pulling in to Leeds train station in the 1900s.

From 1819 the streets were lit by gas. In 1834 Leeds was connected to Selby by rail. In 1848 it was connected to Derby. The first modern police force was formed in 1836. Beckett Street cemetery was opened in 1845. The town hall was built in 1858. In 1863 a corn exchange was built where grain was bought and sold. In 1824 a dispensary opened where the poor could obtain free medicines. A General infirmary was built in 1868. At the end of the century serious slum clearance began. From 1872 horse drawn trams ran in the streets. After 1894 they were replaced by electric trams. Also in 1872 the first public library opened. So did Roundhay Park. City Varieties Music Hall was built in 1885. In 1888 the first moving pictures were taken of traffic crossing Leeds bridge. In 1884 Marks and Spencer opened their first penny arcade in Leeds. Several new shopping arcades were built. Thorntons Arcade was built in 1878. It was followed by Queens Arcade in 1889 and Grand Arcade and Victoria Arcade in 1898. In 1891 Leeds gained its first electricity supply. In 1893 Leeds was made a city.

In 1901 the population of Leeds reached 178,000. In the early 20th century the main industries were engineering (such as making tram rails) and tailoring. But during the century the importance of manufacturing industry declined. Instead service industries grew rapidly. In 1951 55 per cent of the workforce were employed in manufacturing. By 1973 it had fallen to less than 35 per cent. Many people worked in banking, insurance, pubs and hotels. The city council was itself a major employer. In 1946 it employed 19,000 people. Thirty years later the figure had risen to 35,000. In 1974 the boundaries of the city were extended to include 10 other boroughs and urban districts. In 1993 Quarry House, the headquarters of NHS Management was opened. In 1904 the University of Leeds was founded. Leeds polytechnic was founded in 1970. It became Leeds Metropolitan University in 1992.

City Square, yep the place with the fountains and the statue of the bloke on the gee is actually the Black Prince cast in bronze by Thomas Brock. The square was re-designed by 1967 when the life-sized female figures were given their globe lights and repositioned. In 2002 City Square had a complete facelift including new seats and lamps in stainless steel and bronze designs, to contrast with the Edwardian bronze statues and plaques. The re-design was by Leeds Civic Architect John Thorp.



coach-makers, clockmakers, booksellers and jewellers as well as butchers, bakers, barbers, innkeepers, carpenters, blacksmiths and glaziers. In 1700 the rivers Aire and Calder were made navigable from Leeds to Wakefield. In 1794 work began on the Leeds to Liverpool canal. It was completed in 1816.

By 1801, the year of the first census the population of Leeds had reached 30,000. By the standards of the time it was a large town. By 1851 it had reached 101,000. The town spread rapidly but many of the new houses built were dreadful. Overcrowding was rife and streets were very dirty. As a result there was a cholera epidemic in 1832 which killed more than 700 people. A second epidemic in 1849 killed more than 2,000 people. In the 1850s the council built sewers but not many of the houses in Leeds were connected to them. It was not until 1899 that it was made compulsory for dwellings to be connected to sewers.



Probably the best student ne

Writes of

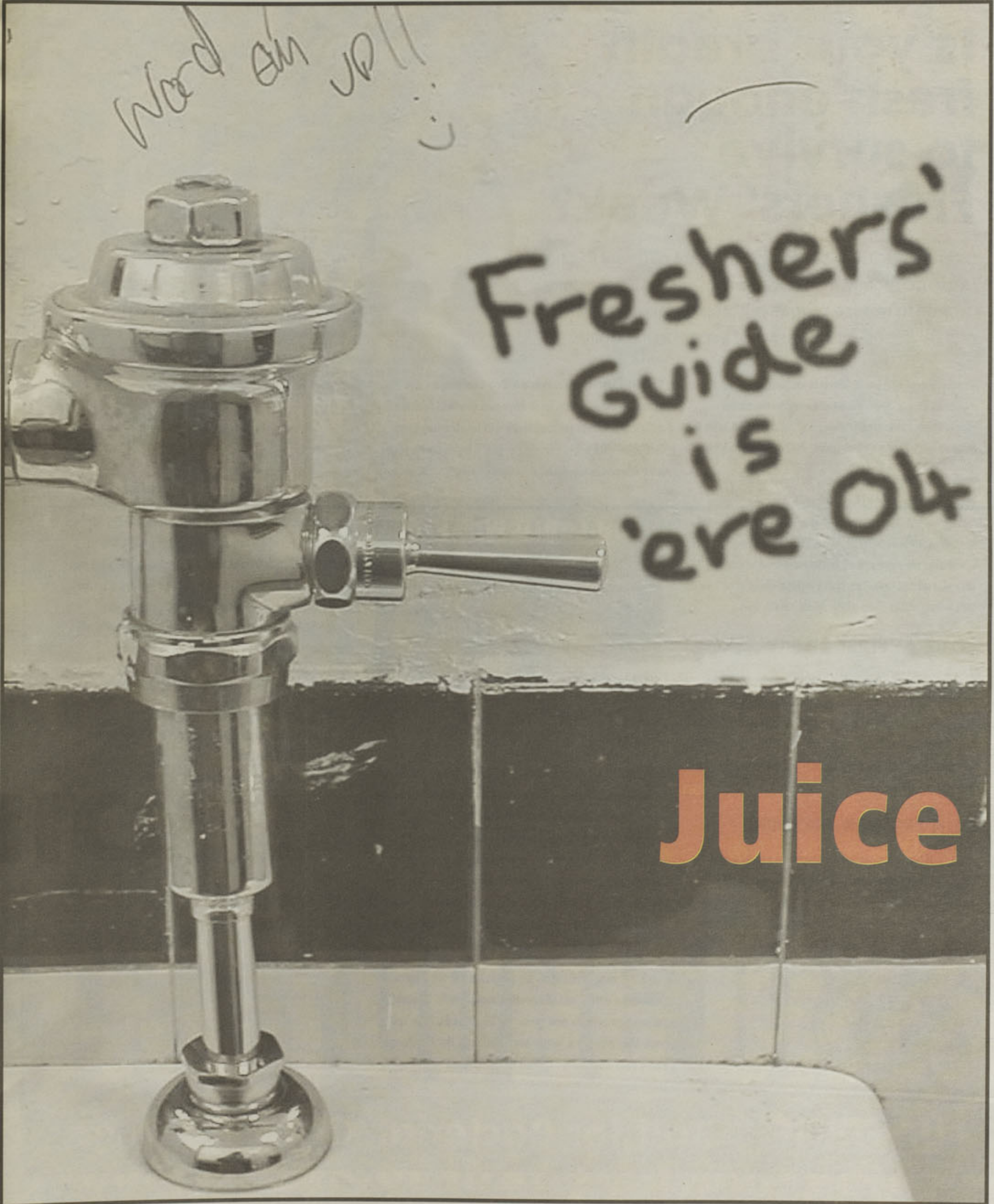
If it's going on in Leeds then it goes in *Leeds Student*. Read by 40,000 students each week, every issue is bursting with the latest student news, comment and opinion, features and sport as well as the hottest films, music, clubs, celebrity interviews plus seven day TV listings. Pick up a free copy in your nearest students union. Below is a taste of what we packed in last year.



Word am wall

Freshers'
Guide
is
'ere 04

Juice



Is your breath fresh enough to survive Freshers' Week?

Listerine's unique formulation makes it different to other daily-use mouthwashes. Used twice daily, it's clinically proven to reduce plaque build-up by over half, so you can be confident it does what it says on the bottle.

Summer's over and you're about to embark on your university career. There's a lot you need to remember – names of your new mates, where you are supposed to be for lectures and of course which pub sells the cheapest drinks.

With so much going on, it's easy to forget about one of your most important assets. It may not be top of mind right now, but it's something that will not only help you hook up with the guy/girl of your dreams but looking after it will also save you money in the long-term – and it's with you all the time. Yes, we're talking about your very own A-list, whiter-than-white, fresh breath smile!

LOVE AT FIRST BITE

First impressions count and a happy, healthy smile can really boost your confidence and even your love life¹. You don't need to spend a fortune to get results either. Adding a mouthwash like Listerine, to your daily oral care routine is a quick and simple way to ensure a healthy smile now and in the future.

BE A FRESHER FRESHER!

The last thing you want is bad breath hampering your efforts to make new friends. Here at Listerine, we know how important your first week at university is, so we're making it simple for you to achieve a clean and healthy mouth during Freshers' Week...and beyond!



Take the Listerine Fresher's 6-Day Challenge - use Listerine twice a day for 6 days and you will feel the difference it makes. Your teeth will be cleaner, gums healthier and breath fresher – you'll be dazzling your new friends in no time.

YOU COULD WIN £200
just by visiting
www.listerinechallenge.com
and completing our
online questionnaire

SOMETHING TO GET YOUR TEETH INTO

It's easy to take the Listerine Fresher's 6-Day Challenge – cut out the money-off coupon, pick up a bottle at your local supermarket/pharmacy and visit www.listerinechallenge.com for more information online. And because we know making ends meet can be tough at first with all that partying, show an interest in your smile and you could win £200! Simply log-on and complete our online questionnaire for your chance of winning (terms and conditions apply*).

Each morning and night, brush your teeth for 2 minutes and rinse with 20ml of Listerine mouthwash. 'Sloosh' it around your teeth and gums for 30 seconds, then spit out. Why not get a bottle each and take the Challenge with your new mates to feel the difference together?



As a university student you may be entitled to free dental care so make sure you register with a local dentist as soon as you can. For more information on your eligibility contact the British Dental Health Foundation Helpline on 0845 063 1188 (9am to 5pm Monday to Friday). Regular dental check-ups coupled with a complete oral care routine including Listerine will help to ensure your teeth and gums are in tip-top condition for the future!

If you have any general comments/feedback please email us at listerine@munroforster.com

20p off
next purchase

To the consumer: This coupon can be used in part payment for any Listerine 200ml mouthwash. Only one coupon can be used against each item purchased. Please do not attempt to redeem this coupon against any other product or request to accept may cause embarrassment and delay at checkout. Valid until 31/12/08. Coupon value £0.20001p.

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*See www.listerinechallenge.com for full terms and conditions.
¹ Listerine/ National Smile Week Survey 2003

LISTERINE Bad for Bacteria. Good for Gums.



Ten types of Fresher you don't want to be...

1 I Think I'm starring in Hollyoaks

Beautifully straightened blonde hair, beautifully complicated love lives. If you overhear one of these girls stressing over her love life in Halo, just remember – they like it that way. Possibly a member of evil first year mini-skirt-and-boots clan. Not quite rich enough to be ski bunnies, but they still go to trendier bars than you, still insist on sporting a St Tropez through the winter months, and are just the kind of glam fresherette the rest of us can spot a mile off.

2 The One-Upman

Everything you've ever done, this guy's done the slightly better version. You were in the army cadets? He's done a week's fighter jet with the RAF in Australia. You took a summer skiing trip to the Alps? He went frozen waterfall climbing in Fiji. You played violin in the Norwich Youth Orchestra? He took the solo part in Elgar's Cello Concerto with the LSO. And then got a blow-job from Charlotte Church in the dressing room.

3 The Billy No-Mates

So your fellow hall-dwellers didn't turn out to be the sound, down-to-earth instant best mates you were hoping for. In fact, after the mainstream banality of drab Freshers Week "fun" events the whole "best years of your life" notion seems a bit far-fetched. Suddenly it's either braving the dirty masses at Creation or spending the night alone in your room doing some

"preparatory reading". Well, get a grip of yourself loserface. There's over fifty thousand students in Leeds. If you can't find any that you've got something in common with, you're just not trying.

4 Dude, Where's my Hat

They smoke a lot of weed. They wear large, head-encompassing, vaguely Rasta-ish woolly hats. They're Caucasian but are considering dreadlocks. Pictures of their gap year line the walls of their room – apparently it was spent in the company of other privileged middle-class backpackers from across the globe and getting into incredibly worthy but bland music by Ben Harper, Counting Crows, Dave Matthews Band, Ziggy Marley et al. They'll play the guitar for you on a moment's notice, but you're going to feel uncomfortable when they sing with their eyes closed.

5 The Fashion Train-wreck

Comes in several abhorrent flavours – yes, Too Much 80s Girl, I'm referring to you. But none can compare to the horror of Trendy Mullet Boy. Mullet Boy has wholeheartedly adopted the quintessential Leeds boots/ripped jeans/t-shirt/jacket look, topped off with a sculpted hairdo resembling a skinny badger. Often seen at trendier-than-thou indie nights, where, one can only presume, they reassure each other how fabulous they look and debate the merits of a "flock of seagulls".

6 The Vodka Knobhead

Decides, having arrived for happiest years of life among the country's greatest student community in the North's most culturally energetic cities, that the ideal night out consists of getting "wankered" and...well, that's about it. Passes majority of first year in alcohol-induced cycle of 2-for-1 nights and toilet-embracing, all the while spouting the following fist-clenchingly awful phrases: "I'm so pissed!" "I was so pissed!" "Let's get pissed!"

and, worst of all, "I can't believe I'm not pissed and it's midday"

7 The Naïve Sheltered Lifer

A word of warning to anyone who spent a comfortable adolescence with no more taxing open spaces to navigate than their school hockey fields: Hyde Park ain't the village green at Pewbemley-over-Marchampton. And if you walk across it on your own at night then something bad could happen to you.

8 The Skank

Male or female, you've got to envy the way they fulfil the promise of endless random sexual encounters that university offers. At least, you've got to envy them for the first two weeks. After that it's just a bit gross.

9 The Hostage

Does your back-home boyfriend trust you? Did he wish you luck after driving you up to Leeds (your parents offered but he insisted) for your first day? Imagine your shock when he devolves into a paranoid totalitarian control-freak whose "permission" you now require to go within ten feet of a member of the opposite sex, or to visit even the most family-friendly of nightspots in any garment that hints at "cleavage". And look how those two-hour-a-night phone calls are eating into your social life. Just lay some ground rules, tell him to chill the hell out and proceed to sleep your way round campus. Not really.

10 The Vampire

Between the endless late nights and the fluorescent strip-lit hell of your room in halls, it's easy to sink into a cycle of 5am bedtimes and getting up at 3 in the afternoon. You get no work done, you eat nothing but takeaway, your eyes sink into your face and your body rots from the inside. Snap out of it.



Cartoons by Becky Barnicoat

THE YOUNG ONES

Patrick Cragg introduces you to the characters of first year university

Hell's kitchen

Right, it's time to throw away the Cup-a-Soup sachet, Super Noodles and baked beans, you f**kers, and read some simple recipes which will impress whoever you're entertaining. Thank God you've got me, Gordon Ramsay-Streetos on hand, you lazy bastards

Simple roast chicken

This is so easy to do it hurts me to tell you how to do it. What you need:

- 1 5-6lb chicken, wing tips removed
- 1 lemon - halved
- 4 whole garlic cloves
- 4 tablespoons unsalted butter - (optional)
- Kosher salt to taste
- Freshly ground black pepper to taste
- 1 cup homemade or canned chicken broth - water,
- Fruit juice or wine, for deglazing

Place oven rack on second level from bottom. Heat oven to 500 degrees. Remove the fat from the tail and crop end of the chicken. Discard the neck and giblets or freeze for making chicken stock later. Reserve chicken livers for another use. Stuff the cavity of the chicken with the lemon, garlic and butter, if using. Season the cavity and skin with salt and pepper.

Place the chicken in a 12-by-8-by-1 1/2-inch roasting pan, breast-side up. Put in the oven legs first and roast 50 to 60 minutes, or until the juices run clear. After the first 10 minutes, move the chicken with a wooden spatula to keep it from sticking. Remove the chicken to a platter by placing a large wooden spoon into the tail end and balancing the chicken with a kitchen spoon pressed against the crop end. As you lift the chicken, tilt it over the roasting pan so that all the juices run out of the cavity and into the pan. Pour off excess fat from the pan and put the pan on top of the stove. Add the stock or other liquid and bring to a boil, scraping the bottom vigorously with a wooden spoon. Let reduce by half. Serve the sauce over the chicken or, for crisp skin, in a sauce boat. Makes 4 servings.



HOW TO BOIL AN EGG

What you need: A small saucepan with lid, water a timer and some eggs, obviously.

1. How do you boil an egg? You fucking twats this is the easiest of the lot. But what type do you want? Do you want it soft or hard? First of all remember these rules; Don't ever boil eggs that have come straight from the refrigerator, because very cold eggs plunged straight into hot water are likely to crack. Always use a kitchen timer - or watch - don't try to guess the timing or you'll fuck it up. Never over-boil eggs (you won't if you have a bloody timer) - this is the cardinal sin because the yolks will turn black and the texture will be like rubber. If the eggs are very fresh (less than four days old), allow an extra 30 seconds on each timing.

2. Always use a small saucepan - eggs with too much space crash into one another while they cook and are likely to crack. Never have the water fast boiling; a gentle simmer is all they need. Remember that eggs have a pocket at their wide end where air collects and, during the boiling, pressure can build up and cause cracking. A simple way to deal with this is to make a pinprick in the rounded end of the shell, which will allow the steam to escape.

3. Obviously, every single one of us has a personal preference as to precisely how we like our eggs cooked. Over the years I have found a method that is both simple and reliable, and the various timings set out here seem to accommodate all tastes. On the subject of eating soft-boiled eggs, I personally am willing to take the risk.

Marinated courgette and coriander salad

If you can't master this salad you are a complete fuck-wit. It's the perfect side dish.

What you need:

- 12 oz (350 g) small courgettes
- 1 heaped teaspoon coriander seeds
- 1 level tablespoon chopped fresh coriander leaves and a few extra sprigs for serving
- 3 tablespoons olive oil
- 1 medium red onion, peeled and chopped small
- 1 clove garlic, peeled and crushed
- 6 black peppercorns
- 1 tablespoon white wine vinegar
- 6 tablespoons white wine
- the juice of 1 small lemon
- 1 large very red, ripe tomato, skinned and chopped

salt

Soft-boiled eggs - method 1

First of all, have a small saucepan filled with enough simmering water to cover the eggs by about 1/2 inch (1 cm). Then quickly, but gently, lower the eggs into the water, one at a time, using a tablespoon. Now switch a timer on - or start the stop watch - and give the eggs exactly 1 minute's simmering time. Then remove the pan from the heat, put a lid on it and set the timer again, giving the following timings:

- 6 minutes will produce a soft, fairly liquid yolk and a white that is just set but still quite wobbly
- 7 minutes will produce a firmer, more creamy yolk with a white that is completely set.

Soft-boiled eggs - method 2

I have found this alternative method also works extremely well. This time you place the eggs in the saucepan, cover them with cold water by about 1/2 inch (1 cm), place them on a high heat and, as soon as they reach boiling point, reduce the heat to a gentle simmer and give the following timings:

- 3 minutes if you like a really soft boiled egg
- 4 minutes for a white that is just set and a yolk that is creamy
- 5 minutes for a white and yolk perfectly set, only a little bit squidgy in the centre.

Hard-boiled eggs

- You will also need a frying pan with a lid

First place a frying pan over a medium heat and, as soon as it gets hot, measure the coriander seeds straight into it. What they need now is to dry-roast, and this will take 1-2 minutes. Shake the pan from time to time to toss them around a bit and, as soon as they start to jump, remove them from the heat and tip them straight into a mortar.

Now place the pan back over the heat and, as soon as it is hot, add 2 tablespoons of the olive oil and gently soften the onion and garlic in it for about 10 minutes. Now coarsely crush the coriander seeds along with the peppercorns using a pestle. Next measure the wine vinegar and wine and pour this in to join the onion along with the crushed coriander and peppercorns; the lemon juice and a little salt. Bring it all up to a simmer and then turn the heat down and simmer gently for 5 minutes.

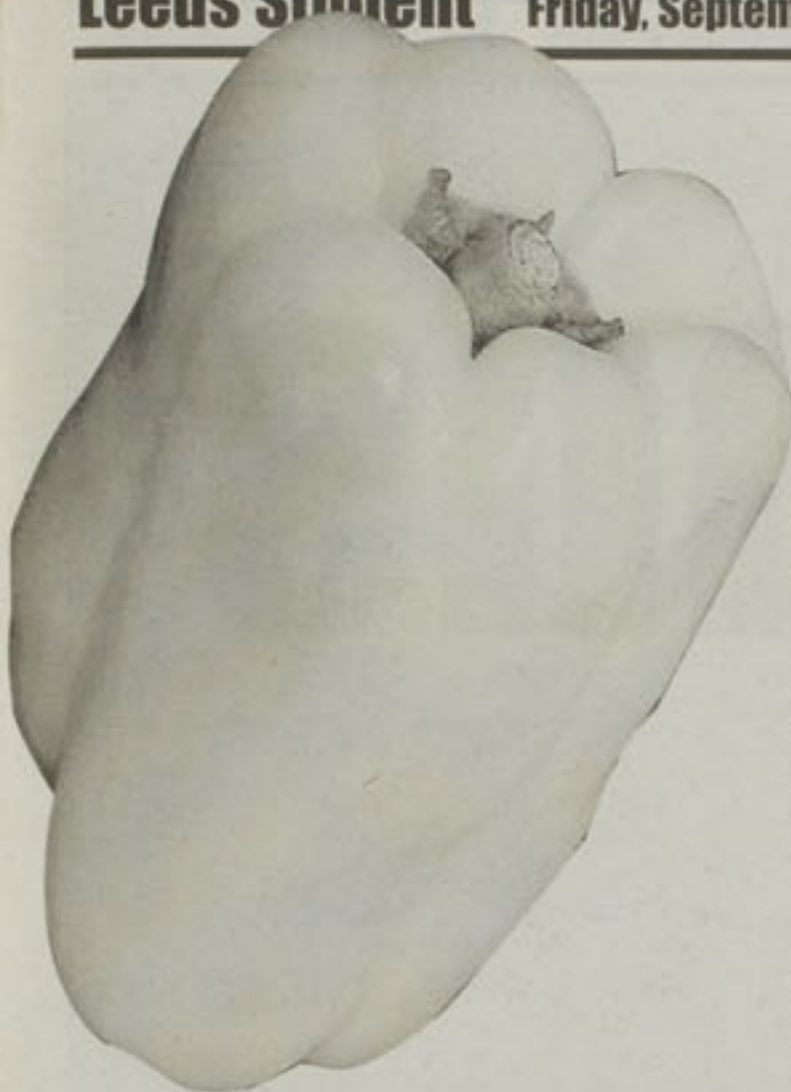
To prepare the courgettes: don't peel them, just wipe each one, trim off the ends and cut into 1 in (2.5 cm) diagonal or round chunks. Now add these to the sauce together with the chopped tomato, then stir well, put the lid on and simmer over a gentle heat for about 15 minutes, or until they're tender but still retain some 'bite'. Now carefully stir in the fresh coriander leaves, transfer the whole lot to a serving dish to cool, then cover and chill until you need it, but don't forget to bring it back to room temperature for about 30 minutes before serving. Drizzle with the remaining tablespoon of oil and garnish with the sprigs of fresh coriander. Serves 2.

Place the eggs in a saucepan and add enough cold water to cover them by about 1/2 inch (1 cm). Bring the water up to simmering point, put a timer on for 6 minutes if you like a bit of squidgy in the centre, 7 minutes if you want them cooked through. Then, the most important part is to cool them rapidly under cold running water. Let the cold tap run over them for about 1 minute, then leave them in cold water till they're cool enough to handle - about 2 minutes.

Hard-boiled eggs can be extremely tricky if the eggs are too fresh. The number one rule, therefore, is to use eggs that are at least five days old from their pack date. The best way to do this is to first tap the eggs over to crack the shells, then hold each egg under a trickle of running water as you peel the shell off, starting at the wide end. The water will flush off any bits of shell that cling on. Then back they go into cold water until completely cold. If you don't cool the eggs rapidly they will go on cooking and become overcooked then you get the black-ring problem.

If Quail eggs are in your budget then the distinctive colour makes them a beautiful alternative to hens' eggs and they're just as simple to cook. For boiling, quail eggs should not be too fresh, and they are best cooked by lowering them into simmering water for 5 minutes. Then cool them rapidly and peel them as above.





- 2 teaspoons Pesto, in a jar or freshly made
- Large (approximately 29cm/11 1/2in) thick ready-made pizza base
- 50g/2oz pitted olives
- Fresh basil
- Large and medium saucepan and large, flat baking tray

To peel the tomatoes, place in a large saucepan and cover with boiling water. Leave for 1 minute and check that the skin peels away easily. Pour away the hot water and immerse the tomatoes in cold water. Peel off the skins and discard. Cut the tomatoes in half horizontally and use a teaspoon to remove the seeds. Roughly chop all the tomatoes.

Add a little oil to a medium saucepan and cook the onion over a medium heat. Add the garlic, then the chopped tomatoes. Season and cook gently for a few minutes until slightly soft. Preheat the oven to 220 degrees/gas mark 7 and put baking tray in to heat.

Cut the goats cheese into small pieces and slice the mozzarella. Mix the pesto with 2 tablespoons olive oil.

Place the pizza base on the hot baking tray, cover with the tomato mixture and place the cheese and olives on top. Drizzle with pesto oil and season well. Bake the pizza in the oven for 10 minutes or until brown.

To serve, slice and serve on a warm plate. Garnish with fresh basil. Serves 1 but ingredients can be increased for more people.

Quick pizza

What you need:

- 700g/11/2lb plum tomatoes
- Olive oil
- 1 onion, chopped
- 1 clove of garlic
- Salt and freshly ground black pepper
- 110g/4oz goats cheese
- 200g/7oz Buffalo mozzarella

Thai curry

What you need:

- 1 large onion, chopped
- 1 clove of garlic, chopped
- 2 large chicken breasts, chopped into small pieces
- 1 jar of Thai curry sauce
- 1 tin of coconut milk
- 1 chilli (red hot), chopped
- 1 bunch of spring onions, chopped fresh coriander, chopped (this isn't essential to the dish)
- 1 packet of noodles
- some vegetable oil
- Serving dish, wok and saucepan

You need to fry the onion, garlic and chilli in oil in a large pan or wok. Remember to wash your hands now. If you rub your eyes, or go to the toilet with chilli on your hands you end up looking like a right dickhead. Add the chicken, and cook for about 5 minutes, stirring all the time.

Pour on the curry sauce and the tin of coconut milk and add seasoning - yes that would be some salt - christ you are learning! Leave to simmer for about ten minutes.

When the curry is nearly done, add the noodles to a pan of boiling water. They will cook very quickly, so make sure that everyone is ready to eat by now. Drain the noodles and pour into a serving dish. Pour curry over the top and sprinkle with the spring onions and coriander. Serve with cold wine or beer. Serves 4.

Stuffed peppers

what you need:

- 4 red peppers (big, fat, juicy ones)
- 1 mug of rice
- 250g mincemeat (obviously you leave this out if your cooking for vegetarians)
- 2 tablespoons water
- 1 onion, chopped finely
- 1 clove of garlic, chopped finely
- 1 tablespoon vegetable oil
- 1 tablespoon tomato puree
- fresh herbs - parsley, mint, basil (it is essential these are fresh)
- pinenuts

Follow instructions on the bloody rice packet. Once boiled and strained put to one side. Chop and fry the onion and the garlic in the oil in a large frying pan. When the onion's golden, add the mincemeat and pinenuts. When this is browned, add the tomato puree and water. Stir for 10 minutes (if no meat, only 3 minutes). When cooked, add to the rice with the chopped, fresh herbs. Cut the heads off the peppers and keep for lids. Scoop out the seeds, and stuff the hollow peppers with the rice mixture. Replace the lids. Place the peppers in an ovenproof dish, put in preheated oven (gas mark 7, 425 degrees) and cook for 30-40 minutes until peppers are soft. Serves 2.

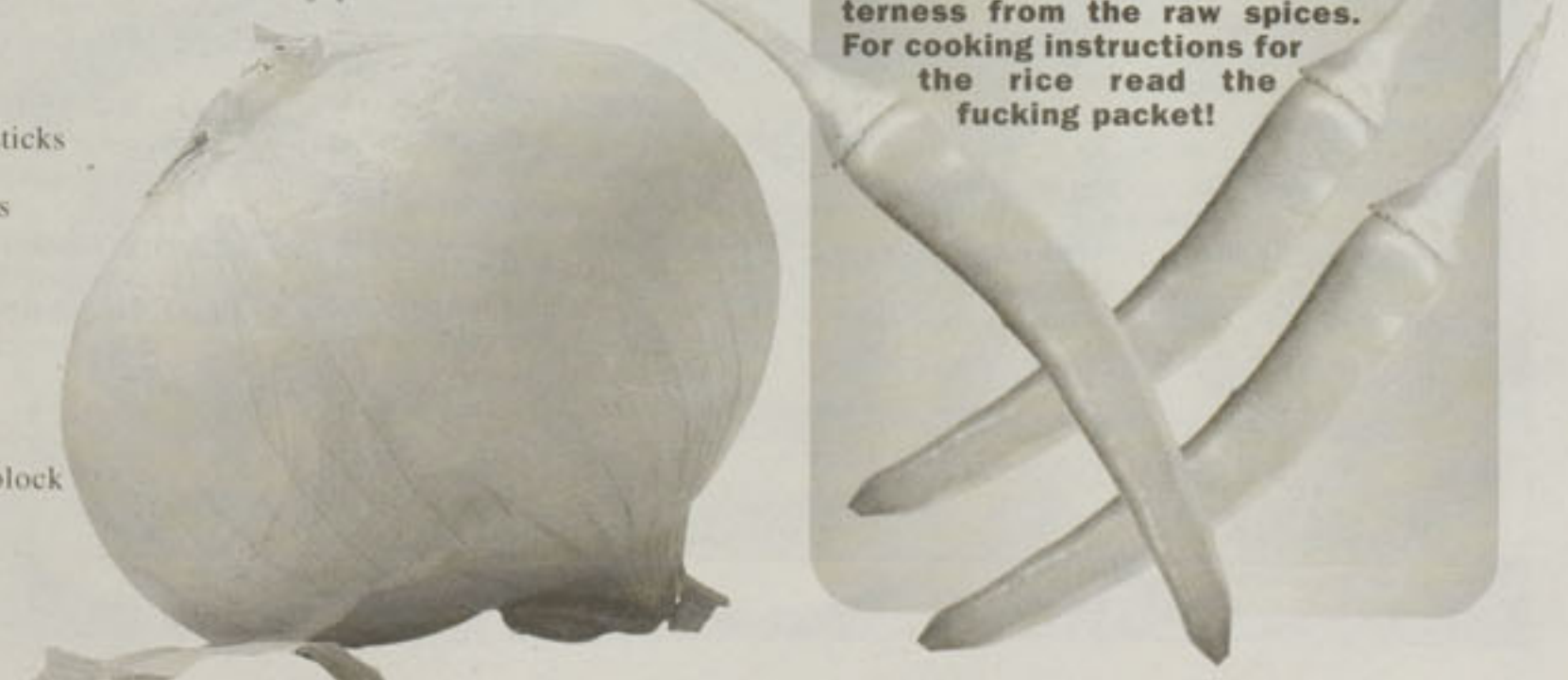


Vegetable stir-fry

What you need:

- 2 tablespoons vegetable oil
- 2 tablespoons soy sauce
- 1 tablespoon sesame oil
- 2 small carrots, cut into small matchsticks
- 1 Chinese cabbage, or pak choi leaves
- 3 Spring onions, chopped
- 2 mange tout
- 2 baby sweetcorn, cut into small bits
- Thin noodles/rice noodles (one block serves two)
- 2 limes, halved

Prepare the vegetables before you start to cook. Heat the oils in a large wok or frying pan for 2 minutes. Add the vegetables in stages, not all at once, and fry for 5 minutes, stirring constantly. Boil the noodles in a medium-sized pan. Once the water has boiled turn off the heat and leave to stand while you cook the vegetables. Add the chilli, pak choi leaves and return the noodles to the wok. Drain noodles and add to the wok. Add a little soy sauce, squeeze in the lemon and lime, serve and enjoy. Serves 2.



Chilli con carne

This meal is great for cooking, chilling and reheating later - perfect for when you come home after a night out on the town.

What you need:

- 3 tablespoons cumin seeds (or use preground)
- 2 tablespoons each chilli powder, Dijon mustard, dried basil and dried oregano
- 2 medium onions
- 1 clove of garlic
- A little vegetable oil
- 900g/2lb minced beef
- 2 x 400g/14oz tins chopped tomatoes
- 2 tablespoons tomato puree
- 1 teacup of red wine
- 1 medium lemon, juiced
- Salt and freshly ground black pepper
- 400g/14oz tin red kidney beans, well rinsed
- 2 tablespoons dried dill
- 30g/1/4oz flat leaf parsley, chopped
- 275g/10oz pitted black olives (optional)
- Coffee grinder or pestle and mortar, small bowl, large, shallow saucepan or wok

First off grind the cumin if using whole seeds, then place it in a bowl with the chilli powder, Dijon mustard, dried basil and dried oregano. Keep to one side.

Chop the onions and garlic and fry in a little oil in a large saucepan or wok until soft. Add the meat and fry gently for 3 to 4 minutes. Add the dried herb and spice mixture and cook for a further 3 minutes.

Add the tomatoes, tomato puree, red wine and lemon juice. Stir well and bring to simmer. Season (add the sodding salt and pepper numbskull) and continue to cook gently, uncovered, for 15 minutes.

Add the kidney beans, dill, chopped parsley and olives. Simmer gently, uncovered, for a further 15 minutes. Check the seasoning and serve with rice. Remember, whenever cooking with spices, make sure that you allow them enough time to 'cook out'. This will give the dish a superior flavour and remove any bitterness from the raw spices.

For cooking instructions for the rice read the fucking packet!

Special leads

Being cool? Saving money? At the same time? Here's the Leeds Student guide to the many faces of the city's burgeoning alternative, well, everything

Long ago, before the Strokes, trendy mullets and North African food, Leeds once had a night called Shagtag. For the uninitiated, this involved the courtship ritual reduced to being 'tagged' with a number, from which discerning punters could then pick you, delicatessen style, out of a crowd. Thankfully, it no longer exists. But, freshers, lessons can be learnt. At first Leeds can seem a place filled only with tacky cattle-market bars, dull brand-name high street shops and expensive restaurants out of most student price ranges. However, thanks to us at *Leeds Student*, this is no longer has to be the case. The city has much more to offer away from its busy commercial centre and big-budget mainstream bars, and in recent years has seen a massive explosion in live music venues and small, independent cafes and shops. Obviously, as your years in Leeds progress, you will find the places that suit your tastes the most. But, for starters, we give you our briefest area-by-area introduction to some of the most entertaining and money-saving places it took the rest of us three years to find.

Headingley

What it is: - the leafy designer centre of Leeds student life. Suburban, spacious and well served by amenities, it's everything many student areas in many cities aren't. In the area are Lupton and James Bailey halls of residence as well as Leeds Met's Beckett's Park Campus. Pubs and bars, however, tend to be of the more sporty and cattle market type, not offering much in the way of variety, whilst the independent shopping leads much to be desired.

Off-the-beaten track:

Food: **Bryan's** fish 'n' chips (Weetwood Lane) is well worth a trip if you're bemoaning the clear lack of decent chip-pies in the rest of Leeds. **Citrus** (North Lane) is a reasonably-priced, varied and competent semi-swanky restaurant. However, those in the know see **Caliente Cafe** (Headingley Lane near the Skyrack) as the best food in Headingley, with large portion Mexican dishes at mid-range prices. And for early-risers **Crusty Bins** café is there for (extremely) greasy fry-ups from six in the morning.

Shopping: Quite frankly it's both cheaper

and more interesting to head into town, though **PDSA** (Headingley Lane near Halifax) and other charity shops stock a variety of interesting shirts for the discerning indie boy. There's also **Polar Bear Records** (North Lane), a well-stocked independent record store. And a great deal of banks.

Drink: Alternatives to the forever busy Oak and Skyrack include the spacious and friendly **Three Horseshoes** (where Weetwood Lane meets Otley Road), which is great for Sunday lunches and a favourite haunt of Test Match Special commentators (Mike Gatting is also especially fond of Bryan's chippy). Karaoke at the **Headingley Taps** (North Lane) is also worth a look.

And also: Get to know someone from the sometimes maligned **Lupton Flats**. The atmosphere and block parties are second to none. Even none-cricket fans will be surprised how enjoyable a relaxing day at a **Test Match** (Headingley Stadium, St. Michael's Lane) can be. The **Meanwood** area (stretching out behind Safeway and Lupton Flats) has less of a student population and an attractive country park for whenever you need to get away from it all.

The Universities Area

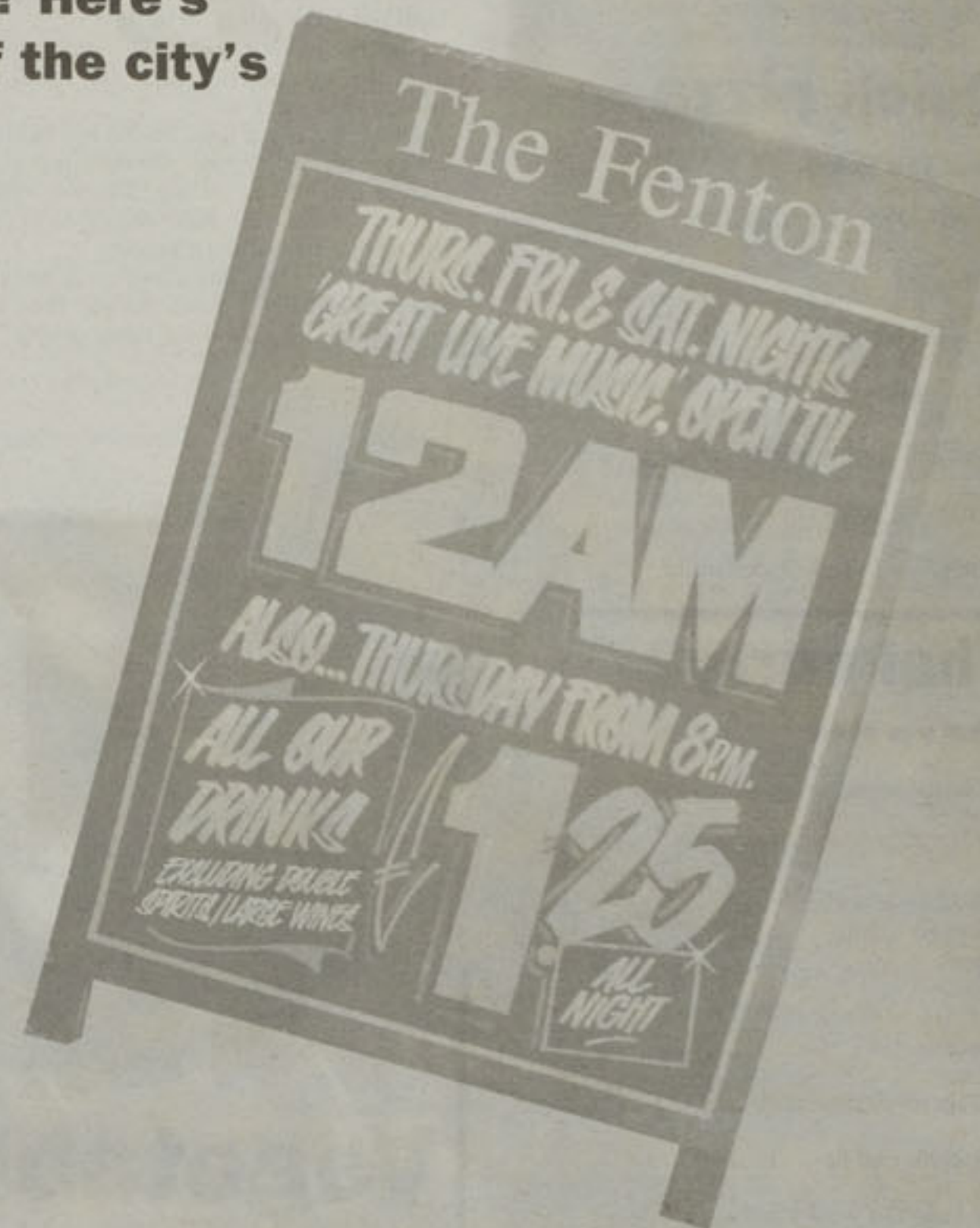
What it is: - the several square miles separating the city centre from the student areas to the north, containing the main Leeds University campus and Leeds Met's City Campus.

Food: - **Bakery 164** (Woodhouse Lane) is a popular choice for university lunches due to its extensive range of sandwiches.

Shopping: - Tickets for gigs at both university unions are available from **Cats** in Leeds University Union. **Blackwell's** bookshop (Woodhouse Lane) offers to buy back any unwanted old text books at half price.

Drink: - **the Fenton** (Woodhouse Lane) is a fairly dingy old-style pub but does offer the distinct advantage of £1.25 pints at certain times in the week, and an upstairs live music venue. Happy hour in Leeds Met's union bar, creatively entitled **the Met Bar**, is on late Friday afternoons. Slightly further afield is **Joseph's Well**, an increasingly popular pub with a 12 o'clock license, and more importantly, nightly live music from both local and cult and upcoming national and international bands.

And also: - don't forget **Hyde Park** is there for relaxing if you want to avoid revising for the summer exams. It also hosts occasional yearly events such as fireworks and a fair on Bonfire Night, and the Unity Day music and performance festival in the summer.



City Centre

What it is: - Leeds' cosmopolitan, varied and ever changing city centre, full of shops, restaurants, bars, cafes and clubs for even the most cynical or purist heart. As a rule, there's a tendency towards highly promoted, medium to large-sized 'cheesy' bar/ club venues and a number of pricier, smaller and trendier backstreet bars. Shopping and food tends to be more commercialised and mainstream, so if you want to find something a little different, read on.

Off-the-beaten track: -

Food: **Kadas** (near the Corn Exchange) is a North African café offering tasty sandwiches, salads and pizzas in a Mediterranean style. Nearby **Cuban Heels** is a Mexican and Spanish restaurant, particularly notable for its half-price Monday offer.

Drink: Pints of strong German lager Ayingerbrau are only £1.53 in the **Angel Inn** (off Briggate), quite possible the Leeds side street Morrissey slipped down in the Smith's 'Panic'. **Carpe Diem**

(facing Millennium Square) can be either a live music venue (usually free, especially on Saturdays) or a quiet drinking den to start a big night out, especially with its drinks offers on beers, alcopops and spir-its. On the trendier side, newly open **the Reform** (Merrion Street) benefits from a quieter atmosphere in the week, excellent music open to requests, and the occasional visiting table-to-table musician.

Shopping: **The Corn Exchange**, unmistakable and located at the bottom of Boar Lane, is the first port of call for any kind of alternative shopping, though on closer inspection can be astonishingly expensive. **Jumbo Records** (St John's Centre) is Leeds' most varied independent record shops, catering for any dance, reggae, indie or world music tastes.

And also: Be sure to check out **Millennium Square** for sporadic outdoor events, particularly the gorgeous Christmas German market. The city centre is also noted for its high quality of street entertainers and buskers.



The Three Horseshoes: - as favoured by Mike Gatting



Bryan's: - another Gatting favourite



Cuban Heels: Mexican food, in town

Hyde Park

What it is: - A hyper-accelerated blending of students and multi-cultural communities, the square mile or so of Hype Park is claustrophobic, intense and in summer more reminiscent of the Mediterranean than anything English. Students are (generally) bohemian and arty, from trendy indie/ electro scene types to dreadlocked stoners effectively living in the Hyde Park Social. Shopping and food is equally independent and DIY - with a plethora of North African cafes and international supermarkets.

Food: **Grove Café** (Cardigan Road, opp. Rockshack) offers a superior level of take-away food, both curries and pizzas, cooked by proper chefs, which is something of a rarity for Hyde Park. Just down the road opposite the Co-Op is **Slip's Deli**, a terrific sandwich shop, pricey but brilliant for a hangover. And back across the street is a true find for those on a budget; - **Merton's Bakery**, with its 30p pasties and 20p sausage rolls making the cost of a hearty lunch virtually negligible.

Shopping: **Mamoniates'** (Brudenell Grove) and **Abu Bhakar** (Queen's Road) international supermarkets stocks an interesting range of exotic cuisine and obscure brands of soft drink. The **Veg Shop**

Opposite the Mosque (the name remains a mystery) on Brudenell Road is definitely a superior alternative to supermarket fresh produce, all the more considerable in terms of price. **Elephant Books** and **Desperate Dan's Records** (off Hyde Park Road) are strangely located and interesting if obscure curios to visit.

Drink: The (almost) world-famous **Hyde Park Social** (Brudenell Grove) has £1.50 doubles with mixers and other ridiculous prices. Effectively an oversized lounge (sofas not stools) populated by people who long ago forgot where they came from, there's also a pool room that could well be where Doves wrote their Lost Souls album. Hyde Park legend also has it that Hollywood superstar Liv Tyler occasionally visits, although no-one quite knows where such a fantastical rumour came from.

And also: **Poverty Aid UK** (Cardigan Road down past the Co-Op and Rockshack) has cheap home furnishings amongst other hidden goodies. The **24 Hour Garage** (Thornville Road) is open for late night munchies/ cigarettes. **Burley Park** is a quieter alternative to Hyde Park, and also features tennis courts and hard cricket pitch. **Burley Park Train Station** (behind the Cardigan Road Co-Op) offers return tickets to town for little over a pound.

Pita
Otley Road
Headingley
(near The Box)

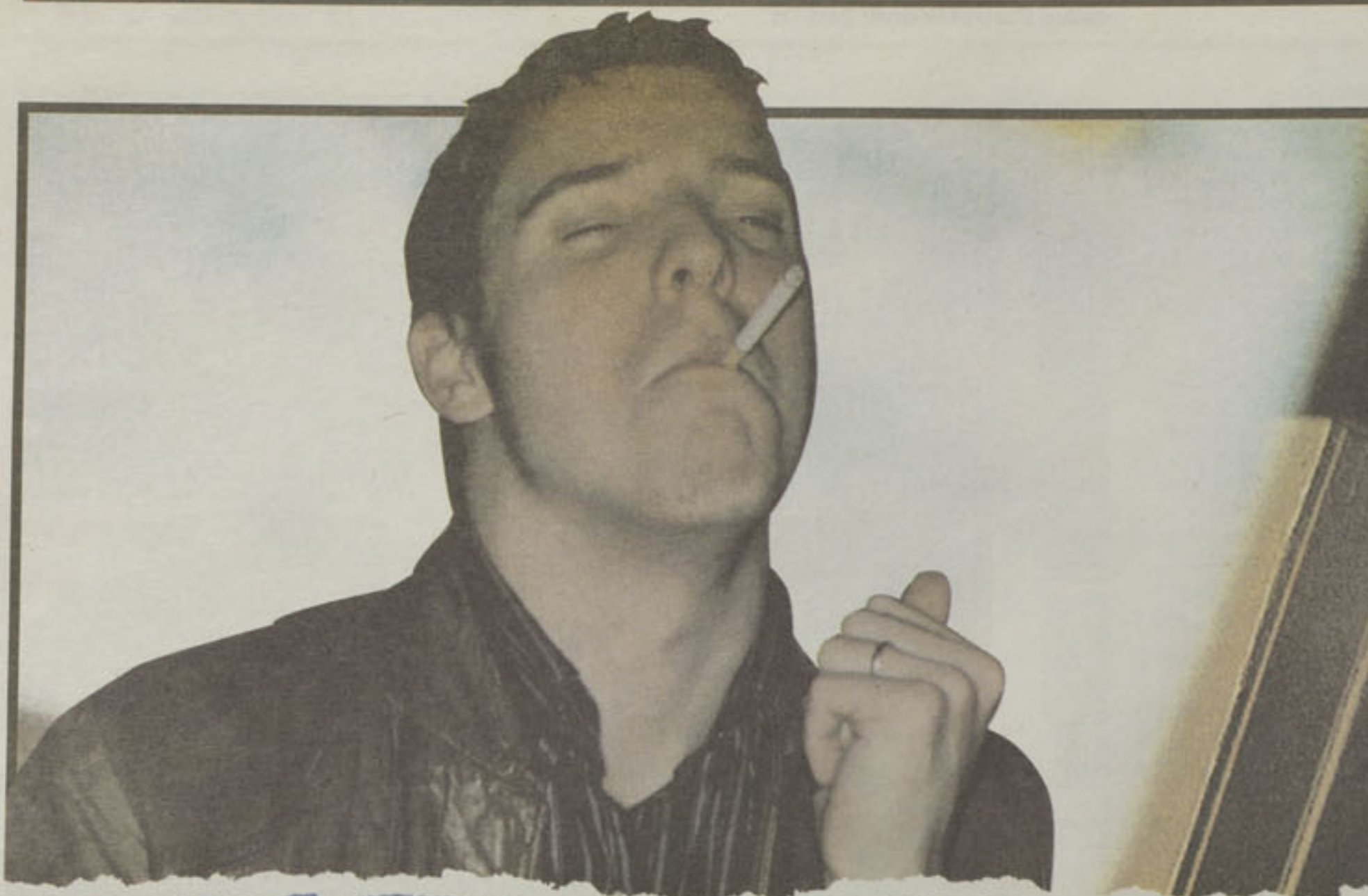
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The legendary



THE MOT



Painting the town

3pm - The team start in earnest with a few quick drinks and a bite to eat in The Three horseshoes. The menu includes such delicacies as sausage and chips in a bucket. To our surprise it actually comes in a bucket.

3.30pm - The New Inn, Becky "I'm the Lippy Editor" Barnicoat has drunk half her drink before realising there is a hefty amount of cigarette ash in it. To add insult to injury she then realises it has come from her own cigarette.

3.50pm - on route to The Box Becky B walks straight into a pedestrian bollard and makes her knee bleed. We'll soon be calling her Calamity

Jane.

4pm - The Box and the rest of the gang turn up. Tom - The Deputy Editor - Phillips decides he is actually a member of the paparazzi and decides to ram his camera in everyone's face until threatened with violence.

5pm - The Original Oak. LSRfm station manager Becky Maxted arrives with her entourage including Steve McConville, LSRfm station manager 2002/03. A shout goes up for more liq-

uid refresh

5.30pm - here? Ran probably here. App need to ge

6pm - H takes hold Union of J at least tw



15 bar pub crawl



OTLEY RUN

Worn red, responsibly

Cafe. How the fuck did we get... The Editor - Mansfield. It's... idea for an Otley run to go... to get an alcoholic drink you... with it.

Pub. Quiz machine frenzy... of the drinkers. James - Our... its rep - Clegg has been having... of Guinness in every pub on

the Otley Run. The effects start to surface. Similarly News Editor Alastair Beach seems to be having trouble standing upright and not slurring.

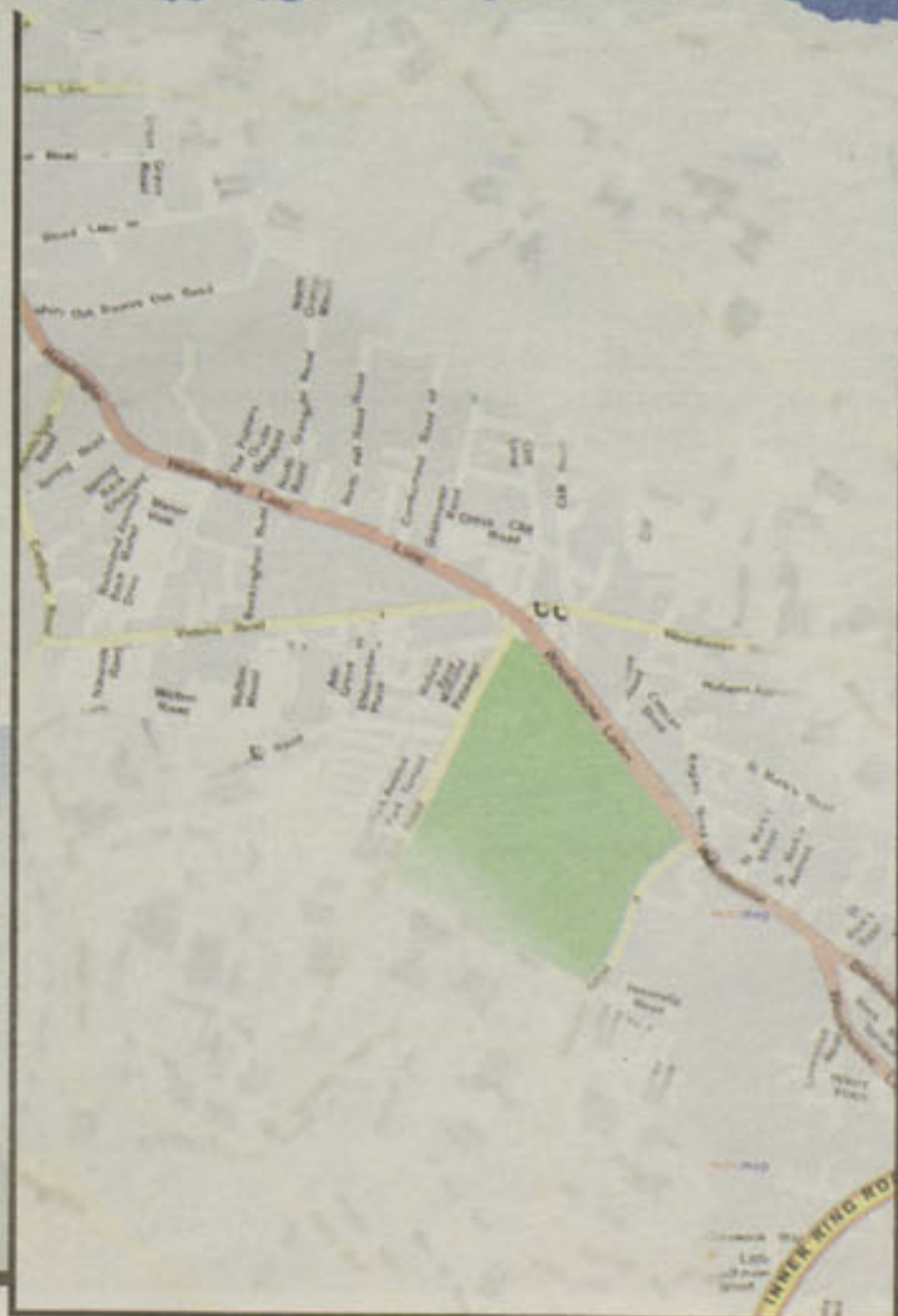
7pm - The Library. It's a scream, literally as Deputy Editor Tom Phillips pours half his pint into the Editor's drink spilling most of it across the table. R.A.G. head honcho Pat Smith can not be dragged away from the Xbox football game.

8pm - The Quilted Llama. New church-based bar. Great candles but by this time everyone is struggling to work out how much the drinks are

actually costing. The bank managers start to worry. **9.30pm** - LUU's Old Bar hasn't been finished so it's off to Strawberry Fields. Clegg has disappeared somewhere apparently because he was hungry. Cocktails are ordered and much hugging ensues when LUU FCS Officer James Johnson and LUU Sports Officer Jo Millett turn up to join in the fun.

11pm - Dry Dock is shut for some unknown reason so Fab Cafe and table football are demanded.

12pm - The Reform. We end our night. The six of the team that made it are talking bollocks and sipping vodkas and cokes. It has been costly. **KM**



CHUMS ON THE RUN: (clockwise left to right) The Editor Karl Mansfield enjoying a sly cigarette; R.A.G. Coordinator Pat Smith having a beer; a map of the Otley Road; Music Editor Bob Henderson, News writer James Clegg, Books Editor Hayley Broad and News Editor Alastair Beach in the New Inn; TV Editor John Holmes, Alastair Beach, Bob Henderson, Lippy Editor Becky Barnicoat, Hayley Broad, News Editor David Nelson, James Clegg and Karl Mansfield at the beginning; James Clegg in his panama. Background picture David Nelson and Hayley Broad in the Original Oak.

Music to your ears

From acid house to yodelling, there are places in Leeds to satisfy (almost) every musical taste. **Malcolm Webb** gives you a lowdown of the best venues and upcoming gigs

- **IntroLeeds** offers one of the liveliest and fastest-growing music scenes in the North of England. There is no shortage of venues, from small pubs to superclubs, putting on a wide variety of bands, DJs and artists. Week in week out, local talent and international big names rub shoulders in these establishments. LS6, the student district of Leeds, has the highest concentration of musicians for any postcode in the country, and there are armies of bands, producers, DJs and artists all over the city cutting the edge across all music genres. Whilst there are hundreds of places where you can go out, get pizzled and hear cheesy pop music, (and it's not too hard to find any of them), this brief guide should give those musicheads out there an idea of when and where you can hear whatever you're into



Below: Ian Brown, Left: Biffy Clyro

ROCK AND ROLL

If rock, indie, or other guitar based genres are your bag, then there's plenty going on. The biggest bands that come to Leeds usually play the **Refectory**, in Leeds University. Sadly, the city lacks a proper gig arena, but the Refec does the job fairly well. **Leeds Met** also host a few of the bigger touring bands from time to time. Refec line-ups for the coming term include LA-based neo-soul rock outfit **Maroon 5** (6th Oct, £15 adv), whose debut CD "Songs About Jane" has already sold nearly two million worldwide, and **Ian Brown** (13th Oct, £18.50 adv). Tickets for Refec gigs are available from **CATS** in Leeds Uni Union. It's worth getting them well in advance because they often sell out, although the touts will willingly sort you out at a bumped-up price on the night.

For more bands it's worth checking the **Cockpit**, on Swinegate near Leeds City Station. Scottish Punk-Rockers **Biffy Clyro** are playing there on Tuesday 21st Sept, £10 on the door. As well as gigs, they host a number of clubnights, their flagship being **The Garage** where rock, metal and retro are played copiously every Saturday.

Joseph's Well on Hanover Walk is another one to watch for good bands, with **British Sea Power** coming up on the 30th Oct. They have bands on nearly ever night of the week, many of them local, most of them unsigned or small-time, with a few bigger ones passing through. The door is usually less than a fiver.

If you're interested in the local band scene, it's worth checking out **The Vine** on Eastgate, which hosts music nights from Tuesdays to Saturdays for about £3 on the door, and **Carpe Diem** on Calverley Street.

A little out of town, there's also **The Primrose** on Meanwood Road and the **New Roscoe** on Bristol Street. If you want to stay in the student ghetto of Hyde Park, there's the **Royal Park Cellars** (in the basement of the Royal Park pub) and the **Brudenell Social Club**, both of which are on Queens Road and often have new student bands playing. Once in a while, you can also catch a bit of dub, jungle and hip-hop at the **Brudenell Social**. It's a cosy little venue with plenty of seating, and this year they're offering free student membership.



Treva Whateva



British Sea Power

Soul JAZZ HIPHOP

If sweaty, crowded rock-pubs aren't your thing, the **Wardrobe**, on St Peters Square (near the bus station) provides a more sophisticated and mature atmosphere, some great cocktails and amazing line-ups of the best funk, soul, jazz and hip-hop acts. The upstairs bar and restaurant have free live music every night and the downstairs club features the best local acts through to international stars every Friday and Saturday and on some weeknights. Look out for the **Angel Brothers** (Wed 22 Sept, £6), who've impressed Andy Kershaw in a live session with their blend of chilled out dance and Asian-anglo beats.

You can hear more funk, soul, hip-hop and other alternative genres at the **Hifi Club** on Central Road. They host both live acts and clubnights. On Tue 21st Sept, **Mylo**, whose fresh electronic sounding album "Destroy Rock and Roll" has sold by the tonne following performances at Glastonbury and Creamfields, will be performing live. **Femm Nameless**, a funky 10-piece Afro-Funk dance band straight from Brooklyn, NY., will also appear on the 30th of Sept.

Hifi have also recently acquired the **Faversham**, a pub/club just behind Leeds Uni on Springfield Mount. A few years ago, the Fav used to hold an international reputation for its hip-hop nights, but since then, the business has suffered. This new collaboration will hopefully resurrect the ailing Fav. **New Bohemia**, their Friday night in association with local independent label Firstword records, is launching on 24th Sept, with residents plus guests playing hip-hop, funk soul and reggae at an affordable £4. They've also got some great guests coming up with **Treva Whateva** of Ninja Tune featuring there on 15 Oct.

On Sat 25th Sept, the Fav will be hosting a small charity festival, with some of the best local bands on show, including the much acclaimed six-piece jazz-hiphop outfit **Thelonious**. Rumours are stirring that the Hifi/Fav owners are about to take control of the **Think Tank**, an underground club on Call Lane.



The Angel Brothers

Dance

For dance music, Leeds has it all. The city is most famously known for *Basics* (formerly Back to Basics) where you can find line-ups of high profile house DJs every Saturday. It attracts a trendy crowd of serious clubbers, costs £10-15 on the door and is held at Rehab, behind the corn exchange. They've got DJ Tiga plus their highly renowned residents playing on the 25th Sept.

House-wise, *Speed Queen* (Saturdays at the Warehouse, Somers Street) is one of the longest-running mixed nights in the country. It pulls in gays, straights and everything in-between, wearing some of the most spectacular clubwear you'll ever see and it's just £10 on the door.

There are plenty of cheaper, lower profile house nights to be enjoyed, such as *Radioactive Live*, a new monthly house and trance night at the Birdcage, Boar Lane. It starts on Tue September 28th with Matt Darey and Nick Rafferty amongst others on the decks. The night is in support of Cancer Research UK.

For something a bit tougher, *Technique* at the Mint Club on Harrison Street is one of the leading breaks nights in the country. It runs fortnightly Saturdays and is about £10 on the door depending on the lineup. Rennie Pilgrem and Billy Nasty are playing on Sat 2nd Oct.

For a diverse line-up of breaks, dub and live hip-hop, get down to *Filter* at Stinky's Peephouse, Brick Street. The next one is on Thur 23rd Sept featuring Atomic Hooligan, Simon Scott and Afrophysics. Advance tickets are available from, Crash and Play Music record stores in town for £7 with more available on the door.

Small drum and bass nights pop up all over the place, but for big names there's normally at least a few events each term. The next one up is the *Breakbeat Kaos* album launch party at Leeds Met on the 23rd Sept. The line-up includes Adam F and Grooverider, with UK hip-hop in room two from Klashnikoff and The Flaredycats. Tickets are £10 in advance.

Finally, if you want to rave to something harder than anything else mentioned here, then try *Cabbage* at the West Indian Centre on 25th Sept. The centre features all sorts of events, including techno, dub and drum and bass nights. *Cabbage* specialises in acid techno, and the 25th is their 5th birthday. It costs £8 on the door, and you should never expect to leave the West Indian Centre before the sun comes up



DJ Tiga



Grooverider



OCT the Refec

THE ZUTONS £10.00 adv 7.30pm Thurs 14th

GOLDIE LOOKIN CHAIN £10.00 adv 7.30pm Sat 16th

FATBOY SLIM £17.50 adv 9.00pm Fri 22nd

DIZZEE RASCAL £12.50 adv 7.30pm Sat 23rd

HIM £16.00 adv 7.00pm Tues 26th

NOV

JOSS STONE £17.50 adv 7.30pm Sun 7th

EMBRACE £15.00 adv 7.30pm Tues 16th

ZERO 7 £16.00 adv 7.30pm Thurs 18th

DEC

GROOVE ARMADA £17.50 adv 7.30pm Wed 1st

THE CHARLATANS £19.50 adv 7.30pm Sat 18th

Please note that RAZORLIGHT, MAROON 5, IAN BROWN AND KEANE have all sold out



SEP Stylus

JUDGE JULES £6 adv 9.30pm Mon 27th

KERRANG! £4 adv 9.30pm Wed 29th

THE VALVE SOUND SYSTEM £10 adv 10.00pm Thurs 30th

KILLA KELA + RODNEY P SKITZ £8 adv 10.00pm Thurs 23rd

OCT

CLEVER BRAINS FRYIN' feat Keith Flint £5 adv 7.00pm Thurs 7th

ZANE LOWE (radio one) £4 10.00pm Tues 12th

JNR MURVIN & MAD PROFESSOR £8 adv 10.00pm Tues 26th

GIGS at LEEDS UNIVERSITY UNION

Tickets for all shows are available from LUU CATS, Jumbo, Crash and www.leedstickets.com

Info: www.luevents.com
Tel: 0113 380 1332





This year will see Lippy magazine become a firmly established part of Leeds University Union, building on the Union's current reputation for top-class student media. The magazine will provide an intelligent, witty and original look at all issues concerning women, from fashion and sex to politics and travel. We'll prove that a women's magazine does not have to be limited to make-up tips and problem pages, but can also provide sophisticated and challenging features on a vast range of subjects. Lippy will offer both male and female students the opportunity to get involved in all areas of magazine journalism, including writing, photography, illustration and design. If you think you've got a good idea for a feature or column, or just want to find out more about the magazine, then contact the editor, Becky Barnicoat, at luu.lippy@leeds.ac.uk. The free Lippy Freshers' Guide comes out on Monday, September 20 and the first edition of the magazine will be published in November.



ESTABLISHED: Becky Barnicoat, Editor of Lippy

FRESHERS. DO SOMETHING WITH YOUR LIFE - JOIN R.A.G.

R.A.G. raises money for good causes every week of term and we want **YOU** to be involved. From sponsored events to street collections, fashion shows and fire-walks, we organise the best events around and it's all for a good cause.

It's fun, free and looks awesome on your CV. R.A.G. will be at Freshers' Fair on the Thursday and Friday of Freshers' Week, don't forget to join up.

Want to change someone's life? Why not start with your own?

OCTOBER EVENTS

- Saturday 2nd** - Leeds Street Collection
- Monday 4th** - R.A.G. Otley run
- Saturday 9th** - Harrogate Street Collection
- Monday 11th** - Speed Dating in Bar Coda
- Friday 15th** - Birmingham Raid
- Saturday 23rd** - Sheffield Raid
- Saturday 30th** - Manchester Halloween collection

Call: 0113 380 1327

Patrick Smith, R.A.G. Coordinator, Leeds University Union, fax: 0113 380 1205.

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vue
cinemas

Leeds is blessed with many a commercial wonder from bars and restaurants to designer shops aplenty. But if you look a bit closer it also has its cultural delights. One of these gems is the Hyde Park Picture House nestled into the student heartland that is Hyde Park. Normally not discovered until the second year when many students tend to move just across the road and cries of wonder can be heard from miles around, here is a taster of the only independent art house cinema in Leeds.

The Hyde Park Picture House is located in the depths of the Hyde Park residential area, surrounded by row upon row of terraced houses now populated by your average university student coping with damp walls and multiple occupancy headaches.

Hence the Hyde Park Cinema is a haven of old and new cinematic delights accompanied by plush red seats, gas lights and a rather grand balcony. With its kiosk in the entrance, Keith the friendly doorman and a rather impressive sweeping staircase in the foyer, the Hyde Park promises a slightly different silver screen treat.

Film-wise, the Hyde Park Picture plays host to art-house cinema at its best with a twice or thrice nightly helping of new and classic international and home-grown cinema that's just shy of the mainstream. The highlights of last year included nuggets from the golden age of Hollywood classics (*Breakfast at Tiffanys*) to the latest Michael Moore, interspersed with award-winning documentaries (*Spellbound* and *Etre et Avoir*), Japanese horrors (*Ju-On The Grudge*) and European masterpieces (*Goodbye Lenin!*, *Dogville* and most recently Walter Salles' *The Motorcycle Diaries*).

It also plays host to local and travelling film festivals such as the Lesbian and Gay Film Festival, Leeds International Film Festival and its very own Silent Film Festival complete with piano accompaniment and a slightly off-centre screen which has a shabby charm all of its own.

By catering for all tastes and inclinations yet remaining friendlier, closer and more economical than the commercial multiplexes, the Hyde Park retains its 100 year charm to provide a welcome escape from Freshers' week madness.

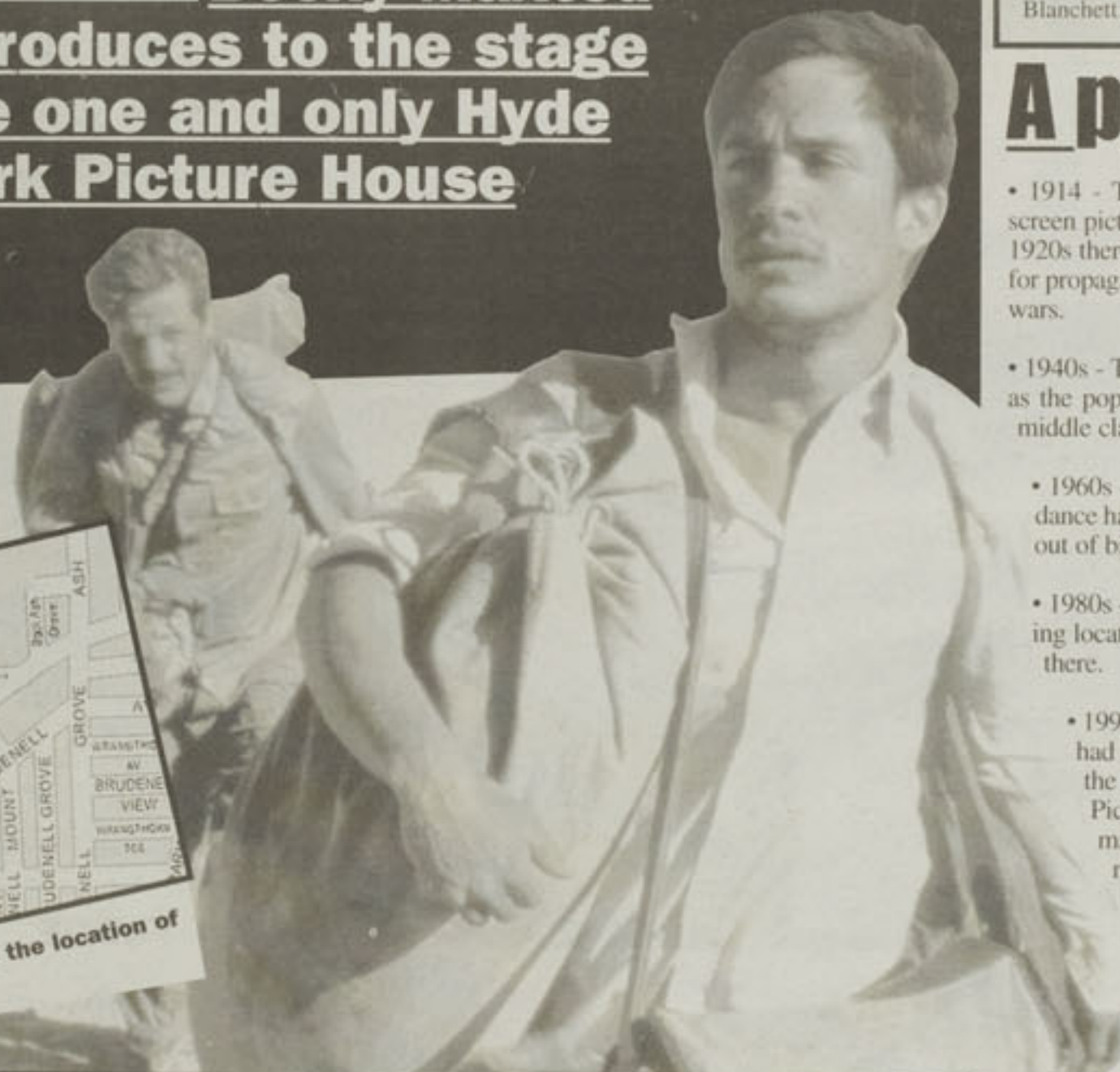
For listings check out www.leedscinema.com and follow the map to case out future housing possibilities whilst discovering our own cultural gem.



ON SCREEN: The black dot marks the location of the Hyde Park Picture House

Picture perfect

LSR FM station manager
Becky Maxted
introduces to the stage
the one and only Hyde
Park Picture House



FREE FILMS

In association with LSR FM and Give it a Go

To celebrate the new year Hyde Park Picture House are putting on FREE film screenings for you lucky Freshers. Just bring your Introweek passes or Student ID.

Life and Death of Peter Sellers

Mon 20th Sept @ 9.15pm
Star studded biopic of the great Peter Sellers starring Geoffrey Rush, Charlize Theron and Stephen Fry among many.

Mambo Italiano

Tues 21st Sept @ 9.15pm
Canadian comedy about the son of Italian immigrants to Canada struggling to find the best way to reveal to his parents that he's gay.

Whatever Happened to Baby Jane?

Wed 22nd Sept @ 8.15pm
Featuring Bette Davis and Joan Crawford this psychological thriller and black comedy of 1962 has become a camp classic and must-see.

Coffee and Cigarettes

Sat 24th Sept @ 6.30pm
Short stories about our two favourite addictions from Jim Jarmusch featuring Bill Murray, Steve Coogan, Cate Blanchett and Steve Buscemi.

A potted history

- 1914 - The cinema opens as a state of the art, single screen picture house purpose built for silent films. By the 1920s there were some 42 picture houses in Leeds. - used for propaganda purposes during the first and second world wars.
- 1940s - The picture house becomes the place to be seen, as the popularity of Film Noir soars, booked out by the middle classes every Friday and Saturday.
- 1960s - The Hyde Park Picture House was used as a dance hall and concert venue, as television took a chunk out of big screen's audiences.
- 1980s - The Hyde Park starts its life as a popular filming location with Vanessa Redgrave shooting *Wetherby* there.
- 1990s - By the mid 90s, the impact of the multiplex had left the Hyde Park at the brink of closure. At the last moment the Friends of the Hyde Park Picture House stepped in and the council bought it making it a Grade 2 listed building. The Friends now get in cheaper!
- Present day - A thriving arthouse independent where the students pop over with their cups of tea and watch great films. It is also used a venue for TV documentaries and soaps including the prestigious *Fat Friends*.

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All Bar None



After the fevered activities of Freshers Week, you may need a nice relaxing drink to recover from the enjoyable ordeal. So, **Stephen Abbott** gives you a rundown of some of the very nicest joints in town for a good drink in great company

NORTH BAR

Best Bar None (rejoice when you find it on New Briggate)

A favourite amongst the *Leeds Student* crowd, **North** really is pretty damn fantastic. There a huge range of drinks in a huge range of flavours served in a huge range of imbibing vessels. Funky music is always playing in the background and they even manage to pull off a neon Virgin Mary over the bar without looking silly. Definitely best discovered on a relaxed night with mates, you'll leave wondering why all bars don't serve 12% beer.

Just the One? – Forget what any other drinks company might tell you, Delirium Tremens is probably the best beer in the world



GREEK STREET

Best for flashing your cash

If you like your bars classy, your clientele classier still and not much change left from a £20 note after a round, Greek Street is made for you. On a normal night, **Mononi**, **The Living Room**, **Firefly** and **Prohibition** are all fairly quiet bars where lounging on leather sofas in suits is the norm, but they do make sure to stock only the best alcohol in town. For an alternative, **The Fat Cat** (just round the corner on South Parade) is great if you want to drink in somewhere with a little, but not too much, class.

Just the One? – A magnum of Louis Roederer Cristal 1996/97 in **The Living Room** will only set you back £500 but the creamy Agent Mulder (£3.95 from **Prohibition**) comes a close second

CALL LANE

Best for boozing and boogieing

The most compact of Leeds' alcoholic alleys has **Revolution**, **brb** and **Oporto** within metres of each other. **Revolution's** racks of flavoured vodka shots (6 for £8) will always have a special place in my stomach but their cocktails are tasty as well. Sundays to Fridays, all cocktails are 2-for-1 from midday till 8pm. **brb** offers 2-for-1 pizzas every Tuesday. Thursdays are also their 2-for-1 cocktail night. **Oporto** is open till 2am every night

Just the One? – Scarlett Miss Charlotte in **Revolution**. Seabreeze in **brb**. Mojitos in **Oporto**. And, whatever you do, don't slip your mate a Chilli shot in **Revolution**. Many a friendship has been lost that way



FUDGE

Best for strange bathrooms

Hidden behind the Corn Exchange and located under the train tracks, this unassuming club is a great place to come for some pre-club drinks. Traipse through the jungle of pot plants and you will also discover the gents toilets which are almost entirely covered in mirrors. The toilets next to the dance floor also have to be used to be believed!

Just the One? – Hardened drunkards might want to try the Deca. It's a bottle of Kronenbourg with a shot of Absinthe wrapped up on the top. Beware!

JAPANIC

Best for a fusion of drinking and dining (track it down on Woodhouse Lane, opposite Cookridge St)

Want to know your yakimeshi from your gyoza? Then go and experience the unique surroundings of **Japanic**. With a selection of sakes as well as the normal range of lagers, this is a bar for those with a yen for a new experience. From 12-2pm and 6-10pm, you can try a vast selection of Japanese cuisine with all dishes costing just £3. Flash your NUS card at lunchtime and you can also get yakisoba and a pint of Stella for just £5.

Just the One? – The Onigorisha sake is a revelation in a shot glass

SELA

Best hidden location (to be discovered on New Briggate)

This cosy bar is deceptively well-stocked with speciality beers. There is a nice range of board games available from behind the bar and the bar hosts a live Jazz/funk/latin night on Thursdays and an acoustic night every Sunday.

Just the One? – Try a bottle of Rubbel Sexy Lager (£2.60). There's a naked lady on each bottle – all you have to do is scratch off their bikinis!



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passage

SPOT THE ODD ONE OUT



1. The Hamiltons



2. President Hussein



3. Michael Vaughan



4. Girls Aloud



5. Jack Straw

All of these characters have run the gauntlet of the *Leeds Student* interview team, appearing exclusively in your number one student rag. One was too weak for the challenge. Who? Answers on a postcard

WORD FROM THE EDITOR

If you want to be a journalist or just have a break from your studies meet some new people, I'd like to come and join the team.

The paper is an established ground for the professionalists of tomorrow. Former staff going on to senior posts at the *Times*, *Guardian*, *Express*, *Mirror* and

Shell of the BBC, full-time editor Paul and other editors of *Leeds Student* spent their time here. I think you need any experience or qualifications to be considered. If you're interested in you're eligible. You need is a bit of enthusiasm and I'll be right in the

I was too scared to come up to the office when I started university but when I plucked up the courage I found everyone to be very friendly - so come along and join us.

Karl Mansfield, Editor



STUDENT: THAT FRIDAY FREE-THING!

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Leeds University Union

Executive Officers 2004 - 2005

The Executive Committee is a group of eight elected students who work full-time to run the Union on a day-to-day basis. They are there to help and represent you so come and visit them on the first floor of the Union.



Communications Officer: Tom Wong
Course: Geography
Halls: Clarence Dock
Home Town: Beverley

Your Communications Officer oversees all the Union's publications and website making sure that you are kept fully informed of everything going on in your Union. He is also the face of the Union, representing you to the media and external bodies.



Sports Officer: Jo Millett
Course: European Union Studies with Law
Home Town: Lytham

Your Sports Officer is responsible for ensuring that the student body remains fit and active. She Chairs the Sports Executive Committee, and lobbies the University to provide our members with adequate sporting and recreational facilities.



Finance & Commercial Services Officer: James Johnson
Course: International Relations
Halls: Lupton Flats
Home Town: Cambridge

Your Finance and Commercial Services Officer is responsible for all staffing matters within the Union, and oversees our annual budget as well as shops and bars. On top of all this, he looks after Union Security, to make sure LUU is a safe environment for all our students.



Education Officer: Sam Keyes
Course: Political Studies
Halls: Bodington Halls
Home Town: Brighton

Your Education Officer ensures that you are satisfied with the quality and accessibility of your education here at Leeds, providing a collective voice within the University. She campaign against the marketisation of education alongside student fees, debt and hardship.



Welfare Officer: Vicky Loveseed
Course: Cultural Studies
Halls: Clarence Dock
Home Town: London

Your Welfare Officer deals with

issues surrounding student welfare, and works with the University regarding student accommodation, ensuring that the support services on offer are top-notch and liaising with the local police and community groups. She is also responsible for the awareness campaigns that the Union runs.



Bretton Hall Officer: Carrie Beckwith
Course: Music Theatre
Halls: Bretton Hall
Home Town: Hartlepool

Your Bretton Hall Officer ensures that the voices of students based at Bretton Hall and Wakefield Campuses are heard and that the Union caters for their needs. She is based on the Bretton Hall campus, working with the Bretton Hall Campus Committee to make sure students are well provided for.



Societies Officer: Seb Elsworth
Course: History and Philosophy
Halls: Oxley Flats
Home Town: Norwich

Your Societies Officer makes sure that all societies make use of the fantastic resources we have on offer so that our members get the most out of them. He also oversees the huge societies fair and chairs the Societies Executive Committee.



Womens Officer: Kim Shutler
Course: English
Halls: Oxley Flats
Home Town: Altricham

Your Women's Officer is committed to representing the views and concerns of all female students, and to promoting equal opportunities throughout the Union, the University and the wider community. She also oversees a number of safety services, for both women and men.

Incorporated Bodies at LUU

The Incorporated Bodies are the five largest societies in the Union, each has a student who works full-time to co-ordinate them.



LSR Co-ordinator: Becky Maxted
Course: English
Halls: Devonshire Flats
Home Town: Market Harborough

Leeds Student Radio Co-ordinator looks after the biggest and best student radio station in the country. Over 300 volunteers ensure that the

station continues to make Leeds' airwaves that little bit funkier for two months a year on FM and year-round on www.lsrfm.com. There are opportunities to get involved behind the scenes or on-air, what are you waiting for?



Action Co-ordinator: Claire Leyden
Course: English & French
Halls: Devonshire Flats
Home Town: Oldham

Action is student volunteering! All of Action's projects are completely student led and range from adventure weekends away to an annual older people's tea party! Action organises and supports activities for your wider educational interest that are of benefit to the local community, helping us to integrate a little bit more in Leeds. Your Action co-ordinator is here to help make all this happen.



RAG Co-ordinator: Patrick Smith
Course: History
Halls: Lupton Flats
Home Town: Manchester

Your RAG Co-ordinator is there to ensure RAG runs smoothly. It is one of the largest societies in the Union and has been raising money for worthy causes through student-run imaginative and fun events for more than sixty years. It is easy to join in, just have a chat with the co-ordinator.



Leeds Student Editor: Karl Mansfield
Course: Broadcast Journalism
Halls: Bodington Flats
Home Town: Cheltenham

The Leeds Student Editor oversees the only newspaper catering for all the city's students. Written entirely by student volunteers, it carries the latest news and reviews on the issues that matter to you. You can pick up a free copy every Friday during term-time e-mail editor@leedsstudent.org.uk



Nightline Co-ordinator: Roshan Pittea
Course: European Politics
Halls: Clarence Dock
Home Town: Keighley

Don't know where your exam is? Do you need some one to just listen? Nightline is your listening and information service, run by students for students supported by the Nightline Co-ordinator. The lines are open every night during term time. For information call (0113) 380 1380 and confidential listening call (0113) 380 1381, you can also get the same service by email on nightline@luu.leeds.ac.uk.

The Met Exec



**Dave Hayes,
President, LMUSU**



**Leanne Creighton, VP
Comms & Admin,
LMUSU**



**Anne-Marie Watkinson,
VP Student &
Community Affairs,
LMUSU**

Hello and welcome to Leeds Met Students' Union. We are your Sabbatical team for 2004/05, and we're elected to our positions by last year's members.

• Dave Hayes, who is President, is responsible for the overall coordination of the Students' Union, ensuring that all the policies and rules are adhered to and the Union runs as a smooth operation. He also is a liaison

between the Union and external, or affiliated bodies.

• Anne-Marie Watkinson, Vice-President Student and Community Affairs is responsible for student action and involvement, highlighting student issues, working and representing students within the local community.

• Louise Sweeney is the VP Education and Campaigns. Her job is to represent you as students on some of the highest commit-

tees within the University, where decisions that are made effect your education. It is also her job to run and organise effective campaigns on issues that effect the lives of students.

• Jon Smith, VP Sport and Societies. Jon is responsible for representing you as members of the Students' Union at all levels in sport from intra-mural level to the highest level in BUSA. He is also the person to see for any

help and advice on societies.

• Leanne Creighton Vice-President, Communications and Administration. She is responsible for making sure you, the members, are informed about everything that is going on in the Union, organising any election processes, maintaining the website, production of information guides and representing you and your needs.

By Leanne Creighton



**Jon Smith, VP Sport
and Societies, LMUSU**



**Louise Sweeney, VP
Education
& Campaigns, LMUSU**





Keeping the faith

James Clegg gives you a rundown of where to say your prayers in Leeds

FOR many students religion is a key part of their life. Coming to university is daunting at the best of times; for those coming straight from home you suddenly find yourself living in a strange city away from your family and friends. But continuing to worship in your chosen faith should be no problem for students at Leeds.

The main religious facility for students at the University of Leeds and Leeds Met is the Universities Chaplaincy centre which has recently moved from the portakabins on Cavendish Road to the Emmanuel Centre on Woodhouse Lane, near to the Parkinson building. The other main sites the Chaplaincy operates is the Catholic Chaplaincy at 5 St Marks Avenue and 2 Rich House at Leeds Met's Headingley campus.

The Chaplaincy is Christian, run on an ecumenical basis with Chaplains from a number of Christian denominations including Anglican, Baptist, Catholic, Methodist and Quaker. Jewish and Muslim advisors also operate through the Chaplaincy. The overall aim is not only to offer opportunities to worship but also pastoral support and counselling for everybody, regardless of religious belief. A full list of contacts can be picked up from the Chaplaincy itself or at its website at www.leeds.ac.uk/chaplaincy. Alternatively contact the Chaplaincy Administrative Officer, Clement Katulushi on 0113 343 5071 or at c.katulushi@leeds.ac.uk.

As well as the Chaplaincy there are a number of religious societies including Christian Union and Islamic Societies at both student unions and a Jewish Society which has officers at both universities. LMSU has a well established Sikh society and this year will see its counterpart at LUU get up and running. For more information and contact details check the society pages at

KUMBYAH MY LORD: A Hari Krishna during a procession



www.luuonline.com and www.lmusu.org.uk.

Another important aspect of students' religious life is the University's Interfaith Forum. In a world where increasingly some seek to use religion as a tool for division rather than harmony the Interfaith Forum promotes discussion and understanding between different faiths. The first meeting of the forum will be in Leeds University Union Meeting Room 5 (upstairs in the ARC) on Wednesday October 6. For more information on how to get involved contact Seb Elsworth, LUU Societies Officer on 0113 3801245 or at socs@luu.leeds.ac.uk.

Your guide to religions

Buddhism - No deity

Siddhartha Gautama, who came to be known as Buddha, lived 2,500 years ago in India. He was devoted to finding enlightenment. The Buddha has come to be known as one who embodies perfect wisdom and compassion. Primary text is the Tripitaka or Three Baskets. Teachings of the Four Noble Truths and the Eightfold Path centre on constant change, the need to eliminate selfish desires, and right ways to live. Shrines, temples and monasteries are for meditation, discussion and retreat.

Christianity - One deity

Jesus Christ, about 2,000 years ago, presented the human face of the deity. The Bible, a combination of the Hebrew Scriptures and the New Testament, tells the story of the deity who enters into the lives of people to lead them to responsibility and eternal reality. "Jesus Christ - Lord of all life" is a central vision. The congregation is a focal point for community life, worship, and identity. Sunday is the day for worship and sacred observance at churches and other meeting places in most Christian groups.

Hinduism - Multiple deities

The many spiritual traditions of India arising over some 3,000 years came to be known as Hinduism. Sacred scriptures include the Vedas, the Upanishads, and the Bagavad-Gita. They describe the cycles of life and the meaning of existence. Numerous gods and goddesses express human dramas common to all. Temples are places for prayers, offerings, singing and teaching. Families and individuals observe rituals and festivals at home as well. Calendar dates for sacred times are determined by both solar and lunar computations. Dates also vary by region and sub-group.

Islam - One deity

Muhammad, about 1,400 years ago, received the sacred words of the deity. The Qur'an, given directly to Muhammad by the deity, gives instruction for a complete way of life that is the will of the deity and is to ultimately involve all people on earth. "Submission to Allah" is a cen-



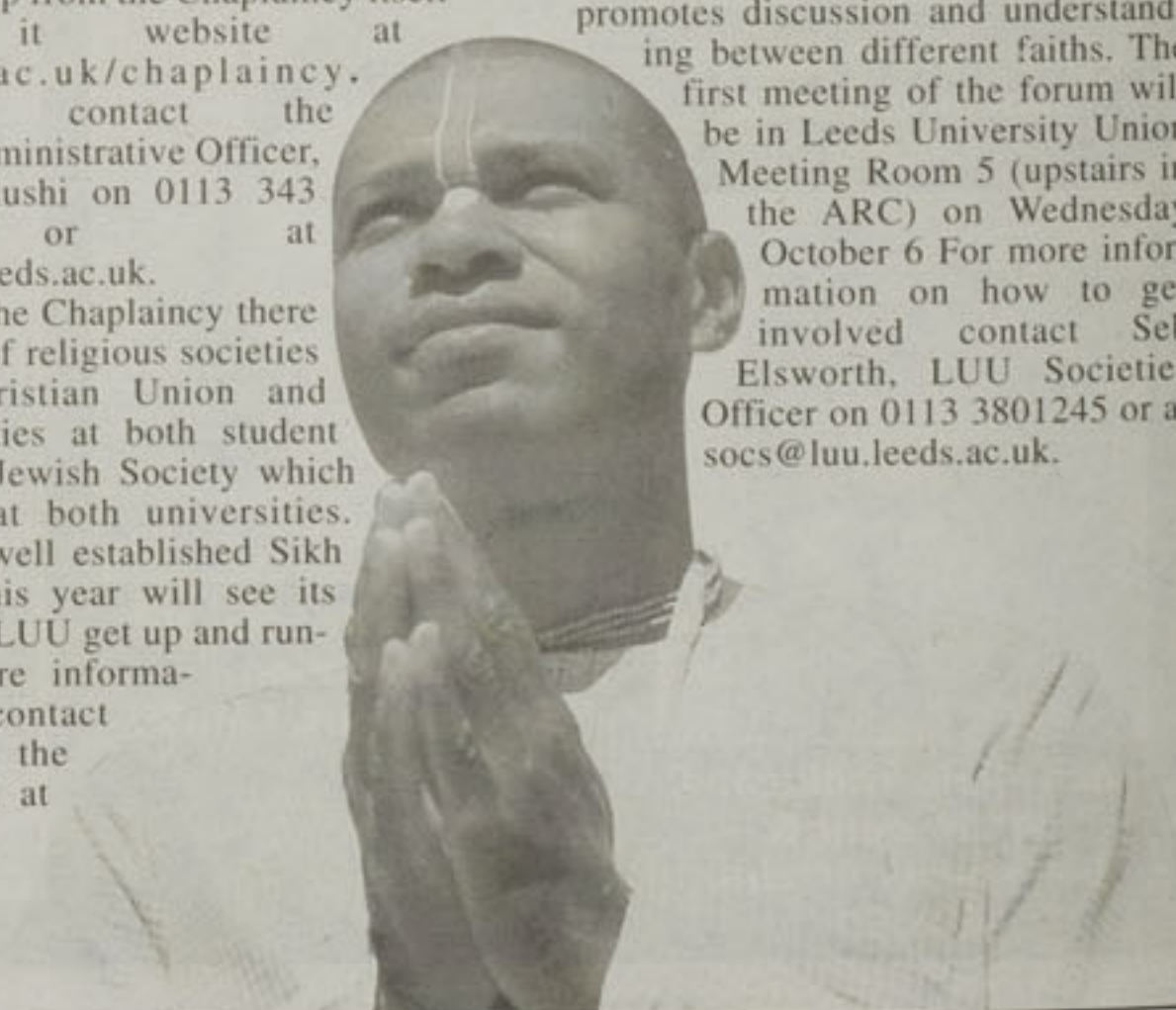
tral vision. Observance of witness, prayer, almsgiving, fasting and pilgrimage are focal points for Islam and the individual Muslim. Friday is the day for meeting at the mosque for assembly prayers and sermons.

Judaism - One deity

Abraham, about 4,000 years ago, entered into an agreement with the one supreme deity. The Torah, the first five books of the Hebrew Scriptures, presents a written account of the people of Israel as they responded to the call of the deity toward worldwide peace and justice. "Hope for redemption of the world" is a central vision. The family is focal point for religious observances; education, and identity. The Sabbath begins on Friday sundown and continues to Saturday sundown and is observed by worship at the synagogue and family events.

Sikh - One deity

Guru (teacher) Nanak, born in 1469 c.e. in the Punjab of India, received a vision from God showing a path separate from Hinduism and Islam. God, the unknowable Great Teacher, is found in the ten human Gurus of Sikhi. Gurdwaras (temples) are seen as the home of Guru Granth Sahib and are for prayer, music and sharing of food. Sikhi emphasises humble service, equality among people, and devotion to God in daily life. Men have five distinctive signs of faith seen in style of dress and personal appearance.





Fashion refresher

So you've left home, tearfully waved goodbye to the parents and got to Leeds. This season fashion has flown the nest as well. We see the return of traditional feminine fashion, think tweed pencil skirts and jackets, pussy bow blouses, sophisticated knits and round toed heels and pumps. And for the golden rule of fashion - never underestimate the accessory. Add a pair of 50's leather gloves, scarves and thin belts (which are knotted not buckled - of course) a moderate sprinkling of glitter and satin bows. Brooches complete the look perfectly - the bigger the better. Now, if the 25,000 strong style conscious ladies of the Leeds universities were to take my advice there would be an army of 1950s librarians and Miss Moneypenny's marching round campus - terrifying thought! And you don't have to be a mathematician to realise

that the probability of someone else wearing your outfit is remarkably high. To prevent this fate worse than death, vintage is key. But your three hours by train or plane from Portabello, London and Clignancourt, Paris, respectively. So just what is a girl to do, when the seriously style savvy know that the only way to set yourself apart from the crowd is vintage? Remember these three words - Era and Brooch. For die-hard fashionistas, the trek to Saltaire is absolutely worth the 20 minute train journey, as stepping into Era is like you've died and gone to heaven! Some stylists say it's like all the best bits of Portabello all handily under one roof. Pick out a vintage dress (see left) and do the Freshers' Ball the SJP way! Likewise Brooch, in the weekly indoor market in the Corn

Exchange has the same appeal. Run by two fashion students, Brooch is due to return on October 2. Rich pickings include delightful gold sequined 1920's handbags, brooches, reworked vintage pieces as well as vintage-inspired new garments - for girls who want the vintage look without smelling of moth balls! Mix and match snippets of this seasons trends with students favourite fabric, denim, or cowboy boots for Sienna cool. They also have a small collection of antique furniture perfect for Hyde Park Victorian terraces.

By Louise Bartlett



Top five fashion tips

1. Open a Harvey Nichols account, (in your folks address of course) it's absolutely free and you'll be invited to evenings of fashion with FREE champers and cocktails. Just remember not to get so bladdered you join in with the Gospel singers and end up returning the £400 worth of designer goods that just seemed so much more affordable after four glasses of bubbly.
2. If you're into customising your own try Samuel Taylors haberdashery behind House of Fraser and the fabric shops in the market. Add a green satin bow to a plain pair of trousers for Chloe chic.
3. The Flannels sale - it may be a few months off - but there are amazing discounted designer garments up for grabs. £25 Prada boots can put a smile on anyones face through the grey winter days.
4. Take a trip to Saltaire for the most fabulous vintage clothing shop in the North. Saltaire is a quaint little village and is also home to a magnificent David Hockney museum. A great idea for a day trip when the parents come to visit.
5. If you're interested in fashion why not do a fashion design evening course at the Leeds college of Art and Design, style the R.A.G. fashion show, or write a piece for the Leeds Student editor@leedsstudent.org.uk. LB



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What to wear

Congratulations. You've arrived at the most style conscious universities in the land. Leeds is both loved and lampooned for its dotage to its "trendite" citizens. But these are the fashion pages, so let this be your indispensable guide to the do's and don'ts and the where's and where-nots of Leeds fashion. It's no accident that the city has been re-christened as the "Knightsbridge of the North" but that's not to say fashion in the city is all about Harvey Nicholas and Teddy Bakers. There are bargains to be had in lesser known nooks and crannies

so that your hard earned student loan (in UCAS points - at least) goes the distance. So first let's get our bearings right. Walking towards town from the Parkinson building you eventually come to the Merrion Centre on your left (Look out for favourite student supermarket - Morrison's) The Merrion centre is great for, erm... anyone with a penchant for 'scally-chic' or sheltering from the rain en route to Briggate, but you never know, if you have a good hunt you may find a bargain and there's an excellent fancy dress shop tucked away in the market at the back. Pass through the St. John's centre and you will eventually come to Leeds' shopping paradise. It's broad avenues house the likes of Harvey Nichols, Topshop and Zara

and the domed arcades give an almost Parisian feel to the Leeds shopping experience. Trendy boutiques line these sophisticated alleys and you'll even find designers such as Vivienne Westwood. Beyond the arcades, the Corn Exchange is home to recently graduated Leeds fashion designers, bead shops and just about everything cool and kooky. It's worth a visit just to check out the fabulous architecture - truly original and its indoor Saturday market is superb for one-off garments and accessories. Take time to trawl through the second hand shops in the cobbled lanes surrounding the Corn Exchange and Leeds City Market is just next door. Always worth a wander selling everything from Buddhas to Banana plants. By Louise Bartlett.



Street wear

Hip - by name and nature - lies tucked away in the Thornton's arcade stocking Duffer, Stussy and Hysterical Glamour. Rumour has it that the Trouser Snake Timberlake bought out the entire contents of the store on a recent shopping trip to Leeds. Chimp, too is an essential port-of-call with its constantly updated stock of in demand street brands. Other names worth checking out are Ark, in the Corn Exchange and Ace for skater girls and boys.

Second hand clobber

Blue Rinse, next door to the Corn Exchange is a Leeds student institution. They have a fine selection of cowboy boots, retro sportswear and particularly flirtatious staff. Play up to their charming manner and they'll happily knock off a fiver. Just round the corner Positively 13 o'clock specialises in 60s and 70s attire - perfect for fancy dress socials. Make a trip to the Final Curtain on Hyde Park corner where you will be served by the dearest and dottiest shop assistant in Leeds. Opposite you'll find the Sugar Shack empire. Fulfilling a constant demand for retro clothing, pornstar glasses and massive afro wigs. The owner has recently opened the off licence and Clock Café next door - both favourite student haunts. And if you really, really like a good rummage don't forget the numerous charity shops in Headingley and in town...there's even an Oxfam in Leeds University Union.

Daddy's Girls

For the lucky few who have been entrusted with Daddy's Platinum card you are guaranteed a super time wearing it out in Leeds. Harvey Nichols has a wonderful collection of Matthew Williamson, Marc Jacobs and Julien Macdonald. Go one floor up and the prices go down. They have a great selection of jeans including Earl and Seven. Don't forget the outside world. Venture out and see the other designer boutiques elsewhere in the Victoria Arcade.

Photographer: Jack Hoyle
Stylists: Anna FitzPatrick
Louise Bartlett
Model: Sarah Watson
Clothes provided by Era and Brooch

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Leeds University Union: Stylus

Looking out for you

Each year *Leeds Student* runs a range of campaigns to help improve your student life. Here's three.



Crimewatch

Crimewatch was launched in June, 2003. Unfortunately, crime is part of life for students living in Leeds. Crime statistics do give an odd picture at times. Chestnut Avenue in Hyde Park is, according to Home Office statistics, the most burgled street in the country. But when you consider that student houses have more than one computer, usually more than one TV and numerous cd

and minidisc players then when one house is burgled its as though three have been knocked over in one swoop exaggerating some of the figures. There is also crime which sadly still goes unreported. A straw poll conducted by reporters in June, 2003, suggested that as many as a third of all students in Leeds could have been the victim of crime in that academic year. The survey of 200 random people aimed to give an idea of the potential dangers out there for students.

Crimewatch aims to raise awareness of crime and tackle the fear of crime.

The last year has seen an increase in Community Support Officers in student areas and West Yorkshire police are always especially aware of how vulnerable students are.

West Yorkshire police can be contacted on 999 and for non-emergencies 0845 6060606. Crimestoppers can also be called anonymously on 0800 555111.



Housing Watch

Housing watch was launched in February, 2003 after countless complaints about unscrupulous landlords in the city.

The campaign helps tenants put pressure on landlords so that their legally binding contracts are upheld.

This paper advises students to wait for the Unipol list of houses and not to be pushed into signing up for a house by landlords before this document is

released. There are enough houses in the city and they will not all go in seconds. Unipol, which is a non-profit making charitable company, also has a Code of Standards which landlords can sign up to. Landlords signed up to this code have checks on their properties to make sure they go substantially beyond legal minimum requirements for the houses and flats they own. Unipol is backed by both universities in Leeds and both unions. A list of Unipol accredited landlords can be found on www.unipol.leeds.ac.uk.

The Student Advice Centre on the first floor of Leeds University Union and The Student Advice Centre at Leeds Metropolitan's Students' Union provide help and advice for tenants who are having problems with their landlord. To contact the SAC at Leeds Met Civic Quarter call 0113 2098408. For the SAC at LUU email advice@luu.leeds.ac.uk or drop into the office. Unipol provides a Daily Recorded Information Line on 07626 981107 (local call rate within the UK), or call 0113 243 0169.



Walk Safe

Walk Safe was launched in October, 2003, after a second year at Leeds Metropolitan University was knocked down by a car and died near the Dry Dock pub. The campaign, which is backed by Alex's parents Brenda and Norman, aims to raise road safety awareness. Since the 19-year-old's death a £3,000 Speed Indication Device has been introduced. The SID has an embed-

ded radar which either smiles or frowns at drivers depending on how fast they are going. Leeds City Council are also providing safety packs which include maps of the danger spots and practical and simple safety messages to first years.

New road crossings have been built near the University of Leeds Business School to help reduce the risk to students on the roads.

Woodhouse Lane is one of the busiest roads surrounding the uni-

versities in Leeds. The road is used by hundreds of cars, lorries and buses each day. In November, 2002, a female student sustained injuries after colliding with a vehicle outside the University of Leeds' Parkinson Building.

Remember the Green Cross Code whenever you are walking around the city. Think first, stop, use your eyes and ears, wait until it's safe to cross, look and listen and arrive alive.

What are the issues that matter to you? email us at editor@leedsstudent.org.uk or call 0113 3801450

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Back of the net

There are more than 105 sports clubs at both universities in Leeds. LUU Sports Officer Jo Millett explains what's on offer



WHETHER you're a budding Alan Smith or as sporty as Chris Moyles, Leeds' Universities have a sport to suit you.

From aikido to windsurfing, the range of sports offered by Leeds Metropolitan University Students' Union and Leeds University Union are outstanding. Last year both Universities competed in the British Universities Sports Association Championships and were placed a very respectable 12th (LUU) and 27th (LMUSU.) Along with Manchester and Liverpool, Leeds Uni also takes part in the second oldest varsity competition known as the Christie Cup which it has won for the last 10 years. Sport provides an ideal opportunity to get involved in your union, whether socially or through committees and sports executives, and looks good on your CV once you've left Uni. It also gives you the chance to do something outside of lectures which benefits your health and your wallet.

There are excellent sporting facilities at

both Universities; Leeds Uni boasts an on site sports centre with 3 indoor basketball/5-a-side courts, squash courts, a cardiovascular suite along with weights room and several exercise class rooms. The Cromer Terrace Gym is also on campus and has a CV suite and regular classes including circuit training. There are football and rugby pitches as well as an astro-turf up at Weetwood and a climbing wall in the Sports Science Department. Leeds Uni Students are welcome to use these facilities for free when they purchase a £40 sports user at registration.

For the price of a £30 sports pass Met Students can take advantage of a wealth of sporting facilities at the Headingley Campus as well as fitness rooms at the Civic Quarter, Kirkstall Brewery and Sugarwell Court. The impressive Headingley Campus is home to the Carnegie Sports Centres which house a swimming pool, two indoor courts, 12 tennis courts, a climbing wall, squash courts and a dance studio. Outdoors there are

grass pitches, an athletics track and two synthetic pitches.

The first annual Varsity competition between the two universities will be held this year. It promises to be a massive one-day event held at the Headingley Campus and culminates in a presentation and party night at Stylus, LUU's award winning nightclub.

The sporting faculties at the University of Leeds and Leeds Met pride themselves on training hard, playing hard and partying even harder. If you want to get involved in one of LUU's 69, or LMUSU's 40 sports clubs, come down to the sports fairs to get information and sign up to teams.

SPORTS FAIRS

• **LUU, September 21 to 24, 10am to 4pm in the Sports Centre. Contact sports@luu.leeds.ac.uk for details.**

• **LMUSU, September 22 at the Civic Quarter Student Union, 10am to 4pm and September 23 at the Carnegie Sports Hall, 10am to 4pm. Contact j.o.smith@leedsmet.ac.uk for details.**



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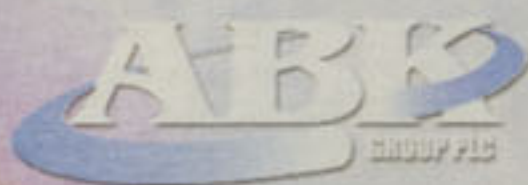
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