

Leeds Student

Friday September 16, 2005

Britain's biggest and best

Vol 36: The Guide



Guide

drinking, sex, films, advice,

win an ipod, days out, nights out and lots, lots more ...

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salter
editor



Hi! Welcome to Leeds to freshers and welcome back to all those who've had to spend the summer recovering finances and livers. Leeds is a brilliant place to be a student: we've got music and clubs for all tastes (freshers may not realise there's anything other than cheese for another couple of weeks, but we'll see you when you finally discover HiFi); Leeds boys and girls are also meant to be the most fashionable in the country, courtesy of the amazing range of shops Leeds city centre boasts; Sheffield, Manchester and Liverpool are only a short train ride away and if it all gets too much, there's beautiful countryside a bus ride away. We've got it all! If you need ideas about where to spend your days off, turn to pages 12 & 13 for some places a little bit off the fresher-beaten track.

The halls experience is like nothing else - you'll undoubtedly meet some of the weirdest people you've ever seen before... (which is making me wonder if I really should have chosen a house so close to one large hall)... but also some of your best friends; they might even be both.

It seems so long ago that my parents drove me up to Leeds the morning after my farewell night out with my school friends, at some ungodly hour to avoid the traffic, which meant that I had fully unpacked before the next person even stepped foot in my block. Freshers' week is all a bit of a blur as well: so many flyers and not enough nights in a week. I do remember the local take away, because I couldn't stand the hall food, but sadly that closed down half way through the year, allegedly because the chicken in the pizza wasn't exactly chicken ... I don't really want to go into it. Basically, if you can cook and have a hob, you've got ready-made friends. Next week see the start of our student cooking specials, including recipies on a budget, but in the meantime, turn to page 15 for some great local restaurants.

The best piece of advice I ever got was to get involved in societies: so many people leave uni regretting that they didn't join, or find the club of their dreams in the last semester of the third year. Look out for *Leeds Student* at the freshers' fairs, or come along at any point in the term to the weekly meetings on Fridays at 4pm. We're one of the few societies open to LMUSU and LUU members and a great place to meet new people.

But even if you never step foot in the *Leeds Student* office you can still be involved: just remember to pick up your FREE copy of the *Leeds Student* from the Student Union every Friday, where you'll find everything you need to know about Leeds, uni and life.

email: editor@leedsstudent.org.uk

plus plenty of
ways to blag
free stuff: inc
an ipod,
toaster, CDs,
books and more

Top ten

By Lauren Wallis

Our quick guide to autumn fashion for the trendiest city in the country



1 **Military jackets** were hot stuff in the summer and will continue to fight off the chill whilst keeping you looking cool as the new season dawns. Get yours from **Primark**, where you can pick up a classic design in a range of neutral colours for £12 or an amazing black velvet one for £15.

2 **Trainers** have been transported to the forefront of fashion, making it hip to be sporty. Ranging from the super-trendy **Stella McCartney for Adidas** (£100) to the classic **Reebok** (£40), you're sure to find a style to suit you.

3

Waistcoats made a revival in the spring/summer collections and are continuing to do so in the autumn/winter ones. They are all over the high street but **Topshop** do some excellent ones.

4

Black is officially and absolutely back! Invest in some good quality classic pieces such as trousers and knitwear. On the high street, your best bets are **Gap** and **Topshop**, or if you feel like splashing the cash, **French Connection** and **Karen Millen**.

5 **Boots** will be a major feature of the autumn/winter wardrobe. Try **River Island** for some of the best styles.



6 **Skinny jeans** are an absolute must-have.

At the high-end, **Sass & Bide's** 'Misfit' jeans in faded black (as worn by **Kate Moss** et al) go for £120, whilst **Miss Selfridge**, **Pepe** and **Levi's** offer some more affordable styles. Wear with a waistcoat, military jacket and/or classic white shirt.



7 **10**

The catwalks were awash with **vibrant colours** such as azure, cranberry, emerald, purple and scarlet so infect your winter wardrobe with these jewel-inspired hues.

8 **Masculine tailoring** is taking over from floaty. This season, clothes are going to be nipped, tucked and ruched so be prepared to flaunt your figure!

9 You can never go wrong with a gorgeous, good quality **leather bag**, which will maximise this season's ladylike potential. It will bring class to any outfit and last you a lifetime. Try **Kookai** for the best selection.

Put on your pearls, girls! **Glamorous jewellery** is making a comeback, and replacing summer's chunky boho pieces. Wear pearls, £4 a pop at **Claire's**, for maximum effect.



If you want to write or take pictures for fashion email us at lwfashion@hotmail.com or come to a meeting, Friday at 4pm



Sketch
By Mark Ramsden

As the freshers of 2005 arrive in Leeds things are about to change. No, they're not knocking down the Roger Stevens building. It's the end for tuition fees as we know them, with this year's students being the last to pay them. To be replaced the flashier named 'top-up fees', much like mobile top-up cards in that they're far too expensive but not as much fun as there's no silver panel to scratch off.

Top-up fees are about choice. Especially for the university, who get to choose how much they want to

charge. Students will only get one choice, whether they want to be in debt: a) A lot. Or b) Even more.

As the universities start to compete on price some people suggest it will create a 'two tier' education system, as if it were a cake, just a lot less nice. So there will be the The Ivy of universities for those who can afford them and the Burger King of universities, for students who will be working there afterwards.

Leeds Metropolitan has admirably decided to charge lower fees whilst

Leeds University (motto: 'In for a penny, in for a pound') will charge the full whack £3,000 a year.

In this new competitive environment students might start becoming more like customers with the universities as companies. Lecturers could be emblazoned garish 'Happy to Help' badges and every seminar might end with the words "Thank you for choosing Leeds, please come again soon!"

The Library could learn some tricks from Amazon. Students search-

ing for a book on the history of feminist thought might be greeted with "other customers who loaned this book also loaned Jeremy Beadle: The Unofficial Biography".

If it's true that you get what you pay for then students will start expecting a lot more. For all of us now at university and paying the almost retro fixed tuition fees we might as well enjoy just being another nine-digit student number. When we all spend half our life in Morrison's, it's sometimes nice not to be a customer.

Not just a student card

By enrolling at university you become a member of the Students' Union and the NUS. Peter Newlands explains who does what and why

WE all love our student cards. They provide us with sustenance (free burgers in McDonald's), shelter from the environment (15% discount in Miss Selfridge) and entertainment (cheap cinema tickets). But they also have another significance. They are our physical connection to our unions.

Your students' unions and the National Union of Students are a part of all our academic lives; they are in charge of everything from how much coffee costs in your union cafe to lobbying against top-up fees to parliament.

This is a brief rundown of what the NUS and your unions do and how you can get involved. First of all, the nation-wide, 5 million-strong collective of students' rights and representation that is the NUS.

The NUS is involved in the decision making processes of the key issues that affect its members, i.e. students of the 700-odd unions that are affiliated across the country. This year, NUS' two priority campaigns will focus on education now and in the future, and student activities and participation. It will be fighting against the present threat of course closures on campuses across the country at the same time as building a coalition of support for a future of free education. With the review of the top-up fees cap not that far away, its aim is to gain support across the sector for any removal of that cap.

Secondly, it will be encouraging students to participate in non-formal learning by becoming more involved in the activities and democratic processes of their students' unions and local communities. We will also be pushing for institutions to recognise the value of such activities by, for example, allowing Wednesday afternoons to be kept free from academic time-tabling.

If you want to influence the policy of the biggest student organisations in the world, you can be elected to be a delegate for your union and join the NUS

national conference, where the real nitty-gritty is mullied over.

Next, the almighty institution that is Leeds University Union. LUU boasts an illustrious alumni including former NUS president and current foreign secretary Jack Straw and the current NUS President, Kat Fletcher.

There are sixteen Assemblies in LUU which all address different concerns and needs. Students can get involved in setting Union policy or organising a campaign. The meetings will be informal, there is no need to get elected or sign up, just come along and make your voice heard.

The chairs of the Assemblies make up Union Council, the highest decision making body in the LUU. This group meets monthly to discuss key issues within the Union and set policy. Any student can stand for election to chair an Assembly and become part of Union Council.

Or, maybe you're interested in standing for election to a sabbatical post? Eight Executive Officers are responsible for running LUU in the best interests of the members. They will represent your needs to the University and beyond, making sure that students' voices are heard on issues from space to perform to more library books and everything else.

Alternatively, maybe you see yourself as the next editor of Leeds Student or LSR station manager. LUU has five Incorporated bodies, all of which have a full-time elected student to oversee their running. Sabbatical elections take place in the second term and any student is eligible to run.

The most important date in the LUU calendar is the AGM. This gives every student the opportunity to propose and vote on how LUU will be run. The AGM takes place in the second semester; if you

want a say in how your union is run, then get down to it.

Just over the motorway from Leeds Student towers lives Leeds Metropolitan Students' Union. Working hard to provide Leeds Met's student body with the best services, information and reassurance.

There are four sabbatical positions to which any student can run for election - Union president, Communications officer, Education/Campaigns officer and Athletic Union president. In addition students can become a part of the 12-man Union council which, with the executive, makes decisions about the unions direction and future.

The UC officers are part time and represent various different aspects of student life including halls of residence reps, part-time students' rep, mature students' rep and a number of others. If you have an issue with the union's policy then don't just moan, make some changes as an elected officer.



NUS President Kat Fletcher - Champion of justice/Ex-Leeds Uni graduate

Bretton plans own freshers' week

YORKSHIRE'S flagship Arts college, Bretton Hall, is hosting a freshers' week of their own for their students based in Wakefield. The eight member strong Bretton Committee have been elected in to support their members, who often feel separate from Leeds University Union. The exec have got a week of events planned for the Wakefield campus so no one will miss out in freshers fever.

- Sunday Intro Party til 2am in the newly revamped KB Bar.
- Monday : Electives Fair followed by a night out in Wakefield.
- Tuesday: Freshers Fair and Bretton Society meetings. Hypnotist Hugh Lennon In K.B
- Wednesday: Give it a go activities. Drama Society Performance in Performance centre.
- Thursday: Tours around the Leeds University Union by the BHCC.
- Friday: Flirt! School Disco @ KB
- Saturday 24: Musical Society mini Productions: 12 hour musical
- Sunday 25: Inflatable Fun day in KB
- Friday 30: You're a Good Man Charlie Brown: revival of the musical by the Bretton Hall Small Musical Society in The Performance Centre Studio.

The Bretton committee will be in the Bretton Student Bungalow most days, but you can also leave a message for:

- Bretton Officer: Heather Shaw
- Bretton Rep: Peter Holland
- Societies Officer: Kim Savage
- Relocations Rep: Gemma Rooke
- Sports Officer: Laura Mckay
- Union Rep: Peter Gough
- Campaigns and Welfare Officers: Amy Smith & Katie Brooks

October 15th

and every month:
Nov 19th, Dec 17th ...

3rd Saturday of the month

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Leeds University Union: Stylus

Vacancy number 103

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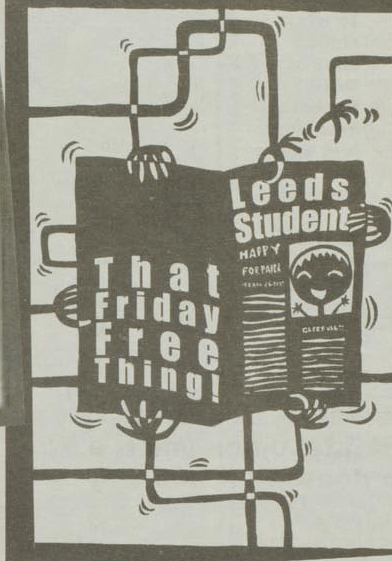
Leeds Student is an award winning paper with an incredible record for getting journalists onto national newspapers, magazines and TV programmes. Previous writers are now working for the BBC, Channel 4 News, The Independent, The Observer, The Guardian, The Mail and The Sun, and if you want to be part of our legacy, get involved now!!

We're always looking out for new faces and fresh talent for every section. It's not hard to get involved - simply turn up at one of the section meetings on Fridays (in term time), held in the office at 4 pm. It's best to come with an idea, but if you don't have one yet, section editors will be able to give you something to work on.

We need writers for News, Sports, Opinion, Features, Politics, Fashion, Motoring, Gadgets, Games, Arts, Music, Clubs, Books, TV

Apply now: email editor@leedsstudent.org.uk

Must get work experience



Vacancy number 101

DESIGNER- S

Leeds Student is looking for exciting, creative page layout to make our pages more eye catching and exciting and we need imaginative designers for all sections. This is an excellent opportunity to get your work in print and potentially get noticed at national media awards schemes run annually by the Guardian, Mirror, and EMAP among others. We want the best designers to try out their ideas and make the UK's biggest student paper even better.

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Vacancy number 102

Marketing team

- Creative
- Enthusiastic
- Committed

Leeds Student is an award-winning paper that is the biggest student paper in the country, but we need your skills to publicise it to our students. We're looking for an innovative publicity team who can market our paper, 'sell' it to the students and help with recruitment.

You'll need to have creative ideas and commit to a project for at least a term, but you'll get an amazing experience of being part of our team and an excellent boost to your C.V.

Apply now: email editor@leedsstudent.org.uk

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Competition

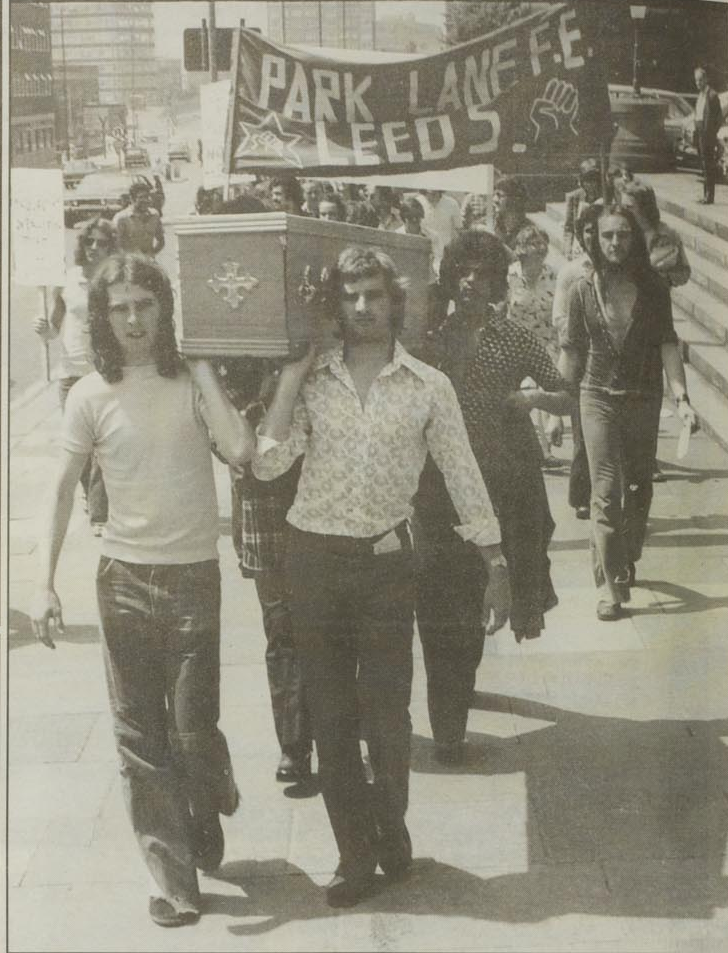
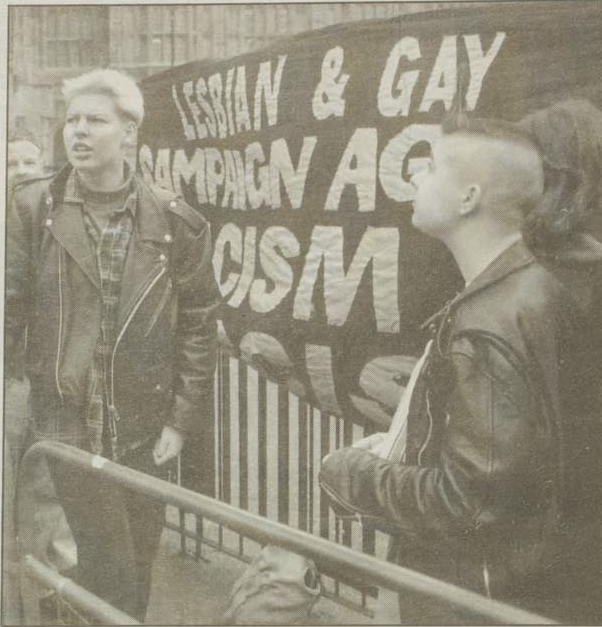
WIN A CD

To win a signed copy of Daniel Rachel's new single, just answer this question:

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(Clue visit daniel-rachel.com)

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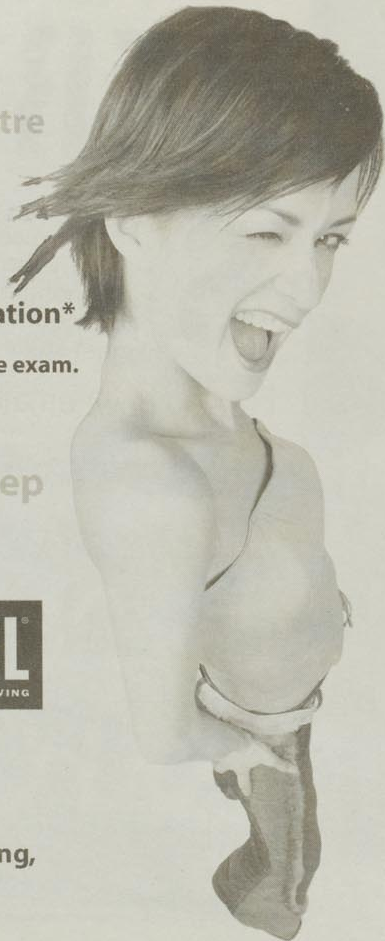
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FIGHT FOR YOUR RIGHT

ACTIVISM has been replaced by apathy, according to the media image of students nationwide. These photos show how exciting it was to be a student in the 1960s, 70s and 80s, when being part of a student union meant campaigning and fighting for beliefs. Now it is all too easy to see the union as a building full of commercial services and forget what being a student can be all about.

However the apathetic student is not an entirely fair portrait: many students are active on campus or at national demonstrations. Top-up Fees and the campaign against the war in Iraq provoked thousands of students into action and visibly showed the Government just how loud the student voice could shout.

Bertie Russell, third year Geography student at the University of Leeds, has been heavily involved in protesting against global issues through the charity War on Want. He believes it is vital that students think and protest.

He said: "Universities act as a melting pot of social issues and political ideologies. It is essential that discourse analysis and constructive activism occurs to bring these ideologies and issues to the forefront of student consciousness."

Russell is a Youth Action office for the charity and convenor for the Education Not for Sale campaign that is fighting back against Top-Up fees.

"Student activism has historically played a defining role in global movements, positively engaging in social, environmental and political issues," he said.

At the other end of the spectrum, Bretton Hall mobilised students to protest outside LUU about the closure of their arts college in Wakefield.

Heather Shaw, Bretton Hall Officer was proud of her troops, and saw how motivated students could become when their livelihoods were threatened.

"I found that a lot of students were interested in politics once it threatened their cosy lives - the Bretton closure for example; people were in uproar about how they were being treated and how unstable their futures had become.

"This was students being positively engaged in activism, doing anything they could to get themselves heard. In my opinion students aren't all apathetic, selfish, spoilt kids, most of them just haven't been properly engaged by an issue that interests or affects them."

Shaw said that she was hopeful freshers got involved in union politics, but conceded that the union had a part to play.

"The key to upping the numbers of students involved in activism on any level is engagement."

• Keep on top of union politics by reading the Leeds Student every Friday



So fresh it's famous

Noel Darcy

"Well, yes... And here we go again."
Hunter Stanley Thompson

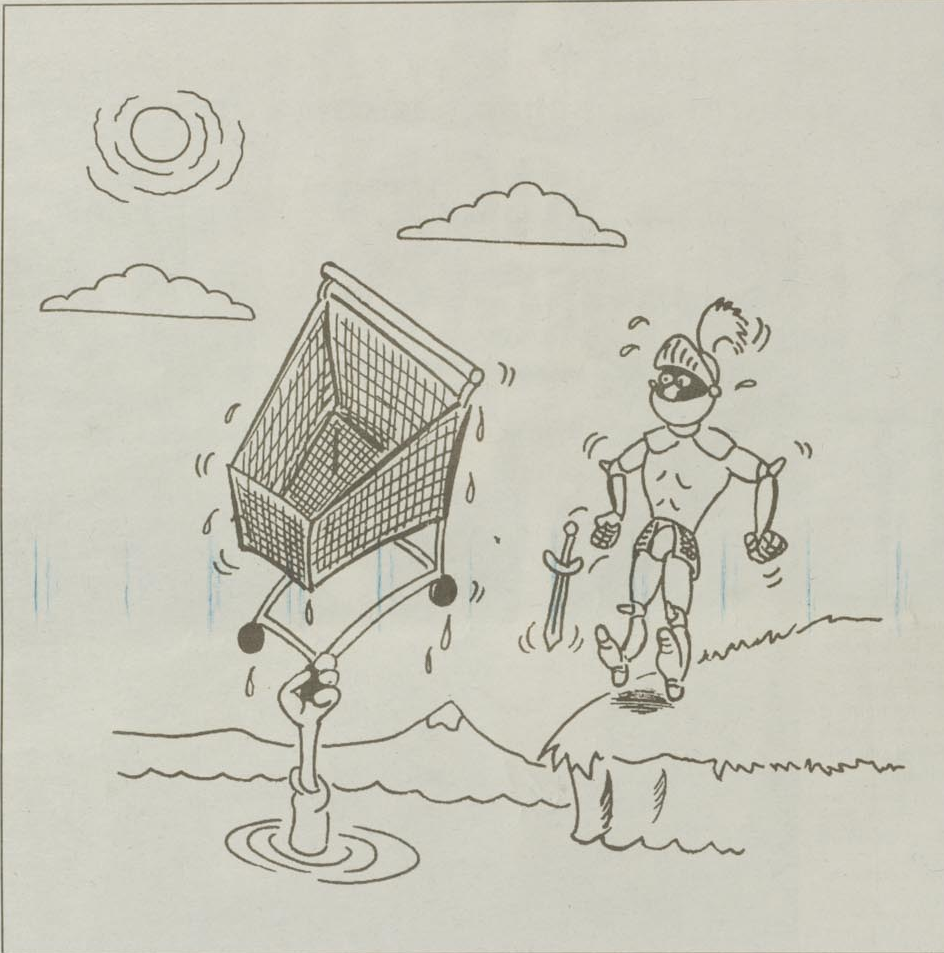
Roll up, roll up, welcome one and all to the extravaganza of a lifetime that is fresherdom. So, you have decided to come to Leeds, eh? Good choice my friend, but alas, it is most likely the last sensible decision you'll make for some time. But who ever said sensible was the same thing as right?

If my own memories are anything to go by, and generally, they are not, then the most of you will be in a very strange place right now, both physically and mentally. A new home, new friends, new levels of grotesque debauchery, and not to forget, new ways of making two potatoes and a tin of beans feed three people for a week. It can take some getting used to, all this change, but always remember one thing: it is the same for everybody else.

Of course, some of you fresh fish have undoubtedly taken the plunge in at the deep end, travelling barefoot for weeks across barren landscapes to make it to this hallowed Yorkshire turf, and of course, it takes some of you ten minutes by train. Where is your damned sense of adventure? Regardless, always bear in mind that you may have to rely on anyone of these newfound miscreants for your next beer/ meal, so keep them sweet.

Despite all the promises you have made to your self and your parents of the levels of grandeur you will be catapulted to within weeks of arrival at university, I promise you, you will f**k up. You will overspend your money. You will underestimate the workload. You will crawl home from a strangers dorm two hours before the deadline of a five thousand word essay you have yet to start. It is inevitable. But who cares, so long as it is a hot stranger? You see, the trick to making university really work is to throw caution to the wind. Enjoy yourself. There is always the small matter of your degree, but really, who the f**k comes to a city like Leeds to get an education? There is more almost illegally cheap liquor in this city than you can shake a really big stick at, and try as I might, I can't quaff it all by myself. So what is to be done?

As with everything in life, there is an easy way and a hard way to go about your degree in Leeds, but inexplicably, the line often blurs between the two here. On the outset, the easy way does seem to be the "get f**ked now, do work later" school of thought, but believe me, later rarely, if ever, arrives, and it comes down to "get f**ked now, get really f**ked later." Over the course of your three or whatever years, it will slowly dawn on you, that if you do the work in time, then sleepless nights accompanied by nothing more than a bottle of whiskey, forty cigarettes and a computer will no longer be your calling card. Unfortunately, even when you do come to realise such a vital piece of information, it is somewhat more difficult to put it into practice. The pivot on the see-saw of university survival is how much you



actually value getting your degree. If, as is the case of one columnist I care not to mention, your favour falls on the hedonistic aspects of life, you are guaranteed to fail. At the tail end of each and every year, you will spend the most glorious days of summer in solitary confinement, beaver away at countless essays that you will never get more than a third for. And while you are doing this? Your friends will be spending halcyon evenings lounging beside barbecues, engulfed in bevs and a bevy of beauties in short shorts and shorter skirts.

And so, to the obligatory dos and don'ts of university life. On reflection, this is somewhat of an impossibility. Each and everyone of you are different, and so different rules apply. The best I can truly offer is what I have personally done, and explain where it has failed and famed me.

Day 1: Get as drunk as is humanly possible. My own weapon of choice was a bottle of TrEbor Absinthe, one that to this day, I am still unsure as to whether or not I regret. You see, when you get this drunk, people start noticing you. You do stupid things, you fall over a lot, and not knowing what else to do, swarms of people start following you, just to see what will happen next. The beauty of this is that by the end of the second day, you know more people than

you have ever known in your life. In fact, that is not entirely true; they know you, but you swear you have never seen them before. But, with all these strangers knowing your name, you will assume the guise of popularity, and all and sundry will wish to befriend you.

Day 2: Try to stay somewhat sober for the day, and work out who exactly you would like to spend time with, and who you wish to avoid for the next three years. Don't worry about getting this wrong, as groups will crumble and reform as the year progresses until you find people you are perfectly comfortable with, but it is all too easy to acquire a freak in the opening days of fresher's week. It is a strange phenomenon, but with out doubt, you will pick up a stalker-esque companion in the initial days, and they are notoriously difficult to shake off. It took almost four months to completely cut the ties with my own, and some of my friends have ended up living with theirs. Remember- a freak is for life, not just for fresher's week.

Day 3: Do whatever is organised for fresher's week, then avoid all the places they have taken you like the plague. You see, the purpose of fresher's week is solely for you to make friends. For this reason, the events are usually crass, cheap and cheerful, with the emphasis on those most putrid of words- "wacky

and zany." But nevertheless, they serve the purpose well initially, but should generally be avoided from then on.

Leeds is a haven of fantastic clubs and has one of the most diverse music scenes this side of The Wirral. Really though, don't waste your hard sponged money listening to the same shit music every night, for far more education awaits you in this city than simply your degree.

Day 4, and every day after: Do not, under any circumstances, sleep with your flat mates. This is a difficult point to get across to anyone, and is generally only realised after the fateful mistake has been made. It is almost always the case that one party gets too attached, and it is truly hellish trying to spend a year with someone in such a situation. You have been warned.

Well, there you have it folks, the best advice I can give you. It may work, it may not, I don't particularly care either way, just so long as you have fun doing it. And just one more thing- there is always a 'better dealer than the one you have, see keep your eyes open.

If you want to write comment or draw cartoons email

editor@leedsstudent.org.uk or come to a meeting: Fri 4pm

ON THE BEAT



PC Carole Munsey is your Police Student Liaison Officer and is available for advice or information Monday to Friday 8am - 4pm on 07789 753400 or via e-mail: twti@westyorkshire.pnn.police.uk

Becoming a victim of crime is a traumatic event, whether it be as a result of a burglary, assault, theft on the street or any other type of crime.

There are a few simple precautions everyone can take to reduce the risks. First and foremost, always make sure your doors and windows are closed and locked whenever you leave your property, even for a few minutes. Leaving a room empty with the window open and a laptop visible is an opportunity too good for a criminal to miss. They will often climb drainpipes or use available ladders, bins, etc, to gain access to upstairs windows which are left open. In over 50% of burglaries last year where the victim was a student, entry was gained through an open or unlocked door or window.

Try not to walk alone at night, especially in dark areas such as through Hyde Park. If you must go alone, take a bus or taxi. Using your mobile phone on the street can make you vulnerable; keep it hidden away along with any other valuable equipment you may have, such as ipods. If you must carry your laptop with you, place it in a rucksack or other bag which does not identify it.

The vast majority of students enjoy their time at university without becoming a victim of crime; make sure that includes you.

If you, someone else or your property are in immediate danger, ring 999. If you wish to report something which has already happened, ring the police non-emergency number 0845 6060606.

Funny money

Finances at uni aren't a joke: it's easy to get in debt and harder to get out of it, but worry not, Akriti Farmahan has come up with ten money saving tips



Invest in a bus pass

Yes it seems an obvious one but students living in halls far from campus would be amazed to see how much money you can save by getting a bus pass. If you're feeling enthusiastic and energetic walking is another money saving option!



Don't go too mad in fresher's week

There are hundreds of societies to join, however, the majority cost money to join. Limit yourself to a few societies you know you will be committed to throughout the year. Therefore, you are saving money and joining societies you know you will enjoy and make the most of.



Buy Morrisons own brand food

No it doesn't mean you're a cheap skate if you buy Morrisons own beans instead of expensive Heinz baked beans. Okay, I admit, no bean can be as good as a Heinz baked bean but think of the money your saving for that night out.



Cook for yourself

Learning how to cook is a great money saver. I ate a wide variety of international foods during my first month as a student, Chinese, Indian, Mexican...takeaway! Not only did I become unhealthy but it burnt a large hole in my purse. Cooking your own food will save a great deal of money and hidden talents may be discovered. Jamie Oliver watch out!



RO.G.O.F.

You never understood why your mum got so excited over 'buy one get one free' offers in the supermarket, you will now! Shop for food with friends and bulk buy to take advantage of offers - a great money saver and treat when it's on jaffa cakes!



Hit the bottle

No I'm not scraping the barrel for ideas, these really do work! Speaking of scrapping the barrel, keep filling you're washing up liquid when there's a bit left. A little goes a long way as you will be amazed at the cost of washing up liquid!



Don't be taken for a ride

An unscrupulous taxi drivers might rip off an eager, new fresher. Make sure when you get into a licensed cab you negotiate a reasonable price so you don't end up spending a fortune to get home in the early hours of the morning.



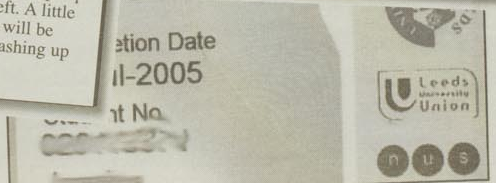
Buy second hand books

Don't get over excited when you get your reading list and buy every book. Shop around for second hand books from second and third year students, they are often half the retail price. Also, make good use of the fabulous libraries both universities have to offer. You will find all the books and information you need.



Work it baby

Three words, job, job and job! You can still have a fun and exciting first year whilst earning some cash which can be used on your drinking fund, clothes or food for the month. Also, it is a great opportunity to make friends outside of uni. Joblink in LUU and Jobshop in LMSU are student employment services and have hundreds of jobs to suit your timetable. So forget this 'lazy student' image everyone has and get out of bed and earn some money! Looks great on your CV too.



Plastic fantastic

Always carry your student card, many shops now offer up to 20 per cent discount for poverty stricken students. 20 per cent never seemed so good once you become a student you will be amazed at how much you could save on an outfit for a night out on the town (in the city of the mullet-sporting metrosexuals, that's not as girly as it sounds!)

Are you struggling with money?

There are people at university who can help if you are having problems:

LUU Advice Centre: luuonline.com/advice
LMUSU Advice: lmsu.org.uk/advice.asp
Student Loan company: slc.co.uk
General advice: studentmoney.org

Nightline (listening service): 0113 380 1381

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Bladdered

Hair of the dog... Massive and greasy full-English and/or Sausage and Egg McMuffin... Two Nurofen... Morning lie-in followed by an all-day nap followed by a good night's sleep..... Seven pints of water... Oysters.

There is no shortage of old wives'/best mates' tales about how to combat the dreaded hangover. But cures are pretty much subjective to person and situation, so we'll spare you the long list.

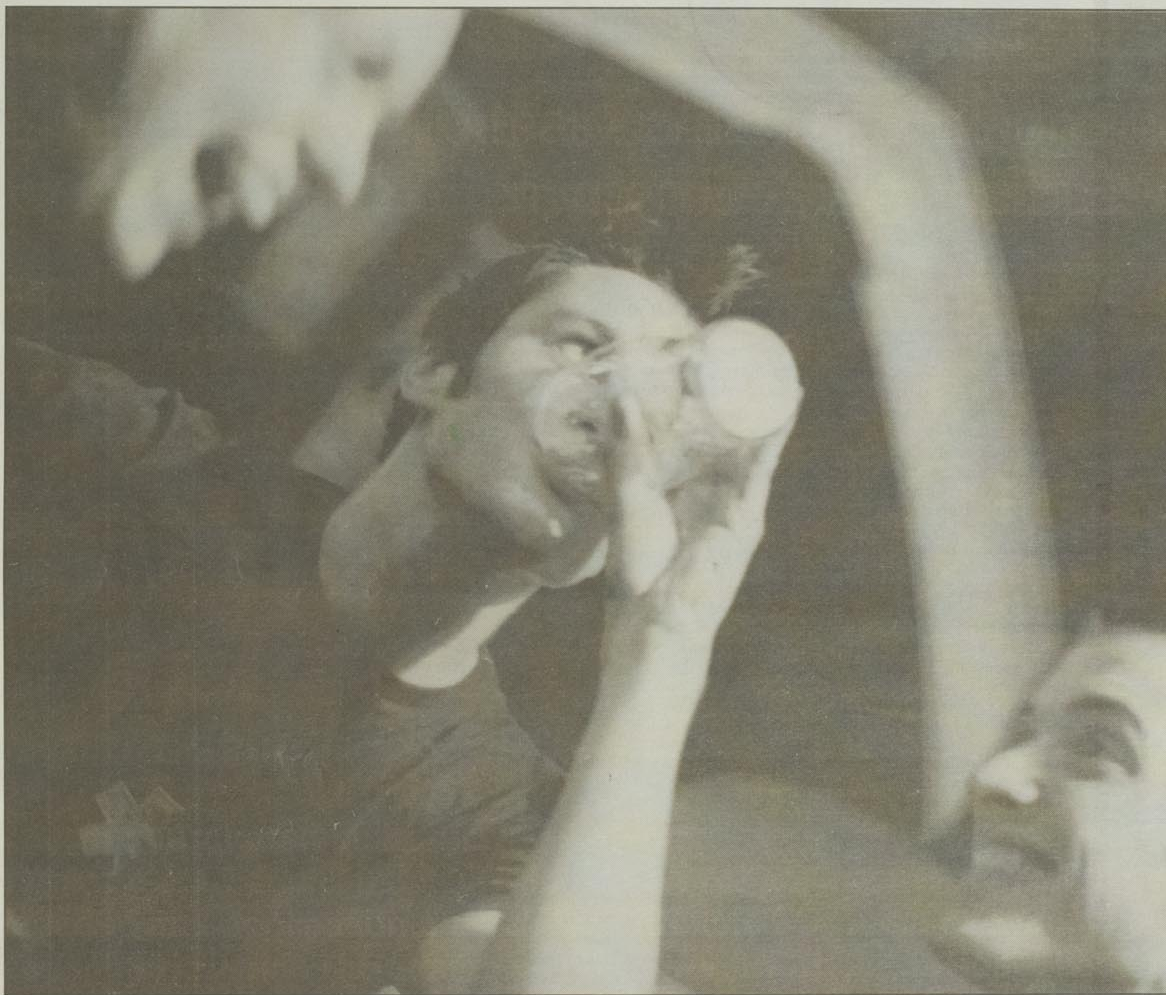
Yet if you want to know how NOT to get hangovers, you should know what causes them. Booze. Obviously. So rule number one is to NOT DRINK. Errr, right, that's not going to have any impact during freshers' week. Next!

The reason you get a hangover is because you've soaked your body in alcohol. Partly true. The real reason is you've soaked your body in alcohol filled with ugly toxins. These toxins are called congeners and they occur during the fermentation process. They're what makes gin taste different from bourbon from peach schnapps and so on.

When you drink booze, your liver tries to break it down. Unfortunately, if the mix of exotic concoctions that seemed such a good idea the night before contained too many congeners, you're in line for a mean headache, nausea, vomiting and other 'nice' side effects.

Meanwhile, your poor kidneys are going to have to work hard to clean up the mess. They look around for water, which they need desperately (and in large quantities) to flush out the poisons and complete the purification process. That's why you pee so much. But as they require more water than you are probably drinking, the liver and kidneys are forced to search the rest of your body for the elixir they require. So by now you may have got rid of some of the toxins, but you've become terribly dehydrated. And that usually means impaired brain function, a pounding headache. And to top it off, even sleep won't save you.

Just because you've passed out you're still not guaranteed a good night's kip because of the wonky effect all the booze in your body has had on your brain. For a start, all that alcohol means you won't get any quality REM sleep. In all, it's a pain of colossal proportions.



So, how **DO** you survive the Day After the Night Before?

1. Cut down on the alcohol, and **don't** mix your drinks. Unless you want to die with a liver the size of Buckinghamshire, either take it easy or alternate your booze with non-alcoholic bevies. If friends

rib you and you need to save face, tell them there is booze in your lemonade or cola

2. Cut down on the congeners. Some alcohols contain fewer toxins than others. Stay away from red wine, champagne, bourbon or other dark velvets such as whiskey, rum

or stouts. Vodka has the least amount of congeners, so if you must, stick with this

3. Cheap = Congeners. The cheaper the brand and quality, the more toxins contained within. Splash out on the good stuff and you won't suffer as much. Step away from the shelf

and put down the screw-top red wine!

4. Spare a thought for your industrious liver and kidneys by drinking water. Before, during, after and continuously. It really will help. We promise

5. Get some rest, take some Milk Thistle (this natural herb, which can be bought from health food shops, contains silymarin which helps the liver to repair and rejuvenate itself)

6. Lay off for a bit!

W i n

Have you ever wanted to master the skills that epitomise the very essence of 'cool'? The things that only others can do? Well



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But be warned, it's not easy! the book of cool is guaranteed to drive you crazy

while you learn but that's nothing compared to the thrill of nailing that move! But as they say practise makes perfect! the book of cool is only available to buy from www.bookofcool.com, priced £24.99

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Name three of the disciplines contained in the book of cool
send your entries to: thebookofcool@paratuscommunications.com

MEETING TIMES

News: Friday 1pm, Monday 1pm
Sport: Monday 1pm

All other meetings Friday 4pm

Leeds Student Office, first floor LUU

0113 380 1450
editor@leedsstudent.org.uk

Tropical World

How to get there

Princes Avenue, next to Canal Gardens, Roundhay Park, Leeds- No' 2 and No' 12 buses from Leeds city centre. About £3 entry. Free for wheelchair users

Takes lots of water because you'll need it in those tropical conditions. See reptiles, turtles, tropical fish, butterflies, macaws, lemurs, prairie dogs, tamarind monkeys and lots more. My number one because it's a fantastic day out, especially in the summer if you want to escape Leeds city centre for a bit. It's across from the Roundhay Fox pub, where it's nice to stop off for a drink and a meal before exploring the vast acres of Roundhay park. The park offers massive green fields to play football, Frisbee or just to sunbathe, or you can go for a stroll along one of its many lakes.

All ye fresh-ers who rightly intend to spend the coming months avoiding libraries and all other forms of academia, listen up! Leeds is a fantastic place to get as drunk as a lord, but if you ever feel like giving your liver a break, donning a cravat and immersing yourself in totally un-work-related profundity, read on. Here is a guide to five of the best arts venues in the wonderful city of Leeds.

Room

How to get there

The Bourse Courtyard, Boer Lane, Leeds- Across the road from the Leeds Shopping Plaza so take any bus into Leeds

A very expensive but very romantic and gorgeous restaurant, both inside and outside. A good variety of wine to choose from and beautiful candle lit meals coupled with its soft and sultry atmosphere makes it wonderful for cosying up to that special someone. Would recommend booking in advance.



Cuban Heels

How to get there

28-30 Railway Arches.-Take any bus that goes into Leeds, especially if it goes near the train station or Corn Exchange

Not as expensive as some restaurants. This warm and welcoming South American café bar is a nice place to go with friends or boyfriend/girlfriend for truly tasty meals. I found it very culturally stimulating in its décor as well as its Mexican delicacies.

Maybe take the parents up if they're coming for a visit. Would recommend booking in advance

Trader Dicks

Flea Market

How to get there

8-10 Headingley Lane, Leeds- Take any bus that goes into Headingley. It's on the Hyde Park corner near the Hyde Park Pub.

I've only recently discovered this one, but it's full of amazing items, some scary and ugly, some beautiful and old. Not bad prices. Good if you want some weird and funky stuff to adorn your new accommodation (There's a mermaid in the window and I discovered a bottle of Hops) and some of it could become quite valuable too!



have been rather surprised over the past year or two to find myself discovering the 'undiscovered cultural gems' of a city I have lived in all my life. The underground, rather bohemian but prospective nightspots that I neglected to explore (by-passed on my usual shopping routes, restaurants with their assorted cuisines (some of them too expensive either). The two-for-one offer, not an unwelcome experience, different one to the normal vodka and

What I have been most surprised by is that 'discoveries' have all been introduced only been in Leeds for a few years. All the delights that Leeds has to offer? "You're from Leeds? Any suggestions?" instantly made me realise I didn't realise how little I knew about being around people with fresh eyes that I have taken into account this city has pleasures directed towards the past. The New

Theatre

The alluring contemporary design of Leeds' most diverse and experimental theatre rises out of the city's skyline like a cultural beacon. Conveniently located across the road from the bus station and next door to a curry house, The West Yorkshire Playhouse is the place to go for a wholly unpretentious night of theatrical thrills. Each season at the Playhouse crammed full of shows by local and national theatre troupes, topped up with smaller productions such as stand up comedy and performances by world music groups.

Keep and eye our pricest for fantastically unique tragicomic shows by the travelling KneeHigh Theatre group, and head down on a Wednesday for student ticket .

Film

Alternative flicks ranging from obscure documentaries to foreign masterpieces can be savoured by the anti-Hollywood film buff at The Hyde Park Picture House. This jewel was responsible for screening the Motorcycle Diaries to Leeds' student community last year. The old style cinema is a little off the path well trodden by Freshers' feet, but don't miss out on the delights it has to offer in your first year. Just walk straight up the left side in Brudenell Road (right off Hyde Park Road) until you collide with the distinctive cream and red building. Works from the Leeds International Film Festival will be shown at the Picturehouse in the Autumn semester. See page 22 for more

Cinema

For the truly commercialised cinematic experience we all know and love, The Light is the perfect place to settle in a swish chair and drool over Clive Owen or Angelina Jolie in comfort and style. Go on a Tuesday night for discounted student prices, though take heed and either prebook or go early for a screening to avoid horribly stressful queuing to find out whether you've got a seat. You can check out film times for these and other Leeds cinemas every Friday in your trusty Leeds Student newspaper.

Art

The biggest and most reachable art gallery in Leeds is The Henry Moore Institute, situated on the Headrow just down from Millenium square. Known to many as the building that mysteriously produces the lulling sound of crashing surf (causing many to dash to the nearest loo), the Institute has a diverse programme throwing collections, exhibitions and research projects into the public eye. Look out for the collections and exhibitions over the Autumn season. For a wealth of vibrant artistic culture, there's no where better for students than the University of Leeds and Leeds Metropolitan University campuses themselves. They are rife with artistic projects that students can immerse themselves in, ranging from full-scale drama projects to pottery painting at the Art Café. Leeds University campus stages many comically outstanding musicals for those who relish the odd night of superficial singsong, and the Met hosts some class external artists in it's atmospheric theatre. A wander round the campus any day of the week is bound provide you with some quirky exhibition to liven up a rainy afternoon. These are only a starting point - check out guides and ask around to discover some of the more offbeat cultural events. And don't run away from everyone who wafts a flyer in your face - you might miss out on a treat.



Scratching the surface

Rachael Wake

City Sights

Sarah Cluderay

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two-for one cocktails
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ca and coke routine.

erised by, however, is that these
duced to me by friends who have
years, but they were more aware of
has to offer than me. The question:
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ere verbally stumble and my head go blank.
ittle I knew about my own home. It is only by
ople who have been able to explore this city with
ave actually come to appreciate and be proud of
ix of establishments. It has also made me realise and
count the outlying historical amenities that have made
how it is and that I have somehow overlooked. Small
es such as parks, fountains, buildings- preserved and resur-
ed from antiquity, to cater for the modern but remind us of the
st. The outlying manor houses of Roundhay Park and Temple
Newsam are fantastic suburban structures. Just to think that some-
body privately owned all those acres of land is astounding and that
it would not have been open to the public back then either, but a pri-
vate play ground of high society!

Not only that, but less obvious places in the city, such as Seacroft, are also steeped in history. Not so long ago I was on a web-site that charted the history of Seacroft. I was surprised to find that a manor house presided over where Parklands Girls' High school now stands. The gatehouse is all that is left and for years I pondered what that structure was and why it was there. I overlooked the surrounding cottages too; the whole setup of a historic village is overshadowed by the modern roads and buildings so that we cannot even consider the possibilities of what once was. (Now I just try to envision the manor house every time I travel past and what it would look like and how the area might be different with more attention being paid on conservation rather than expansion.)

I must admit, I was not entirely comfortable with staying in Leeds for another three years in order to obtain a degree. Like other young people I wanted to live away from home, be independent and discover new and more exciting places, but I am actually coming to enjoy rediscovering this city's hidden depths.

My point is that you don't have to go very far to find modernity or culture, a good nightspot or a quiet restaurant. I think that we might expect and appreciate that in another country or another county, but I don't think you can fully appreciate it until you realise that it is all on your door step. It could be down those little back streets or in that unexplored quarter of the city and all you have to do is just go out and look for it.

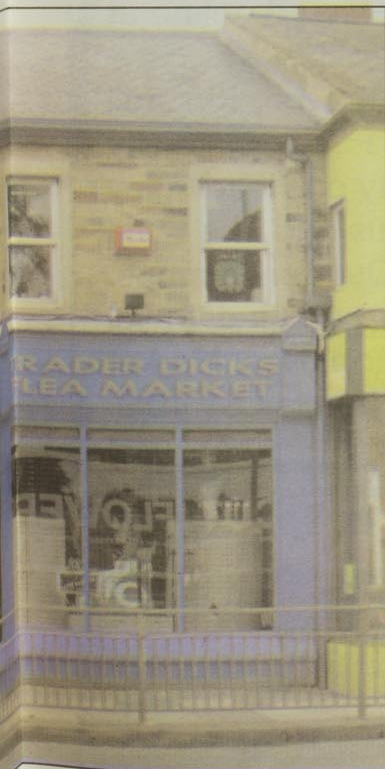
CORNIXCHANGE

Corn Exchange

How to get there

42 Call Lane, Leeds
Get any bus into Leeds centre, especially ones that go to Leeds Corn Exchange Bus Point

Converted from the old farmers market this very large, unmissable, rotund building now caters more for students than anyone else, but it maintains its magnificent Victorian architecture and make sure you look up to see the stunning glass roof. If you're into art, retro fashion and jewellery, comic books or collectable items then I'd recommend having a wander and you'll find things quite decently priced. There are nice cafes on the bottom floor as well, but the whole place can be a bit on the quiet side i.e. not as busy as a shopping centre, but that's not necessarily a bad thing.



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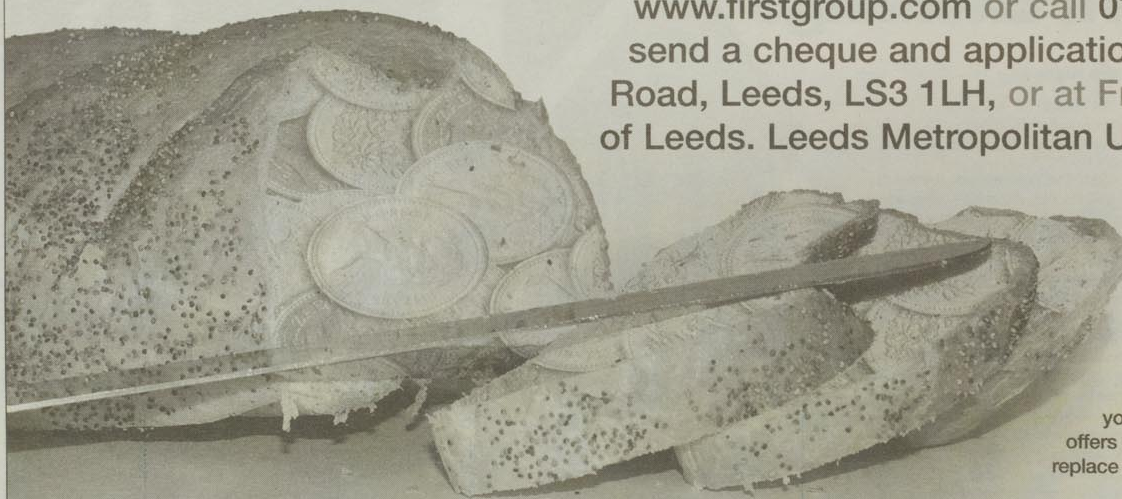
Student Month ticket

Student Tickets can be purchased online at www.firstgroup.com or call 0113 381 5550. By post – send a cheque and application form to First, Kirkstall Road, Leeds, LS3 1LH, or at Freshers Fairs: University of Leeds. Leeds Metropolitan University on Headingley

Campus and The Civic Quarter Campus.

Also at: First Travel Shop, New Market Street, Leeds LS1 4DG.

We strongly recommend that you protect yourself against loss or theft of the ticket. First offers protection against loss costing £5 which will replace the ticket if lost or stolen – conditions apply.



For further details on all Student Tickets and First bus services ring

0113 381 5550

Delicious budgeting

Hall food not up to Mum's home cooking? Instead of the greasy takeaway, David Calder munches his way through some of the city's lesser-known eateries

Gzing

Minced lamb kebab, scorched on the outside, pink and juicy on the inside. Succulent chicken and lamb kebabs, all with salad, grilled tomatoes, and flat bread. Stewed lamb, falling off the bone, tender but firm, full of flavour with a rich, dark colour; served with rice, a choice of vegetable stews, and more flat bread.

Kurdish food is not spicy and may appear bland at first, but there are lots of rich flavours to dis-

cover. The pepper pots have sumak, a lemony herb, in them. Everything on the menu is under a fiver, portions are very generous or small portions are available. There is an English language menu. Soft drinks available, no alcohol, no smoking. Kurdish music.

Next to 'My Bathroom', Cherry Row, LS9 (behind St James Hospital)

Number One Oriental Buffet

Anglo-Chinese food meets Chinese home cooking, with some odd but interesting extras – whole boiled prawns and mussels in black bean sauce – and a lot of choice. The Beancurd, and the Pork with leeks and onions are strikingly authentic, and there's a wide range of well known dishes such as Sweet and Sour, fried noodles, Peking Duck etc. There's a range of vegetarian dishes too. Good fruit and ice cream included. Bottled beer about £2.30, keg £2.70 a pint, tea 50p. Prices vary: £5.50 till 4pm, £6.50 from 4 to 6, £8.50 from 6 onwards.

New York Sreet (next to Leeds Market)

Dheshi's Grill

Dheshi's Grill is the only place in Leeds where I've danced with the chef. This can be a very fun place to eat and the food is good spicy Punjabi with an emphasis on the grill, lots of fresh coriander, plenty of contrast. The mixed Kebab starter and various Karahi dishes are specially recommended. A meal here will cost a tenner plus. Evenings only. Bring your own beer.

Roundhay Road (near Empire



Some places to try

Shops

M a u m n i a t ' s International, Brudenell Grove LS6, South Asian, Middle Eastern, Oriental, Abu Bakr, South Asian, Queen's Road, LS6 &

Roundhay Road LS Continental Stores, Chapeltown Road LS South Asian, Middle Eastern, African, Afro-Caribbean. Good fruit and veg

Halal Butchers

Abu Bakar, Queen's Road LS6 Continental Stores, Chapeltown Road LS7

Kosher Butchers Kosherie Peter Myers, Meat and deli. Harrogate Road LS7



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I needed to talk to someone

2nd Year Student

I broke up with my boyfriend before I came to uni. My new friends tried to be there for me, but after a while they expected me to be over it. In the end I just needed to talk to someone who wouldn't be bored by me. I'd seen an advert for Nightline so I rang the listening line number and was able to talk for the next hour about my ex and how I was feeling. Nightline may not have been able to get me back with my ex-boyfriend, but they did listen and made me realise that there are people there to help me.

Who you gonna call

By KERRY SELLARS

LIFE at university is not always as simple as it should be, all sorts of problems tend to pop up throughout your time here at university.

Nightline is a confidential listening and information service which runs every night of the semester from 8pm till 8am to help you with your problems.

We have two numbers, printed on your student card: the Listening Line and the Info Line. The Listening line is for students to ring up and talk about any problem upsetting them; the Info Line is for essential things like library opening times, lecture hall locations and taxi numbers. We also have a drop in service in our office up in the ARC,

LUU, where anyone can come for a chat or pick up free condoms, pregnancy kits and attack alarms.

Nightline relies on volunteers to keep the service going and we will be recruiting during Freshers Week and the first week of term. Additional information meetings are on September 26, 5-6 pm in the Conference Hall, September 27, 2-3pm in Meeting Room 2 and September 28, 3-4 in Meeting Room 2, all in LUU building.

If you want to volunteer for Nightline then come along to a meeting and we will sign you up for training sessions.

Listening Line on 0113 380 1381
Info Line on 0113 380 1380
email nightline@luu.leeds.ac.uk



WAITING FOR GLORY: The Sunshine Underground's frontman Craig Wellington plays at The Vine. PHOTO: STEVE DAFKE

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Unsung heroes

By STEVE DARKE

IT doesn't take a member of the musical cognoscente to realise that Leeds is an exciting place for live music at the moment. You can't swing a cat - or a ferret for that matter - without hitting someone in a Kaiser Chiefs T-Shirt; add to that the success of Black Wire, Stateless, The Cribs and the like (an expression, not a band) and the healthy state of live music in the city is fairly self explanatory.

Leeds is effectively the place to be, so much so that numerous bands are migrating here in search of their big break. One such act is The Sunshine Underground, who set off from Shrewsbury armed with nothing but an ability to write immediate

indie singalongs, and a frontman with a pair of disproportionately large lungs. Expect great things. If you like TSU you'll love 'Forward Russia! With guitars so angular they could lacerate your fingers and vocals that will haunt you for weeks you leave their shows like you used to leave school on your birthday. Beaten to a pulp, but pleasantly smug.

It's hard to cram all the promising and exciting acts into such a small space but garage psych punk blues urchins The Voltaires, whimsical pop combo Lost Dog and the rather lovely alt-pop of Duels are all worthy of a page themselves. Just get out there and see for yourself.

• Catch two unsigned acts at **New Slang** each Saturday night in the **Old Bar** from **8th October**

Do you want to write for music? Come to a meeting in the Leeds Student office, Friday at 4pm or email music@leedsstudent.org.uk

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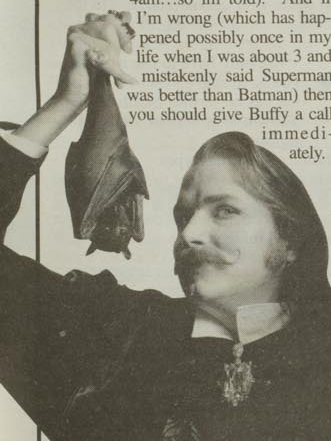
Dear Scott

I think my new flatmates might be vampires! They are up all night long and barely rise from their rooms before sunset. Between that and a liquid diet I'm starting to fear for my life. Does Leeds have a big Vampire population?

Your diagnosis of vampire is incorrect, though I can see your confusion. What you're living with is quite a common species of man these days, commonly known as a student. Now that you're living in shared accommodation other people's habits are going to become blatantly obvious, annoying but eventually lovable! The student thing is extremely contagious I'm afraid; it's very hard to avoid.

My advice to you is if you can't beat em, join em! You never know you might make a few good friends out of the late night drinking (a cool glass of O neg blood type goes down real well about 4am...so im told). And if

I'm wrong (which has happened possibly once in my life when I was about 3 and mistakenly said Superman was better than Batman) then you should give Buffy a call immediately.



Dear Scott

Help! It's my first time away from home and I don't know how to do anything, and I mean anything! My mum usually does all my washing, cleaning and cooking and now im all on my own and I really haven't got a clue! Am I going to have to get a wife to survive?

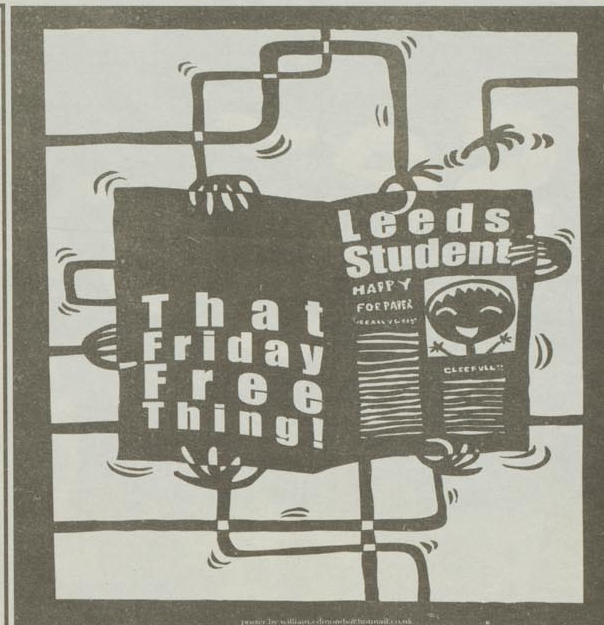
I perhaps wouldn't go as extreme as a wife, if we can have 90's women then we certainly can have naughties men. To be perfectly honest, it sounds like a dam good thing the umbilical cord has been cut and your standing on your own two feet. Time to let go of the apron strings now as well though. Soon you will discover that there is much more variety to student diet than just beans on toast (for example cheese, spaghetti and hoops on toast! And always remember a little bit of salt n pepper goes a long way, the condiment of course, not the push it kind.). So basically welcome to the real world. Stand up be counted and get your Jamie Oliver apron on. And if your still that stuck and can't do something.... make friends with someone who can.

Dear Scott

Is uni really one big sex fest? Im worried there is going to be a lot of pressure for me to have sex with lots of people, although the idea is appealing, I think im more of a one women kinda guy. Is it going to make me unpopular if I don't get with somebody new every night?

I'll be honest freshers week is mad: guys are generally running around like they're on heat and girls are less on ice than at your regular sixth form college. Of course the only pressure is always what you put on yourself. Great thing about

uni is there are so many people that you will find somebody that you like, birds of a feather folk together and all that jazz. If you want to be the next Hugh Hefner (though younger and more studly) then go for it. On the other hand if you want to be the next Michael Douglas (though again less wrinkly and more studly!) then im sure you'll be able to find your Miss Zeta-Jones. The answer to your problem was really implicit in your question, if you're a one women show at heart then I'd save the big finale for her! And look at it this way, monogamy brings less visits to your friendly pharmacist, who'll supply cream for all those hard to reach places!



Advert

LUU exec prepares for freshers week

This eight strong team have been preparing since being elected in March and working hard all summer to make sure you have the best possible experience at The University of Leeds. We will represent the thoughts and needs of all students to the University and beyond.

Our office is located on the first floor of the Union building, come and see us with queries or questions regarding any aspect of Uni life and someone will point you in the right direction. You can also have a look at our team values and what we are getting up to on a day to day basis.

LUU is a democratic organisation, have your say in how it is run; use your vote, stand for election, come to General Meetings. If you have something to shout about join in our assemblies, these informal meetings will give you the opportunity to get involved in bringing about change or to campaign on issues that affect you.

Come along to the Assemblies Fair on Thursday 22 and Friday 23

September to find out more.

This year, we want to make sure that you know the who, what, where and how of your Union. LUU is one of the biggest and best Students' Union in the country, you make it what it is: so get involved.

We are proud of who we are and what we do, we do our best to cater for the needs of our diverse membership, join in our PRIDE celebrations coming soon.

At LUU we want to ensure that our students are as happy and healthy as possible. Look out for our Well Being activities and advice, keep stress levels down, enjoy a full and active lifestyle and play safely.

In all of our fair-trade shops and bars we recycle all money made back into the Union so we can provide you the members with unique services and facilities like the Student Advice Centre, Student Activities and the Safety Bus to name a few.

LUU is Not for profit, just for students.

Win!



morphy richards Coffee break

Take a well deserved tea break from all the freshers week frantics and take our suduko challenge.

When you've finished, try your luck at winning this brand new toaster, curtesy of the caring people at Morphy Richards. Just answer this mind bog-ling question:

How many toilet rolls does the ladies toilet in LUU get through each day?

- a: 26
- b: 16
- c: 6

eamil editor@leedsstudent.org.uk

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Sex Sex Sex Sex



Oral Contraceptives

Oral contraceptives, known as "The Pill", contain two synthetic female hormones (estrogen and progesterone) which prevent pregnancy by inhibiting the monthly release of the "egg" from the ovaries. These are the same female hormones you normally produce. The quantities in the pill are less than what your body would produce if you were pregnant.

- +**
 - More regular cycles, less pain and reduced menstrual blood flow
 - Improvement in acne
 - Lower risk of certain cancers including cancer of the ovaries and endometrium (the lining of the uterus).
 - Less benign breast disease.
- - Breakthrough bleeding or 'spotting': spotting is not uncommon during the first 3 cycles of OC use. It may take up to 4 cycles for your body to adjust to the hormones. If the problem persists after the 4th cycle, talk to your doctor.
 - Weight change: minimal weight change may occur within the first few months of using OCs. With today's low-dose pills, however, weight gain should be negligible.
 - Dark spots on the face: also known as "chloasma" dark patches on the face are often a response to the estrogen in OCs. The use of sunscreen may help prevent this problem as sun exposure tends to worsen the problem.
 - Nausea: nausea may occur during the first three cycles of OC use. Taking the pill at bedtime or with food may be helpful.
 - Breast tenderness: breast tenderness is usually nothing to worry about, it will usually improve with time. If you are concerned talk to your doctor.

Diaphragms and caps are barrier methods of contraception. They fit inside your vagina and cover your cervix (entrance to the womb)

- +**
 - You only have to use it when you have sex
 - It has no serious health risks
 - You are in control of your contraception
 - - There is a choice of different types
 - You can put it in at any convenient time before you have sex.
 - It may give you some protection against cervical cancer and some sexually transmitted infections
 - +**
 - Putting it in at the time of sex can be an interruption
 - Some people find the spermicide messy
 - It can take time to learn how to use it
 - Cystitis can be a problem for some women who use a diaphragm
- Ask the doctor or nurse to check the size of your diaphragm if you suffer from cystitis. Changing to a slightly smaller or softer-rimmed (coil spring) diaphragm or to a cervical cap may help
- Some people are sensitive to the chemicals in latex or spermicide. This may cause irritation in some women and their partners

Condoms

A male condom fits over a man's erect penis and is made of very thin latex (rubber) or polyurethane (plastic). A female condom is made of very thin polyurethane. It is put into the vagina and loosely lines it. Femidom is the only female condom available in the UK.

- +**
 - You only need to use them when you have sex
 - They help to protect both partners from some sexually transmitted infections, including HIV
 - There are no medical side-effects from using condoms
 - Male condoms come in a variety of types, shapes and sizes to suit everyone
 - Male condoms are easily available
 - A female condom can be put in any time before sex



Sex Sex Sex

Contraception protects against the two things guaranteed to put a downer on your fresher's week: pregnancy and STIs. But although it's not a choice whether or not you use it, there are some choices in which kind you use. We've rounded up the top five

Contraceptive Patch

The contraceptive patch is a small, thin, beige coloured patch. You stick it on your skin and it releases two hormones - oestrogen and progesterone. These are similar to the natural hormones that women produce in their ovaries and like those used in the combined oral contraceptive pill.

+ You don't have to think about it every day; you only have to remember to replace the patch once each week it doesn't interrupt sex it is easy to use

unlike the pill, the hormones do not need to be absorbed by the stomach, so the patch is not affected by vomiting or diarrhoea
it usually makes your periods regular, lighter and less painful.



— It may be seen. For a small number of women it may cause skin irritation. It does not protect you against sexually transmitted infections so you may need to use condoms as well.

Morning After Pill

The "morning after" pill is a combined oral contraceptive which contains a high dose of the female hormones, estrogen and progestin. The morning after pill actually consists of four combined oral contraceptives tablets. You take two of the tablets with water immediately and two tablets 12 hours later.

How does it work?
The "morning after" pill should be taken as soon as possible after unprotected sex. Ideally, you should take the pills within 24 hours of having unprotected intercourse, but it can work up to 72 hours later. The morning after pill works in

the same way that OCs do - they prevent a pregnancy from starting by preventing ovulation.

How effective is it?
Emergency contraception is very effective when taken as directed. The sooner you take it, the more effective it is. Ideally, you should try to take the "morning after" pill 24 hours after unprotected sex and no later than 72 hours. If you are already pregnant, however, the morning after pill will not work. The morning after pill will not hurt the fetus. Are there side effects?
Nausea and vomiting are the most common side effects. These side effects can persist from a few hours to a few days. Serious side effects such as blood clots, heart attack and stroke are extremely rare.

— Putting them on can interrupt sex.

A male condom can sometimes slip off or split. Research shows that polyurethane condoms split more often than latex ones.

Some people are sensitive to the chemicals in latex condoms, though this is rare.

When using a male condom, the man has to pull out with the condom still on as soon as he has ejaculated. He must be careful not to spill any semen (the creamy ejaculation fluid that contains sperm).

When using a female condom, you need to make sure the man's penis enters the condom and not between the condom and the vagina and that the open end of the condom stays outside the vagina.

GUM clinic
www.leeds.ac.uk/lsmp/selfhelp/GUM/GUM.html
(0113) 3926725 female clinic
(0113) 3926724 male clinic
(0113) 3926058 health advisers

Leeds Met
www.helpzone.leeds.ac.uk/sexual_health.htm

Leeds Uni
www.womens.luuonline.com/womens/sexual-health

LUU LGBT Society
<http://www.leeds.ac.uk/union/socs/lgb/>

Leeds LGB 0113 245 3588
www.leeds-switchboard.org.uk/

Gay and Lesbian Switchboard www.ligs.org.uk
Provides telephone counselling and referral service for lesbians and gay men.
Tel: 020 7837 7324 (24-hour helpline)

Where to get help in Leeds

Look after your Wellbeing

Well-Being Fair
Wednesday 21st September
2005-Riley Smith Hall, LUU,
10am-4pm

Pick up free information about well-being, local services and your health and safety whilst living in Leeds.

Specialists from different organisations will be attending including: West Yorkshire Police...West Yorkshire Fire Service...Drugs Intervention Project...North West Leeds Primary Care Trust...Terrance

Higgin Trust...Leeds Health Focus..... LCC Recycling and Refuse Collection, LCC Environmental Health and plenty more

So pop in and mingle in with the specialists to have all your questions answered and pick up freebies!

Events include:live acoustic music sets, screenings of the highly-acclaimed *Hyde Park* film, belly-dancing and self-defence taster sessions, massage and a cake sale.

ntl: Competition

WIN AN IPOD



WE'RE NOT TALKING PANTS - NTL GIVES STUDENTS A GREAT DEAL AND THE CHANCE TO WIN AN IPOD SHUFFLE!

To coincide with the start of the new University year, ntl is offering one lucky reader the chance to win the latest student accessory - an iPod shuffle.

Smaller than a packet of chewing gum, weighing less than a car key and with the ability to store 120 hours of songs and use as a portable hard drive, this fantastic prize is guaranteed to keep you amused as you make your way to and from lectures everyday!

Having moved away from home with rent and bills coming out of your ears, ntl is giving every student the chance to save money with its great nine-month student deal - 1Mb Broadband for just £9.99 a month when you subscribe to Talk Unlimited. That's a saving of £8 a month.

Talk Unlimited, just £16.50 a month, includes line rental and local and national calls all evening and every weekend. Also included in the call plan are cheaper mobile call rates - perfect for keeping in touch with family and friends throughout

UK.
1Mb Broadband, usually £17.99 a month, is up to 20 times faster than any standard dial-up service and gives students the opportunity to enjoy all the benefits of Broadband, emailing, surfing and downloading at a great price - ideal for adding your favourite tunes to an iPod shuffle!

With FREE installation worth £75, and a special nine month student contract with nothing to pay over the summer, it'd be rude not to take advantage of this great deal.

ntl provides more choice and better value Telephony, Digital TV and Broadband Internet packages to its customers. For further information please call free phone 0800 052 4839 quoting purple pants.

To be in with a chance of winning an iPod shuffle, simply answer the following question: - Q. How many hours of music can an iPod shuffle store?

Email answers to: gemma@mere.co.uk

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Cult classics 05

Jumping from school to uni is a big step, not least the amount of 'spare' time you'll have on your hands, so Patrick Cragg has refreshed the list of must-watch movies for you and your new hall-mates

This year's crop of freshers are younger than ever – they were all of nine when *Trainspotting* came out, for Chrissakes. But with DVD players and, I shouldn't wonder, plasma TVs *de rigueur* in every student room, what will today's first-years be huddling on the bed to watch? It's got to be all about comedy really, and nothing over 2 hours. Save *Lord of the Rings* for those quiet nights in alone – anyway, you'll want to establish your "alternative" credentials by pretending to be above all that mainstream crap.

1. Dodgeball The best comedy of the last five years, endlessly quotable and re-watchable. Watch it. Watch it again. Then, erm, start a new student craze for playing dodgeball, I guess.

2. American Pie

A teenage classic, sticking this on of an evening is sure to trigger a warm wave of nostalgia. Obviously it all seems a bit tame now, but this was properly shocking back in the day. No, really. From what I read in the papers about today's teenagers and "daisy-chaining", flute masturbation might be as common now as three-on-one oral sex.

3. Donnie Darko

Not so sure about this one. Along with *Fight Club*, one of those films you can watch, pretend to be deeply engrossed and stimulated by, but secretly not really "get". Put *The Matrix* on instead.

4. Memento

Man with knackered short-term memory attempts to piece together a bizarre, bloody chain of events. Backwards. Something about this appeals to students. Can't think what.

5. Ferris Bueller's Day Off

Eighties classic. You won't remember this from when it came out, but you should check it out. Makes skiving off for a day seem like the greatest idea in the world. Actually it's a terrible idea. It puts you behind with your work and if you do one of those Nazi-esque subjects where they take a register *even in lectures*, you're screwed. Hahaha.

6. Harold and Kumar get the Munchies

What is called a "stoner comedy". It got good reviews, and is a landmark in the portrayal of Asian characters, but the people who invite you to watch this in their room will be rather annoying potheads. And possibly own a lot of woolly hats. But they won't be as bad as the ones who invite you to watch *Human Traffic*.

There's no business like showbusiness, and nothing like a trip to the pictures for a fuss-free evening's entertainment. And that in itself is one of life's enduring mysteries: why should going to the cinema be so much fun, when its component parts are so shoddy? The floors are sticky, the food and drink damaging to both wallet and body, and if you go to see anything under an 18 you'll be jostling for a seat with heavy-petting teenagers. Indeed, at most of Leeds' film venues, young people freely wander in and out of Saturday screenings, frantically texting "am in scrn 4, cum n get off wiv me" to their sweethearts.

Leeds is blessed, though, with four different cinemas in easy walking distance, offering a wide variety of filmic pleasures, not to mention an excellent annual film festival. All of which you should definitely check out, using this handy guide to the cinemas of Leeds.

Hyde Park Picture House: Since 1914, the national treasure that is the Hyde Park Picture House has provided cinematic entertainment to the residents of Hyde Park. It's a listed building, making up for its single screen with a vast array of vintage, arty and foreign films, historic atmosphere and cheap tickets. Plus there's a clock by the screen, a feature so simple but brilliant in its prevention of a mid-movie blinding from the guy in front's Nokia that you wish all cinemas would do the same. Move as close as possible, go as often as possible.

Vue (The Light): For now, Leeds' premier moviegoing experience. From the eerie blue-lit corridor that beckons you into the toilets, to the spacious seats, big screens and week-long student discount, nothing beats a trip to Vue at the Light. And the ample choice of nearby dining spots makes it perfect for a date. Used to be called Ster Century, before unconvincing takeover by cinema giants Vue. For more details: www.stercentury.co.uk.

Vue (Kirkstall): There was a scary time in 2002 when this was Leeds' only multiplex. Tickets were like hen's teeth, and a friend of mine queued outside for five hours to guarantee entry into the opening night of *Black Hawk Down*. Now it's more or less interchangeable with its Light counterpart, except older, and not as nice, with less films, and with more chance of being beaten up behind MacDonald's on the way home. Used to be called Warner Village, and no-one could deny that its position between Pizza Hut and Evolution lent it a certain rustic charm.



7. Napoleon Dynamite
A cult classic already. Small-town tale of time travel, crazy dancing and bow staff skills. Napoleon is destined to be the most-done impression of 2005.

8. Cruel Intentions

Because it's full of beautiful people having beautiful sex. Because Sarah Michelle Gellar and Selma Blair kiss with tongues. A crowd-pleaser in every respect.

9. The Matrix

A perennial student favourite thanks to mixture of high-octane (whatever the hell that means) action and cod philosophising. Prone to lead to lengthy reflection on the nature of reality and the coolness of really big guns.

10. Mean Girls

My personal favourite. Who wouldn't want to watch the scheming and bitching of high school girls? It's class.

Rosamunde Vilder shows you how to get the best films for free!

If you are a film buff, or even just an occasional DVD watcher, Leeds has a variety of options for those keen to seek out new blockbusters or dabble in obscure foreign delights. So if you are after a mid afternoon DVD hangover treatment with your new mates or a cinematic back row encounter of the close kind here are the places to know:

Watch films for free... As a student you can rent feature length DVDs and videos from the libraries for a limited period of time. This incredibly handy DVD and video collection is intended to support the various film related courses and electives that the university provides. But it also allows any other member of the library to borrow anything from classics like *To Kill and Mockingbird* (1962) to new dramas like *Hotel Rwanda* (2004). Be warned though, if it's the latest blockbuster films that suit your viewing needs you are unlikely to find them here, the films they stock are often slightly older, but none the less still interestingly eclectic. They have a great selection of foreign language films such as the poignant *All About My Mother* (1999) and the hilarious *Goodbye Lenin* (2004).

Watch the blockbusters from Blockbuster... All the main student areas of Leeds have in some form or another DVD and Video Rental stores. Membership is free but you will require 2 forms of proof current address and signature. It costs about £3 to rent a new release from the main rental providers. Most also offer ex-rental purchases to tempt you into increasing your movie collection.

If you only join one society... join the Film society. LUU's club costs only £6 and you will see two excellent films a week, playing on Tuesdays and Thursdays in a Roger Stevens lecture theatre at 7pm, for the entire academic year. They also have a film catalogue of their own which you will be permitted to borrow from in exchange for a refundable deposit. This is a great way to see unusual and off beat films and one society that is definitely worth its membership fee. Schedules of forthcoming viewing are available online at www.luonline.com. LMUSU also have a new film society who are electing their society reps on October 19, check out their website at www.lmusu.org.uk and go to the societies section in get involved.

Date for your diary... This year the city again plays host to the annual Leeds International Film Festival from 9th – 20th November 2005. This is a chance to see completely new feature length and short films coming from across the world and covering every genre. It is a show case for new talent in film making.



Varsity strikes



14 teams from Leeds' universities battle it out on the pitch

By KATRINA O'MAHONEY

ONE set of student jocks really won't be singing any more when the dust settles on the Varsity playing fields.

For the first time in living memory, teams representing every common sport between Leeds Metropolitan University and the University of Leeds are set to clash in a day-long battle. Organisers say the Varsity matches are being held to raise the profile of sports across the two campuses, but with rivalry stretching back decades, both players and spectators alike are chomping at the bit to see which uni comes out on top at the final

whistle.

Varsity is all set for October 12 at Leeds Met Headingley campus, where the ambiance is destined to be tense and competitive: the notorious Leeds rivalry spurring both Universities on to strive for the title and bring the trophy home. The men's rugby union competition will be the last event of the day at Headingley stadium where a presentation to the victorious sporting uni will follow.

Sporting fever will carry on through out the night as England play Poland for the World cup qualifying match.

Competitors and spectators alike are invited to Gatecrasher to celebrate or commiserate in style.

PARTING WORDS

By GUY NICHOLLS



So, after all the pain of UCAS forms and A-Level results you have finally broken free of your parents. Fresher's week is all about one thing, being sociable! There will be times that you will just want to roll over and sleep off that hangover that you will be nursing. But this is fresher's week and hangovers are for next week, so forget about everything else and focus your mind on the serious business of getting out there and meeting people. And don't panic, remember that everyone else is in the same boat. Here are my top tips for fresher's week:

- The union is where all your fellow fresher's will be, get there and see what's going on. Get involved, there is some really good clubs and societies out there, as well as some pretty rubbish ones, but give it a go. The 'Make Bono History' Society won't suite everyone's tastes but it's a good place to start.

- Take some time to know your way around, when you do not know where you are and you do not where the bus you are waiting for is going to there is not much scope for banter.

FLEXIBLE: what seemed cool on the gap year just doesn't work in halls

- Don't claim you 'found yourself' on your gap year, nobody believes your lies. Contrary to popular belief, having dreadlocks does not automatically make you cool.

- Do the Otley Run, 16 pubs, one drink in each. It starts in Headingley and if you know where you are when you finish then you're cheating, get back to the beginning and start again!

- Repeat after me: "Hi, where you from? What A-Levels did you do?" Meeting lots of new people can be a little tedious after a while but just be spontaneous and genuine and your home and dry.

- If you're in Halls, get a six pack of Stella and offer them around. It's a great ice breaker and a taste of things to come.

- Don't go for the family sized pack of condoms, fresher's week is good, but not that good.

- Don't be 'the drunk'. Running head first into signposts won't win you friends or lovers. So leave the traffic cones alone, they are not loudspeakers and do not look funny on your head. It does not make you cool, it makes you a thief.

- Forget what you think you know about fresher's week and find out what it's like by doing as much as you possibly can. The experience will not compare to what you think it will so sit back and prepare for the ride of your life.

- Take photos (come three weeks into university, it will be hazy!)

MEETING TIMES

News: Fri 1pm, Mon 1pm
Sport: Mon 1pm

All other meetings Friday 4pm

Leeds Student Office, first floor LUU

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NEW ARRIVALS



••	HOODCH	ARRIVED	08:05
••	BENCH	ARRIVED	08:05
••	MISS SIXTY	ARRIVED	08:05
••	REPLAY	ARRIVED	08:05
••	FIRETRAP	ARRIVED	08:05
••	FOUK	ARRIVED	08:05
••	HENLEY'S	ARRIVED	08:05
••	TEDDY SMITH	ARRIVED	08:05
••	SUPERDRY	ARRIVED	08:05
••	PEPE JEANS	ARRIVED	08:05
••	RELIGION	ARRIVED	08:05
••	DUCKANDCOVER	ARRIVED	08:05
••	FULLCIRCLE	ARRIVED	08:05

Leeds Student Sept/Oct

Calendar

Fri 16 Paper meetings: News 1pm All others 4pm	Fri 23 Paper meetings: News 1pm All others 4pm	Fri 30 Paper meetings: News 1pm All others 4pm	Fri 7 Paper meetings: News 1pm All others 4pm	Fri 14 Paper meetings: News 1pm All others 4pm
Sat 17 Super Furry Animals @ Refectory, LUU	Sat 24 4play @ LMUSU The Tuesday Club @ LUU	Sat 1 4play @ LMUSU Freshers' Ball @	Sat 8 4play @ LMUSU	Sat 15 4play @ LMUSU
Sun 18	Sun 25 Sunday Night live @ LMUSU	Sun 2 Alabama 3 @ LMUSU	Sun 9 Brendon Benson @ LMUSU	Sun 16 The Coral@ Refectory, LUU
Mon Paper meetings: News 1pm Sport 1pm Intro Party @ LUU	Mon Paper meetings: News 1pm Sport 1pm British Sea Power @ LMUSU Mobo @ LUU	Mon 3 Paper meetings: News 1pm Sport 1pm	Mon Paper meetings: News 1pm Sport 1pm	Mon Paper meetings: News 1pm Sport 1pm Nine Black Alps @ LMUSU
Tue 20 Kissdafunk @ LUU	Tue 27 Jeru the Damaja @ LMUSU Kerrang @ LUU Launch party for Mine @ LUU	Tue 4 The Magic Numbers @ Refectory, LUU	Tue 11 Goldfrapp @ Refectory, LUU	Tue 18
Wed 21 Mischief @ LMUSU School Disco @ LUU	Wed 28 Heartless Crew @ LMUSU School Disco @ LUU	Wed 5 Mischief @ LMUSU	Wed 12 Killa Kela @ LMUSU KT Tunstall @ Refectory, LUU	Wed 19 Mischief @ LMUSU
Thurs 22 Unite:Breakbeat @ LUU	Thurs 29 2many DJs @ LMUSU Legends of the dark black @ LUU	Thurs 6	Thurs 13	Thurs 20

With the hectic month ahead, we've prepared a handy calendar to stick on your hospital-like bedroom wall

Dictionary

Alcohol /al-key-hol/n

Flavoured water that produces a magically unpredictable range of side effects ranging from revealing your deepest, darkest feelings to your new friends, to throwing up on your new shoes to going home with the funny looking person doing the big-fish-little-fish-cardboard-box dance routine just because you like their moves. Essential for freshers' week for all the reasons above.

Cleaners /cleen-ers/ n

An industrious tribe of elves. Watch for the ritual Hoover Dance, which involves remorselessly banging the suction head against Hall's bedroom doors, at 8.30am. After you move out of halls you will never hear this hoo-ver sound again.

Fresher /fresh-er/n

Identifiable by an air of 'Like-me-like-me-like-me' insecurity coupled with 'I-don't-know-you-so-I-won't-talk-to-you' paranoia. Seen spouting endless small talk at everyone in sight: "what's your name/what halls are you in/what course do you do/are you going out tonight..."

Freshers' Fair /Fresh-ers baw-1/n

Similar to a supermarket sweep, but with societies instead of baked beans. How many clubs can you sign up to before you are herded out of the building?

Gap year bore /Blah blah blah/n

Annoying clan of ethnically dressed Arts students who went to a country you feel like you've lived in for years after just one tedious conversation. Close relation to the band-camp species. Typical conversation starts 'One time, in Botswana ...'

Luckys /Luc-keys/n

Greasy pizza takeaway that's perfect for when you roll out of Stylus/ the Met bar. Everyone wants to try the chocolate pizza. Everyone regrets it.

Murder She Wrote /mer-der shee rote/n

Essential wake-up TV. Follow the adventures of Jessica Fletcher for two weeks and you'll be hooked for life. Gets in the way of lectures, but you have to have priorities.

Registration /Reg-eees-tra-shon/n

Boring, painful queue. You wait in an endless queue, most probably hungover, with people you still don't really know yet, waiting to register for the year. Confusion strikes when you realise that you haven't even read the module handbook and have forgotten your cheque book.

email: editor@leedsstudnet.org.uk