

‘Sudden and tragic loss’: campus mourns Trisha Lad

Greg Whitaker
News Editor

A University of Leeds student has been found dead at her home near Bradford on Monday.

The body of 19-year-old Biochemistry student Trisha Lad was discovered at the family home in Clayton on Monday evening, along with that of her parents and younger sister.

Police have now confirmed that the three women were stabbed to death in their beds, while Mr. Lad died from compression of the neck caused by hanging.

Post-mortem examinations have revealed that the three women were killed during the course of last weekend, when it is thought the family were celebrating Diwali together. Mr Lad was said to have died a few days later.

At a press conference on Tuesday, West Yorkshire Police's Protective Services Officer Detective Superintendent Simon Atkinson said they were 'keeping an open mind' but confirmed that West Yorkshire Police are 'not looking for anyone else in connection

with this incident.'

Following the release of post-mortem results on Wednesday, Detective Superintendent Atkinson added: 'I have spoken to the family members this evening and updated them on the results of the post mortem examinations. They are continuing to come to terms with what took place at Blackberry Way, which has robbed a family of two generations, and specially trained officers are supporting them at this very difficult time.'

Both Jatindra and Duksha Lad worked for Bradford City Council, while youngest daughter Nisha had just completed her GCSEs.

Trisha Lad had just started the second year of her Biochemistry course and was an active member of Leeds University Union's Mind Matters society. She also played an active role in fundraising activities, including the University of Leeds branch of the Anthony Nolan trust. This year Trisha was also preparing to represent

the University as a student ambassador at Biochemistry visits days.

A spokesperson from the University of Leeds said: 'This is dreadful and shocking news and our thoughts are with Trisha's friends and loved ones. Staff are working with the University's counselling and chaplaincy services to help students who are affected by this tragedy and we will do all we can to support them.'

Trisha's Personal Tutor, Dr Stephanie McBurney, added: 'Students and staff are mourning the sudden and tragic loss of Trisha Lad, a second year student studying Medical Biochemistry in the School of Molecular and Cellular Biology. Trisha was a warm, vibrant and cheerful young woman with an ever-present smile. She was a popular student who made friends easily and had a positive attitude to both her studies and to her extracurricular activities. It is difficult to come to terms with this tragedy and all of us who knew Trisha are poorer for her loss.'



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'Ell for Ellerslie Hall boss

Jake Hookem
News Editor

Past and present residents of Ellerslie Global Residences are calling on the university not to move their hall manager Jamie Steel.

Residential services have chosen to move Mr. Steel to Lyddon after 14 years at Ellerslie, which has upset many residents who view him as a key part of their halls experience.

One resident has said,

'He is not just our hall manager, but our friend. Ellerslie is Jamie and Jamie is Ellerslie.'

Since their establishment in 2012, Jamie Steel and the Ellerslie Global Residences team have won the Best Complex award in the Leeds Landlord awards twice in three years.

A former Ellerslie resident told *The Gryphon* of their fondness for Jamie Steel.

'He's more of a paternal figure to the hall than a manager. Very friendly, loyal, proactive, kind. Legendary.'

'He still knows my name. Personally, I think it's a shame that he's been asked to move to Lyddon.'

Some students allege that Mr. Steel has told them personally he does not want to go, and they hope that the University listen to their pleas for him to stay.

Explaining the move, a University spokesperson said,

'The University manages 12 large residences and some smaller properties, and it is not unusual for staff to move between them. Many staff see relocation as an opportunity to gain more experience and broaden their knowledge of the University.'

'The deployment of managers and staff within our residences is constantly under review and changes are only implemented when Residential Services are confident that these are balanced in the best interests of residents and staff.'

If students have specific concerns about the staffing of their residence, Hall representatives can contact Residences at rcsenquiries@adm.leeds.ac.uk or call (0113) 343 6085 in the first instance.'

Row, row, row your boat, gently Roger Steve



Spotted: Leeds Uni ©

Emily Willson

Two Leeds University students were spotted rowing a wooden boat in the Roger Stevens fountain on Thursday.

The incident occurred at approximately 2am on Thursday morning and only became public knowledge after Facebook Group 'Spotted: Leeds Uni' got hold of an image (above) of the two males

in the boat, and shared it this morning.

It's believed the boat was stolen from Stage@Leeds where LUU's Theatre Group society had stored it, after using it as part of a prop in their recent production 'Saved'. The boat is currently still missing and it is not clear if it has been damaged. Both the society and the 'Spotted: Leeds Uni' Facebook page have asked for any information regarding its whereabouts.

Blood donation sessions on the rise

Greg Whitaker
Online News Editor

The NHS has announced that extra blood donation points will be set up in Leeds throughout November.

The NHS initiative, which has been labelled 'Save a life with the extra hour this November', is overseeing more than 90 extra donor sessions across West Yorkshire next month, including 36 additional

sessions in Leeds.

Sessions in Leeds are due to be held at the Leeds City Donor Centre on the Headrow between the 2nd and 28th November, and are open to any 'fit and healthy person' between the ages of 17 and 66.

According to NHS statistics, despite improvements in clinical and surgical practices, hospitals and patients still rely on more than 7,000 people attending a donation session every day across England

and North Wales.

Donna Batty, Lead Donor Relations Manager for NHS Blood and Transplant, said,

'By spending your hour with us you are helping to ensure that patients are able to get the blood they need. So if you are thinking about donating for the first time or you are an existing donor who hasn't been for a while then please book an appointment to give blood.'

The announcement comes in the same week as a proposal was made at LUU's 'Better Union Forum', calling on the Union itself to become a venue for blood donation.

A spokesperson for NHS has since said, 'We're really pleased that students from the University of Leeds are so enthusiastic about giving blood because every precious donation saves or improves lives.'

Campus Watch

News from campuses around the world

Oxford Head Porter resigns to stand for election with UKIP

The Head Porter at Oriel College in Oxford has resigned, so that he can stand as a UKIP candidate in the 2015 general election.

Mr Bird, who has worked at the college for more than three years, stepped down from the porter job earlier this month to dedicate his full attention to politics.

Emily Willson

Notts Uni say a huge no to necro

A number of students at the University of Nottingham have been fined £150 each for chants relating to necrophilia.

The chants included reference to digging up, and having sex with, a female corpse.

A University Spokeswoman said that the action was taken in line with 'its student code of discipline'.

Hugh Baillie-Lane

'Sarcastic' Warwick Prof returns

A Warwick professor has returned to the university following a nine-month suspension for 'being sarcastic'. The English tutor was accused of 'sighing' and giving off 'negative vibes' during interviews. He was banned from campus and having contact with students. The suspension, which UCU says 'beggars belief', has now been cleared.

Emily Willson

University of Zimbabwe bans students from kissing

The University of Zimbabwe has banned students from kissing or hugging on campus. Any student found doing so faces immediate eviction from their halls of residence.

The ban is part of a list of 11 misconducts that includes cooking in bedrooms and loitering in dark places as offenses that will result in eviction.

Charlotte Stones



Sport science team shown red card

Charlotte Mason
News Editor

A University sports team has been suspended amidst allegations of sexism.

The Sports Science Intramural Football team will be banned from the league and players must issue an apology after an inappropriate comment was made to a female referee.

A University spokesperson said, 'This regrettable incident was not in keeping with the University's values or the Intramural Code of Conduct and, as a result, the Sports Science intramural football team has been temporarily disbanded from the intramural league'.

'After discussions with the University's Sports Office, the team has agreed to

apologise and also undertake a number of activities that will prevent a repeat of this type of incident. Once these actions have been completed, we hope that the team will be reinstated in the intramural league'.

The Gryphon understands that the incident happened during a match, although the University's Sport and Physical Activity declined to give further details at this time.

The team will be banned from intramural sport matches until further notice. Players have also been asked to issue an apology and undertake behavioural 'training'.

The University's Sports and Physical Activity team is investigating the incident.

Lecturers vote for marking boycott



Charlotte Mason
News Editor

The University has criticised lecturers' decision to take part in a marking boycott in protest of proposed cuts to staff pensions.

The action is due to affect the setting of exams, marking and giving feedback to students, with graduations also at risk of disruption.

The decision follows a vote by 69 UK universities on whether to act in the 'increasingly bitter row' over pensions, with the Universities and Colleges Union (UCU) claiming that some lecturers would lose hundreds of thousands of pounds of savings if proposals by Universities UK (UKK) went ahead.

A University spokesperson told this newspaper, 'We are extremely disappointed that the UCU has decided to take industrial action now. This action needlessly threatens student assessment, progression and perhaps ultimately graduation'.

President of Leeds University UCU

Mark Taylor-Batty told *The Gryphon*, 'There will be a partial withdrawal of labour in protest at tens or even hundreds of thousands of pounds being removed from our pensions. The proposals, if activated, will mean University of Leeds lecturers will have a far worse pension than Leeds Beckett lecturers, who are in a different scheme'.

UCU will meet for talks with employers on Thursday, although Mr Taylor-Batty said, 'It's likely the action could continue through to Christmas or even the exam period'.

The University statement continued, 'UCU and representatives of the employers are currently engaged in negotiations to ensure the sustainability of the national pension scheme, USS. Those negotiations are at a very early stage – the first meeting was last week and UCU has yet to put forward its own proposal'.

'Naturally, we will do all we can to minimise the impact on our students and will issue guidance as soon as possible'.

FULL STORY at THEGRYPHON.CO.UK

Uni funded for cancer research



Sam Lewis ©

Hugh Baillie-Lane

The University has received funding for pioneering research in conjunction with York University to help transform the diagnosis and treatment of patients suffering from illnesses such as cancer, cardiovascular disease and musculoskeletal diseases.

The £6.8 million research centre will mean new imaging facilities will be created at Leeds Teaching Hospitals and the University of York.

Construction on a new imaging centre at Leeds General Infirmary will begin next year with patients being recruited in early 2016.

The hope is that researchers will work on new imaging methods that will see the signal in MRI scanners increase 100,000 fold.

The York centre will continue to focus on refining a method of Hyperpolarisation of hydrogen atoms in the body, whilst the centre in Leeds will focus on clinical trials of the method with a view to it entering mainstream medical practice. Researchers from the University of Leeds alongside Doctors from Leeds Teaching Hospitals will be responsible for applying the imaging technique to patients.

Hyperpolarisation allows more hydrogen atoms to be visible to an MRI scan-

ner; increasing the quality and depth of MRI scans from five visible atoms in every million to theoretically over 100,000 visible per million. From the more detailed image produced by the scanner doctors will be able to gain a better understanding of how the body handles drugs, toxins and even natural substances such as sugar and fat. This could result in quicker diagnoses and more effective, efficient treatment.

The technique, known as Signal Amplification by Reversible Exchange, or SABRE, has been developed by the University of York. It works by magnetically labelling drugs or substances that occur naturally in the body without changing their molecular structure, therefore making the method safe and versatile.

Professor Sven Plein from the School of Medicine at Leeds said: 'This is a great example of bench to bedside research that we hope will have a profoundly positive impact on the lives of patients.'

Together with colleagues at the University of York, we hope that this technique could in future be applied to every MRI scanner in the country, massively enhancing how medical professionals diagnose illness in patients.'

The funding from the Medical Research Council comes from a package worth more than £230 million announced by Chancellor of the Exchequer George Osborne last week.

Crash in Hyde Park

Charlotte Mason
News Editor

Police have launched an investigation after a man was hit by an Amber Cars taxi on Friday.

Emergency services attended the scene on Royal Park Road at approximately 6.30pm following reports that a vehicle had collided with a pedestrian.

It was reported that the 34-year-old man was wearing earphones when he

stepped out into the road.

A witness told this newspaper, 'There were two ambulances and a police car at the top of the hill. There wasn't much going on but it was obvious that it was something serious'.

The man was taken to hospital, where he received treatment for minor injuries.

The taxi's windscreen was partially smashed in the incident, although Police confirmed the driver remained unharmed.

The Gryphon contacted Amber Cars but they did not respond in time for printing.



PGCEs suspended over Ofsted concerns

Robert Cohen

The University has announced that it will not be offering PGCE teacher training next year following an Ofsted report that found that the quality of courses 'requires improvement'.

The School of Education has been asked to raise standards before a re-inspection, when it is hoped training will be approved for re-introduction in the 2016/17 academic year.

A University spokesperson said, 'When the primary and secondary PGCE courses were inspected by Ofsted in December 2013, inspectors praised the quality of teaching and learning. However, overall, the inspectors felt that University of Leeds Initial Teacher Education Partnership requires improvement'.

Head of the School of Education Pro-

fessor Mark Pike said, 'We have a distinguished history of providing high quality teacher education and envisage doing so for many years to come. We are confident of a successful re-inspection.'

The decision comes with an overhaul of teacher training with the School Direct scheme, which gives schools more involvement in university courses.

School of Education student Aušra Raulušonytė told *The Gryphon* that the decision was 'sensible'. She explained, 'The University looks seriously at the fact that Ofsted did not assess the programme favourably. This just proves their interest in quality'.

Students wishing to undertake a PGCE at the University have been advised to apply for courses elsewhere in the region.

Halo withdraws licensing bid



Sam Broadley ©

Danny Anderson

Halo has withdrawn its application to Leeds City Council to extend its opening hours.

The club on Woodhouse Lane sought to lengthen its opening hours until 6am as well as opening two additional outdoor bars. The application was withdrawn before the licensing meeting at the Council took place.

Solicitors acting on behalf of the University of Leeds voiced concerns and submitted a formal objection.

The University's new Laidlaw Library is currently under construction and due

to open in Spring 2015. Concerns were raised regarding Halo's close proximity to the library and the potential noise distractions.

West Yorkshire Police also objected to the application. The Police expressed concern about the potential for anti-social and criminal behaviour that might accompany longer drinking hours.

West Yorkshire Police Licensing Officer Cat Sanderson explained: 'The premises need to be able to control their venue and customers within their current hours of operating before applying for additional hours.'

The Gryphon contacted Halo for a statement but they were unavailable for comment.

Leeds surgeon dies



Jake Hookem
News Editor

One of the three people who drowned off the coast of Cornwall this weekend was an honorary lecturer at Leeds University Medical School.

Stuart Calder, who was understood to be on holiday in Cornwall with his family, got into the water to help others in difficulty.

It is thought Mr. Calder died while trying to rescue a group of teenage surfers who came into trouble in bad conditions in the sea. All of the teenagers made it to shore alive, leading many people including Greg Mulholland, Liberal Democrat MP for Leeds North West, to say Calder 'died a hero trying to save others'.

Calder, 52, was a Consultant Orthopaedic Surgeon at Leeds Teaching Hospitals and had a particular expertise in sports-related injuries and arthritis. His work led to him become an honorary lecturer.

The other two victims have been named as Rachel Dunn, 42, and Kevin Reynolds, 44, both from St Austell.

The incident occurred at Mawgan

Porth beach near Newquay, Cornwall at about 1.30pm on Sunday.

The presence of lifeguards on the beach, which was absent at the time of the tragedy, is to be reviewed.

In a statement Julian Hartley, Chief Executive of the Leeds Teaching Hospitals, said:

'This is devastating news and our hearts go out to the family of Mr Calder, who was an extremely popular and well respected member of our consultant staff.'

'Mr. Calder became a trauma and orthopaedics consultant here at the Trust in 1998. Before that he was a senior house officer and registrar here in Leeds, so he spent almost all his career with us and had a well-deserved reputation as a skilled and extremely dedicated surgeon.'

'While the treatment of patients was at the centre of everything he did, Mr Calder was also an active researcher and helped train generations of junior orthopaedic surgeons.'

'He will be tremendously missed by everyone.'

Union backs Malia

Abla Klau
News Editor

Leeds University Union released a statement earlier this week in response to the recent attacks on NUS Black Student Campaign's (BSC) officer, Malia Bouattia.

The NUS recently came under attack when a motion to condemn IS failed to receive a majority vote. Members of the BSC led by Malia Bouattia had voted against the motion.

In a statement released by the NUS, they explained that the 'motion would unfairly demonise all Muslims rather than solely the group it set out to rightfully condemn'.

The decision resulted in a media backlash and consequently racist and misogynistic attacks on Miss Bouattia.

LUU Union Affairs Officer Bradley

Escorcio addressed the issue in a recent blog post titled 'Freedom of Expression'.

The statement read, 'The distasteful responses go against the values of our organisations and we hope that representatives feel comfortable enough to discuss the newly proposed motion opposing ISIS at the next NEC meeting.'

He has since said,

'Given the support from students at Leeds for us to speak out on this issue, the Exec unanimously decided to publish the statement regarding freedom of speech in support of Malia.'

Final year student Harry Shotton, who lobbied the Union to release a statement following Sussex Union's statement of solidarity, told *The Gryphon*,

'Given the reprehensible racist, sexist and islamophobic threats and abuse directed at Malia, a few others and I felt it was necessary to get LUU to publicly issue it's solidarity and support with Malia'.



'We're not going to take things like this anymore, we're not going to let companies tell us what's perfect'

Leeds University students Frances Black, Gabriella Kountourides and Laura Ferris spoke to *The Gryphon* about their recent petition against Victoria Secret's controversial 'The Perfect Body' campaign.

Abla Klau
News Editor

What was your initial response to the 'The Perfect Body' ad?

F: I first saw it in the Trinity Centre and I was really taken aback, so I stopped and took a photo and uploaded it to Facebook. The campaign just spiralled from there.

G: I got really angry about it too. I thought, 'Does anyone else think this is awful?'

Why did you think it was necessary to campaign against it?

L: If nobody says anything then nobody will know that this is wrong. It's a really powerful thing to start a petition to tell Victoria's Secret we feel uncomfortable by this advert.

G: When young girls are walking by,

they might not buy underwear from there but they're going to see the image.

How have people reacted to your petition?

G: I got a message saying, 'I'm recovering from anorexia and it's images like these that trigger it.' It's in no way about skinny shaming; we're saying that adverts are saying that it's one specific type that is 'perfect'. In our view everyone is.

L: There are men and women out there who are amputees or have undergone surgery that have left them with scars who will never achieve what's displayed to us as 'perfect'.

Why do people accept these representations of women?

L: Women are seen but not heard in our society of Page 3 and men at the top. However, I think that women are also in some way responsible for it - we aspire to



look a certain way.

F: ...and I think the reasons why women do buy the products is because they're so afraid of not fitting in, being inadequate, being insecure.

What's the way forward to change these perceptions of 'perfection'?

F: One thing this petition should work towards is making sure all companies are

socially responsible.

G: I agree. Our petition is focused on the fact that Victoria's Secret labels these models' bodies as perfect. We're not going to take things like this anymore, we're not going to let companies tell us what's perfect or what we need to conform to - they should be conforming to our ideologies.

Follow the campaign with the 'I Am Perfect' hashtag.

Breaking down the stories that matter.



Britain leaves Afghanistan

The last remaining British combat forces were withdrawn from Afghanistan on Monday, ending a 13-year military presence in the country.

Britain joined the United States-led international coalition that toppled the Taliban government in 2001.

Camps Bastion and Leatherneck in Helmand province were ceremoniously handed over to Afghan security forces.

The bases had served as the coalition's regional headquarters since Britain took command of Helmand province in 2006.

2,210 American and 453 British troops have been killed since the mission began in 2001 and £19bn has been expended in operational costs.

Danny Anderson



ASDA faces legal action

ASDA is facing legal action from some female employees. The women involved claim they are not paid the same rate as male workers in distribution warehouses despite their jobs being of 'equivalent value'.

The firm representing them says it has had 19,000 enquiries from current or previous staff and that over 1,000 employment tribunal claims have already been lodged. The firm claims that the difference in wage between male and female workers may be up to £4 per hour.

If successful the claimants could receive up to six years of backdated pay. An ASDA spokesperson said, 'we do not discriminate and are proud of our record. We will robustly defend ourselves.'

Hugh Baillie-Lane



C of E to allow Female Bishops

The Church of England has announced plans to appoint their first female bishop as early as next year. After a vote in July, the Church passed the motion to allow women to become bishops after a previous vote in 2012 failed.

William Fittall, General Secretary of the General Synod said the Church body could pass an amendment to Canon law when they meet in November.

The first vacancy in the country will be Southwell and Nottingham, and closely followed by Gloucester, Oxford and Newcastle. Mr Fittall said that female candidates were already being prepared for the positions and the system should 'gear itself up' for change.

Emily Willson

The Digest.



Scotland to reduce drink-drive limit

The Scottish Government have announced that the drink-drive limit in Scotland will be reduced. The new limit is planned to be implemented by the 5th December this year.

Under the new plans it will mean that the alcohol blood limit in Scotland will be decreased from 80mg to 50mg per 100ml blood. However, in England and Wales the limit will remain at 80mg per 100ml.

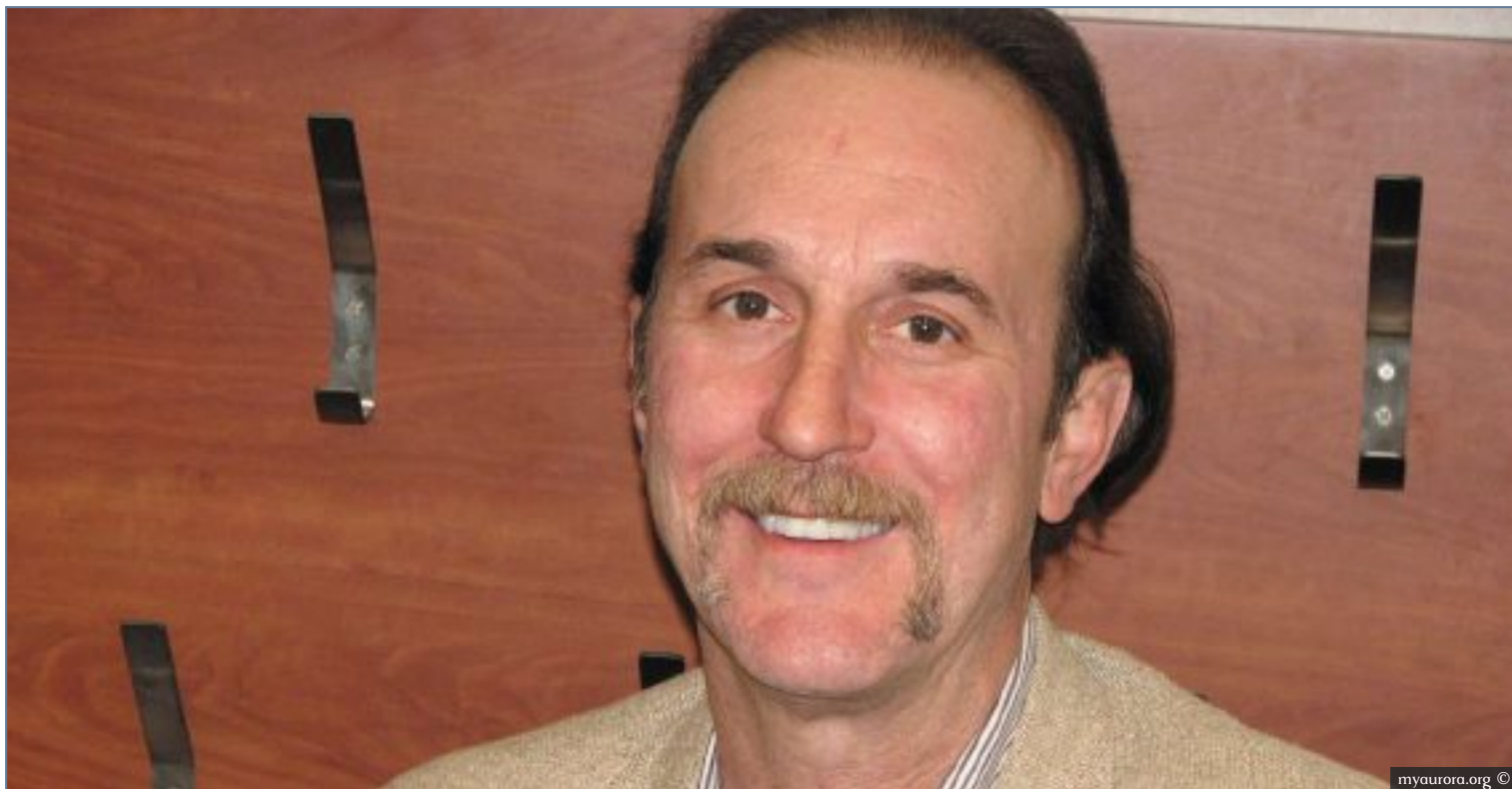
If the change is enforced it will mean that a driver could potentially be over the limit after just one glass of wine or pint of beer. This will bring Scotland in line with the current alcohol drink-drive limits already in force across other European countries.

Emily Willson



Death row survivor: 'After all, I was innocent'

This week, LUU Anti-Death Penalty hosted an interview with Ray Krone, the 100th man to be exonerated from death row. *The Gryphon* was there to hear his remarkable story of innocence, anger and justice.



Charlotte Stones

Ray Krone is not your typical death row inmate. A former Air Force sergeant and postman with a previously clean criminal record, the bearded fifty-something man sitting before us hardly evokes the image of a hardened criminal. But after being falsely convicted of a murder, Krone was on death row.

Telling his remarkable story is nothing new to Krone. He rattles through the facts. It's not the first time he has recounted the day that changed his life and it won't be the last. 'It was a Sunday afternoon about 1 o'clock. I remember my dog was barking, I had a big Doberman, he didn't bark much so when he did I paid attention.' It was then that his life changed forever as a police car pulled up and he found himself as the main suspect in a homicide investigation.

36-year-old Kim Ancona had been found in the toilets of the bar where she worked. As a regular darts player in the CBS bar in Phoenix, Arizona, Krone became the focus of police attention. 'I was shocked. Here was someone I barely knew and the police were at my house to ask me questions.' He willingly cooperated, providing samples of his teeth imprints, which were later (falsely) matched

to those left on Ancona's body. In the notoriously tough-lawed state of Arizona, police interrogation was fierce. You can't help but empathise as he becomes angrier: 'Here's a man who doesn't even know me, calling me a murderer and a rapist, telling me to confess.'

Krone remained positive of the outcome of the upcoming court case. 'I really wasn't worried about it. I knew I wasn't going to be there long. I was really thinking "Did I lock my car? Who is feeding my dog?"' Krone faced trial with little hope, represented by a junior lawyer on his very first murder trial. The odds were against him, as was the jury. He was found guilty of first-degree murder.

Ray recalls the moment his fate was revealed in front of the courtroom: 'It all happened in slow motion.'

Faced with a sentence in one of America's toughest prisons, Maricopa County Jail, survival tactics were key. 'You can't walk around saying you're innocent in prison, no one cares. I'd see people being taken out of their cells, being watched and guarded so that they could make sure they didn't kill themselves before the state had the opportunity.'

His resentment towards state is evident throughout the interview: 'The state weren't concerned whether you were guilty or innocent, they'd kill you, they

just wanted to clear another case.'

During a retrial in 1996 an expert was able to testify in court that the saliva found on Ancona's body was in fact not Krone's. You can hear the relief in Ray's voice: 'Finally the truth was coming out.' This trial was to be different, and it was.

A heartstring-pulling final word from the prosecution split the jury, whose deliberation drew out over three and a half days. Verdict: guilty. Ray, an innocent man, was going back to jail. He describes the screams of agony in the courtroom as his family were delivered the news and telling his mother, 'It's okay.'

Moments after confessing he was only '99% sure' that Krone was innocent, the judge delivered his fate – forty-six years imprisonment. Although Ray was spared execution, the sentence was a death penalty in itself. At 35 years old, Ray would be over 80 upon release. Years went by and Krone's hopes of his rightful freedom began to slip. 'I started thinking, "I'm going to die in here."'

It was in 2001 that his world was to be turned upside down once again when a new law passed in Arizona to allow the use of DNA as evidence during sentences for the first time.

The very day seems fresh in Krone's mind. He doesn't sweep over the details. You can see the meaning in his eyes as

he speaks of the day his lawyer telephoned him to deliver the joyous news. After serving ten years, three months and eight days in prison for a murder he never committed, Krone was found innocent and was going home.

Serial sex offender Kenneth Phillips, who was serving a prison sentence at this time, matched the DNA. Phillips, who was on parole when the murder was committed, was living with his mother a short distance from the bar.

Since his release, Krone has campaigned to abolish the death penalty through the 'Witness to Innocence' organisation. He is the 100th person to be exonerated from death row in the United States. Despite receiving compensation for his false imprisonment, he maintains, 'no amount of money heals the pain and suffering of what we went through.' Openly admitting that prior to his suffering, his conservative, small-town views favoured the death penalty, Ray Krone's story now actively challenges opinions on the controversial topic.

In his inspiring, hopeful and poignant conclusion to the interview, Ray says, 'It's not about the last 10 years, it's about what I have to do in the next 10 years.'



Protein, Power-lifting and Push-up Bras: Weight lifting and the Modern Woman

The Gryphon speaks to local bodybuilder Karina Nielsen about body image and the pressures of being a woman in a male-dominated sport.

Anna Turner

For many people the words 'female bodybuilder' still conjure up a grotesque image of a colossal woman, with rippling muscles and maybe even a little five o'clock shadow. This is an image that makes people recoil and use words like 'extreme' and 'un-feminine' in response – an image that for many years has acted as a sort of cultural boogeyman that keeps women away from the dumbbells and squat racks, leaving Zumba classes as their exercise of choice.

Many women are still convinced that these cardio-heavy workouts are the best or only route to an attractively athletic physique. Some have been given the impression that lifting heavy things will somehow compromise our femininity, making us more masculine and ultimately less attractive.

TV shows and documentaries often present viewers with extreme examples of women who have roughly 0% body fat, or their figures have been steroid-enhanced. They show us these uber-women and suggest to viewers 'this is the very normal and standard reality of female bodybuilding – this is what you will look like if you start lifting weights'. It isn't. It's not even close.

It's astoundingly patronizing towards these incredibly dedicated women to just assume you could end up looking that way by accident. Whether you like the way these women look or not, they work incredibly hard to achieve it. A few hours in the free weights section and the odd protein shake will not yield these impressive results.

For many people female strength training is gradually becoming part

of the norm, and women everywhere are starting to like what they see and how it makes them feel. If you've never tried venturing into that strange and mystical part of the gym sometimes referred to as 'the man cave', you may want to give it a try. It may seem to be populated by surly, serious looking blokes who don't want a curious woman spoiling all their homo-social fun, but that's far from the truth. You'll quickly discover that when a guy is attempting to lift twice your body weight above his head he is far too

occupied by the very real and very imminent threat of death to give much thought to his surroundings.

The fear of judgment can be a very difficult and daunting barrier to overcome when it stands between you and a new hobby or experience – especially one that has had a history of stigmatization and awkwardly gendered associations. Honestly,

though, since taking a serious interest in weight-lifting I've found that judgment more often comes (if it comes at all) from people outside of the gym.

There remains a small but often vocal group of people who love to disguise their hang-ups and outdated concerns in the form of unhelpful nuggets of advice such as 'don't get too big' or 'stick to light weights if all you want to do is tone', and my favorite of all, the mind bogglingly intrusive 'what does your boyfriend think?'

Competitive female bodybuilding is beginning to come out of the fringes and into plain view. It is even possible to see strength-training becoming part of that ever tangled, never stable and always problematic idea of what the 'ideal female body'

might be and how it might look. The booty is slowly phasing out the thigh gap as the latest must-have anatomical accessory and, at the time of writing this, the facebook page 'yeah, she squats' currently has well over a million supporters. So while there is definite cause to celebrate the increasing acceptance of weight lifting as a valid and popular hobby for women, there is still a myriad of troubling issues and concerns that surround the topic.

With this in mind, *The Gryphon* caught up with local Leeds athlete Karina Nielsen, who has recently competed in the UK bodybuilding and Fitness Federation's British Championships after obtaining an impressive first-place victory in the East England regional qualifiers. We spoke to her about her experiences competing in a sport that is still sometimes viewed as an unconventional choice for women.

How did you first get into competitive bodybuilding?

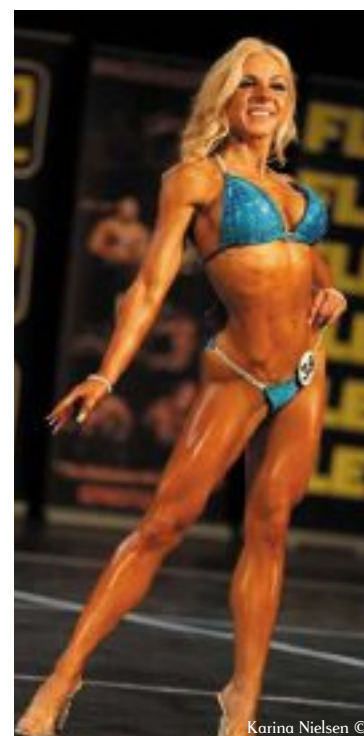
I watched a competition last year and I was quite intrigued – I thought 'I wanna do that. I want to get on stage, I want to show off my hard work' because I really enjoy my training, but I thought [bodybuilding] would be a really nice way to really show off that hard work.

Do you think perceptions about female bodybuilders have changed?

It seems to be more popular, I think. I come from a dance background, so we still had to train quite hard, but not lifting weights as such. It was quite new to me when I first started, about a year ago but I think [female bodybuilding] is a lot more popular now. Definitely.

Have you encountered any kind of negativity, either online or in real life? How did you respond?

I think it depends. Obviously during contest prep [the diet] is very strict, so you will find that your mood changes, you can almost get a little bit depressed. You get into this zone where you just have to eat, train, sleep and then repeat again. It's not a joke. You literally get in that kind of zone. So I suppose you can feel a bit grumpy and you can feel like people are thinking 'ah, she's just moody all the time!'. Other than that I think it depends how you choose to approach it, sometimes people lose track of what's inappropriate. So it all sort of depends on how you're doing it. If you're doing it for yourself I've found it's fine. Sometimes though, there's a fine line between not making it sexual. I mean, in fitness modelling and



Karina Nielsen ©



Karina Nielsen ©
Karina celebrates finishing in 1st place at the British Championships

things like that. It is a fine line.

Do you think that female bodybuilders do tend to be more sexualized than their male counterparts?

I think so, yeah. I think it has something to do with wanting to show off your hard work, and the problems sometimes come with how you're doing that. As a woman, it's about how you pose, it's what you wear and maybe even what

kind of posts and statuses you put on social media. So in that sense you feel you have to be careful about portraying the right image. Whereas men, they can take their top off and look muscly and that's all good. It's mostly still females who feel they have to be careful about how they portray themselves. I find that I prefer to train when it's really quiet in the

gym, because that way I avoid the attention. That's the only thing I find uncomfortable, being looked at. Even if I'm not wearing any particularly revealing clothing – I think it's something new to some people and they'll look at you, and I find that sometimes quite disturbing.

When it comes to being judged in a competition, do you still think men and women are treated differently?

I think it depends what class you're competing in. I'm in the lightest bodybuilding class, which is bikini fitness – and then you have body fitness and then you've got bodybuilding for women. So in bikini fitness you're being judged on your appearance: your hair, your make-up, your stage presence and all that kind

of stuff. I find that when it comes to male bodybuilding, they can get away with just being really muscly – there's no pressure on them to perform as much. So, I think for females it's a lot about your presentation, although it does depend on what class you're doing because when women get up to bodybuilding then it does change and you will be judged more on just the muscle. Though I definitely feel like, in the lighter category, it's more about other things.

So do you find there is a temptation towards extreme dieting and drugs, or is that over-exaggerated?

Yeah, to be honest there is a lot of that going on. Especially when you're in the competitive world, because if one person is into that sort of thing others will be like 'Oh, I need to do that as well otherwise they're going to win!' In competitive bodybuilding there can be a fine line between supplements and drugs – what's legal and what's not legal. Everyone is taking supplements, which are legal, so you end up taking all these things that in the long term can be quite harmful for your body.

Is there anything you'd like to see change about your sport?

I'd just love to see more girls using weights. It seems to me that some girls are still quite hesitant about them. It's partly about confidence, and partly a fear about not knowing how to do it, and that's fine. As a personal trainer my job lets me teach people and introduce them and I love hearing women say 'oh, I can lift so much now!', I think it would be nice to see more girls just go for it. I've been in Denmark and in their gyms where there's quite a few girls training – together or on their own – lifting weights, doing squats, doing lunges. It was so nice to see.

So, what for you have been the benefits of taking up strength training?

Well, obviously I feel a lot stronger. I feel a lot more confident in my body as well. I used to be a dancer, and I'd look at myself in the mirror and think 'I'm a little bit chubby there, I don't like that', but now I can sculpt my body. It helps you see your body in

a different way. You won't be skinny but you'll be strong and defined, and that's something that I really like. I used to always want to be the skinniest and the lightest, but now that focus has shifted and I want to be strong, I want to be fit.

Do you think the popularity of female bodybuilding is going to bring this strong, muscular look more into the mainstream?

Yeah, I think so. Then again, I work within this kind of environment where that's the look I see a lot. But I do have more and more clients coming to me wanting that look. I look at them and think 'oh, you're nice and slim' and they'll say 'yeah, but I want to build more, I want a bigger bum' and things like that. So I think, generally speaking, more people are going for that look.

So, what can bodybuilding offer women that other sports don't?

I think confidence – body confidence. Knowing that you can change your body and have some control. It's not so much about being faster than somebody else, or winning something, it's more about doing your personal best. When I was younger I didn't enjoy sports because I didn't like that competitive aspect, but now it's just about pushing myself and competing with myself.

Are there any final comments you'd like to add?

I will say there's a big difference between general bodybuilding to keep fit, compared to preparing for a competition. I speak a lot to my clients about health and fitness as being two different things. If you are looking to get on stage you will have to workout almost every day and be on a restricted diet – so it's not healthy in the long term. I was really quite poorly during the last few weeks, just because I was so run down. That showed to me that it is really hard on your body and it isn't something everyone should aim for. My body fat dropped to about 10% – which is quite low for a woman, you really want to stay at about 20%. You should find a balance where you're feeling healthy. ■



'The media is the thing which is harming Muslims the most'

**Abla Klau
Vickie Hesketh**

Over recent months, the terrorist group Islamic State has dominated newspaper headlines around the world. Their actions are contradictory to the peaceful religion of Islam, but this has not always been made clear by political leaders or the mainstream media. *The Gryphon* spoke to the president of Leeds University's Islamic Society, **Mohammed Luhishi**, about the actions of – and reactions to – IS.

What is your view on the actions of the Islamic State?

The Islamic State is very un-Islamic. They are a criminal and extremist organisation that acts in the name of Islam but does not represent the religion or Muslims, contrary to what the media might have you believe. They have hijacked a religion which promotes peace; the actual meaning of 'Islam' itself comes from the word 'peace' in Arabic. I don't think Muslims should have to keep defending themselves against another extremist organisation just because

IS are a criminal and extremist organisation that acts in the name of Islam but does not represent the religion or Muslims

they claim to be of the same religion, in the same way that Christians shouldn't have to defend their religion in defence against the KKK.

How is the media handling this issue in your opinion?

I think the media has been very biased in its reporting. A lot of the time news-

papers will have headlines that are quite provocative towards the Muslim community. It's unfair because for some who do not know or have never heard of Islam, IS have become the face of it. Some media reporting is also complicit in the rise of Islamophobia which is problematic. People feel that there is a threat from the Muslim community which is why one of ISoc's and other Muslim organisations' roles is to show that it is

my own personal perspective I do not know whether it is good or whether it is not. At the end of the day I do not know what their agenda is. If their agenda is to help innocent people then that is great. However, the question that people need to ask themselves is why are they so quick to attack the Islamic State and help the innocent people in Kurdistan and Iraq but are not taking any action to assist the innocent people of Syria,

caused IS to arise in the first place. You have to get rid of the root causes of terrorism and extremism in the Middle East.

What is your opinion on the foreign fighters, who are leaving to fight in the Middle East?

My opinion would be the same for anyone – it does not matter if they are

Muslim or non-Muslim – going to join a violent criminal organisation is wrong. I feel that anyone who goes there should be held accountable with IS for what they are doing. However, at the same time, I think that there should be more done in terms of the government and Muslim community by way of educating and raising awareness, because a lot of the people who are going can be brainwashed by people who try to use their religion and faith to make them do these criminal acts. I feel that the government needs to try to educate people more, not just Muslims but non-Muslims too, and try to make sure that they

Some media reporting is also complicit in the rise of Islamophobia

know that these criminal organisations are not representative of Islam. I also believe that the Muslim community should try to do more in terms of educating and raising awareness in the Muslim population here in England.



Leeds ISoc ©

not the case; Islam is a tolerant religion. The media is the thing which is harming Muslims the most. As a Muslim when I read a headline saying 'Muslims are killing innocent people in Iraq' it feels unfair as they are not offering the other side of the argument. I do feel like this problem of Islamophobia will get bigger and bigger for Muslims here in England in the future.

Does the UK and the USA have a right to get involved?

The Islamic Society is an apolitical society. We deal with the actual faith, the belief of Islam. We are not a political society so I cannot comment from the Islamic Society's perspective but from

Gaza, Yemen, everywhere in the Middle East and other places around the world.

IS has gone through many developments. Do you think we will ever see the end of organisations like this?

I think that the problem is that a lot of people think that they can get rid of these groups by fighting fire with fire, using weapons against weapons. Whereas I believe that we should tackle the root cause of extremism because they are a criminal and extremist group who have hijacked the Islamic faith. I think that even if you got rid of them there would still be others that would spring up to replace them due to the oppression in the Middle East and what



Comment

Ched Evans

Lewis Decker discusses whether the convicted rapist should be allowed to return to football

EU

Jasmin Vincent looks at whether David Cameron's stance on the EU is just another popularity contest

Foreign languages

Marcus Rowe on why the UK is ignorant in learning a foreign language

Victoria's Secret

Frances Black challenges Victoria's Secret's latest 'Perfect Body' campaign

Football is a moral wasteland

Lewis Decker

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In April 2012, Ched Evans was convicted of raping a 19 year old girl in a hotel room, taking advantage of her while she was too drunk to talk. He was given a 5 year sentence, yet just two and a half years into that sentence, he's out there, making videos with his girlfriend, pleading to be accepted back into the hearts of football fans nationwide.

Even questioning whether Evans should be playing football seems to gloss over far more serious societal issues. The fact that Evans is out of jail after a couple of years represents yet another example of a sexist legal system that does not care about violence against women.

The most stomach-churning part of all is that Evans continues to shrug off his guilt because 'she was drunk - so...'. This is not just an idiot misunderstanding what constitutes rape, this is vile victim-blaming and an attack on women. Evans' 'apology' video does not even give his victim a passing mention, and while sections of the media (*The Daily Mail*) have lamented Evans' 'lost potential', his victim changed her identity and location twice in order to escape threats and abuse from angry football fans.

Bearing all this in mind the logical reaction from the football world would be 'Who's going to want that slimy, dead-eyed remorseless rapist playing for their club?', but as we all know, the football community is far from logical.

Indeed it wouldn't surprise me if Evans was back on the pitch by next summer. He'll be earning thousands, kids will get the name of their goal-scoring 'hero' printed on the backs of their shirts and pundits will laud his



magnificent 'comeback'. Why? Because football is entirely ethically empty.

Football breeds a strange tribal mentality, where clubs and their supporters will back their players whatever their crime.

I know I've been guilty of it with my own club, Watford. A few years ago, striker Troy Deeney was convicted of

“Pundits will laud his magnificent 'comeback'. Why? Because football is entirely ethically empty.”

GBH after a drunken night out. After his release Watford immediately re-signed him, and while initially I swore I would not support him, a few goals later I was there with the rest of the morons chanting his name.

Deeney, however, truly is a reformed character, and is proof that forgiveness is there to be earned and deserved. If Evans showed even the slightest bit of regret it would go a long way. After all, rehabilitation is what the justice system should be all about.

However, I think there's a possibility that the football community is Dr. Frankenstein to Evans' monster, and we have to ask ourselves how a football player, far removed from the dirge of society we often like to associate to criminal activity, came to be in such a position.

I once went for a Nando's with up and coming Watford player Bernard Mensah. I remember him telling me how jealous he was that I was at University while he was stuck playing football. I thought 'You bastard! You get to live my childhood dream and are jealous of my Politics lectures and nights at Fruity?'

I was livid. But he explained that by the age of 15, football had become his career, and at that point his adolescence was over. He would never have the chance to go out into the world, make mistakes, learn and grow in the way that most people get to. He argued that as a result it is more difficult for footballers to come out as well-rounded, socially-minded people.

Football is traditionally a sport for the working classes, and today many players right the way through the leagues

come from areas of the UK or across the world where people feel utterly powerless in their communities. Then suddenly, they are given shed loads of money, celebrity and power. A footballer's ego is bound explode and, to a certain extent, this instils in them the belief that they can act in any way they want.

I think there's a case that says that Evans' over-inflated sense of self led him to believe there was no problem in taking advantage of a very drunk young woman. 'I'm Ched Evans, footballer: I can go where I want, say what I want and fuck who I want'.

There's no doubt that until Evans apologises for his crime, he should not play another minute of football. If he does, it proves that football is a moral wasteland. Such cases as this, be them more or less serious than rape, will be the case until we completely restructure the way footballers are 'reared'. Treat them like the fragile young teenage minds that they are - not goal scoring, profit-generating, dispensable toys - and maybe they might do less damage to themselves and the communities they live in.



Is EU independence just a popularity plea?

Jasmin Vincent
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So, David Cameron is refusing to pay an extra £1.7bn to the EU. Isn't that just great? People wanted a reform in policies over the EU crisis, not an outright temper tantrum.

In all fairness, Cameron probably does have a right to be angry. £1.7bn is a hefty sum of money, and in his words it is 'simply not acceptable for the EU to make these kinds of demands and to do so in such a fast-track process'. A bill this big is not going to help Britain's membership of the European Union.

So why such a big bill? The UK, like other countries, has been making changes to the methodology for measuring the size of its economy, meaning it has been including aspects such as money from illegal drugs and prostitution. As a result, the economy appears bigger than previously reported, and the UK has been underpaying the EU.

Does this mean, then, that it's fair for the EU to suddenly demand money that

we now should owe? Well, technically yes, but realistically no. With a month to hand over such a large amount of money, it's quite unfair to expect us to just give out such a massive sum in such a short time.

Furthermore, it seems rather incongruous that one of the big EU players, France, is receiving a £790m rebate because its economy is struggling. The two spectrums of the scale are massively disproportionate, and it seems reasonable to demand some form of investigation.

It's easy to be bitter about this and

lash out to the rest of the EU, but with such a direct stab in our backs, it is going to be no surprise when members say it cannot go on. Even when Cameron argues we are a leading player in the organisation, and how it will be a huge benefit to stay, it's hard to believe that we are even considered a participant in the EU.

With a sizeable £58 per person coming out of the ordinary taxpayers pocket, it is unsurprising that this backlash goes hand-in-hand with the rise of a right-wing fuelled Euroscepticism. It certainly provides the feeling that we

are being taken advantage of in the EU, and only adds to the list as to why we should just leave.

Saying that, Cameron's backlash all seems to be a bit of a political stunt. From the outsider looking in, he seems like a petulant child trying to stomp whatever little ground he has, instead of asserting his dominance over the EU. This only demonstrates the world of politics.

With nearing elections, Cameron seems to be pulling some desperate measures, to appear like he understands the people of this country and the growing anti-EU feeling that is true of many. Unfortunately he's come onto that playing field a bit too late.

Whatever happens now, his reaction has definitely caused us to question further the benefits of staying in the EU. When a politician argues the case of staying in, and then quite blatantly illustrates some sizeable disadvantages, it all becomes very annoying and quite confusing. We either take the EU as it comes, or we just leave and be done with it.



JB Times ©

Foreign languages shouldn't be ignored

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In Britain, it's common knowledge that our society as a whole has a chronic fear of foreign languages. Our lack of effort on this front is seen by many as a national embarrassment and there are often calls for language teaching to be given higher priority in schools.

However, in order to improve the nation's proficiency in foreign languages, it is not enough to simply make children learn a language to GCSE level. The way in which languages are taught in schools must be completely changed. Too often, in an effort to cover everything in the curriculum, teachers move on from the basics before pupils have fully understood and learned them. They are left feeling that they will never be able to learn a language as it is too difficult, which means that the gap between the level they are supposed to be at and the level they are actually at widens to the point where they simply give up.

In order to enjoy learning a language, it is necessary to reach a level where a basic conversation can be had. But it is all too often the case that people quit before they reach this level, leaving themselves with an almost useless collection of half-learned words and phrases. Once this hurdle is overcome, the process of learning a language becomes rewarding and fulfill-

...people quit before they reach this level, leaving themselves with an almost useless collection of half-learned words and phrases

ing: managing for the first time to have a conversation with a foreign person in their own language is incredibly satisfying.

The methods used to teach foreign languages in the UK also contribute to many students becoming apathetic towards learning another language. The endless monotony of verb endings and past tenses is hardly a gripping way to teach a language to a group of adoles-

cents, whose attention spans are already prone to wavering.

As someone who grew up speaking only English at home until I was introduced to French and then German at school, I appreciate what a struggle it can be to stay motivated in the early stages, but it really does pay off. There are an incredible number of opportunities that come from being able to speak a foreign language, from employment to personal travel.

One of the reasons why we are so reluctant to learn foreign languages is the assumption that foreign people will always be able to speak English. Fortunately for us, English is very widely spoken, but it is still not ubiquitous. Even in England and Wales, according to the 2011 census, there were 138,000 people who spoke no English at all.

'But I simply can't learn a foreign language', the masses cry. Well, in most of Northern Europe, being able to speak two or three languages is the norm. If nearly the entire population of a country like the Netherlands can speak English rel-

atively fluently, then surely most British people have the ability to speak another language.

Many believe that the scrapping in 2002 of the requirement for 16-year-olds to sit a language at GCSE has had a negative impact on our national linguistic ability. I would argue that in order for language GCSEs to be useful, they should test useful knowledge such as booking tickets and hotels while travelling or being able to converse spontaneously, rather than reciting prepared paragraphs about the environment or whether you get on with your family.

Learning a language can seem like a thankless task, until you have your first successful conversation with a native speaker and see their amazement when you tell them that you're British. A Frenchman once said to me on a school trip 'You cannot possibly be English, your French is too good!'. What was even more alarming was that it summed up the British attitude towards learning languages perfectly.



Victoria makes no Secret of the 'perfect' body

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Looking back at my adolescence, I remember a particular episode with great clarity: seeing cellulite on my legs for the first time when I was 19 and inducing myself into a state of panic. I went out and bought body brushes and moisturizers to try and tackle this unsightly, humiliating flaw. My thought process was that if I started dealing with my cellulite now, perhaps I wouldn't have to feel ashamed and embarrassed by my body when I was older. Underpinning this whole thought process was the belief that I would no longer be attractive or desirable if I had cellulite— I would not be perfect. I would be flawed, tarnished.

Years of seeing circles of shame in *Heat* magazine, zeroing in on the supposed 'imperfections' of female celebrities and subconsciously processing an endless stream of airbrushed models had left me believing that true beauty meant constant perfection. I had been convinced that normal things that most women have in some form or other – cellulite, wrinkles, non-pert breasts, tummies that stick out, body hair – were embarrassing and shameful, rather than the wonderful, natural variations of the human body that they are.

Where do such ideas come from? Marketing, magazines and the media have a lot to answer for. An all-too common marketing tactic that companies use is to make their customers feel insecure and inadequate, while promising their products as the cure for whatever supposed ailment they have come up with. Underwear and clothing store Victoria's Secret's new marketing campaign for their range of bras 'Body' is an appalling example of such careless, irresponsible advertising. The campaign

has the words 'The Perfect Body' branded across photos of models of an identical, slim body type.

The annual Victoria's Secret show is broadcast in over 200 countries. According to a 2012 YouGov study, it is the most popular clothing company in America, and they are also hugely popular in Canada and the UK, among other countries. Their power and influence over society's perception of women and beauty is immense, and this campaign struck me as an unforgivable abuse of this platform.

The message that this kind of campaign sends out to women is unhealthy and damaging. It promotes negative

body image, low self-esteem and eating disorders among women. It tells us that only one body type is desirable. It tells us that only one type of woman deserves to be proud of her body in underwear. It tells heterosexual and bisexual men that only women who look like this are attractive and that there is something wrong with them if they are attracted to women of different body types. It perpetuates a culture that shames women into believing that they are somehow a failure for not looking like the women in those photos.

Only 5% of women naturally possess the body type portrayed in adverts like these, and the models are so

photo-shopped that those bodies are almost impossible to attain. Victoria's Secret could use their power to celebrate the beautiful, rich amazing diversity of women's bodies, instead of telling us that only one body type is worthy and desirable.

If you think that Victoria's Secret should be held accountable for this marketing campaign, please sign the petition 'Victoria's Secret: Apologise for, and amend the irresponsible marketing of your new bra range 'Body' at Change.org: <http://chn.ge/ltgfHE9>



Frances Black ©

1 in 30

victims of rape will see their attacker convicted

10,000

students took French A-level in the UK last year

3,000+

signatures on the petition to amend Victoria's Secret underwear campaign



Debate

Is the porn industry exploitative?

Pornography has divided opinion for centuries, and it is now more readily available than ever. The porn industry has transformed from 'French Postcards' to adult films, and recent government proposals advocate a mandatory ban on internet porn. This week, *The Gryphon Debate* asks whether porn really is as degrading and exploitative as we've been led to believe.



Yes Faith Dunne

The question of whether porn is degrading has been circulating for many years, however my answer will always remain the same. Admittedly, it is becoming a more fervent topic today with the support of the internet, making porn accessible to almost everyone at almost every age. This means that both the younger and older generation of men are able to access the video footage of the objectification of women.

Watching porn exacerbates the attitude that women are only sex objects, that sex is the only way to achieve satisfaction, and that males are the dominant sex. Viewing one naked female porn star performing sex acts not only exposes her personal, unique beauty but also defects the general male perception of the female body.

And it is not only men who seek a lev-

el of beauty similar to women they have watched during porn. Women also may feel that they have to mimic the body image of a porn star in order to impress the opposite sex. Men may even feel the same: watching a particularly attractive male porn star could make male viewers feel more body-conscious. Additionally, they may feel that the only way to please a woman is to have sex with her which

Porn distorts an act which is supposed to be intimate into a superficial scene

could make a man more anxious about such an intimate act.

Furthermore, it is not only people who watch porn that may feel belittled or degraded but the porn stars themselves are

left tarnished. After watching the Louis Theroux documentary *Twilight of the Porn Stars* it became apparent that one male porn star in particular lacked the

According to The Huffington Post, approximately 30% of porn viewers are women.

intimacy which is usually felt when having sex with someone. In fact, it was revealed that he was in love with one of his co-stars, however he was rejected by this woman as love is not something a porn star should feel, so the industry portrays.

Sex is a very intimate act and for someone to be expected to refrain from feeling any affection is unnatural and undignified. As a result of working in the porn industry, adult film stars may find it

very difficult to maintain relationships or feel close to someone as porn has desensitised him from feeling the typical level of intimacy felt when in a relationship.

And it may not only be the porn stars' relationships that have been sacrificed by porn. The intimate relationships of viewers will be affected too. Porn distorts an act which is supposed to be intimate into a superficial and trivial scene.

A close relationship with someone is something which should be cherished and porn is one factor which is trivialising these relationships. Is it not better to feel intimate with a real person than to watch the superficial intimacy of two people on a screen? So I say to porn lovers: maybe it's time to go out and start a real relationship rather than staring at the meaningless one on the screen.

No Anna Turner

In order to respond to statements like 'porn is exploitative' or 'porn degrades women' we have to unpack what these words mean. Are we using these terms broadly to mean that anyone who has sex in front of a camera for monetary gain is being exploited and degraded? I think most porn stars would find that idea insulting. The porn industry contains some of the most intelligent business people in any creative industry.

When we claim that men and, more often, women within this industry are exploited or degraded we are demeaning their intelligence and treating them as something less than what they are: adults capable of making their own sexual, professional and financial decisions and taking responsibility for them.

The phrase 'porn is degrading' is degrading in itself. It treats adults who have made a personal choice like naïve children who can't possibly understand what they're getting into. It also partially reinforces the idea that women in particular must be blind to the realities of the porn industry – as though they couldn't possibly be sexually aware adults who understand what porn entails.

To say that women in porn must be ex-

ploited/degraded infantilizes women more than a thousand porn stars in schoolgirl uniforms ever could. This is because it assumes that women can't enjoy the act of sexual performance – that they cannot possibly feel satisfied in a job that requires them to have multiple sexual encounters.

The porn industry is not perfect and that there may be some individuals within it who do feel exploited, but the same is true with any industry – no occupation has a 100% satisfaction guarantee.

Attaching stigma to porn in particular simply because of its sexual nature comes across like slut-shaming

Attaching this sort of stigma to porn in particular simply because of its sexual nature comes across like slut-shaming. It also conveniently ignores other forms of exploitation within less taboo industries: I would rather campaign for less exploitation within the coffee and chocolate industries before I start worrying about porn stars that, for the most part, have control over their hours and working conditions as well as being well paid.

So perhaps when we label porn as degrading we are not talking about all porn, but about more specific sub-genres of porn that are viewed as violent, extreme and where 'degradation' is seen as part of the appeal. I am of the belief that it is not our job to police the sexualities of consenting adults by limiting their means of expression. These videos have a place within the porn industry as long as there is consent and performers are aware of what will be expected.

By keeping videos like this in the public eye, rather than the black market, they can be regulated and do not require actual abuse or exploitation. We are then given the option to watch these videos or not and are able to take responsibility for that decision. When a sex offender claims 'porn made me do it' – and we validate that with the rhetoric that porn is dangerous and extreme – we take away responsibility from that sex offender. Suddenly it's not their fault, it's porn's fault.

This kind of mentality is an attack on the idea of personal agency as well as on freedom of sexual expression. Why should anyone tell adults what they can and cannot get their rocks off to as long as no one is being hurt in the process of production

or consumption?

The laws are particularly prejudiced against those in the BDSM community, who are the fiercest campaigners against sexual abuse, stressing the importance of consent. The line between what is consensual and what is 'degrading' is not so black and white within pornography – an industry built on selling fantasy over reality.

If we are to outlaw the erotic depiction of 'extreme' content then will there be policemen charging into our libraries to remove the works of Marquis De Sade? What about Rochester's poems and Anais Nin's short stories? All these writers have erotic depictions of rape in their work, in addition to other 'extreme' content, and yet somehow we privilege their writing over that of pornographers who choose to depict similar things on film – one is exploitative and the other artistic.

Labelling porn as an exploitative industry is simply an exercise in erotic elitism. It seems that porn is only obscene and dangerous if it has the Brazzers emblem in the corner rather than the Penguin logo on the spine.



Current Affairs crossword

The week's affairs in black and white squares

As glamorous as ever, follow the clues below:

ACROSS:

1. Title of Russell Brand's new book
4. Name of the party which were refused TV coverage in the national election debates
5. Name of the misogynistic abuse of female gaming enthusiasts
6. Name of the place where father was paralysed on a rollercoaster
7. High street brand criticised for skinny mannequins
9. 1982 government exercise to test the UK's capacity to deal with the nuclear war

DOWN:

1. Acting President of Zambia
- Name of the Mercury Music Prize winners
- Celebrity challenged over facial appearance
- Serenaded whilst in labour by her pop star husband

Last week's answers:

Canada
Nokia
Mike Read
Tesco
Makhiti
Guido Fawkes
Oscar De La Renta
Balotelli

Letters

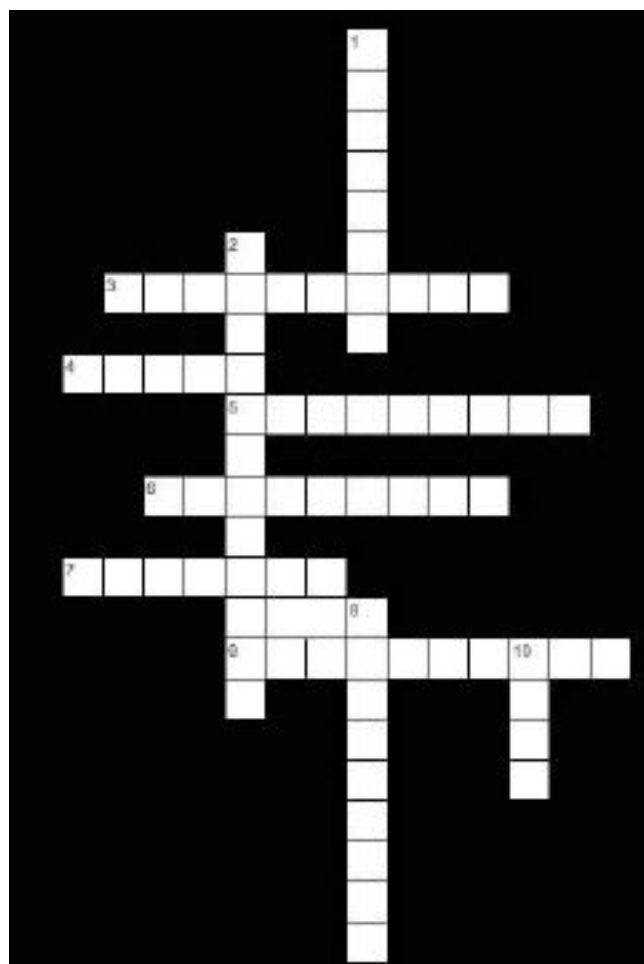
Adressed to Sophie Bell, Debate, Issue 4:

Your article in the The Gryphon of the 24th October really caught my eye. It even reminded me of the great Eric Hobsbawm, who argued that you have to 'see the past as a coherent whole, rather than (as historical specialization so often forces us to see it) as an assembly of separate topics.' I don't really disagree with the fact that it is important to see the bigger story.

But on the other hand: why do historians divide history in parts and pieces? You state that 'dividing black history from the history of other races is segregation'. I completely disagree. Do you segregate females because you write a book about the political and social emancipation of women? Do you segregate scientist because you publicize a study about the history of science? Do you segregate the Chinese because you write a history about the Chinese community in Liverpool? You say 'black history' is a history of an ethnic group. I can't argue that, but it is as important to see black history from a social and demographic perspective. If you want to understand the Civil Rights movement, you have to look at the history of the black group of people in our society. My point is: the term black doesn't necessary refer to the 'race' of black people, but far more to the minority of black people within, for example, the British society. Hereby, 'black' doesn't oppose 'white' because a general history of England is almost entirely white.

That's why there is nothing wrong with dividing history. It is necessary and essential because national history is far too often the history of majorities. Furthermore, from a practical and technical point of view, it seems indispensable to divide history and scrutinize little parts. This has absolutely nothing to do with segregation. On the contrary, understanding the difficult history of the black community within Western societies can help to ban and extinguish racism.

Best regards,
Simon Grymonprez



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Lead based crime: petrol not bullets

Michael Owen
Science Editor

In our Western democracy, elections are won and lost on the basis of multiple factors. Commonly, the economy is nearly always top of the agenda due to its trickle-down effect on every facet of society, including crime.

Crime rates are a major issue for any government. If crime is falling, history tells us that they will seek to use this to their political advantage; citing their policies and strategy as the primary factors in any perceived successes. However, the explanation for any success can be completely unexpected and often of a more scientific nature.

Experts often suggest that crime resembles an epidemic. Karl Smith, a professor of public economics and government at the University of North Carolina-Chapel Hill had a rule to categorise epidemics. If the epidemic spreads along lines of communication the cause is information, if it travels along transportation routes the cause is microbial, if it fans out from a single place the cause is insects, or if it's everywhere at once the cause is a molecule.

Thomas Midgley Jr. (1889-1944) was lauded for his scientific achievements, but his legacy leaves a bad taste in the mouth. He can be credited with two scientific discoveries that have had some of the most catastrophic effects on our environment over the last century. One of which was the use of CFCs in fridges and aerosols that have contributed to ozone layer depletion. The other being the creation of our molecule in question: tetraethyl lead.

Created in 1921, tetraethyl lead was mixed into petrol until it was gradually phased out 20 years ago due to its neurotoxicity and damaging effect on catalytic converters. It has a high octane rating – signifying its ability to withstand compression before detonating – a trait that can increase fuel economy and performance. Ethanol has the same effect. It is cleaner and more widely available, but tetraethyl lead was pushed as the 'mixer' of choice due to its profitability to patent holders.

Exposure to lead is predominantly through inhalation, or in the case of tetraethyl lead, through the skin. Lead has been known to be poisonous for a long time. In the 2nd century, Greek

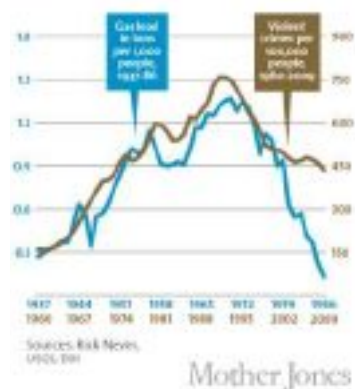
botanist Nicander wrote that lead makes the mind 'give way'.

Lead in petrol is especially dangerous for children due to the simple fact that they spend more time closer to the ground than the average adult. This small difference in height can make all the difference in the quality of air they're breathing; lead is heavy and heavy stuff sinks. Also the physiology of children means that lead lingers in their bodies longer. Children's bones are continuously being remodelled as they grow, allowing the lead to be continuously re-introduced into the bloodstream.

But how does lead exposure affect a person's psychology, and why can it cause a spike in criminal activity?

Lead interferes with neurotransmitters, chemicals used by neurons to send signals to other cells. It blocks certain receptors in the brain, and it's the targeting of these receptors that is thought to be one of the main effects of lead's toxicity.

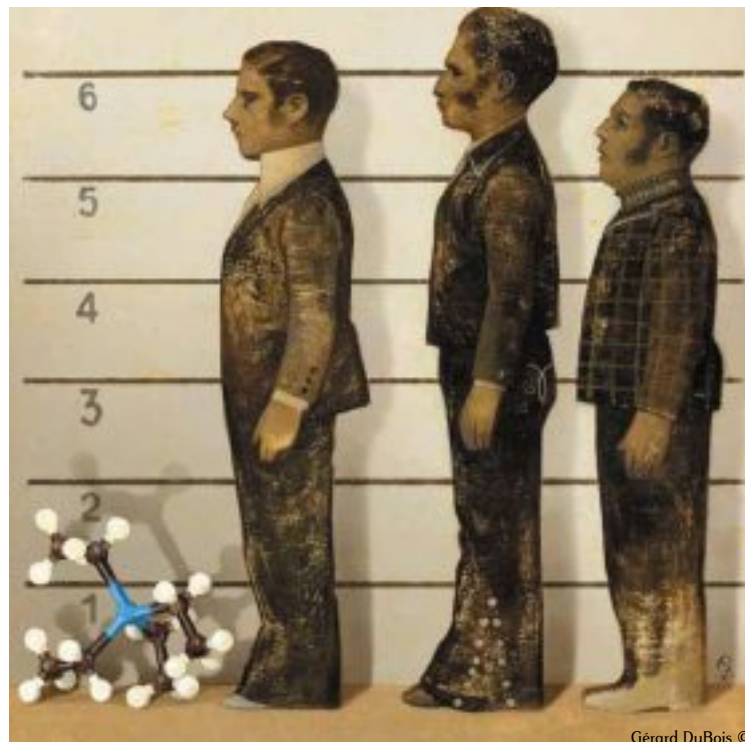
Lead poisoning interferes with the normal development of a child's brain and nervous system. Increased blood lead-levels in children have been shown to correlate with decreases in intelligence, nonverbal reasoning, short-term



memory, attention and social engagement, amongst other things. Lead exposure has also been shown to increase aggression in countless studies.

From the 1920s onwards, crime in industrialised countries continued to rise as exasperated politicians and chiefs of police failed to reverse the trend. Any small victories in crime reduction seemed unable to stem the increase in violent crime, especially in cities such as New York, a hotbed for life-sapping traffic jams; perfect for the proliferation of lead.

In 1994, Rick Nevin of the US Depart-



An illustration by Gérard DuBois of a molecule of lead in a police line-up perfectly captures its criminal element.

ment of Housing and Urban development, began investigating whether lead exposure had an effect on violent crime.

Nevin found that if you track the levels of lead in the atmosphere and compare them violent crime rates, the correlation is inescapable, almost perfect. He published a paper on the subject in 2000, concluding that if by adding a time lag of 23 years (the time it takes from childhood to full-grown, criminal adulthood), lead emissions from cars explain 90 percent of the variation of violent crime in the US.

It is important to remember that correlation does not always equal causation, therefore something more concrete was needed, and a double whammy hit the criminology world in 2007.

Jessica Wolpaw-Reyes, a public health professor at Amherst of the University of Massachusetts, picked up Nevin's gauntlet and released a paper that coincided with another of Nevin's papers. She decided to investigate trends from state to state, and she discovered that the reduction in crime was far from uniform. Speaking to the BBC in 2013, she said 'there is a substantial causal relationship, I can see it in the state-to-state variations. States that experienced particularly early or particularly sharp

declines in lead experienced particularly early or particularly sharp declines in violent crime 20 years later.'

But then couldn't it be argued that this trend is exclusive to the US, with its ridiculously high gun ownership and its poverty stricken inner-city ghettos, resulting from years of the ineffectual and detrimental 'war on drugs'?

This is where Nevin's second paper comes in; he took his study and applied it to other industrialised countries such as New Zealand and Canada – not exactly renowned for their crime rates – and found an identical pattern. He then applied it to the UK, France, Germany, Australia and Italy and found the exact same matched pattern. Nevin claims that he has never found a country where the correlation is absent. It has even been applied to individual neighbourhoods and the same pattern is found.

As with every theory, it is important to remember it is still only a theory. It would certainly be pretty evil to systematically subject thousands of children to lead exposure to test this theory, so it can never be confirmed under experimental conditions. For this reason we will never know if it's lead bullets that cause crime, or the very lead itself. ■



From theoretical physics to Hollywood

Henry Munro

It's reasonable to say that Kip Thorne's career route has not been that of your typical theoretical physicist. After retirement from his role as Feynman Professor of Theoretical Physics at the California Institute of Technology (Caltech) in 2009, his passion for education burned on. Taking a step back from mentoring and advising students, Thorne turned his efforts towards the public, with the intention of illuminating the darkest corners of Einstein's general theory of relativity: black holes.

Lying at the fringes of known physics, even the simplest concepts concerning black holes are unintuitive and mind bending (even to final year physics students), yet it was these that Thorne set out to expose. With cinema as his chosen forum, Thorne approached film producer Lynda Obst and they started developing ideas for a movie revolving around black holes and wormholes (theoretical structures tunnelling through space to join two distant regions).

After initial interest from Steven Spielberg, the film was eventually picked up by director Christopher Nolan, known for producing stunning visuals in titles such as *Inception* and *The Dark Knight*. Christopher set out to combine his ideas with a script his brother, Jonathan Nolan, had developed for in 2007 for Obst in a separate venture. He then enlisted the help of Thorne, whose works inspired the film, as both an executive producer and scientific consultant for the developing film.

The finished product, *Interstellar*, follows a group of explorers and scientists attempting to save humanity from an environmentally ravaged earth. Smashing through the boundaries of known space travel, they venture into a wormhole in an effort to discover a habitable planet in a new galaxy.

Upon seeing the potential for a successful film, Nolan set Thorne the task of accurately depicting Gargantua, the black hole rotating at close to the speed of light, central in the plot of the film. Thorne not only had to formulate the spatial geometry created by the immense structure, but also devise a way to illuminate the region surrounding a black hole's invisible interior. Luckily, Thorne's passion for physical accuracy in nature provided the answer.



Before falling into the inescapable depths of a black hole, matter – be it a neighbouring star or planet, is ripped apart and forms a flat circulating ring around the black hole's centre (similar in shape to those surrounding the planet Saturn). When the black hole encounters a lot of matter to feed upon, these rings – known as accretion disks – can themselves reach a colossal size. Heated by friction as they grow, they can form some of the brightest structures in the universe, juxtaposing the darkness lying within their disks.

Working together with the special effect house Double Negative, Thorne set out to produce images of Gargantua fitting of a Nolan movie. After devising a whole new set of equations that would work within Double Negative's rendering software, Thorne left the special effects team to run the simulation and produce the images of the black hole and surrounding accretion disk.

What the special effects team saw next was truly surprising. Instead of the flat disk they expected to see they had created an astonishing glowing halo stemming from the disk and surrounding the black hole. The team, unable to explain the phenomenon turned to Thorne for answers. Although unexpected, Thorne recognized that the

beautiful structure came directly from the equations he had supplied. It transpired that the black hole's immense gravity, coupled with its rapid rotation, actually meant that the very fabric of the universe was being dragged along with it as it spun on its axis. This warped the surrounding space in such a way that light from the originally flat rings had become wrapped around the black hole, forming the distinctive halo.

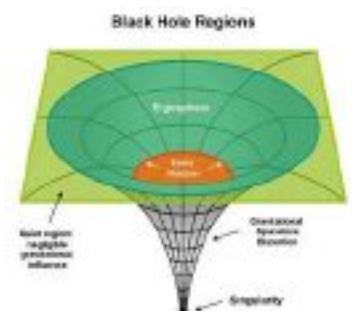
What the team had therefore created was an image of a black hole to unprecedented physical accuracy. Taking up to 100 hours to render a single frame, the simulation was so accurate that Thorne is now planning on using it as observational data in multiple scientific papers detailing the discovery of the halo.

The end result therefore leaves everyone satisfied. Nolan gets a truly breath-taking backdrop in which to tell his story, and Thorne can rest easy in the knowledge that Einstein's iconic theory of general relativity has been brought to the big screen in a manner that will leave viewers awestruck and wanting more.

Starring Matthew McConaughey, Anne Hathaway, Jessica Chastain and Michael Caine, *Interstellar* will be hitting UK cinema screens on 7th November.

What is a black hole?

Once a star has burnt its fuel, it collapses under its own weight due to gravity – the bigger the star the stronger the gravity. In the case of the largest stars – over 15 times the mass of the sun, gravity wins out and what was left of the star collapses uncontrollably into a singularity (a point of infinite density). This is how black holes form. The gravitational field around this unimaginable point becomes so strong that it sucks in any object that has the misfortune of straying too close to the 'Event Horizon', including light (hence the name black hole). The truly terrifying gravitational forces produced by black holes are so strong that they twist and contort the very fabric of the universe, also known as spacetime.





England start Four Nations unconvincingly

Kayley Dickinson
Rugby League

The Four Nations kicked off this weekend in Brisbane with England taking on Samoa in what should have been a comfortable opener.

This wasn't the case, however, as they took on a Samoa team who shone in terms of aggressiveness, flair and enthusiasm. The game ebbed and flowed with the lead changing hands frequently.

After a nervy opening quarter England took the lead in the 21st minute, seemingly paving the way for a routine victory. England could not kick on from there though as Samoa were

resolute, proving to be full value for their 26 points.

England's game was far from the heights expected against a team who were only in the competition following a qualifying victory against Fiji. Neither side ever looked comfortable or good enough to take the game by the scruff of the neck and push on for a comprehensive victory. England scraped the 32-26 win and must improve dramatically to pose any sort of a threat to Australia or New Zealand.

In the other match, New Zealand made fairly easy work of beating an Australia side blighted by injury 30-12. The Kangaroos started brightly, but their inexperienced players were

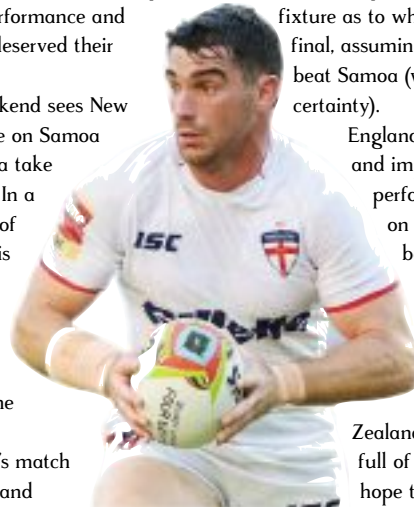
soon found out as The Kiwis put in a solid performance and thoroughly deserved their victory.

This weekend sees New Zealand take on Samoa and Australia take on England. In a competition of only four, this weekend is pivotal in deciding who will make it to the final.

Australia's match against England

could well prove to be the deciding fixture as to who will make it to the final, assuming that New Zealand will beat Samoa (which of course isn't a certainty).

England will look to build on and improve on their first performance when they take on Australia in their own back yard. Australian forward Greg Bird has already stated how adamant he is that it will be Australia facing off against New Zealand in the final. England, full of world class talent, will hope to prove him wrong.



Yorkshire football: The season so far



Leeds United It would be an understatement to say there is never a dull moment at Elland Road. We haven't even reached November, yet this season has already spewed up plenty to talk about. Massimo Cellino has predictably stuck to his impatient traditions and sacked two head coaches already. Dave Hockaday and Darko Milanic were given six games each before the President re-addressed his claims that both men were what the club needed to get back into the top flight. On the field, results have been less than inspiring but there have been glimpses that United's much-changed squad does have real

quality. Neil Redfearn has seemingly now been given the top job on a permanent basis and the Leeds faithful will be happy that someone that they and the players know and trust is in charge; their only concern will be that if Cellino decides to get rid, the club will lose arguably the best academy coach that they have had for years. **Peter White**

Huddersfield Town After an initially shaky start – a 4-0 loss on the opening day of the season, sacking their manager immediately afterwards and propping up the table in mid-September – the Terriers have done well to climb up the league after an ongoing unbeaten run of 6 games. Recent impressive results have included a 3-1 win away to Wolves, and home triumphs against Millwall and Blackpool. Grant Holt has signed on loan from Wigan to add some Premier League quality and experience up front, while Nakhi Wells is back in the goals again. Chris Powell, Huddersfield's bright and engaging manager, should be quietly satisfied with their progress then after a fairly gloomy opening to the season.

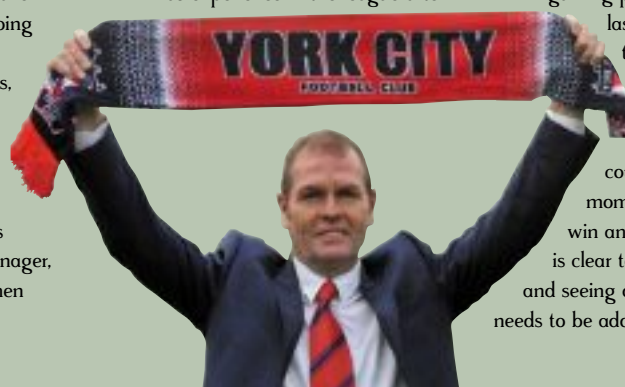
Euan Cunningham

Bradford City Bradford's season is on a knife edge. Their mid-table obscurity means that the team are within a few wins of rising into the heights of the play-off battle but a continuation of their current form next time out against struggling Doncaster could well also drag them down into the relegation dog-fight. They certainly have the potential within the side, as a recent draw with league leaders Bristol City shows. Inconsistency may be their biggest issue, as a good run is all that is needed to climb the division. Valley Parade has once again seen high attendances throughout the year with attendances over 12,000 a regular occurrence. Phil Parkinson has certainly earned his stripes in the Bantams hot seat, after guiding the club to promotion and a League Cup final in his three year tenure, and with Bradford currently in 12th his job looks secure for the near future. **Daniel Nixon**



York City With only one win all season, York are a shadow of the team that reached the playoffs in the last campaign. Nigel Worthington left the club last week with the club languishing in 22nd place in League 2 and just a point outside the relegation zone. Former Scunthorpe manager Russ Wilcox is the man given the task to revitalise the Minstermen and see them rise the table throughout the season. Wilcox has experience in the league after

gaining promotion with Scunthorpe last year so will be looking to kickstart the campaign from here on. Finding that elusive first home win at Bootham Crescent could be vital in getting momentum, and with only one win and nine draws this season it is clear to see that finding the net and seeing out games is the issue that needs to be addressed. **Adam LeRoux**





Has the financial crisis finally hit F1?

Tom Moore
Formula 1

Following its hugely successful relaunch in 2012, the USA Grand Prix returns to the outstanding 'Circuit of the Americas' in Austin, Texas this weekend.

The race, which last time attracted nearly 120,000 people, is set to be overshadowed by the worst crisis to hit the sport since 2005.

It sounds crazy to say it, even in a microcosm as bonkers as F1, but after both Caterham F1 and Marussia F1 teams went into administration this week the sport is clearly in a worsening crisis.

The ramifications of both Caterham and Marussia's departure from the grid

are likely to cause immense problems for birthday boy Bernie Ecclestone. Given the struggle for Formula 1 to attract an audience in America, a Caterham and Marussia-less grid on show will do little to boost the sport's presence. The current issue harks back to F1's darkest day a decade ago, when only six cars made the grid in Indianapolis.

With 20% of the F1 grid effectively absent, this weekend's Grand Prix promises to be rather interesting. Qualifying will need to be changed completely, with perhaps four cars going out in both Q1 and Q2 instead of the six we were accustomed to.

In the race itself the onus really is on an under-pressure

Nico Rosberg, who is 17 points behind teammate and championship leader Lewis Hamilton, to claw back some points before the inevitable title decider in Abu Dhabi in which double points will be offered.

Further down the field there is a particularly interesting three-way fight for

fourth place in the drivers' standings, with Valtteri Bottas, Sebastian Vettel and Fernando Alonso separated by a mere four points. In what has been an impressive season for Bottas and Williams F1, he would be more than worthy of fourth place.

Whilst there is much to be excited about for this weekend's Grand Prix the events of this weekend may only serve to cover up the cracks that have

started to appear in F1: cracks that could soon turn into a chasm should the ever struggling Lotus and Sauber teams fail to rectify their own financial issues.



Should London have an NFL franchise?

Yes

Adam LeRoux

When the Detroit Lions faced off against the Atlanta Falcons recently it marked the tenth NFL game to be played at Wembley in the recent International Series. Each one of these has been magnificently attended, averaging at 82,764, which is over double the number of people that attended the recent England home game against Norway, showing the popularity of American Football on this side of the Atlantic.

Whilst Wayne Rooney and co. may not have been dishing up entertainment at England's national stadium as of late, our American visitors put on a sporting showcase for those watching: a last-second field goal clinching victory for the Lions in an amazing comeback victory. The game has expanded massively here over recent years, growing from just a single game in 2007 to three this year and a proposed five matches at Wembley by 2016.

So why not have an NFL team in London? The team would be well backed, for sure. The patriotic nature of the British would shine through - we love putting one over the Americans don't we? And with away fans a rare occurrence in NFL, travelling isn't an issue.

People argue the distance is too much for some teams, but it doesn't seem to be

for the San Francisco 49ers, on America's West Coast, who have already made the journey to Wembley twice, winning both times.

This week Carolina play Seattle, which is a five hour flight between the two places. Carolina to London will take an extra four hours, which means quarterback Cam Newton can earn another \$7000 on his way there. Newton's extended contract entitles him to \$14.67 million per year from 2015, so a nine hour flight should be no reason to kick up a fuss.

Hosting an American Football team will not be new to London, with the Monarchs flying the English flag in NFL Europe until 1998. A proper franchise within the National Football League is a bigger proposition, and a huge step forward.

The facts and figures are there, and with NFL franchises seemingly chopping and changing whenever they feel like it, it is surely only a matter of time before those in the boardrooms see sense and bring an American Football

No

Peter White

In my opinion, the prospect of there being a British-based NFL team is beyond ludicrous.

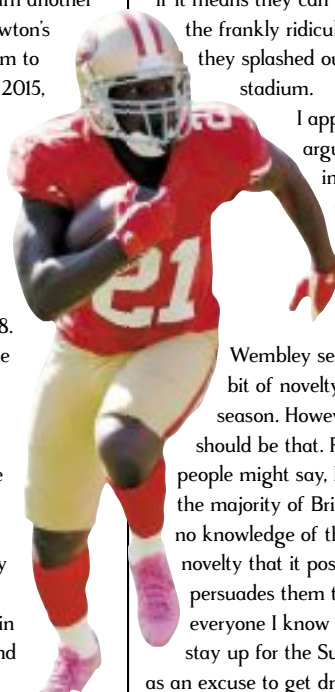
I find it hard to my get head around how it would be good news for anyone involved apart from the cash-hungry Wembley elite, who are seemingly willing to abolish any sporting tradition if it means they can recoup some of the frankly ridiculous £737m that they splashed out on the national stadium.

I appreciate the argument that interest in American football is growing in the UK and I understand that occasional matches at

Wembley sell out and add a bit of novelty to the league season. However, that really should be that. Regardless of what people might say, I honestly believe the majority of Britons have almost no knowledge of the sport and the novelty that it possesses is all that persuades them to watch it. Nearly everyone I know that chooses to stay up for the Super Bowl does it as an excuse to get drunk and the few

American footballers that I've spoken to are just ex-rugby players that wanted to try something a bit different. Wembley is the home of football (or soccer to distinguish the two sports) and should be used on rare occasions to showcase great football events. There is a vast amount of football history and tradition at Wembley and the idea of basing a club there for a sport that we don't really know about just to make a few pennies seems daft to me.

Secondly, think of the Americans. Thanks to David Beckham et al. interest in our version of football is expanding in the states, yet imagine how people would react if one of their teams was given a spot in the Premier League. Besides the fact that teams such as the San Francisco 49ers would face an 11 hour flight to play a league game, Americans simply aren't keen on the idea. While they enjoy the occasional trip to London, they agree that any British interest is more to do with curiosity rather than passion and they doubt whether our nation could truly fall in love with the game. Having the odd game at Wembley then is surely sufficient to meet the needs of British fans and is satisfactory for the Americans, who we really need to be thinking about. Let's leave it at that.





Ferdinand's FA fine



Charlotte Stones
Football

QPR defender Rio Ferdinand has been handed a three-match ban, fined £25,000 and been made to attend an education course for comments he made on Twitter.

The sanctions, announced on Wednesday by the Football Association, come after Ferdinand responded inappropriately to a follower on Twitter.

After a Twitter user criticised Ferdinand on transfer deadline day (September 1), tweeting 'maybe QPR will sign a good CB (centre-back) they need one', Ferdinand responded by saying, 'get ya mum in, plays the field well son! #sket'.

The FA charged the former England captain on October 14, though he failed to respond to the initial charge, which is believed to have contributed to the FA's choice of punishment.

A statement on the FA website said: 'Queens Park Rangers defender Rio

Ferdinand has been suspended for three matches commencing with immediate effect, subject to any appeal, after an FA misconduct charge against him was found proven.

'It was further alleged that this breach was aggravated pursuant to FA Rule E3(2) as the comment included a reference to gender.

'Following an Independent Regulatory Commission hearing on Wednesday 29 October, Ferdinand was also fined £25,000, severely warned as to his future conduct and ordered to attend an education programme, arranged by The FA within four months.'

This is not the first time that the 35-year-old has landed in Twitter trouble. Ferdinand was fined £45,000 after insulting England teammate Ashley Cole in a racially derogatory tweet.

Now a member of FA chairman Greg Dyke's commission looking at how to improve English football, Ferdinand boasts an online audience of almost six million followers.

Autumn tests await

Chris Chadburn
Rugby Union

November 8 will perhaps be the biggest match yet for Stuart Lancaster's England side, as they go up against New Zealand.

It is fair to suggest that the Six Nations decider against Wales two years ago is perhaps the only more meaningful test that this England side have faced under Lancaster's stewardship. With the upcoming Autumn International against the All Blacks at rugby HQ one of only three opportunities England have to prove that they can beat the Southern Hemisphere elite.

Every England fan will have been encouraged with the progress under Lancaster, with a switch from a turgid, naïve and sometimes incomprehensible style to a far more fluid, passionate and intense brand of rugby. Lancaster's insistence on bringing in young and exciting players who are performing for their clubs has intensified competition for places, keeping egos low and performance levels high. Lancaster's toughest managerial period to date will be determined by whether he can re-

place a front row of Dan Cole, Alex Corbisiero and Tom Youngs, who all remain out with long-term injuries along with the Kiwi's tormentor, Manu Tuilagi.

Positions four to eight are as strong as they have ever been and England boast a genuinely world-class lock pairing in Joe Launchbury and Courtney Lawes. With so much back-row quality to choose from, captain Chris Robshaw will definitely be well supported at blindside and No.8.

The battle for the scrum-half shirt is between Ben Youngs, Danny Care and Lee Dickson. Expect Care to start and attempt to initiate an electric tempo early on. Recent ever-presents Owen Farrell and Mike Brown will also surely keep their places in the XV, however the major decisions for Lancaster will be in the centre. The Bath duo of Kyle Eastmond and Jonathan Joseph will certainly provide attacking sparks, but the superior distribution and defence of Billy Twelvetrees or Brad Barritt may well be favoured. On current form, Bath flyer Semesa Rokoduguni should get the nod, but the other wing position is anyone's guess.

England are about to embark on a crucial four weeks in their preparations for a home World Cup. Next Saturday will reveal a huge amount about whether this England side have the resolve to win next year. Most believe that the quality is there in glimpses, but four consecutive matches against the best in the world will really indicate whether the performances of 2003 can be replicated.



Cross country hit the ground running

Richard Powell
Cross Country

The Manchester University relay event was held on October 25, with a huge turn out from Leeds once again. With a windy and muddy three kilometre course in Leeds' path they displayed great team spirit and managed to put out four men's and women's teams.

Amicia Lee and Jennie Lockwood kicked matters off for Leeds; Jennie had a superb run on the first leg, and Amicia was not far off that pace, getting round

in 12:09 and 12:24 respectively. Amicia then passed on to Zoe Hewitson, who ran one of the fastest second legs of the day in 11:52. Rosanna Stewart continued her recovery from a long injury and ran a strong 12:51 to keep Leeds 'A' on their toes.

Both 'A' and 'B' were in good positions and aiming to consolidate their performances going into the final leg. Beth Garland, a new recruit, ran the fastest leg of any of the Leeds ladies' team, finishing in 11:35 before passing onto Georgina Connelly who finished off proceedings in

12:08 to haul the 'A' team back to 24th place in a strong field.

Next up were the men, and Richard Powell got the 'A' team off to a good start before handing over to Linton Taylor in third. Linton powered through the field and passed to Joe Steward in the lead. Joe extended the lead to 25 seconds and ran the fastest leg for Leeds in 8:51 and the sixth fastest time of the day.

Captain Chris Smith took over from Joe, but was passed by European Championships athlete Jonathan Davies. Zach Tobias was on the penultimate leg

for the 'A' team, keeping the distance between the leaders and Leeds almost identical. This left Josh Woodcock-Shaw to bring the 'A' team home safely in second.

Leeds 'B' finished in eighth whilst Leeds' 'C' and 'D' teams were mainly made up of first-year students with the promising Rory Anderson, Andy Williams and Matt Cullen providing the backbone.

The 'A' team have a great chance of medalling at the BUCS Championships in February.



Goals galore for Gryphons as Sian Smith puts in a five star performance

Daniel Nixon
Women's Football
Leeds Uni 2s 9-0 Leeds Trinity 1s

The Uni second team had a break from normal league action this week hosting a Leeds Trinity side placed two leagues below.

Uni were hot favourites before kick-off, and the home side didn't disappoint in any way. It didn't take long before Sian Smith found herself in space in the Trinity box before curling a looping effort into the bottom right hand corner.

The goal really got the Uni confidence flowing. Chloe Hanlon pulled the strings in the midfield feeding the two Uni strikers with a host of chances. Minutes later Smith nicked the ball off the last defender's toe, leaving her flat-footed, to convert her second of the game.

Charlotte Cork also wanted in on the action, and after finding her way onto the end of two inch perfect passes, managed

to convert another two goals for the team.

Before the visitors could even catch their breath the two Uni maestros continued to run the show, linking up to allow Smith to complete her hat-trick and bring an outstanding first half display to an end with a handsome score of 6-0.

A second half substitution saw the addition of Alexandra Fould. Within seconds of being on the field, the tricky winger worked her way into the box and slotted home into the bottom right hand corner. Even when Trinity did venture into the opposition side the two centre-halves held strong and composed, providing the two full-backs, Maggie Macdonald and Eve Griffiths, with time and space to



Lucie England-Duce ©

venture forward.

With the win all but confirmed, Uni began to ease the pressure, but this didn't stop Smith from adding another to her tally, taking her to a fantastic five for the day. The final score finished at an

overwhelming 9-0, thanks to a late goal from substitute Cesca Ivaldi, taking Uni through to the next round of the cup draw.

Try something new with Adam LeRoux

This week marked my biggest test yet. So far I had conquered korfbal, mastered motorsport and done fine at fencing, but this week's task was different gravy. This was the week I took a dive into the world of quidditch.

Now before we begin, I'd like to confess I'm not much of a Potter pedant. I've watched the films - haven't we all - but knowing the rules of quidditch takes a bit more knowledge than your average cinema goer like myself has.

Firstly, there's the quaffle, the main ball in the game. The aim is for any of the three chasers to get that ball through one of the three hoops at the other end to score 10 points. Sounds simple doesn't it?

Now imagine three opposing chasers and a keeper

trying to stop you by any means possible and a further two - the aptly-named beaters - throwing bludgers (dodgeballs) at you whilst you do it. Not so easy now is it?

To be brutally honest, I hadn't prepared myself for this. There I was on the walk to Hyde Park expecting some nice, gentle fun riding around on brooms. Little did I know that the tackle bags would be out when it came to defence practice and that throwing a bludger in someone's face - as I had the joyous experience of doing - was completely legal. It had only been 20

minutes into my first ever quidditch session, but already I was feeling myself coming under its spell. I was a convert.

Back to the action, and so far we've got the quaffle and the bludgers, now let's chuck in one more ingredient: the Golden Snitch. Even the least ardent of Harry Potter fans will know about the snitch, the one the seeker is usually trying to catch as it flies all over the place.

Although some of the quidditch gang might think they can, we can't fly, so the snitch takes on a different form. Put a tennis ball inside a yellow sock and attach it to someone's shorts and hey presto, you've got yourself a snitch. The game ends when the seeker from either side manages to get the snitch, which awards them 30 points. That's when you can relax after an intense

battle with the foe and you've really run out of (Huffle)puff.

Wandering into a world of wizardry was an enjoyable experience, and the game was a lot more tactical than I had imagined, with set game plans before matches. The physicality along with the need to think quickly makes it the toughest challenge I have come up against so far, but strangely, the most enjoyable.

The group was more than welcoming and as the sport was open to anyone, it was very inclusive. The Griffins will be aiming for success in the 'L Tournament', coming up against London, Leicester and Loughborough on November 15. From what I saw this week they are more than capable of winning the whole thing.



Sam Lewis ©

Got another sport you would like Adam to do? Send an email to sports@thegryphon.co.uk to get him along to join in.



Men's volleyball keep promotion push alive after breezing past York



Anne Wyman ©

Adam LeRoux
Men's Volleyball
Leeds Uni Is 3-1 York Is

The men's volleyball side continued their strong start to the season with a 3-1 victory over the University of York, but it was anything but easy going for the Gryphons in this tense encounter.

In their three matches this season, the home side have only lost two sets, showing the resilience and strength of the squad at the moment. The second of those conceded sets was the first in this match, as York came flying out of the traps.

The visitors did a great job of not allowing Leeds to get into a groove and capitalised on the Gryphons' numerous errors. The fluidity and confidence of recent performances was lacking and York continually kept the points alive, forcing errors from their opponent. The

story of the set was the vast number of cheap points gifted to the visitors which ultimately saw them pinch a 25-22 victory.

York started the second with their tails up, firing into an early lead once again, and it looked as if the Leeds side may crumble. Mark Elgar obviously had other ideas, as he fired some powerful spikes that penetrated the York defence to claw his side back into it.

At times, the second set was not one for the volleyball purists, as things got scrappy on court. The ball seemed more like a hot potato that nobody wanted on occasion as the game plan seemed to go out the window for both sides. Improvisation was needed at times, with creative net play by Mohammad Basha helping the Gryphons' level the scores after a 25-21 second set victory.

The third set was where it all clicked for the home side, as they finally got

into top gear. Gabriel Leoni stepped up to the plate with some excellent play to see the Gryphons stretch to a 14-7 lead.

For a side that had such huge physical presence, including a giant who stood at close to seven feet, York seemed to be lacking in the blocking department. Time and time again Leeds were creating great chances that they put away, and when Jen Hsien Hsu teed up Nigel Sibanda to spike, the third set was wrapped up.

The fourth set saw both sides commit numerous enforced errors, but Leeds' quality shone through as they outfoxed their opponents. The tactic of elongating the points and then killing them off worked wonders and meant that another closely-fought set was theirs once York's giant knocked another spike too long for the umpteenth time.

Elgar and Captain Sibanda were in high spirits after what was a closely

fought game: 'We all played really well today, we are setting our sights on promotion this year', Elgar said after the game. Sibanda was in equally confident mood: 'It's my first year as captain and we have won our first three games 3-1, 3-0, 3-1, things are looking good'.

Newcastle are next on the agenda for the Gryphons, and after two successive wins in the league they will be feeling confident when welcoming them to the fortress that is the Gryphon Centre.

Stats		
Leeds		York
46	Winners	21
22	Blocks	14
38	Errors	37



Daybell on form for Leeds but Nottingham claim win



Will Stanley ©

Alex Bowmer
Men's Table Tennis
Leeds Uni Is 5-12 Nottingham Is

Nottingham proved too strong for Leeds as they powered to a 12-5 win in the men's table tennis.

It was clear from the off that the visitors were a class apart. However, Kim Daybell, Leeds' best player and a member of Great Britain's Paralympic squad, put the home side on a sure footing with an assured opening display.

Despite a fairly even start, Daybell slowly began to establish clear water between him and his adversary, as his greater consistency on both the forehand and backhand told. The Nottingham player became more aggressive as the match wore on, but it was too little, too late, as Daybell wrapped up a 3-0 win.

Despite this victory, the other matches went very much in the East Midlanders' favour, with Steve

McLoughlin picking up a game and both Benjamin Hor and Alaa Memari unable to get on the scoreboard.

The next round of games was played in a very similar vein, with Daybell excelling and the rest finding the going tough. McLoughlin gradually grew into the match as it wore on, and began to find his range and claw his way back into it. However, his opponent handled the pressure points better and secured a 3-1 triumph. Hor and Memari battled manfully once more, but had nothing to show for their efforts.

At this point, it started to feel that a Nottingham triumph was imminent. Even so, Leeds refused to lie down, and Daybell continued his imperious form. His third opponent really pushed him, with the ball pinging back and forth at bewildering speed and both players scrambling to keep the points alive.

Leeds' star man was unruffled however and maintained his 100% record in the fixture. Both McLoughlin

and Hor struggled against quality opposition, while Memari demonstrated plenty of guile as he pinched a game, but ultimately lost out in a competitive encounter.

With the score at 9-3, it was impossible for the Gryphons to muster a comeback. Daybell once again shone, but the other three singles encounters ended in defeat. Nottingham, in a rush to get home, made a request to forfeit the customary doubles match, which occurs at the end of BUCS fixtures. Leeds accepted this, meaning that they gained an extra point.

Even though the outcome was disappointing, it is important to bear in mind that the Premier North division contains four of the best university table tennis teams in the country. The fact that Leeds are in such esteemed company is a testament to the hard work and dedication of the squad. ■

Results



Badminton 1s (M) 4-4 Keele 1s
Badminton 3s (M) 8-0 Bangor 3s (Cup)
Badminton 1s (W) 4-4 Nottingham 1s
Badminton 2s (W) 7-1 Keele 1s

Basketball 2s (M) 26-79 Bolton 1s (Cup)
Basketball 1s (W) 32-40 Bangor 1s

Football 3s (M) 1-2 Leeds Trinity 1s (Cup)
Football 4s (M) 6-1 Leeds Trinity 2s (Plate)
Football 1s (W) 5-3 Sheffield Hallam 1s
Football 2s (W) 9-0 Leeds Trinity 1s (Cup)
Football 3s (W) 0-7 Teesside 1s (Cup)

Hockey 1s (M) 1-7 Loughborough 1s
Hockey 2s (M) 4-0 York 3s (Cup)
Hockey 3s (M) 2-5 Durham 5s (Cup)
Hockey 4s (M) 0-8 Durham 3s (Cup)
Hockey 5s (M) 1-0 Sheffield 4s (Cup)
Hockey 6s (M) 3-6 Northumbria 2s (Cup)
Hockey 1s (W) 3-2 Loughborough 1s
Hockey 2s (W) 4-0 Leeds Beckett 4s (Cup)
Hockey 3s (W) 2-3 York 1s (Cup)
Hockey 4s (W) 1-3 Leeds Beckett 2s (Cup)
Hockey 5s (W) 4-1 Sheffield 4s (Cup)
Hockey 6s (W) 1-5 Durham 4s (Cup)
Hockey 7s (W) 0-14 Bradford 1s (Cup)

Lacrosse 1s (W) 0-17 Loughborough 1s

Netball 1s 27-30 Newcastle 1s
Netball 2s 78-14 Liverpool 4s
Netball 4s 31-56 Sheffield Hallam 1s (Cup)
Netball 5s 26-39 Newcastle 4s

Rugby League (M) 1s 68-8 Leeds Beckett 2s

Rugby Union 1s (M) 16-22 Newcastle 1s
Rugby Union 1s (W) 10-27 Sheffield 1s

Squash 1s (M) 1-4 (4-13) Durham 1s
Squash 3s (M) 3-0 (9-0) Liverpool 3s (Cup)

Table tennis 1s (M) 5-12 Nottingham 1s

Tennis 5s (M) 4-2 Sunderland 1s (Cup)
Tennis 1s (W) 4-8 Sheffield 1s

Volleyball 1s (M) 3-1 York 1s
Volleyball 1s (W) 3-1 York 1s

Waterpolo 1s (M) 9-12 Edinburgh 1s
Waterpolo 1s (W) 6-11 Liverpool 1s



The men's volleyball team continued their excellent start to the season with victory over York – p.22



Could the women's football 2s get their first victory of the season in the cup – p.21



Is it time for a London NFL franchise? Debate – p.19



How did Adam LeRoux get on when he entered the wonderful world of quidditch? – p. 21



Anne Wylam ©

York seen off as the men's volleyball team continue start-of-season hot streak – p. 22

Loughborough in seventh heaven as Leeds still search for win

● Gryphons left bottom of league after third straight defeat ● Leeds still adapting to life in the Premier North Division

Peter White
Men's Hockey
[Leeds Uni Is 1-7 Loughborough Is](#)

The University of Leeds Is' tough start to the season continued as they suffered a heavy defeat to Loughborough Is on a crisp afternoon at Weetwood.

With their opponents having won last year's BUCS championship, the Gryphons knew that they faced a stern test. However, Leeds displayed their doubtless determination and intent from the off and Max Evans looked dangerous every time he received the ball in Loughborough's half. The away side demonstrated their class from the first whistle but they struggled to break Leeds down as James Wheaton and Tom

Berry held the line well and tried to feed the Gryphons' attack. Leeds had the pick of the opportunities in the opening exchanges but unfortunately they just couldn't take their chances.

Loughborough took the lead against the run of the play after a well-worked move from a short corner that saw the ball fly straight into the net. Leeds responded well and had a good spell of pressure, yet they struggled to muster up any real openings. The game went flat for a brief period before the away side doubled their advantage 10 minutes before half-time. Goalkeeper Charlie Claisse made a good save that ricocheted back into the shooting circle but Loughborough were quickest to react.

The away side continued to press after their second goal and they were

soon 3-0 in front after another smart penalty corner. Leeds managed to reduce the deficit from a short corner of their own, but any hope of a comeback was thwarted as Loughborough scored their fourth just before the break.

Leeds came out fighting after the interval and Evans again demonstrated his ability with some impressive dribbling. However, Loughborough soon settled into the half and they stretched their lead to 5-1 with a good finish from the edge of the shooting circle.

To Leeds' credit, they never gave up, and Wheaton almost notched a second for the hosts before a goalmouth scramble culminated in a penalty corner. The Gryphons did have chances in the second period but Loughborough were just too strong for a side that were only

promoted to the Premier North division last season. The away side made it six after their attacker cleverly rounded Claisse and finished. The Gryphons then seemingly ran out of steam towards full-time and Loughborough added a seventh with the last flick of the game.

Leeds are finding life tough in the top league but there were glimpses that this side have what it takes to start getting some points on the board. The team face another tricky game next week as they host Sheffield Hallam Is who are unbeaten so far in this campaign, yet the Gryphons will be determined to claim their first victory of the year. ■