



## Science



The Caffeine Diary: what does coffee really do to you?

## Comment

Drug policy is flawed: the problem with prohibition

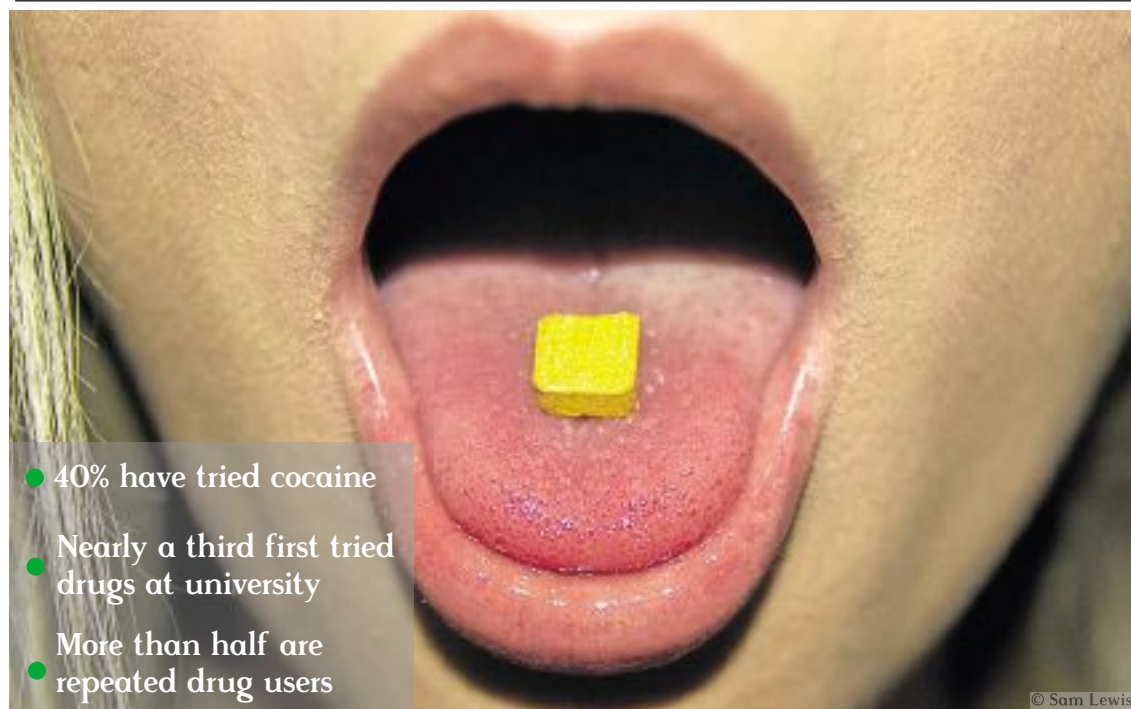


## In The Middle

YouTube takes on Spotify



# Survey reveals 77% of students have taken drugs



© Sam Lewis

- 40% have tried cocaine
- Nearly a third first tried drugs at university
- More than half are repeated drug users

**Charlotte Mason**  
News Editor

Over three-quarters of Leeds students have taken drugs, with 30% having their first experience at University, according to a recent survey by The Gryphon.

Cannabis is the most popular drug, having been taken by almost four in five students at some point in their lives. It is the most widely-used illegal drug in Britain.

The survey also revealed that Class A drugs were the second and third most common at Leeds. Sixty per cent of respondents have taken ecstasy, also called MDMA or E, and over 40% have tried cocaine.

The survey asked over 500 students about their experience of drugs after Leeds was named the most popular institution for drug users last year.

One comment read, 'I have an open attitude towards drugs. Since going to university, this opinion has not changed, with the Leeds music scene and party drugs that go hand in hand'.

More than half of students take drugs 'regularly', 'sometimes' or 'occasionally'.

Seventeen per cent describe themselves as a regular drug user.

One in ten students had been pressured into drug use by friends. Thirteen per cent claimed they have taken drugs to cope with stress and several told The Gryphon they had used drugs to help them study.

A student explained, 'Cannabis has been pleasant at times but sometimes it has had bad effects so I generally avoid it. When I tried ecstasy and cocaine, both gave a really good high but you have to deal with feeling really down for a day or two after which is unpleasant'.

Last year, this newspaper reported on a BBC documentary, 'Crazy for Party Drugs', which exposed the city's drug scene. Leeds is the first city in the country, outside of London, to have a clinic dedicated to helping people addicted to party drugs.

Another person who took part in the survey said, 'Sometimes it's nice to avoid the alcohol-based culture. Some of the most interesting and in-depth conversations I have experienced have been with people I would not otherwise have done so if it weren't for the drug culture in Leeds'.

One student said of drugs, 'Good while it lasted but I think it's affected my mental health'.

Responding to the findings, a University spokesperson said, 'We are concerned to ensure that our students understand the risks associated with taking illegal drugs. There is always more we can do and the results of this survey may provide a stimulus for further thinking about the ways in which we can maintain a safe and supportive University community'.

The Union's Welfare Officer Freya Gorus explained, 'My primary concern remains the welfare of our students so I encourage any student who feels like they've been affected by drugs-use either first-hand or through exposure to a perceived 'culture' to seek confidential advice from the Union's trained Advice Centre staff'.

Leeds University Union commented that the poll's findings conflicted with previous research, although did not provide any further information.

Students can access support about drugs from [talktofrank.com](http://talktofrank.com) and the [help@leeds](mailto:help@leeds) website.



21 11 14

## Weather

		HI	LO
Friday	cloudy	8	7
Saturday	rain	12	8
Sunday	rain	9	4

## Tweet of the Week

If only there was as much daily anger at the longest fall in workers' wage packets since the 19th century as there was about an MP's tweet

—Owen Jones on the backlash to Emily Thornberry's tweet yesterday, which ultimately led to her resigning from the shadow cabinet

## Contents

- 3-7 News
- 8-10 Features
- 11-13 Comment
- 14 Debate
- 15 Letters
- 16-17 Science
- 19-24 Sport

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## Editor's Letter

It is more than understandable that so many students are apathetic about politics in our country. After Clegg's time-old betrayal of the tuition fee agenda in 2010, a flux of current, first-time student voters saw their protestations ignored in the wake of the breaking of an implicit, yet far from contractually binding pledge. As thousands marched across campus in force, outraged at the government's decision to triple university tuition fees, their anger became a vehicle without a destination. My friends and I marched across the city, yet our mobility was rendered to a standstill. Now on the crest of another four-year term, students have gathered to channel their energy into a campaign which politicians have to notice, meeting strategy with strategy.

Now, at a time like this, strategy needs to be met with strategy, so that the big three can be caught before party politics rhetoric whitewashes the problem at hand. In order to quash the disastrous tuition fee system, the student body needs to be far more mobilised than it ever has before. That protest in 2010 led in a force of 3000 people. The latest march – which our university wasn't part of – saw 10,000 protesters join together in London to make their voices heard. Although the cost of such transport may make larger movements unfeasible, the lack of movement as an institution should be noted and tackled. It is easy to buy into a Brandite political view of spite and sarcasm – although the flaws in our democratic structure can be noted, they cannot be addressed without mass, mobilised activity. There's never been a better time for students to pick up the mantle and fight for what they believe in.

Jasmine Andersson  
Editor-in-Chief

## Current Affairs Crossword

The week's affairs in black and white squares

## ACROSS

- 5 Couple fined for writing this about a hotel
- 7 UKIP fought for this seat in by-election last night
- 8 Company becomes the first to rent the world's largest digital billboard on Times Square, NY
- 9 Barred from entry into the UK this week
- 10 Party which Nicola Sturgeon became leader of
- 11 Bill \_\_\_\_\_ - US TV star in news over historical rape claims

## DOWN

- 1 Number of goals required for Wayne Rooney to equal Bobby Charlton's England goalscoring record
- 2 A libel court case in London on this 2012 scandal involving a Cabinet Minister and a police officer
- 3 TOWIE star which left 'I'm a Celebrity...' early after claiming conditions were 'worse than prison'
- 4 Government policy that Myleene Klass and Ed Miliband clashed over on ITV this week
- 6 Angelina Jolie in the news this week over this

# tariqs

EXPRESS

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# Tariqs

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# Hollywood comes to Hyde Park



Carlotta Grimaldi  
Charlotte Mason  
News Editor

A film crew arrived in Hyde Park this week to shoot for upcoming thriller *Hunter's Prayer*.

Avatar star Sam Worthington was among cast members spotted on Hyde Park Terrace on Wednesday, where filming took place inside a damaged house.

Speaking to *The Gryphon*, second-year English and History undergraduate Phillipa Williams explained why she thought the crew might have come to Hyde Park, 'They said they were filming

there because it looks like a crack den'.

She said: 'They told my friends and I we couldn't walk by because we don't look like crackheads.'

Cast and crew members came to the area after filming near a tea room in Harrogate last week.

Production staff told this newspaper that Leeds was chosen as an affordable, accessible and convenient location for shooting. Filming will now move on to Hungary, Switzerland and Bulgaria.

The movie, directed by *Terminator 3*'s Jonathan Mostow, is due to be released next year.

# The tide is Hi-Fi

Charlotte Mason  
News Editor

Popular nightclub HiFi closed temporarily after a leak on Wednesday night.

Clubbers queuing outside were told to go home as motown night Move On Up was cancelled.

Second-year French and German undergraduate Emily Bagshaw told *The*

*Gryphon*, 'A man came out and told us that it was coming through the roof'.

'It ruined my night. We got there and they were just sending people away. We were annoyed because we'd booked.

At around 11pm, HiFi announced via Facebook, 'We're very sorry to announce that, due to a water leak at The HiFi Club, we are unable to open this evening'.

The club is expected to reopen Friday.

# LUU debate boycott

Abla Klau  
News Editor

This week students engaged in a friendly debate with Leeds University's University and College Union (UCU) press officer Mark Taylor-Batty over the consequences of the now postponed marking boycott.

The boycott, which was introduced on the 7th November is a national industrial action observed by lecturers from over 69 UK institutions in protest against Universities UK's (UUK) proposal to change the pension scheme. Mr Taylor-Batty explained that the cut will mean that 'some lecturers will lose almost £50,000 off their own money to pay off a hypothetical deficit worth £8 billion'.

The boycott meant that some students would not receive marks for coursework and may now cause disruption to January exams. This detriment was met with confusion and frustration by some students.

One student asked whether UCU had considered alternative forms of action where students' learning would not

be affected. Mr Taylor-Batty said,

'We've looked at all possibilities but the marking boycott seemed to be the most effective. The best form of industrial action is damaging the core of businesses to get the employers back to the negotiating table' later adding that it was the most effective form of action with the least damage to students: 'we've not boycotted formative feedback but summative feedback. It's not about trying to hurt students, we were protesting against the fees; those things matter to us'.

Rosa Dodd, who had attended the debate, said,

'There's been little communication and it's so detrimental to our learning so that's partly why I've come. Out of this discussion I'd like further information to be spread and to get it sorted as quickly as possible so less damage is made.'

Since the debate, it has emerged that lecturers have suspended the marking boycott following an agreement of a series of negotiation with UUK. In a joint statement, the organisations said 'both parties are committed to seeking a joint proposal for reform that offers an affordable, sustainable and attractive pension scheme'.

# Campus Watch

## News from campuses around the world

### Drugs bust at Wisconsin Uni

A Wisconsin University student is facing criminal charges following a drugs bust branded by UW-Stout police as the largest in campus history.

Officers, who seized more than six pounds of cannabis amongst other controlled substances and \$5200 in cash, obtained the search warrant following undercover operations of marijuana purchasing.

Elli Pugh

### Playtime over for Manc students

Manchester police have seized a Playstation from a group of Manchester University students following complaints from neighbours about full volume, late night gaming sessions.

Following a noise abatement notice, police raided a student house in the Fallowfield area and seized technology including a PS3, five surround sound speakers and a Samsung television.

Elli Pugh

### Burmese student protests

Hundreds of Myanmar University students have staged a three-day march through Yangon in protest against a new education law they say will curb their academic freedom.

Protesters carried red flags which included the national symbol of a golden fighting peacock.

Protests are said to be a sign of growing frustration with the Burmese government's attempt to reduce autonomy.

Emily Willson

### Florida university shooting

3 students were shot in the early hours of Thursday morning at Florida State University.

The incident occurred in the FSU's Strozier library, after an unknown gunman entered and opened fire.

One victim is in hospital in a critical condition, another is in a 'fair' condition and one was 'grazed' by the bullet.

Campus policeman shot and killed the gunman.

Jake Hookem



## Prolific Hyde Park thief jailed

Emily Willson

A teenager who burgled over one hundred student homes during a four-month spate of break-ins has been jailed.

Nineteen-year-old Liam Walker stole £193,000 worth of goods such as laptops, iPhones and tablets, from student properties between July and October.

The court heard that, earlier this year, Walker targeted multi-occupancy houses and would go from room to room to steal valuables, including laptops containing students' coursework.

In one incident, Walker had tried to steal a flatscreen TV from a house party on Manor Terrace in Headingley in May. He fled the scene after being disturbed by the tenants, leaving fingerprints which later led to his arrest. The prolific burglar had gained entry to the padlocked room despite doormen being hired to prevent unwanted guests from entering the property.

Walker went on to commit over 100 other burglaries before being detained. He committed his first offence at the age of 14.

The University's Police Liaison Officer

PC Matt Guy told *The Gryphon*, 'Cases like this are not unusual. Unfortunately, students are prime targets as not only do their houses contain items of high value but due to many residences containing large groups of people all living together, burglars see it as an easy option. They know they can get a lot of items in a short space of time, plus most students don't actually keep their valuables safe either'.

Walker pleaded guilty to one burglary and asked for a further 118 offences to be taken into consideration by the court. He was sentenced to four years in prison.

The judge said that Walker had caused 'a great deal of misery' to his victims.

West Yorkshire Police has reported a recent rise in burglaries in Hyde Park, Headingley and Woodhouse as darker nights mean thieves are more likely to go undetected.

Officers are advising students to leave a light on when going out, mark property with a University and Student number and avoid leaving valuables on display to prevent burglary.

## LSTV 7-hour 'telethon' raises £1,000



© George Bradley

Jake Hookem  
News Editor

The Dunwells also performed live for the broadcast.

The event attracted attention on Twitter with many people tweeting in to congratulate and support the society.

@Melissa2493 said,

'Tuned in to the last hour of @LeedsStudentTV's 7-hour broadcast for @BBCCiN! Keep it up guys, and please donate!'

A justgiving.com page created for the broadcast saw donations reach £996.00 in total.

LUU Community Officer, George Bradley tweeted,

'Buzzin to hear @LeedsStudentTV did a fab job today'

LSTV raised almost £1000 during a 7-hour telethon last Friday.

The event, in aid of BBC's Children in Need, took place between 10am and 5pm in the Union Foyer. The event, alongside bake-sales and separate collections, raised a total of over £1000.

The broadcast featured a mixture of live and specially commissioned footage, including live performances from other societies in the Union such as the Panto Society. Also featured was a performance of LSTV's own charity single, an acapella cover of East 17's *Stay Another Day*.

## Faiths Uni-te



© Absoc

Hugh Baillie-Lane

Faith societies across campus have collaborated in celebration of Interfaith Week, a national event to unite people of different beliefs, nationalities and backgrounds and work together to share their experiences.

Around fifty volunteers took part in a fundraiser for the homeless as part of the Jewish Mitzvah Day on Sunday, gathering outside supermarkets in the city centre to collect food for the St George's Crypt shelter. JSoc Education Officer Josianne Zane said, 'It was inspiring to see members of different communities come together to support the homeless. It's one of the best things we've done as JSoc'.

Events throughout the week included an open mic night, film showing and 'Speed Faithing', which encouraged peo-

ple of all beliefs to discuss their ideologies and discover more about others. Students also had the opportunity to post questions in a sealed box to be answered by a panel of Faith community members.

Twelve Union faith societies contributed to Interfaith Week, including Baha'i who took part for the first time this year. The society's secretary, Aoise Keogan Nooshabadi said, 'As a world religion, it's important for us to be involved. In Baha'i, all religions are recognised so Interfaith Week is at the very heart of its teaching'.

LUU Interfaith Officer and Faith Rep Alice Engler explained, 'Interfaith Week is the only time of year faith societies unite to create a great atmosphere of togetherness. I think that it sends a very powerful message'.

The event concludes with the 'Ask Anything' panel discussion on Friday.

## Mind matters: Don't call me mental!

Suhail Dhanji

LUU Mind Matters Society has held its first ever two-day 'Don't Call Me Mental!' conference on Thursday and Friday in co-operation with the University's Psychology department.

The event saw celebrity endorsement from comedian Jo Brand and boxer Frank Bruno, who wrote letters praising the society for raising awareness of mental health issues.

Writing ahead of the event, Ms Brand said, 'I would like to ask you all, over these next two days in Leeds University to make a pledge to look out for each other. Just check in with your mates from time to time and be mindful of the student down the corridor or in the next room'.

The conference saw talks and support sessions on mental health, designed for both those who suffer from mental illness and their family and friends. Events included meditation sessions and talks from guest speakers about different aspects of mental health, from history to causes and coping mechanisms.

Amongst the guest speakers was

*Times* journalist and author of the self-help bestseller, *Black Rainbow*, Rachel Kelly. Speaking to this newspaper, Ms Kelly said, 'Somehow, we have to realise that mental illness is as serious as physical illness; the symptoms can be as painful'.

Ms Kelly, who was diagnosed with depression in 1997, spoke about how mental illness is 'intimately connected' with physical symptoms and explained that many people are unaware of the physical pain that is undergone by those who suffer from anxiety and depression.

The conference organiser and third-year Psychology student Helena Coleman told *The Gryphon* about Mind Matters Society's plans to expand 'Don't Call Me Mental!' into an annual event and branch out into local schools.

She advised students affected by mental health issues are advised, 'Don't be afraid to speak up; there will always be help for you'.

Ms Coleman told those who may be worried about a friend, 'Be as supportive as possible. Don't put them down if they're trying to help themselves'.





# N-bomb risks lives

Charlotte Mason  
News Editor

Police have warned about the dangers of drugs following the life-threatening illness of a student who took 'N-bomb'.

The 20-year-old undergraduate at Leeds Beckett University was treated for a suspected heart attack after police found him under the influence of the class-A drug at a hall of residence last month.

Two other men, including another student, were also taken to hospital as a precaution following the same incident.

N-bomb, or 25I-NBOMe, can cause hallucinations and has been compared to a more powerful version of LSD. It has been linked to increased heart rate and heart failure. The former legal high was labelled as a Class A drug in June, with possession carrying a maximum sentence of seven years in prison.

Police reported that the man began 'behaving violently' on Friday 17th October at student accommodation on Cross Chancellor Street, Woodhouse.

The three men were later released from hospital and voluntarily attended a police station where they were questioned on suspicion of possession of a Class A drug.

Officers are now considering appropriate further action regarding drugs possession offences.

Inspector Howie Milner of the Inner North West Neighbourhood Policing Team said, 'One of these men was very badly affected by what he had taken and the consequences could have been far worse, even fatal, had he not received urgent medical attention'.

He explained, 'I hope this incident will highlight to others the risks they are taking if they use drugs. Nobody really knows what they are actually taking or the effects it might have on them. The safest option to avoid putting your health in danger and risking a criminal conviction is to avoid drugs completely'.

Leeds Beckett University declined to comment as the investigation is ongoing.

# VC Q&A: students challenge University



© Chris Turner

Abla Klau  
News Editor

Students gathered in the Union on Monday for a question and answer session with the University's Vice Chancellor, Alan Langlands, where student issues surrounding mental health, politics and the environment were addressed.

Students were offered the opportunity to hold the VC to account over matters that concerned them. The session was led by LUU Education Officer, Tom Dixon in the Union foyer's Democracy Corner.

The discussion began with a question on whether the University has plans to encourage students to vote during the 2015 General Election. In his response, the VC said 'the University is supposed to have a neutral stance' but later added that there are major election issues like immigration and education funding which he expects students will be responsive to.

In light of Glasgow University's deci-

sion to divest from fossil fuels, one student asked whether Mr Langlands would support a fossil free initiative. His response was, 'There is a real dilemma. All shades of opinion, both green and black are represented in the University' arguing that the decision would be detrimental to employability for some students who aspire to seek jobs in the fossil fuel industry.

However, the student was quick to counter the VC's response arguing that the fossil fuel industry is in decline and that similarly to Glasgow, Leeds has 'a certain obligation to invest funding in student futures that are sustainable' to which he replied 'the position Glasgow has taken is a pragmatic decision, but they're phasing out. It's a long term issue'.

Issues on mental health were also addressed in a question from LUU Welfare Rep Lawrence Thompson in relation to whether the role of the University and NHS to offer support for students and staff with mental health illnesses are similar. Mr Langlands replied, 'The NHS has a legal responsibility to look after people with mental health conditions whereas the position of the University is one of a duty of care'.

The event which is held annually is hoped to improve transparency between the University and students.

## “Your comments from *The Gryphon's* drug survey”

'On my year abroad, I did nothing but smoke weed and now I know how much of a stoner/loser you can become very easily when you smoke. Whilst one can argue that everything in moderation is OK, often you do have to think about where the drugs you are taking have come from and that likely, someone somewhere's done something pretty horrific to get that bag of coke into your hand'.

'My personal experience of drugs is a bad one, culminating in an addiction to heroin. Due to the demotivating nature of weed, I have yet to do a lot of the things I would have liked to have done by the age of 22. Still though if I could go back in time and do it differently, I probably wouldn't as drugs have ultimately made me a stronger, more experienced, free-thinking person'.

'I have never wanted to take them and hate everything to do with drugs. I think it's pretty scary how much they can alter people's behaviour, not to mention the health risks with some of the heavier drugs. I know hardly anyone else who have never tried anything and it's sad that while some people are just genuinely curious and want to try it, some end up doing drugs out of peer pressure, which is a real shame'.

# 'Poor' CCTV criticised after laptop thefts

Hugh Baillie-Lane



© Sam Lewis

Two laptops were stolen from the Edward Boyle library last week after being left unattended by students.

Patrols by the Police and University security services have been increased in the libraries with the police placing leaflets on unattended valuables warning their owners of the risk they have taken in leaving them alone.

The University's police liaison officer, PC Matt Guy called for students to be extra vigilant about leaving their possessions around campus. He said, 'It is not the first time that laptops have been stolen from the library but it is the first occurrence in a while'.

He added that the University was co-operating with police in pursuing leads to catch the culprits, although CCTV coverage in the library is 'poor'.

PC Guy pointed out that the best way

to stop this occurring again is for students to keep their valuables with them at all times.

A University spokesperson said, 'Some 60,000 users are registered with the University libraries – including students from other institutions, some NHS employees and fee-paying members of the public – so, to all intents and purposes, the library is a public space. Thefts can and do occur within the University's libraries and elsewhere on campus, and we would urge all students to take care of their belongings and not leave them unattended when using the library facilities.'

'CCTV cameras are installed in many areas of the University libraries, particularly at the entrances and in the clusters and larger areas. However, due to the complex design of some parts of the buildings, it is simply not possible to cover all areas.'

'We would advise library users to exercise the same caution with their possessions as they would in any other busy, public area.'

'Library users should report any suspicious behaviour to library staff, in the first instance. We would also remind people to report stolen or lost library cards as soon as possible, so minimising the chance of these being used by unauthorised people.'



# Photography



Sam Lewis©

15.11.2014

Ought. Brudenell Social Club.

Breaking down the stories that matter.

## The Digest.



AFP©

### Students protest tuition fees

Thousands of students lined the streets of London on Wednesday protesting university tuition fees.

The march was the biggest since the mass protests in 2010 and saw approximately 10,000 protesters, mostly peaceful, march through London.

11 arrests were made, two as a group of students charged at the Conservative party headquarters.

The protest was not endorsed by the NUS, which received abuse for failing to support the action, although other groups such as the National Campaign against Fees and Cuts did support the march.

Jake Hookem



BBC©

### Jessica Ennis-Hill rape threat

British Olympic hero Jessica Ennis-Hill was threatened with rape by online Twitter trolls this week.

Threats came hours after the heptathlete told Sheffield Utd she would cut all ties with the club, including having her name removed from a stand, if the club re-signed convicted rapist Ched Evans.

One Tweet read "Jessica Ennis-Hill is a stupid c". Saying she will remove her name if Ched Evans is signed. I hope he rapes her."

Ennis-Hill is the latest in a number of club patrons, including Paul Heaton, Charlie Webster and Lindsay Graham, to criticise the Blades over their handling of the matter.

Greg Whitaker



BBC©

### Mini-bus driver sentenced

64-year-old mini-bus driver James Johnson was sentenced to six years and eight months in prison Last Thursday, for causing the death of Leeds Uni student Bethany Jones in a motorway accident last year.

First-year nursing student Jones was on the mini-bus, as part of a hen-party, when it collided with a lorry on the M62 near Pontefract.

Johnson had deemed himself fit to drive on the day of the accident, despite suffering from two 'mini-strokes' in recent years. One of which had struck him while he was driving on the M62 two years previously.

The accident also caused serious injury to 19 other female passengers.

Greg Whitaker



BBC©

### Two arrested for Leeds stabbing

Two men have been arrested in connection with the murder of a man found stabbed in Merriem street.

The men were aged 21 and 27, and were arrested after police searched an address in Middleton, Leeds last Thursday.

A 26 year old woman has also been arrested in connection with the crime.

The victim, Marlon Small, was found stabbed on 1st November on Merriem Street in Leeds city centre, and died in hospital of his injuries.

Damien Dthers, 34, of Hessele Road, Leeds, has also appeared in court charged with Mr Small's murder.

Jake Hookem





# Nominations Open

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**Nominations close 4pm 28th November**

**Voting opens online 1st December**

**Leeds University Union.**

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# Ayahuasca: 'It was one of the most amazing experiences of my life'

*An **anonymous student** tells us about ayahuasca, a hallucinogenic drug in South America*

I first heard about ayahuasca when I came to South America to study. One of the topics brought up a lot was ayahuasca – none of my friends had taken it, but everyone had some crazy story that they had heard about what happens when you take it. Most of these stories were probably greatly exaggerated and over the top, and needless to say most of them inspired me with equal measures of awe and terror. The stories almost all involved people shitting themselves and/or throwing up. Sometimes people talked about people going 'under' the spell of the drug and acting like a maniac. There were also incredible, awe-inspiring stories of people having epiphanies, having spiritual experiences and seeing God.

Although I thought ayahuasca sounded amazing, I was also very scared by it. Images of me shitting myself in a random hut in the jungle did not sound fun or pleasant. I didn't like this idea of losing control of my body, and also was freaked out by the startling idea that ayahuasca could potentially change me – change all of my beliefs, change my point of view on life, change my spiritual views (I'm an atheist). This was a pretty scary and overwhelming prospect, and I said to myself that if I tried it I might try it later on in life, and not so young. I vowed to myself that it just sounded too dangerous and out there for me to try.

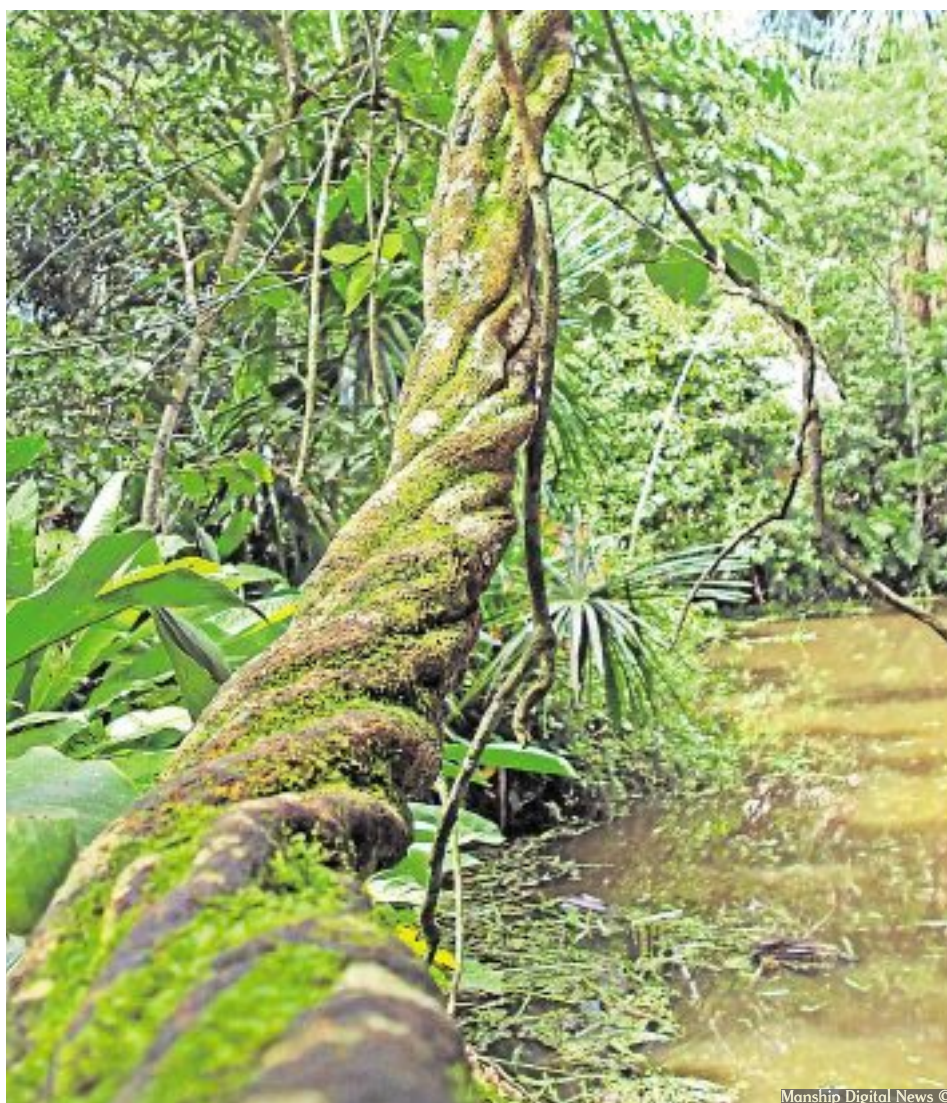
“The stories almost all involved people shitting themselves and/or throwing up”

I'd taken other drugs like acid, MDMA, cocaine and weed before, but ayahuasca just seemed to be on a whole other level in terms of how it could impact your long-term worldview. I decided it wasn't for me. Not only that, but in order to take it I would have to find a shaman that I trusted, which I had heard could be hard. The idea of doing this in a jungle setting made me feel uneasy and unsafe. As such, I had decided that it wasn't for me.

During my travels in Peru I decided that I wanted to take a little known boat ride through the jungle. I was preparing to take my boat ride, until some incredibly friendly Americans warned me that the boat ride could be precarious. They told me of how they were taking ayahuasca with a local shaman and

that they had been taking it for the past week, and were exhilarated to tell me all about their incredible experiences taking the drug– or indeed, medicine, as they referred to it as. They said that the shaman was a lovely man and that his family were some of the most welcoming, friendly people they had ever met.

Although the Americans were so friendly and it just seemed right, I was still pretty terrified. I told them all of the things that I had heard about ayahuasca and they rapidly quashed most of those myths, saying that they were very over-the-top stories that probably weren't true or if they were, there could



Manship Digital News ©  
An ayahuasca root

The guys invited me to take ayahuasca with them, and said that I could stay with the family for as long as I wanted. With the prospect of a lonely, potentially trouble-fraught boat ride ahead of me, an exciting stay with a Peruvian family and these lovely guys sounded like a much, much better deal.

be other reasons for why the ayahuasca had produced those effects (e.g. mixing it with other drugs, taking it when on antidepressants, having heart problems). This changed my perspective of ayahuasca from something scary to something amazing and beautiful. As a strong atheist – I have been for years and years





*Ayahuasca is prepared to be cooked for use*

– I was also worried that taking the ayahuasca would change my beliefs.

The shaman reassured me of many of my worries. We took the ayahuasca.

My first trip was a very intense emotional experience. As well as the usual colourful patterns that people see, I delved into personal problems with my family that I had never truly confronted or dealt with – I felt pain around a specific problem that I had never

ing that it felt impossible that I could be producing such hallucinations. As the shaman and his relatives sung their beautiful 'icaros' or spiritual songs, I felt for the first time like I understood what it was to feel a connection to something divine, to feel a spiritual connection to the earth. I felt a connection to something greater than myself, something spiritual, a God – who knows. It was an incredible experience, and one of the most amazing experiences of my life.

“The visions were so colourful and vivid and rapidly-changing that it felt impossible that I could be producing such hallucinations”

really accessed because I had felt that it was too awful and sad. Emotionally, this was at times excruciatingly painful. However, I feel that I really benefited from this ayahuasca trip.

The second time I took it (with the same people), it was a much more uplifting experience. In a lot of my vision I was talking to myself – looking at myself as I imagined other people saw me, as a beautiful, amazing person. I imagined all of the people that I love learning about some of the things that I feel, and knowing that they would be made sad by this news and would want to reach out and help me too. It was very touching, life-affirming and beautiful.

I took it for a third time a few days later. This time we fasted all day, and I don't know if it was that or its combination with the fact that I was taking it for the third time, but this time the vision was incredible. I had heard so much about ayahuasca being mind-blowing, life-changing... but my two previous trips had been great, but not incredible. This third trip blew me away. During this trip was the first time that I have ever questioned my beliefs. It wasn't a personal emotional experience this time, but a deeply spiritual one. The visions were so colourful and vivid and rapidly-chang-

If anyone wanted to take ayahuasca I would encourage them to research it properly and see if it is right for them. It is important to find a shaman that you trust, as there have been stories of exploitation and abuse. It is also very important to note that I was told you should never take it if you have heart problems, never mix it with other drugs, and never take while on antidepressants. These can have incredibly dangerous, potentially fatal effects. There have been some reported deaths following taking ayahuasca. There may be other dangerous side effects that I do not know of, so I encourage great caution to anyone wanting to take it.

The next few weeks, after my trips, I felt a lot more loving and connected to everyone around me. I can imagine that if you took this a lot it really would change your brain chemistry or something as one of the Americans said it could, to make you more open and loving. I am still an atheist, as in the week following the trip I came to the conclusion that I still didn't believe in God, and that the powerful visions and feelings of spirituality were caused by the plant and not by any higher power. It was still a wonderful, life-changing experience, and I would love to take it again some day. ■

## What you need to know about Ayahuasca

- The drug was first described academically in the early 1950s by Harvard ethnobotanist **Richard Evans Schultes**
- It is unclear how indigenous peoples discovered the **hallucinogenic potential** of the drug
- DMT, the chemical that is responsible for the serotonin influx in the brain, is **illegal in the U.K**
- It can be **very dangerous** to take ayahuasca with anti-depressants, sleeping pills, antihistamines and other recreational drugs
- It is **mainly taken in Peru or Columbia**, but it is possible to take it in the Netherlands
- In 2008, Peru's government recognised ayahuasca's status, stating that it was '**one of the basic pillars of the identity of the Amazon peoples**'



# Legalisation: The truth behind the stats

*With legal highs and last year's decriminalisation of marijuana in several US states, the legality of drugs is a hotter topic than ever in the media, but what does this mean? Is decriminalisation an effective way to decrease the allure in illegal drugs, or does it increase substance abuse? **The Gryphon** investigates Portugal's drug model.*

Sam Sedman

The British media in the past year or so has seen a fixation with 'legal highs', and more specifically, why they are still legal when we know they can cause harm. One could be forgiven for believing that when a drug is legal, we are all in danger from falling victim to its irresistible charm, and that soon it will be replacing Relentless as the youth's pick-up of choice.

Yet what about countries where other drugs are legal, such as marijuana? In Britain, this drug was upped from Class C to Class B in 2009, as it was deemed to carry 'moderate risk' to users. However, this was not always the case. Hemp has been with us throughout history, first found as a remnant of the Romans in the early part of the first millennium, and grown freely throughout Britain for clothes, tools and recreational use. It is only in recent years we have seen a clamp down, with more arrests for drug-use than ever before. Such emphasis by the Police on minor offences – like the possession of marijuana – has raised calls for its legalisation.

A key argument for the decriminalisation of drugs has long been that it would lower crime rates, which is hardly a surprise; surely lowering the number of crimes that can be committed in the country would mean a lower amount of crime?

However, history shows that aside from the obvious, criminalisation can have unintended consequences on the usage of narcotics. Changes in law around the world from time to time can throw up the ironic. It wasn't until cannabis was made illegal that Britain saw the influx of other, stronger forms, and the move towards imported hashish as an alternative. The outlawing of coca

leaves as a medicine led to the social use of their powdered form, cocaine, and the closure of the opium dens of Europe created a subclass injecting its impure and addictive counterpart.

What history fails in providing many instances of is which habits prevail when narcotics are decriminalised. In the United States, the prohibition era of the early 20th century (with its wild cabaret and dancing girls, a propensity for spirit-drinking, gambling and impropriety) gave way to the relatively more serene drinking culture of bars and restaurants we know today once the ban on alcohol was repealed. And why? There is no thrill, no moral righteousness. Is something as attractive if there are no repercussions for its use?

The Government of Portugal certainly wouldn't think so. In 2001, the nation became the first in Europe to completely legalise all drugs and drug related activities, such as possession and transportation. The principle at work here is

that if drugs are widely and freely available, the illnesses and problems that accompany them will be able to be monitored in the public sphere, rather than these is-

ssues being buried in a seedy underworld of dirty needles and dodgy coke. In the late 1990s, Portugal had the highest rate of HIV in injecting users in the European Union, with the rates of infected heroin users matching those even in the worst areas of New York at the time.

Supplying users with clean equipment, and treating their addiction as a physical illness in requirement of state-funded treatment, have had dramatic effects on the latest statistics. Figures show the rates of HIV positive injecting users have fallen by more than a third in ten years, and a drop in use overall thanks to rehabilitation programs.

“ In the late 1990s, Portugal had the highest rate of HIV in injecting users in the European Union ”



spms.min-saude.pt©

Furthermore, it is not just the higher-risk drugs that have seen their usage change. The amount of under 16-year-olds engaging in drug-use has significantly decreased, and the street value of drugs has fallen.

You could be forgiven for thinking that Portugal provides a role-model state, where acceptance of drugs has shone a path towards removing it as a social problem. Yet by taking an exit from this sun-lit highway view, and removing our rose-tinted spectacles, the saddening long-term effects of Portugal's drug policy lie just on the horizon. Government surveys show a greater number of individuals are now reliant on the treatment and drugs they receive, many deemed so for life. Such a great economic toll lays heavy on the heads of a country hit badly from the last decade of recession. Although the rates of HIV and deaths by drug-use have fallen, Portugal still heads the list in these areas.

The petition to legalise marijuana in the United States has attracted world-wide media coverage, and some success. For instance, the state of Washington allows the plant to be grown, transported and used legally, providing the user is over the age of 21 years and has medical advice to do so. Yet in contrast, states such as Colorado now allow complete freedom to cultivate marijuana, with the only stipulation being a maximum of 6 plants per individual. Sellers have to ap-

ply for a licence, but once obtained they are free to trade as they please without the authority's permission.

As expected, there is less drug crime in states where marijuana is legal. But as stated earlier in the article, this could not be more irrelevant. What does matter is that in contrast to Portugal, other drugs that are not marijuana-based are still very much illegal in every state. In fact, the reasoning for legalising weed often rested on this assertion, that by removing one drug crime, resources would be freed up to tackle other, more damaging variations.

Yet here the US has encountered a more fundamental issue, often a feature of drug use and life in general: escalation. Although these new laws in the U.S. are created in innocence, a few doped up teenagers in their friend's bedroom, smoking a joint without fear that the flying squad will imprison them for life, where will it end? We are always looking for the next rung on the ladder of pleasure. Will the mass use of cocaine lead to its eventual legalisation, or will a new form of high entrench itself into adolescent American culture, the way that marijuana has now?

With the relatively recent legalisation of drugs in Portugal and the U.S.A., it is clear only time will tell. ■





# Comment

## Legal highs

George Crompton looks at how legal highs are fast becoming more dangerous than illegal drugs

## Drug prohibition

Joseph James and Joshua Taylor discuss how UK drug policy is in dire need of revision

## Decriminalisation

Tara Adlestone on why drug decriminalisation could mean a new dawn for the UK

## Legal highs are not what you think

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Legal highs are not a new phenomenon. LSD had legal status for nearly thirty years, and today's highs also have a resounding effect on our culture, but perhaps a far more dangerous one.

Seemingly harmless, this melange of powders and pills in their vivid wrappers decorate the walls of various "head shops" across the country.

Well known to most, these curious substances are not the safest bunch, despite their totally legal status. The main danger is that very little is known about their effects, both short and long-term.

With drugs such as MDMA and cocaine, it's very easy to research the risks of their use. Both these chemicals have undergone a whole range of laboratory tests. From toxicity investigations to creative experiments, we can find out how such drugs will affect us, today and years later.

On the safe side of the law, legal high manufacturers are racing to synthesise new and exclusive chemicals to profit from the unsuspecting public.

Advertised as "bath salts", "plant fertiliser" and "not for human consumption", legal highs have thus far neatly side-stepped strict health regulations. But when "fertilisers" come in pill cases with names like "Mind Warp", "Herbal Haze" and even "GoGaine", there's really no doubt as to what they're intended for.

Many people defend these drugs, arguing, "What's the harm, they're legal aren't they?" Legality is not necessarily a guarantor of safety. Alcohol and tobacco provide ample examples of this every year.

Look under the surface of the pretty packages and modest prices and a darker story emerges. In 2012, legal



highs were attributed to 97 deaths nationwide, part of a 56% rise in related hospital admissions from 2009 to 2012. The Centre for Social Justice has issued a publication outlining these statistics with a strong warning, suggesting this rise may pose a greater threat than heroin use. Indeed they predict legal-high related deaths will overtake heroin fatalities by 2016.

So what of the long term effects? I turn to a friend of mine, whose case is a real example to the dangers of legal highs. Sam\* was once incredibly vulner-

**Look under the surface of the pretty packages and modest prices, and a darker story emerges**

able, having suffered abuse and heroin addiction. With the help of dedicated friends she kicked the drugs and was on the road to recovery. As an alternative she turned to legal highs, prior to suf-

fering from malignant neuroleptic syndrome and collapsing. She had to spend a month in hospital. Since this incident she has developed more long-term problems and has therefore spent the last year in a closed psychiatric ward.

Sam's case sadly is not an isolated one. The last thing the struggling NHS needed this past year was a 5% increase of admittances to these wards. Of course, this may not be down to legal highs alone; however their contribution cannot be ignored. Many healthcare professionals have attributed rising legal high use to increases in psychosis and paranoid schizophrenia. In fact, some say they'd prefer to deal with heroin users, as they know so little about legal highs.

So could legislation help? In 2010, the previously legal mephedrone earned its Class B status. Consequently, its popularity increased by 14%. By the time official investigations make a specific drug trendy with illegality, new ones will already have been created, ripe and

ready for deployment. Evidently another tactic is needed.

In November 2014, a shop in Taunton, Somerset, agreed to remove legal highs from its shelves, after caving to police and public pressure. Perhaps this is the key. Instead of relying on lengthy government inquiries to determine whether or not a substance is dangerous, just use the might of community outcry to wipe them from the retail picture.

Of course, this would bring many issues; financial losses of legal high companies and the shops in which they're sold, not to mention backlash from their fans. Losses which I feel may be overshadowed by the benefits a legal-high-free society will have on its people. Taunton incidentally is Sam's hometown, so let this little victory be a big message to the rest of the country. Wake up, open your eyes and always check the label.

*\*Name changed for anonymity purposes.*



# Drug policy and the fallacy of prohibition

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After the publication of yet another academic report criticising the use of harsh penal sentences as deterrents it is finally time to admit that drug prohibition isn't working.

Ever since the early 20th century when the cotton lobby in the United States pressured congress to outlaw hemp – due to their fear of it replacing cotton – and Richard Nixon's declaration of the 'War on Drugs' the Western world has largely been in thrall to a futile and harmful campaign against drug users.

The fact that there are philosophical arguments against drug usage attacks those who are merely exercising their prerogative to do with their body what they wish. Heavy-handed tactics just simply do not work. Taking a 'hardline' or 'zero tolerance' policy on drugs may go down well with the Daily Mail, and other media outlets that like to suggest that anyone who uses drugs is morally deviant and must be put in jail, but the simple fact of the matter is that such harsh punitive policy measures simply do not work. One of the few countries to ever operate a truly no tolerance drug policy, Iran – who used to execute addicts – even freely admits that such policy measures are ineffective. Nobody would want us to be like Iran.

Regardless, do not take this humble scribe's mere opinion on the matter – the vast majority of papers reviewing drug policy have come to the same conclusions. In June 2011, the Global Commission on Drug Policy stated unequivocally, "the global war on drugs has failed, with devastating consequences for individuals and societies around the world...fundamental reforms in national and global drug policies are urgently needed." This statement, although not precisely echoed, has been reinforced by a recent government report that stated that there is 'no obvious' link between harsh laws and levels of drug use. The report equally noted that in countries that have introduced more lenient systems in recent years, such as Portugal, there has been no notable rise in drug use and significant improvement in the health of drug users.

Despite this, there may be people who think that simply because one cannot prevent a problem by outlawing it, that does not mean it should be allowed. Well, for those who see drug addiction as a moral failing or the makings of a bad person, addiction has to be analysed as a spectrum in legal drug usage. Someone would not be prosecuted for having lung cancer from smoking, or liver disease from drinking. Both of these are maladies brought on by the use of drugs, albeit commercially acceptable ones. Addiction is a disease, and there is no ambiguity in the scientific evidence. Chemical dependency leads to the reformulation of brain pathways, physically compelling people to continue to take drugs. What kind of society punishes people for being ill? It is shameful that our society thinks of such people as morally delinquent and therefore deserving of sanction.

If you wish to prohibit harmful drugs, it is necessary to at least be consistent, indeed according to a study by – at the time – government drug Tsar David Nutt in 2010, if one looks at effects on society and the individual, alcohol is in fact the most harmful drug. With marijuana less than third as harmful, ecstasy less than a seventh and cocaine less than half as harmful. Perhaps we should therefore embrace consistency in our legislative process – and begin a process that sees an eventual prohibition on alcohol. Not convinced? I wouldn't be either – it's been tried – and it didn't exactly end well.

The last week brought tidings of the latest absurdities when the government published, and apparently ignored, reports from the Home Office which suggested penalisation for the possession of illegal drugs does not deter the number of users. Home Office minister Norman Baker, a supporter of these findings, subsequently resigned after his view that UK drug policy needs to be 'rational and evidence based' fell on deaf ears.

It is clear that this theme of ignorance has remained ever-present inside the archaic Westminster club: over the past 40 years, the government has continued to harden its stance on illegal drugs by penalising 'offenders' with hopes that it'd deter them, and it is clear that this has, and continues to, fail miserably. The resignation of Norman Baker comes as a blow to any hopes that our current drugs policy has a chance of changing anytime soon; as a minister, he was a key voice in government.

It has to be asked; can anything be more repulsive than to hear those who are employed by the taxpayer, and called "educated", to disregard so blatantly, evidence which indicates that currently, our policy on illegal drugs is clearly not working to the population's desired effect? Even in the case of Professor David Nutt, who was once the government's chief drug advisor and was sacked after stating that cannabis and LSD are less harmful than cigarettes and alcohol, was essentially doing his job by providing the latest scientific evidence, which was completely ignored. The best that can be said of this situation in particular is that it is the clearest sign of ignorance, of intellectual narrowness; a stupidity which only leads to resentment of the political establishment.

In light of this, it is clear that there is a mis-match between scientific evidence and the advice given on such findings, and the policies enacted by parties with agendas that continue to negate this evidence completely. The evidence can also be measured in countries like Switzerland, whose recent progressive drug reforms have subsequently led to a decrease in crime rates, demonstrating that changes in drug laws have clear benefits.

It should be questioned whether this is the relationship the government wishes to have with the scientific community. An oft-repeated political trope refers to how Britain should be 'punching above its weight' and setting an example for other countries to follow. So while we're at it, let's bring creationism back into our children's science lessons; why not become a world leader in spouting bullshit while we're at it?

Exaggerations aside, this ignorance is serious. It's concerning that well-informed individuals are refused the right, with threat of incarceration, to ingest chemicals into their own bodies. Bodies which, a long tradition of human rights legislation has given themselves agency over. It is absurd that, for example, a student could be thrown out of university for possessing a minimal amount of cannabis for personal consumption, and yet, perhaps on the same day, can be tempted through the doors of a nightclub with promise of a deliriously toxic, and provably more harmful supply of a different narcotic: alcohol.

Since the debate surrounding our drugs policy is set to endure, it may be worth taking a step back, and reflecting on how we wish to see our 'free society' proceed.

Of course, there is no denying that drugs, both legal and illegal, can be incredibly dangerous and can destroy the lives of many, but our current legislation surrounding illegal drugs just isn't working.

I, and many others, are adamant that drug policy should be reasoned and discussed, and based on the best available science, without pandering to the agenda of the political classes. It may be important for us to evaluate the freedoms we hold most dear, and fight the system that oppresses and strips us of our rights more often.







# Decriminalisation: a new age for the UK?

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In the most recent Home Office report, it was outlined that the decriminalisation of some deadly narcotics would not lead to more people taking them, which was previously thought of as inevitable. This leads to a particularly interesting and contentious question: would decriminalisation of drugs in the UK work? Whilst the Lib Dems call for drugs to be decriminalised due to the 'failing' drug laws, the Tories are emphatically against it.

The landmark findings seem to contradict the current governmental policy that a tougher drug policy will lead to a reduction in drug taking, suggesting that drug taking is far more multifaceted than people think. In Portugal, where drugs have been decriminalised, addiction is dealt with as a health concern, rather than a criminal offence. Addiction is far more complex than mere legislation- governments must realise that 'addiction is a progressive illness'.

Portugal, prior to 2001, faced the highest levels of HIV in Europe from drug users, causing health care costs to rocket, whilst at the same time communities were seeing the same individuals going through the criminal justice system over and over for drug use. Since the removal of criminal penalties, Portugal has, in fact, seen reductions in the level of drug use, particularly amongst youth. A Commission for the Dissuasion of Drug Addiction was set up, so rather than imprisoning individuals they are referred for treatment; tackling the deep-rooted causes rather than the actions themselves makes reoffending less likely. Lib Dem MP Norman Baker outlined that, "engaging early and applying dissuasion commissions...is far more effective than fining or putting people behind bars. If we're wanting to change behaviour and minimise drug

use then surely we should look at what works and learn from this."

The argument remains that once addiction can't be stopped unless the reason why they're taking drugs is addressed. The Tory party's hard line approach would suggest that the government is out of touch and ignorant of what addiction truly is. Current laws won't deter an addict; the government assumes that addicts have control over their actions, which, most of the time, they absolutely do not. If drug taking is treated as a health issue, it is surely easier to remove the incentive to relapse, than if they are simultaneously being treated as a criminal.

However, perhaps Portugal is an exception. Perhaps decriminalising drugs in the UK wouldn't lead to such exceptional outcomes. Perhaps the results of decriminalisation in Portugal were due to a number of factors, including treating the issue solely as a health one. Contrast-

ingly, in Czech Republic, possession of small quantities are treated as an "administrative offence" punishable with a fine. Unlike Portugal, it has been found that worse health issues have been observed after drug possession was decriminalised, with no evidence of reduced use. What is to say this wouldn't occur in the UK? In this instance it is acceptable to argue that a one-size-fits-all policy may be detrimental.

If we take the example of alcohol and tobacco, their legalisation could be viewed as a disaster. Both are being sold by highly commercialised industries that thrive off addiction for profit. Would the same occur if drugs were decriminalised? The answer is probably yes, particularly in a society where business interest prevails at the expense of health. Ensuring the health and wellbeing of the population would be particularly difficult if drugs were decriminalised.

A nuanced attitude ends up being

taken surrounding the war on drugs. David Cameron outlined in a recent speech that he doesn't "believe in decriminalising drugs that are illegal today...I don't want to send out a message that somehow taking these drugs are okay or safe, because in many cases it isn't." The divisions within the coalition could not be more sharply exposed, with Norman Baker saying that 'radical' change is needed. However, recent governmental findings should not be overlooked. A mounting body of evidence that suggests drug prohibition isn't working highlights the need for policy shifts. The success of the Portuguese drug strategy and a focus on health could be the most effective way of abating the harmful effects of drug abuse. Perhaps the Conservative's rejection of any form of decriminalisation portrays a particularly backward looking view.



guardian.com

113

deaths from legal highs in  
2013

15

countries have  
decriminalised drugs in  
some way

5 years

is the maximum prison  
sentence for cannabis  
possession



# Debate

## Are we educated enough on the dangers of drugs?

Children and young people in the UK seem to be bombarded with the message that taking drugs is morally wrong, with websites like Talk to Frank offering advice about various recreational substances. However, statistics show that approximately 350,000 school pupils tried drugs in 2013 alone, despite this demonisation. If drug taking is inevitable in the population, are we doing enough to educate the masses about the risks of recreational drug use and addiction?

### Yes

Adults of our generation have been inundated with advice over the dangers of drugs.

The government, our education system and wider society has conspired – with mixed results – to ensure that we are the most informed, educated generation of young people on the issue of drugs – and thus equipped to make responsible decisions over substances that pose a very real and serious health risk.

This approach was largely borne out of a boom in the consumption in the 1990s of substances such as ecstasy and cocaine that became much more affordable and accessible – particularly amongst young people.

The prevailing attitude after this change in demographic was that increased education might prevent an exponential increase in drug consumption. Fast forward 20 years, and we are the consequence. We are, without exception,

the generation which has been most targeted by policy officials – whose hope is that their efforts might mitigate a ‘ticking time bomb’ – a public health issue of significant scale.

A multitude of organisations have since been created to inform about drugs. The most well known and successful, ‘Frank’, set up by the government in 2003 has been a staple of British society – particularly amongst young people – and has been successful in establishing a national conversation about drugs in our schools and universities.

Has it worked? On the surface, it would seem it has. One report released last year suggested that smoking, drinking and drug use among secondary school-aged pupils has more than halved in the last decade. 12% of young people aged 11–18 surveyed a decade ago stated they had tried drugs. Today, it is 6%.

But while the stats show success – why

does Britain continue to have one of the highest rates of substance abuse in the EU? Has the culture of drug education

**According to the Home Office, Cocaine is the Class A drug that is most frequently seized in the UK.**

instead created a prohibitive environment that, instead of mitigating the harms of drugs – has instead sought a resolution to penalise consumption rather than tackling the root cause?

The national school curriculum has devoted significant effort to inform pupils of the dangers of drugs – and particularly the legal penalties of drug taking. Schools have become a ‘first line of defence’ in establishing ‘anti-drug’ rhetoric. Even Frank, a charity which has sought to engage more with schools, has been criticised for presenting misleading information about the dangers of some drugs.



Illustration: Jasmin Vincent

Phil Mann

Newspapers have been the worse culprits. They have perpetuated a caricature of drug culture in the UK that has served to reinforce a self-congratulatory superiority amongst legislators and opinion leaders. Drugs are the vice of the lazy, the feckless – a perennial drain on national resources. Substances are discussed in screeched and hysterical tones, and deaths due to overdose represent an existential threat to the stability of the country, feeding into a legalistic obsession with prohibition instead of rehabilitation. Education – in its current form – has helped reduce drug taking – but it has also been contributed to harmful misconceptions.

Recently, a more positive attitude has prevailed. Political society has started to embrace a new form of education – one of compassion and tolerance.

### No

All I remember of drugs education in high school is the teachers demonising something they did not appear to understand.

The same applied to sex education, tobacco and alcohol. Despite these being legal with certain age restrictions, the tone was the same. It smarted of the scene in Mean Girls where an incompetent teacher attempts to educate students by affixing “You will die...” at the end of each point.

Our education on these matters in school was so poor that all my knowledge of drugs and alcohol came from asking my parents. The two of them are quite liberal people, and held the opinion that for some people, drinking and taking drugs was unavoidable, it was just better to know the risks if you do decide to try them.

I never tried the latter, but when it came to drinking I was glad that as a young teen I could come home blind drunk and my Dad would take me

through a ‘hangover action plan’ (involving drinking pints of water and eating bacon sandwiches) rather than tell me off. But what happens when someone’s parents don’t want to talk to them about drugs and alcohol, and school doesn’t provide the necessary information? Lack of education is where the problem lies.

**According to the NTA, 83% of those seeking treatment for drug addiction in 2013 were White British.**

When it comes to illegal drugs, the harsh penalties imposed on addicts and recreational users alike are ridiculous. Being caught with a Class B drug could result in five years imprisonment, which is a longer sentence handed down for some GBH and rape convictions.

Ched Evans spent two years in prison for raping a woman, while a cocaine addict could serve a sentence up to five

times as long. It isn’t fair. Rape, assault and GBH destroy lives and leave the survivors traumatised and frightened. Addicts

**“Being caught with a Class B drug could result in a longer prison sentence than is handed down in some rape and GBH convictions.”**

need help and support, rather than imprisonment. Recreational users are hurting no one but themselves, so punishing them more harshly than you would a rapist doesn’t make sense.

There is no definite way to prevent members of the population taking drugs. In the same way that you can’t stop people from smoking tobacco or drinking, demonisation and harsh penalties for possession just aren’t effective. It just clogs up spaces in prisons unnecessarily.

Addiction should be treated as an illness, and more effort should be put in

to finding the origin and purity of various drugs. Trafficking and exploitation are often involved in the supply of many substances, and while legalisation would help take the control from drug barons and gangs.

Legalisation is a long way off, but clear education on the different effects and risks of various substances means that users will know the risks and possible consequences, rather than being misinformed then treated as criminals.

The government should educate the population on the risks involved with various drugs, and not treat them as hardened criminals. Locking someone up rather than educate them is a terrible response.

Eleanor Healing





# Sex on drugs – an amazing love life or just a major flop in the bedroom?

Evan Canwell

Music and films tend to glamorise sex and drugs (and rock n roll) but what is sex actually like under the influence of drugs? Do drugs heighten or decrease positive feelings during sex?

## Cannabis

Let's start by taking a look at cannabis, which owes most of its effects to a chemical known as THC. The effects can vary greatly between users, with some reporting relaxation and happiness whilst others have feelings of irritability and paranoia. Similarly, having sex after cannabis use can lead to very different results. In some people it can enhance libido while in others, it can greatly reduce the desire and pleasure gained through having sex. It may make a person feel relaxed and connected to a partner or it may make them feel "spaced out" and detached from the whole experience. While cannabis enjoys a reputation as an aphrodisiac, research shows this is not strictly true. Any effects that make sex seem better are purely psychological, as cannabis can alter a user's perception of time, making them believe the sexual experience lasted longer than it did.

## Cocaine

Cocaine comes in two main forms; powdered cocaine is snorted, while crack cocaine is smoked. Cocaine blocks neurotransmitters in the brain and creates a build-up of chemicals, leading to euphoric highs. During sex, users report feelings of confidence and intense energy as the brain releases adrenaline. This energy can lead to users wanting a greater number of sexual partners, perhaps even increasing the likelihood of STI transmission and pregnancies resulting from unprotected sex. As with cannabis, cocaine wrongfully enjoys a reputation as an aphrodisiac but over time it reduces libido, can impair sexual function in both men and women, and can even lead to cardiac arrest.

## MDMA

Ecstasy is often called MDMA and

affects nerves containing serotonin. Serotonin regulates impulsivity and decision-making abilities with users often finding these functions impaired. Ecstasy is known as a social drug and is commonly taken at parties, clubs and raves. It affects the way people talk, think and feel with many reporting a craving for physical contact such as touching, hugging and kissing.

Having sex after taking ecstasy can create passionate feelings with a heightened sensitivity to touch, lower inhibitions and a greater connection to a partner. In some people, ecstasy will have the opposite effect by impairing sexual function and can lead to seizures, even in users with no previous history of them. The more frequently ecstasy is used, the more diminished sexual feelings become as the body becomes accustomed to the drug.

## Meth

Methamphetamine, or meth for short, is a drug probably best known in its crystal form due to the popularity of TV shows like *Breaking Bad*. When taken, meth creates an intense rush due to large amounts of dopamine being released in the pleasure centres of the brain. It gives feelings of alertness, raises libido and makes users feel extremely energetic with its effects lasting up to 12 hours. Meth can greatly delay or stop ejaculation which, when combined with feelings of increased energy, can lead to sex lasting much longer and heightens the intensity of the sexual experience. However, meth also lowers inhibitions and leads to users taking greater risks during sex. This can lead to pregnancies and the spread of STIs, since meth users are less likely to wear a condom than non-meth users. Over the long term, effects can include intense paranoia, hallucinations and psychotic behaviour.

A clear message when combining sex with drug use is that the effects are different for everyone. There is no way of knowing whether they will enhance or decrease sexual pleasure before taking them, so caution is always advised.



*Images by Sarah Shoenfeld taken from her book: All you can feel. They show liquid forms of various drugs being dropped onto negative film which had already been exposed. They give a beautiful insight into chemical reactions in drugs. It is these chemical reactions that have a profound effect on our relationship between sex and drugs. Clockwise from top left: Heroin, Orphiril (Sodium valproate), MDMA, LSD, Ketamine, Ecstasy, Speed and Cocaine.*



# The caffeine diary: my brewed awakening

Dougie Phillips

'Decaf is like masturbating with an oven mitt.' Not my words, but those of the late, great Robin Williams. Words that resonate with coffee drinkers everywhere, and until recently, words that I never truly appreciated. The UK consumes a staggering 70 million cups of coffee each day. So whether you're a student trying to espresso yourself or an office worker getting through the daily grind, you're not alone, your love of the stuff is united. In fact, globally, we get through more than 2.25 billion cups of coffee every day. It appears the world has a bit of a caffeine addiction.

I suppose this is where I should hold my hands up and come clean: my name is Dougie and I'm addicted to coffee. Scarily this was not the case 10 days ago. I have always enjoyed coffee (and who doesn't enjoy coffee and cake at Mrs Athas?) but not to a point where I had a dependence on it. However, 10 days ago I decided to don my metaphorical lab coat and turn myself into a human guinea pig. In the name of science, but mainly out of intrigue, I wanted to see what impacts exist from the over consumption of coffee.

To achieve this I proposed to drink 5 cups of coffee a day for 5 continuous days. As I'm a glutton for punishment, this would then be followed by 5 'cold

turkey' days, cutting my consumption completely. What were the results I hear you ask? Well here they are. This is my caffeine diary.

First and foremost, by drinking five cups of coffee I would be consuming around 750mg of caffeine a day, a figure at the top end of the recommended high use.

I would therefore just like to suggest that you perhaps refrain from trying this at home yourself (unless you already do of course).

The increase in caffeine intake caused a very noticeable shock to my system during that first day. Whilst finishing the third cup I was treated to a ghastly headache, an event which occurred at the same point throughout the week. It's comforting to know that my body looks out for my best interests, indicating its displeasure at my current foray into scientific

research. However this is science, so my body was ignored and I ploughed on. Luckily during the fourth cup the headache passed, and by the fifth I felt great. Well, once I'd been pried from the ceiling that is.

That initial dream like state, where I felt as light as air, lasted for the major-

ity of Monday afternoon, which interestingly coincided with my urge to listen to a variety of German techno and old school dance music. Who would have thought vast quantities of caffeine would reignite a deep burning passion for Zombie Nation?

Needless to say, Monday

was not the most productive day of my life. Nor, in fact, was the rest of the week; my days instead revolving around getting coffee or instead drinking the stuff. Surprisingly, other than my 'regular as clockwork' headache, and the obvious need to pee more, I had no other bodily based repercussions. This was easy.

Well actually, not so easy. I still had the 5 days of 'caffeine free' living to look forward to. I eased through the weekend, with the fool proof plan of replacing coffee consumption with that of alcohol. It worked like a dream, until the Monday morning. I had been assured (wait for it, more science coming up) that eating apples would help boost my system and get me through this caffeine free time. As I did not have any apples to hand I opted for several pears. As a result, I can categorically state, and please note that I now have science to back me up on this, pears are rubbish.

Monday was a bad day, a very bad day indeed. So bad that come Tuesday morning I could take no more and returned to the dark side, taking a sip (followed by several further sips) of a wonderful elixir I had come to know well. Coffee. Bliss.

What wisdom can I therefore impart on you, my reader, as a result of my folly? Firstly, it appears that alcohol is an excellent substitute for times of caffeine scarcity, although this is not an avenue I would personally endorse. Secondly, caffeine is addictive. Very addictive. As wonderful as a 'Grande, Quad, Nonfat, One-Pump, No-Whip, Mocha' sounds, I would certainly suggest you refrain from drinking too many of these. Finally, and probably most importantly, pears are rubbish. This is irrefutable.



## MDMA, EDM and the love/hate affair

Holly Edwards

EDM (electronic dance music) and MDMA (ecstasy) are so intrinsically linked in their evolution that a CBS reporter recently confused the two.

MDMA was originally synthesised in Germany in 1912 with the aim of creating an appetite suppressant. But it wasn't until 1976 that the drug reappeared when Alexander Shulgin created its purist form from his greenhouse in California.

It has been said that if Shulgin is the 'Godfather of Ecstasy' then he is also the 'Uncle of EDM'. In the 1980s the use of MDMA co-developed with the rave scene. The reason for this is

the unique effects that the drug has on the body – so unique in fact that a new category of drug had to be created for it: empathogens.

MDMA works by releasing serotonin in the brain, causing euphoria and a sense of intimacy with others, with a heightened perception of sound and colour.

In his book *E, The Incredibly Strange History of Ecstasy*, Dr Douglas Ruskoff explains that the rhythm of EDM is about 120 beats per minute. This is the same as the foetal heartbeat and is believed to be the same beat used by South American shamans to bring their tribes into a trance. The use of MDMA creates a feeling of togetherness and

community, combining music to focus a group of people on a common stimulus.

However, it appears the MDMA and EDM may not be a match made in heaven after all. There are concerns amongst the EDM community that the feeling of togetherness is starting to disappear. New waves of revellers are being targeted by drug dealers. They have the perception that ecstasy is safe and aren't questioning what they are being sold.

Ecstasy does carry risks, such as high blood pressure, panic attacks and in extreme cases seizures. But the biggest concern is that dealers are now selling ecstasy cut with more harmful drugs, including research chemicals and

cheaper amphetamine substitutes.

This has led to some of EDM's highest profile artists, such as A-Trak, Kaskade and Tommie Sunshine, speaking out against the drug culture associated with the community. Some have acknowledged that ecstasy will remain part of the culture, but advocate more care being taken when buying it and awareness of the risks involved.

Others have encouraged the disassociation of drugs and EDM. After all, the body is naturally pretty magical, so EDM can still be enjoyed without MDMA.





# The Dark Web: the other side of the internet

Alice Hargreaves Jones  
Science Editor  
Sam McMaster

We think we know the internet. We think we can use it extensively and comprehensively, be that keeping up with our friends on Facebook, buying goods on Amazon, or searching the trenches of Google for quotes for that essay due tomorrow. But there's much more to the web than the average user is knows about.

By 'more', we don't mean a few hidden forums here and there. 'More' is a collection of web pages several magnitudes larger than the standard internet, which everyday internet browsers like Chrome and Firefox can't access. So what on earth is this 'more'?

It refers to The Dark Web, a collection of publicly visible websites that hide the IP addresses of their host servers. This makes these websites accessible to everyone, but also makes it very difficult to figure out where they're hosted – or by whom. Most Dark Web sites use the anonymity software Tor, but a standard Google search won't work here. The sites simply aren't indexed under a search engine; they use a different access protocol to normal sites. Layers of encryption are used, giving it the name The Onion Router. When a request is sent, the original data is encrypted (including the location) and sent through multiple randomly selected Tor relays. These relays could be anywhere in the world and no one person knows where all the servers are. Each time a relay is given a request, it decrypts one layer to reveal the next location in the array and sends it to its next hop in the network.

Tor is built for anonymity, meaning it is perfect for 'whistle-blowers' or activists, who use it to reveal information in a secure and encrypted manner. Some of these people have even managed to break the 'Great Firewall of China', the firewall imposed upon the Chinese population by their communist government. One of the first high-profile Dark Web sites was the Tor hidden service WikiLeaks, founded in 2006 by Julian Assange to accept leaks from anonymous sources. The idea of WikiLeaks has since been adapted into a tool called SecureDrop, a piece of software that integrates with Tor hidden services to allow any news organisation to receive anonymous submissions. Even the likes of Facebook have launched Dark Web sites aimed at better catering to users visiting using Tor in order to evade surveillance and censorship.

However, there are far more sinister uses for the 'darker side' of the internet. Dark Web Markets such as Silk Road are anonymous online marketplaces hosted on the Tor network. Again, inaccessible through normal web browsers, these markets generally sell illegal items such



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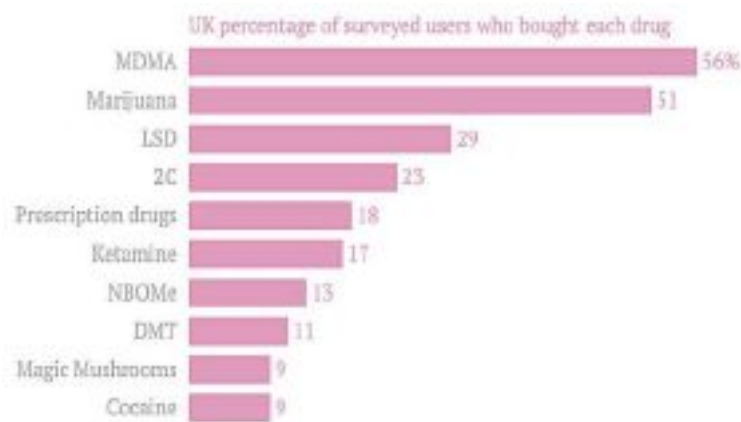
as drugs, stolen credit card information, child pornography, firearms, etc., as well as some legal items. They are run by anonymous individuals from around the world and are used by people worldwide, both of which use Bitcoins to carry out the transactions between vendor and buyer.

Bitcoins are a form of digital currency, created and held electronically. No one government, country or bank controls the online currency. Bitcoins aren't printed, like dollars or euros – they're produced by lots of people running computers all around the world, using software that solves mathematical problems in a process called 'mining'. It's the first example of a growing category of money known as cryptocurrency.

Regardless of the above, just how completely the Tor network can evade the highly resourced law enforcement and intelligence agencies remains unresolved. Only earlier this month, dozens of Tor hidden services were seized in a coordinated action by the FBI and Europol, known as Operation Onymous.

This operation saw the seizure of three of the six most popular drug markets on the Dark Web; Silk Road 2.0, Cloud9 and Hydra were all appropriated by the American Federal Agencies in an act to combat the online aspect of the War on Drugs.

Governments worldwide are doing their best to seize any illegal online marketplaces that come to their attention, however with the growing awareness and technical knowledge of today's generations, it seems that the Dark Web is becoming increasingly popular. Most of the Dark Web content is normal and legitimate, but for various reasons cannot be easily accessed. However, it seems that it's usually the illegal activity that gains the most attention. Some argue that the security and anonymity provided within the Dark Web is important and something to be cherished, not taken advantage of. In an age where most of our daily activities are now monitored in one way or another, the prospect of anonymity in our online activities will undoubtedly become increasingly attractive.



Source: qeios Data: Use of Silk Road, the online drug marketplace, in the UK, Australia, and the USA



# Beware – ‘Smart Drugs’ make you dumb

Hilary Robinson

Whether it's the last minute cramming before your end of year exams, or the 4am finishing of your 3000 word essay, there will undoubtedly be times during your at university studies where you wish you'd started your work as early as you promised yourself you would. However, once put in that panicky position, many look for a solution to enable the production of good quality, last-minute work. The common answer? Academic doping.

Academic doping is the term currently being used to describe the use of nootropic drugs ('study drugs') to improve your memory, motivation and attention. Examples of these drugs include Modafinil and Ritalin, and are prescribed only to treat medical disorders – i.e. they are not designed for use by healthy individuals to try and improve mental abilities.

Modafinil was developed in 1970, and is usually prescribed to treat sleep related disorders such as narcolepsy. No one understands how Modafinil exactly works, but it is thought that it aims to increase certain neurotransmitters (chemicals which carry information around the brain) in the brain, such as dopamine, noradrenaline and histamine. In the hypothalamus (an area in the brain which release regulatory hormones), histamine is vital in sleep regulation, and therefore a lack of histamine may contribute to narcolepsy.

Ritalin also aims to increase levels of the neurotransmitters dopamine and noradrenaline, but this time to treat ADHD. This is due to ADHD sufferers having low levels of these neurotransmitters in an area of the brain called the prefrontal cortex, which is important in inhibition, motivation and attention.

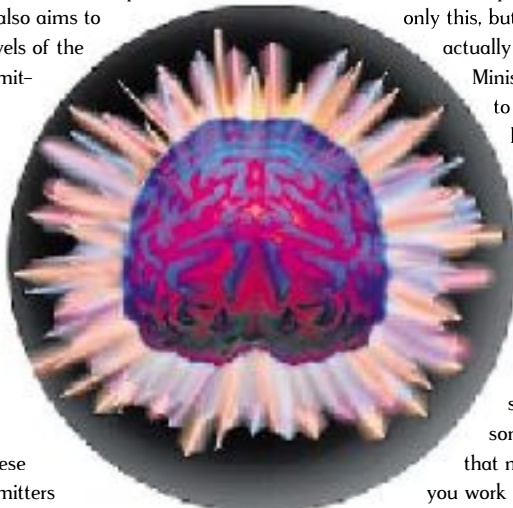


Illustration: Danny Wilson



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Both these drugs increase dopamine and noradrenaline levels in the brain. In a healthy individual with normal neurotransmitter levels, an excess of these chemicals allows you to stay awake and focused for a longer period of time than you would be able to usually. This idea is widely supported, through the obvious use in treating sleep disorders, and by self report from students who have tried these drugs to increase the hours in which they are productive. Not

only this, but Modafinil is actually sent by the Ministry of Defence to soldiers in both Iraq and Afghanistan to keep special forces and pilots awake, when they've had very little sleep. However, some suggest that not only can you work for longer: you may actually improve your memory, which could benefit some students in exams.

The claimed academic improvement

with the use of study drugs is not as universally accepted. One study – carried out by Dr Ahmed Dahir Mohamed, at The University of Nottingham Malaysia Campus – investigated the effects of the drug on responses to certain tasks, for example in the Hayling Sentence Completion Test, which involves finishing a sentence or identifying the missing word. The scientists gave 32 participants Modafinil and 32 participants a placebo drug. Dr Mohamed found that those who took Modafinil had slower reactions and an impaired ability to complete sentences within the test time.

However, Dr Mohamed also found that people who are less naturally creative might see some improvement to creatively solve a problem. As a result, the study concluded that Modafinil can 'improve people at the lower end of the spectrum in cognition, whereas they impair people who are at the optimum level of cognitive function – healthy people, for example.'

As a result, the usefulness of these drugs is called into question. Furthermore, the long-term effects of these prescription drugs on healthy users are not yet known. One recent study suggested that doses of 400 mg of Modafinil (200 mg is given in treatment) had effects on areas of the brain which are involved in

substance abuse and addiction.

Also, whilst Modafinil is a cognitive enhancer, its effects have been compared to that of excess nicotine. Professor Barbara Sahakian – who researches Modafinil as a treatment for patients with psychosis (a mental state where you lose contact with reality) – states 'nicotine is an amazing cognitive enhancer, purely from a lab perspective. But for people who use nicotine chronically, we know their baseline cognitive function goes down and the nicotine is maybe bringing them back up to normal. So now nicotine is no longer a cognitive enhancer, it's a cognitive normaliser.' He suggests that Modafinil could have the same effect if it is used in the long term.

No matter the possible – and definitely unproven – short-term benefits of Modafinil and Ritalin, the uncertainty of the long-term effects should be enough to deter most people from using them. However, in those most desperate of essay hours, the long-term effects do seem less important. It's vital to remember that not only do scientists not know what the prescribed drugs do to your brain, but buying these drugs off the internet means you don't actually know what you're taking at all; is your essay really worth the risk?





Drug use in sport is never far away from the headlines. As part of this week's drugs edition, *The Gryphon* takes a look at how the use of illegal substances has evolved and why sports stars feel the need to use them. Will this controversial dark cloud ever be lifted from the sporting scene?

## Win at all costs – the athlete's dilemma

Nancy Gillen  
Comment

Respected sports stars and remarkable sporting feats have been completely discredited in the face of performance enhancing drug use, or "doping". Drugs including anabolic steroids, stimulants and diuretics are used to improve performance in many ways, helping a sports person achieve success and glory.

However, the world of performance-enhancing drugs is a complex and dangerous one. Sports stars risk having their sporting achievements stripped, getting suspended from their sport or even being jailed. As with all substances, a premature death is always a possibility, so why would sports stars risk their careers and even their lives to take performance enhancing drugs?

It is a question which has confounded

many throughout the years, including Robert Goldman, who asked elite athletes whether they would take a drug that would give them unequalled success in sport, but that would cause them to die after five years. According to the research, nearly half of the athletes responded that they would take the drug.

This study, named Goldman's dilemma, shows one of the reasons for doping. The desire to win can consume everything. It is easy to see how those who are willing to do anything to succeed, could fall prey to performance enhancing drugs; they can make success, glory, fame and money entirely possible.

However it is not just ambition and greed which can push a sports star into taking

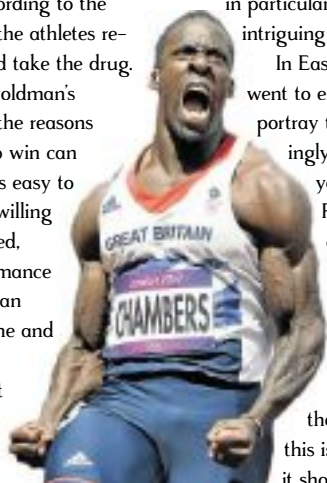
drugs. Pressure on the athlete, whether internal or external from a coach or country, can also lead to doping in an attempt to boost confidence or improve performance. External pressure in particular has thrown up some intriguing cases of doping.

In East Germany, the Stasi went to extreme measures to portray the country as sportingly gifted by doping 15 year old swimmer Rica Reinisch with testosterone-based steroids, who went on to win three golds medals at the 1980 Olympics. She only discovered the truth after the fall of the Berlin Wall. Granted this is an extreme case, but it shows the role national

pressure can have in the use of performance enhancing drugs. There have also been cases where coaches have abused the trust of their athlete and persuaded them to take drugs.

Many disgraced sports stars who have used drugs claimed they did so in order to level out the playing field, arguing that doping is so widely used that it is only fair. Ben Johnson won the 1988 Olympic 100m race in record time, but lost his gold medal when the drug test results were positive. However, Johnson's coach insisted that the athlete had to dope to literally keep up with his rivals. Indeed, six of the eight sprinters involved in that 100m race were found to have doped at some point in their career.

If the case is that so many sports stars are using drugs, others feel that they have to, and it will be a long time before doping is finally gone from sport.



## The endemic problem of drugs in sport

Peter White  
Comment

The spectre of drug use in sport is disheartening, and one that does not look like going away. Despite relatively recent efforts to crack down on the use of illegal substances, the truth is that doping has been around almost since records began, and is still alive and well.

Performance-enhancing drugs were used as early as the ancient Olympic Games, when the Greeks experimented with hallucinogens and new diets in search of athletic superiority. Roman gladiators were also guilty of consuming stimulants and hallucinogens to prevent fatigue and injury.

By the turn of the 20th Century and the start of the modern Olympics, drug abuse in sport was rife. In 1904, American marathon runner Thomas Hicks nearly died after he took a mixture of brandy and a stimulant called strychnine. A series of drug-related incidents then led to the first ban on the use of illegal substances by the

International Association of Athletics Federations (IAAF) in 1928.

Despite this drug use increased, so the Medical Commission was brought in to oversee anti-doping policies at the Olympic Games from 1968, largely in response to the deaths of Danish and British cyclists Knut Jensen and Tommy Simpson as a result of the use of performance-enhancing drugs.

Since then, regulations have become even more stringent, but they cannot stop everyone slipping through the net. In 1988, Ben Johnson was famously stripped of his Olympic gold medal, while a former East German swimming coach admitted in 1991

that their dominance on the international stage was largely down to a sophisticated 20-year doping programme. More recently, prominent stories have included British sprinter Dwain Chambers, who became the first person to test positive for the steroid THG, while cyclists Floyd Landis, Alberto Contador and Lance Armstrong have all been stripped of Tour de France titles in the last eight years.

Perhaps the most famous story of drug-taking in sport is Armstrong's. The disgraced American was once labelled one of the world's most inspirational men after he won his battle with cancer to go on and win the maillot jaune a record seven times, only to have his titles removed in 2012. Armstrong has since shed light on the methods

that he employed to stay ahead of the game, and he has declared that winning the Tour de France is impossible without taking performance-enhancing drugs, suggesting that their presence is still commonplace today in cycling and all sport.

Regardless of the time period in which sport has taken place and despite increased regulation, the desperation to succeed has consistently resulted in illegal drug-taking. Perhaps a change in attitude is required. It is hard to understand how drug cheats are allowed back into their sport after they have been found out. While slightly different with Armstrong, Dwain Chambers was able to compete at London 2012 despite initially being banned from all Olympic Games, while Justin Gatlin was one of 10 people of the shortlist for the 2014 athlete of the year award even though he failed drugs tests in 2001 and 2006. If athletes knew that being found guilty of taking drugs automatically ended their sporting career, would they be inclined to do it?





# Football needs to address corrupt leaders

Greg Whitaker  
Football

Bribes, threats and rigged elections – FIFA is a never ending headline of scandal and corruption. For the image and credibility of the so-called 'beautiful game' on an international stage, the time is right for the footballing world to take a stand against its governing body.

On November 13, FIFA finally published its long-awaited report which investigated any potential misconduct during the bidding process for



the 2018 and 2022 World Cups. Unsurprisingly, the final report summary, made by FIFA's ironically named 'ethics committee', exonerated Russia and Qatar of any corruption in their winning bids to host the World Cup in 2018 and 2022, respectively.

Instead, the report proceeded to strongly criticise both the English and Australian Football Associations for 'flouting bid rules' during their unsuccessful campaigns to host future World Cups.

As is always the case with FIFA, controversy wasn't far away. Only

a day after the report was released, the man put in charge of investigating the bidding process – Michael Garcia – complained that FIFA's 42-page summary of his 430-page report contained 'numerous materially incomplete and erroneous representations of the facts'.

Predictably, this revelation heaped more pressure on the scandal-riddled organisation, with German football league president Reinhard Rauball leading the charge. Rauball has suggested that UEFA, the administrative body for football in Europe, should consider leaving FIFA if Garcia's full report is not published. Mr Rauball said: 'whether it was justified to leave these things out. That has to be made public. It's the only way FIFA can restore some of its credibility.'

This week also saw former England International Stan Collymore echo Mr. Rauball's statement. The former Aston Villa man took the concept a step further by calling for the English FA, along with other football federations around the world, to withdraw from FIFA and 'start again for the good of the game'.

So what's it going to be? Rather than merely issuing a typically empty threat, will we see world football unite against the broken organisation which is FIFA? The already tarnished image of international football can surely not continue limping along from one scandal to another. A revolution in world football needs to emerge and leaving Sepp Blatter's corrupt and disgusting old-boys club would be the essential first step.

## Roo-l Britannia

Daniel Nixon  
Football

Wayne Rooney marked his 100th international cap with a goal to help England come from behind to secure their fourth successive win against Slovenia.

Jordan Henderson momentarily took the limelight away from the England captain after he glanced a header over Joe Hart into his own net, however Rooney was quick to reply with a weaving run through the Slovenia box which left the visitors' defence scrambling. The trailing leg of Bostjan Cesar caused Rooney to tumble, leading to a penalty which he duly converted.

The Slovenia match itself was most certainly a game of two halves. The condition of the surface had been the subject of much controversy and debate prior to kick-off, and although conditions weren't pristine, they cannot be blamed for England's dismal first-half display. A chorus of ironic jeers and cries led the team off the pitch at half-time.

The second half couldn't have been further away from the first in terms of action.

Eventually the notable attendance of 82,000 could enjoy an attack or two. The response after the Slove-



nia goal was impressive, and provided a massive relief to manager Roy Hodgson.

It wasn't long before England took the lead as Samir Handanovic pushed Adam Lallana's cross straight to the on-rushing Danny Welbeck who scuffed his shot into the bottom right hand corner.

Welbeck's second goal was a well-worked move as a quick interchange with Raheem Sterling left him through on goal and his neat finish represented his growing stature in the England side. Welbeck's strong performances in recent weeks mean that he now looks certain to feature regularly in Hodgson's plans.

Rooney again featured heavily on Tuesday night in England's 3-1 victory over Scotland. The England forward caused havoc amongst the Scottish defence and he came away with two goals – the first a reaction header, and the second the result of some exceptional team play by the England frontline. Rooney's performances in the past week

largely sum up his England career, with a tireless and determined attitude. Now only three goals behind record England goalscorer Bobby

Charlton, he looks destined to top that chart soon. A lack of goals in major tournaments will haunt his England career; nevertheless, Rooney will always be regarded as a true England hero.

## Abu Dhabi Lew

Tom Moore  
Formula 1

Following the drama of the Brazilian Grand Prix two weeks ago, where Lewis Hamilton's spin handed the race win to his championship rival and team mate Nico Rosberg, both drivers head to the spectacular Yas Marina circuit in Abu Dhabi this weekend for the F1 2014 finale billed as 'the decider in the desert'.

After eight months and 18 races across the globe only 17 points separate Hamilton and Rosberg, with 50 to play for in the double-points race this Sunday anything could happen, particularly given the complexity of the cars this year.

It is well documented that Hamilton and Rosberg are close childhood friends, but what has been particularly interesting is seeing them coming to terms with the fact they are now in direct competition for the championship. The change in their relationship has been fascinating, culminating in that ill-advised move by Rosberg at Spa back in August.

Since then, the gloves have been off, particularly for Hamilton who has clawed back Rosberg since his retirement in Australia, before extending his lead by winning five of the last six races.

This season has offered more than just the Mercedes in-house battle.



It has been one of the most controversial seasons the sport has seen in the modern era, in which teams have constantly squabbled over the future of F1.

Force India and Sauber were minutes from boycotting the US GP three weeks ago, persuaded only to join the grid after promised investment from F1's controlling partner CVC.

We have seen the loss of the much loved Marussia team, which has been particularly upsetting given driver Jules Bianchi continues to remain in intensive care in Japan following his horror smash at Suzuka. Caterham were also close to being lost, although crowd-funding means they are now due to return to the grid in Abu Dhabi.

The 2014 season has seen F1 embroiled in a number of controversies, and that's without mentioning Bernie Ecclestone's bribes to German court judges.

One would expect that given Abu Dhabi's reputation, more controversy is to follow this coming weekend as it all goes down to the wire.





# Motorsport start season in top gear

Tom Moore  
Motorsport

On Saturday November 15, 12 members of Leeds University Motorsport Society took to the track at Whilton Mill Kart circuit in Daventry, Northamptonshire for qualifying for the ever expanding British Universities Karting Championship.

Competition was as fierce as ever, with 92 teams from over 45 universities battling it out for 26 spaces in the premier class of the national championship.



with a further 26 spaces in the intermediate class.

Leeds took three teams to Whilton, with the hope of getting at least one team in the top 52. With foggy conditions the day got off to a bad start, with all three teams having issues in the first few races with a few spins and members being taken out by other drivers.

For Leeds A at least after a first race in which driver Laura Davis was taken out, things started to quickly improve, with Stewart Dean taking an impressive seventh place, followed by comfortable top ten finishes for president Tom Moore in eighth place and star driver Matt Arnold in fourth.

Despite worsening track conditions and more traditional BUKC banditry than ever before, the Leeds A managed to qualify in an impressive 11th place, sealing qualification to the 'premier class' of the BUKC at the first attempt. A team drivers Tom Moore, Stewart Dean, Laura Davis and Matt Arnold secured qualification after a one year hiatus.

# No distance left to run

Richard Powell  
Cross Country

Due to Leeds Abbey Dash 10k clashing with the event at Braids Hill, a slightly smaller group took the trip up to Scotland than at the Manchester relays.

The team performance at Braids suffered due to some of the more experienced athletes being unavailable; nonetheless strong individual performances were shown.

Heading the men's team was Linton Taylor who came ninth in an elite group of athletes. Next was Jack Reed, who considering he had only recently started training after a serious collision with a car last year, finished in an impressive time of 35:23 over a very hilly and muddy six mile course.

The remainder of the team was made up of first year students, including Finn Brodie and Jacob Akers who put in strong performances, highlighting a bright future ahead.

The women's team also had similar success,

with close packing towards the front of the field making for a fantastic race. Emma Beckwith, a first year student, had a superb run to finish first out of the Leeds side. Hot on her heels was Zoe Hewitson, who is in great form and will be a great asset to the squad at BUCS.

The team finished seventh overall in a high quality event, showing a marked improvement from last year's tenth place finish. The next challenge comes in the form of the Leeds University relays, and with the Leeds side looking so strong they will be hoping to push for victory on home soil.



# Leeds put in ultimate performance

Sarah Norman  
Ultimate Frisbee

Last weekend saw 20 university teams from Yorkshire and East Midlands compete in Mixed Indoor Regionals at The Edge for five coveted places at Division 1 Nationals and two places at Division 2 Nationals.

Four teams represented Leeds at the tournament, more than any other University in the region, demonstrating the depth of the club and highlights Leeds as an exceptional University Ultimate club. Leeds' first and second teams were largely made up of the Men's and Women's first teams, both very strong teams in their own right, with the Men's team qualifying for Division 1 Nationals two weekends ago. The Women's team is hoping to secure their third Regional title this weekend.

The weekend got off to a great start with Leeds 1s beating Nottingham Trent 2s 13-1 and Leeds 4s beating Hull 10-5. Success continued for all four Leeds teams as Leeds 3s beat Sheffield 2s 9-4, and Leeds 2s beat Loughborough 2s 8-4, a notable victory considering the strength of all Loughborough sides as Loughborough 1s went on to win the tournament. Sunday's games were a struggle for some, but highly competitive ultimate was played, with Leeds 1s beating York 7-4 in a close game to take fourth place overall with MVP Fraser Wylie making some impressive grabs in the end zone to score.

Captain Dan Lovesey's personal highlight of the weekend was the final game: Leeds 2s against Yorkshire rivals York, with the winner taking the last spot at Division 1. Leeds 2s had lost to York early in the tournament after a below par performance. There was no sloppiness in

this game with Leeds piling pressure on York straight from the go. It was a near perfect performance with the final score 12-4 to Leeds. The final positions for all four Leeds teams were fourth and fifth for Leeds 1s and 2s respectively which saw both teams qualify for Division 1 Nationals, whilst Leeds 3s and 4s finished 13th and 16th respectively, who both

climbed seeds over the weekend.

All in all, a fantastic weekend for Leeds Ultimate Frisbee. As President Rachel Finch said, 'the strength of all Leeds teams this weekend puts Leeds firmly on the map as a University with an Ultimate club which is dedicated to bringing new people into the sport and establishing the club's success for years to come'.





# Basketballers still searching for victory

**Daniel Nixon**  
Men's Basketball  
Leeds Uni 2s 49-75 Durham 2s

Uni's tough start to the season continued on Wednesday as they suffered yet another heavy defeat, at the hands of Durham 2s.

The match started brightly for the hosts, who found themselves 6-3 up going into the customary five minute time-out, but whatever was said during the break really got the Durham team fired up as they squad began to turn the screw and grind away at the home side. A flurry of two-pointers saw the visitors gain a handsome 12-23 lead at the end of the first ten minutes.

The second quarter saw Uni dictate the majority of the possession in and around the opposition's danger area. However, they were unable to make their possession pay, scoring just a few baskets

here and there. Durham on the other hand were clinical to say the least. Lightning quick runs from a number of their players resulted in lay-ups made to look easy. Durham's domination left the half-time score 23-46.

Leeds began to get their act together early on in the second half with a string of two-pointers which started to get the onlookers excited at the prospect of a mighty comeback. The home side were in fact giving Durham a taste of their own medicine and began to thread passes through the visitors' defence and score impressive buckets. This seemed to anger Durham though, who responded with yet more clinical touches to increase their advantage further to 39-59.

Heading into the final quarter, Leeds looked set for a fourth league defeat on the bounce. This didn't stop the team fighting for some pride, which in fact led to an entertaining last 10 minutes. Even at

this late stage, both teams fled from end-to-end, testing each other's defences. Still, there was nothing Leeds could do to catch Durham's unassailable lead and the match drew to a close at 49-75.

Leeds enjoyed large amounts of possession throughout the tie but just weren't as pacey or clinical on the attack as their rivals, and this proved to be their main downfall. The Gryphons certainly need to start adding some points onto the board if they are to avoid relegation this year. Things aren't set to get any easier either, with their next outing away at Northumbria, will sit a rosy second in the table and will certainly provide a stern test that needs to be overcome.



Alice Greenfield ©

# Gryphons edged in water polo thriller

**James Candler**  
Men's Water Polo  
Leeds Uni 14-16 Loughborough 1s

In a thoroughly tense and always entertaining match-up, Leeds men's water polo side were unfortunate to be on the losing end of an excruciatingly close game.

With last year's 12-11 victory over Loughborough still undoubtedly in the minds of both teams' senior players, the stage was set for a barnstorming showdown. Right from the off the fierce rivalry between the sides was evident, with Loughborough quickly gaining possession and scoring their first goal within the opening minute of the match. Leeds soon responded with a goal of their own, followed by a penalty throw (scored by a consistently threatening Morton Grant), both of which came about due to highly effective play from the Leeds defence. With 3 minutes down and 3 points on the board, this was clearly going to be a frenetic contest.

The first quarter saw Leeds generally dominate possession, territory

and the score board. However, a stunning riposte from Loughborough saw the quarter draw to a close with the score at 6-5.

The second quarter was a turning point of sorts, with the away side causing some serious problems for Leeds' goalkeeper. Although the hosts were able to force a few errors and penalties from Loughborough (often ensuring that they held onto the ball for more than 30 seconds), they were

lacking in defensive organisation and urgency, with Loughborough often scoring shots from near the halfway line.

With the score at 8-9, Leeds hit back, with Al Kaudari scoring a powerful shot early on in the third quarter. The match continued to be one of high tension, boasting fine performances from the likes of George Wibberley and Captain Danny Lydsey.

As the final quarter kicked off, the

stakes were high. The score was 11-13 and although Leeds were down, they most certainly were not out. Leeds were soon able to equalise through their impressive determination and attacking grit. However, in a match that seemed more than a little reminiscent of last year's nail-biter, Loughborough were ultimately able to snatch the win, as Leeds failed to capitalise on Loughborough's penalised ill-discipline.



Anne Wyman ©





# Leeds coast to comfortable win



Lucie England-Duce ©

**Adam LeRoux**  
Women's Volleyball  
Leeds Uni 3-0 Hull Is

As yet another poor Hull dig went astray, Leeds' women's volleyball side secured a convincing 3-0 victory in less than an hour at the Gryphon Centre.

The team have endured a season of ups and downs so far, with a mid-table position to show for their efforts. A number of undeserved losses have plagued their campaign, but against Hull defeat was never an option as the clear gulf in class was evident from the start.

The visitors were sloppy when returning the serve, with a number of digs hitting surrounding walls, but they excelled in keeping the ball alive once Leeds attacked. This led to the scores being closer than expected, with the match being tied at 14-14 midway through the first set.

Understandably, the Gryphons were becoming frustrated as their excellent build up play was unable to penetrate the resilient Hull defence. Ashton Hills personified this frustration, with a whole catalogue of grimaces as spike after spike was returned back over the net.

Hills herself was excelling close to the net for the home side; an apt surname for a girl of such height, Hills used her stature to great effect to create a sharp angle on her spikes. Her quick thinking was also key, as a soft dab over the net into space often won the home side points.

For as good as Leeds were, they were no doubt assisted by the poor quality of the Hull side in possession, and yet another Hull error saw the first set wrapped up 25-17.

There was a definite weak link within the Hull side, as one of the girls often opted to go for the ball with her feet rather than her hands. The Gryphons seemed to have picked up on the flaw in their opponent's side and targeted the area frequently, which yielded points on many occasions.

Leeds weren't exactly perfect themselves in the second set with a number of errors giving Hull momentum. Andrea Vidal was having particular trouble spiking the ball on the angle, but even this didn't deter the Gryphons as they took the second set 25-20, which flattered Hull massively.

The errors were still present going into the third as Hull took a five point

lead early on, but the comeback was inevitable, like a cat toying with its prey before going in for the kill. Strong play at the back of the court by Irmak Gökçesu turned things around as Leeds regained some stability in possession. Nine straight points from the serve of Andrea Vidal then saw the Gryphons turn a deficit into a resounding lead which the poor Hull side could never recover from and the third set finished 25-13 to the hosts.

As bad as the Hull side were, the match was played in great spirits from both teams and it was a credit to the universities involved. Leeds will be looking to push on from this strong performance and rise up the league in the coming weeks. ■

Leeds	Stats	Hull
31	Winners	7
34	Errors	38
4	Blocks	1

## Results



Badminton 1s (M) 3-5 Manchester 1s  
Badminton 2s (M) 4-4 Teesside 1s  
Badminton 3s (M) 3-5 Hull 2s  
Badminton 2s (W) 8-0 Bangor 1s  
Basketball 2s (M) 49-75 Durham 2s  
Basketball (W) 57-66 Lancaster 1s  
Fencing (M) 135-101 Liverpool 2s  
Fencing (W) 135-38 Northumbria 1s  
Football 2s (M) 1-4 York 1s  
Football 2s (W) 2-1 York St John 1s  
Football 3s (W) 1-2 York 2s  
Golf 5-1 Liverpool John Moores 1s  
Hockey 1s (M) 2-8 Birmingham 1s  
Hockey 2s (M) 3-1 York 1s  
Hockey 3s (M) 3-1 York St John 1s  
Hockey 4s (M) 1-5 Leeds Beckett 2s  
Hockey 5s (M) 3-2 Teesside 1s  
Hockey 6s (M) 1-3 Durham 5s  
Hockey 1s (W) 1-4 Birmingham 1s  
Hockey 3s (W) 2-3 Leeds Beckett 2s  
Hockey 4s (W) 0-1 Newcastle 3s  
Hockey 7s (W) 1-3 Leeds Trinity 1s  
Hockey 8s (W) 0-16 York 3s  
Lacrosse 1s (M) 7-6 Durham 2s  
Lacrosse 1s (W) 1-20 Birmingham 1s  
Lacrosse 2s (W) 13-3 York 2s  
Netball 1s 31-45 Loughborough 1s  
Netball 2s 33-21 Leeds 3s  
Netball 6s 40-19 York St John 3rd  
Rugby League 1s 38-8 Manchester Met 1s  
Rugby Union 1s 25-57 Leeds Beckett 1s  
Rugby Union 2s (M) 22-10 Durham 3s  
Rugby Union 4s (M) 23-12 Sheffield 3s  
Rugby Union (W) 17-5 Manchester 1s  
Squash 1s (M) 5-0 (15-4) Lancaster 1s  
Squash 3s (M) 1-2 (6-8) Sheffield Hallam 3s  
Squash 2s (W) 4-0 (12-0) Bradford 1s  
Table Tennis 1s (M) 5-12 Warwick 1s  
Table Tennis 2s (M) 13-4 Salford 1s  
Tennis 1s (M) 6-6 Sheffield 1s  
Tennis 2s (M) 10-2 Leeds Beckett 4s  
Tennis 3s (M) 8-4 Keele 1s  
Tennis 5s (M) 12-0 Teesside 2s  
Tennis 1s (W) 0-12 Durham 3s  
Volleyball (M) 3-0 Newcastle 1s  
Volleyball (W) 3-0 Hull 1s  
Water Polo (M) 14-16 Loughborough 1s  
Water Polo (W) 4-19 Edinburgh 1s



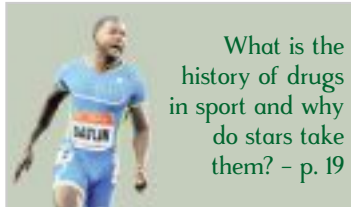
Could the women's volleyball team secure victory over Hull? – p. 23



How did the men's basketball 2s fare against a tough Durham side? – p. 22



What is the history of drugs in sport and why do stars take them? – p. 19



Can Lewis Hamilton secure his second F1 World Championship on Sunday? – p. 20



Will Stanley ©

# Gryphons claim season's first win

● Leeds finally get first victory with dominant performance

● Win sees Gryphons climb from the bottom of the table

Peter White  
Men's Hockey  
Leeds Uni 2s 3-1 York 1s

The University of Leeds 2s secured their first victory of the season with a deserved 3-1 win over close rivals York.

The game was played at a high intensity from the off, with Leeds determined to kick-start their season after two draws and a defeat had left them bottom of the league. The home side's determination was evident in abundance and their efforts were rewarded early in the first half as a York mistake presented an opportunity to the Gryphons and the ball was confidently tucked away to give Leeds the lead.

Despite the encouraging start, Leeds were clearly wary of the threat that

York posed with the two teams knowing each other well having been in the same league for a number of years. Gareth Wright and Alec Jackson were assured in defence throughout and displayed great patience and composure on the ball as they consistently looked to generate attacks from the back.

The Gryphons came close to doubling their lead when Wright fed Mike Kimberlin, but the shot was well saved by the away goalkeeper. However, Leeds didn't have to wait long for their second goal as Robbie Waddup forced himself into York's shooting circle after some great battling and a goalmouth scramble culminated in the ball crossing the line.

Despite the scoreline, York weren't ready to lie down and as the game headed for half-time they proved that

they were still in the game. The away side looked dangerous on the break and the Gryphons were lucky to reach the interval without conceding after a good effort from York came back off the upright.

The pace of the game unsurprisingly decreased in the second half, yet despite the occasional flurry of York pressure, Leeds largely remained in control. It didn't take long for the home side to add to their advantage with what proved to be the goal of the day. Following a York long corner, the Gryphons counter attacked at pace and a great through ball was finished smartly to make it 3-0 and seemingly put the game to bed.

The home side were given a scare though when York pulled a goal back from a short corner, giving the visitors

hope of turning the game around.

Despite York's efforts, Leeds responded well to the goal and remained in control of the match. The game opened up for a brief period but arguably the greatest chance of the half fell to Kimberlin who just couldn't get on the end of a neat pass in the game's dying minutes.

Leeds will undoubtedly be thrilled with a great result which sees them move off the foot of the table and the team will now be hoping that they can kick on in the league.

York return to Weetwood next week for a cup game. Following Wednesday's performance, the Gryphons will be full of confidence as they look to progress to the quarter-finals of the Northern Conference Cup.