



[Image: The Telegraph]

● The Gryphon asks 'Does it matter what politicians do in their private lives?' p.11



[Image: YouTube]

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[Image: Ruby Lott-Lavigna]

“We are an inappropriate company”

Shamima Noor
Jessica Murray
News Editors

Local restaurant 'Get Baked: The Joint' is facing criticism on social media over what have been labeled 'misogynistic' and 'inappropriate' advertising slogans.

Complaints made by members of LUU's Feminist Society have centred around the use of the phrase 'BOATS AND HOES', which was recently used as part of its advertising billboard outside its Woodhouse Lane restaurant.

One student took to FemSoc's Facebook page to state that her partner tried to challenge the owner about their 'use of misogynistic language', but to no avail.

Another student commented in the same post that the restaurant had used

the following message directed at men during a different event. "Please note: We will still let you in if you're wearing jogging bottoms [...] Wear what you want, but if you wanna get laid wear a f***** suit".

She commented 'Really don't like the tone tbh, telling guys to wear suits so that they will, obviously, automatically get sex. Sigh.'

This is not the first time the restaurant has faced criticism regarding its use of language in its advertising.

Back in June, whilst construction was nearing completion on the nearby Leeds University's Laidlaw Library, the phrase "#FREE PORN" was used on their advertising board.

It was described as 'crass' by German professor Dr Helen Finch, who went on to tell The Gryphon: "The University has a considered, respectful set of policies

on equality, diversity and partnership, but this sign sneers at those values and policies.

"Some may be amused at this laddish humour, but many may be disgusted, intimidated or angry – and feel that the University of Leeds is a loutish neighbour, or not a place where their values are respected."

Speaking exclusively to The Gryphon, Get Baked: The Joint manager responded: "We are an inappropriate company. We're called Get Baked; that's inappropriate"

We have female management and female members of staff, so we're definitely not misogynistic

However, we have had complaints from university staff so we've toned down the signs outside."



02 10 15

Weather

		H	L	O
Friday	sunny	16	7	
Saturday	cloudy	12	8	
Sunday	rainy	12	9	

Quote of the Week

I'm too busy running the country taking decisions, getting on with work.

David Cameron upon being asked whether he is considering suing Lord Ashcroft over the 'Piggate' allegations.

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Credits

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- Associate Editor** ~ Greg Whitaker
- News** ~ Elli Pugh, Jess Murray, Shamim Noor
- Society** ~ Avigail Kohn
- Features** ~ Stephanie Uwalaka, Molly Walker-Sharp
- Views** ~ Rachel King, Freya Parr
- Science** ~ Sam McMaster, Dougie Phillips
- Sport** ~ Alex Bowmer, James Candler, Nancy Gillen, Fiona Tomas
- Head of Photography** ~ Jack Roberts

Editor's Letter:

"If you don't have a left-wing period when you go to university, you should be shot", not my words but those of a rather more famous former occupant of this position. It's admirable in many ways that Paul Dacre has not attempted to whitewash his student years, has not turned his back on his support of one time LUU President, Jack Straw, as many amongst our political establishment try, or allegedly attempt. Beyond the sentimentality of singing the praises of a Gryphon alumni however, there is a pertinent point to be found in Dacre's inflammatory remarks.

There is a divide in our society, and it is a divide that Dacre and I now stand on opposite sides of. You could put it down to a stand off between left and right-wingers, but I would loathe to isolate my right-wing peers. The divide I speak of is between the young and old in our society.

I am not sure exactly at what age one crosses over this dividing line, but from what I can tell our Government considers it to be twenty-five. A seemingly random number plucked from the ether. I say this because it is the age at which point a worker will be paid the living wage. Under this

Government's legislation, an employer will be under no obligation to pay anyone below the age of twenty-five the living wage. You may do the same job as someone above this arbitrary age barrier but you will not be paid the same amount. This at a time when young people are finding it harder and harder to gain access to services and benefits they need. While all the while rent and house prices continue to rise unabated.

This Government in both name and practice would appear Conservative. Long-term prosperity will not come at the expense of the future. Hamstringing the young to protect the old will not build a better country.

Say it quietly though, dissent will not be allowed for much longer. Prevent, the child of the Government's counter-terrorism legislation, which was so wonderfully opposed by students on this campus, represents a threat not just to Muslims on campus - although this is of course the most pressing concern - but us all. This Government seeks to protect "fundamental British values", to defend us from those who threaten our "individual liberty". There is

no better way of doing this than repealing this legislation which would force our lecturers, our tutors, our universities, and unions, to report our confidential thoughts and actions. To turn our support networks instead into informant networks.

As I write this I know that students and staff at this Union and University work every day to improve the futures of young people not just in Leeds but all across the country. The Riley Smith Hall is currently full of concerned members of the public clamouring to do anything they can to ease the refugee crisis currently facing Europe and the Middle East. The Union tonight plays host to the opening night of their annual Black History Month events.

Time and youthful exuberance are on our side, if only there were a politician out there looking to harness this.

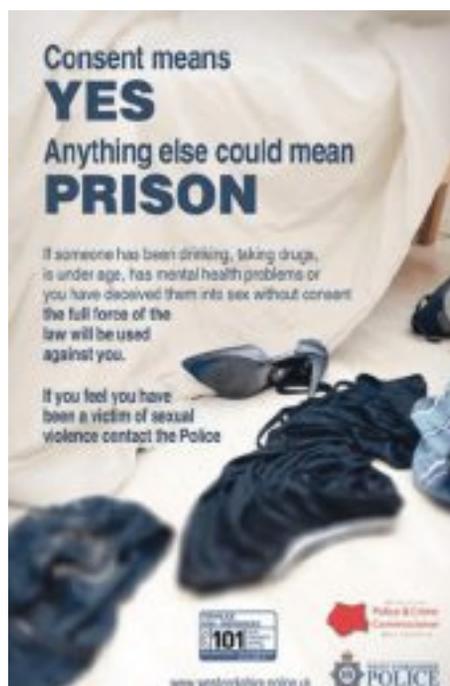
Benjamin Cook
Editor-in-chief

Photo of the Week

Louis Prosser took this striking image of Leeds Canal, near Liberty Dock student accomodation, on Thursday morning.



WYP Launch Consent Poster



Jessica Murray

West Yorkshire Police have launched a new sexual consent campaign around university, following of sexual assault cases earlier this year.

The poster, displayed around campus to coincide with fresher's week, uses the slogan 'Consent means yes, anything else could mean prison.'

Speaking to The Gryphon, university police officer PC Matt Guy said "We designed the poster, with consultation from various officers and student groups to make sure the messaging and imagery was impactful and appropriate for the audience.

We particularly tried to make sure that the poster didn't blame the victim and also didn't assign a gender to either the victim / perpetrator."

He went on to stress that this poster scheme was only part of an extensive effort to tackle sexual harassment and assault

"This one poster forms a small part a planned response to these issues that West Yorkshire Police is currently working on; we are putting together a one million pound four-year bid around effective project work to tackle issues linked to these crimes.

Leeds University Student Union, Exec and myself had our latest meeting this week in continuing to roll out and develop the "We've Got Your Back" and "I heart" campaigns so that they can specifically target issue we have highlighted"

The campaign comes after an Essex police poster campaign was petitioned by students for removal due to the victim blaming nature of their message.

Prevent Comes Into Effect

Jessica Murray

The Government's controversial counter-terrorism legislation, known as Prevent, came in to effect across the University last week, raising the concerns of many.

The new legislation gives university staff a legal obligation to 'deal with all forms of terrorism and non-violent extremism', to 'challenge extremist ideas' and to 'stop people moving from extremist (albeit legal) groups in to terrorist related activity.'

The Government defines extremism as a 'vocal or active opposition to fundamental British values, including democracy, the rule of law, individual liberty and mutual respect and tolerance of different faiths and beliefs.'

The new laws have drawn condemnation from a number of organisations, with NUS officials describing the scheme as a "racialised, Islamophobic witch-hunt" and "ultimately existing to police Muslim expression".

Under the new legislation, Mohammed Umar Farooq, a Terrorism, Crime and Global Security MA student at Staffordshire University was interrogated by authorities after being spotted reading a Terrorism Studies textbook in the University library.

Speaking to The Gryphon, Union Affairs Officer Toke Dahler stated: "Prevent runs counter to the basic principles of dealing with mental health issues, ensuring academic freedom of expression and the freedom

to practice religion.

I am currently in constructive talks with the University about how we handle this agenda and we're also looking into how we can oppose the legislation on a national level."

UCU, the largest trade union for academics, also strongly opposes the legislation.

Dr Mark Taylor-Batty, a lecturer in Theatre Studies and Leeds University's UCU representative, told The Gryphon: "We believe that potentially obliging our members to take part in racist labelling of students is unacceptable, and doubles unacceptable to students."

The Prevent Agenda will force our members to spy on our learners, is discriminatory towards Muslims, and legitimises Islamophobia and xenophobia, encouraging racist views to be publicised and normalised within society."

We also suspect our own University has no real appetite for the agenda, but will have an obligation to meet the statutory demands made upon them."

We have no plan at present to boycott Prevent, as we have yet to have a General Meeting with members to discuss the matter, and we have yet to see the University of Leeds's own response and plans for its local protocols."

Beeston Rapist Pleads Guilty

Elli Pugh



A man has pleaded guilty to raping an 18-year old woman in Beeston earlier this year.

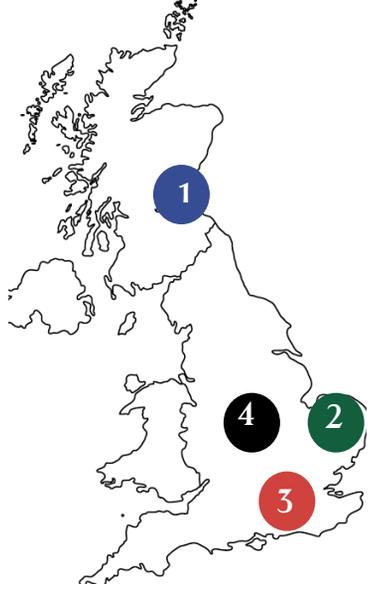
Zdenko Turtak, who was extradited from Slovakia in July after officers from the West Yorkshire Police Homicide and Major Enquiry Team issued an arrest warrant and tracked him down, has appeared at Leeds Crown Court via video link from Wakefield Prison. He pleaded guilty to causing grievous bodily harm with intent and rape, but pleaded not guilty to a charge of attempted murder.

Turtak, 21, pulled the victim from a bus stop on Beeston Road on 6th March this year, bludgeoned her with a stone and raped her. The investigation was initially launched by police as a rape enquiry but was later upgraded to the charge of attempted murder due to the severity of the woman's injuries, which included a fractured skull. The case involved the collection of saliva samples from hundreds of men in the Beeston area and has attracted significant media attention, with BBC One's Crimewatch programme airing a reconstruction of the incident.

While Turtak will face sentencing for rape and intent to cause grievous bodily harm, it is currently unclear if he will be put on trial for attempted murder as Judge Peter Collier, QC, the Recorder of Leeds, adjourned the case when Prosecutor Simon Waley requested for time for the Crime Prosecution Service to consider Turtak's pleas.

It is now expected that a decision will be made next week as to whether Turtak will face a trial on the attempted murder charge. Turtak has been told that he will next appear in court on 8th October if a trial is to be held. However, if the CPS decide to accept Turtak's pleas he will next appear before the court on October 19th where he will be sentenced.

Campus Watch



1 St Andrew's Union club night 'P.U.L.L.' renamed after complaints

A club night at St Andrews University has been renamed after successful petitioning by the student feminist society. The 'P.U.L.L.' name was deemed inappropriate and potentially dangerous due to its sexual connotations, although it officially stood for 'Postgraduates and Undergraduates Loving Life'. The Students' Association apologised, renaming it 'The Bop', and stressed that they are working hard to implement new sexual misconduct policies.



Jonny Chard 2 East Anglia Sombros banned by union

The University of East Anglia has banned a Mexican restaurant from handing out sombreros to students. Pedro's Tex Mex Cantina handed out the hats to students at a fresher's fair in the city, before they were confiscated by union officials, who claimed that stallholders were forbidden from handing out any "discriminatory or stereotypical imagery".

Jessica Murray

3 Sussex Student newspaper seized by union

The latest editions of Sussex University's student newspaper, The Badger, were seized by Sussex Union following claims that it contained defamatory material with regard to a student taking legal action against the university. The newspaper's editor was suspended and all staff were prevented from accessing the website, after the latest issue had apparently put the university at risk of litigation.

Faye Lawrence

4 Coventry Unexploded WW2 bomb halts fresher's week

Students at Coventry University were among those evacuated when a builder discovered the remains of a WW2 bomb during the development of new student accommodation. The army's specialist bomb disposal team spent 28 hours making the one tonne device safe, before carrying out a controlled explosion. Nearby university halls of residence were quickly evacuated, putting a stop to some fresher's week celebrations.

Cydnee Greenwood

The Digest



Hajj stampede kills hundreds

Over 700 have been confirmed dead and hundreds left injured after a mass crush on the Muslim festival of Eid-al-Adha. The crush, which occurred during an arranged ritual named 'stoning the devil', is believed to be the worst Mecca disaster in 25 years. Graphic images have been posted on social media, displaying bodies in white pilgrim robes that are confirmed to be among the dead, while ministers are demanding answers. Saudi Arabia's health minister has blamed undisciplined pilgrimages as the cause of the mass death toll.

Cydnee Greenwood



PM scandal hogs headlines

Lord Ashcroft has published claims that PM David Cameron put 'his privates in a hog's mouth'. With #PigGate, #pulledpork, and #HamGate being just a few of the chosen hashtags, and @CameronsPig amassing 20,000 followers, it would seem as though one of the more bizarre moments in modern British politics won't be forgotten any time soon. Aides at No. 10 say they will not 'dignify' the claims with a response. Comparisons have also been made by writer and critic Charlie Brooker in his Black Mirror series, in which a fictional prime minister is forced to have sex with a pig live on air. 'Shit. Turns out Black Mirror is a documentary series' he tweeted.

Stephanie Moyles



Syria dominates UN General Assembly

The UN General Assembly this week has exposed different views amongst world leaders about resolving the war in Syria. Obama lead calls for a diplomatic approach, announcing that the US is "prepared to work with any nation, including Russia and Iran". The UK and France agreed with Obama on the need for the removal of Syrian President, Bashar al-Assad. Iran demonstrated willingness to cooperate in "paving the way" for democracy in Syria. In contrast, President Putin named not working with Assad an "enormous mistake" after his first meeting with Obama in over a year. Russia has subsequently begun air strikes against IS militants in Syria.

Euan Hammond



Refugee crisis rumbles on

According to the UN, Europe receives 8000 asylum seekers daily and if the weather stays suitable and borders are kept open this could continue throughout winter. Around 2700 refugees have died trying to flee their war torn countries. Hungary continues to receive the majority of the asylum seekers, despite Germany receiving the majority of asylum seeker applicants. Germany's Chancellor, Angela Merkel has urged other EU members to accept more asylum seekers as Germany is expected to have at least 800,000 by the end of the year. In contrast, the UK is planning on only taking in 20,000 asylum seeker within the next 5 years.

Jenny Hughes

THE



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Social Media Activism: Doing Virtually Any Good?



Last year's Ice Bucket Challenge for ALS Association, '#blacklivesmatter' for solidarity with those suffering in America, and 'No Make-Up Selfies' for Cancer Research UK. These are all examples of social media trending phenomenon which we have all either heard of or taken part in, aiming to rally for the greater good, either to raise money for, or awareness of, the causes involved. However, how much good does so-called 'social media activism' do? When you post a status, hashtag, tweet, or double tap is this really contributing to a worthy cause, or is this just a way of virtually supporting causes that are changing lives? The Gryphon explores the effects of online activism on societal issues.

Stephanie Uwalaka

In light of the recent refugee crisis in Europe, leaving thousands in search of asylum, the British public responded with great positivity through an online petition that can be signed online. The petition 'Accept more asylum seekers and increase support for refugee migrants in the UK.' has around half a million signatures online, which means that the issue will be brought to debate in Parliament. The Home Office have also responded to the petition with their intentions to increase efforts with the Vulnerable Persons Relocation (VPR) Scheme in Syria.

The petitions on the site mainly focus on various issues that members of the public face today, ranging from legalising cannabis to the protection of bees against pesticides, and more recently the allowance of more refugees into the UK in order to be as active as other European countries in this crisis. Anyone can set up a petition on the site; with the idea of the petitions being to bring issues to the government's attention, calling them to act on issues that matter to the people.

Similarly, other sites such as sumofus.org and change.org also allow you to sign petitions online, which can then be published on your

personal social media accounts; these websites tend to publish petitions concerning issues in a national and international scale.

The question is; to what degree does this online activism affect your behaviour in society on a daily basis? Does this merely increase awareness on issues or does it have any real effect on a social level?

An upside to the use of social media as a tool to act upon societal issues is the amount of awareness raised online leading to greater fundraising for charities and campaigns. For instance, Just Giving an online donation service for charities, last year received a twenty-

five percent increase on the previous year in sponsorship and donations, due to more people accessing their site on their phones and via social media sites. This shows that people are willing to make a stand against unjust issues and take action in what small ways they can, like making a donation online, and that social media is an effective platform to share fundraising pages as it can increase awareness of charitable causes through sites like Just Giving.

In addition, earlier this year the hashtag 'smearforsmear' campaign for Jo's Cervical Cancer Trust, called for women to take a selfie with smudged lipstick to raise awareness

for women to get more regular smear tests. In this way, social media can be a medium to put difficult subjects in the public eye in order to encourage understanding about an issue that may otherwise be hard to talk about. Seeing this campaign on social media may make more women think of getting tested, as well as making the subject easier to talk about, and could in fact save lives by promoting the importance of tests in such a public manner.

Social media is so prevalent in our society it needs to be utilised so that it causes a collective awareness of issues facing us

as a society: enabling people to come together for positive change. As simply liking a page or post online and not actively doing anything for a cause, does not pave the way for effective change on serious issues. In this sense, do we become passive supporters for a cause we do not donate to or volunteer for? Furthermore, do we become desensitised to the issues we are aware of and do we become more a part of the problem once we are aware of an issue?

In terms of playing an active part in recent issues we are aware of in Leeds, Student Action for Refugees Society (STAR) provides conversation classes twice a week, to help

refugees in Leeds learn English. STAR also run a Bike Project to give refugees repaired bicycles; it is a part of a national network of students to help refugees and asylum seekers. You can find out more about STAR and how to get involved on the Union website or email them at staratleeds@gmail.com.

Unfortunately, not every single injustice that happens in the world is brought to public attention by social media or otherwise, injustice happens daily, out of public view. So as well as allowing you to like, hashtag or double tap at our screens, social media may simply remind us that we are helpless. That being said, our choice to be helpful to those around us and support causes in any little way that we can makes all the difference. Social media empowers us as it is largely leaves it up to us as individuals to decide to help, and our social media accounts, should we choose to use it in such a way.

Activism on social media gets a lot of attention and raises awareness for issues and charitable causes, but physical action is needed for change to materialise in society. Social media is more and more of a powerful tool in many ways, but must be utilised in a manner which can encourage positive change, by creating a sense of unity, solidarity and positive action.

“The question is; to what degree does this online activism affect your behaviour in society on a daily basis? Does this merely increase awareness on issues or does it have any real effect on a social level?”

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The "Why help foreigners when own people are suffering?" argument often made by people doing nothing to help their own people either.

RETWEETS
3,682

FAVORITES
2,644



4:13 AM - 4 Sep 2015



Hazed and Confused

Following shocking allegations involving Prime Minister David Cameron and a pig, *The Gryphon* explores society initiations and the long-lasting implications they can have.



[Image: Hugovk]

Lindsey Fransman

Initiation rituals are usually a rite of passage and have been around for centuries occurring all over the world. These ceremonies, starting in tribes, have formed the very basis of many traditional practices and are conducted in many different ways. However, a branch of initiations with less cultural-standing is the student initiation: societies initiating newcomers with booze-filled games and challenges. ‘Hazing’ in America, ‘bastardisation’ in Australia, and ‘trote’ in Brazil, these practices are astoundingly popular amongst students today. Recently, it surfaced that even our very own Prime Minister appears to have partaken in an initiation ceremony for a certain elitist Oxford University society, although Cameron has since denied all claims.

The idea behind initiation rituals is perfectly understandable. By the end of the ceremony all the members of a society or group, regardless of background, wealth, gender, and so on, have a shared experience. The mentality is that, by participating alongside one another in an initiation, societies and their members can be brought closer together. So if it is simply a question of forming friendships and bonds, where do the dangers lie?

In recent years, this practice has become more violent and at times out of control. In a competitive culture, each society now feels that they have to not only initiate their newcomers but to also ‘out-do’ initiations of previous years. This results in anarchy, particularly amongst members of more competitive sports societies. Often, the initiation rules don’t take into account the different levels of individuals’ tolerance, with punishments being doled out to those who reach their limits first.

Unsurprisingly these extreme acts have seen three deaths in UK universities in the past decade. Alex Doji died aged just eighteen in 2003 at an initiation ceremony at Staffordshire University after choking to death on his own vomit, while, in 2006, eighteen-year-old fresher Gavin Britton died from alcohol poisoning after attending a golf initiation ceremony at Exeter University.

Such incidents have led to initiation ceremonies being declared as both banned and illegal. British law states that it is impossible in any circumstances, including initiation rituals, for someone to give consent to allow bodily harm or assault. Universities have also taken action regarding initiation rituals since such deaths, with individual students being banned from societies or expelled from the university, as well as societies themselves being shut down after running initiation

ceremonies, or any socials for which the university may come under fire.

Here at the University of Leeds no one has to participate in an initiation ritual and can report any society for doing one. Leeds University Union’s Equality & Diversity Officer Gemma Turner said:

“The Union has a zero tolerance approach towards club or society initiations. Being a member of a club or society is a great part of student life at Leeds and it shouldn’t come with any pressure or harassment. We urge club and society committees to consider how initiations can make students feel uncomfortable and alienate members. If students do have any concerns about initiations, they can always chat these through with the Activities team, upstairs in the Union building, or our Student Advice team who are on hand to offer support.”

If they are considered dangerous and humiliating, why do students participate in them in the first place?

Mike Tinmouth, student officer in 2004 at the University of Southampton, conducted a student survey and found just under a quarter of students surveyed had taken part in some sort of initiation ceremony despite the existing ban on the practice. Interestingly, the research further showed that there was support amongst the students who had taken them: initiation ceremonies were enjoyed and students felt a sense of

achievement having survived them.

It is argued by supporters that initiation ceremonies are a necessary part of growing up and give freshers a sense of humility. They affirm that the majority of initiations are conducted safely, with fatalities occurring very rarely. There are many other threats that pose a greater risk to university students. In fact, by banning them it could potentially put students in more danger. Bans mean that initiation ceremonies may be unregulated and performed in secret and that it is only when someone gets hurts that the exact details of these ceremonies are exposed. However, considering the potential danger of unregulated ceremonies, perhaps it is time to finally expose these practices.

Please note that society initiations are and remain banned by the University of Leeds. If anyone has any concerns regarding initiation ceremonies or believe they have been put in danger, they should contact Leeds University Union on luuhelpdesk@leeds.ac.uk or call them on 0113 3801 400.

Bans mean that initiation ceremonies may be unregulated and performed in secret and that it is only when someone gets hurts that the exact details of these ceremonies are exposed.

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In The Spotlight: Panto Soc

This week, *The Gryphon* interviews George Vickers, a member of LUU's Pantomime Society, in order to learn more about what distinguishes the society from all others.

The Pantomime Society is a cheerful and welcoming theatre society that encourages anyone, regardless of their cultural background or acting skills, to become part of their spectacular shows and close-knit family. Pantomime, more commonly known as 'panto', is a British form of a musical comedy production, designed for family entertainment, and so often revolves around fairy tales or children's stories. Common features of pantomime include slapstick humour, music and dancing. It is usually performed during the holiday season, typically during Christmas and New Year's. This year PantoSoc have performances scheduled in October and December.

What is the Pantomime society?

Our society specialises in outrageous student pantos. Every year at Christmas, we put on a show, and believe me: it's nothing like the pantomimes you'll have seen as a kid!

When and why did you join the society?

I joined at the start of my first year of university, in 2012. My mate, Adam from sixth form, had joined the year before and he knew I was into musicals so he recommended it to me. After I took part in the audition, I knew I would be missing out if I didn't get a part.

What is your role in the society?

I'm directing this year's show: 'Sleeping Beauty (Untucked)'.

What distinguishes this society from all the other drama/musical societies?

Panto is a society that knows how to have fun. We have a really great, funny group of people, which makes every rehearsal hilarious. It's also, by far, the most welcoming society I've found at university. Finally, there really is something for everyone: whether you like to act, sing, dance, do a bit of improvisation, or if you're just after a fantastic social life.

Can you describe one of your most memorable experiences in the society?

I have so many memories, it's hard to pick just one. The first time I stepped out onstage dressed as a woman was a fairly memorable experience. My character was called Neipel Klamp, and on top of wearing a dress, I had to put on this high-pitched German accent and prance around with my hand on my hip. It was definitely an experience. Afterwards, everyone kept telling me that I looked just like my mum.

If you could describe this society in one word, what would you use?

I'm going to have to go with 'debaucherous'.

Who would you recommend joining the Pantomime society to?

People who don't take themselves too seriously and want to take part in a big show without too much pressure. To be honest, anyone who's up for a laugh should really give it a go. I've never regretted it.

How can students get involved with Panto Society this year?

We have auditions coming up for 'Sleeping Beauty (Untucked)' on the 6th and 7th of October in the Riley Smith Hall. We'll be performing at the Little Leeds Fringe on the 16th of October, and our show dates are December 9th to 12th. Come down and audition if you want to get involved, everyone is welcome.

Elsa Amri



Global Café Open For Business

Global Café is a weekly gathering organised by the Global Community in order to bring international students together in an informal, friendly environment. Even though I've already been at the University for a year, as a British student, I hadn't heard of it until last week.

I decided to go along when I saw the event advertised on the LUU website. I have a few international friends already, but thought that it would be a good opportunity to meet some more interesting people, with different backgrounds to me. I also really liked the idea of meeting people in a sober setting, where there was less chance of me completely embarrassing myself.

It was a strange feeling when I turned up and for once, as a British student at a British university, I was the odd one out. However, in spite of my initial apprehensions, everyone was really welcoming and friendly. The students that attend are definitely worth getting to know - during the course of one afternoon I met people from all over Europe, the Far East and Africa without having to leave the room.

However, don't be put off by the idea that because you're a British student, other people won't be as interested in what you have to say. While for me being British isn't exactly the epitome of exotic, at the Global Café you'll find that Britain is just as exciting as any other country. The students that I spoke to were genuinely interested in what I had to say, making a real effort to get to know me properly.

I think that sometimes it can be extra difficult for international students to fit in - and let's face it, us cliquy Brits aren't always the most welcoming of people. However, if you go with an open mind, the Global Café is a great place to meet some culturally diverse people and give international students a taste of British culture.

The Global Café meets every Monday, excluding bank holidays, in the Common Room in the Leeds University Union building. Entrance is free and free tea, coffee and biscuits are all provided. I would strongly recommend giving this unique and wonderful weekly event a try during your time at Leeds University.

Natalie Cherry

In The Middle

Issue 1
02.10.15



Music • Clubs • Fashion • Arts • Lifestyle and Culture • Columns

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Blogs

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Dunton

Hannah Lewis

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Megan Chown

Zara Peterson

Front Cover

Jones Mabea

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We review both Good Life and Midland, two of the biggest nights to hit Leeds this Freshers' week.

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We look at Kanye's Yeezy Fashion Show and whether or not a political statement was his intention; it's Kanye, so yes.

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We interview comedian Nish Kumar about how he comes up with material and review Jake Gyllenhaal's new film Everest.

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We put a spotlight on Leeds' favourite cinema, Hyde Park Picture House, and show you what's on in the arts world this week.

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Introducing our collaboration with The Scribe, showcasing the best creative writing Leeds has to offer.

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Post Freshers = Netflix needed. If you're unsure of what to watch, we have the low down for you.

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In The Middle with Gengahr

Gengahr are a band who show all the signs of being ready to take on the world. In a summer packed full of festivals, releasing their debut album and preparing for their first headline UK tour, they have amazingly found time to write and record a new EP. "We are lucky enough to already have a load of songs recorded and ready, so we are going to put out another EP in around 2 or 3 weeks" states Felix casually.

Gengahr are a band who "are always writing" so that they are "always in a position to share something new".

Amongst all of this they have still somehow found some spare time to release a video for the single 'Fill My Gums With Blood', a dark and gory horror, which isn't too dissimilar from their previous videos for singles 'She's a Witch' and 'Powder'. But to Felix these videos are simply a reflection on the feel of the songs: "Horror, gore and traumatic experiences". However, every video is made to have "a kind of smile" to it, incorporating the "dark weirdness of David Lynch" but trying "to keep a British sensibility and sense of humour like a bit of Monty Python".

Ultimately it's a way for the boys to not take themselves too seriously.

Right now the London foursome are currently putting the finishing touches to the production of their live performances and brushing up on their new material. Despite only playing gigs for a couple of years, Gengahr have already had a crack at the big time, playing at London's O2 Arena supporting Alt-J in January. Despite such a huge gig under their belt, Felix puts it down as an "anomaly" and one-off chance: "My main concern was not to embarrass myself in front of 20,000 people" admits Felix, "it was an amazing

spectacle and an amazing thing to have the opportunity to do, but the reality is it's not really what we have been doing". The gig also resulted in a budding friendship with Leeds Uni graduates Alt J, who are "a perfect example of how to behave and how to treat people when you are that big".

With all of this going on in just one year, there has been of course a huge swell of fans and praise for Gengahr, being dubbed a band "on the verge of world domination" and with a guitarist tipped to be "the next great British guitarist" according to DIY Magazine. But again, all of this praise and these "surreal" moments doesn't affect

Felix at all. "John is the next great British guitarist" Felix humbly heaps praise onto fellow band member John Victor. Much like Leeds boys Alt J, all Gengahr want to do is continue to make music. "If we are

happy with it and we enjoy what we are doing then that's the crux of it really, it's got to be fun and it's got to be exciting and if it is for us we hope it is for everyone else".

Any band needs some kind of income to keep on doing that, and Gengahr definitely received a bit of a boost last year, winning the Spotify Artist and Manager Grant, earning them a nice £10,000 from the streaming giant. However, Spotify hasn't exactly been cast in the best light recently, facing heavy criticism over the royalties their artists receive from pop icons such as Taylor Swift who removed her albums from the streaming service. Compared to the competition, Felix Busche feels Spotify is much better suited to support artists. "I think that their royalties system is better than

TIDAL's, that's for sure, I think artists should be getting paid more overall across the board and I think TIDAL's solution is pretty pathetic...setting up a pyramid scheme for artists is even more corrupt than the system they are trying to fight against, I think that's a complete joke". However Felix believes there is still work to be done. "I think what we need to encourage people to do with especially smaller and newer acts and with people coming through the system is to support them". Spotify is important as a way of discovering new music, and more importantly "it encourages people to go and buy music they like". For Felix at least, nothing beats a physical copy, "I could stream it on Spotify but I've still gone out and bought it because in 10 years time I still want to have it, that for me is important".

Gengahr are a band who just want to keep on creating music they can enjoy and most importantly, that their audience can also enjoy.. A rare and grounded gem of a band, with an EP due in less than a month, a headline UK tour including Leeds venue The Warehouse, and plans to record a second album by the end of the year, Gengahr show no signs of slowing down.

[Luke Humphrey]

Didn't He Ramble by Glen Hansard

It was the academy award winning song 'Falling Slowly' and all of its wistful, desperate beauty that first introduced many to Glen Hansard, but the Irish artist has always been a prolific songwriter. Whether as frontman of the Frames, with Marketa Irglova in the Swell Season or out on his own, Hansard's music has always been a vehicle for his heartache. Much has been made of his involvement with Irglova after the filming of *Once*, and 2012's solo album *Rhythm and Repose* reads as an anguishing account of Hansard's efforts to deal with the fallout of that relationship. But *Didn't He Ramble* is slightly different. Hansard lends his story telling talent to not only himself, but also draws on the lives of his friends and family, and his home country of Ireland to produce just the same soul stirring ballads we've come to expect. In fact, Hansard's national pride is more obvious in this album than much of his past material and 'McCormack's Wall' features an

exquisite Irish fiddle solo rich in texture and exuberant in sound. 'Winning Streak' ventures into optimistic territory, offering up hopes for a friend, and stand out 'Her Mercy' also encourages and reassures the romances of others. There's some great choral harmonies and a brass section built in and instead of creaking with heartache, Hansard's trademark impassioned voice feels encouraging rather than morose. Hansard's lyrics often merge into poetry and he never strays too far away from themes of hardship and heartbreak, but there are some new swinging blues influences to enjoy too. By now, Hansard understands what's draws audiences to him – sincere, emotional songs that both comfort the listener and revel in their own sense of painful nostalgia. Hansard is talented enough that *Didn't He Ramble* delivers much of the same, but it sounds genuine and fresh, and there's a warmth to the record that only a person as magnetic as Hansard could provide. [Heather Nash]



Slime Season by Young Thug

Mixtapes are a different animal to LPs; there isn't really stylistic or narrative coherence. Each track has to be treated as if it were some sort of standalone demo, a half developed idea that wouldn't fit anywhere on an album. So *Slime Season* can be excused from a directionless approach, right? Hmm.

There is undoubtedly some really interesting stuff here. 'Wood Would' shows how adept Young Thug can be as a songwriter – his voice fits the washed beat brilliantly and his yearning is enthralling. The mixtape hints at brilliance with the dark 'Freaky': a punchy beat lets Thug use his well-oiled flow to deliver good lines on one of the standout tracks. He can do both, but only when they're clearly separated and defined. Unfortunately, he's certainly guilty of trying to do too much in too small a space.

Slime Season loses its way within the tracks themselves far too easily. When the beats aren't top-quality they're absolutely woeful, and often Thug's

eclectic vocal style results in a warbling mess in place of any poignancy. 'Be Me See Me' is musical sludge and needs either tougher instrumentation or harder vocals. 'Overdosis' is one step away from drunken yodelling. Maybe that's the aim, but Young Thug is not a convincing, or consistent, enough songwriter to really engage with the role he's trying to play – he seems too reluctant to find an identity. It's a really weird situation; he's at his best when rapping over heavy beats, but he doesn't play to his strengths.

His vocal range is good for the most part and his ability to rap well and sing decently is appealing, but when he's using five different vocal styles in four minutes it's difficult to see where the direction is within the track. The philosophy's only barely passable because *Slime Season* is a mixtape, designed for experimentation, but it's frustrating when his full studio release *Barter 6* has tracks that are much more coherent. Modern hip-hop needs some sort of sharp, defining edge (think Death Grips, Kendrick Lamar et al.) and *Slime Season* feels a bit like a dull blade. [Carl White]



GO:OD AM by Mac Miller

GO:OD AM marks a significant shift in the career of Mac Miller. Despite his first studio album *Blue Slide Park* reaching top spot on the Billboard 200, the first independently produced album to do so in the last twenty-years, it was poorly received by critics. His second studio album *Watching Movies With the Sound Off* was certainly a step in the right direction, if not the finished article. Signing his first official record deal with Warner Bros has sparked emcee Miller into life, ditching previously overused formulas and taking his music more seriously.

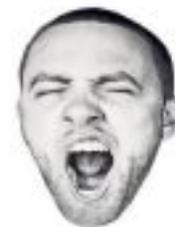
Although the Pittsburgh rapper has never been questioned about his beat making pedigree, a charge often levelled at him was that his lyrics were too cheesy and he was too reliant on average hooks. This is undeniably not the case on *GO:OD AM*. He displays a maturity in his lyrics, exploring recent troubles with drug addiction and depression, with a series of high profile collaborations. From the energetic Ab-Soul on 'Two

Matches' to the hypnotic vocals of Little Dragon on 'The Festival', each featuring artist enhances the record rather than appearing for the sake of it.

The record opener 'Doors', produced by Tyler, the Creator, sets the tone for the album as the twenty two year old reflects on recent troubles before transitioning into 'Brand Name' where he tackles being happy in the face of material wealth. Every song on the record seems to flow unnoticed and undisturbed into the next, none more so than 'When In Rome' which explodes in the aftermath of the epic nine-minute 'Perfect Circle'. This latest instalment of Miller's work highlights just how far he has come, proving a far more complete, complex and coherent piece of work, one which will see him live up to the hype which surrounded his earlier works on mixtapes such as K.I.D.S and Macadelic.

His latest record must surely be seen as Miller's biggest coup in the world of hip-hop to date. A record not full to the brim of single sellers, but a truly finished project.

[Nial Ballinger]



Mothers by Swim Deep



When Swim Deep first emerged onto the music scene their summery album debut *Where The Heaven Are We* secured them the adoration of an unwaveringly devoted collection of 13/14-year-old fan girls and favourable reviews from a collection of critics. Yet it always seemed more of an indication of future promise. There was the sense that self-assertion had not yet occurred with this amiable but non-confrontational first record. That Swim Deep had more potential to cause a bit of a stir, to make a bolder statement. Second album *Mothers* marks Swim Deep's dramatic two-year transformation from the indie pop pin-up's debut, with the addition of multi-instrumentalist James Balmont to accommodate the anthemic sound emerging from the group. Now Swim Deep burst back onto the scene with erratic synth solos, punchy lyrics and faster paced acidic juggernauts.

'One Great Song And I Could Change The World' opens the album, the first lines ("Have I said why I love

the sunrise? // It's 'cause it's only gonna get lighter) evoking the sense of a being on the verge of a new beginning, and an indication of the fresh material to follow. 'Namaste'-selected as Hottest Record on Annie Mac's Radio 1 show upon its release as a single - sounds like the jubilant soundtrack to Swim Deep's very own video game. An explosion of 90's reminiscent heavy synths and shrieks, 'Namaste' certainly is the salutation to introduce a jolt from the hazy, sugar-coated flicks of 'Honey', 'The Sea' and 'She Changes The Weather'. *Mothers* culminates in the eight minute long acidic baseline of 'Fueiho Boogie', which acts as a musical microcosm for the entire album. A mad rush of synths, nineties Manchester energy, space and loud vocals, this is certainly an album to listen to, enjoy, and freak-out space dance to, but not necessarily to cherish forever.

Released on the 2nd of October through Chess Club records, one thing's for sure – Those 13 and 14-year-old girls of 2013 wont know what's hit 'em. [Jessica Heath]

Honeymoon by Lana Del Rey



Five years on from her self-titled debut, Lana Del Rey is already onto her fourth album. *Honeymoon* sees Lana continue down the road of Hollywood heartbreak, a seamless thematic transition from the critically acclaimed *Ultraviolence*.

Unfortunately that is far as the album goes. It's a transition, but not a progression. It's the Lana we all know and love, but that's just it, we know it all already. Predictable slurred hip hop drum beats reign over every song and the melodies, which, whilst still beautifully constructed, refuse to make any effort to venture into new territory throughout all 14 songs.

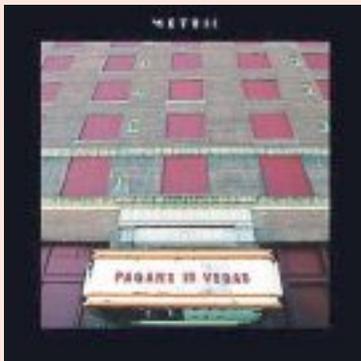
If you love the formula she has stuck to, you will certainly have no objections to this album. The title track 'Honeymoon' and 'High By The Beach' encapsulate Lana's style, dripping with California glamour and class. 'Freak' shows off her ability to switch to hip hop from classical, similar to 'Born To Die'. But that album has

been and gone. Other than the slight step into hip hop and classical music, Lana hasn't really changed. Like a delicious pudding that has been gorged on too many times, the music has become sickly and tame. The only moment in the album that really jumps out as something different and exciting is the climax to 'The Blackest Day', an eclectic ending to another slow burning track which really does show off Lana's potential.

Frustration takes over this album, because we all know what Lana Del Rey has the capability to make hits. You only have to look at previous hits 'Blue Jeans', 'Summertime Sadness' and 'Video Games' to know what she can do. Perhaps four albums in the space of five years has caused Lana to struggle with inspiration for *Honeymoon*. All in all it isn't a bad album. If you love her, it's just more to love. But if you were looking for more from an artist with a heap of potential and talent, *Honeymoon* doesn't provide.

[Luke Humphrey]

Pagans in Vegas by Metric



"Las Vegas looks the way you'd imagine heaven must look at night" Chuck Palahniuk once wrote. A view shared by tycoon Steve Wynn, who states Las Vegas is how God would do it if he had money". Heavenly and divine Vegas may be but *Pagans in Vegas* certainly isn't, the latest effort from Toronto quartet Metric.

Just like the city, *Pagans in Vegas'* lifeblood is a constant electro-grind which pulsates through

sweaty beats that should have been left buried deep in the 80's. Opening track 'Lie Lie Lie' is Depeche Mode-esque; full of glam-stomp and unashamedly over the top, with the chorus being an almost identical rip-off of Simon and Garfunkel's 'The Boxer'. 'Celebrate' is reminiscent of a Little Mix collaboration concocted whilst both parties had overdosed on sugary E-numbers, bouncing between

sun-kissed synths and wails of "I gave it everything and I just wanted you to feel the same". Respite from the cloying vocals of Emily Haines arrives on 'Other Side' and is the most direct pop number on the album so far. It's no coincidence that the album's highlight, 'The Face Pt. II', is a fully instrumental closer. Ornate in nature, the orchestration on display promises mass appeal for fans of Hammock and M83, giving – an unfittingly beautiful send off.

The largest issue lies with the behemoth battle between the digital and analogue instrumentation that Metric seem to have found themselves in. The two are rarely used harmoniously, resulting in an overall uncomfortable listen that doesn't echo what Metric have shown they are gloriously capable of in their earlier work.

[Dominic Edge]



Image: Renn Live/NM1

Bestival

With the end of the summer nigh, one final glimmer of freedom and liberation came back to England's Isle with Bestival's 12th year of fancy dress raving, four day celebratory bonanza. Can you feel the excitement? This year the festival entered into the 'Summer of Love' - a space of love where hate has no place. Cya, haters.

Nestled in the idyllic Robin Hill Country Park, festival goers descended onto the island on boats, trains, and automobiles. For 4 days, normality became no more.

The sheer beauty of the location and what's on offer means it's as diverse as it is versatile. It's easy to stumble into almost anything. Live comedy, theatre, art, yoga and spinning are all things you could spend days immersed in - one particular art installation titled 'A Coin Operated Artist' by Otter Produces was one of many stand out, well thought installations.

'Shit Faced Shakespeare' also made a comeback this year and returned to the Amphitheatre after a successful fringe run. A new area to the festival this year was 'Slow Motion' which was dreamy - filled with summer vibes, relaxing spaces and a vibrant atmosphere which made it incredibly difficult to get up and do something else. This is not a criticism by the way.

Now, to the music: Duran Duran, Chemical Brothers, Missy Elliot, Flying Lotus and The Jacksons were amongst the vast mix of artists providing the Summer of Love soundtrack to proceedings. The highly anticipated Saturday headline act brought together the largest crowd of the weekend. Eight years after last performing at Bestival, The Chemical Brothers returned to treat us to a 90-minute audio-visual masterpiece containing psychedelic animations, mesmerising lasers and stimulating robotic sequences. The electronic duos performance incorporated a long list of popular dance hits, such as 'Hey Boy,

Hey Girl', 'Do It Again', 'Swoon' and 'The Boxer'.

Elsewhere, there were new musical elements to this year's 'Summer of Love'. New stages such as, Only Diesel The Brave, slotted perfectly into the appearance and vibe of the festival, hosting some of the best house and grime music of the weekend with sets from Eton Messy and Blonde, who both smashed it on Saturday night.

Other memorable sets came from Horse Meat Disco, Four Tet and David Rodigan b2b with Toddla T who burned through an eclectic catalogue of electronic, funk, disco, and reggae beats. The aptly named 'Port' stage at Bestival is without question one of the best areas on site. With an old vessel laid out in between the hillside, exotic dancers, fire breathers and intense light displays are as immersive as they are awesome. One particular performance of intrigue came with an aerial number from Empress Stah, AKA 'Stargasm'. Armed with a laser firing butt plug, Stargasm beamed her butt onto thousands of summer lovers whilst the musical mastery of Seth Troxler left the crowd euphoric. Welcome to the summer of love, dear reader.

One criticism which must be raised is how quickly Sunday evening arrived, which is more of a criticism of the very notion of time itself than the festival. But once again, Bestival managed to throw arguably the best party in Europe for the twelfth time. If you haven't been to witness the magic yourself, I suggest saving a slot in your calendar and hitting up 2016.

[Jordan Larkin]

Drengé at the Wardrobe 18/09/2015

After witnessing the opening date of their first UK tour at the infamous Brudenell Social club two years ago, I was eager to catch the Drengé boys in Leeds once again.

With a second LP, *Undertow* released in April of this year, they could be forgiven for focusing their set on the appropriate promotion of this latest release. Thankfully they chose otherwise and treated the crowd to a perfect balance, rousing us with 2013 favourites 'Gun Crazy' and 'Backwaters' early on. Their signature heavily distorted chords and enigmatic vocals from frontman Rory Loveless were strong from the offset. Their raw mix of grunge and blues-rock influences remain a refreshing change after the wave of indie four pieces that came throughout the noughties. They first appeared on Jools Holland in 2013 and have continued to impress since, in the way that Royal Blood burst onto the scene after endorsement from Arctic Monkeys with their Finsbury Park shows.

The two brothers have certainly matured since that first gig at Brudenell and have since enlisted a bass player, Rob Graham. Although the sheer noise that could be made by the original guitar and drums set-up was impressive, this latest LP is a cut above musically and professionally with lower frequencies punching through to fill the void. That's not to say they have lost their

playful element however, emphasised when Rory leapt into the crowd for a quick surf post-set.

They close with 'Let's Pretend' from their self-titled first LP *Drengé*. Their atmospheric extended intro to this song set the tone for what was to be a sinister finish. It certainly sparked something in the young crowd as they descended into the evening's final mosh-pit - a fitting end.

Drengé impressed as always with a typically charismatic and tight performance, full of contrasting breakdowns and complex drum rhythms for which all three members must be commended.

[Toby Woodall]

Weekly Chart

Baa de yaaa dancing in September. The summer months may be over and with that the terrace parties and festival season gone, but, as Earth Wind and Fire pointed out, that doesn't mean the party can't still go on. As the the days get shorter and the weather colder we all begin to return to the familiar club environment. As we do so, in a prematurely nostalgic mood I've listed some of my favourite releases from those summer months.



Dan Shake – Shake Edits

Two sides of reinvented disco fire from Flux resident and Leeds' favourite Dan Shake. Both Glitter Disco and Buy Yourself Friends serve up a thick throbbing beat underneath such masterful sampling that its no wonder Moodymann recruited him for Mahogany Music. However, it's a vinyl-only release and pressed to a meagre number of 250, if you own a copy you are one of the lucky ones.



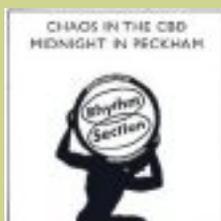
Merle – 2000 & We're Still Here (Stripped & Chewed)

Merle's aka Merwyn Saunders original release came out back in 1999 and it has since become a cult classic, receiving wide attention after the EP's 'Fannie Likes 2 Dance' featured on Joy Orbison's Essential Mix last summer. All songs demonstrate a roughness uncommon on squeaky clean contemporary dance releases and yet this does not detract from the quality at all; if anything, it adds a special characteristic to the release. Perhaps the most touching part about the re-release is Saunder's motivation to do it, commenting that it was about 'honouring my wife,' this is why 'Fannie Likes 2 Dance' is now titled 'Mimi Likes 2 Dance' after his partner.



Hidden Spheres – Waiting EP

It shouldn't be any surprise really that the first release on a label called 'Hawaii' produced four tracks with a perfectly summer feel to them, all of them being capable of transporting the listener onto a sun-kissed beach or into a convertible speeding towards the sunset's horizon. The blissful deep vocal samples present on all tracks provide the record's warm, tropical feel whilst the robust percussion provides a punchy kick throughout meaning that the release would be just as at home in a club environment as well as being played whilst you're on a sun lounger slurping on another cocktail.



Chaos In The CBD – Midnight In Peckham

A release that would be perfect even if it included only its title track, which demonstrates the duo behind Chaos In The CBD in their best form. Feeling like a thoughtful homage to the South London area in question it is a beautifully complete 7 minutes of music which could go down as one of the best singles of the year. The release's other tunes demonstrate the same soft shuttering and flickering of the title track, all providing that midnight feel with the help of jazz and hip hop influences but none come close to the release's finest moment.



Jack J – Thirstin (Future Times)

'Things will be better in future times' is the clear motto of the label which has delivered Jack J's latest release and it is this wishful thinking which is shared by the song's narrator when he longs for another over and over again saying 'I wish that we could be alone.' Jack J combines this melancholic twinge brilliantly with a playful bassline and drum arrangement that plods along and leaves you tapping your feet long after it has finished.

[Chris Caden]



[Image: Good Life]

Review

Midland

Techno and house fans across the city welcomed Leeds DJ and producer Midland back to the place where only five years ago he could be seen behind the bar collecting glasses.

As fans would expect, Midland took the crowd on a journey through the genres, always managing to seamlessly mix darker and moodier sounds with an up beat vibe, much like his own self produced tracks. When Midland takes to the decks, boundaries do not exist and anything can happen.

The set was met with ever growing energy from the partygoers: the style of the night showed many similarities to Midland's boiler room set for Dekmantel earlier this year, but this time he could experiment, taking the crowd with him on his own personal adventure.

As always, Wire provided a friendly and intimate atmosphere for real fans; the crowd often moved as one and exploded with appreciation and excitement at certain tracks. The Funktion One sound system provided flawless sound in such a small venue, amplifying every beat.

The six hour set flew by and Midland also displayed his quirky side, finishing the night after demands of one more track with none other than Grease is The Word, leaving clubbers in a happy state of euphoria before the all too familiar lights highlighted the end.

To be able to play such a long set and leave fans still wanting more requires a great amount of talent, and as most people would agree, Midland did not disappoint.

Wire has a range of nights coming up including Dimensions Sound System and disco lover Hunnee. Midland has now set a high bar that others will have to excel should they want to leave such an impression.

[Georgia Williams]

Good Life

The end of Freshers week and you've just about familiarized yourself with the route to the union, if not around it. Your stamina has been placed under the ultimate test – your liver despises you, food you would never normally consume is now a 3am norm and you think you've sussed out who is going to be worth your time. So why not one more night out to combine all of the best things you picked up in freshers week?

Good Life kidnapped our familiar union and did what only Good Life could do. Their infamous nights of feel-good vibes, trippy decorations and diverse DJs were displayed, at this event, the pinnacle of the Freshers calendar, Fools Paradise.

The vast spaces of the Union provided good venues, begging to be rammed, but unlike the other sweat-fests of the Union venues, Stylus, Mine and Pulse, the opportunity was there to comfortably skank in the space of the Refectory, groove in the Hidden Café and even take to a stage in the Riley Smith and do the Macarena to a bit of grime.

The Refectory was indeed the main event with no nook or cranny left unglittered or unfestooned, complete with inflatable elephant and flames. It was here we were spoilt by an absolutely killer live set from Leeds' own Gentleman's Dub Club. No words. Just non-stop boogieing.

An hour flew by, but then it was down to the Hidden Café freak show to catch Artwork. I have spent more hours working in the Hidden Café than I have asleep throughout my time at uni, so the familiarity of it all was bemusing. Despite incomprehensible sounds from the mouths of the spectators, the mouth DJ decks provided seriously good vibes, with a particular mention to one of the few females on the bill, Selby.

Scrambling back up the stairs to the Refectory again, Hot Chip DJs absolutely stole the show. A flawless set, concluded with Todd Terje's Inspector Norse, which was brutally cut short as the house lights blared on. The terrace was invariably claustrophobic both inside and out with little attention paid by punters to the line up available and the toilets were absolutely horrific – but you can't have everything.

Wicked, wonderful madness in a place where this level of mad is never found (except when delirious with a matter of hours to go till deadline).

[Flora Tiley]



[Image: Randy Brooke/
Getty Images]

Yeezy Season 2: The Politics of Colour

Despite his musical prowess, Kanye is still very much a small fish in a big pond when it comes to breaking the fashion industry, with the reception to his latest instalment proving just that. Kanye has faced mass criticism for veering too closely to his previous collection with Adidas, and has even been taunted for recreating a 'glorified hobo' look at an over-inflated price point.

His mantra for the collection seemed to centre on the requirement for practicality and comfort. West's military inspired aesthetic is undeniably consistent and sharply articulated. The models wore pulled down caps and the emphasis was clearly on the loose shapes and earthy shades.

The clothes however, were only a small aspect of the reaction to the show. In a famously outdated industry, the range of models used to showcase his designs cannot be ignored. This NYFW has been celebrated as the most diverse yet, but even against this changing backdrop, Kanye's catwalk choices come as a refreshing change. The format of the show used an evolving colour palette beginning with white, bleached blonde models in an array of beige tones and developed gradually into a group of entirely black models in darker shades closing the show. Kanye has denied any underlying political message but it certainly brings the idea of variation to the surface, and has the fashion world talking. West's show proposes questions surrounding race and gender fluidity that have continued to resurface throughout fashion month.

Quirky designer, Ashish, challenged gender expectations by choosing two male models to showcase his womenswear SS16 collection at LFW. Gender fluidity is being explored and unisex ideals are being challenged, making personal style less restricted. The expectations of gendered clothing and who fits the target wearer demographic has been truly flipped on its head this season.

Despite Kanye's insistence that a political statement was not his intention, it seems unlikely that the decision was taken lightly. It's undeniable that in the diverse world that we live in seeing people grouped and segregated in this way was shocking. The reception to West's set-up has been mixed. Whilst some have perceived it positively, using a dehumanising arrangement based on colour in order to somewhat heighten the idea of people as equals, and to in turn reduce the emphasis on colour. However some have taken West's decision less favourably, whether due to the order of the spectrum or simply the concept of categorising people based on the colour of their skin.

Perhaps it was merely an aesthetic decision. The show's colour spectrum certainly echoes Kanye's desire to align the apparel with the individual, however it seems unlikely that the notoriously outspoken artist would not utilise this opportunity as a way to construct some form of social commentary. Regardless, it's about time that diversity shone through and took up new ground in the fashion industry, and so whatever you may think of the Yeezy collection, for that we commend Kanye. [Emma McCormack]

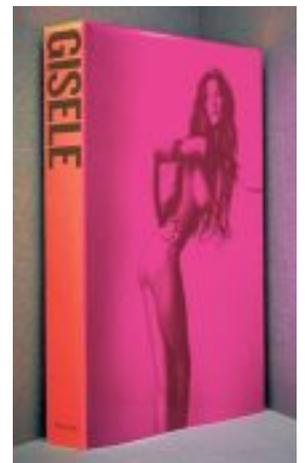
Got a spare \$700?

It started with "Selfish", Kim Kardashian's answer to a selfie bible, and next month Amber Rose is set to release hers, humbly entitled "How To Be A Bad Bitch", but the celebrity book race has a new ego in town. Gisele Bündchen is the highest paid supermodel in the world, and has been now for nine years in a row. Her career highlights include walking for the late Alexander McQueen, gracing numerous Vogue covers, working with some of the most talented photographers in the fashion industry, and now she's released a book.

The Brazilian supermodel's twenty year career will be documented in a special, signed coffee table publication. There will be just 1000 copies in print, and it will display over 300 photos including the infamous Irving Penn shot, featuring a nude Gisele as the cover. Oh, and the one other important detail – it costs \$700. It's a price tag that has got the fashion world talking, and it's beating records. Is this the moment that the world of celebrity has finally lost it? Well say what you want about Kim and her selfie obsession, but it looks like Gisele is taking self promotion to another level. It doesn't exactly look set to be a crowd pleaser, but it'll certainly be exclusive.

The book is due to be released in November for those with the bank balance to handle it, plus if it seems a little conservative then you could always wait for the Art Edition, with only 100 in print and costing a modest \$2000, it's a no brainer really.

[Molly Shanahan]



Happy Birthday, Clueless

Cher Horowitz and her *Clueless*' schoolmates have been dominating the world of fashion for 20 years now, and the film celebrates its anniversary this month. From the iconic yellow tartan suit, to that "totally important" Alaïa dress, *Clueless* was a stark contrast to the grunge style that dominated fashion at the time, and it's no exaggeration to say it sparked a phenomenon within the industry. Look at 90s catwalks and you can't help but notice its influence, look at today's and there's still more than a little Cher magic to be seen.

Iggy Azalea and Charli XCX's answer to Cher and Dionne in the video for 'Fancy' introduced a second wave of two piece mania, with *Clueless*-style get ups filling shops once again. After the video was released, the film even re-surged in popularity, and Cher's digital wardrobe inspired company Metail to finally create that digital wardrobe; <http://cherwears.com>, fulfilling the childhood dreams of girls the world over. Look at the high street today and Cher is still influencing us as much as ever, tartan prints, shirts, jumpers, and of course the staple marabou trim are still filling the rails. Alexander Wang has even cited it as his favourite film, and if it's good enough for him...

To celebrate the anniversary this there will be a special showing at the Hyde Park Picture House on the 10th of October. So whether you're watching it or wearing it, there's no doubt that *Clueless* still has us totally buggin', plus we have no doubt that a shopping spree in Cher's name, is exactly the celebration she'd have wanted.

[Harley Wild]

Menswear: Turtlenecks are back

The turtleneck may be an item more often associated with Bond villains than high fashion, but in fact this item has been featured highly on the runways for AW15. Look no further than the likes of Roberto Cavalli, Neil Barratt and luxury knitwear brand Pringle of Scotland to see exactly how to pull it off.

Styling a turtleneck may seem daunting to those who are yet to try out the trend, but keeping it simple is key. You can't go wrong layering grey under a black trench coat. For those aiming to be a little more adventurous, try adding a brighter colour, burgundy, dark green or even orange (if you're feeling very brave) layered under a neutral jacket. The turtleneck can also be a smart alternative to a shirt and tie, try a fitted style, such as Topman's Black Merino Roll Neck Jumper (£38) under a grey slim fit suit.



'Clueless' inspiration that lives on today

The Button-Up Skirt

The button up skirt is so in right now, Cher must have known! You can find one almost anywhere.

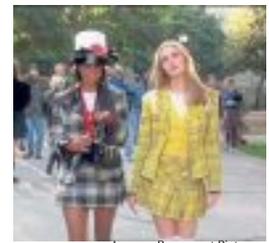


It's All About Pink

Cher liked layering shirts under pink jumpers - and pink skirts. And that pink pen. Basically, the woman has kept pink alive for the past twenty years.

We Love Tartan

Perhaps the most iconic outfit of all (and the one Iggy Azalea tried to copy); Cher's yellow plaid co-ordinate. This has certainly inspired many other different forms of two pieces on the high street.



Images: Paramount Pictures

Ten Top Trends: Fashion Week Roundup

It's not exactly easy to keep up with Fashion Week, whether it's London or New York, there's always something new to see. So to help you along we've created a quick round up. This is Spring/Summer in ten trends...

- Colour** - It was wall to wall brights from Jonathan Saunders at LFW. The Scottish print master proved that orange, red, blue and purple are all set to be the new black.
- Capes and shawls** - Burberry made a statement with dramatic capes in their blanket-military crossover.
- Victorian elegance** - is here to stay, with bows and waterfall frills seen at Erdem
- Fur** - is everywhere, and no longer limited to the confines of winter. Fluffy sandals were seen warming feet at both Topshop and House of Holland.
- Flower Power** - Tommy Hilfiger paid homage to Caribbean life; proving floral dresses will always remain a S/S staple at NYFW.
- Star Gazing** - Greek designer Mary Katrantzou brought cosmology to LFW with the catwalk filled with prints inspired by a galaxy far, far away. Lace at both Givenchy and Proenza Schouler, literally from head to toe thanks to Pat McGrath's make up magic.
- Off-the-shoulder** - Feminine silhouettes have been dominating, both in London and New York, with classic pieces by the likes of Peter Pilotto and Natasha Zinko
- Print blocking** - Call it clashing, call it complimenting, either way everyone from Emilia Wickstead to Duro Olowu were combining prints.
- Netting** - If you can see through it, it's probably a Spring/ Summer winner. Simone Rocha, and Burberry Prorsum impressed here.

[Jasmine Vincent]



An Interview with reactionary comedian, Nish Kumar

[Image: YouTube]

Why do we find so much left wing comedy in existence? Can comedians steer away from this world of political correctness and how can this cause a reaction? Enter Nish Kumar, fresh from a highly successful show at this year's Edinburgh Fringe Festival as he begins work on his new show Long Word Long Word Blah Blah I'm So Clever. We caught up with Nish to discuss all things comedy, his origins and reasoning behind the success of his recent material.

And on that tongue-in-cheek tour name: according to Kumar, he came up with it as a response to those who ask 'what do you do on stage?' - and of course because it welcomes an element of fun. From his early days of hitting student spots such as The Library and The Original Oak, I felt a haunting sense of life coming full circle. Having gone to Durham University, Kumar's personal attachment to Leeds made for pleasant news: I discovered that, while performing here next month (28th October in Wardrobe), Kumar will meet up with his mates from the city, among whom he counts the original line-up of the Leeds Tea Lights. Given the comedy group is still active in the area - and features a fresh line up each year - there's a clear sense of the barrier between comedian and audience member breaking down, Kumar having crossed over from one to the other. So how do budding student comedians make the jump to the professional circuit?

Just do it as much as possible, says Kumar, before reeling off the list that every aspiring performer has embedded into their brain, positivity brimming from every word. Do everything you can, go to Edinburgh as a place to start, persevere. All these tips, as often may be heard, sounded genuine and inspiring coming from an active comedian within the industry, and clearly have some merit given Kumar's recent success at the fringe - where his show drew in a pallet of four and five star reviews across the board. Wondering whether the rate of Nish's success had altered his perception at all, I asked him if he had done anything in particular to please his critics - a suggestion that Kumar quickly shot down. Whilst Nish was delighted to see the warm reception of his recent work, he commented that such success just happens. As with many art forms, comedy can be subjective to each and every audience member who wishes to experience it. Nish reminded me about the form of comedy originating from personal stories and experiences and with that there is a reactive element for the critics to respond to on a personal level. It's clear - perhaps simply from

the title of Nish's upcoming tour - that the element of fun present in his shows allows the audience to enjoy his material.

During the course of our interview, I became particularly interested with the structure and creation of a stand up show. Where does one start and how does a comedy show come together successfully? I was intrigued to discover that a comedy show starts off on a much smaller scale, with Nish testing material in previews with smaller audiences, allowing him to change and develop his material based upon the reaction of the audience.

When he's not previewing materials for his own stand up show, Nish has a wide range of other activities, including a writing spot on the Sky show, The Kumars. He says it's a different experience to writing for the stage, with a television episode expected to be completed within a week, compared to the months that he has to develop material for his own shows. The tight timeframe prevents Nish from experimenting and adapting the show to perfection - as he does with his shows - and instead there appears to be a greater risk with television, where he feels that it is more 'hitting and hoping'. It's fair to say with television that there is less freedom compared to comedy on the road, yet Nish seems to be creating an effective balance between his live and broadcasted work.

It's clear to see that Nish had an admirable work ethic. When I asked what was next for Nish Kumar, he gleefully said "I'm going to sleep for a week". From touring New Zealand, to performing at Edinburgh Fringe, to working on the radio and now embarking on a national tour, Nish sounds as though it's certainly needed. Mixing elements of fun and ideological questioning within his material appears to be a daring mix for his upcoming comedy show. But whether his warming critics will receive his new show as well as it was received in Edinburgh will be up to the next chapter of his comedy career. Embarking on a new tour across the country, you can catch Nish performing here in Leeds at The Wardrobe on Wednesday 28th October.

[Mark McDougall]

"From his early days of hitting student spots such as The Library and The Original Oak, you can feel a haunting sense of life coming full circle"



[Image: Universal Studios]

Everest

An epic that accomplishes technical feats, if not emotional ones

Based on the events of the 1996 *Everest* disaster, this adventure thriller portrays the dramatic story of two mountaineering groups and their goal to reach the peak of the tallest summit in the world. Rob Hall (Jason Clark) is one of three Adventure consultant guides. *Everest* follows group members Beck Weathers (Josh Brolin), a skilled climber, Doug Hanson (John Hawkes), an ambitious mailman, Yasuko Namba (Naoko Mori), an older businesswoman and Scott Fischer (Jake Gyllenhaal), the guide of the second group *Mountain Madness* as they face the deadly temperament of nature at its full force and their continued radio interactions with Helen Wilton (Emily Watson), the base camp supervisor.

Captured partially on location in Nepal, Italy and Iceland, the film boasts an array of visually charming cinematography whilst consistently maintaining the same authentic conditions than those set in the studio. The film's use of perspective is not for the faint-hearted, most notably when the group cross a gaping crevice using a shaky makeshift bridge, and it is clear that director Baltasar Kormákur (*Contraband*, *2 Guns*) has mastered how to make those of us with a fear of heights grip the edge of our seats for our lives.

Rob Hall is perhaps the closest to a central character, leaving his pregnant wife Jan (Keira Knightley) at home to embark on the expedition but the other personalities on-

screen seem to fade into the background as an ensemble rather than individuals in their own right. Simon Beaufoy (*Slumdog Millionaire*) seems to write with a focus on events and not on the dimensions of character, which called for less emotional involvement from the audience. With such a large cast and costumes that cover the faces of the actors with goggles and oxygen masks for the majority, *Everest* often leaves you feeling at moments confused and unable to distinguish characters, which detaches the audiences from the impact created by the range of star-studded set of performers involved.

What the film fails to address is why these people are risking their lives to accomplish this? Whilst the film offers a few ambiguous answers, the evident peril throughout calls for a greater emphasis on individual motivations. That said, the cast performances themselves could scarcely be faulted with particular praise due for Watson's depiction of Helen Wilton who deteriorates from calm and collected to restrained angst when events take a turn for the worse on the mountain.

With all its highs and lows, *Everest* accomplishes numerous technical and visual feats, even if the narrative leaves something to be desired. Still, the film's impact really hits hard when it draws parallels with the real-life victims and survivors of the disaster and is a nail-biter from start to finish and for this reason alone, makes *Everest* a recommended film to watch.

[Dan Newby]



[Image: Universal Studios]

Legend

When we first see Tom Hardy, and Tom Hardy, onscreen in Legend we're awed by the spectacle – it's stylish, it's slick, it works well, it shocks you, and it damn well looks good. It's take a little getting accustomed to, but eventually you're used to the double act, and you're no longer looking out for the tell-tale signs of a workaround – even if one occasionally leaps out at you, such as when Reggie Kray disappears into a trailer 'for a beer' so that Ronnie Kray can be onscreen alone. When that spectacle wears off, when you stop being wowed by double Tom Hardy, Legend starts to wear a little thin – but it's still an entertaining romp through 1960s London.

The 'Legend' of the title refers, of course, to the Kray twins, the notorious rulers of London's East End in the 1960s. And Legend is a fitting title – the film is more of a portrayal of myth, of the legend that surrounds the brothers, rather than actual events. What little storyline there is only really comes together at the end, and for most of the film it's cast

aside in favour of style. While each scene is often played well, well-acted, and above all well-designed, there's a curious disconnect between each piece of action that makes the film feel like a very long, unstructured series of vignettes – an effect worsened by the script's rapid jumps from comedy to violence to drama.

“While each scene is often played well, well-acted, and above all well-designed, there's a curious disconnect between each piece of action”

The lack of tonal consistency doesn't serve the film well, and is manifest perfectly in the characterisation of Ronnie Kray. From Hardy's Terry Tibbs-esque accent, to the announcement of Ronnie's mental illness (and the complete lack of exploration of that aspect of his character), and to the film's portrayal of his homosexuality – which is clumsily dealt with, and shoved in our face in practically every scene – the character of Ronnie Kray is all over the place. Writer/Director Brian Helgeland (who penned LA Confidential) likely made the decision to ensure the character fit into the 'loose cannon' archetype, but it leaves him feeling like a caricature rather than something based on a real person.

Perhaps the film's best work is in its design: the sets, props and costumes developed for the film do a fantastic job of transporting you to 1960s London, and are a large part of the film's excellent style – alongside cinematographer Dick Pope (long-time Mike Leigh collaborator), whose composition is as artistic and stunning as usual.

The verdict? Legend is pretty good. Just don't go expecting wonders – it's far from perfect. Much like the Kray twins.

[Paul Turner]

Spotlight On: Hyde Park Picture House

Nestled in a maze of takeaway-littered, student-dominated streets sits the Hyde Park Picture House, a stunning Grade-II listed building that has been showing films for over 100 years after its inception in 1914. The cinema is one of the oldest in the country, and the only functioning gas-lit cinema in the UK.

The interior feels like a love letter to the lost glamour of cinema, with deep red seats and thick curtains around the screen, with a bar where you can buy popcorn and real ale without breaking the bank. Similarly, the tickets are much less pricey than the cinema chains in town.

The picture house shows films from across the spectrum: from those so edgy they make cereal cafes look mainstream, to the usual Hollywood heavyweights – whatever the owners feel like showing at any given time. They also put together themed events, such as their 'Creatures of the Night' screenings, where they show old classics late at night, and host directors and critics for Q & A sessions after some screenings.

Throughout next week, *Macbeth* will be showing, with Michael Fassbender playing the titular Scotsman in a moody update of a role that has been revered by so many actors.

On October 10th, there will be a 'Creatures of the Night' screening of the 90s classic *Clueless* to celebrate its 20th anniversary. As if. Student tickets are £5.50 and can be bought through the Hyde Park Picture House website. Don't miss out on a night that looks set to be, like, totally awesome.

[Hannah Tomes]



[Image: Jack Roberts]

The Art Aficionado's Weekly Planner

Art

British Art Show 8 Launch 9th October

The Leeds Art Gallery is the place to be if you want to know what's happening in contemporary British art! The BAS8 only comes around once every 5 years and features 45 of the most significant artists in Britain during that time. The main theme for this year's show will be the diminishing importance of physical objects in our increasingly digital society.

Beyond repetition Everyday

To celebrate the return of the BAS8 to Leeds, the Bowery (in Headingley) is exhibiting the works of 6 emerging artists -from across the country- who have developed their techniques and talents here in Leeds. Timid Elk, Fiona Grady, Alexandra Glew, Alexandra Oddie, Emma Bennett and Megan Needham are the names you can expect to see there.

Light Night 9 October

Leeds Light Night is when we -the Arts- run this town. Every different art form simultaneously cease this great city as their stage between 6pm and 11pm. Light Night takes place across 10 districts of Leeds, but if you can't fit them all into your schedule we recommend the Millennium Zone as number 1 priority.

Chinese Watercolours Everyday

Come and see the extraordinary Chinese watercolours of two extraordinary people. Nobel laureate for Physics, Professor Sir Novoselov, shows his beautiful Chinese bamboo paintings alongside Diplomat Wang Ying's stunning interpretations of Britain. This exhibition is part of Chinese culture month by the Confucius Institute and can be found in our very own Parkinson Building.

Photosoc GIAG 3rd October

Join Photosoc at 10.30am at the Parkinson Steps for their first 'photowalk' of the year and explore Leeds through your camera's lens!

Theatre

Open theatre GIAG 2nd October

At 5pm in Clothworkers South, the Open Theatre will be hosting a two hour workshop offering you the chance to see what they're all about and try an audition for their first show of the year.

The Glass Menagerie Closing night 3rd October

Tennessee Williams' classic -The Glass Menagerie- plays out its final few days in Leeds at the West Yorkshire Playhouse this weekend. Be sure to grab yourself a ticket and witness how director Ellen McDougall interprets this timeless work.

Richard III Everyday

Also at the West Yorkshire Playhouse is *Richard III*. Shakespeare's dark and bloody tale of twisted politics is a must-see, especially for fans of Alan Bennett who is returning after he starred in last year's *Untold Stories*.

Film

No/Gloss Film Festival 3rd & 4th October

The only film festival you need to go to if you want to discover raw, indie talent straight from the underground. BEWARE! Tickets are running low and you will have to buy them online NOW to secure your seat at this unmissable event hosted by Carraigeworks Theatre in Millennium Square.

Macbeth Everyday

It is finally here. Justin Kurzel's reinterpretation of Shakespeare's *Macbeth* will be lighting up the Hyde Park Picture House each day this week. Remember student tickets are as cheap as £5.50 so be sure to take your Student ID with you!

[Cameron Tallant]



Surprise!

LUU's favourite creative arts magazine has bounded lavishly through the pages of The Gryphon, standing out not like a sore thumb but instead like the thumb of an artist, adorned with glittery nail varnish and ready to create. Creating is our speciality here at The Scribe, alongside relentless friendliness and installation of fairy lights. We publish your poetic pontifications and artistic attractions in the pages of our little magazine throughout the year. Our very first event, a classic Scribe open mic night, is happening soon (check our Facebook page for updates) and we urge you all to attend and perform enthusiastically and in numbers higher than the punters at Woodstock. Today we've chosen to include some of The Scribe's greatest hits, please do consume at your leisure, perhaps with a scone or while using a bath bomb.

Yours effervescently,
The Scribe

I think that I just might be in need

I think that I just might be in need
Of a little space really to step back
And crack the joints in my knuckles
And the joints in my back
To mask my face in clear water
Splashed from a white cup
Edges curved perfect as a coastline
To taste pure clear water
To taste clear fresh air
To submerge my damp skin
My tired body in calmness
And breathe it deeply
And invite it to become with me
And then to calmly select my particular rope
And take a firm grip on its coarse hair
So that a particular great big hot-air balloon can carry me back
I can arrive calmly yet seriously
But not unhappily
And embrace the people who are happy to see me
And whom I am happy to see
And I will look at the mask that has woven around me
As I have become
And I will pick the most colourful thread to unravel
And I will throw it on a map
And follow it pedantically as it falls
I will wade through gardens
I will trespass on private property
I will swim rivers
I will tread carefully across broken glass and newly mopped floors
And where I find myself at the thread's end
I will begin

Robert Cohen

Tie and Suit

Those by whom the world is ruled
Constrained always are they
By tie and suit
Their harmony limited only to the God to whom they pray
But never grace, mind creates chaos
And unto our people they share their gloom
I mean, all peoples
All constrained rules of man
With foundations of sand
So society sways like a weak heart
Hanging on a pendulum made of hairs
Attached to these shaky grain stilts
There's a high tide of dissent amongst creeds
Urged by western wind of a coward's seed
So that those by whom the world is ruled
See the soil over which they've laboured and toiled
Revolt and rebel
In a clash of fiery red
The colour of the flame of a lowly matchstick
A hand of calamity shakes
It drops into a pit of doom
Filled to the brim with coal and ash
Reminiscent of Christmas stockings
So to reignite the flame of mankind
Shed tie and suit
And emerge anew
A newborn and blind

Taiwo Ogunyinka

Writer's Block

When your head runs cold
But your thoughts run hot
And you're asking yourself
'What special words've I got?'
You're peddling the hours
As if the dark were bright
And you're draining the energy
From the bulb of one light
You can see your breath
It doesn't make a sound
It's crumbling and crooked
It's pulling you down
And you're chasing that verse
With your paper and ink
But doubts just pile up
Till the weight of them sinks
And your hands they start
shaking
The paper, it rips
Your heart it starts thumping
The meaning, it slips
You want it to be pretty
You want it to be clean
To read it and laugh
With your voice all a-gleam
But the filth and the dirt
Of the roads and the hours
Soil what's adored -
Words have lost all their powers
You need them now quick
And you need them now fast
But what ever you have
Is locked away, iron-cast
But whenever you feel like
Your thoughts in a rut
Don't turn the light off
And do not give it up.

Florence Sutton-Manders



Catherine Fleming

Inside the Birdcage by Naked Flame Theatre
Naked Flame Theatre Company

The Stage@Leeds, Stage One

Due to my own experiences with anxiety I was intrigued by the premise of 'Inside the Birdcage'. Often anxiety is an issue overlooked when discussing mental health, despite being a very widely felt problem and possibly one of the issues faced the most by students. Having never really seen something which I have experienced so prolifically be discussed in a theatrical format, I found the idea very refreshing and therefore was looking forward very much to see this performance. Anyway, enough about me, back to the review!

When we entered Stage @ Leeds, we were handed plastic bags containing information about a character; their memories, fears, likes and dislikes. I found this to be a useful tool as it really served a dual purpose: on the one hand it gave deeper insight into specific characters (something which would otherwise be very difficult in an immersive performance of this kind), on the other it made me feel like a character myself, which perhaps made others feel more comfortable about engaging with the more interactive portions of the play. After all, where would a play about anxiety be without considering the anxieties of others? This drew me in even before the performance started. It was a good tactic, making me mull over the topic of the play as I sipped my coffee in the foyer, waiting for it to begin.

The play then explored different anxiety-inducing situations, the first of these being exploring the bedrooms of two separate people as they dressed in the morning. We were encouraged to go through the drawers of another individual, which was both fascinating and an intrusion of another person's personal life. We had our hands washed and then were instructed to put on rubber gloves. This was interesting; it brought up the subject of compulsive cleaning, but also meant putting ourselves in the vulnerable position of being washed by another person, something which felt very intimate and exposing, but which was strangely touching for this reason. This was followed by a trip to a psychology lecture and an apothecary, which was a wonderful way to bring light to the different cognitive dimensions of anxiety.

The climax of the play was a mad hatter style tea party with brightly coloured pills aplenty, punctuated dramatically by a visceral panic attack. This was the point in the play when the atmosphere went from whimsically exploring anxiety to exposing the hard-hitting truth of the illness. Showing the dramatic low of another person was necessary, and it was done wonderfully. My issue up until this point was that I wondered whether or not Naked Flame had gone 'far' enough in its exploration. This was only a brief moment of horrible clarity, but maybe it was all that was needed for Inside the Birdcage to make its point.

It was after this that Inside the Birdcage started to show hope and positivity. A beautiful spoken-word poem by Finn Dobson gave the play a whole new dimension. A brief mediation session near to the end of the play was also a definite highlight. This was due to a mixture of reasons, but particularly the wonderfully relaxed state it left me in - I doubt I've ever ended a play feeling so wonderful. The 'birdcage' itself was a indeed large birdcage, full of notes of positivity, people's happiest moments. It was the play ending with these two positive coping strategies that made this play so beautiful. So often, pieces discussing mental health end on such a negative note. But, by taking the audience through the coping strategies and ending so positively, this piece dealt with the negative stigma often attached to such things. Inside the Birdcage showed us the shocking lows of anxiety and then provided us with a light at the end of the tunnel, something which so many other plays of its kind often leave us without.

Amy Sims



UNDERTALE

[Image: Undertale]

UNDERTALE: A Pacifist's Review

Typeface-themed skeletons. Spider bake-sales. Melancholic ghosts. Showbiz robots. Overly-excitably dogs. Cinnamon-butterscotch pie. Anime. Welcome to the crazy and adorable world of Toby Fox's game **UNDERTALE**: the friendly RPG where nobody has to die.

The game's opening (literally) drops the protagonist, a young human, into a vast cave populated only by monsters, who

Undertale isn't just a game of morals and consequences; it's a work of comedy, horror, tragedy

were driven underground after war with humanity. Though most monsters fear or hate humans, the player finds a guiding hand in one kindly monster, who teaches them not to fight, but to make friends.

I was lucky enough to play the demo of Undertale a few years ago, so I was somewhat familiar with what was to come in the full release. Then and now, it had presented me with a simple moral choice: fight the monsters, or don't. The storyline of Undertale hinges upon this mechanic, and it is undeniably a love-letter to classics of old, with a style heavily reminiscent of Nintendo's 1994 game *Earthbound*, amongst others. That said, it's a love-letter with a slightly accusatory tone. As you progress through the game on your way to freedom, it almost dares you to fight; to give in to your experience of other games and walk the path of no return. Fighting even rewards you with EXP and increased

LV – acronyms which most RPG geeks will recognise- experience and levels. Having played the pacifist route, I ended the game on the exact same LV I began it, and had not gained a single EXP. And you know what? I had a darn good time.

This is, of course, testament to the quality of the writing and storytelling. I couldn't bring myself to fight the game's multitude of crazy characters not because I had no reason to fight them, but because right from the outset, I didn't want to. Undertale isn't just a game of morals and consequences; it's a hugely enjoyable work of comedy, horror, and tragedy. Even the random encounter monsters have their own personalities, from the easily-mystified Froggit to the world's best janitor Woshua, and not forgetting Jerry (who's kind of a drag and whom the other monsters would prefer to just ditch). Undertale's 'boss' monsters, if befriended, persist long after they're first encountered, and their side-stories were, I believe, the most enjoyable moments of the game. Their personalities are among the most memorable of any character I've encountered, and I dare any player to fight them without their heart breaking just a little.

Perhaps the most heart-breaking moment, however, was loading up the game again once I'd finished my ending, only to be begged not to reset my save data. It had been a long and difficult journey, after all. Could I really put the protagonist and everyone else through everything again, just for my own enjoyment? It's a bizarre notion that this might stop me playing the game again, given that it's all just fiction.

But I still haven't reset.

[John Craigie]

UNDERTALE is available for £6.99 on Windows and Mac OS (distributed by Steam).

TV

Lady Chatterley's Lover

The BBC's adaptation of *Lady Chatterley's Lover*, a novel by D.H. Lawrence, recently aired on BBC1. It starred Holliday Grainger (*Great Expectations*) and James Norton (*Happy Valley*) as Lady and Lord Chatterley, a couple who are happily married until the war leaves Lord Chatterley paralysed from the waist down, and therefore impotent. Lady Chatterley then takes a lover, her husband's gamekeeper Mellors, played by Richard Madden (*Game of Thrones*), crossing the class boundaries of 1920's Britain. I had eagerly looked forward to watching this, after reading the book and finding the text, and the controversy its publication caused, fascinating. When the full version was published in 1960 by Penguin, it went on trial for obscenity, due to the detailed descriptions of sexual acts and the language the book employed (namely the "c" and the "f" word, never before printed in Britain). Penguin won in a victory that seemed like a triumph of liberal artistic freedom over old-fashioned values. Thus the novel embodies a shift in attitude towards sex in the 20th century.

And yet this BBC production has no sense of freedom or excitement. Albeit, when taken without the novel, it is a well-made television programme. The depiction of the class divide seems more realistic here than in programmes such as *Downton Abbey*. The performances are all good, especially James Norton's portrayal of Lord Chatterley as he struggles to come to terms with his disability. In one particularly moving scene he undergoes an excruciating procedure for the chance to produce an heir, and his desperation is tangible. The aftershock of WW1 on veterans and their families is an interesting subject. Also the costumes are brilliant, in particular Lady Chatterley's clothing is beautiful, and when contrasted with Mellors' plain and dirty clothes, serves as a visual reminder of their different classes.

But ultimately the programme fails to depict the novel. Many storylines are ignored or neaten, and the main problem with this adaptation is its lack of sex. Understandably, the BBC does not want to make a pornographic film, but deciding to ignore the main theme of the book seems ridiculous. One of the most significant moments in the novel is when Lady Chatterley and Mellors have a mutual orgasm. This experience completely alters Lady Chatterley's attitude to sex, and lifts her from depression. In the BBC's adaptation, the main love scene between Mellors and Lady Chatterley contains some semi-nudity, before fading into a clichéd shot of a fire. The most significant moment in Mellors and Lady Chatterley's relationship is cut out for fear of offending the viewer.

Of course, two people orgasming isn't ideal viewing for 9pm on a Sunday, but the BBC could have billed the programme for later and made a true adaptation of the novel instead of a softened, censored version. Because ultimately that is what has happened; 55 years after the book was freed of censorship, the television version has been censored. The fact that in 2015 the BBC is unwilling to feature an orgasm in a programme is disheartening. Lawrence portrays sex as something visceral and beautiful that unites everyone and transgresses class. This idea is what made the novel radical when it was published, and why it is still relevant today. The BBC chose to take no risks and instead produce a conventional Sunday night drama that loses almost all sense of the original novel.

[Fionnuala Deasy]

TV



[Image: BBC]

The Great British Bake Off: The Finalists

Each year, as summer draws to a close, our nation's screens are graced with the welcome return of the Great British Bake Off. Unless you have an aversion to baking, soggy bottoms, or Paul Hollywood's dazzling blue eyes and over the top hand gestures, there is no reason to have not been watching this year's series. In the rare case that you have been avoiding what has been dubbed the greatest baking show ever but fancy catching the last episode, here is a rundown of this year's finalists.

Ian - Ian has shown himself to be one of the most talented bakers in the tent this year, a brilliant multitasker who has impressed both Mary and Paul (the show's judges) with his daring technical designs, and close to perfection bakes, such as his controversial pomegranate crème brûlée. Having won star baker three times already, Ian is well deserving of a place in the final. But a shaky performance in the semi-finals saw Ian in the bottom two, and he narrowly escaped leaving the tent after Flora was sent home instead. Now many of Ian's fans and sceptics alike are questioning if he will be able to go all the way and be crowned winner of this year's bake off.

Tamal - Even if Tamal doesn't win the bake off this year, he has already won the hearts of girls and guys all over Britain. Tamal is the eye-candy and personality of this year's bake off, delivering funny one-liners every episode as he approaches every task with a cheerful disposition (even if he has no idea what he is doing). But don't let Tamal's pretty face and sweet demeanour fool you - although he has had problems with timing in the past, during the last few weeks he has shown himself to be a seriously talented baker, having earned one of the show's most sought after accolades; a handshake from Paul Hollywood for his Charlotte Russe bake, which ultimately led to him being crowned star baker in week 7.

Nadiya - Nadiya, a Leeds local, is another firm favourite for the bake off crown this year, having been crowned star baker for the last two weeks in a row. Although she has always struggled with technical challenges, each week she still manages to bring unique flavour combinations to the table during the signature and show-stopper challenges, such as her fizzy pop cheesecakes which impressed Paul and Mary enough to give her star baker. Nadiya also acts as a sort of narrator of tension levels during the show, thanks to her overly expressive eyebrows and facial expressions which become more animated throughout the episode as she gets more stressed. For this alone, Nadiya has won a large fanbase, one that is hoping her stress does not get the better of her at the last hurdle.

So now you have read this short guide of this year's finalists, make sure not to miss the final of the Great British Bake Off on Wednesday at 8pm on BBC1.

[Madeleine Hodson]

Post-Freshers Netflix Guide

Fresher's week is over and the novelty of going out night after night is beginning to lose its luster. And the idea of an evening in marathoning a few episodes of something on Netflix is sounding pretty inviting. To avoid scrolling endlessly through the homepage (or re-watching Gossip Girl for the third time) here's a handy guide to some under-appreciated box-sets to fill your time before uni starts for real. Your binge-watching may commence.

Fringe Genre: *Sci-fi/Drama*

JJ Abram (Lost, Star Trek) specialises in beautifully produced, complexly written dramas, and Fringe is no different. Named after the 'fringe-science' that the show explores, The X-files influences are obvious both in subject and style. But Fringe manages to carry off the monsters-of-the-week episodes with an absorbing, conspiracy-filled story arc. The acting is stellar, especially from Anna Torv who portrays the strong-willed lead Olivia Dunham; Joshua Jackson as Peter Bishop the reluctant partner, and John Noble as the mad professor Walter. There's time for some comedy, and even a dash of romance too, so every need is fulfilled. Just get through the pilot and you'll be engrossed.

Brooklyn-99 Genre: *Comedy/Crime*

Brought to you by the minds behind Parks & Recreation, Brooklyn-99 was always going to be fantastic. Like Parks, it features a fantastic ensemble cast, and although Andy Samberg shines as Jake Peralta, the happy-go-lucky cop, supporting roles from the likes of Terry Crews and Chelsea Peretti really ensure there's plenty of characters to laugh with and love.

Built around the premise of a New York police precinct, Brooklyn-99 pokes fun at crime show tropes, but at itself too. The comedic timing is consistently sharp, and the show is expertly written. Twenty minutes per episode makes incredibly easy viewing.

Life On Mars Genre: *Crime/Mystery/Sci-fi*

You probably know Life On Mars as that show your parents watched, but it really is worth a viewing yourself. John Simm stars as Sam Tyler, a detective who finds himself thrown back to the year 1973 after a car crash. He's unsure whether it's all a figment of his subconscious or real time-travel, and the audience is left similarly hanging. Meanwhile, life as cop in the 70s isn't what Sam knows - it's unadvanced, prejudiced, inefficient and the brutish DCI Gene

Hunt only complicates matters. The mystery is played extremely well and thanks to Simm the emotions and confusion feel real. The show acts as a historical social commentary, a crime procedural and sci-fi drama, and it all works really, really well. Extra points are awarded for the excellent 70s inspired soundtrack and costumes.

Honourable mentions:

Daredevil - If Joss Whedon's bombastic Marvel world doesn't appeal to you, this gritty character driven super-hero origin series might have something to offer - if you haven't seen it already.

Community - Featuring a rag-tag group of characters you can grow to love, Community is a sharp-witted sit-com unlike the rest.

The Killing - The plot is slow to progress, but The Killing manages to be cold, complex and genuinely frightening at times, unlike many other crime shows out there.

[Heather Nash]

Travel

A Year in Italy

Having just returned to Leeds after a year abroad in Italy as an Erasmus student, I feel like a Fresher. But, unlike when I was actually a first year student, I am more mature, confident and can speak a foreign language to an (almost) fluent level, all thanks to my experience in the Mediterranean. So, to anyone considering a year abroad, let me convince you as to why choosing Italy as your destination would be one of the best decisions you could ever make.

Firstly, Italy is where you will find the greatest food in the world. As an Erasmus student in Perugia, I was able to swap Lucky's takeaway for high quality pizzas made using a traditional Neapolitan recipe that not only tasted better, but were surprisingly much more affordable than those in Leeds. I discovered that 5 euros can buy you a glass of wine or a cocktail, with an unlimited buffet of typical Italian food. The Italians call this an aperitivo, and the aperitivo became my year abroad go-to meal when I was running low on cash but still wanted to eat something tasty.

Aside from the tempting food, Italy is a perfect year abroad choice as it is a country that has something to suit every traveller; beautiful mountains, gorgeous beaches and cities famed for their art and history. It is incredibly easy to travel around Italy, be it by bus, train, aeroplane or Vespa, making it possible to impressive places such as Florence, Venice and Naples. Each city and region has a distinct style and atmosphere, all with something interesting and exciting to offer, such as historical festivals, famous architecture and remarkable scenery.

But above all, choosing Italy as your year abroad destination would be a great choice mainly because of the people who live there. Whilst abroad, I encountered many Italians who were friendly and welcoming. I can't recall how many times people invited me into their homes for dinner or to a local café for a coffee. Being an English student in Italy you are able to find friends quickly, as Italians seem to hold us Brits in high regard, and want to learn more about our values and traditions. In nearly every University city, there are many social activities available for foreign students, and there's so much to get involved with.

Back in Leeds, I'm content that I spent a year studying in one of the most interesting and culturally rich countries in the world. I would recommend every student thinking about a year abroad to consider Italy, if they want to experience a taste of la dolce vita.

[Madeleine Hodson]

Food

Review: Battle of the Burger



Did your favourite come out on top?

It's a question debated by many and up until now has been previously unsolved; who makes the best burgers in Leeds? With an extortionate amount of restaurants devoted to crafting the best combination of a patty in a bun (doesn't it sound so simple?) dotted around our city, a fight to the finish had become the only feasible option. Enter Danny, Unit 44 and One20. After successfully hosting Battle of the Burger in Newcastle, they brought their expertise to Canal Mills at the weekend to settle the score once and for all.

Heading there for their opening night on Friday, I wasn't sure what to expect aside from burgers, beer and just generally a good time. Although a venue like Canal Mills might be more associated with DJ sets and Air Max on a Saturday night, it was the ideal battlefield. The smoky smell, dim lighting and sound of sizzling was reminiscent of a summer barbeque. After a disappointing no show from Get Baked and Almost Famous, the remaining six vendors had gone all out with signs and bright lights in an attempt to deter their competitors.

Working on a £3 per coupon and a coupon per burger system as a way of judging the winner, I decided to venture out of Yorkshire on my first choice and go with the winner of the Newcastle round, The Fat Hippo. Drawn in by the promise of Monterey Jack cheese and everyone's favourite chorizo, I was pleasantly surprised when the proposed slider was more the size of a regular burger. Considering the queue size and the amount of burgers being produced at once, it was of a high standard and I would have been happy to receive the offering in a restaurant.

Next up was Belgrave's very own Patty Smith's,

and for me the standout of the evening. The blend of ox cheek and red cabbage coated in béarnaise sauce with a perfectly cooked steak patty was a fighting effort from Leeds' very own. After these two delights, I wasn't as impressed with the rest of the clash. Although Boozy Q seemed the most popular from the crowds stood around the stall, after ordering it soon became clear that was down to a long wait time, frantic staff and poor organisation. This was reflected in the burger - when we eventually got one. Next up was The Yorkshire Pit, a BBQ company inspired by American style cooking and with a heavy focus on where their meat is sourced. Their beef patty was cooked to perfection, and outshone all of the other challengers in that respect; with a more adventurous topping choice, they could be onto a winner. The only two vendors I didn't get a chance to try was Kerb Edge (who ran out of burgers before 9pm... enough said) and the Black Swan. Although I consider myself to be a daring diner, a beef and bone marrow burger doesn't do it for me.

The focus of the evening was firmly with the food, but the music has to be commended; beginning fairly laidback and progressing as the evening went on, each song choice suited the venue and the event. On Monday, BOTB revealed via Facebook that the winner of the weekend was The Fat Hippo; although feeling slightly disappointed that a Leeds born and bred burger was crowned champion, it couldn't be disputed that Newcastle brought the fire to a waistband expanding and incredibly successful event. I don't think this is the last we'll see of Battle of the Burger in Leeds.

[Emma Bowden]



“Italy is where you will find the greatest food in the world”



Travel

Essaouira: Morocco's hidden gem

Image: Nikki Bidgood/Getty

North Africa's Morocco has been an increasingly sought after holiday destination for European tourists, in particular the French and Spanish, due to its use of the French language and close proximity with Spain. For the true Moroccan experience most visit the vibrant and exotic capital Marrakech. A market city boasting everything from traditional street foods, to snake charmers, and every colourful material and flavoursome spice you could dream of. Pair these with hot temperatures and luxurious hotels and it is easy to see the call of Marrakech.

However, it's common knowledge that the streets of Marrakech are not for a holiday-goers after a relaxing getaway. While the bustling markets are a superb place to haggle and explore, they are not ideal for an easygoing stroll. This is where Essaouira comes into its own. A quaint and unconventionally beautiful seaside town located on Morocco's West coast, it possesses many of the charming qualities that Marrakech has to offer – and more. As soon as you arrive and begin to explore the enchanting medina, beaches and port one thing quickly becomes clear; the beauty of the town is that it hasn't been entirely engulfed by tourism. While the medina market area bustles

vibrantly, exuding an authentic Moroccan vibe, it does not have the same sense of frenzied chaos that the large-scale capital does. The locals are friendly and welcoming, and venturing through the souk and its surrounding lanes is a breeze and utterly enjoyable. Endless beautiful doors and tiny side streets are just waiting to be discovered.

In the medina you can also find a great wealth of traditional and modern restaurants - one to recommend is definitely Le Patio, a restaurant and bar which serves many Moroccan dishes such as couscous, tagine and fresh fish from the nearby ports. The candle-lit, canopied interior provided by luxurious drapes and curtains makes for an unique dining experience.

Another must when visiting Essaouira (especially if you are a GOT fan; some episodes from Season 3 were filmed here) is its Skala du Port, a marvelous seaside fortress-style barricade complete with life-size cannons. Making it the perfect spot to experience breath-taking views of the wavcrashing over shallow rocky waters and fortress sea-ruins in the distance. The rustic blue-painted old fishing boats are an unmistakably delightful feature of this small port, with many to be seen bobbing on the

soft waves as you explore the quaint local mini fish market.

Finally, a large asset that Essaouira has to offer is its glorious beaches, which seem to be great for just about everything, from water-sports and sunbathing to camel riding. Windsurfer junkies flock to the coastal destination, with the area becoming known for its high quality water sport conditions and facilities. If this isn't your thing, go for a camel ride but make sure you haggle as they are sure to bring down their prices. With the temperature in Morocco being at least 25 degrees most of the year round it is a sunbathers paradise so don't forget your towel. If you're a thrill seeker or want to try something new, why not go on a dune buggy trip and speed through the desert over bumpy sand dunes.

All in all, the best way to describe Essaouira really is 'Morocco's hidden gem' – with so much to offer you'd be crazy not to consider it over Marrakech.

[Jessica Herbet]

Recipe: Courgette and Lemon Cake

Ingredients:

250g very soft unsalted butter
3 lemons (4 if you want a lemon drizzle topping instead of cream cheese)
200g caster sugar
3 eggs
1 medium courgette, grated
1 tsp vanilla extract
200g self-raising flour
1 tsp baking powder
¼ tsp of salt
85g icing sugar
200g soft cheese
¼ tsp of salt

Have no fear, this cake doesn't taste slightly like courgettes; instead, like carrot in carrot cake, the courgette keeps the cake moist and adds a lovely green tinge to the sponge.

Method:

Preheat the oven to 180C/160C fan/gas mark 4. Line the bases of two circular sandwich tins with baking paper to stop the cake from sticking.

Cream the sugar and butter together (using the back of a spoon) in a large bowl until they form a creamy mix with no lumps of butter, then whisk in the eggs one by one and whisk until the batter is more or less smooth. Add the

vanilla extract and grate the zest from the three lemons in, before squeezing their juice into a separate bowl. Add the grated courgette bit by bit and mix until you have a slightly wet greenish batter, but not so wet that liquid pools around the side of the bowl (if it's still like that after adding the flour, add just enough plain flour to soak up the liquid).

Add the flour, baking powder and ¼ tsp of salt and mix. Add 1 tbsp of the lemon juice from the separate bowl and stir, then divide the mixture into the two tins and bake for 25 minutes, or until a knife stuck in the middle comes out clean. The cakes should be risen in the centre and slightly golden-brown. Don't worry if the knife comes out looking wet; as long as no batter sticks to it, it's fine. A wet-ish looking knife means that the cake will be nice and moist! Let the cakes cool for about half an hour, then run a knife around the edge of the tins to separate the cake from the tin before turning onto a cooling rack (I just used one of the metal racks from the oven) and let them cool completely.

Make the lemon drizzle by mixing a tbsp of the lemon juice with 25g of icing sugar. Spoon this over the bottom and top layer of the cake, then mix the rest of the icing sugar with the 200g of soft cheese and add the remainder of the lemon juice. I like to add this soft cheese frosting in between the two cakes and make a lemon drizzle out of granulated sugar and the juice from one extra lemon to go on top, which gives the cake a refreshing sugary-lemon crust on the top that soaks into the top layer, making the lemon flavour much stronger. Or you can use half the cream cheese mix in between the cakes and spread the rest on top of the cake.

[Zoe Delahunty-Light]

Columns

Hannah Lewis' Guide to Mental Health



Your first year of university is one of the most exciting times of your life. However, it is also a time of great change and new experiences, where there is a risk of exacerbating pre-existing mental health conditions, as well as exposing new ones which you may not have experienced before. Below are a handful of tips and tricks to keep your mental health in the best condition that is possible during this year...

Firstly, keep an eye on your alcohol consumption! There is a large possibility that during Freshers Week you will continue to get blind drunk for a number of consecutive nights and that's fine, just as long as you're prepared to deal with the consequences. As alcohol is a natural depressant, there is a risk that hangovers may exacerbate the feelings of loneliness and homesickness that one may feel shortly after they leave home. Of course for your own health and safety, do try to avoid becoming paralytic when you are out in a new city, but if you do please ensure that you have the necessary means to get through hangovers, whether that be a favourite film, a cosy blanket and some ice-cream in the freezer. Sorry for being a party pooper, but speaking from experience I can tell you that alcohol will become your frenemy.

Drinking sensibly will also make it easier for you to maintain a healthy diet and exercise. Now, I'm not suggesting you run a marathon every morning and eat nothing but vegetables, but do try to keep moving both to reduce stress and avoid showing how many packets of instant noodles you've actually been eating. That's another thing – be conscious that 95% of your serotonin is generated in your gut, so you actually are what you eat. If you're constantly eating for convenience, you will start to feel like a stodgy E number. Try to keep it balanced with a bit of fruit and some veggies thrown in to the mix.

However, do be aware that things cost money, and you probably won't have a lot. Learning to budget your finances is essential to being able to function like a real human being. Although being accustomed to living in relative poverty is almost like a rite of passage for a student, having no money can actually be extremely distressing. Try to avoid this like the plague, and plan how much money you will have to spend each week after your monthly outgoings have been considered.

Not being able to access your home comforts means you probably will get homesick – that's just a fact and is natural. If you know that you're the sort of person to miss home, try to arrange a visit home before you come to Leeds. There's no shame in ringing home once in a while too, you'll most likely find that most of your new friends will be doing the same.

Speaking of which, the expectation of meeting a plethora of new, life-long friends at university can be somewhat daunting for the naturally anxious and introverted individual. There's a lot of pressure on yourself here, and a risk that your self-esteem may be damaged if you don't meet your BFF in the first instant that you walk into your flat in halls. Regardless of what you may think of yourself, university is full to the brim of young people with varying interests and personalities so you're bound to find people you're going to get along with. If you don't manage to find the ying to your yang on your course or in your halls, try getting involved with some societies

where you're guaranteed to encounter an abundance of like-minded people.

Finally, make sure you're aware of the help and support available – and make use of it!

- Make registering at the Leeds Student Medical Practice one of your first errands that you complete when you arrive in Leeds. This way you can keep on top of your medication and prescriptions once you've moved away from your regular GP and you can familiarise your new doctor with your situation. The practice is conveniently placed just next to the university.
- The Student Counselling Service on campus is brilliant when you need to talk through your issues.
- LUU Mind Matters Society promotes mental wellbeing on campus and challenges the way in which society thinks about mental illness.
- The Mental Health Team at university are available to provide information and support concerning your mental health difficulties, and can help you in making adjustments in order for you to fulfil your academic potential.
- Nightline is a helpline available if you need someone to listen to you whilst you talk through your problems.

As I leave you Freshers to embark on an adventure of a lifetime, I would like to wish you the best of good luck for the next few years. You may encounter some of the best times as your life, but you may also encounter some more difficult. Just bear in mind that everyone's experience is different, and you may learn more about yourself than anything else in the coming years.

Take care of yourselves,

Hannah
xoxo

Postcard From Beyond



One month before I graduated from university, I started my first proper real-world adult job. Seventeen years of education almost completed and I was already moving on to the next stage of my life with hardly any time left to think in between. But who cares, right?

Getting a graduate job has always been the end

goal since the beginning. “Just get a good job that you’ll enjoy in Leeds”, was what I started to tell myself. Then it turned to “just get a job in Leeds that you’ll enjoy”. By the time Easter came around I was down to “just get a job in Leeds”. The biggest culture shock was the long working hours. Studying English and History at university had prepared me for four hour weeks, not eleven hour days. Who in their right mind wants to finish a day at work and then have to come home and cook dinner too? (Shout out to my parents who regularly did this for the 18 years I lived at home and moaned like a bitch). In my first fortnight of working life I maybe cooked three times; those times mostly included just throwing a couple of things in the oven for 20 minutes and trying not to fall asleep on the sofa and burning the house down.

There are times over the past few weeks that I have felt more like an adult, such as putting aside Sunday afternoons to do the week’s ironing whilst watching films like *Still Alice* and *The Blind Side*.

Then there are confusing moments where I feel like a confused mixture of young professional and student. If you’re sitting alone in your underwear with a glass of cheap wine watching *Bridget Jones’s Diary* it’s difficult to feel like you’ve got your life together.

And yet, that was the preferred choice to a night out because I only have two days off a week now and they are so sacred that I cannot think of anything worse than writing off a Sunday feeling rough.

Starting a job in the summer also means living in Leeds with no housemates. This can be a blessing in disguise at times, but when you’re so used to living in a house with five other people the constant silence can become a little too much. I realised the epitome of my loneliness on the walk home from visiting a friend on the other side of Hyde Park. Two minutes after leaving their door the heavens open and I’m caught outside with no umbrella, jacket or defence of any kind. Cue me turning this walk into a run. I felt like I was in my own romcom - the boy running through the rain in slow motion (no effects, I’m just not in great shape). Here’s where I realised how shit my life could be. I wasn’t running home to the perfect girl, all I was running to was an empty house and another night alone. Rock and fucking roll, right?

[Callum Dolan]

I Love my Fanny (Pack)



Wearing a fanny pack comes with a lot of baggage. People snigger, stare and try to claim it’s merely a short-lived hipster trend. Bum bag wearers (or waist bag) for the prudes, I salute you. We are sensible, stylish and street savvy. Festivalgoers, clubbers, German tourists and dog walkers, let us unite against the cynics. Let us bask without fear of reprisal in the era of what will soon be known as The Bum Bag Renaissance.

My fanny pack is no joke. The bum bag renaissance has given new life to this bygone 80s trend,

and over the years these ergonomic fashion choices have taken the high fashion runways (and Beaver works) by storm- just ask Karl Lagerfeld. No longer associated with perms, shoulder pads and parachute trousers the bum bag now exists as its own entity. The bag enriches the lives of its loyal wearers yet is constantly plagued by the criticisms of detractors who just don’t get it. If you’re into utilitarianism- then the fanny pack is the bag for you. Even Oscar winning thespian Matthew McConaughey, had to defend his right to wear a fanny pack to reporter Julia Morales; he said “I’m not afraid of the fanny pack, you gotta kind of put it on the side to make it look a little, not as nerdy. But still, practicality wins out.” He added, “I’ve got so much gear in here that I don’t want in my pockets.” Rightly said, Matthew. No matter who you are, the fanny pack will make your life just that little bit easier. Once you buy a pack, you don’t go back.

The bum bag has become the butt of the joke. Remember when everyone made fun of a middle parting? Look where we are now. Just because I brought my black leather strappy number from *Blue Rinse* and it still contains Amsterdam Metro tickets from 2008 in the secret pocket does not detract from its utility and it looks damn chic. Nowadays with iPhones taking over the world, everyone is heading out with a small fortune loose in their pockets. The fanny pack is basically pickpocket-proof, drunk-proof but not critic-proof. All they’ve ever done is keep your

belongings safe when you can’t even look after yourselves.

We’ve all accepted the return of the 90s crop top, which is arguably one of the least sensible/accessible fashion choices to grace the high street. Why is everyone still hating on the bum bag wearers? There’s nothing funny about the fanny pack and its not just something to buy last minute for a festival- it is a lifestyle choice. You can literally let go of your inhibitions, wave your hands in the air like you just don’t care, without fear of lassoing a fellow club goer or sending your mini handbag spiraling off into the distance. Bum bags have got your back.

So, so long pockets! The Bum Bag Renaissance is nigh. With iPhones getting bigger and bigger the bum bag is the only real choice to accommodate them. So when the world is ready, *The Rock* (you know the picture I’m talking about), Matthew McConaughey and myself will all be saying we told you so.

[Amelia Dunton]

Views

Following recent allegations surrounding our Prime Minister, *The Gryphon* asks: Does it matter what our elected politicians do in their personal lives?



Image: Los Campesinos!

Yes

For some it was a shock, for many others amusement, when first learning of our current Prime Minister's alleged student antics last week. By 'antics', I am of course referring to the well-publicised story regarding David Cameron allegedly placing 'a private part of his anatomy' into a dead pig's mouth as part of an initiation ceremony, during his time at Oxford University.

I can't begin to understand the logic of such a bizarre and quite frankly disgusting act, but personally, the most telling part of whether it matters what politicians do in their personal lives is reflected in Cameron's attitude towards this whole affair. A friend of Lord Ashcroft's recently claimed that Cameron made repeated attempts to sabotage the Call Me Dave

biography, and it's no surprise. Of course it matters what politicians do, or have done, in their personal lives. Whilst everyone has the right to privacy, in taking up such a prominent role, you willingly sacrifice some of this. As Prime Minister, Cameron's actions are not just a reflection of himself, but also of the Conservative Party, British politics, and the country as a whole. Would the British electorate still trust the politicians they are putting in power if they all knew, for example, that a significant number of candidates are the alumni of elite societies such as the Bullingdon Club, for which initiation ceremonies include burning £50 notes in front of a beggars?

At a time of increased 'floating voters', personal image is undoubtedly a significant

factor. Not to mention the fact that we live in a society that is constantly talking. You need only sign into Twitter to witness the worldwide ridicule that Cameron has faced over 'Piggate', proving that what politicians choose to engage in whilst out of the public eye is very much of interest to our society. Cameron's first tweet since the scandal, about the rather more serious issue of aid for refugee camps, was met, perhaps unsurprisingly, with various pig puns, memes and photo-shopped images.

Whilst it's easy to laugh-off the numerous tabloid jibes and humorous tweets at the expense of our beleaguered PM, overall the negative impact these events have are too big to ignore. Questionable life choices matter. Aside from David Cameron, recent years have

seen countless politicians, such as Labour's Lord Sewel, have their political careers ended by embarrassing and generally more damaging personal allegations. Individual actions, however private, have the potential to damage not just an individual reputation but also that of the entire British political establishment. Politicians should always be held to account by the people they represent - the British public. As such, I believe what politicians do in their personal lives, or what they have done in the past, certainly does matter.

Helen Brealey

No

On the surface, yes, an insight into the character and the way a politician goes about their life does seem a key factor in their suitability to hold large levels of public responsibility. However, it is important to make the distinction between the illegal and immoral political revelations and allegations over the years and the increasingly dramatised tabloid smears of opposition leaders.

Although 'Piggate' is the most recent of these now fairly regular attacks on major politicians, it must be said that the infamous membership of the Prime Minister, his Chancellor, and the Mayor of London in some of Oxford's most elitist societies, such as the Bullingdon Club and The Piers Gaveston Society does make arguing that even politicians deserve a private life a rather tall order. However, while these clubs may well be outlawed

at the University, such activities are not actually illegal. So why should we care?

In contrast to the obnoxious actions of the ruling Old Etonians, the right-wing tabloid attack on the two most recent Labour Party leaders exposes a far more worrying side to the fascination with politicians' private lives. The Daily Mail's labelling of Ed Miliband's deceased, war-veteran father as the "man who hated Britain" reveals the tool of the contemporary media in scaremongering the public with falsified excavations from MPs' lives. The way that such unbelievable assaults on Miliband's private life succeeded in making him "unelectable" in the eyes of many exacerbates the need to quell the obsession with politician's lives outside of Westminster. Such allegations, however absurd or untrue, are irrelevant and unhelpful in terms of considering

a politician's ability to govern. This, essentially, is the crux of why the lives of MPs should remain separate from their policy and political reputation.

Despite constant reiteration that he wants a politics that centres around policy rather than personality, Jeremy Corbyn's initial stint as Labour leader has seen Murdoch's media hyenas focus the stories intently around the details of the Islington MP's personal actions, rather than his words or views. The media's subtle inferring at the type of person the Labour leader is based on the fact that he has had three wives, and its frenzy over his polite refusal to sing along to an outdated song with a 4th verse which gleefully chants about the quelling of rebellious Scots, are both merely recent examples in a sea of countless media attacks on the personal lives and decisions of individuals

in an attempt to derail the careers of politicians that challenge the status quo.

Yes, it is critical to note that though both exist as pork related incidents, there is clearly a necessary difference between the levels of coverage that should be given to Miliband's bacon sandwich eating skills and how the Prime Minister has recently been 'hogging' the headlines. Nevertheless, besides illegal revelations, the obsession with the personal lives of politicians must not become a smokescreen to the here and now, as events such as 'Piggate', no matter how funny, detract from the coverage of the austerity-driven policy that Cameron is actually implementing, something of far more damaging and beastly consequence.

Dom Johnson

Western Media is Fuelling the Extremist Fire

Billie Mills-Pullan
English Literature

As France joins the USA in carrying out airstrikes against the group who calls themselves Islamic State in Syria, it has become clear that the struggle to defeat Daesh will be a long one. However, the difficulty faced in overcoming terrorist organisations such as these lies not only in military efforts - the struggle also involves Western media. The sensationalist treatment of violence by the media has glamorised terrorism to

“Terrorism, like theatre, needs an active audience. Daesh have taken advantage of the internet and turned themselves into a globally feared organisation.”

those who are most vulnerable to their recruiters, and provided these groups with an easy way to publicise their

atrocities.

Terrorism, like theatre, needs an active audience. Daesh have taken advantage of the internet and have turned themselves into a globally feared organisation. In order to threaten US President Barack Obama, kidnapped journalist James Foley was filmed being beheaded last year. Footage and images from online execution videos frequently appear in large news outlets such as The Daily Mail, The Independent and The BBC.

Coverage of such horrors by the Western media inadvertently plays to the terrorists' desire to be famous and openly bloodthirsty. Michael Jetter, a professor at Universidad EAFIT in Colombia, systematically analysed more than 60,000 reported terrorist attacks between 1970 and 2012 and found that attention grabbing headlines about terrorism led to an increased likelihood of follow up attacks. "Terrorist organisations receive extensive media attention," Jetter says. "Whether it is the Taliban, al-Qaida, Boko Haram or, recently, Isis, terrorism is everywhere

on TV stations, newspapers and the radio. We also know that terrorists

“Just consider this for a moment. A suspected terrorist was portrayed as an anti-hero...”

need media coverage to spread their message, create fear and recruit followers.”

The attention given to terrorists reached new heights when two years ago, Dzhokhar Tsarnaev, who is suspected of planting bombs at the 2013 Boston Marathon, was featured on the front cover of Rolling Stone. He pouted above the title: "The Bomber: How a Popular, Promising Student Was Failed by His Family, Fell into Radical Islam and Became a Monster". Just consider this for a moment. A suspected terrorist was portrayed as an anti-hero, in the same romantic light that surrounds the exploits of the fictional anti-heroes of film and literature, such as Walter White and Nucky Thompson.

Women in particular seem attracted to this perverse glamour promised by media attention. French journalist "Anna Erelle" (not her real name) posed as "Melodie" on social media sites like Facebook in order to infiltrate online Daesh recruitment schemes. She found that girls looking to become brides to jihadists were attracted to fame. "The ones who go to Syria know they will be in the newspapers and on the Internet and people will be talking about them," Erelle says.

So how can terrorist crimes be reported without providing free publicity? Forensic psychiatrist Dr. Park Dietz says, "If you don't want to propagate more mass murders, don't start the story with sirens blaring. Don't have photographs of the killer. Don't make this 24/7 coverage. Do everything you can not to make the body count the lead story, not to make the killer some kind of anti-hero". As terrorism's target audience, the media should look bored.

The Liberal Democrats: Give Them a Second Chance

Kyle Harris
Politics

The months that follow a General Election tend to be rather mundane. The rigorous campaigning ceases; the hype for the underdog lacks momentum; and voters lose interest as quickly as the Liberal Democrats lose seats. However, this year has proven to be quite different with a dramatic shift occurring in British politics. Public disdain for the Liberal Democrats and the growing movement of 'Corbynism' has opened a gap in the political spectrum that has not been seen since Thatcher held the premiership. It's the political centre - and it's anyone's to claim.

In response to the resignation of Ed Miliband, the Labour Party set about electing a new leader. On the second Saturday of September they announced that the man leading them into battle would be left-wing candidate Jeremy Corbyn. His victory was met by rapturous applause, but there were those in the room who understood that Corbyn would not

only be leading Labour into battle against the Tories, but also against Labour itself. They had elected a man who has voted against their proposals on more occasions than David Cameron has had the opportunity to. In a matter of seconds the Labour Party had shifted significantly to the left.

“Public disdain for the Liberal Democrats and the growing movement of 'Corbynism' has opened a gap in the political spectrum that has not been seen since Thatcher...”

With Corbyn's Labour now claiming the political left and UKIP still firmly holding the right, there are three possibilities for the central ground: the Conservatives could expand, the Blairites can split off from a Labour they cannot possibly support and form a new social democratic party, or the Liberal Democrats could rise from their recent graves.

The first, a Conservative expansion,

seems rather unlikely. If the history of political parties can teach us anything it's that as one shifts one way, the other shifts the other. This pattern has been clear since the 1980s under the respective leaderships of Thatcher and Foot, and now history looks destined to repeat itself under Corbyn and Cameron.

The second, a split within Labour, is more plausible, but whether they still have ownership rights of the centre is questionable. The party have made their decision and they chose to surrender the political centre. They'd have no right to move back there - not for now anyway. The thirty-five MPs who put Corbyn on the ballot

“The Liberal Democrats can be a strong and electable force in British Politics again if they work for it.”

were arrogant enough to assume he'd merely add to the debate. Instead he became the debate and with it Labour's obliviousness has damaged their right to the political centre.

Charlotte Proudman on the Legal Glass Ceiling

Naomi de Souza
History

Earlier this month, Human Rights barrister Charlotte Proudman took to social media to reveal a lurid message she received over LinkedIn, the professional networking site. The message, from lawyer Alexander Carter Silk, read 'I appreciate this is horrendously politically incorrect, but that is a stunning picture, you definitely win the prize for best LinkedIn picture'.

At first, I did question the necessity of her taking him to task over social media; surely it would exacerbate the problem? Yet it occurred to me that this is often the very reasoning people encounter when faced with this issue. By reducing sexism to 'banter' we contribute to the continued subordination of professional women, and with 12% of QCs being women and 24% being Judges, it is obvious why Proudman saw this as an urgent

issue to address.

“At first, I did question the necessity of her taking him to task over social media; surely it would exacerbate the problem?”

The tabloids' response to this debacle paradoxically shows why Proudman was warranted in her efforts. Carter Silk has evaded much of the media scrum, whilst Proudman has earned the title of being a 'feminazi'. I spoke with Charlotte on Monday, and the timing couldn't have been more apt. Supreme Court Judge Jonathan Sumption had just come out saying female lawyers should be 'patient' and wait another fifty years for equality as their 'lifestyle choices' meant they weren't cut out for the long hours and the 'poor working conditions'. I know, how dare these feeble women folk want a family AND a career.

When speaking to Charlotte it's clear this is no overreaction, but an issue she

has bravely decided to tackle, arguing that 'quotas are the only way to ensure equal representation'. She went on to say Justice Sumption's views 'are not isolated in the legal profession, any attempt to challenge the old boys' network results in backlash, and we are suffering from a democracy deficit in our legal profession because those in the echelons of power do not represent the people'.

Indeed, it's time that women are celebrated in the workplace for their work and only their work, and when talking to Charlotte it is clear she is galvanized by the need to encourage women in law to push

“Indeed, it's time that women are celebrated in the workplace for their work and only their work...”

for progressive social change. Proudman's experience is not her first, and will be familiar to women of all professions, yet she has managed to utilise the LinkedIn episode to highlight the misogynistic

behaviour that affects many.

From talking with Charlotte it is clear that she sees this as a necessity, an inequality that has been ignored for too long, with Justice Sumption's archaic views proving just that. A talented human rights lawyer and anti FGM campaigner amongst many other things, it is apparent Ms Proudman is here to implement real tangible change.

Her final words, 'we will not sit back and allow discrimination to be perpetuated over generations' will resonate with many, and it occurs to me that this is not the last time we will hear from Ms Proudman. I do look forward to the next time.

Why Uni Shouldn't Be All About Booze

Lawrence Cwerner
Communications & Broadcast
Journalism

Fresher's week has finished - even if you don't drink, it is highly likely that you have had alcohol almost forced down your throat through promotions and peer pressure ever since you arrived. Don't get me wrong, I drink my fair share of booze, and alcohol can turn a quiet evening in into a wild

“Societies at the Freshers' Fair spent more time discussing getting lashed than about their actual society.”

“WTF happened last night? Please tell me I didn't get with my flatmate and spend £10 on a cold pizza”. However,

just because drinking can be fun doesn't mean everyone has to do it, nor that it doesn't ever have serious consequences.

The way alcohol is so ingrained into university culture is pretty shocking. During my welcome talks about the student union and societies, I lost count with the number of times they mentioned getting pissed, or going on a "massive night" to Fruity. Many people I talked to at the Freshers' Fair spent more time discussing getting lashed than about their actual society. "Yeah we go to Amsterdam once a year and get fucked, how cool are we?" Going to Amsterdam would be great fun, but why would you join a society to do that?

Drinking shouldn't be what makes you 'cool'. Surely, we've passed the days where we sneak into a shit club with fake ID, or use a trick straight out of an episode of *The Inbetweeners* to blag a bottle of Beefeater gin. That was as good as our nights out got: the buzz from of doing something you weren't allowed to do; the thrill of breaking the law; the joy of being able to rebel against everyone who told you not to drink.

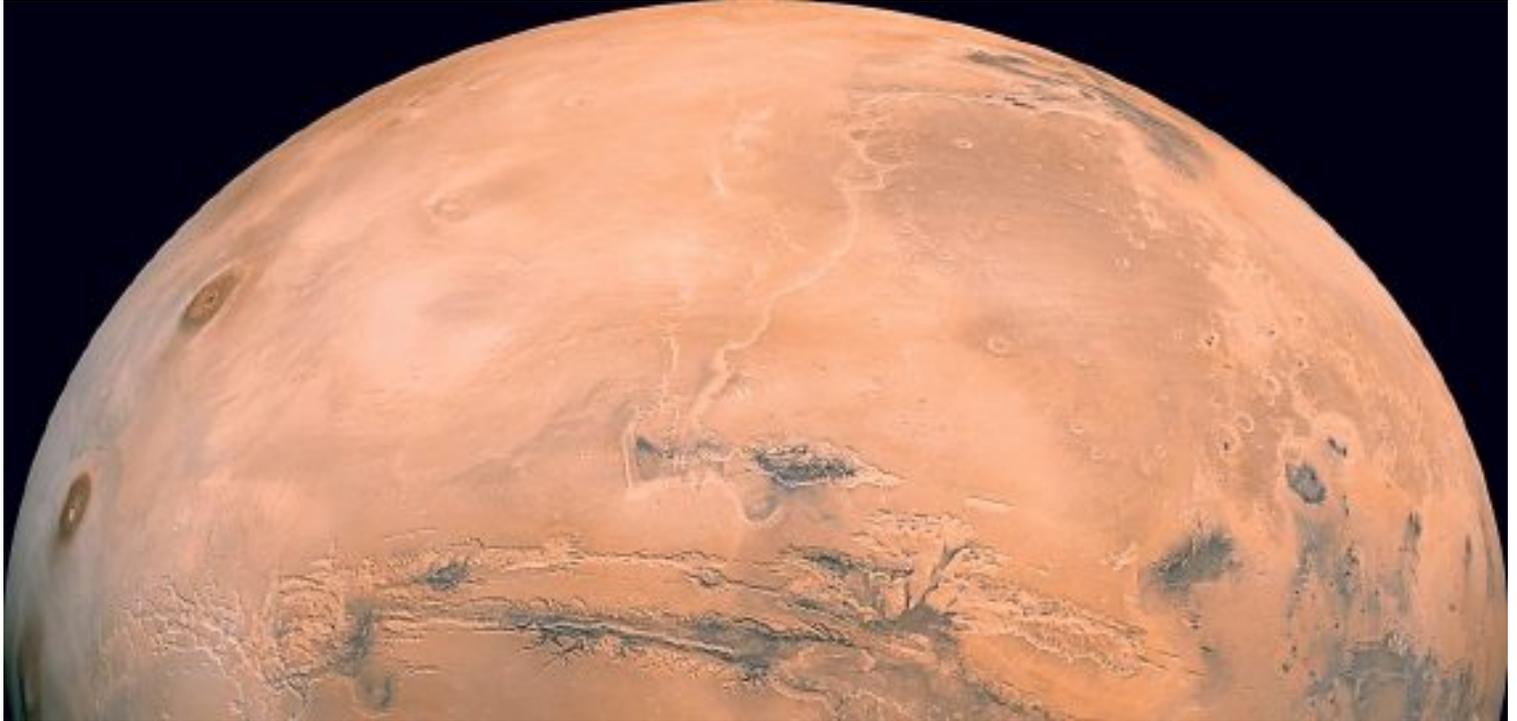
More importantly, alcohol can be extremely dangerous. In 2012,

“The NHS estimates that '9% of men and 4% of women in the UK' show signs of alcohol dependence.”

there were 8,367 alcohol related deaths in the UK. Compare that to the 123 ecstasy related deaths between 2008-2012, and given the University's 'no drugs' policy, the way that LUU venues and societies promote drinking is both incredibly stupid and risky. Imagine if illegal drugs were promoted in the same way? 'Get a free line if you come before midnight' or '3 pills for 2 Tuesdays'. The places which advertise this would be shut down immediately, so why is alcohol promotion allowed in this way? Just because the law allows alcohol promotion doesn't mean the University or the Union has to.

The NHS estimates that '9% of men and 4% of women in the UK' show signs of alcohol dependence. University drinking culture is centered on binge drinking, and recent studies indicate that 25% of people in the UK are clinically classed as regular 'binge drinkers'. Surely, the University could be doing a lot more to combat this, like funding anti-drinking campaigns, while LUU societies could concentrate less on drinking and more on the nature of society. Students, not to mention the rest of the country's population, have a drinking problem, and I for one feel that the University, as well as LUU, should be doing a lot more to address this problem.

To Boldly Go: The First Manned Mission to Mars



This week sees the release of Hollywood's latest foray into the Sci-fi genre, with Ridley Scott's *The Martian* again raising questions on how close we are to sending astronauts to the red planet. Is the technology really up to scratch or is it still just a pipe dream for writers, film makers and space enthusiasts? Well, it appears that plans are already afoot, with NASA planning to send their astronauts on the impressive 225 million km journey to the surface of Mars within the next 20 years! This incredible statement of intent indicates that putting a man on Mars is well on its way to becoming a reality.

The journey's first steps begin at the International Space Station (ISS), a mere 400km above the Earth's surface. Its location, situated in a low-Earth orbit, makes it the perfect place to test the technology and communication systems required for a mission to Mars. Astronauts can spend as long as 6 months at the space station, helping those at NASA understand how space can affect the human body and how best to maintain health during longer missions. This will be key to the missions' success, as the trip to Mars will take between 150-300 days. However, deep space

is a much harsher environment than on board the ISS, with cosmic and solar radiation being much more prominent. On Earth we are protected from this radiation by the atmosphere, but survival in deep space requires technological advancements to help protect the crew from the high levels of radiation.

The next 'giant leap for mankind' in reaching Mars will be in the 2020s, with NASA's Asteroid Redirect Mission. This is set to be a robotic mission, with an unmanned ship sent to a near-Earth asteroid to collect a multi-tonne boulder from its surface. Asteroids, like those depicted in previous blockbusters such as *Deep Impact* and *Armageddon*, are left over material from the creation of the Solar System and vary in size from a meagre 6m to a colossal 940km. Once removed from the asteroid's surface, the boulder will be brought back into a stable orbit around the moon. This is not as dangerous as it sounds as it will be placed in a distant retrograde orbit – which is opposite to the direction of the Earth's orbit around the sun – meaning it will not fall into the Earth. As an additional failsafe, if it ever did fall towards us, the mass of the chosen asteroid will be calculated to ensure that it would burn up in the Earth's atmosphere long before it reached

the planet's surface. As the boulder safely orbits the moon, NASA will send astronauts to explore the boulder, collecting samples from the surface before returning back to Earth. This will help test the technologies in deep space and ensure that they are suitable for a mission to Mars.

Current missions to the ISS are all Earth-dependant, meaning they rely on re-supply from our home planet. However, the robotic mission will help develop Earth-independent space travel, testing the capabilities of technology for longer missions into deep space. This will ensure that a mission to Mars will be self-sustaining. This mission will also be the perfect test for their new Solar Electric Propulsion (SEP) system. The required thrust for a conventional space craft is currently created using chemical propulsion; however, this is not the most efficient use of propellant. Instead, the SEP system creates electricity using a solar panel array. A resulting Electromagnetic field is produced, which expels charged particles away from the vehicle, creating thrust. Simply put, it's similar to the repulsion experienced between two magnets, with one magnet representing the electromagnetic field producing vehicle and the second the expelled charged particles.

The final step, of course, will be to send a manned mission to Mars and, as it was formed in a similar way to Earth, sending astronauts to it could help answer questions about our own planet's formation and history. The fleet of robotic spacecraft currently habituating Mars have identified that at one time it would have been able to sustain life. This manned mission could therefore potentially unearth the evidence required to finally answer the age old question; does life exist beyond Earth?

Do You Want To Be Forever Young?

Amy Cleaver

For years anti-ageing cosmetics have promised to prevent the signs of ageing by reducing lines and wrinkles. But is it possible to dive deeper, beyond the superficial, to prevent the body ageing at a cellular level?

The inconvenient reality of ageing is that we increase the risk of developing conditions such as heart disease, Alzheimer's and cancer, as well as a weakened immune system. Therefore, a life beyond our natural age could come with a host of age related disorders.

However, scientists may have found a way to extend our lifespans while keeping us in relative health. This discovery has raised the possibility of striking all age related disorders in one holistic and preventative approach and may revolutionize the way medicine is practised.

When we are young, our organs are full of cells that are constantly dividing and replacing old or damaged cells. This is the reason we remain mostly healthy. However, our cells will only divide a certain number of times before they die or enter a stage called senescence. Senescence causes the cells to become bigger, flatter and release chemicals into the surrounding area. Scientists have long known that as we age, senescent cells gradually accumulate in every organ. But it is only recent studies that have suggested that these cells have an essential role in ageing. It has been shown that these cells pump out a mixture of chemicals such as proteins into the surroundings causing inflammation. As nearly all age related disorders involve inflammation of some kind, scientists believe this may be the link between ageing and common age disorders.

To prevent the onset of age related conditions scientists have been working to remove these cells from the body. Darren Baker at the Mayo Clinic in Rochester, Minnesota genetically engineered mice so that senescence cells would carry a marker, meaning they could be targeted and destroyed by drugs. After administering the drugs to the mice from 3 weeks old, the team found they had a significantly delayed onset of age related conditions such as cataracts. They were also much stronger and less wrinkly than mice of the same age.

However, despite this working in mice, the same process could not be replicated in humans. One alternate method, as studied by Judith Campisi's team from the Buck Institute of Aging in Novato California, was to test the effect drugs have on preventing these senescence cells producing the inflammation causing proteins. This is a rapidly developing area of research, with many research teams looking into the best drug treatment with the fewest side effects. However, questions have arisen as to whether it can be justified for an otherwise healthy person to take medication this regularly or if the drug is even safe.

As well as practical implications to this form of treatment, scientists have questioned whether it is safe to stop the functions of these cells as they have also been found to have other useful functions. Professor Thomas von Zglinicki at Newcastle University has stated that senescence cells play a major role in wound healing and embryo development as well as prevention of cancerous cells developing into tumorous.

However, the main debate among researchers in this field is if helping people live longer is realistic goal. With the population of the planet currently standing at 7 billion people and with over 750 million of those not having access to clean water, we need to ask if it is sustainable for people to exceed their natural lifespan. In addition, how much longer might we live and what will we eventually die of? One clue comes from those with an exceptionally long life span, such as Hendrikje van Andel-Schipper, the oldest person in the history of the Netherlands who reached the impressive age of 115. When her body was analysed it was found she was down to just 2 stem cells, whereas a healthy person would have 1500. As stem cells are essential for regeneration, especially for blood, this shows that eventually she would have ran out of blood cells and died of anaemia. Could this suggest there is an unavoidable limit to our lifespan?

On one hand some would say that this is a good thing and aging should not be treated as an illness but as a way of life. However it is exciting to consider that anti-aging solutions could now become more than skin deep.

Try a Slice of Pi



Sam McMaster

I'm sure many of you have heard of the Raspberry Pi, this credit card sized computing board rose to fame as a cheap computing platform to teach coding to young children. However, that doesn't mean the new Raspberry Pi 2 is simply another piece of cheap tat, it packs some impressive specs into its small frame and has only costs £30. You only get the board itself so go grab that old keyboard and mouse out of the cupboard and find a microSD card of 8GB or more to round off the set.

I decided to take it for a test drive this past week, ditching my trusty desktop. So how does it hold up to a regular Windows machine? Quite well but due to the Pi running on a different software architecture to other desktop machines, finding software for it can be a challenge and of course, being familiar with Linux is a bonus.

The Pi's primarily developed for operating system is a version of Debian Linux called Raspbian, tweaked to better run on the ARM chip that powers it. ARM chips are normally found in smart devices but it's quite a job to get Android running on it. The Raspberry Pi Foundation has been working closely with Microsoft to bring Windows 10 to the device. You won't be getting the standard Windows experience here though, it's intended as a development platform for the Internet of Things, the network of objects embedded with electronics. Canonical has also released a stripped down version of Ubuntu called Ubuntu Snappy if you're a fan of more traditional Linux flavours.

In a way that sums up using the Pi, you can do most things on it but you'll have to manage your resources and occasionally find alternatives to your favourite programs. Raspbian is

being actively developed for means alternatives are easy to find. Looking through the software repositories, you'll find all the most popular web browsers. Chrome and Firefox are there, but Chrome does have some sync issues with your other bookmarks that have yet to be resolved. Due to limited memory, running multiple tabs can be challenging for the Pi.

Another area that needs to be addressed is video playback, to play YouTube videos without dropping the quality, a separate program needs to be installed that decodes the videos in a more efficient way for the 900MHz processor. When it comes to video playback from file, there are no problems at all. In fact, one of the best uses for this device is to set it up to be a media server for managing your music and video collection. Libreoffice is the standard office suite for most Linux distributions and can be installed on the Pi with a few clicks, if you squint a bit you could hardly tell the difference between it and Microsoft Office.

Think again if you want to try to play any demanding games here but if you're willing to tinker, emulators work wonderfully. RetroPie is a project aiming to turn the Raspberry Pi into a retro gaming machine, nearly every old console you can think of is accounted for here. Just plug in your controller, load up your ROMs and pretend it's the 90's again.

Raspberry Pi is great for the student that wants to tinker around and experiment with some new programs and systems. It'd be a great addition for computer science students and others in a similar field who want to do some programming. It gains massive points for its price and flexibility but despite all this I wouldn't recommend it as your main computer but it would certainly be fine to use until your student loan comes in.

STUDENTS...

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Sensational Spieth Sets Record

Mac White
Golf

It was fitting that Jordan Spieth capped off his successful year of PGA Tour play last Sunday with a win at the 2015 TOUR Championship.

His calm and calculated four-stroke victory at Atlanta's East Lake Golf Club allowed Spieth to regain his status as golf's number one-ranked player from Australia's Jason Day, and assure himself the FedEx Cup title.

The FedEx Cup uses a play-off-like format to ultimately decide the Tour champion of the year. Only qualifying golfers can partake in the Cup's four tournaments.

With the FedEx Cup victory, Spieth earned himself another lucrative PGA honour. The Cup's \$10 million payday catapulted him into the record books, having made the most yearly earnings ever by a Tour player. Spieth's \$22 million earned in 2015 even surpassed the previous record of \$20.9 million set by Tiger Woods in 2007.

A major helping hand in Spieth's seasonal success, caddie Michael Greller, also turned a tidy profit. Greller grossed \$2.14 million, more than a large share of PGA players.

Spieth qualified comfortably for his position in the Cup chase, winning five times in the year. Most notably, the American won the first two of the PGA's



four biggest events (Majors), emerging victorious at the U.S. Open and the Masters Tournament.

What was especially notable about Spieth's year was the fact that in the other PGA Majors he finished high up on the leaderboard. He finished tied for 4th at The Open Championship and 2nd at the PGA Championship.

Replacing the PGA's 'old-guard', four of the Tour's top five ranked players are under the age of 28, with Spieth only 22-years-old. With many of those within his age group just finishing university, Spieth's sensational and record-setting year cements his status as the most exciting player to watch on the Tour for years to come.

Hamilton Racing To Success

Ryan Kirkman
Formula One

Defending World Champion Lewis Hamilton looks set to retain the title after a convincing victory at the Suzuka Grand Prix in Japan. Hamilton got a better start than team-mate and closest challenger Nico Rosberg, who started in pole position, and used the inside lane to edge his car ahead by the second corner, forcing Rosberg wide and causing him to fall into fourth. Though Rosberg recovered to finish second, he now trails Hamilton by forty-eight points with just five races left, a deficit that should be defended easily enough by the Briton.

Hamilton was asked in the post-race interviews if he ever felt sorry for Rosberg given that he always seems to get the better of the German when the two engage in wheel-to-wheel racing. His diplomatic response belied the ease in which he dominates Rosberg. The fact is that as a racer Hamilton is virtually untouchable and gifted with frightening pace and an incredibly steely determination to win.

With this win, Hamilton matched his childhood hero Ayrton Senna with 41 career wins and if he wins the World Championship this year he will also match Senna's trophy haul with three. Hamilton has become one of the highest-performing athletes in the world, as well as one of the most highly-paid, and will undoubtedly go down as a legend of Formula 1.

Ferrari made a step-up this year, and if they continue to catch up to Mercedes, next year could prove more challenging for Hamilton. The Adrian Newey-designed Red Bull chassis is as always impressive, and it simply requires an adequate engine to be more competitive. However, with Hamilton's elite skill as a driver, it's not hard to see him dominating the sport for years to come.



Cracking Season of Yorkshire Cricket

Matthew Norman
Cricket

Yorkshire comfortably clinched their second consecutive Championship title for the first time since 1968 after an extremely dominant season. Despite

England star Joe Root not playing a single Championship match and up to six of his players being away on International duty at one time or another, Jason Gillespie led his team superbly once again to seal the trophy with two full matches still to play.



The title has looked assured for Yorkshire ever since they dramatically came from behind against fellow challengers Durham in early August. With the teams all but level after the first innings, Durham at one point led 79-5 and Yorkshire looked likely to slide to their first loss of the season. However, Australian all-star Glenn Maxwell (140) and England spinner Adil Rashid (127) set the Scarborough crowd alight with a dazzling 248-run partnership in less than 46 overs to put Yorkshire on top. Yorkshire eventually set Durham a target of 447 before the bowlers completed the turnaround for Yorkshire to ease to a 183-run win.

This display sent a clear message to the rest of the counties and after Yorkshire blew Middlesex away for a measly 106 at Lord's the title was confirmed. Despite going on to lose the match, their only County Championship loss of the season, there was still plenty to celebrate. Yorkshire rounded off their season with a comfortable

win over relegated Sussex, where Captain Andrew Gale was finally able to hold the trophy aloft in front of the Headingley faithful: an honour he was unable to fulfil at the end of last season because of disciplinary reasons.

In spite of another successful year in four-day cricket, Yorkshire once again struggled in the shorter formats. They finished second from bottom in the North Group of the NatWest T20 Blast and were knocked out by eventual winners Gloucestershire in the Royal London One-Day Cup. However, with the exceptional signing of England all-rounder David Willey from Northamptonshire for next season, it is very hard for any Yorkshire fan not to believe that a double is just around the corner.

Excitement mounts for l'Arc de Triomphe

Michael Andrews
Horse Racing

The €4 million Prix de l'Arc de Triomphe takes place for the final time at Longchamp Racecourse. With a new racecourse being constructed next year, the 2016 running will be held at picturesque Chantilly, just north of Paris.

The richest race in Europe, run over 2400m (or in English measurements 1 mile, 4 furlongs), has a rich history. From all around the world, as far east as Japan, horses come to do battle for the most prestigious of prizes. But we now stand on the brink of history, with the Criquette Head-trained and internationally-loved filly Trêve attempting to become the first horse ever to win three Arcs in a row. The bookmakers make her an incredibly short 10/11 for such an unbelievable feat.

As a three-year-old, Trêve was unbeatable, dominating her sex throughout the year before finally taking on her elders and the colts

when storming home to take this prize. However, as a four-year-old she struggled, taking on the brave Cirrus des Aigles and losing, before picking up a small injury at Royal Ascot when disappointing. By September, rumours of retirement were swirling, but her trainer, the fabulous Criquette Head, kept faith in her charge. By October, she shocked the Longchamp crowds by surging clear, annihilating a high-class field including many that had beaten her earlier in the season.

This season has been much more impressive from the now five-year-old filly, kept in training by her owners Qatar Bloodstock more out of the love of racing and the chance to break history than for the prize-money.

Her opposition includes the best of Europe, with both the French and English Derby winners New Bay and Golden Horn likely to line up as well as last year's second Flintshire and Royal Ascot winner Free Eagle. Can they spoil the party nearly everyone in racing would just love to have?



Image: amwestentertainment

England's World Cup future uncertain

Following England's crushing defeat to Wales on Saturday 26th September, the host nation's World Cup fate is far less certain than it once seemed. The country appears to be furiously divided between those who believe England can still do it and those who are already wishing them better luck next time. *The Gryphon* it seems is no more partial to having a divided opinion than an average public house. Gryphon writer Matthew Norman and Sport editors Alex Bowmer and James Candler give their respective thoughts on the issue.

Not our tournament

England's chance of lifting the Webb Ellis Trophy for the second time is over after their loss to Wales last Saturday.

Coming into the tournament with the hopes of a nation on their shoulders, England managed a solid 35-11 win over Fiji in the opening fixture. However, Stuart Lancaster's men knew they still had it all to do with rugby powerhouses Wales and Australia both still to play. But since a heavily injury-stricken Wales pulled off one of their nation's most dramatic wins over the hosts in Welsh history, England are left hanging by a thread – a thread that will soon snap.

England have to beat Australia on Saturday. Simple as that. Unfortunately for all you England diehards, this isn't going to happen. Australia are coming into Saturday's clash off the back of solid wins over Fiji and Uruguay and also after winning The Rugby Championship earlier this year. England have now lost three times in 2015 and all to nations ranked lower than the Wallabies in the World Rankings at the start of the tournament.

With the likes of Michael Hooper, Adam Ashley-Cooper and Israel Folau, Australia ooze world-class quality all over the pitch. Whilst England too may have some world class players of their own, all the pressure is on them. Most thought England would make it through the "group of death" but now they're in disarray. Australia are comfortably one of the best teams in the world right now and having nothing to lose will allow them to play expansive, exciting rugby. The sort that will comfortably overpower an underperforming England and see them crashing out of their own World Cup at the first hurdle.

In Robshaw we trust

It may be difficult to be optimistic given the heartbreaking defeat last Saturday, but England are definitely still in with a decent shout of progressing from Pool A. There is still time for England to claw their way back into contention and for their rivals to slip up.

Despite Wales emerging victorious, they paid a heavy price, with Scott Williams and Hallam Amos sustaining tournament-ending injuries. England clearly have to beat Australia to have a chance of progressing, but if they manage it, they know that they will be in an ideal position to capitalise on any dropped points from the two teams above them. Wales will face the Wallabies near the end of the group stage, and one (or both) of these teams will drop points.

Australia were not as convincing as us against Fiji, and were unable to claim a bonus point, something that England managed against the Pacific Island outfit. With the vision and flair that the returning Jonathan Joseph offers in attack, England (arguably) will pose a far greater threat than they did against Wales and let us not forget that historically, Australia do not fare well against the English, with Lancaster's side having won the last two encounters, which were both held at Twickenham.

While some of Lancaster's substitutions were criticised in the press, England have strength-in-depth and are more than capable of defeating their arch-rivals.

Hopkisson Hopes To Defend Varsity Victory

James Candler
Hockey

Last year the Leeds University Women's Hockey 2s battled their way to victory against a formidable Beckett side in a fast-paced and furious encounter that saw the Gryphons win by three points to two. This year captain Katie Hopkisson is hoping her 1s can follow in the footsteps of last year's victors and thereby secure wins across the board. *The Gryphon* was able to steal a few moments of the captain's time and ask her some pressing questions concerning the lead-up to Varsity.

How have you and your team been preparing for the upcoming Varsity match?

The same as we would for every game. We want to win! We have had pre-season since the 1st September to get ourselves back to peak hockey fitness for the upcoming season. Our Saturday league has already begun so we have been training hard and playing hard already.

Obviously a new year means the loss of old players. How do you think your team will adjust to these changes this season?

Due to losing a few players to the real world and others to years out in their degrees, our team has changed quite a bit. Luckily we have had some good freshers join our team to replace them. We have been trying out a new formation already this year which is more attacking. Hopefully this will suit our new team well!

How important is it to win Varsity in order to kick off the season?

Our Saturday league provides us with another opportunity to play together and keep working towards becoming a better team.

What are your goals for this season and how do you hope to improve upon the last?

We missed out on promotion in our Saturday league by one point last year! This year we will get promoted! We want to stay in the BUCS Premiership, but advance further in the Cup than we did last year.

When interviewing Hopkisson, one gets the impression that she has instilled a sense of calm professionalism within her squad, as if the grand occasion that is Varsity will do nothing to distract her team from their goals. Hopefully this confident cool-headedness will help ensure the team's success.



Uni Gryphons Face Off Against Beckett

Alex Bowmer
Varsity

Leeds Varsity is once again upon us, with players from across 25 sports hoping that they can prove their worth on Wednesday. The competition has come on an awful long way since its inception in 2005, when the University of Leeds and Leeds Beckett competed against each other in just ten sports. Since then, the event has come on leaps and bounds, and continues to update itself, having added sports as diverse as American football, Thai boxing and handball in the last two years. This year's programme sees korfbal scored for the first time, while the hockey 4s will be added to the fold.

Despite the Gryphons' success in a number of sports over the years, we have never managed to get one over on our inter-city rivals, with Beckett winning 9 of the 10 contests (the other ended in a draw). Last year's edition was a close-run affair, with Beckett prevailing 31-25 in the end.

The showstopping Rugby Union finale takes place at the end of a breathless day's action, and for the first

time ever, the match will be played in front of four full stands, as opposed to the usual three. Last year, Uni ran their more illustrious sporting opponents close, before eventually falling to a 46-30 defeat. Tickets for this year match will cost £10, and it is important that those who want tickets but haven't got them yet do so as soon as possible, as availability is now limited.

This year, both Uni and Beckett will host the event, with much of the action taking place at their Headingley campus. All the other sporting fixtures are free of charge, and students are strongly encouraged to go along and support their fellow students, something Piers Cottee-Jones, the LUU Activities Officer, reiterated.

"Varsity is so much more than a big rugby match where we show off our witty chanting talent, it's a full day of matches and events that brings the University community together. So I urge you to get down to the Edge, up to Weetwood and to the Leeds Beckett

pitches and support your friends and rally behind your Uni.

KEY FIXTURES

Badminton 1s (W), 1pm, CRI, Headingley Campus

Football 1s (M), 3pm, Top Pitch, Headingley Campus

Golf 1s, 10am, Horsforth Golf Club

Hockey 2s (W), 10.30am, STP Hockey, Headingley Campus

Rugby League 1s (M), 3pm, HC Pitch, Headingley Campus

Lacrosse 1s (W), 1pm, 3G Pitch, Headingley Campus

Volleyball 1s (M), 3.30pm, Green Hall, Headingley Campus



Image: Sam Broadley



Image: Sam Broadley



We look back at Yorkshire's victorious County Championship season p.17



We assess Jordan Spieth's record-breaking year p.17



The Gryphon previews one of the biggest days in world horse racing p.18



As the nation holds its breath, we analyse England's World Cup chances p.18

Harbord Confident of Clinching Varsity

The Gryphon's **Fiona Tomas** caught up with **Charlie Harbord**, LURUFC'S Club Captain, to get the low-down on Varsity preparations...

MOST girls would go weak at the knees at the prospect of chatting to a rugby player – perhaps more so if we're talking Club Captain of the University of Leeds Rugby Union side. Cue Charlie Harbord. The third-year International Relations undergraduate is everything I anticipated rugby 'Gryphon guru' to resemble – his pleasingly apparent articulation, paralleled with an outgoing personality, would make him any interviewer's dream and muscle mass does not come in short supply. I was, however, taken aback by his explosive enthusiasm on one thing in particular – Varsity.

This annual October clash is a far cry from the average rugby stadium atmosphere where fans mingle, applaud in unison and equally rate player performances. Choruses of intimidating chants are sung, Beckett and Uni fans are separated, alcohol inside the stadium is banned and the referee really is the man in the middle of it all. Harbord seems unfazed however.



"It's a huge spectacle - one of the biggest games that the boys will ever play in," he tells me. And he really does mean big. For the past seven weeks, the Club Captain for one of Leeds' biggest sports societies has been rising at half six in the morning on four days out of five to motivate the 25-man squad that has been selected to play in the Varsity rugby finale at Headingley Carnegie stadium next Wednesday.

"I feel very proud and privileged to be in this position – it's a massive responsibility because you know that thirteen-and-a-half thousand people will witness the work that you've overseen and organised. It's incredibly exciting." There is certainly an air of excitement about Harbord as he tells me why the Gryphons are optimistic about bettering their five-point defeat that they succumbed to in the final moments of last year's finale. The captain blames the three weeks of pre-season training as the reason behind everything being "all a bit frantic" when it came to match day.

This year, though, the boys have been determined to rewrite their wrong. "This is the longest and hardest the team has ever been training. We've come back early with real intent to attack this season," he says. As I sat listening to Harbord, I suspected that the freedom to enjoy Freshers' week for the players seemed somewhat limited. A sense of embarrassment crept over me as I thought of the amount of Domino's pizza I would soon inevitably consume outside the Union, and my respect for this unknown group of lads suddenly grew. The squad's 7am gym starts are fuelled by a carb-loading and protein-shaking daily regime. Alcohol isn't officially banned, but it's hugely frowned upon and is therefore practically non-existent (so too, I assume, is hitting Fruity on a Friday night). But Harbord assures me that morale in the team is kept high and downing pints of water at their weekly Wednesday night social in Revolution is enjoyed just as much as the grueling hill sprints in Roundhay Park.

The fact, however, that the Gryphons have failed to beat Beckett at Varsity for the past two years might be the driving force behind this seven-week intensive regime. Lingering on this thought, I asked whether the boys would prefer a fine game of afternoon rugby on the lawn at Weetwood rather than having to hear the 'lip and chat' (as Harbord tamely describes it) beneath the clamorous roars at the Carnegie stadium. Harbord, however, has his response ready. "I don't think there's any more pressure than what we've felt in the past. We'll definitely give it our best shot and this year I think we've got a good chance."

"We know that we're extremely privileged to have the opportunity to showcase our sport – none of us take that for granted. We will try our best to make the game the best showpiece and spectacle for people to enjoy – whether they love rugby or are just coming along for a laugh." He believes that it is the sport itself which makes it the perfect medium to achieve a fierce yet controlled rivalry at at crunch match like Varsity.

"Rugby is one of those games where you can have a fierce competition on the pitch. A lot of people just see it as boys running into one another and causing carnage, but it's a lot more technical than that."

I wouldn't have said the word 'carnage' springs to mind when watching rugby – it's rather hunky sort of blokes in tight tops. But then I wouldn't associate Varsity with rugby and all its traditional civility. It's anything but when you're a spectator, but then if it wasn't, it wouldn't be Varsity.



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