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[Image: Richard Stonehouse]

Autumn Statement Set to Hit Students Hard

- Student loan repayment threshold frozen until 2020
- Nursing students to lose government bursaries
- IFS estimates on earnings of £21k, an average graduate will pay an extra £3,000

Benjamin Cook

Last Wednesday, the Chancellor of the Exchequer provided an update on the government's plans for the economy in his annual Autumn Statement.

While some aspects of George Osborne's spending review have been lauded as successes for the opposition, such as a U-turn on over the scrapping tax credits and the decision not to cut police budgets, there is a sting in the tail for students and young people.

The government have announced that the earnings threshold at which student loans will be repaid will be frozen for five years despite pledging in 2010 that the threshold would rise with inflation. This freeze will be backdated to apply to all students who have started courses since 2012. The threshold for repayment will remain at £21,000 until April 2020, meaning that graduates earning over this figure would have to repay £306 extra a year. The government's own assessment

reports that graduates on middle incomes between £21,000-£35,000 will have to pay an extra £6,000 in repayment costs, saving the treasury £680 million.

The decision has been attacked by Martin Lewis of MoneySavingExpert.com as, "a disgraceful move and a breach of trust by the government that betrays a generation of students." Lewis had headed up The Independent Taskforce on Student Finance Information in tandem with the NUS, National Association of Student Money Advisors, UCAS, Universities UK, and GuildHE.

"It is risking fundamentally threatening any trust people have in the student finance system. It is one thing to set up a system that is unpopular but it is entirely different to make retrospective changes that mean you cannot even rely on what you were promised at the time you started to study," Lewis said. "The fact that the chancellor didn't even have the balls to put it in his autumn statement speech shows that he knew how unpopular it

would be. If a commercial company made retrospective changes to their loan terms in this way they'd be slapped hard by the regulator."

Labour's spokesperson for higher education, Gordon Marsden, has suggested the retrospective freeze could be open to a legal challenge, saying, "It will be a disincentive to future loan applicants, in further education as well as higher education, and it amounts to mis-selling to all the post-2012 students who signed up".

Osborne also confirmed the government's intentions to scrap student maintenance grants, instead implementing a maintenance loan system which the NUS calculates will see graduates leave university with more than £50,000 in debts. However, access to loans will be widened for postgraduate students up to the age of 60, and part-time students.

Continued on page 3. >>>



27.11.15

Weather

		HI	LO
Friday	rainy	11	3
Saturday	rainy	6	3
Sunday	cloudy	7	5

Quote of the Week

"He smelled nice, he had women's perfume on. I smelled it. I'm going to get my wife to get that stuff because I liked the smell of it."

Tyson Fury describes Vladimir Klitschko's distinctive smell live on Sky Sports News just days before fighting the Ukrainian for the Heavyweight Championship.

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Credits

Editor-In-Chief ~ Benjamin Cook

Associate Editor ~ Greg Whitaker

News ~ Elli Pugh, Jess Murray, Shamima Noor, Sam Robinson

Society - Avigail Kohn

Features ~ Stephanie Uwalaka, Molly Walker-Sharp

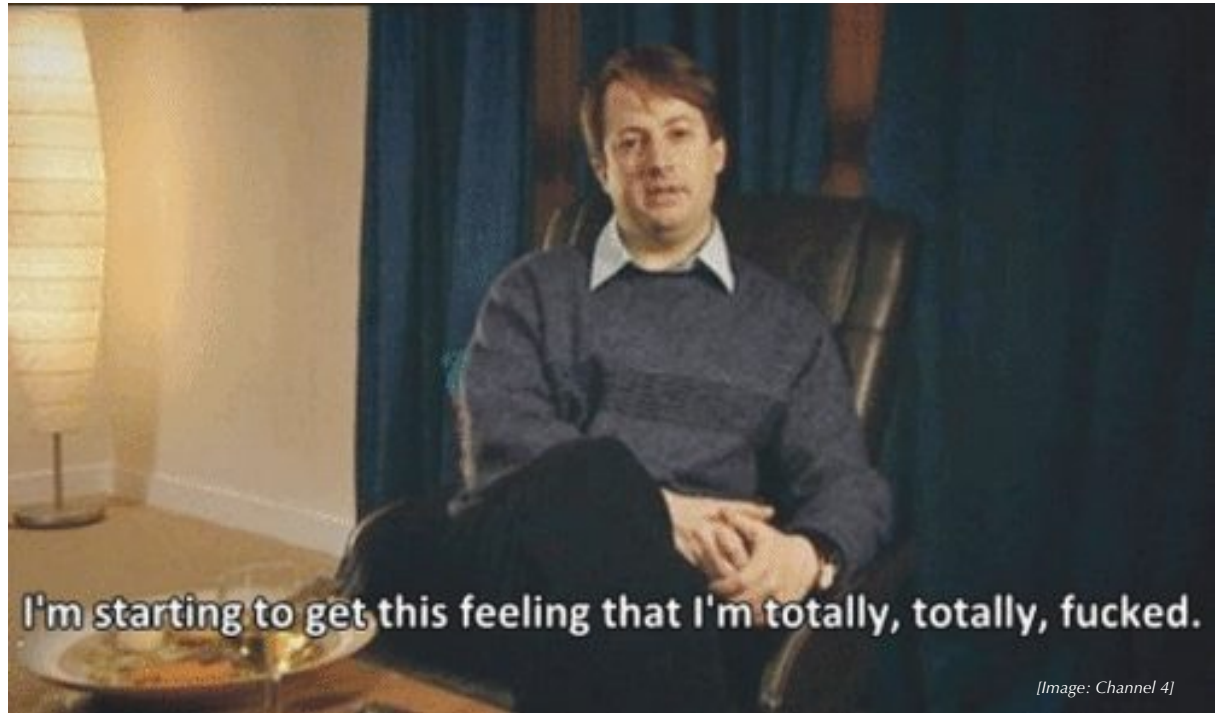
Views - Rachel King, Freya Parr, Dom Johnson

Science ~ Sam McMaster, Dougie Phillips

Sport ~ Alex Bowmer, James Candler, Nancy Gillen, Fiona Tomas

Head of Photography ~ Jack Roberts

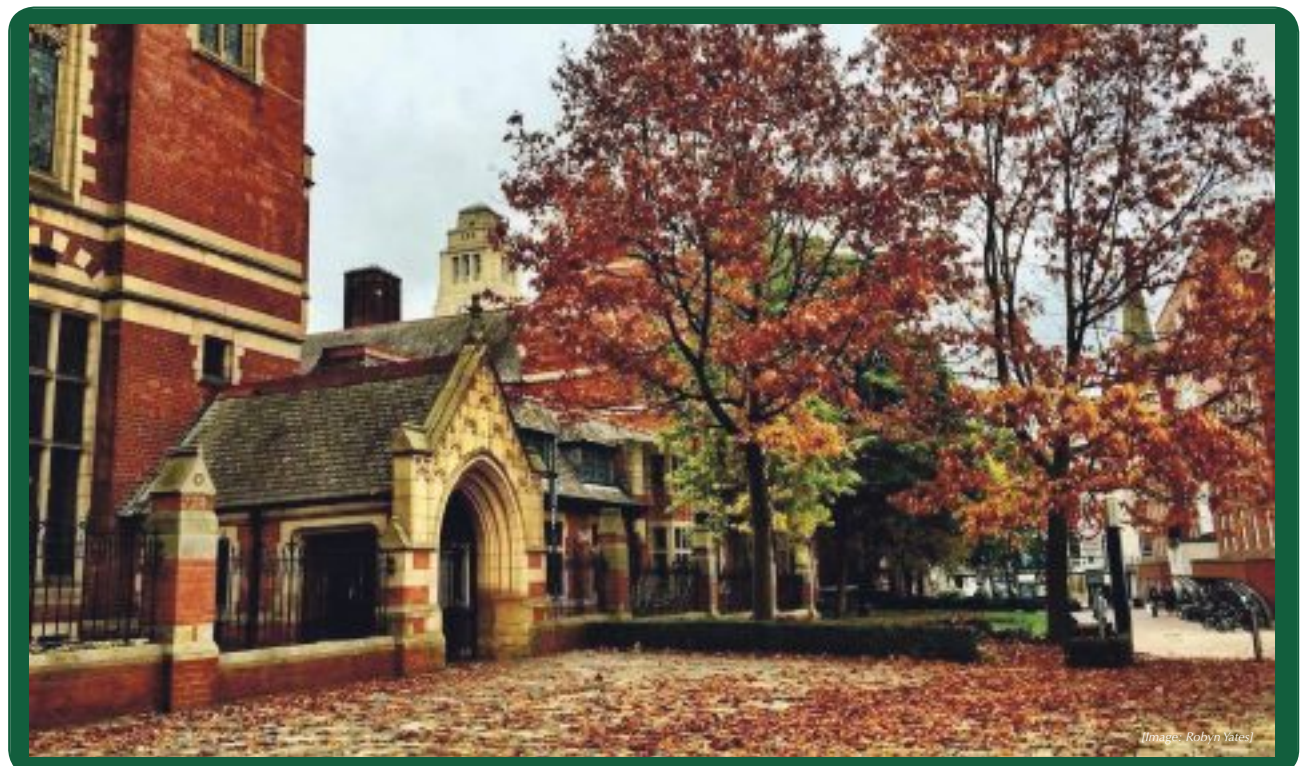
Editor's Letter: My response to the Autumn Statement



[Image: Channel 4]

Photo of The Week:

History student Robyn Yates captured this striking image of the changing seasons on campus this week.



[Image: Robyn Yates]

Autumn Statement Set to Hit Students Hard

>>>Continued from page 1.

Student nurses will also see their bursaries axed and replaced with tuition fees loans, in spite of the government's pledge to increase overall spending on the NHS by £8 billion by 2020. Mr Osborne has announced it will save the government £800 million a year, but there are fears that it will deter students from taking up nursing courses. Janet Davies, chief executive of the Royal College of Nursing told *The Guardian*, "Anything that makes people worse off and puts people off from becoming nurses and reduces links between student nurses and the NHS, would be a big loss to our society and puts us in a precarious position".

The Chancellor has also announced that the £15 million raised annually by the "Tampon Tax", VAT charged on sanitary products, will be invested in women's charities, with particular

focus on cancer and domestic abuse charities. While the move will ensure funding for charities, the manoeuvre has come under heavy criticism. Due to government cuts a number of domestic abuse charities have seen their funding severely cut, according to Women's Aid between 2010 and 2014, 32 specialist refuge centres closed. It's widely viewed that for the "Tampon Tax", a punitive tax that only applies to women, to become a funding source for charities intended to protect them from violence perpetrated almost entirely by men, risks compartmentalising violence against women as a "women's issue" not deserving of the attention of wider society.

Mr Osborne's economic policy has often come under criticism for punishing the young to protect the elderly, these measures, combined with the government's reticence to extend the living wage to under 25's will do little to alleviate this reputation.

LUU Vote to Introduce Consent Classes



Jessica Murray
News Editor

A proposal to introduce consent classes for university students was passed at the latest Better Union Forum, with twelve votes in favour and one against.

These sessions will be made available to students during Fresher's week next year.

The idea of consent classes on campus has received increased publicity in recent weeks, after *The Tab* published an article by a Warwick University student stating that the classes were 'insulting'.

Other proposals which received a majority vote in favour were the introduction of more functioning water fountains, and installing an Afro-American hairdressers in the union building.

The forum also passed a proposal to introduce an online book sale service to help students buy and sell their old texts book.

Only one proposal didn't receive a majority vote and as a result will go to a campus wide referendum. This was the proposition that over-

weight student should receive a discounted Edge membership to help them lose weight.

The forum also unanimously voted in favour of the union showing solidarity with the South African #FeesMustFall movement, a student led movement to campaign against increased tuition fees and for higher wages for lower earning university staff.

Protests have been taking place at various universities across South Africa since 12th October, after some institutions announced plans to increase fees by around 10%, with the government eventually announcing that no fee increases would take place in 2016, but making no promises for the future.

Also unanimously voted in favour was the decision to support all ISSF and Olympic shooting disciplines being made legal throughout the country.

Meanwhile, Thursday night's Better Leeds forum saw all five proposed motions pass. Motions included 'Should LUU work with the University to develop a rent guarantor scheme?' and 'Should the union lobby to have the catchment area of Leeds Student Medical Practice extended?'

Hyde Park Pedestrian Safety Petition Launched



[Image: Simon Hume]

Antonella Stonehouse

A campaign fronted by Leeds University Union Community Officer, Jonny Foster, is calling for Leeds City Council to review and improve pedestrian crossings in the popular student areas of Hyde Park and Little Woodhouse.

The campaign draws specific attention to the dangerous nature of the T-Junction between Belle Vue Road and Moorland Road, and the crossroads between Moorland Road, Hyde Park Road and Royal Park Road. Both of these crossings are along hundreds of students' daily route to campus or town, and the past three years have seen 15 accidents involving pedestrians in these areas. An online petition for the campaign has so far accrued 250 pledges supporting demand for new safety measures, which include zebra crossings and traffic lights.

Speaking to *The Gryphon*, Jonny Foster said: "The walk between Hyde Park and campus is particularly difficult for students, staff and local residents. Moorland Road and Royal Park Road are heavily used thoroughfares for pedestrians. These two crossings make the walk incredibly dangerous and we need to implement a safer environment for those using them".

"When I have been talking to students, this issue has come up time and time again as one of their top concerns. Since launching the petition the support for the campaign has been phenomenal. Hilary Benn, the local MP for the area, has been very responsive, as have the council, in addressing our concerns. We hope to improve pedestrian safety in the area dramatically with their help over the next few months".

Campus Watch



1 Bristol University

Lecturer Walks Out Over Cyber-bullying

A Bristol University academic has walked out of a lecture over reported "sexist cyberbullying". Helene Turon, an Economics lecturer, told students in her lecture last week that she had discovered comments made about her on the messaging app Yik Yak about her "banter" and teaching abilities. All Economics students were subsequently emailed by the Head of the Department regarding "misuse of social media".

Josie Hough

2 Ottawa University

Yoga Classes Cancelled Due to 'Cultural Appropriation'

A yoga teacher from Ottawa University says that her class was suspended over concerns about "cultural appropriation". An email sent to the instructor, Jenifer Scharf, said that the class had been under scrutiny "because of the cultures it has been taken from". The email noted that the cultures yoga comes from "have experienced oppression, cultural genocide [...] due to colonialism".

Zara Wood

3 Oxford University

Two College Balls Cancelled

Two balls at Oxford University colleges have come under attack from students who claim that they will upset women and ethnic minorities. A 1920s themed ball has been criticised by students because it represented a time when "the college was devoid of women and people of colour".

Katie Lowes

4 Brussels University

Police Warn Brussels Students

In the wake of heightened security after the Paris attacks, police in Brussels have told students to cancel their nights out in the city. Central Brussels has been in lock-down since the terrorist attacks in Paris due to fears of a similar attack in the city. Pictures on social media show students being evacuated from bars and clubs in the area.

Katy Frodsham

The Digest



Junior Doctors Spark NHS' First 'All-Out' Strike

Junior doctors have voted to go on the first all-out strike in the history of the NHS. Almost 40,000 medics were balloted, amid protests to their contracts proposed by Health Secretary, Jeremy Hunt. The terms would see an 11 per cent rise in basic pay but a reduction in premiums for hours at unsociable times. 98 per cent of medics who voted were prepared to strike and 99.4 per cent were prepared to take industrial action short of a strike. The results mean that the NHS now faces three days of industrial action in December unless talks are resumed.

Jonny Chard



David Cameron Responds to Terror Attacks

David Cameron has declared that he will make the case for extending airstrikes against IS into Syria to Members of Parliament in light of the recent attacks in Paris. This follows recent talks with French President Francois Hollande about France's response to the attacks. Jeremy Corbyn was hesitant about the prospect of future airstrikes, telling a regional party conference that governments "must not keep making the same mistakes". He did however stress that the next 5 years were crucial, and reinforced that "Britain does need strong military and security forces to keep us safe" and "take a lead in humanitarian and peacekeeping missions".

Shamima Noor



Transgender Woman Found Dead at Male Prison in Leeds.

The government is to review its policy on transgender prisoners following the death of a woman at Armley Prison in Leeds. Vicky Thompson was found on Friday after telling her friends that she would kill herself if she was sent to a male prison. An investigation into her death has been launched but her death is not being treated as suspicious. This follows an incident in Bristol where trans woman Tara Hudson was moved to a women's prison following successful petitioning. With 80 transgender prisoners in the UK, there have been calls for urgent reforms in the House of Commons.

Jonny Chard



21 Confirmed Deaths in Mali Hotel Siege

A military commander has confirmed that a recent terrorist attack on a hotel in the capital of Mali has left 21 people dead, including two gunman who conducted the attack. Alongside 14 foreign nationals, two local armed guards and three employees died. The gunmen stormed the hotel last Friday, taking 170 people hostage. This siege ended when Mali troops, supported by French and U.S. Special Forces, conducted a seven-hour operation. A terrorist organisation affiliated with al-Qaeda operating in the West African country claimed responsibility for the attack.

Becky Ward

“The argument against ‘No Platform’ is completely separate from the lived lives of students”

The Gryphon speaks to Toke Dahler, LUU'S Union Affairs Officer, on why he promotes the No Platform policy, the response he received to his Newsnight interview and what he's doing to support Junior Doctors.

ELLI PUGH
News Editor

Many people have argued that the no platform policy contradicts free speech. How would you respond to that claim?

Free speech is a fundamental, democratic principle which means that people can express their views without persecution. Free speech, however, is not the right to say whatever you like wherever you like, such as in other people's houses, churches or student unions. There is also a right to assemble and to make rules to protect this cause.

But there are contradicting views between student groups within the Union. We can't have a view that would suit everyone, how would you respond to that?

That's absolutely true, but No Platform has been policy in the Union for the past three years. It is constantly under debate but is still upheld in in each forum. It's been democratically decided.

Aristotle reportedly said “It is the mark of an educated mind to be able to entertain a thought without accepting it”. Seeing as university is meant to be a place where there is a free exchange of ideas and opinions. Doesn't a no-platform policy undermine this aim?

I've heard this argument a few times, but we have more student groups than ever before, and they are more diverse than ever before too. We have a bigger international community and we are filing more external speaker forms. This shows there are more views and ideas being spread around campus than ever before. On top of that, the dinosaurs in the media who are arguing that we are prohibiting free speech grew up in a time when their students' union would likely have been the only place where there could actually come and find different views. Yet today, there's the power of social media to experience new views. We meet the world in different ways than we used to, but I believe that students are still entertaining thoughts without necessarily accepting them.

What are the risks of abandoning a No Platform policy and allowing a two-sided debate over controversial issues within the Union?

I've never had to fear harassment, hate speech or threats of violence because of my identity, so that should be asked to students who face this every day. For example, around one quarter of women are sexually assaulted during their time at university. I certainly don't think they need to have rape apologists in the Union. We also have international students who come to Leeds having not being able to be openly homo-



(Image: Jack Roberts)

sexual where they come from. Do they need to be told homosexuality is a sin when they walk into the Union? I'm not convinced. It's these people who suffer from the liberal, theoretical debate on no-platform as a free speech. The argument against No Platform is completely separate from the lived lives of students.

If there was an overwhelming student opinion that we should abandon the No Platform policy in the Union, would you support this despite your personal view on the matter?

Of course I would support the student opinion. I do have a special privilege to have my say in the debate to let my opinion known, but I am ultimately elected to enforce the policy that students decide on.

You appeared on Newsnight last month defending No Platform. What sort of response did you receive from this?

Well, someone on The Tab's online comments called me a cross between Joey Barton and a crystal-meth-addicted pigeon. I also got called a spineless Norwegian weasel...even though I'm from Denmark. Other than that, there was quite a bit of interest in the media. The Times, the Spectator, BBC and now the Observer have covered it. I had no way of knowing when I said yes to doing the interview, but I have somehow become the poster boy of No Platform in student politics.

Do you think there is a generational divide in the views regarding the No Platform issue?

Yes, definitely. Many people in Western media are

well-educated, earn a good living and have a privileged outlook of life. They are rarely confronted with racism, sexism or transphobia so it's very easy from their position to see how No Platform is infringing on this untouchable, immaculate, democratic principle. As evident through attitudes to homosexuality or racism, I think it's clear that young people are better people than old people to put it bluntly. Shown through changing moral attitudes and a wider access to information and experiences, ours is a very different generation.

Moving onto other issues, do you think the Union is doing enough to support Junior Doctors?

I've sat down with Nick Spencer [a leading Junior Doctor campaigner] several times now and I went to the protest myself. We have given Union space for a banner and painting and we have published support on social media. We're doing quite a bit, but are always more than willing to listen to students who want us to do more.

And what action are you taking to campaign against grant cuts?

We subsidised a bus to go to the demo on the 4th November in London and we raised the issue with Hilary Benn. We are always willing to support student activities which are organised behind the issue. If students want to protest, campaign or contact someone specific about it, we're here to help.

The Gryphon's Own Freya Parr Breaks Her First Dates Silence



(Image: Channel 4)

Elli Pugh
News Editor

A Leeds University student has appeared on Channel Four's *First Dates*. In an exclusive interview with *The Gryphon*, third-year English student Freya Parr has shared her experience filming for national television.

Speaking to *The Gryphon*, Freya explained she was filmed for last Thursday's episode in September in a restaurant near St Paul's Cathedral in London. Revealing how she ended up in such a situation, she said: "I got involved purely because some friends and I got a little merry and drunk one night earlier this year when I was living in Perth on exchange, and they helped write my application in a moment of madness. I got the call when I was back in the UK, but I turned it down. However, my friends managed to persuade me that I should do it purely for their entertainment".

The Musical Theatre enthusiast who also works as *The Gryphon*'s very own Views Editor, insists that the

date itself wasn't as daunting as some might expect: "I had a nice evening and it wasn't massively staged, except for when they brought both of us out of the restaurant (by a production assistant dressed as a waitress). They then told us there was something wrong with our

"I got involved purely because some friends and I got a little merry and drunk one night earlier this year when I was living in Perth on exchange, and they helped write my application in a"

microphones and said we had to talk about our dating experiences more".

While the date itself may have been easy-sailing, the pre-date interview with a Channel Four producer left Freya feeling uneasy: "The interviewer asked some really uncomfortable questions about sex that I obviously didn't want to answer on national television! He also started asking about my family's background and

sounded disappointed when I said my mum is a teacher and my dad is in recruitment".

"When asked more about my dad's job, I explained that he owns his own business. The interviewer was clearly overjoyed and said 'Ooh, good, say that'. I then had to backtrack and clarify that he is the only one who works for said business, and works in the attic of our house, so it's hardly as if he's CEO of Goldman Sachs! It was very obvious that they were trying to paint me in a certain light".

When asked about the response she has experienced after the program was aired, Freya says: "Well, I keep getting hijacked by strangers. Hearing someone in the queue behind me at Canal Mills last weekend say 'Oh my god I've never seen a real celebrity before' made me simultaneously die with laughter and slightly lose faith in humanity".

Despite the pre-date grilling, Freya said: "Overall, it was good fun, and a bloody good story, even if it does mortify my parents!".

STAR Launch Refugee Christmas Appeal

Shamima Noor
News Editor

Student Actions for Refugees (STAR) are organising an upcoming Refugee Christmas Appeal by collaborating with the Leeds Supermarket Initiative and Essentials in the Union building.

All three will be working together to create packs that include essential items such as food, toiletries and learning equipment for refugees and asylum seekers in Leeds. The appeal starts on Monday 30th November, and will run for two weeks.

In order to raise money for the packages, blue tokens will be located around the store each worth £1. Those who are shopping in the store will be welcomed to take a token

to the tills with their shopping. All proceeds from the bought tokens will go directly to purchasing the package items. On the "Refugees Christmas Appeal" Facebook page, organisers have described it as an initiative that aims to "take matters into our own hands and directly help people in need this winter."

STAR are also holding a vigil outside the Union on Thursday 10th December in the afternoon. The vigil will form part of Human Rights Week, which takes place on the week commencing the 7th December. It will be in remembrance of refugees who have died crossing the Mediterranean, as well as raising awareness for the ongoing crisis. The event will feature a speaker and also music from an Eritrean musician.



(Image: Ellie Parkes)

The Gospel of Father Christmas

WITH EPISODES IN ALWAYS ALWAYS LAND, JERUSALEM, ATLANTIS,
MOUNT OLYMPUS, RURITANIA AND THE NORTH POLE

S.F. MELES

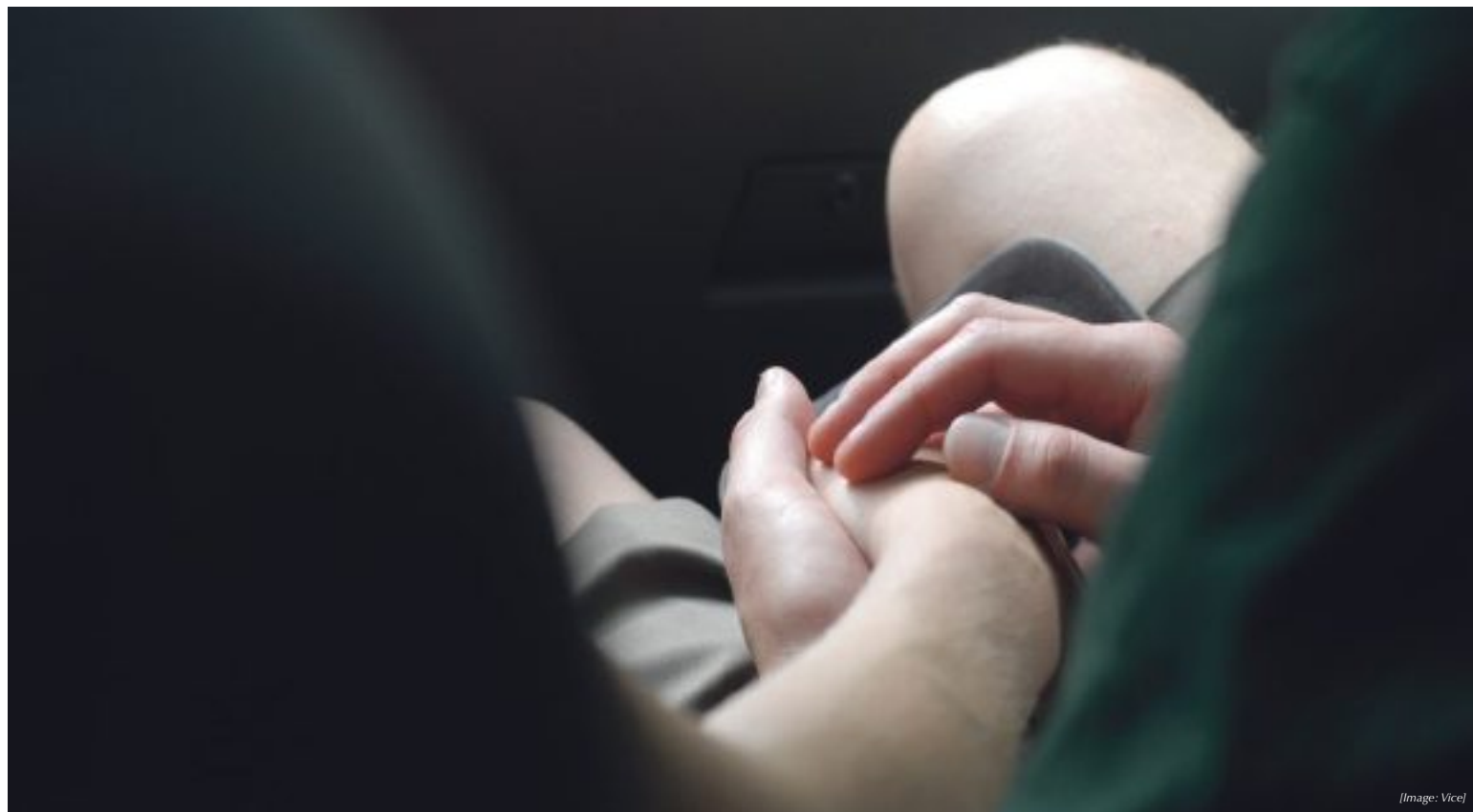


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Mind How You Go: A How-To Guide For Travelling and Mental Health

Nerves and anxiety are a natural part of travelling - you are stepping into the unknown and our fight or flight instincts kick in. With so many societies offering trips abroad over the Christmas break and even more students going away with friends or family, *The Gryphon* explores what it means to travel with a mental health condition.



[Image: Vice]

Emma Healey

Fear is an attempt to keep us safe, and really when you think about it: flying through the air in a 450 ton metal tube is a scary thought, even when you know that your chances of crashing stand at about 1 in 5.4 million, according to *The Economist*. These feelings of fear or nerves characterise most people's experiences of travel – but what happens when that fear takes over? When it worms itself into every aspect of your life, every thought is followed by a 'what if...' and your everyday state can be one of panic. If this is your normal - travelling becomes that much more difficult.

“This is not to say that those with mental health conditions should not travel, it just means that you may need a bit more preparation.”

You will, without a doubt, know someone with a mental health condition. According to mental health charity, Mind, 1 in 4 people will be affected by men-

tal health problems each year: 2.6 percent will struggle with depression, 4.7 percent will experience anxiety, 9.7 percent will have a mix of the two. Clearly, these conditions are not uncommon and it is time that the effect they have on people's lives is recognised. Holidays and travelling are meant to be a time to get-away from it all and relax but, for people with mental health conditions, holidays can actually be so much harder than day-to-day life.

University is a time filled with so many opportunities, especially for travel. What better way to see the world than climbing Everest with RAG, going to Amsterdam with your department, skiing in the Alps with Snowriders, going on tour with your sports team, or even spending a year studying abroad. These opportunities have the potential to help make university the best years of your life, but having a brain that sometimes just does not want to co-operate can mean that you miss out. From 2009/2010 to 2014/2015, the number of British nationals seeking help from the Foreign and Commonwealth Office (FCO) regarding mental health rose by nearly fifty percent. This is not to say that those with mental health conditions should not travel, it just means that you may need a bit more preparation.

Getting insurance when travelling is one of the most important things you can do. Sadly having a mental health problem can create challenges when getting in-

surance cover: it may be that you are seen as a 'high risk' customer and they can charge a higher premium or refuse to cover you. That being said, if you do not declare any mental health problems, any claims you do make that could be related to it, may be void. It is worth shopping around and looking at companies that specifically cover chronic health problems.

The Gryphon spoke to Kate about her difficulties getting insurance for her daughter with anorexia:

“Another thing to consider is that your routine will be completely different when travelling and, for many people, a routine can be what really helps them deal with their mental health problems..”

“It was impossible to get insurance for her, this may be specific to anorexia because of the additional physical risks but I must have rung about 8 different companies, including ones that specifically dealt with chronic

health problems but as soon as I gave her diagnosis they declined to insure."

Fortunately, Kate did manage to find a company to cover her daughter, so it is worth persevering – even if just to alleviate some of your travel worries.

Another thing to consider is that your routine will be completely different when travelling and, for many people, a routine can be what really helps them deal with their mental health problems. It is important that you have a support network, whether this is someone who you are travelling with or just at the end of a phone line. Don't be afraid to call them or send an email – even if you just feel a little bit anxious talking about it, sharing that burden will leave you better able to make the most of the country you are in.

The Gryphon spoke to third-year Physics student Jack about this, he said:

"I've been very lucky that anywhere I've gone I've had friends with me who've known me for years and know what I am like, so they know how to calm me down when I stress about a new place – which obviously happens often when away! I honestly don't think I could do it solo."

There are also factors and conditions that you should consider for any specific mental health problems you may have. For many people, holidays are a time to eat whatever you want to make up for months of dieting to get that beach body. For the

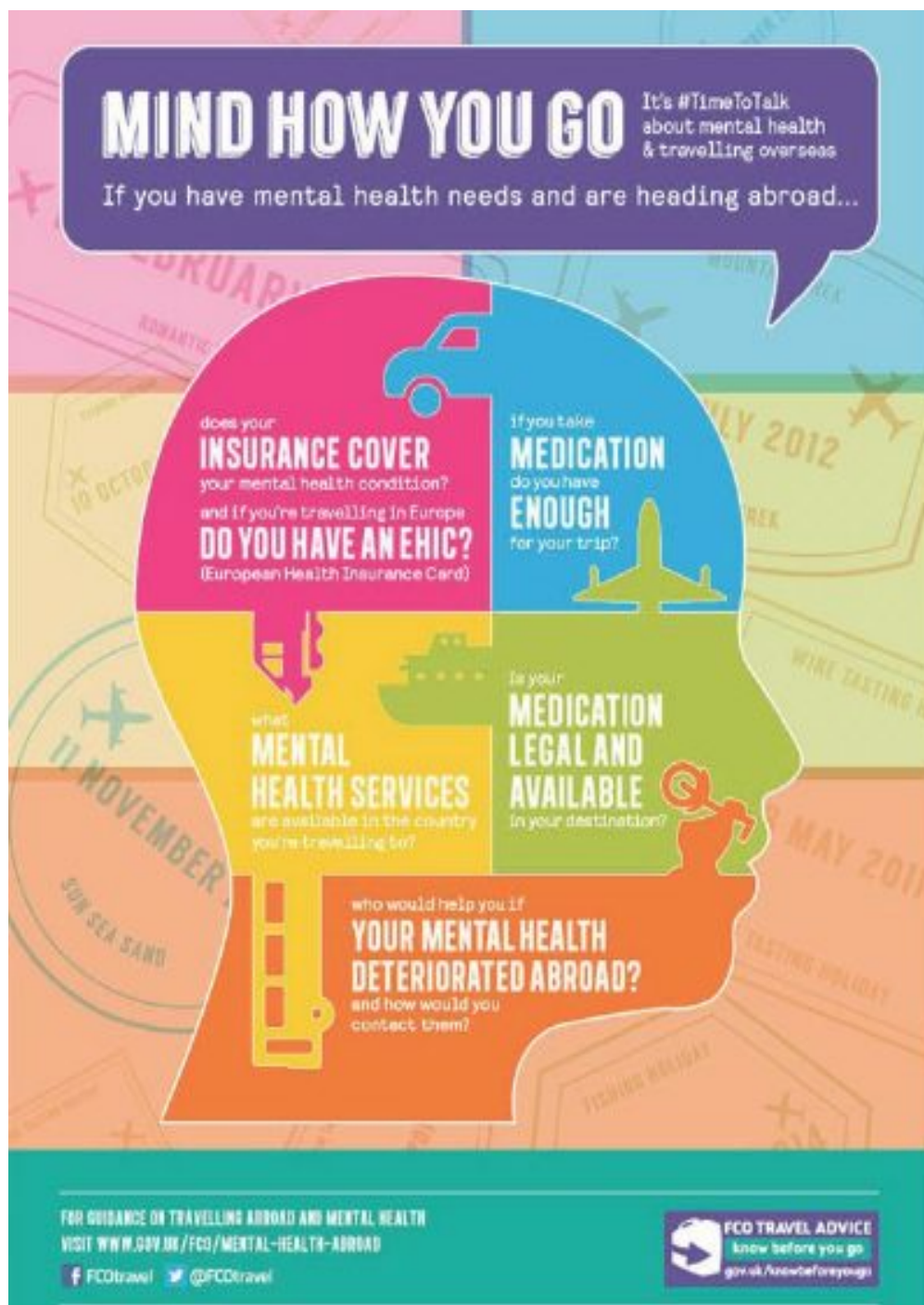
“The pre-holiday diet season pressurises people with a heavy focus on food, exercise, and calories; all this can work as a trigger for those either struggling with or recovering from an eating disorder.”

1.6 million people with an eating disorder in the UK – whether anorexia, bulimia, binge-eating disorder or some variation of disordered eating – it is not that simple. The pre-holiday diet season pressurises people with a heavy focus on food, exercise, and calories; all this can work as a trigger for those either struggling with or recovering from an eating disorder. Combined with the culture of excess, this can make holidays or travelling a really challenging time.

Alice told The Gryphon her story:

"Holidays are full of expectations of overindulgence and enjoying extra 'treats'. But it is not something I look forward to. It's something I dread. I am managing at home when everything stays the same day in, day out, but being away from home everything is so different. Even different types of milk can throw me off. It takes a lot of careful planning to make sure I am taking food with me that I feel 'safe' with."

Finally, in terms of medications, it is really important to make sure that any you need are legal in the country you are visiting. Not only should medication make it slightly easier to deal with the added stress of travelling but you also do not want to risk experiencing withdrawal from antidepressants or any medication in a foreign country away from home and away from your doctor. Whilst in a lot of countries this should not be a problem, it is still worth double-checking and



always making sure to take a copy of your prescription with you just in case you do have any problems. The UAE for instance, has a lot of controls in place when it comes to carrying certain medications into the country.

Whilst mental health conditions can make travelling trickier – it is worth preparing well in advance and persevering because everyone deserves to see the world.

The FCO campaign 'Mind How You Go' has some great mental health tips specifically related to travel and follow @FCOTravel and go to <https://www.gov.uk/knowbeforeyogo> for useful general and country-specific advice.

Also check out mindmatters.uk.com or for specific information on eating disorders try <http://www.b-eat.co.uk/>

Is Instagram Perfection Dominating our Lives?

There is little doubt that the Instagram hype, rife in our generation, has created a digital environment of competition and comparison. *The Gryphon* discusses the detrimental effects that powerful social media applications like Instagram can have.



6,680 likes

122

essenaoneill This is what an addiction to your appearance, social media and just social approval looks like. Our physical bodies do not define us. I won the genetic lottery. These thoughts are not original, others have said them before me and others can say it all better. But you listen because I look pretty here. That's messed up.

[view all 350 comments](#)

██████████ Lol ur worse than Kylie Jenner [||||]

████████████████████

████████████████████

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lamorenadedlost @sydneerussell from what I read about your comments you

Zoe Thresher

We are constantly surrounded by the anxieties of: How many followers do I have? How many likes will my photo get? What filter would look the best? Unfortunately, reality does not quite live up to that Instagram perfect shot, as we only see what people allow us see.

The craze of social media allows us to be the artists of our own lives, only exposing what we choose, and then flaunting this for the purpose of building our own social image. Therefore, it is no wonder that this Instagram anxiety has erupted from a frenzy of 60 million uploads per day. People are able to edit, improve, and transform their images, using photography applications, in order to boost their 'Insta-fame'. The number of likes and followers seem to be at the very forefront of people's concerns when it comes to Instagram, but when surrounded by news of Kendall Jenner's record breaking amount of likes, it is all too easy for this obsession to grow.

Only recently have Insta-famous people begun to move away from the Instagram fixation by revealing to followers what their real world looks like. Model, Stina Sanders, began uploading photos of herself in real life, depicting unglamorous situations such as removing facial hair, her feet after the gym, and her colonic irrigation machine. It did not take long until she suddenly lost 3,000 followers, due to the lack of beauty and glamour of such posts. So, when all we do is cause ourselves frustration and anxiety over these perfect Instagram lives, why is this all we seem to want to see? We like the idea of being able to reinvent ourselves and, for those followers who do not know us personally, control their perception of us and design an idyllic life for our own self-assurance. There is a strong desire for people to know that, by what they upload, their followers see that they are happy and always having a good time. This can create anxiety as some may feel that they have been left out of social situations and should be having an equally fun time, rather than tucked up in bed at 10pm on a Saturday night.

Essena O'Neill's story went viral after she restructured her Instagram account with new and improved captions of the truth behind the photograph. She revealed the efforts that went into each snapshot, including the hundreds of shots it took to get the perfect one, how she would not eat before to make herself appear thinner, and the money she earned from brands to model clothes. She admitted that she would get

“the conflict between publishing the perfect versus the real also goes to show how applications such as Instagram really feed artificiality.”

dressed and made up purely to get that Instagram worthy shot. Not only is there an avid desperation and sense of emptiness created by this, but the conflict between publishing the perfect versus the real also goes to show how applications such as Instagram really feed artificiality.

Ironically, there is something antisocial about social media. Some people would rather be sat around the dinner table, checking on their most recent Instagram post to see if it has enough likes, rather than have a conversation. Others do not let their phones leave their hands, anxious to see whom their next follower is. This compulsion withdraws people somewhat from the real world and lures them into this digital fantasy. People become more concerned about their Internet image than that of real life, whilst they ponder over what hashtags to use, the best time of day to post, and the most attractive filter to use. This, in turn, creates a sense of disillusionment and leads people to believe that their self-worth is only decided by their Instagram reputation. Mark Zuckerberg said that social media will be 'the empowerment of people', but surely this can only go so far—perhaps it could be more detrimental that people think.

In extreme cases, people such as Kerry Hooton have spoken out about their troubles that were triggered by the flawless lives of Instagrammers. Swayed by the illusion of these images, her anxiety developed to the point of an eating disorder, seeing her weight drop to just 5st 7lbs. She believes that Instagram was the main prompt for this plummet as the purely image-based social media left her feeling inadequate. Instagram have since banned the use of hashtags such as 'proanorexia', 'probulimia' and 'thinspiration'. Despite this, the trend remains. Social media inherently provides the platform for such issues to multiply.

As Instagram and other medias continue to put on a show, they condition us on the basis of appearance, picking ourselves apart bit-by-bit, and give way to lack of privacy in people's lives. There seems to be an unnatural sense of publicity created by social media—everyone always seems to know who is where, who is doing what, who is with who. Because of this, we become vulnerable to all of the glamorous portrayals of so-called perfect lives and some are left hypnotised when they see the daily celebrations of Insta-perfection. As a generation born into and living alongside this viral disease, our susceptibility continues to grow.

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In The Spotlight: Leeds Labour Students



This Week, *The Gryphon* interviews Leeds Labour Student's External Canvassing Coordinator, Liron Velleman, to find out more about what the society has to offer.

Leeds Labour Students has a long history of bringing together Labour-supporting students and fighting for Labour values. Campaigning for Labour candidates on and off campus, the society have recently hosted guest speakers such as Andy Burnham, Jeremy Corbyn and Yvette Cooper. The Society also hold a range of socials and nights out, as well as opportunities to get involved on the frontline of campaigning for the Labour Party.

Siân Halas

What does Labour need to do next to take power in the next election?

What we need to do is win more votes than the Conservatives. To do that, we need to convince people who voted Tory last May that Labour under Jeremy Corbyn can lead a better, more competent government than David Cameron has given us since 2010.

We need to defend the Blair/Brown record from Tory smears and stop them reversing Blair/Brown policies, as they're trying to do at the moment with tax credits. We also need to take on the lie that we caused a global economic crisis. The crisis was started on Wall Street by the bankers gambling with other people's money, not because Labour hired too many doctors, nurses, police officers and teachers, sent too many working class kids to university and built too many schools and hospitals.

Are there different interpretations of what Labour means to members within the society?

Some members join the society because they've seen the changes Labour's brought to the country and want

to help be part of that: the NHS, worker's rights, LGBT rights, the minimum wage, comprehensive education and 50% of young people going to university. We have members joining because they really care about a particular issue.

Others join because they want to learn more about the party. Last year during the General Election and this term, since we elected Jeremy Corbyn as leader, we've had loads of new members wanting to know more about Labour and how they can help play their part in bringing about change in society. It can be quite intimidating joining a political party, but on campus it's quite easy to get involved because everyone's got similar interests, going through a similar time in their life and there's plenty of chances for socials and events.

What's the biggest misconception about your society and why?

I think the main misconception is that we all study Politics. We've got members from right across campus: Maths, History, Medicine, Chemistry, English, and French. We're open to everyone.

What kind of events do you do?

We do loads. Our speaker events are the most

popular. We've had the likes of Hilary Benn, Andy Burnham and Yvette Cooper come speak to us, not to mention none other than Jeremy Corbyn himself a few weeks ago.

We also do Question Time events with other political societies; we're currently planning one for next term.

We also have socials every so often, normally a night out in Hifi, as well as our weekly Pint & Policy/Labour Lattes in Old Bar and Hidden Cafe where we just chat about a topic like the NHS or Tuition Fees - this often descends to snog/marry/avoid, Burnham/Cooper/Kendall though.

We also go campaigning in the local area, usually every Wednesday, to try and win votes for Corbyn's Labour. This is a good chance to see politics in action, hear what real voters think and challenge our own views. We'll be heading over to Oldham where there's a by-election for Parliament in December and it looks like UKIP could come close to winning it from Labour. Please get in touch if you'd like to help out!

Finally, If Jeremy Corbyn was an animal what would he be and why?

A badger: the Tories are determined to cull him, but plenty of people in Labour seem to like him and are campaigning to save him.

Interfaith Week: A Fresher's Glimpse at LUU's Wide Range of Faith Societies

Rebecca Rivka Moszkowski

Interfaith week, a was, for me, the most amazing week of university so far, and this is coming from someone who's loved every minute of my uni experience since Freshers week.

Personally, the interfaith fun started on bonfire night. I attended a bring-your-own dish dinner, followed by watching the fireworks with people from other faiths at Hyde Park. Throughout the week I continued meeting many different people and learned new things about their religions and beliefs. This week made me realise that there really is no better way to appreciate the wisdom of all faiths than from an interfaith perspective. I gained a massive appreciation for having my religion as a foundation from which to learn about the incredible wisdom and beauty of other religious traditions.

A major highlight event was the Temple Run on Wednesday, where we went from one place of worship to another: a kind of holy version of the Otley Run. The amount of churches, mosques, temples and synagogues in Leeds is remarkable, and the powerful effects of the majestic architecture and interiors gave way to feelings even deeper than aesthetics. Every religious sanctuary

felt sacred in its own unique way. There was plenty of time to ask questions about the different faiths, and it was an incredible opportunity to talk to each other about our different religions. What was most memorable was finding out how much our faiths actually had in common. It was touching for my Catholic friend to



[Image: Zainab Ali]

hear how St Mary is respected in Islam, and for my Jewish friend to see some striking similarities in Muslim prayer.

Another highlight was the panel on Friday, which took place in the Riley Smith Hall after a chance to observe Jum'ah Prayers. The panel of twelve, chaired by Rachael Amy Vickerman, represented all of the LUU faith societies, crucially including the Atheist and Humanist Society. Questions had been submitted throughout Interfaith Week, and the ones chosen were compelling, critical and thought provoking.

Interfaith week has had a profound effect on my connection to my own religion and beliefs, and I finished the week feeling totally inspired. The week renewed my commitment to my own religious community and exposed me to the enlightening experience of interfaith dialogue. The fantastically organised series of events also provided an incredible way to kick-start my interfaith journey in Leeds, showing me that I can only really understand my own religion by looking at it through an interfaith perspective.

In The Middle

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

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In our body size special, we look at the 'Beach Body Ready' scandal and how it divided fashion into two groups of super skinny and plus size, as well as asking: what is plus size anyway?

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You didn't think we'd be reporting on the Oscars until January did you? You were wrong. The longlist for Best Foreign Film has been released, and we're taking a look at our top picks.

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In columns this week, Patsy looks at why the word 'diet' is considered such a dirty word, and Lucy looks at Generalised Anxiety Disorder as part of our Mental Health A-Z.



[Image: Marion Ruzniewski/Getty Images]

After The Bataclan

After the recent Paris attacks, gig security is set to be on the increase. How much will this effect our experience of going to gigs?

What happened in Paris was a tragedy, we can all agree. Some have been calling the terror attacks a direct assault on culture, and it's hard to see it any other way when the majority of those who lost their life were innocent gig goers, out to have a good time at a rock concert. Mostly young, probably liberal, it was their sense of fun and freedom that was attacked and that most threatened ISIS.

Just how the gunmen got inside the music venue is still unclear. In the wake of the attacks high profile bands like Foo Fighters and U2 cancelled their upcoming shows, partly out of respect, but partly over worry for the safety of their own fans. Suddenly, all eyes have turned to gig security, and just how this could have been allowed to happen in the first place.

On Saturday evening, musicians all over the world were continuing to perform their shows, dedicating a song to the victims of Paris, and alluding to the liberty to be found in music - Brandon Flowers simply projected the French flag as a backdrop at his concert. But whilst music fans and musicians were standing up defiantly and resolutely enjoying live music, concert venue companies were already thinking about plans to tighten security.

Live Nation, the company that controls eleven O2 venues across the UK as well as London's Shepherd's Bush and Cardiff's Motorpoint Arena, has put out a statement that it is acting with 'an abundance of caution' in light of the Paris attacks: 'The safety and security of our shows, fans and venues continues to be our highest priority,' they announced. 'We have implemented heightened security procedures globally.' They then go on to say they can't reveal exactly what this heightened security consists of. Meanwhile, a huge name in live music over in America, AEG Live, has also reportedly heightened security measures, and those who attended funk band Lettuce's shows in New York the weekend of the attacks commented on the especially thorough security searches they had to go through to get inside the venue.

The promised changes in 'heightened security' are still somewhat vague, but what's more important is how this will affect the gig experience. Going to see one of your favourite bands or checking out some new talent is supposed to be

a time you can kick back and just focus on the music. Even if you're throwing serious shapes in the mosh pit, it's supposed to be relaxing, a time to switch off and escape. Stricter bag checks, perhaps earlier doors and more security guards will all significantly change the atmosphere of a gig.

If you're forced to turn up early for exhaustive security checks, especially likely at high profile concerts and arena tours, the whole feel of the evening is going to change. Immediately, you're put on edge - a gig may no longer feel like a casual affair.

Already there is a strange atmosphere following the events at Paris. Suddenly, people gathering to hear live music feels something like a political statement; something like a risk. If you're constantly looking for the nearest emergency exit, you're not going to be enjoying the band on stage. Bob Dylan recently requested twelve armed security guards stationed in and around his audience for his show in Italy. As one of the most high profile names in music his keen focus on security is understandable, but armed guards at a gig would have been a severe dampener on the mood of evening, and potentially enough to induce panic on their own. It's not something you'd like to see rolled out to other top artist's live shows.

And what about the bands themselves? Eagles Of Death Metal, who were playing Le Bataclan at the time, are obviously severely shaken by what happened. Do they feel responsible for what happened, however misplaced that sense of responsibility might be? Similar attacks have suddenly become every artist's worst nightmare. Though heightened security has been promised by the big companies, what about small independent venues, often the heart of a city's music scene? Will they suffer for maybe not having the manpower for watertight security? It would be an utter shame for people to miss gigs out of fear, and a greater shame still for bands to start avoiding certain venues or cities out of their own anxiety for security. We can't let cultural black spots form on Europe's map because of what happened. It was culture ISIS was attacking, and it's culture - live music in particular - we now must protect and promote, increased security or otherwise. There has always been a sense of camaraderie in live music and we need it now more than ever.

[Heather Nash]

“Suddenly, all eyes have turned to gig security, and just how this could have been allowed to happen in the first place.”

“We can't let cultural black spots form on Europe's map because of what happened.”

Mikal Cronin at the Brudenell Social Club

Off the back of a somewhat underwhelming third album, *MCIII*, Mikal Cronin took to the Brudenell on Wednesday night with a five-piece band and newly cropped “2009 Bieber” hair.

Mikal Cronin has often adeptly blended eclectic arrangement of instruments with simple pop structures and hooks. This generally translated well live, no instrument was truly drowned out and Cronin’s vocals were loud and clear.

Cronin’s sound is pretty distinct but what undermines him as an artist is that his tracks often fuse into one another and grow too sonically similar. This was the major issue with his third album and was especially noticeable towards the start of the gig where Cronin rattled off much of his new material. It was only really when Cronin brought out singles from his second and

best album, *MCII*, that there was really any change in tempo and there were grateful yelps from the crowd in response.

The highlight of this was ‘See It My Way’ which really drew all of Cronin’s strengths together, from the Ty Segall influenced fuzz of the guitar to the crashing piano. ‘Weight’ and ‘Shout It Out’ stood alongside as stand-outs from the night and it was the material from the second album that is most likely to linger in the memory.

Mikal Cronin is an artist that really could transform into something impressive someday, but to do this he needs to abandon the mimicry of his earlier work that plagued *MCIII* and evolve to re-inspire the freshness of his first two albums.

[Joe Ferrara]



Portico at Headrow House 21/11/2015

Playing as part of the Kalyan Presents X Beacons Metro show, Portico, with the help of singer Jono McCleery, took to the stage of Headrow House to deliver a remarkable set predominantly made up tracks from their last album with a few new tracks littered in. Having seen them in 2009 at WOMAD when they were still Portico Quartet, a jazz band, I was excited to see what their transition into the world of electronica entailed and they did not disappoint.

As part of the day, the room had previously been filled with art, and on the wall next to the stage there were projections of eerie images which added perfectly to the band’s mysterious sound - dancing figures casting shadows on the artwork. Arriving to the stage half an hour late due to a mischievous fire alarm, they opened with lead single from their album, ‘Living Fields’. Epitomising what the band’s new sound is all about, the song’s solid beat played out with fractured grooves on top and moody

harmonies suddenly slipping into silky falsetto.

Their set list followed pretty much the exact order of their album, showing how they have created each song to meld into its predecessor seamlessly. It’s very easy to get lost in Portico’s music and the slight pause before ‘Brittle’ seemed to snap the audience out of their trance, reminding them that Portico are (at least slightly) human.

Ironically, after dropping the ‘Quartet’ from their name, they seem to have become four again. However, for their last song they performed as a trio, proving why they’ve changed their name, playing an incredible ten minute long jam with glorious electronica, comparable to Four Tet, which got everyone in the remaining audience dancing and finished the set on a massive high.

[Polly Hatcher]



Beans on Toast at Brudenell Social Club 19/11/2015

Arriving on stage with bare feet and khaki cargo trousers, Beans on Toast was greeted by an entire audience sitting peacefully crossed legged on the floor of Leeds’ Brudenell Social Club. It seems that before the songs sharing love, tolerance and spliffs even begin, we were already transported back to the hippy vibes of the sixties.

Beans on Toast opened his gig with a poignant statement emphasising his remorse over the events in Paris last week and, through his opening song ‘A Whole Lot of Loving’, made it clear that his witty folk music is to spread happiness and unite the masses. Joined on stage by Truckstop Honeymoon, a guitar and double bass duo from Kansas, they created a rich, rhythmic tone. Truckstop Honeymoon also contributed to the night as the opening act and played an impressive set which included an unfaultable banjo performance and the cleansing vocals

of Katie West.

The lyrics and anecdotes provided by Beans on Toast were most definitely a highlight of the performance; they conveyed honesty and legitimacy that was injected directly from Beans on Toast’s guitar directly into the audience. This is clearly a man who not only has a clear passion for his music, but for the message he wishes to share with his listeners. This sense of unity was only increased as he chose to leave the stage and play a number of songs amongst the crowd as he passed around a bottle of Jack Daniels. The gig came to a close as he encouraged requests from his large repertoire which again demonstrated his generosity and the enjoyable atmosphere of the night.

[Ellie Montgomery]



Side by Side by Natalie Prass



Natalie Prass has made quite the impression with her debut album, earning a spot on The Rolling Stone magazine's top artists to watch earlier in the year. Side-by-side is an EP that manages to be both similar and different from her original first work. Most incredibly it was recorded in one single day. Consisting of only five tracks, the record is a combination of originals and covers, but all with the Natalie Prass touch and overall feel. The mixture of gospel-like organ and bluesy guitar serves as a comforting and soft background to her soothing vocals during the first song on the EP, an original off her album.

Now, covers have always been a tricky business, especially when attempting with artists like Anita Baker, Grimes, and Simon and Garfunkel. But Prass manages to pull it off, making the songs her own with the mix of her ethereal vocals and the change of pace she implements to each track. 'REALITI' is stripped back to incorporate

jazz and folk undertones, while 'Rapture' is changed from a classic pop hit to accommodate lounging and easy listening. 'Sound of Silence' is where the real success lies, completely altering the mood of the song and putting jazz with an overlay of vocal slurs in contrast to the darkness and simplicity it is originally presented with. However impressive these changes are, the one major setback Prass does encounter is a certain sense of insincerity, despite how ingenious the changes she's made are.

This former backup singer for Jenny Lewis has admirably defined her own brand of folk/pop and stuck to it, even when performing covers as tricky as these. Despite the slight loss in emotion and connection towards her covers of these popular hits, Prass continues to make music true to her sound, having a whole lot of fun whilst doing it.

[Jenna Machin]

Village Party 2 by Alex Wiley



Chicago's Alex Wiley rose to prominence in 2014 with the release of *Village Party*. Hits like 'Vibration' and 'Ova' meant his next instalment was always going to be heavily anticipated and the official follow up, *Village Party 2*, certainly lives up to the hype. Aside from a few features by Mick Jenkins and Kembe X the first instalment remained a largely individual piece. *VP2* invites other artists to contribute more to a vision he's determined to convey with his audience, whilst still remaining loyal to his unmistakable flow over the mic.

The words "young little wavey" reign over a lethargic beat on one of the main singles off the album, 'For Sunny'. Self-assured in his own ability and armed with the repetition of these very lyrics, the MC is determined to make us see the proverbial light, and grasp the full ramifications that speak through his musical movement. Aided by high profile features of the ever energetic Chance the Rapper and Calez, 'Navigator Truck' continues down a path of self-discovery and defiance. Chance the Rapper's

naturally disjointed flow is perfectly complimented by the more ferocious and direct tones of Calez and Wiley himself without drowning each other out. 'Ex-Machina' is the standout track on the album, it has a nostalgic feel about it as he spits raw interrupted lyrics over a hazy beat. Appearing as one of the very first tracks it leaves us with an overwhelming sense of excitement as to what Wiley has in store for us throughout the rest of the album.

Though featuring a number of artists on the record, Alex Wiley strikes the important balance of not drowning out his own influence. It remains distinctly an Alex Wiley record as he walks us through the realities of living in one of America's most dangerous cities. This is something his audience may not commonly identify with but with the help of his music Wiley imparts on the listener a greater understanding.

[Niall Ballinger]

UML Gig Picks of the Week



Follakzoid and Big Brave - Monday 30th November - Headrow House - £8 - 8pm

Follakzoid are a Chilean band, specialising in cosmic music. Their latest EP, "III", creates a sharp, upbeat electronic atmosphere with synths, sonic glitches and a driving beat. They will be playing alongside the heavier sounds of Montreal's Big Brave on the light of their latest album "Au de La." With just two guitars and drums, they create slow, churning downbeat sounds, which are filled with reverb, feedback and drones.

Willis Earl Beal - Tuesday 1st December - Headrow House - £8 - 8:00pm

Chicago-born soul artist Willis Earl Beal comes to Leeds in light of the August release of his album, *Noctunes*. An ethereal bedroom recording of smooth, soulful, baritone vocals over light melodies will transfer onto a truly beautiful live set in one of Leeds' new music venues.

Forever Cult - Saturday 5th December - Brudenell Social Club - £5 - 7:30pm

Forever Cult is a Leeds-based band, playing at Hyde Park's Brudenell Social Club to celebrate the release of their latest single, "Tunnel Vision". With punchy, fast-paced grunge melodies over gravelly, snarling vocals, Forever Cult is essentially Britain's answer to FIDLAR. They will be joined by the alt-pop band Climbing Alice and Fizzy Blood who will be providing lots of Rock & Roll.

Human Cull/Krupskaya/Ape Unit and more... - Saturday 5th December - Chunk - £4 - 7:00pm

On Saturday, Chunk are throwing together a party of many great bands and DJs, including Human Cull, Krupskaya, Ape Unit, Horsebastard, Lugubrious Children, Groak, Ona Snop and Soft Lads. An eclectic mix of heavy grindcore, the slower, sludgy sounds of Groak and 90's RnB jams from Soft Lads will theme the night.

[Victoria Clarkson]

Girls Against

It's time to stop sexual harassment at gigs

We have a chat to the campaigners Girls Against who are speaking out against the very real problem of women being sexually harassed at music venues

Have you ever been at a gig, the band is killing it, everyone is dancing, all your friends are with you and you are having a great time, and then a guy decides to grope you? If you have, you definitely aren't alone. Gigs often seem to be a breeding ground for men who think it's okay to not keep their hands to themselves, and for most it's a bit more than just a mood killer. But luckily this situation isn't being condoned by gig-goers or bands any longer.

Girls Against is a campaign set up by five women after two of them experienced sexual harassment at a Peace gig last September. "We've all been through it [sexual harassment]" but this "was the last straw for us" explains Hannah, one of the five who hail from Glasgow, Edinburgh, and London. "We started the campaign to end sexual harassment at gigs," and they aim to "provide a safe platform to discuss with someone their story and never be judged, and to make learning how to spot and deal with sexual harassment a mandatory part of security guards' training". Their campaign has caught the eye of many bands currently on the gig circuit. After the Peace gig the girls decided to post their story, receiving resounding support for their ideas, including from the band themselves with lead singer Harry Kossier talking about his support for the campaign at a gig in Brixton in October. The likes of Spector, Circa Waves, The 1975, Ratboy, Slaves, and Foals have all shown their support for the campaign in the past two months as well.

The 1975 are a band that the five all hold close to their hearts as well - they "kind of met" through their love of the band, and help support them in more than one way. "We often feel like they are dismissed as musicians and taken the piss out of because the majority of their fan-base is female". It's certainly something else that needs to be addressed; often bands with a stereotypical 'fan-girl' audience are made out to be jokes or not serious artists. They are often immediately classified as mainstream pop, and to enjoy their music is seen as shameful because their main supporters are enthusiastic young girls. "Dismissing a band because their fans are mostly female is sexist - there is no other word for it - so we'd like to see that change".

Other inspirations for their campaign come from not just musical backgrounds, but political ones too. SNP leader Nicola Sturgeon has arguably the strongest

political position in Scotland, providing inspiration for other young Scottish activists to have their voices heard. Likewise, their inspiration comes from feminist activists such as Alexis Isabel Moncada - creator of Feminist Culture Magazine, and Tumblr blogger FeministsMadeFromFire, known as Blige. The girls aren't just interested in stopping sexual harassment at gigs, but also in providing a platform for women in Indie/Alternative music altogether. "Because of traditional gender roles, girls are more likely to be in pop music", this is why acts like Wolf Alice, The Big Moon, and Courtney Barnett are so important to their respective genres, they aren't just fantastic artists, but they are also rare in their position as successful women in the Indie/Alternative industry. "That's one of the reasons we love Wolf

Alice so much, because they not only have a girl in the band, but she's the lead singer and writes quite empowering lyrics".

"The girls aren't just interested in stopping sexual harassment at gigs, but also in providing a platform for women in Indie/Alternative music altogether."

The campaign grabbed the attention of mockney punk duo Slaves when Girls Against rose awareness about groping that occurred during the band's gig in Cardiff last week. The boys quickly responded in full support of the Girls Against campaign, stating "If you are reading this and you are one of the men doing this. You aren't welcome at our shows". Swim Deep lead singer Austin Williams also tweeted saying, "it's great to see a bunch of you taking these horrid matters into your own hands and raising awareness". Foals frontman Yannis Philipakkis has also recently called out "shady macho behaviour" in mosh pits in relation to him hearing about how a girl had been treated in a mosh. Clearly this is something that has

been a long time coming, it just needed someone to call it out and fight it. This of course is where the Girls Against campaign steps in.

If you want to support the cause you can follow them on Twitter @girlsagainst, Tumblr, Facebook and Instagram. They sell merchandise at gigs when they can, but luckily rumours of an online shop are brewing so keep your eyes peeled for Girls Against badges popping up all around the country. The responsibility to end this lies with every gig goer; if you see someone being harassed, don't be a bystander.

[Luke Humphrey]

Weekly Chart



Shmlss Special Edition Vol. 3

Shmlss' last release will be familiar to anyone who saw Gerd Janson last year, with their 'Disco Sensation' record popping up in a number of his sets. A-side 'This Night' is a throbbing, half-disco, half-industrial acid track from space. A unique edit which would find itself at home sandwiched in between the disco and techno that the Running Back boss mixes so well. B-side 'Call Me' builds from a driving bassline, shuttering and fluttering around before the breakdown brings the seductive vocals in.



Admin – Super Lover EP (Sleazy Beats Black Ops)

Perhaps not as impressive as previous releases but this Super Lover EP is no doubt another gem in Sleazy Beats Black Ops' almost flawless collection of releases. The record's 3 tracks may have been released 3 months too late to really appreciate their summer feel but that doesn't mean they won't get rinsed before you can hear them in all their sunshine glory next year.



Boots For Dancing – The Undisco Kidds (Athens Of The North)

For clubbers, Athens Of The North releases have been sprinkled around a number of Motor City Drum Ensemble's mixes of late with their fine array of 7" disco rarities making available records that were previously stumbled upon luckily in a record store or bought for a week's wages on discogs. This latest release is different, releasing the jangly, post-punk sound of Scotland's Boots For Dancing who's artistic career shone brightly, but briefly in the early 1980s. Guitar music with an abundance of energy and both soul and groove, would make a fine alternative to the usual indie disco fodder.



Junktion – Running from Whatever (Rose Records)

Repress of Junktion's August release on Rose Records, rounding off an extremely impressive year for the Dutch producer, mastering punchy, dancefloor-ready disco and deep house, carving out for himself a distinct and recognisable sound.



Various Artists - Volume 1 (Rutance Recordings)

8 tracks in this fantastic compilation from the crew behind Paris' Rutance Recordings. Label boss, Dj Steaw's final two tracks demonstrate the best in that deep French house sound and are the two standout tunes from the release.

[Oliver Walkden]



[Image: Kurupt FM]

Review

Dirty Disco

It's not hard to build up a rapport in ten years, but my oh my Dirty Disco puts everyone to shame. ten years of exquisite lineups, ten years of block rockin' beats and ten years of management under the three best names in management history - Foz, Stu and Lizard.

Let me put their nationwide success into perspective: back in May 2005, when Crazy Frog was Number 1 in the charts, the Leeds venue Northern Light (now obsolete) birthed this strange new night where audiences were actually capable of grooooooving. Disco oozed slowly back onto the scene and Dirty Disco helped metamorphose the genre and update it into the 21st century. Booking the hottest names on the scene at the time, the night inevitably grew both a following and a reputation. Within five years of its inception, the night hosted an arena at Gatecrasher, and was guaranteed to attract crowds in the region of 3000 partygoers strong. An absolutely winning formula from which all nights in Leeds now certainly draw, but alas, as is the way with the best things in life, Dirty Disco tapered to an end...only to be reignited. The people of Leeds will once again be treated in celebration of the night's 10th birthday. Now in 2015, they are capable of boasting the finest array of resident DJs and guests - Booka Shade, Damian Lazarus, Eric Prydz and anybody who's anybody. Next Saturday, November 28th brings no other than Paranoid London, Motor City Drum Ensemble, Session Victim, Young Marco and many more.

What did we do to deserve ears with which to listen and limbs with which to flail? With the relocation to Mint Warehouse, tickets are expectedly on last release, but the Very Very Wrong Indeed after party tickets evaporated in minutes so they had to get a bigger venue. Tickets for both the main event and after party aren't sold out yet but are expected to be so in the next few days. With a start of 6am, a secret guest, and a mystery location, this is a Leeds partygoer's ecstasy.

A handful of tickets for both events are still available though – go on, treat yourself, its nearly Christmas.

[Flora Tiley]

Detonate Presents DJ EZ

Detonate hosted DJ EZ at Canal Mills last Friday 13th, and it was a big one. It was the garage guru's first time back in Leeds since autumn last year, which was probably part of the reason tickets sold out within hours of being released. That, and being one of the biggest names in the UK garage scene, also renowned for his epic live shows. Expectedly, there was a great turn out at the Mills, and it didn't disappoint in being the perfect venue to house the hoards of EZ revellers.

Warming up the decks before EZ was 21 year old DJ Amy Becker. Spotted by BBC 1 Extra, you may have heard her Daily Dose mix residency on Mistajam's show. She built up the tension before EZ with some heavy, grimey basslines.

Soon, the clocks struck one, and on came DJ EZ. He spun classics like 'Do You Really Like It' and 'Bump n Grind', getting a lively reaction from the crowd. He also played some more current 2015 MOBO award winning Stormzy, getting the whole Mills to shout 'Shut Up'. Following on from this was Florence's 'You've Got the Love', which was slightly jarring, but brilliant all the same.

If you fancied something different while EZ was on, you could head to the second room which consistently provides a refreshing treat to catch Leeds own Northern Scum, for some wub wub jungle and drum and bass.

DJ Zinc followed on from EZ, and kept the party going into the early hours with a bit of speed garage, mashed up with the Jackson's 'Blame It On the Boogie'.

EZ and Canal Mills didn't disappoint.

[Hannah Ng]



[Image: @everyoneiseta]

The Weight Debate: Getting The Facts Straight

Although fashion week has long gone, the debate about weight within the industry continues. It is an issue which everyone has an opinion on, whether you watch the catwalk shows or not.

For a while now the industry has been divided into two camps: the super skinny and the plus size. Each of these 'camps' have produced ideals which are as damaging as the other; to the models themselves and the girls who look up to them. When we see the likes of Jordan Dunn and Kendall Jenner strutting along the Victoria Secret's catwalk, the chances are they've been on a ten day juice diet to look that good. The yo-yo dieting of the super skinny is well documented, however, the idea that plus-size models also have to alter their natural figure is not so well known. Naomi Shimada, a size sixteen model, speaking to *The Guardian* revealed "When I moved to New York, the first thing the agency asked me to do was buy a set of padding. Hip pads, butt pads, stomach pads, foam mammary glands basically. It turns out that most plus models have a set." And so it is clear that whatever camp you are in you will have to alter your shape and size in order to fit what is considered desirable. The body images we are presented with by magazines, retail stores, television, films and catwalks are not natural, they are bodies pushed to an extreme: stretched, narrowed, enlarged or squeezed.

A recent campaign by Protein World with the slogan 'Are you beach body ready?' received intense backlash, and a petition against the campaign set up on change.org received over 70,000 signatures in support. It is clear that people are sick of being put in boxes just because of the way they look, and even more sick of brands attempting to use outdated stereotypes and ideals in order to make us buy their products. But are things really changing?

Some celebrities are trying to chal-

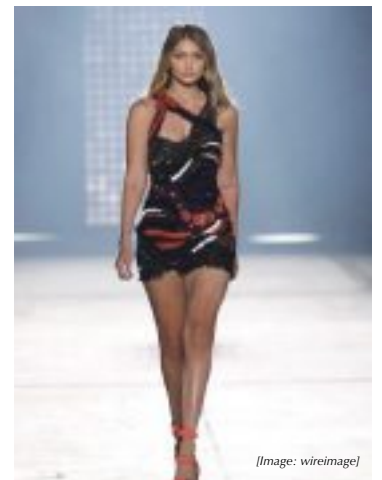
lenge the criticism they receive for being either too fat or too thin. During Milan Fashion Week Gigi Hadid received online criticism for her figure on the Givenchy catwalk, despite fitting into sample sizes. Gigi fought back on her Instagram page by celebrating the fact her figure is not that of a conventional model – "No, I don't have the same body type as the other models in shows...I represent a body image that wasn't accepted in high-fashion before... Yes, I have boobs, I have abs, I have a butt, I have thighs." Whilst X Factor judge Cheryl Fernandez-Versini suggested, in an interview with *ES* magazine, that attacking somebody's weight should be made illegal after she received criticism over size during filming of the programme's latest series. 'Body shaming has to stop,' she said. She believes that glamourizing obesity is just as big of an issue: 'being overweight is unhealthy - it's actually a bad message to tell someone who is obese that they look 'curvy' or great'. Many may disagree with how Cheryl has phrased it, but it is true that physical extremes are not healthy.

Being far too skinny or far too big, if caused by an unhealthy lifestyle is not something that should be normalised, let alone worshipped. A recent YSL campaign was deemed 'irresponsible' by the Advertising Standards Authority for the model featured being 'underweight', but here's a question and it may sound controversial. Is Tess Holliday at a size 26 really less 'irresponsible' than the YSL model? Perhaps the real question is what do we mean by 'irresponsible'? If campaigns are getting pulled based on the idea that models are too thin and therefore 'promoting' unhealthy body standards, what stops any type of extreme body type being deemed inappropriate to advertise? Starting on the 1st December, the government will be launching an enquiry into model health, it's clear that there is a belief that the images we see in advertising correlate strongly to the message we as consumers

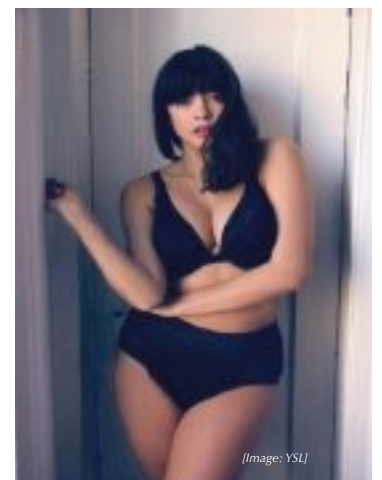
are getting about our bodies. But surely neither extreme should be so widely used if we are worried about the level of 'responsibility' attached to these model's sizes? It's a complex subject, but perhaps one that we should consider more openly.

Celebrities speaking out against body shaming are beginning to create more of a dialogue on the subject, but are the likes of Gigi and Cheryl really sparking the start of change within the industry? Is seeing the world's most famous role models praising each other's different shapes and sizes enough? Personally, I don't think so. It is going to take regular women, realising that the ideals which society force upon us aren't necessarily right. You don't have to look like a Topshop mannequin or a Victoria's Secret model. As long as you are healthy and happy why does it matter what size dress you wear? It's just a number. We need to promote eating well and exercising - if you are doing both these things and you're a size 6, great. If you're doing both these things and you're a size 16 then that's great too. With a healthy lifestyle comes the body confidence we all so strongly desire, and would love to see in the campaigns surrounding us.

[Frankie Cooke]



[Image: wireimage]



[Image: YSL]

What Is 'Plus Size' Anyway?

'Plus size' as a term was first coined in the late 70's and is still defined as a body shape bigger than the average. But with the UK, and university, average dress size being a 16 and plus size modelling starting at size 12, the answer to the question 'what is plus size?' remains unclear.

We conducted a poll to find out the opinion on where 'plus' should start, asking 150 university students 'what size is plus size?'. The responses range from a size 12 to 22, perhaps this in itself demonstrating the confusion rife among us as to what a 'plus size' body really is. However, the size that came out on top was 16. With almost double the amount of votes cast than for the next most voted sizes (14 and 18) the national average dress size was considered plus-size by voters. The sizes that we're surrounded the most by are also the ones we consider to be above average.

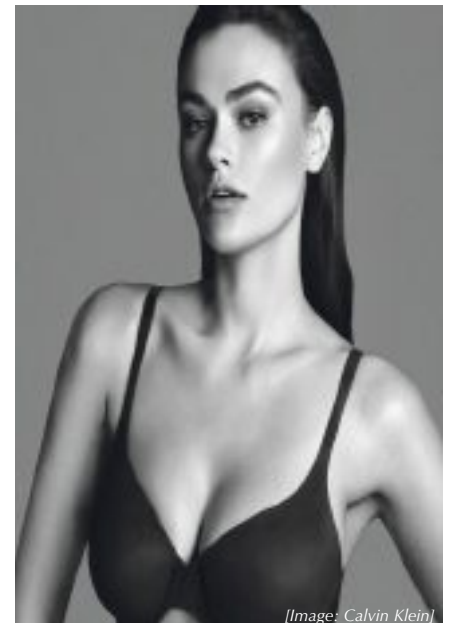
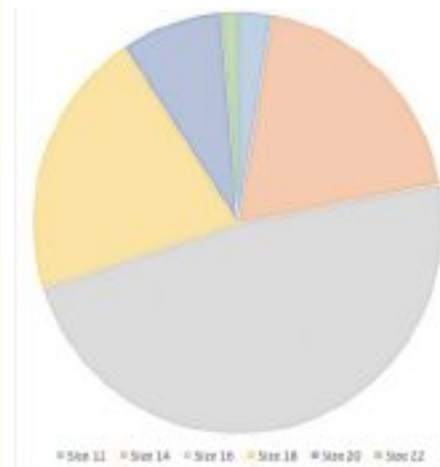
Perhaps this opinion derives from the spectrum that designers have created for plus size modelling and the alternative stance that many companies have on what should be considered 'plus'. In 2014, Calvin Klein was heavily criticised for classifying Mya Dalbesio, who wears a UK size 14, as plus size when she was cast for their 'Perfectly Fit' Campaign. In an interview with *Elle*, Dalbesio said that she was unsure what was expected of her "in terms of her size or shape". Officially starting at size 12 and ranging to beyond a 22, the ambiguity surrounding plus size modelling and the expectation of models to fulfil a certain image has been said to undermine the celebration of the natural body type.

Bigger controversy within plus size modelling was revealed when in an interview with *The Guardian* size 16 model Naomi Shimada revealed the use of padding on models to create more desirable proportions. Padding is actually requested by most agents and there's a significant divide between com-

panies who want 'plus' to mean 12-14 and those that want it to mean 20-22. In fact, many plus size models who are sized at the national average find themselves unable to get work because of the divide. We're now even hearing of size 8 models, such as Scarlett Gray being told they're too 'big' to model.

So whilst social media campaigns by bigger models such as Tess Holiday and Nadia Aboulhoss tell us to 'fuck our beauty standards', the different classification of 'plus' blurs them. The fashion industry is learning to embrace more shapes and sizes than ever before but with such unclear distinctions, what are we really celebrating? Is a size 12 the same as a size 26? Plus-size clothing is now worth a massive £707m to the UK market with half of the population investing, so maybe it's time for acknowledgement from designers and companies that the majority of women fit into their illusions of plus size even if they don't reflect their definition of it.

[Victoria Copeland]



Why Do We Think It's Okay to Skinny Shame?



[Image: xposureimage]



[Image: brianprahl]

The media is dominated by a thriving celebrity culture on which seemingly everybody has an opinion. Add to this the development of social media and its use by power industries, and suddenly we are being given inside access to the industry. The floodgates to mass opinion have been opened.

Whilst it is a statement of unacceptable controversy to fat shame, skinny shaming worryingly seems more accepted, and greeted with a far smaller backlash. Earlier this year when press photos were released featuring Cheryl Fernandez-Versini, it sparked mass debate about her size, resulting in the singer hitting back at comments that she was 'skinnier than ever'. Regardless of what you think of Cheryl's frame, the bigger question remains. Why do we think it's okay to publicly judge her for it?

Since the size zero debate a few years ago, it seems that labelling someone as underweight is no longer regarded as inappropriate, in fact it seems like it's an acceptable social talking point. The fashion industry has undeniably contributed to attitudes towards size, with many aligning model proportions with unhealthy lifestyles and unrealistic body images. There is truth in this, of course, but surely the

same issues are prevalent with people that are drastically overweight as seen regularly in the media, and yet it is (rightly) seen as inappropriate to publicly shame people for their size in this way.

It would appear that audiences have become too obsessed with having an input into the lives of others. Comments about something as complex as eating disorders are now thrown around casually and with high profile celebrities making public statements about their insecurities caused by the media, it seems it's reaching boiling point. Kendall Jenner recently spoke out against skinny shaming, suggesting 'calling someone too skinny is the same as calling someone too fat, its not a nice feeling'. With the fashion industry becoming more inclusive and diverse by the second, it seems that this is one area that is remaining stuck in the past. What started as an attempt to promote healthy body image has turned into a strange habit of public body shaming, which even more strangely is acceptable. Let's hope not for long.

[Meg Painter]



[Image: splashnews]



[Image: Gilbert Flores]

Our Confused Highstreet



[Image: ASOS]

More and more highstreet shops now have specialist tall, petite and curve lines, it finally seems like we're all being catered for doesn't it. Nice and simple. Except, it really isn't...and all it takes is a quick look from shop to shop to see why we're so confused.

So you saw our statistics: we asked 150 students the simple question 'what size is plus size?', with sizes 16-18 receiving the most votes by far. In agreement with this, Missguided, New Look and H&M all begin their curve ranges here. It all seems reasonable so far, until we look a little further.

ASOS advertises their curve range at 18, but in fact sells size 10 clothing labelled as plus size. Our poll was just a small sample, but we didn't have a single person classify size 10 as plus size, so how representative is this? Mango follows closely behind with their curve range starting at 12, and Zara classify size 'L' as 12-14. Less than 3% of the people we asked agreed with this, so why are shops selling clothes to us in this way? Even SimplyBe, the 'specialists in the area of larger size womenswear' starts at a size 8.

Petite and smaller sizes are no different either. There was no clear size that highstreet brands tended to start their collections at. From ASOS at a size 2, to River Island at a 6, there is once again no consistency to be seen. The largest highstreet sizes we can shop for? Size 32 at New Look, 16 at Topshop, still no clearer then.

Of course there is no shame in any specialist collections, curve, petite or other, but how are we expected to have reasonable attitudes towards body image when the message given to us by the shops that surround us is so chaotic? In recent years, magazines and social media have become somewhat of a body image scapegoat. We blame them for bombarding us with images of unrealistic or extreme body types, but are we not forgetting the key role the highstreet is playing in forming these stereotypes? From the ranges we considered, we felt Mango's curve range was by far the best, with ASOS reigning supreme for petites. We just wish there was a little less effort taken to navigate what should be normal.

[Molly Shanahan]



[Image: Mango]



[Images: Jodie Collins]



Art on Campus: Mitzi Cunliffe Man-Made Fibres

Stand beneath the bunting with your back to the union building and look up. Can you see it? Sitting proudly and high on the Clothworkers' South building you will find Mitzi Cunliffe's sculpture *Man-Made Fibres* - a celebration of the booming Textiles industry in Leeds during the 1950s. The sculpture shows two hands interlocked with woven material, a symbol of the strength and relationship between man and industry and 'reflecting progress in the field of synthetic fibres'.

Positioned so high up on the building it's easy to miss and especially easy to take for granted as something which blends so well into the façade of the building. Cunliffe originally expressed the desire for her work to be 'used, rained on, leaned against and taken for granted,' certainly at least two of those desires have been realised with the heavy Leeds showers and the assumption that the sculpture has always been part of the building. In 1955, Professor JB Speakman, Head of the Department of Textiles Industry at the University, commissioned Cunliffe to produce the work that would sit on the then-named 'Man-Made Fibres' building. The unveiling of the public sculpture took place in 1956 when the Duke of Edinburgh officially opened the new University building.

American-born Cunliffe settled in Manchester in the early 1950s and produced textiles, ceramic and jewellery in addition to her larger sculpture works. An inspirational woman, Cunliffe held her own in a field mostly dominated by men and went on to be extremely successful with regular television and radio appearances following her decoration of buildings in and around Manchester. The interviews she gave at the time centred around her work but also on certain aspects of 'being a woman' with articles in the *Evening Standard* and *The Guardian* on childcare.

Cunliffe's catalogue of work is large and her influence on public sculpture, significant, yet despite this, very little research and critical work has focused on her in comparison to her contemporaries such as Henry Moore and Barbara Hepworth. To counter this the University's Stanley and Audrey Burton Gallery, with Public Art Officer Ann Sumner at the helm, are working towards celebrating their synthetic roots, focusing on *Man-Made Fibres*, during 2016: the year of textiles. If you get the chance, take a moment today to look up at Cunliffe's *Man-Made Fibres* high up on Clothworkers' South building and think about the incredible woman behind the sculpture and its history with the University of Leeds.

[Hayley Reid]



A Graphic War: Ian Kirkpatrick's Contemporary WWI Art

Ian Kirkpatrick, a Canadian contemporary artist, has recently begun a year long residency at Leeds Museums and Galleries. Although he is most famous for the sculptures he was commissioned to create for the 2012 London Olympics, he might also be recognised for having exhibited a number of his works in some of the most notable arts cities across the globe including: Berlin, London, New York and Montreal. His latest project takes the form of a city-wide sculpture trail appearing in some of Leeds' most popular attractions such as Leeds City Museum, the Trinity Centre, Kirkgate Market, and Colours May Vary.

Each of the four sculptures are inspired by different aspects of the First World War and the way in which graphic designers interpreted the conflict at the time. The following are brief descriptions of the works which will be on display for the rest of this month:

BLAST is the first sculpture of the series and is found at Leeds City Museum. Named after the magazine published by the British Vorticists, *BLAST* encapsulates the romantic view artists and thinkers of the early twentieth century held of the war, and echoes their fascination with geometry and metallic structures.

Next in the trail –at Trinity- is **Britannia**, dedicated to the women of the war. This sculpture is reminiscent of ancient depiction of warrior goddesses like Athena and Nike. Britannia stands on a British Mark V tank and holds in her hand a Barnbow shell to commemorate the thirty-five women who were killed in an explosion in the Barnbow munition factory on the outskirts of Leeds in 1916.

Kirkpatrick's **Kingdom of Dreams** is located at Kirkgate Market. Its name is taken from the poem "Sunrise Dreams" by Eric Fitzwilliam Wilkinson and it represents the fantastical and fairytale-like image the war was given by many graphic designers in order to promote a positive impression of the conflict amongst the public.

The trail concludes with **Enemy of the Stars** at the Leeds independent book store Colours May Vary. This last sculpture really packs an aesthetic punch, showing a dove of peace broken in half and bursting into flames to symbolise how the new, terrifying technologies of the war meant that even the skies were no longer a peaceful place.

Kirkpatrick is an exciting new artist and has produced an interesting and thought-provoking series of sculptures in *A Graphic War*. His use of commercial, everyday materials makes his work accessible and modern. I seriously recommend taking a look whilst starting your Christmas shopping around town this weekend. Leeds Museums and Galleries have provided yet another impressive public exhibition for everyone to enjoy. *A Graphic War* exhibition closes at the end of this month.

[Cameron Tallant]



[Image: Lotte Inchi]



[Image: StudioCanal]

Oscar Run- Up: Best Foreign Language Film

Yes, it may seem massively premature, but film aficionados never really stop thinking about the Oscars, and next year's Academy Awards are already really starting to get going. In the last couple of weeks the longlist of nominations for Best Foreign Language Film have been announced. A huge 81 films have been announced as contenders for next year's award, which will almost impossibly be narrowed down to a final list of 5 by January 14th. The film critics are getting in their predictions early, so if you're looking to seek out a foreign film for a night of cultured cinema, or just want to be in the know, here are the films most hyped for the 88th Academy Awards.

***Son Of Saul* – Hungary**

Popular consensus places Hungary's *Son Of Saul* as the most likely winner, especially after its success at this year's Cannes Festival. Set within the stark horror of 1944 Auschwitz, it centres on the struggle of one prisoner, desperately trying to find some moral salvation whilst he is forced to help burn the bodies of his fellow prisoners, including that of a young boy he has taken as his own son. Described as painfully precise and delicately produced, it's the rawest, most original look at the sombre topic of the Holocaust in years, and it treats the subject with great dignity.

***The Club* – Chile**

Continuing with the dark themes, as foreign films are so often characterised as doing, *The Club* broaches the taboo of the Catholic Church's relationship with child abuse. In an isolated Chilean beach town those the Church have declared guilty are heavily supervised and, shaken by a new arrival, they are forced to relive and remember their crimes. The Catholic Church would probably prefer that this film was never made, but it is a brutal, unflinching approach to a difficult subject. Advertised as a black comedy, its humour is dark, pointed, and damaging.

***Goodnight Mommy* - Austria**

What makes *Goodnight Mommy* stand out is its genre - it is most definitely a horror movie. Two young boys become convinced that after their Mother has undergone cosmetic surgery, the woman hidden under the ghoulish looking bandages is no longer their mother. The intuition of children is a familiar trope perhaps, but here it is perfectly executed and the result is a sinister and suspenseful classic horror film. Beautiful wide-screen cinematography transforms every shot into highly saturated art, but such beauty is in direct contrast to the unsettling mood that hangs over the piece.

***The Assassin* – Taiwan**

Director Hou Hsiao-hsien is a veteran in the Taiwanese film industry, and here lends his name to the martial arts genre. But the film is less about its slow burning plot, and more about the richly detailed and frankly stunning images the films deals in. When the film is still, waiting, ready to pounce, you can focus instead on the beautiful colours, and when the action comes, the choreography is exquisitely fluid. Painstakingly well crafted, *The Assassin* plunges its audience into its style and period flawlessly.

Honourable mentions

***The Labyrinth Of Lies* – Germany**

Drawing on the aftermath of the Holocaust, the film follow a group of lawyers trying to uncover Germany's attempts to hide the war crimes committed by the Nazis. It has been receiving increasing buzz and is a popular choice.

***Mustang* - France**

Detailing the lives of five girls in Turkey, the film is wonderfully acted, and has been said to be inspired by Sofia Coppola's *The Virgin Suicides*. Despite the subject, it often manages to be upbeat and light, whilst making some important points about the oppression of women. However, to some it's a controversial stereotype of rural Turkey.

[Heather Nash]



Star Wars: The Hype Awakens

With the much anticipated release of *Star Wars Episode VII* merely a month away, people all over the world are becoming giddy with excitement. Some people are awaiting this with incredible eagerness, while others offer a much more sceptical approach, still remembering the crushing disappointment that arrived with the release of *The Phantom Menace* and what that meant for the franchise.

In 1999, millions of voices cried out, yet were suddenly silenced, due to the devastating discontent following the release of *The Phantom Menace*, and the subsequent 'completion' of the saga with Episodes II and III. Many believe that this magnitude of misery will not be repeated, and that Disney will learn from the mistakes made by LucasFilm in the past. There has been much press coverage throughout the build-up. Highlighting that the filmmakers looked at what made the original trilogy shine, and the prequels flop, and will build upon those foundations. Such as focusing on characterisation and story arcs, combined with a priority of practical effects, not an over reliance on green-screen and CGI. This all sounds like they're taking this film back in the right direction, but we are yet to see the outcome of the final product.

When the deal for Disney to purchase LucasFilm and subsequently produce more Star Wars films was announced there was a very mixed response from fans. Some eagerly anticipated further instalments into the franchise, others not so much, focusing on the failure of the prequels, and also the involvement of Disney. Many feel that Disney's brand would not be compatible with the Star Wars franchise due to their inherent family-friendly nature and apparent distaste for edgy material, however, many feel that their involvement and success with

“Disney will learn from the mistakes made by LucasFilm”

Marvel puts that fear to rest.

The current stream of released material from the film in trailers and TV-spots has many people more and more agitated for this film's release, yet Disney and LucasFilm have done a marvellous job of keeping many aspects of the film under wraps. Most of what we know about the film so far comes only from speculation

and apparent 'leaks,' meaning that there is still a large amount of content yet to be uncovered when the film is released. This has provided much anticipation for the film (the bit that sold me was hearing the adaptation of William's original scoring of Han and Leia's theme providing the backdrop to a frantic dogfight between the Millennium Falcon and a lone Tie-Fighter). Despite the justified pessimism towards the film, there is definitely no lack of excitement surrounding it. The announcement of the new trilogy in tandem with three whole other 'anthology' films shows the studios' faith in their development teams to produce the goods (in that it is a big risk signing on for 5 subsequent films if the first one turns out to be mediocre at best). This level of backing from the studios provides me with an overwhelming feeling of promise in that they think they have a formula fit to win back the hearts of the fans, and that is enough to get me excited for the upcoming instalments into this beloved franchise.

[Matt Bolland]

British Short Film Competition

On Sunday 15th November, I attended a screening of eight films that had been entered into the British Short Film competition. All the films were under 15 minutes and each one surprised and entertained the audience in different ways. The eight films I watched actually only represented half of the entries for the competition, it was a great opportunity to view work by up and coming directors and writers. The first short on the program was *Edmond* directed by Nina Gantz. This stop motion animation, told a surreal story about a man who has an overwhelming urge to be close to others. As an opening film, *Edmond* certainly prepared the audience for the range of material that would be presented that afternoon.

There is definitely a special skill involved in making a good short film; utilising the inherent mystery that these snapshots of film possess but at the same time resisting the tumble into incoherency which such a limited time frame can cause. Two films stood out for me as perfecting this balance. The first was *Cracked*. This film took the audience's preconceived ideas of 'youths' on council estates. The competition between two rival gangs was displaced onto conkers. Using tropes from documentaries on drug dealers, director Peter King created a wonderfully funny film which played with the audience's expectations.

The second film which really made an impression on me was *Balcony*, directed by Toby Fell-Holden. It told the story of the friendship between Tina and Dana, an Afghani girl. With the rise of Islamophobia the film is particularly relevant today. This piece dealt with the misconceptions people hold about different cultures and

the desire to see your own struggle in others'. The friendship between the two girls, though born from a place of miscommunication, was touchingly presented and well developed even in the restricted running time.

Though there was no compulsory theme that the films were centred around, many seemed to address the topic of communication or rather the difficulty of communication. The struggle for male identity in the modern world also came up in multiple films. The eventual winner of the competition was *Rate Me*, directed by Fyzal Bouli-fa, a film composed of a number of online reviews of a prostitute called Coco. With each review, the identity of this girl changed. The film revealed the internet's power to build up and then destroy individuals. I personally disagreed with the selection of this film as the winning title because it did not possess the poignancy of some of the other films and, though it did raise some interesting points, it left me confused rather than thoughtful.

The British Short Film competition was a perfect illustration of why events like the Leeds Film Festival are so fantastic. It is unlikely that many people in the Hyde Park Cinema had watched many short films before as they rarely get the distribution they deserve. I stand before you as a converted woman who will certainly seek out more short films in the future.

[Xa Rodgers]



[Image: James Ward]

Theatre Group Presents: Arcadia

It's a well-known fact that Stoppard's masterpiece 'Arcadia' can prove challenging at times for even the most seasoned performers and audiences. Theatre Group's decision, then, to take on this ambitious play should be applauded for its audacity, as their performance in the Banham Theatre was achieved in spectacular fashion for all who came to watch. The play's director Jo Langdon offered a stylized and coherent interpretation of the play that still managed to maintain its complexity, whilst the performance on stage was characteristic of the Theatre Group's continued excellency in the performing arts repeatedly on show at the University.

The play revolves around a series of contradictions, employing two divergent time plots which run alongside each other, intersecting at various points. The first of these plots centres on the Romantic world of Sidley House in 1809, and the trials and tribulations between the young Lady Thomasina Coverly and her charismatic tutor Septimus Hodge. Set in the same room in the present day, the second plot revolves around the sparring academics Hannah Jarvis and Bernard Nightingale who clash over their attempts to uncover historical and poetic 'scandals' said to have taken place in the house in the past. The key scandal which Hannah and Bernard dispute regards the enigmatic poet Lord Byron and his short lived stay on the estate, with Bernard determining that Byron killed the poet Ezra Chater in a duel during his stay, and thus causing Byron's unexpected departure from England in 1809. Events in the first time plot however, disprove and mock Bernard's thesis and instead celebrate the comic vibrancy of Septimus, the unrivalled genius of Thomasina and the nervous promiscuity that accompanies this dynamic duo.

The fusing of time - both past and present - becomes increasingly unstable as the play goes on, creating incongruities which mimic Stoppard's fascination with the conflict between order and chaos in the world. Attempts to find order amongst the chaos unravels through a sharp wit present in all the characters on stage, as the play's interlocking of narratives leads to a poignant and coherent unity at the end of the piece. In an increasingly complex plot which often defies simple categorisation, Stoppard imbues in his characters continual conflicts over the dichotomies of our existence. Truth and time, science and poetry, the classical and the Romantic, and the disruptive influence of sex - 'the attraction which Newton left out' - all manifest and unite in an increasingly vibrant and poetic realisation of the play.

Theatre Group's performance paid an honorary tribute to Stoppard's play, and allowed for a fluid interconnection between the opposing and interlocking forces that it embodies. The play's staging centres around a table in the Sidley House drawing room, as the plots between past and present converge in this space, and reci-

procally interact with one another throughout the piece. Langdon's use of two doors at either end of the stage allowed for carefully measured transitioning between scenes and the divergent time frames, whilst the sharp movement of her characters emphasised the neat interaction of the performance between past and present narratives. The scathing dialogue set up between Dan Sareen's Bernard and Izzy Kynoch's Hannah enlivened the continual action, whilst Callum Macphee and Libby Lawton's tender treatment of Septimus and Thomasina's relationship was carried out with a delicate yet intoxicating attention to detail. In tying together such creatively diverse elements, the play itself and the performance excelled through its simple ability to encapsulate the audience, standing as another impressive achievement by Theatre Group; their formidable reputation continues to grow year by year.

[Oscar Ponton]

The Art Aficionado's Weekly Planner

Art

Stillness and the body - The Tetley LS10 1JQ
Being there - Staircase Gallery LS1 3AD
Life Drawing - The Fenton, LS2 3ED
Artsoc Trip to York Sculpture Park, 28th November

Film

The Lady in the Van, Vue the Light LS1 8TL
The Hunger Games: Mocking Jay Part 2, Everyman Cinema LS1 5AY
Spectre, Vue the Light LS1 8TL
Brooklyn, Vue the Light L21 8TL
Carol, Hyde Park Picture House LS6 1JD

Theatre

Alladin, Carriageworks Theatre LS2 3AD, 4th December
The Girls, Grand Theatre LS1 6NZ
Chitty Chitty Bang Bang, West Yorkshire Playhouse LS2 7UP

[Cameron Tallant]

TV

Doctor Who: Midseason Analysis



[Image: BBC]

Now in its ninth season, with Peter Capaldi filling the shoes of the thirteenth Doctor, some might think that executive producer Steven Moffat is struggling to find new places in time and space to take Doctor Who. After all, nine seasons is a long time to keep a character interesting, even with constant regeneration. So, excluding the classic pre-millennium Doctor Who, when we look at the new series under the microscope, how does it stand up next to the other eight series?

So far, quite well actually. We are now eagerly awaiting episode eleven of the new series, and something has definitely changed this year. The show has rediscovered that almost perfect balance between giving us something interesting to think about as well as the ideal amount of scares, sniggers, and shots of people running away from things. So what exactly is it that Moffat's doing right? What's been missing from the series up until now?

First of all, it's given us relatable realism thanks to noticeably better writing. Yes, it's a sci-fi show, but it has fantastic relevance in the modern world. Moffat's imagination this season means that the storylines are often complicated, morally ambiguous, and above all, original. In just one example, the series opened to a two-parter about the fascinating relationship between mortal enemies: The Doctor and Davros, the creator of the Daleks. Not only did the episodes find time to further the Doctor's relationship with Clara, give more depth to the overused villain that is the Daleks, debate the use of compassion over violence, and give Michelle Gomez's Missy adequate room to shine. But perhaps even more importantly, it contemplated the all-important question: is the Doctor a killer? Since then, viewers found themselves confronted by everything from confusing Beethoven

analogies to striking metaphors for global war and racism. Still the most poignant (and relevant) part of the series is when the Doctor counsels the humans and Zygons into peace, saying: "How much blood will spill until everybody does what they were always going have to do in the first place? Sit down and talk". This is quality drama at its zenith.

As well as this, the quality of the acting has improved. Peter Capaldi has got a much better grip on the character he is playing, where last series he seemed to be struggling slightly to find it. His performances now are some of the best exhibited in his whole career, unquestionably his finest work since playing Malcolm Tucker in *The Thick of It*. Jenna Coleman, though no longer outshining the Doctor, continues to impress, particularly when playing Bonnie in 'The Zygon Inversion', the direct moral opposite of Clara. Together the pair are unstoppable - I would even go so far as to say that the current Doctor-Companion dynamic is the most enjoyable and believable since the David Tennant/Billie Piper arrangement. Maisie Williams must be commended too, succeeding in bringing to life a difficult character that most people would fail to make the viewers sympathise with.

Doctor Who, having lost a certain special something in the last few years, is back on its feet. The spark has returned, and I, along with millions of others, wait in gleeful anticipation for the next instalment.

[Dan Sareen]

The Frankenstein Chronicles

As I settled down to watch *The Frankenstein Chronicles* on ITV Encore on a misty evening in Hyde Park, I was expecting an eerie, fog-filled period drama with a whole lot of Sean Bean, and I wasn't disappointed. A re-imagining of Mary Shelley's *Frankenstein* set in 19th century London, the first two episodes center around the discovery of a mysterious body on the Thames shoreline, and the disappearance of children in the heart of London. Inspector John Marlott (Sean Bean) is made chief investigator of the case after finding a young girl's corpse, who appears to have been assembled out of dismembered body parts. The plot thickens as Marlott hears word of a 'monster' who is behind this and other child disappearances.

The opening episode was visually striking, as scenes of Smithfield meat market, filled with hanging carcasses and the sounds of braying cattle, provide a gruesome backdrop for Marlott's hunt for the missing children. Scenes of child prostitution and body snatching paint a grim picture of London's underworld that Marlott begins to discover. Shots of London's grimy streets, peeling walls and foggy pathways contrast with eerie scenes of the Thames shoreline, maintaining an unnerving atmosphere throughout that kept me on edge.

Sean Bean's portrayal of the haggard Inspector Marlott was particularly good, as he portrays a brooding character (who seems on the verge of a mental breakdown) very effectively. As he begins to discover the dark underworld of London his troubled personal life, in which he battles his own demons, is soon made apparent. The strain of his tragic past is revealed as the first episode unfolds, in which he suffers from a series of dreams and hallucinations, making him a vulnerable character as well as one who appears outwardly driven.

In terms of historical background, the opening episodes explore 19th century worries surrounding the expansion of science and its growing potential to do harm rather than good - perhaps to even create monsters through meddling with dead bodies. At the forefront of this retelling are debates surrounding the proposed Anatomy Act (passed in 1832), which expanded the ability of doctors to dissect donated bodies. In particular, a scene in the second episode, where a child's corpse is made to move through the application of electrical current to a muscle, makes for particularly unnerving viewing. The unsettling undertone of the drama has me hooked, and I think it has the potential to be an interesting, if not more alarming, version of Mary Shelley's classic tale.

[Ellen McHale]



Marvel's Jessica Jones

[Image: Netflix]

I absolutely loved Netflix's previous Marvel offering Daredevil, so it was with great anticipation that I waited for Netflix's second Marvel series, Jessica Jones. When it was released I loaded up the episodes, snacks in hand, completely ready to be blown away. Thirteen hours and a few breaks later... I was unsure what to think.

Jessica Jones is a superhero turned into an angry, bitter and damaged Private Investigator, with any notion she had of being Hell's Kitchen's saviour destroyed by the trauma she was put through by Kilgrave – Marvel's Purple Man - who has the disturbing ability to control minds. As the titular superhero, Krysten Ritter is perfect. She nails the anti-heroine trope with well-aimed eye rolls while still being able to show the cracks of vulnerability in her character. The choice of David Tennant for Kilgrave was particularly inspired, as Tennant's ability to bring an element of sympathy to a character that would otherwise be completely repulsive says a lot. In the scenes he is in Tennant dominates, wonderfully depraved, manic and terrifying.

Jessica's PTSD from her encounters with Kilgrave is displayed early on in the show, just the imaginings of his accent whispering in her ear is enough to shake Jessica to the core, one of the show's most disturbing moments. It raises some important points about the long lasting effects of sexual abuse and when Jessica is finally in front of Kilgrave, staring her worst nightmare in the face, she's quick to explicitly describe what he did to her. The word 'rape' is not shied away from, which is refreshing to see. The effects of sexual assault are explored without the assault ever being shown on screen. Seeing Jessica throw the bad guys around, slamming them into walls, gives me an odd sense of empowerment, not used to seeing female characters show their strength so physically. Is this what it's like for men when they watch Superman?

The Noir tone of the show brings a darkness with it, which attempts to balance out dialogue which can sometimes veer towards the ridiculous. Some of Jessica's bitten sarcastic comments and wisecracks are jarring and can feel forced at times, an attempt to lighten the mood after Kilgrave has done something spectacularly terrible. If we're talking faults, the series could also do with some better fleshed out sub plots, as Jessica's fixation on defeating Kilgrave drags out over the episodes, and becomes somewhat claustrophobic at points. Fair warning, there's a lot of gore, but almost to the point that you start rolling your eyes at it instead. At times it's like Jessica Jones can't decide just what sort of show it wants to be. Its source material, with its scientific experiment gone wrong villain in Kilgrave, lends itself to a pulpy, slightly silly comic book style. But the themes it deals with and the way it deals with them, especially in Jessica's inspiring female friendship with Trish, lend themselves to a much darker tone. The show seesaws between the two and seems to lose its way because of it. The subtlety that was shown in the early episodes regarding Kilgrave's effect on Jessica was lost as the series went on, and she seemed all too able to push her fears aside to be the Strong Female Character we've seen before.

It's still a great season, and more than anything I am glad the world gets to see a female superhero like Jessica Jones, dealing with similar issues to everyday women, with a realistic attitude. It's an important show with some great acting, cinematography and characters, but could perhaps do with a little refinement.

[Heather Nash]

The Return of Peep Show

The El Dude Brothers are back in town - EHHHHHHH EHHHHH - and they're going out with a bang. Peep Show's ninth and final series is now well into its run and it seems that the more things change, the more things stay the same. Despite some initial tension, the inseparable duo of Mark and Jez are back in the same dingy, claustrophobic, Croydon flat. Jez still wanders aimlessly through life, and Mark is still seemingly incapable of any meaningful relationship with another human being.

The true drive of Peep Show has always been the endless attempts of Mark and Jez to escape the gravity well of Apollo House, and perhaps most importantly, each other. Our joy has always been in seeing them fail time and time again. It's testament to the skill of both Armstrong and Bain, the writing duo behind Peep Show, and Mitchell and Webb, the beating heart of the show, that we've never got sick of seeing the El Dude Brothers make the same mistakes time and time again. How many times have we seen Mark declare his love for "the one", or Jeremy convince himself that this time his big break may come.

There's a sense that each episode of the series so far has been something of a send off to a beloved character. Super Hans is actually finally off the crack, something he's attempted countless times throughout the show's run, and is happily married to a woman who apparently everyone other than Hans (Or Simon as it turns out he's actually called) is able to realise is as fun as a plank of wood. The series opener even shows that Mark and Jez's depravity may exceed even Hans' own. Has it been the case all along that it's they who have led poor Simon astray? Dobbie is finally released from Mark's gaze and seems to have found herself in her move to New York, even April, the student that Mark followed to Dartmouth because he was convinced that she was the one after she sold him some brogues has made an appearance. We're halfway through the series now and we're still waiting for Sophie (The Sophster, Sophistry), Johnson, and Big Suze to turn up for their big send offs. This has led to a strange dynamic in the episodes so far. It can almost feel like too much is being crammed in to each episode. It can also lead to an odd disjunction

between the optimism of the supporting cast and the relentless pessimism of Mark and Jez. This has meant that the show is yet to relay hit the peaks it's capable of, but in truth even an average episode of Peep Show is head and shoulders above any other sitcom produced in the last twenty years.

With it being the final series you'd expect to see this kind of progress, it's just that every sign of progression, mirrors something we've seen before. Every move that Mark or Jez makes to better themselves is undermined by the fact we've seen it all before. This isn't a lack of ideas, or poor writing, rather it's quite the opposite.

Each episode harks back to a scene we've seen played out endlessly before. Mark's failed attempts to provide a best man's speech, a mirror to Project Zeus. Hans' wedding with its echoes of Quantocking. Even Jez's acceptance of his bisexuality, his attempts to exist in a polyamorous relationship, have to an extent been seen before. As Mark says "he's always been a bit...". Oh and Mark's thrown another disastrous dinner and proclaimed yet another woman the love of his life.

Peep Show found a formula long ago that worked for it, and there's no reason for them to give up on it now. Before the series debuted, all the talk from the show's cast and crew centred around the need for the show to end, that the premise of two men in their twenties sharing a flat was fine. For two men in their forties to be in the same hovel was just sad. The show is hinting at a wrapping up, a final parting of the El Dude Brothers. But we've got used to so many false dawns. Would anyone be surprised if another twelve years from now Mark and Jez were sat on the creamy white elephant deciding whether or not to go to the pub depending on what Bob Ross was painting on telly?

[Benjamin Cook]

Review: Fallout 4

[Image: Bethesda Game Studios]

Bethesda Studios has recently released a new game to add to the Fallout series, Fallout 4. The official release date was November 10th. When I found out this game was being made a while back I was intrigued and curious over what the developers could possibly do to improve from Fallout 3 and Fallout: New Vegas.

When I finally got the chance to actually play it I was pleasantly surprised by the new additions of the game. Already I am 18 hours into the game and (unsurprisingly with that amount of playtime) I have been hooked from the day I downloaded it. What I've felt already is the sense of it being a much larger, more tangible world than in the last few Fallout installments. For example to start things off, the player now actually has a voice. Although it might seem superficial, this is actually quite important as it creates a sympathetic connection between the player and the character: it feels a lot more natural to have a voice, despite it not being that of the player's, rather than being mute like in the last few games or having to rely on your imagination whilst choosing your dialogue options. Furthermore, the new perk chart where the player can choose their skills and perks to suit their type of gameplay is beautifully presented with different columns for each skill decorated with the ever-popular Vault Boy who, as usual, comically acts out what the skills do for the player's character. It's another brilliant addition to the gameplay and makes the whole character building process which can be tedious a more enjoyable experience.

The NPCs you meet along the way throughout the story are wholly memorable, especially the synth detective, Nick Valentine, who helpfully becomes a companion to you through many hours of the game. Thankfully, he acts like a tank and can soak up a hell of a lot of damage, which means you can sit back and take your time picking off choice enemies while they're distracted by the fedora-wearing, robot (did I not mention that?) detective. Of course, there's also the mechanic butler Codsworth, the house robot whom you employ/own pre-nuclear war and whom you see again once you're out of the vault, who can become a companion too later in the story.

The story itself, so far, is irresistibly entertaining and has layers to it. The reappearance of the Brotherhood of Steel will please many, and they are still a simply fascinating part of the story. This faction allows the player to shoot at super mutants from a Vertibird (a big, big helicopter) with its all-powerful mini-gun and attain a full set of power armour, which makes continuing the story less intimidating - it's hard to feel vulnerable whilst wearing several kilos of badass metal armour that you have to climb into. The item-building mechanics and camp construction are complex but intuitive additions which allow the player to build up a newly-established sanctuary for various residents living in them. So you don't only get showered with XP and nurture city-planning skills that Chris Traeger would be proud of (but don't add city planning to your CV just yet); it also means that as your camp-building skills increase into architectural magnificence, your harem of bases grows and strengthens, leaving you with what the more egotistical of us might call a kingdom.

However, it must be noted that there were a lot of framerate issues during the game; disappointingly, it was constantly freezing and lagging as I explored the great wasteland of Boston which did affect my immersion at times. The loading times were also something I found quite irksome, where it would take a considerable amount of time to load up new areas, which shouldn't really happen for literally every load point in the game regardless of its size. On top of this, even though the new additions to the gameplay were great, the graphics weren't much improved from Bethesda's previous works and the interface was very much the same which was a little disappointing.

Overall, although it played like an improved version of Fallout 3, if you can stand the bugs and issues, or alternately have a NASA-quality PC, Fallout 4 is an additively enjoyable game that's well worth the purchase.

[Sasha Hodes]

Editor's Picks: December Book Releases

Tinder Nightmares
Elan Gale
4th December

Precious Gifts
Danielle Steel
3rd December

Resonators
Scarlet Page
1st December

A Dream of Ice
Gillian Anderson
8th December

Whether we like to admit it or not, most of us have had a fling with Tinder at some point during university life. Although it may not lead to unrequited love or even anything more than a flippant message or bad chat up line, it can provide a funny story or two to exchange at pre-drinks. The Instagram account 'Tinder Nightmares' provides a hilarious snapshot of romantic exchanges on Tinder, and the book promises to do the same with just the right amount of epic fails and emojis.

With over 800 million copies of her novels sold worldwide, the newest addition to popular American novelist Danielle Steel's collection isn't one to be overlooked. With city scenes in Rome, Paris, New York, and Venice, the novel follows one woman's journey in a story of love and loss. Whether an indulgent rom-com is your guilty pleasure or your mums, as it's penned by the current best-selling author alive, it's worth a festive read.

If you're trying to get that one flatmate who likes to 'jam' into the early hours of the morning to put down their guitar and pick up a book, this could be the perfect stocking filler. Photographer Scarlet Page presents a black and white collection of the faces of rock royalty, accompanied by her own words about what it was like spending the day with the likes of Brian May, Noel Gallagher, and Paul McCartney.

'A star of the X-Files' and 'New York Times best-selling author' aren't often used in the same sentence, so when they are you know it's something special. Former actress Gillian Anderson and co-author Jeff Rovin bring the second book of series of the Earthend Saga, with just the right amount of references to ancient civilisation, paranormal activity and exhilarating, page-turning drama.

[Emma Bowden]

Have Yourself A Merry Little Christmas

Christmas is just around the corner, and whether you celebrate it or not you can feel its magic in the air. Millennium Square is lit up by fairy lights and inside the market you can enjoy the sound of Christmas carols, a jaunt on the carousel and traditional German food. Just in front of the Civic Hall each year there are over twenty food stands serving a variety of classic German dishes from mid November through to December 20th.

As you make your way between the stalls selling all sorts of craft items, from candles to carved wood, you are drawn to the delicious smell of frankfurter, french fries and fresh buns. You can enjoy having a bite to eat while taking a walk between the stalls or take a seat in the “Frankfurter Scheune” open Monday to Saturday from ten thirty and from twelve forty-five on Sundays. Once you walk through the doors on the left you can order from a meat based menu, but before you take a seat make sure to check to your right where you can order a pint of beer or a glass of mulled wine.

If you wish to spend some time relaxing and listening to German music you can also check out the ‘Bavarian Styled Restaurant - Alp Chalet’ (reservation available) or “Kuh Stall” open all week from ten thirty. Just next to it you can try an interesting combination of chopped sausage with curry sauce and curry powder served with bread.

Vegetarians can try the potato pancake with different toppings of your choice, such as applesauce for a sweeter option and, if you have a particularly sweet tooth, there are plenty of places where you can have a nutella crêpe, candy floss or sweets from the Haribo stall. There’s more as well; churros, sweet toasted almonds, peanuts and nuts or

“It’s treasured for its atmosphere and of course appreciated for the beer”

filled doughnuts at the “Germany Christmas Bakery” are all available.

However, if you stop at the ‘Honey House’ you are in for a treat; a friendly lady from Hawaii and her two German friends will let you try their ‘honey bombs’ for free, a little taste of warm sweet wine, you shouldn’t miss ‘Honey Mead’ and ‘Viking Blood.’ Just next to it you can purchase everything honey; honey candles, honey lip balm and much more.

Despite all of these options however, the most popular attraction remains the Civic Hall, with people queueing every night to get inside for a warm meal and to listen to live German bands. There are morning and evening sessions and it’s free entry, although children are not allowed in at night. The market is still family friendly though, as there are different carousels and a Frozen themed giant snow globe, where parents and children can play, and on Sundays there is face painting and sing alongs.

Although some claim that the Christkindelmarkt doesn’t vary much from year to year, it seems to be getting people in the Christmas mood. It’s treasured for its atmosphere and of course appreciated by students for the beer (if you don’t mind queueing in the cold for hours in the beer tent and having to be very careful that no-one knocks over your stein).

It’s a cheerful place to spend time with family and friends and pick up small thoughtful gifts: after all, it’s the most wonderful time of the year.

[Matilde Rossi]

The Well-Fed Student: A cold-busting, skin-boosting recipe

It’s getting chilly here in Leeds, and the workload is getting out of hand. This warming curry is not only rich in vitamins to keep away colds and stress-induced breakouts, it’s also delicious, and cheap and simple to make. The leftovers freeze really well, so you’ll have a healthy, homemade ready meal to defrost whenever you want.

This recipe contains **Vitamin A** for healthy skin and maintaining good eyesight. The pepper and carrots give each portion over 3 times your recommended daily intake, and the healthy fats from the coconut milk help you absorb it! **Vitamin C** helps to prevent colds, and the pepper and tomatoes provide your entire daily recommended intake in one portion.

Tips & Tricks

Mix in some spinach or have some on the side to add more Vitamin A, some calcium, iron and colour. Coriander can also be a tasty addition.

Buy spices in plastic packets rather than jars; it’s cheaper and you get more for your money. You can get these from Abu Bakar and the Asian food aisle in Morrisons for around 80p.

Serve with brown rice to give you more protein and fibre than white rice, which will keep you fuller for longer. Be warned: this will take 25 mins to cook.

Carrot, Potato and Coconut Curry

Suitable for vegans: serves 6

Warning: Use a big saucepan, this makes a lot of food!

2 big potatoes – peel and chop into bite-size chunks.
4 carrots – peel and chop into thinnish rounds.
1 pepper (whatever colour you like) – roughly chopped.
2 tins tomatoes
1 tin coconut milk
3 teaspoons turmeric
3 teaspoons cumin (seeds or ground)
3 teaspoons ground ginger/diced fresh ginger
3 teaspoons mustard seeds (if you have them)
½ teaspoon chilli flakes
Lime juice (optional)
Salt

[1] Boil the potato chunks for about 10 minutes until

you can easily put a fork through them.

[2] While you do this, add the pepper and carrots to a big pan on a medium heat with a little bit of oil (I use coconut oil but you can use olive oil) and stir this a bit for about 5 minutes.

[3] Add the spices, stir this about again for a couple of minutes before adding the tinned tomatoes and coconut milk. Bring to the boil – to do this you might have to up the heat a little bit, but not too high.

[4] When the potatoes are ready, chuck those in.

[5] When the curry has come to the boil, turn down the heat if necessary so it is calmly bubbling, and cook for about 25 minutes. Now is the time to put on your brown rice if you are having it!

[6] Before serving check the carrots are cooked, and add in a splash of lime juice and some salt to suit your tastes.

[Patsy O’Neill]

Columns

Why is “diet” a dirty word?



Whenever I've told people that I'm on a 'special diet', it's usually met with a discerning, judgemental smile, and a loaded comment; 'how strange', 'Is that wise?' and 'YOU don't need to go on a diet'. As soon as the word 'medical' is introduced, people either look guilty, or surprised, and I feel a little less judged. But, why? Even if I were on a self-imposed diet, would that really be such a bad thing?

I have been on the low FODMAP diet under medical supervision for nearly four months now, in order to find out what foods might be contributing towards some on-going stomach problems. For eight weeks I had to totally cut out innumerable 'fermentable' foods from my diet such as wheat, garlic, onion, beans, honey – the list goes on. Since then I have been 'testing' these foods, to see which ones do or don't provoke a reaction. It has been extremely challenging and boring, but it's something I am willing to do if it stops me from looking like a pregnant lady after every meal. However, despite the fact that I have been told to do this by medical professionals, and it is entirely necessary, I still feel embarrassed and ashamed whenever I mention it to people – especially in restaurants. I think it stems from a very British fear of being a nuisance and causing a scene.

Some restaurants refuse to serve gluten-containing ingredients with an air of defiance, as though people who can't eat gluten are trying to make a fuss. The words 'gluten free' are often met with a subtle roll of the eyes, and the hashtag 'girlswithgluten' has become common on social media – I wish I could be one of those fun-lovin' gals with their half-eaten doughnuts, but I would be a lot less fun in the aftermath, bleating about my stomach pains and rolling around with a swollen belly looking like Jabba the Hut.

It's common to hear of vegans or vegetarians coming under fire for their eating habits, and are met with questions about whether they are getting enough protein, enough Vitamin B12, or Iron. But the question is, are these criticsers getting enough Vitamin A, C or E from fruit and veg in their high protein diets? With any dietary choice, people often aren't getting enough of some kind of nutrient. My housemate was saying that she's often expected to give a lengthy explanation of why she chooses to be a vegetarian, which is something that isn't usually required of those who eat 'normally'. I know of some veggies who just don't like the idea or the taste of meat, and others who avoid it for ethical or humane reasons. Veganism and plant-based diets have seen a growth in popularity over the last few years, which is great for the environment as meat production causes a huge amount of pollution. However, vegans and vegetarians arguably require large quantities of fruits, vegetables and grains – and do they always choose seasonal, local produce? Fair-trade? Organic? Aren't soy products supposed to be overly processed? Ethical questions can also be asked of meat eaters – are they choosing grass-fed, organic and free range? Whatever someone's eating habits are, there's always something to criticise.

There is a huge stigma around dieting for weight loss, especially if someone appears to be a healthy weight to begin with. When my mum told her friends that I was doing the Slimming World diet with her when I was sixteen, you would have thought she was actively encouraging me to develop an eating disorder from

the way they reacted. Whilst I wouldn't necessarily recommend the diet now for various reasons, it was a good starting point to learn how much food a person really needs.

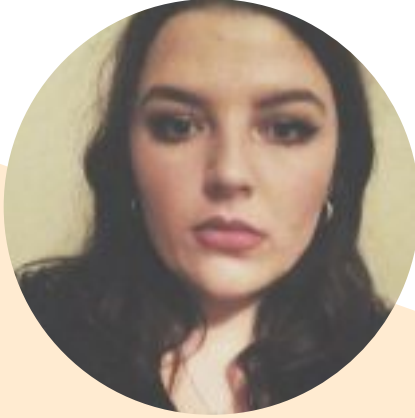
A girl I was speaking to recently said that often when she hears of someone deciding to eat more healthily, they are warned not to 'take it too far'. I have had this warning myself when describing how I'm trying eat well and cook with whole, unprocessed food products. As my brother pointed out, eating disorders are a serious mental illness, not a lifestyle choice that someone can decide to develop or avoid. Wanting to eat well, lose weight, or even being underweight, are all very different to having a severe mental illness.

A suggestion was made to me that when some people hear of another person's diet they can feel undermined and inadequate for not following the same rules. It's true those who enjoy eating 'healthily' can sometimes adopt a 'holier than thou', superior attitude, which doesn't help the situation – no one wants a dirty look when they are tucking into some well-deserved cheesy chips after a night pon de floor. In an ideal world everyone would be more open-minded about the concept of choice. For those who see 'healthy' food as an alien concept, show some curiosity and find out what you're missing, and those whose bodies are their temples, remember balance is key, and wine and chocolate have antioxidants in them.

It seems to me that the most important thing is that you are eating in a way that doesn't mean you are suffering from something – whether it is a huge nutrient deficiency, stomach troubles or any issues caused by being enormously under or over weight. Apart from that, whatever diet a person chooses should just make them feel strong and happy. It's time to drop the judgement, open your minds, and eat your greens.

[Patsy O'Neill]

MENTAL HEALTH A-Z: G is for Generalised Anxiety Disorder



Generalised Anxiety Disorder is categorised by the NHS as being 'a long-term condition that causes you to feel anxious about a wide range of situations and issues, rather than one specific event.' It's also often shortened to GAD, like 'Oh GAD, how have I upset my friends today?' It could also be described as a really shit buffet, but instead of choosing between the Iceland cocktail sausages and the sausage roll, it's picking a really mundane thing out of a plethora of other really mundane things to be frightened about on any given day. Sometimes you're anxious about a multitude of things

simultaneously. That's like the canapé of anxiety; many things mixed together under the guise of singular food stuff, or in this case, personality disorder.

When you say you suffer from anxiety, some people who aren't acquainted with the illness may think of that awful expression glorified by the Kardashians – 'You're giving anxiety!' GAD isn't caused by someone borrowing your Louboutin's without asking. It's a serious, medical condition that robs the sufferer of their dignity and is debilitating. There is nothing more embarrassing to me than asking family members or friends to make a phone call for me at twenty-two years old because I am so anxious about what the receiver might think about me, or if I will stammer, or if I will receive bad news. There is nothing glamorous about having to leave a H&M saturated with people because the thought of trying clothes on is making me sweat monsoon levels of water and I feel like I need a ventilator. There is nothing funny about being unable attend appointments for the very illness I am describing because I am afraid my very lovely GP will tell me something I do not want to hear. University becomes a distant memory some days because I dread being in a seminar with relative strangers who are silently judging me so much. In fact, writing this very article made me feel on edge because I was nervous about the reception of it, and if what I was writing was indeed flowery turd.

Living with the constant aura of dread in the air, and the butterflies in one's stomach that accompany even the most trivial of interactions with the outside world, GAD rears its ugly head at the most inconvenient of times. You may find your concentration is greatly impaired, or you need constant reassurance that you have not offended anyone, or that you do in fact become irritable with those closest to you. GAD and anxiety have often been described as 'feeling too much', and it is when these worries become cyclical and frightening that you must seek out help. It is not acceptable to be restless about carrying out mundane tasks, or to be in a state of perpetual worry.

If you feel like you are suffering from Generalised Anxiety Disorder, please have a chat with your GP. Don't worry, they are unlikely to develop scales and breathe fire into your face. They are there to help. If that seems daunting, find solace in a calmer friend who may be able to talk some rationality into you, in spite of your thoughts being founded in anything but. Do not suffer in silence. Generalised Anxiety Disorder is serious, and can contribute to many other illnesses such as heart disease, strokes or suicide. Do not be ashamed.

[Lucy Atkinson]

Selfie-obsession is turning us into generation stupid



The word 'Selfie' first appeared in 2002 and is defined by the OED as, 'a photographic self-portrait; esp. one taken with a smartphone or webcam and shared via social media.' It's been a stifling eleven years since 'The Selfie' first invaded our vernacular: fast forward to 2015 and it is as pertinent as ever. The Selfie Stick then followed, appearing in Time Magazine's 'The Best Inventions of 2014'. The metal stick finds itself neatly tucked in-between a 'Filter that Fights Ebola' (the

Hemopurifier) that attracts Ebola viruses and sucks them out from the blood stream as they pass through, and an Air Conditioning unit that lowers household energy use by nearly 10% thereby saving the planet from evil carbon dioxide. You can't even call it a robotic arm it's so bloody simple - an extendable metal rod sure seems impressive now. To be fair, The Selfie Stick has reduced the number of photos on my Facebook Newsfeed in which people look like the human-thumb guy. It does seem a little disheartening that The Selfie (yes, it shall be capitalized) has become the cultural marker of our woeful generation.

Have human beings always been this vain? Or is it just we Millennials who have steered the course of humanity towards blandly staring at ourselves in an iPhone screen that made everything so dull? I blame our parents. Now let's take a walk back in time... the common myth goes that one day this Greek hunter guy called Narcissus was just chilling by a river, doing his thing when he glanced down and saw just how totally fit he was. Now Narcissus just couldn't take his eyes away from his fine reflection and fell madly in love with it. So here we have Narcissus struck dumb by his vanity and in love with an image... you see where I'm going with this? It all ends with our hero drowning in the pool of water. Yeah, yeah I know it's just a myth but a few thousand years have passed and we still haven't learned. Believe it or not, there is an entire Wikipedia page dedicated to a 'List of selfie-related

injuries or deaths' (mostly involving electrocution via Selfie-Stick from overhead wires and toppling down flights of stairs). Just to give you a taster, in July 2015 a man from San Diego was hospitalized for five days following an attempt to take a Selfie with a rattlesnake. Now our man Narcissus doesn't seem so silly now, eh?

My main qualm with the Selfie is what we're doing to Art. Its just soooo boring — can everyone stop shitting on photography now please? What kind of image are we perpetuating to social-historians of the future? A generation that allowed Kim Kardashian to release a collection of selfies under the guise of a photography book and furthermore, actually went on to make a success of it! Frankly, I'd be rather embarrassed if 'Selfish' were to appear on my coffee table. In the words of William Shakespeare, the purpose of art is 'to hold as 'twere, the mirror up ||to nature; to show virtue her own feature, scorn her own image, and the very age'. Basically, the purpose of Art is to present reality, vice and virtue, not to post a photo of your face on Instagram in 'X-PRO II'. Whether you agree with The Bard or not, just mull that over a little bit and think about how we're going to be remembered.

[Amelia Dunton]

Views

Following the Paris attacks *The Gryphon* asks: Is it right to mourn the events of Paris on such a huge scale while neglecting to do the same for non-western tragedies?

Yes



Jack Adshead

With the sound of gunfire still ringing in their ears, Parisians and indeed the world mourn the deaths of over 130 innocent civilians. The French grieve for the loss of their compatriots whilst the global community reels from the stark brutality of the assault. Amongst the identified victims, one British man – 36 year-old merchandise manager, Nick Alexander – was found dead in the Bataclan theatre. In light of such terrorism, we are asked to quantify our outrage.

Firstly, it must be noted that to claim that the West has ignored tragedies further afield is in many ways to sensationalise the issue, if not to altogether mythologise it. With attacks on Beirut and Baghdad as well as more recently, Bamako, we can observe a low level media focus on the overseas actions of radical Islamists.

Whilst the interest of Western media in these events is by no means rivalled by that of the Paris attacks, it is expressed repeatedly across reports and given suitable focus across the Western world.

Secondly, it is important to notice that the argument charged against the motion hints at hypocrisy in the Western world's overwhelming identification with the victims of this attack. It is not unreasonable that attacks which wreak havoc in a society so similar to our own, with such close proximity to our shores, should evoke greater passion and provoke our fear more readily than those further afield. Rather than underlining an inherent prejudice within the recent reactions to the Paris attacks, the overwhelming condemnation to them, highlights a shared outrage at the core

injustice which lies at the centre of these attacks and any like them.

In mourning the victims of the Paris attacks it is not insinuated that the attacks are of any greater importance than others around the world. Nor is it to discount the travesty of foreign deaths in the favour of those with closer geographical proximity. Only the bluntest of instruments would point towards the coverage of the Paris attacks and derive that the people who mourn – who oppose fascism, brutality and oppression – are those who lack a moral compass. It is this generalised attempt at irony which the regressive left and various other mumbling apologists will offer us in the face of such events and which, for all intents and purposes, completely misses the point.

To mourn those who have died is our

right, duty, and obligation. However, we must ultimately address the ideology which drives these killings and that constitutes a wider threat to the liberty of all those who stand for an equal and tolerant society. In doing so we grieve for those who have died anywhere, at the hands of those who are willing to employ violence in the forcible oppression of free speech, free movement and most dangerously, free thought. The answer to the overwhelming mourning of the Paris attacks is not to vilify those who mourn, but rather to highlight the extent to which radical Islam threatens all societies and not just those in the West.

No

Beth Galey

It's pretty likely that you knew someone who was in France or Paris during the attacks, and were worried about their safety until you managed to get hold of them. It doesn't make you a bad person to be particularly concerned about that attack; Paris takes less time to get to from London than it takes to get to Edinburgh – it's very close, and most of us have visited at some point. However, there is undoubtedly a problem with the way the attention has been focused upon Paris and the similar plights of other countries has been largely ignored by both the media and by us as consumers.

The main criticism from the many think pieces that have been produced has been the white washing of the news – the argument has been that we only care about the atrocities occurring in the

West, an argument which undoubtedly has a point. The Boston Marathon Bombings weren't physically near us, but because they happened in America it shocked us more than if it had happened outside of the West.

The most worrying part of this whitewashing rhetoric however, seems to be that we're somehow allowed to care specifically about attacks on the West more because the attacks in the Middle East are so frequent they aren't considered news anymore. This is an attitude that hasn't just been taken with terrorist attacks; the refugee crisis dominated headlines for weeks, but now reporting on it has died down although people are still dying daily. We cannot allow ourselves to be inured to the atrocities going on in other parts of the

world just because they happen more frequently – innocents are still being killed, and regardless of whether or not we have a personal connection to the place or the people, a loss of life is still occurring and it needs to be treated with the same level of respect.

This isn't solely something we can blame on the media however, it's important to remember that we should not and cannot underestimate our part in the representation of atrocities outside the west, particularly when it comes to social media. We have the power to say what we want to say, retweet what we want to see and get the stories that we want read out there. There was actually a lot reported on the other bombings, but not much of it gained traction from those reading it, despite the criticism levelled

at news outlets. We cannot lay the blame entirely at their feet. If we are to make a change to the way the media represents its stories, we need to get involved and show them that we still care about the lives lost in other countries. We know the power of social media, and we need to utilise it.

Regardless of whether or not you agree, the most important thing to remember is to respond to the hatred shown through these acts with kindness. Every life lost is a tragedy, and we need to be on the side of life.

Has Multiculturalism Failed in Britain?

Sam Robinson
BA PPE

The tragic events that have occurred in the last few weeks in Paris and across the world have brought back into sharp relief the problem of multiculturalism and integration. This is hardly a new issue in British society: ever since the end of the Second World War the UK has seen large-scale immigration and conflict has arisen many times, such as in the riots of the 1980s. But with the rise of home-grown terrorism, ISIS, and the atrocities that these have brought, commentators and citizens alike have increasingly turned their focus to the policy of multiculturalism and its consequences for society.

The British approach to multiculturalism has, essentially, been to welcome people from different cultures and backgrounds to the UK whilst allowing them to continue practising their own cultural traditions, without demanding that they adapt or conform to "British" ways. Policy has thus had a focus on accommodating minority rights and empowering local minority communities, to better allow immigrants to retain their heritage and social cohesion.

This conciliatory, two-way, communitarian approach has attracted much criticism in recent years - so much so, in fact, that in 2011 David Cameron proclaimed that state multiculturalism had failed, and that the policy was contributing to the rise of extremism. What, then, has gone wrong?

Most of the hostility has focused on the idea that under multiculturalism minorities have been allowed to live parallel lives, insulated in their own communities, rarely interacting with society as a whole. Consequently, the argument goes, multiculturalism has increased social division rather than broken it down; it has led to a more fractured society devoid of a unifying national identity, and it has permitted anti-democratic, illiberal values held by a minority to take hold in Britain and contribute to the process of radicalisation.

These arguments should be taken seriously, it is certainly the case that in many areas of the UK (such as deprived inner city areas) segregation is a problem, and the public perception that the ingredients, so to speak, of multiculturalism are not mixing should not simply be dismissed. However there is evidence that might suggest this pessimistic picture of multiculturalism's legacy is somewhat exaggerated.

One of the main concerns is that minority communities do not think of themselves as British, or as though they belong. But according to data from the 2007 Citizenship

British feel "fairly or very strongly" that they belong to Britain, the proportion agreeing with this statement in all the other groups ranged between 84% and 89%. Similarly, in terms of local belonging, differences were modest among the different ethnicities. What is interesting, though, is the response to the question of whether one can belong to Britain and maintain a separate cultural or religious identity. Around 80-90% of ethnic minorities perceive no such conflict between these different identities, and think that they are fully compatible together.

So it seems as though the fear that multiculturalism has utterly failed to encourage a sense of belonging in different cultures and communities has been overstated. The vast majority of minority groups do feel as though they belong and view their cultural heritage and a British identity as compatible. To a large extent at least, minority groups feel welcome in Britain.

There's no doubting, though, that multiculturalism has brought tensions. It is often said that multiculturalism puts people into boxes by defining individual rights and

certain groups within them has meant undue cultural conservatism has been tolerated in the name of protecting the community.

Proponents of France's "assimilationist" policy, where

"Multiculturalism has brought us diversity and tolerance, words which have found a special place in the heart of the British identity."

all are treated simply as citizens with the same rights and no groups are given any special recognition, say that their approach avoids subordinating the individual to the group. They also suggest that by treating groups in the same way, and trying to incorporate them into the same national identity, there is less danger of fostering division by focusing too much on the differences between communities; after all, to treat groups differently in the public sphere is in a sense to treat them as "the other".

Perhaps we could take a leaf out of France's book on this one. Much of the problem of issues such as Islamophobia lie in the fact that people are too quick to judge someone, for example, as "a Muslim" and then assume that what holds for the perceived "Muslim community" must also hold for the person in front of them. Although multiculturalism is far from the only cause of this - on some level it's simply human nature, like it or not - the tendency to categorise communities, treat their leaders as reliable authorities on group opinion, and highlight the differences between groups by treating them differently, goes some way to oversimplifying the terms of the debate. It also leaves many individuals feeling as though they're not being accurately represented, as though one dimension of their identity is being focused on while forgetting other important aspects.

I do not think multiculturalism has failed. Multiculturalism has brought us diversity and tolerance, words which have found a special place in the heart of the British identity. It has made minorities feel welcome and, for the most part, positive about being British. That being said, especially in the wake of the terror sweeping the world the policy needs to be looked at, reviewed and refined. Multiculturalism has its share of problems. We should look at how to incorporate the strengths of other models such as assimilationism, by giving a more individualist focus to our policies, and making sure that we have a clearly defined identity which all groups can participate in without giving up their heritage. Multiculturalism isn't dead yet, but it does need to adapt.



(Image: Charles Braddix)

needs by the community to which they belong - and treating communities as more or less homogenous blocs, for instance when it comes to group opinion. In going too far to promote group solidarity, multiculturalism has overlooked the importance of individuals, forgetting that the individuals who make up these communities have individual rights and opinions that may well differ from those of the community.

Insofar as this community-based approach has a tendency to oversimplify people and groups, and holds that groups should be treated differently, it can be seen how multiculturalism might contribute to growing resentment across the UK. Identifying people on the narrow basis of their community before applying other criteria often reduces them to a caricature of that group, which can lead to suspicion and hostility towards these individuals. As well as that, affording communities special rights and being too accommodating to

"the argument goes [that] multiculturalism has increased social division rather than broken it down; it has led to a more fractured society devoid of a unifying national identity"

Survey, minority ethnic communities show very similar levels of belonging to Britain and their local area than do white British respondents. While 85% of white

Post-Franco Spain: A Case of Voluntary Amnesia

Dom Johnson
Views Editor

With last week marking forty years since the death of its late dictator, Francisco Franco, a familiar silence fell over Spain. Since his passing in 1975, the discussion of Franco's totalitarian regime and its atrocities have become a nationwide taboo, tacitly suppressed by all corners of the Spanish population, from local cafes to central government. Thursday was no different, minimal coverage or debate was heard from the Spanish left and right, while none of the main political parties observed this anniversary.

Initially, this culture of collective silence grew from a pacifistic desire to avoid the divisions and accusations that could lead to a further civil conflict in the wake of the dictatorship. However, the way it manifested into an amnesty law that blocked any investigation and prosecution of crimes committed during the civil war and the subsequent

dictatorship by nationalist forces not only created a nation that was afraid to address its own past, but one that fails to honour half a million republicans that fell during the defence of a free Spain.

“As an outsider[...] it would appear odd to only see this generation calling for the truth. Yet, considering that neither the dictatorship nor the civil war is taught in school, it is hardly a surprise”

Though hardly reported, the anniversary prompted over one thousand descendants of those killed by the dictator's nationalist forces to march peacefully through the streets of Madrid, calling for “truth, justice, and reparations”. Yet, the majority of these protestors were elderly Spaniards, holding up the names of parents killed in the bloody civil war that preceded

almost four decades of Francoism. Admittedly, as an outsider looking into Spain, it would appear odd to only see this generation calling for the truth. Yet, considering that neither the dictatorship nor the civil war is taught in school, it is hardly a surprise that a collective call for justice is absent.

The problem of the ‘imposed forgetting’ lies at the birth of the Spanish democracy, as, despite the fact Franco's stronghold has eroded and collapsed, its foundations have been left intact. Unlike the deconstruction that occurred in the wake of other fascist regimes, there was no opportunity for a Spanish equivalent to denazification, with the way that Franco succumbed to old age rather than military defeat ensuring that the transition to democracy would be a purely internal process, as the ‘Pact of Forgetting’ cemented the dictator's legacy.

In terms of attempted resolution, the Socialist Workers’ Party governments’ 2007 ‘Law of Historical Memory’

made tentative efforts to recognise the suffering experienced by the victims of Francoism, but its funds and momentum collapsed in the wake of the 2008 global financial crash and the party's 2011 election defeat. The fact that no government has ever declared the Franco regime illegitimate speaks volumes about the dictatorship's legacy and the length of the fight that is yet to come if Spain ever decides to stop running from its past.

Nevertheless, the nation now has a chance to confront this ignored legacy. With elections in December, Spain looks set for its first post-dictatorship coalition, presenting a clear opportunity for a collective justice and remembrance from Spain's left and right, honouring the lives that were decimated by Francoism.

Until the taboo is addressed, the country can never achieve unity. “There will be no democracy without memory.”

The Republican Race: Funny or Frightening?

Liam Kerrigan
BA Philosophy

When Donald Trump descended the escalator in the lobby of Trump Tower accompanied by the sound of Neil Young's “Rockin’ In the Free World”, across America everybody held their breath. As the long-awaited announcement came - Donald Trump is running for President - there was a nationwide outburst of saturnalia, either because people actually believe Trump is the candidate to “Make America great again” (a plagiarism of Reagan's 1980 campaign slogan), or they were sure they were in for some good laughs over the next few months.

Not one to disappoint, during his announcement speech Trump declared that when Mexicans migrate to the U.S. “they're bringing drugs, they're bringing crime, they're rapists, and some, I assume, are good people”. From across the pond I could hear Jon Stewart crying tears of joy. Trump 2016 was upon us

“People seem to be positively responding to a man whose political campaign can be reduced to four concepts: hysteria, paranoia, fear and deception.”

and it would yield a bounty of comedic material until either Trump dropped out or he was defeated.

However, fast-forward a few months and we find that the polls, across the board, are led by Trump. In a recent poll



[Image: Dominick Reuter]

conducted by the Washington Post and ABC News, Trump led second place Ben Carson 32% to 22%, whereas a poll by Fox News has him leading 28% to 18%.

Given that the nominee for the Republican Party's presidential candidate won't actually be chosen until July 2016, these polls should not yet be cause for alarm. Although, there is something

worrying about the fact that Trump is leading polls at all. People seem to be positively responding to a man whose political campaign can be reduced to four concepts: hysteria, paranoia, fear and deception. Whether it's his explicit

to stop Mexicans “flooding” into the U.S.; somehow something that Trump is saying is actually winning him support.

One can find no solace in the candidate polling at second place, Ben Carson, either. This delusional creationist who claims Obamacare is the worst thing since slavery and that homosexuality is a choice, seems to have little understanding of politics or reality. Having once said that he has never seen “a body with bullet holes that was more devastating than taking the right to arm ourselves away”, when asked how he

“There's a long way to go before their nominee is chosen, but let's just hope that the Republicans get serious before these political jokes get old.”

would deal with being caught in the middle of a shooting he responded that he would just stand there and let the gunman shoot him, but tell others to attack the gunman to stop him.

There's a long way to go before their nominee is chosen, but let's just hope that the Republicans get serious before these political jokes get old. Meanwhile, for the Democrats...oh let's face it, Hillary's going to win, unfortunately.

Is Crowdfunding Revolutionising Science?

The Gryphon looks back at some of the amazing recent technological developments, along with some of the more peculiar ideas, which have been made possible through crowdfunding.



[Image: NBC]

Steven Gibney

Creative, original and every now and then bizarre; that is potentially the best way to describe crowdfunding. Since the mid 2000's the amount of people contributing to crowdfunding has grown exponentially and it is an industry now worth an estimated £22.4 Billion (\$34.4 Billion). If you're unaware, the concept of crowdfunding involves funding a project or idea using financial backing received from a large number of people, usually using the internet. Crowdfunding has been used as an alternative source of funding for a number of projects and two of the largest crowdfunding platforms, Kickstarter and Indiegogo, have been used to fund films, TV shows, books and the development of innovative technology. Many of the projects posted on these websites would be considered normal, however every so often a project pops up which is utterly bizarre.

Oculus rift

The concept of virtual reality was nothing more than that, a concept, until the Oculus Rift came about. Previously the technology had consistently failed to live up to expectations but the Rift allowed us to explore virtual worlds like never before. When this project appeared on Kickstarter it raised \$2.4m, allowing the development of a head set which accurately tracks the wearer's movements allowing the wearer to look around in the virtual world. The device has attracted attention not just from game developers but from film makers, social media outlets and industry professionals. Oculus Rift was bought by Facebook last year for \$2 Billion ensuring the concept's longevity and giving it the security to meet the development target. While the Oculus is still being developed, early reviews appear promising and it is set to be available for consumers as of autumn 2016.

Skarp Laser razor

Two Swedish inventors have designed a futuristic razor which can use lasers instead of blades to trim hair. If successful this would allow you to save money on buying replacement cartridges and reduce the chance of cutting and irritation caused by regular razor blades. However, while this next-gen shaving apparatus seems like the future it should be noted the product was recently removed from Kickstarter as the inventors were unable to produce a working prototype. Nonetheless, the project is still receiving funding on Indiegogo, if you're still desperate to contribute to what could be the future of shaving.

Vessyl

This ordinary looking cup will be able to analyse and detect any liquid which is poured into it and send this data to an app which will log everything about that drink. The aim behind this is it will allow you to track calorie intake, sugar protein, and even caffeine levels. The developers claim it will even be able to identify the brand of liquid you're drink so we may finally find out the difference between Pepsi and Coca-Cola. Currently you can pre-order the Vessyl for \$149, however be aware it was scheduled for release in early 2015 and has yet to be released due to development delays. Who knew redesigning the cup would be such a complex task?

Pooch selfie

Sometimes you just have to take a selfie with your dog, so when that need arises you have to ensure the dog looks in the right direction. To help you achieve that the company Clever Dog Products have created the Pooch Selfie. The product is a small plastic accessory which lets you attach a tennis ball to the top of your phone, grabbing the attention of your dog so you can get the perfect photo with them. Thus far the project has managed to raise \$40,000 since September. Evidently

there is a market for Dog Selfies.

ejaculator

It's probably unsurprising that adult entertainment has entered the world of crowdfunding. In this case, the ejaculator is a masturbation aid combined with a virtual reality headset that creates the sensation of pleasure by connecting what you see on screen to feelings on your private parts. Thus far the project has received nearly \$80,000 to help development.

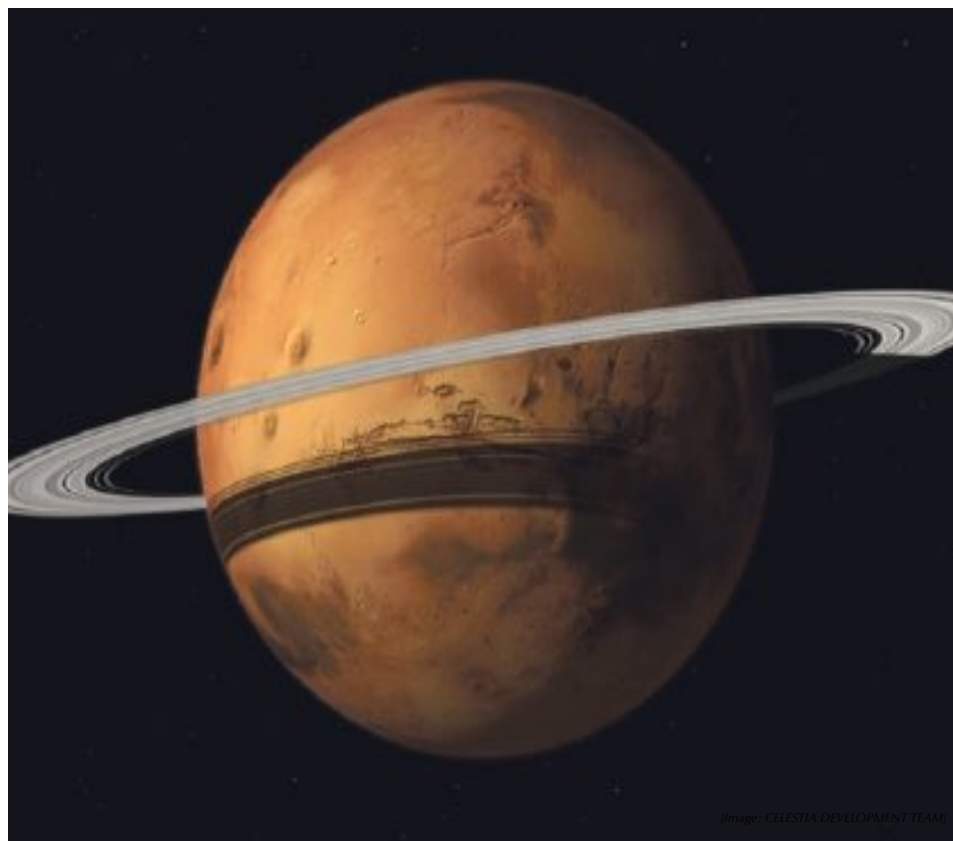
Coin

Have you ever found yourself shuffling through all your credit and debit cards to find the right one? While students may never experience this inconvenience, apparently it occurs often enough someone has developed a solution: a single card which you can program all of your debit and credit cards into. It works by uploading your cards onto the Coin app, you can then select any of the cards using the display screen on the Coin Card. While this seems like an easy way to save space in your wallet it is worth noting the product has received heavy scepticism as its development was significantly delayed and reviews are not promising.

Pebble watch

Before the Apple Watch and Android Wear, there was the Pebble Watch. Pebble Watch was a crowdfunding campaign which managed to raise over \$10mil for the development of the world's first smart watch. Since then the Pebble Company have launched a second campaign, which took place during March 2015, which raised \$20mil for the development of the Pebble Time, a second generation smart watch. This campaign is considered one of the most successful crowdfunding campaigns ever held. Overall both campaigns were a success as both smartwatches have received positive reviews.

Mars to Lose a Moon, but Gain a Ring?



Dougie Phillips
Science Editor

Beyonce Knowles, when addressing all of the single ladies, suggested that 'if you liked it then you should have put a ring on it'. Well, this week, *Nature Geoscience* have published the news that the planet Mars – currently enjoying a resurgence in public interest – has taken heed and is all set to get its very own ring system. The iconic red planet may one day be known for more than just its colour.

The latest news surrounding Mars relates specifically to the Martian moon 'Phobos', located 6,000 kilometres above the planet's surface. Phobos, which measures a meagre 22 kilometres in width, is currently spiralling towards the red planet due to its gravitational pull – a fact well documented by planetary scientists. However, its eventual fate on reaching the surface – in particular, if it will remain intact

or fall apart – has long been questioned.

Researchers from the University of California have forecast the Martian moon's impending doom, predicting its eventual break-up from using data, such as its density and strength, to model the future prospects of Phobos. The lead author of the research, Dr Benjamin Black, when commenting on their predictions said, "If you were standing on the surface of Mars, you could grab a lawn chair and watch Phobos shearing out and spreading into a big circle". Indeed, the strains caused by the gravitational pull of Mars are already evident, with kilometre-long grooves demonstrating immense stresses which will, ultimately, result in the fragmentation of the condemned moon.

So Mars, when can we see your halo? The predicted break-up of Phobos is set to take place in around 20 to 40 million years' time – so, sadly, we will be unable

to witness the creation of the red planet's new ring. However, the drawn-out demise of Phobos will give rise to an equally rare research opportunity. There is speculation that its fate resembles that of previous moons; ones which, during the Solar Systems 'early years', also broke up and formed rings around their incumbent planets. Therefore, any viewable changes that Phobos will undergo in the coming years, however small, could give an insight into a planet's history. As such, we could begin to understand the how and why behind Saturn's recognisable rings.

Following the recent glut of big announcements – such as the evidence of flowing water on the planet's surface – this latest news looks set to keep Mars as the hot topic in the world of science.

The Week in Science



The Gryphon look at selection of some of the great discoveries in science this week.

Massive stars weight loss secret revealed:

Astronomers have managed to analyse the light from VY Canis Majoris, one of the largest stars in our galaxy. This star throws off a huge amount of gas in outbursts. This makes it very difficult to image the star but with a new adaptive optics system, scientists have shown that the dust grains around the star are much larger than others in the galaxy and can be pushed away from the star with its huge radiation pressure.

Mars had a dense atmosphere in the past:

Present day Mars is covered in a thin atmosphere consisting mostly of carbon dioxide but researchers are suggesting that this was not always the case. The main theory of how Mars lost its atmosphere is by a process called sputtering where solar radiation interacts with the atmosphere to remove molecules. However, a new theory has been suggested where solar radiation will ionize large amounts of carbon dioxide in the upper atmosphere causing it to be lost to space.

Loneliness triggers cellular changes that can lead to illness:

A team of researchers have found that social isolation in older adults can increase the risk of premature health by 14%. By studying gene expression and immunology, the scientists found increased expression of genes responsible for inflammation and a decrease in genes responsible for antivirals.

New computer algorithm can predict whether a couple's relationship will improve based on tone of voice:

Researchers, using recordings from marriage therapy sessions and following couples afterwards, have produced an algorithm that can predict how a couple's relationship will fare with 79 percent accuracy. It seems that it doesn't just matter what you say but how you say it.

Research from the University of Bristol finds no evidence for the Pause in Global Warming:

By analysing data from 40 peer-reviewed journals over the past 5 years Professor Stephan Lewandowsky has found no agreed upon definition for the apparent hiatus in climate change. The study claims that if the sample size is small enough the pause will always appear to be present and that scientists should use language that is less confusing to the public.

We're in the business of **IDEAS**. We are a collective of students, artists, writers, designers, illustrators, photographers, all fueled by our desire to collaborate. We **ARE** creatives dreaming BIG. We are creatives dreaming together. Ideas are our currency. Imagination is critical. So is coffee. The best work is always ahead of us. We are persistent. We are relentless. We are all painters and performers working on screens big and small. Our **BEST** projects are born from what we learn as we fall, as we grow, as we create, collectively. We are **SHARED** learning. We work hard and party often. Creative comrades, come together.

We are the Leeds Creative Common.



facebook.com/groups/creativecommon

YSPOTY Hopefuls Anticipate Success

Nancy Gillen
YSPOTY

The shortlist for the BBC's Young Sports Personality of the Year has been announced, marking out potential future stars in the world of sport. All of the nominees have had an extremely successful 2015.

Two gymnasts have made the list. First up is 18-year-old Brinn Bevan, who was part of the men's team who won silver at the World Championships this year, as well as winning bronze on the pommel horse at the European Games. Fellow gymnast Ellie Downie has also been nominated. Following in the footsteps of her sister Becky, a Team GB Olympian, Ellie won bronze in the all-around at the European Championships and team bronze at the World Championships.

There are also two athletes from para-sport. 18-year-old Sophie Hahn, who has cerebral palsy, can be seen as a product of the legacy of the London 2012 Olympics, with the successful Paralympic Games inspiring her to take up athletics. Within a year she had won her first world title, and this year won two gold medals at the IPC World Championships that have just taken place in Doha. Tully Kearney, also 18, competed in seven para-swimming competitions this year. She was also extremely successful at the IPC World Swimming Championships, winning four golds, one silver and one bronze.

Onto cricket and Sam Curran, who at the age of 17 plays for Surrey CCC's first team and is the youngest player to take five wickets on his debut. Fellow 17-year-

old jockey Tom Marquand is also on the shortlist. He had 54 wins in his first season, and won the Champion Apprentice title.

Matthew Lee will be hoping to win YSPOTY just as his fellow diver Tom Daley did. 17-years-old and from Leeds, Lee won gold in the 10m individual at the European Games, and won a number of other medals in domestic competitions.

18-year-old Morgan Lake is tipped to be a star in athletics, and she's already European Junior Champion in the high jump. She is currently the third best high jumper in Britain, ahead of Jessica Ennis-Hill.

Freestyle skier Molly Summerhayes also makes the list, having secured the title of Junior World Halfpipe Champion.

Last but not least is Rebekah Tiler, a 16-year-old weightlifter. She has a wealth of medals to her name, winning gold at 2015 Commonwealth Youth Games in Samoa, gold at the European Youth Championships, silver at the European Junior Championships and silver at the IWF Youth World Championships.

With a host of famous names having previously won Young Sports Personality of the Year, the nominees will all be hoping to join them and top off their successful years in the best way possible. The winner will be announced on Sunday 20th November.



(Image: Julian Finney)

Watershed Moment for British Tennis

Alex Bowmer
Tennis

The Davis Cup reaches its denouement this weekend, with Great Britain (consisting of Kyle Edmund, James Ward and the Murray brothers) hoping to overturn 79 years of hurt.

In recent decades, the team have been considered a bit of a laughing stock in the tournament, with humiliating defeats to the likes of Israel and Morocco, who are hardly powerhouses of the world game. However, the consistent inclusion of Andy Murray and his burgeoning doubles partnership with brother Jamie, along with the improvement of Ward, has given the team new grounds for optimism in the last few years. The upturn in fortunes has also been due in large part to Davis Cup captain Leon Smith, whose reputation has risen massively since his appointment as a 34-year-old in 2010 following a chastening defeat to Lithuania.

The opening tie of 2015 saw the team face off against the USA, and managed to replicate their 2014 success over the same nation, with Ward stepping to the plate to down John Isner in a front of an ecstatic crowd in Glasgow. The result was even more remarkable given that Isner was nestled just outside the top ten, as well as the fact that the North Londoner had to come back from two sets down to triumph, with the decider ending 16-14 in his favour. Another home tie, this time on the main grass court at Queen's Club against France, presented a different challenge. The outcome though

was the same, as Andy demonstrated why he is one of the best singles players in the world, seeing off Jo-Wilfried Tsonga and Gilles Simon in style.

Expectations were downplayed to the media, but there was clearly a realisation that they were on the brink of something very special. Australia were the next visitors to British soil, and Andy did his job once more with crushing wins over Thanasi Kokkinakis and Bernard Tomic, and also joined forces with Jamie to outlast the big-serving Sam Groth and the tenacious Lleyton Hewitt in a five-set thriller, rendering Dan Evans' two defeats academic.

Belgium's passage to this stage has been similarly dramatic, but their most recent encounter, against Argentina, represented their biggest test, and it was Steve Darcis who proved to be the hero, securing a surprise win over Federico Delbonis to put the country into their first Davis Cup final since their last (and so far only) appearance in 1904, when they were soundly beaten by the British Isles 5-0.

Turning our attentions to this weekend, and this tie represents a real chance for 20-year-old Edmund to step into the limelight. The Johannesburg-born right-hander has made rapid strides in the past year, and reached a highest ranking of 99 in August. His victory at a Challenger event in Buenos Aires demonstrated that he has the necessary steel and versatility to win on clay in an unfamiliar setting. James Ward has been retained as an additional singles player if the contest goes to a fifth rubber, which seems wise considering his giant-killing pedigree when he dons his national

colours. Belgium will fancy their chances on home soil on clay, but as Andy and Edmund have both shown, they are no slouches on that surface either.

David Goffin is Belgium's premier singles player, but Murray should have his number and that of Ruben Bemelmans, Goffin's compatriot. It would be hard to bet against the Murray brothers in their doubles tie, particularly as both Kimmer Coppejans and Darcis are not vintage players in the more technical form of the sport.

There are many fascinating contests to mull over, but one thing's for sure - it's going to be close.



(Image: Julian Tallis)

Doping Scandal Puts Pressure on Lord Coe

Nancy Gillen
Athletics

Doping has always been an unwelcome presence in sport, but recent revelations have pushed the issue back into the limelight. Last year the World Anti-Doping Agency launched a commission into allegations of doping in Russian athletics, and published its findings earlier this month. The results shook the sport to its core.

The report accused Russia's anti-doping agency of hiding tests, destroying samples, taking bribes and bullying doping officers and doctors. A number of the athletes suspected of doping participated in the London 2012 Olympics, and it is suggested in the report that the International Association of Athletics Federations did nothing to prevent this, thereby implicating them with the scandal. WADA recommended that Russia be banned from athletics competitions, including the Olympics next year, until they ensure that doping is no longer a part of Russian athletics. It was also suggested that several athletes and coaches should be given lifetime bans.

The fallout from this commission was extensive, with the IAAF following WADA's recommendation and provisionally suspending the Russian Athletics Federation, who accepted this without requesting a hearing. A five-person inspection team will now observe Russia as they look to regain their IAAF membership. However, two of the Russian athletes facing lifetime bans completely denied taking banned substances and threatened to take legal action, showing that there may



not be full cooperation with the investigation.

It's not just Russia that's under scrutiny. Argentina, Ukraine, Bolivia, Andorra and Israel have also been deemed non-compliant with WADA's codes, and six other countries including France and Spain have been placed on a 'watch list'.

Dealing with all of this is Lord Sebastian Coe,

President of the IAAF. Recently elected in August, he has already had many issues to deal with and his credentials are really being tested with this scandal. Even he is now being questioned about whether or not he knew about Russia's malpractice during the Olympics, showing that this may be a problem endemic at the highest level.

Though athletics is currently embroiled in this scandal, other sports have also recently been affected by doping. For example, Dinamo Zagreb's Arijan Ademi failed a drugs test after his side's victory over Arsenal last month, and has subsequently been banned for four years. Tyson Fury has recently stated that boxing has a 'big problem' with doping, and steroid abuse in Welsh grassroots rugby has been described as 'off the scale' by an anonymous player.

It's clear that there is a big issue with doping in all sports, all over the world, at the highest levels. Authorities need to introduce more stringent tests and consequences

need to become more severe for there to be an end to this troubling issue in sport and ensure that everyone is on a level playing field. What the IAAF, Seb Coe and other authorities do next is crucial.

No Clear Favourite for Hennessy

Michael Andrews
Horse Racing

This time last year it was the soon-to-be Grand National victor, Many Clouds, who announced himself on the main stage when he won the Hennessy Gold Cup at Newbury. This year, it is hard to think we won't see another champion emerge.

The three miles and two-and-a-half furlongs race has been graced by the greats, including the steeplechaser of the century Arkle, who in the 1960s won the race twice. In recent times, Cheltenham Gold Cup winners honoured the Berkshire turf, with Denman (who won it off top-weight in 2007 and in 2010) and Bob's Worth (2012) securing sparkling victories. None were perhaps as emotional as fan-favourite Carruthers however who, ridden by weighing room joker Mattie Bachelor, took the prize in 2011.

The only disappointment this year is that Coneygree, Carruthers' half-brother and the incumbent Cheltenham Gold Cup hero, has suffered a minor setback in the lead up to the race and will not take his chance. Instead the eye turns to Saphir du Rheu, winner at Aintree in April, who is now as short as 7/2 favourite for the race - despite also being allotted the top-weight of 11 stone 12 pounds. The last horse to carry that around successfully was Denman, a giant of a horse commonly referred to as 'The Tank'.

It's the resurgence of the 2012 winner Bob's Worth which will worry Saphir fans the most. He's struggled lately, but his battling success last month (his first since

December 2013) suggested that the ten-year-old was perhaps ready to return to the top level. More importantly, he carries much less weight than Saphir, even less than he carried when he won the race four years ago.

Others to note include If In Doubt, who progressed impressively last year to win the SkyBet Chase and finish to fifth in the RSA Chase at the Cheltenham Festival. He also supports a much more comfortable weight burden of 10 stone 12 pounds, with excellent jockey Barry Geraghty aboard for the Philip Hobbs yard.

The Druid's Nephew is another significant entry, a winner at the Cheltenham Festival last season before subsequently falling in the Grand National while still in with a chance. Trainer Neil Mulholland also saddles The Young Master who shot onto the big stage last year, winning four times on the bounce in impressive style. His limitations were exposed subsequently, beaten by Saphir du Rheu last time, but he probably needed that run and this distance is more suitable.

The only certainty tomorrow is that the Hennessy will be another spectacular winter spectacle, to add to a so-far scintillating season. The recent resurgence of



the old guard has warmed the cold winter crowds, and Newbury tomorrow will be no different. Will they take charge again? Will Bob's Worth, The Giant Bolster and Houblon Des Obeaux win or could it be the new kids on the block in Saphir du Rheu, If In Doubt and Splash of Ginge? I would tentatively take If In Doubt. Find out who wins at 3pm on Channel 4.

Can Eddie Jones Save English Rugby?



James Candler
Rugby Union

Australian-raised coach Eddie Jones has been appointed the new head coach of the English International Rugby Union squad, and quite frankly, most fans cannot wait to see what he has to offer. Jones certainly has an impressive curriculum vitae when it comes to coaching rugby teams to success. Coaching the once underdog Brumbies to an historic Super 12 victory in 2000, Jones was soon fast-tracked to the role of Australia head coach, and he soon led them to a World Cup final in 2003 – where, I'm sure you readers will not need reminding, they were beaten by Sir Clive Woodward's England. After this, his numerous other achievements include being assistant coach to a World Cup-winning South African side in 2007 (regrettably beating England in the final), and of course coaching Japan in their breathtaking and unexpectedly competitive run in this year's Rugby World Cup.

So, in terms of past success Jones appears to be the perfect man for the job. Certainly he has contributed to enough to English heartache, to war-

rant him a shot at winning us some silverware. However, Jones does not come without his fair share of controversy, especially when it comes to England. Jones has not exactly been shy about his criticism of English rugby in the past and in doing so he has certainly upset the English rugby establishment at times. Now Jones will need the full support of the RFU in order to achieve what he needs to, by the end of his 'four-year turnaround'. More so than that, he will need sovereignty over coaches throughout the Premiership. This control over the coaches in England will no doubt be integral to Jones' ambitions to shake up the RFU and do what needs to be done in order to ensure that England are a successful, competitive international side. Additionally, Jones has been rather honest about his desire for a new captain and possibly a new open-side flanker altogether – thereby potentially offending Chris Robshaw, whom many consider to be a hero of the English game.

With all of this controversy surrounding the coach, and the additional fact that it has been 12 years since he was head coach of a truly world-class side, can we still be optimistic about Eddie Jones' stint as the

head of English rugby? The answer, quite simply is yes, but cautiously so. Whilst it is easy to be swept up in the excitement of a new coach (especially one as charismatic as Jones), one cannot deny the potential for success. The coach knows what he is doing and certainly talks a good game. The new head coach has expressed that England should no longer feel the need to copy the All-Blacks, but should be confident and assured in their own style of play; this is a style of play which will be based around a 'strong attack' in Jones' words. He is also aware that, since he is only here for four years, his job is in equal parts about establishing a framework for the future of English rugby, as it is about garnering immediate success. There is in fact much to be excited about here.

Eddie Jones then is not a straightforward character. He will rock the established order and he will challenge pre-existing ideologies that permeate the RFU. However, after the recent failure under Lancaster's regime, this controversial and charismatic change of pace might just be exactly what England need.



Badminton 1sts (M) 3-5 Edinburgh 1sts
Badminton 1sts (W) 5-3 Birmingham 1sts
Badminton 2nds (W) 1-7 Birmingham 2nds

Basketball 1sts (M) 78-55 Northumbria 3rds
Basketball 1sts (W) 27-85 St. Andrews 1sts

Fencing 1sts (W) 135-65 Edinburgh 2nds

Football 1sts (M) 2-1 Edinburgh 1sts
Football 2nds (M) 3-3 Teesside 1sts
Football 2nds (W) 1-3 Cumbria 1sts

Hockey 1sts (M) 6-1 Birmingham 3rds
Hockey 2nds (M) 0-0 Durham 3rds
Hockey 2nds (W) 5-0 Sheffield 2nds
Hockey 3rds (M) 1-1 Leeds Beckett 2nds

Lacrosse 1sts (M) 5-6 St. Andrews 1sts
Lacrosse 1sts (W) 29-0 Nottingham 2nds
Lacrosse 2nds (W) 8-18 Northumbria 1sts

Netball 2nds 40-35 Sheffield Hallam 1sts

Rugby League 1sts 16-42 Northumbria 1sts

Rugby Union 1sts (W) 107-0 Glasgow Caledonian 1sts

Rugby Union 3rds (M) 29-26 Northumbria 2nds

Squash 1sts (M) 5-0 Manchester Met 1sts
Table Tennis 2nds (M) 1-16 Sheffield Hallam 1sts

Tennis 1sts (M) 0-12 Leeds Beckett 2nds
Tennis 2nds (M) 8-4 Durham 4ths

Volleyball (M) 0-3 Glasgow 1sts

Water Polo (M) 7-9 Edinburgh 1sts
Water Polo (W) 12-2 Manchester Met 1sts

Rugby Union Varsity Revenge Goes Awry

Matthew Norman
Men's Rugby Union
University of Leeds 1sts 17 - 34 Beckett 1sts

Leeds University's rugby union first team were unable to seek revenge against local rivals Leeds Beckett 1sts as they unfortunately lost 17-34, a harsh score line against our Gryphons after a valiant performance.

Despite their loss at Varsity earlier this year, Leeds Uni started the stronger of the two sides. Leeds managed to dominate the early scrums, an area Beckett controlled when the teams met in October, but suffered an early setback as Captain Luke Harris reopened an old gash above his eye, meaning he was unable to take part in the remainder of the match. Despite this, Uni capitalised on an attacking lineout as a brilliantly run hard-line by Adam Lambert opened a hole in the Beckett defence to allow Ethan Allan to cross for the first try of the match.

After a brilliant hit by Hamish Hughes from the kick-off, Beckett struggled to clear their lines once again. Uni quickly shifted the ball to the wing where Harry Jukes was able to utilise his pace to score Uni's second and put his side 12-0 ahead within the first 15 minutes.

Beckett responded by applying some sustained pressure on the Uni defence as they turned down an easily kickable penalty to go for the jugular. Uni's defence seemed to be holding strong, before a missed tackle allowed Beckett to score their first try. Both sides

struggled to maintain possession of the ball for some time, before a quick Beckett counter-attack resulted in a defensive error from Uni. The resulting attacking move, which was expertly executed, made the score 12 apiece.

Beckett were soon applying extreme pressure on the Uni scrum but the visitors showed incredible character to win a penalty right on their own try line when another penalty would have no doubt led to a penalty try to Beckett. Beckett attempted one final attack, but an unbelievably strong hit by Monty Reed caused a knock-on which brought a close to the half.

Unfortunately for Uni, the second half did not quite go as smoothly as the first. Uni did look to be continuing the high intensity of the first half, as centre Will Byron managed to break early on. However, after a period of manic play from both sides which saw the ball intercepted three times within 30 seconds, the luck was on Beckett's side as they were able to break to score their third try.

Some magic feet from Jukes would have allowed Uni to equalise once again, if it wasn't for a last-ditch Beckett tackle. Uni maintained the pressure, but Beckett held firm to win a penalty themselves and clear their lines once again. After a successfully converted penalty from Beckett, a further stray pass from Uni led to yet another intercepted try to put them comfortably in front. Beckett extended their lead further with a fifth try straight from the kick-off, once again the result of



[Image: Matthew Norman]

numerous missed tackles by the Uni defence.

The away side did, however, end the match on a high as some quick hands down the line allowed them to score the final try of the match but as the final whistle sounded Beckett were victorious 17-34. Uni will now play Newcastle 1s next week, looking for their second win of the season.

In other news, the women's rugby union side managed a 107-0 cup victory against an undoubtedly disheartened Glasgow Caledonian side. The overwhelmingly ridiculous nature of the win will surely provide University fans with both an abundance of hope for the rest of the season, as well as a hearty chuckle.

Birmingham Beaten Narrowly by Uni

Alex Bowmer
Women's Badminton
University of Leeds 1sts 5 - 3 Birmingham 1sts

Leeds saw off a strong challenge from Birmingham to claim the spoils in their women's badminton match at The Edge, and in the process emulated their performance in the cup match against the same opponents last season.

First up was Hannah Down, who faced off against Birmingham's number two Emily Lewin. Down quickly established a healthy lead in the first game, with her deep strokes pushing her opponent back to the baseline early on. A dainty drop shot at 6-3 also showed her ability to mix things up, while a ruthless clear and smash combination at 11-6 demonstrated the power that she possessed. The second game began as a more of an even contest. However, Down slowly began to dominate once more and she took the match comfortably 21-11, 21-14. The Gryphons' second singles player Agnes Zhong was unfortunately on the losing side in her first encounter, running Anette Martin very close in her first game, before the Birmingham girl ran away with it to secure a 21-19, 21-6 victory.

The second doubles pairing of Jojo Minihan and Ashleigh Buck seemed like they would be in with a tough task against Birmingham's top duo, Anna Manley and Emily Mills, but the girls put on a superb attacking display to ultimately win in convincing fashion. Winner after winner rained down on the beleaguered Birmingham partnership, as Leeds romped home 21-

16, 21-4. Ellie Travers and Vanessa Jill also shone in their opening doubles duel to put Leeds 3-1 up at the halfway stage.

It was clear that Birmingham were not willing to let the contest slip from their grasp easily, as they came out firing in the second lot of singles matches. Martin adopted a very aggressive strategy that was paying dividends, as Leeds' top singles player was forced to defend a lot of smashes and deep clears. Down approached the second game in a slightly more



[Image: Nao Takahashi]

attacking manner, with more of her smashes finding the desired areas. However, the Birmingham girl proved too strong on this occasion, winning 21-10, 21-11. With Zhong battling hard, but coming up slightly short, the match was now level at three apiece, and the West Midlands must have been sensing that they could pull off a dramatic turnaround.

However, the Gryphons showed superb resolve, with Travers and Jill taking to the court and putting in an enthralling performance. In the early stages, the scoreline was tight, with both sides finding joy on the offensive. However, the Leeds girls began to turn the screw, and sent down three ferocious smashes in quick succession in a particularly feisty rally, with the final shot finding the court. Jill was causing problems at the net as the pair established an eight-point lead. At this stage, there was some controversy over the score, as the away team alleged that Leeds had two fewer points than they were saying. The home pairing graciously gave them the benefit of the doubt (even though Birmingham were wrong), and as the visitors notched up point after point, it looked as though that show of sportsmanship might come back to haunt the home side.

Leeds regained their composure though, with Travers once again in the ascendency at the back of the court. With the wind in their sails, Leeds continued to force the issue, and it was fitting that it was yet another Travers smash that finally broke Birmingham's resistance and secured the victory. With Minihan and Buck claiming victory in their second match, the final score read 5-3 to Leeds.

After such an inspired performance today, there won't be many teams looking forward to meeting West Yorkshire's top university badminton team.

Quality Leeds Qualify for BUCS Regionals

Matthew Norman
Korfball

Leeds korfbal first team has successfully avoided the first obstacle in their quest to reach the first tier of BUCS Nationals this year. Leeds hosted teams from Sheffield University, Sheffield Hallam and Leeds Beckett in order to determine who would qualify for Regionals next February.

In the first match of the day, Leeds 2nds played exceptionally well against a strong Sheffield 1sts, especially considering that three of their team had only started playing in September. The match was level at 2-2 after a penalty from Ed Mort and a great long shot from Meli Stanley. However, Sheffield's qualities eventually shone through, as they claimed a hard-fought 4-2 win.

Leeds 2nds continued their good form into their second match where they won 1-0 against a useful Hallam 2nds. The solitary goal from Matt Hadfield meant that if Leeds could beat Beckett in their final group game they would, against the odds, qualify for the next round.

Unfortunately, the pressure seemed to get the better of the 2nds as they conceded three penalties, all of which Beckett scored, and missed two penalties themselves to lose 3-0. The result meant Leeds 2nds will play in the third tier of Nationals in April. They did at least finish the day on a high, as they beat Sheffield 3s 3-2 with Maddy

Chant scoring two and Joe Atherton scoring his first ever goal to finish the day in 7th place. The final position of the 2nds exemplifies the harsh nature of the tournament as they were only one win away from qualifying earlier on in the day.

Leeds 1sts started the day against their toughest group opponents, Hallam 1sts, who are in the league above. Leeds got off to the perfect start as skipper Luke Hawthorne put them up early on with a long shot. Despite the Gryphons dominating the chances for the remainder of the match, Hallam managed to level it at 2-2 before the final whistle. The result meant Leeds' destiny was still in their hands but by no means certain.

Sheffield 3rds were next and Leeds wasted no time in asserting their superiority. Directly from the start, Rachel

Muir and Jake Cooke combined beautifully to take advantage of a lackadaisical Sheffield defence, allowing Cooke to easily score. Leeds didn't look back as they strolled to a 6-1 win with Muir (2), Cooke, Taylor, Hawthorne and Matt Norman all on the scoresheet.

Leeds maintained their intensity to canter to a 4-1 victory over Sheffield 2nds after Norman, Taylor, Hawthorne and Jess Michie picked up the goals. The win meant that Leeds would finish 2nd in the group after Hallam scored a last-minute goal in their last game to finish top of the group on goal difference.

Having successfully qualified for the next round, Leeds 1sts was now looking to come out on top for the day. Unfortunately, a disorganised performance against Sheffield meant they missed out 6-4 despite two goals each from Muir and Cooke. Fatigue then played a major part in Leeds' final match as they lost to Hallam 1sts to finish fourth on the day. Regardless of the final two losses in the day, Leeds still achieved their goal of qualifying for Regionals, the most important part of the event.

The top teams from each of the four universities all qualified and will meet the top four teams from the Midlands region next February. Finally, special congratulations to Leeds' own Lauren Taylor and Rachel Muir who were named most valuable female player and top female goal scorer of the day respectively, both fantastic achievements.



Women's Hockey Hammered at Home

Fiona Tomas
Women's Hockey
University of Leeds 1sts 0 - 8 Birmingham 1sts

Leeds Women's 1sts were outclassed by a strong Birmingham side who put eight past them on a bitter cold evening at Weetwood.

The Gryphons went into the match knowing that they were facing one of the best university women's hockey teams in the country – notorious for attracting national junior and England under-21 players. They were further disadvantaged by the absence of in-form captain Katie Hopkisson, who picked up an ankle injury three weeks ago.

Birmingham started brightly and were on the front foot from the off, running at the Leeds defence from all angles and using the full width of the pitch. They dominated the opening ten minutes, but squandered two early chances and hit wide of the target. The Leeds goalkeeper was forced to make a fine stop with her feet after the opposition's centre-forward cleverly dribbled her way into the D. Birmingham looked dangerous, and the next passages of play saw a series of attacks threaten the Gryphon goal.

With ten minutes played, Leeds managed to break into the opposition's half, where they eventually won a short corner. Off the back of a well-worked move Izzie Limbo's hit was just inches past the post.

Birmingham continued their attacking prowess from their hit-out, dribbling the ball once again past the girls in green to the edge of the D before it was picked up by the centre-forward and flicked in from the outside of her stick and past the goalkeeper. Straight after the

re-start, the visitors came again, pressuring the Gryphons by passing the ball confidently around the D before threatening from the right. Birmingham were then able to exploit some lacklustre marking, thus scoring another goal.

Leeds responded with an attack down the right-hand side and, for the first time, exerted real pressure on the away team's defence. The ball was worked out to the right, but the pass that followed was too heavily weighted for any forward to run onto. Birmingham were unfazed by this period of attacking intent from Leeds, and appeared to press on with their game plan.

Moments later however, Ellie Lyne won a free-hit, which saw the start of a fine move from the Gryphons and one which forced the goalkeeper to tip a close-range shot over the bar. Birmingham, however, soon broke on the counter-attack and caught Leeds players out of position. The ball was passed to the centre-forward who found herself one-on-one with the keeper, whom she dribbled around to make it 3-0.

Birmingham seemed relentless, and after the re-start the visitors threatened again, and a goal-mouth scramble this time forced the Gryphon goalkeeper to tip the ball onto the crossbar. Defender April Lessen showed some fine skill when she received the ball on the far right and advanced past her attacker under pressure, but before long the ball was won back by Birmingham who executed a well-practised short corner on the stroke of half-time to make it 4-0.

The second half brought more misery for the Gryphons. Birmingham picked up from where they had left off and immediately were on the attack. To their credit, Leeds kept their opposition at bay and made them work

before they could threaten to score more. The girls in green were admirably disciplined in the face of an aggressive Birmingham attack – something which is as impressive as it is commendable, considering the harsh competition. However, the vast amount of possession that the visitors were enjoying meant that a fifth goal was almost inevitable and a goalmouth scramble led to a close-range tap in. Number six soon came after, when a short corner was won and the ball was neatly rolled out to the receiver, who set up a hit which was fired deep into the bottom right-hand corner of the goal.

A seventh goal was scored minutes later from the top of the D during the next passage of play, and although Leeds eventually took back possession and broke into the opposition's half, they couldn't pose any real threat. At this point however, there was virtually nothing the home side could do to change the outcome of this gruelling match. The hit-out that ensued was flicked by a Birmingham defender (a sign which arguably showed that the visitors were now playing for fun) before a short corner was forced and executed to perfection as the final whistle went.

This one-sided scoreline ultimately proved why Birmingham are currently top of the BUCS Premier Northern Division. The Gryphons were certainly outclassed, and will surely look to learn from this unfortunate encounter.



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The Gryphon questions whether Eddie Jones is the man for the job p.21



Korfball 1sts qualify for BUCS regionals p.23



The Gryphon previews the Hennessy Gold Cup p.20



Leeds in With a Stab at Cup Title

● Uni dominant across foil, sabre and epee disciplines

● Jordan Au and Josh Stuart deliver sterling performances

James Candler
Men's Fencing
University of Leeds 135 - 74 Aberdeen

Leeds men's fencing team got their cup campaign off to a terrific start on Wednesday, with a truly dominant performance against Aberdeen 2s. As always the teams used a round-robin system, by which each swordsman would play each of the opposing swordsmen in a race to 45 points.

The first of the three different disciplines (sabre, foil and epee respectively) got underway, with Leeds' sabre athletes limbering up to get the day's competition off to a strong start. Alex Coleman (who participated well with each sword) set the winning tone of the day, breaking into a 5 - 3 lead. This being sabre, the clash was characteristically physical, with fencers advancing with aggression. This led to some truly formidable displays of athleticism and skill from both sides, and consequently the score was a dangerously close 9 - 10 to Aberdeen after the second round. Luckily, Jordan Au managed to deliver an impressively dominant performance, which seemed to kick-start the Gryphons' collective engine into gear. As a result, the team surged away to a more than respectable 45 - 27

victory in the sabre.

The foil was the next class to be undertaken, and the Leeds men were once again able to step up to the plate. It was by no means a walkover however, as much like in the sabre contest, Aberdeen competed intensely from the first en-garde. As a result, the score was level at 11-11 midway through Alex Bolton's first encounter of the day. However, the Leeds foil fencer displayed a steely cool-headedness under pressure and (much like Au in the sabre class) was able to get the team back on track, to a 15-11 lead. Unfortunately, the foil (the most restrictive of all classes in its rules) was plagued by numerous stoppages, many of which can be attributed to the somewhat lacklustre equipment that Aberdeen had at their disposal. These technical malfunctions and the expected stoppages which arose from off-target hits, meant that the foil class progressed slowly. However, team captain Josh Stuart managed to maintain his team's morale (in part due to his 'lead-by-example' performance) and consequently, his side roared away to a staggering 45-14 victory.

Though victory was totally assured by this point, the Gryphons did not relent when it came to the epee class, and displayed an impressively ruthless streak that

saw them through to the end. Coleman in particular looked impressive in this final stage of the competition. The Gryphon showed a dangerous riposte, which Aberdeen struggled to cope with and thusly, the away team effectively bled points. The final class also allowed for other fencers such as David Dunbar and Josh Sanbrook to show off their skills and ultimately, the victory was a satisfying team-effort, with Stuart suitably closing out the day's events and achieving a solid 45-33 victory.

Meanwhile, the women's fencing team also enjoyed a staggering victory over Edinburgh, winning with a score of 135-65. The women were sensational across the foil, sabre and epee, and their Scottish opponents were simply unable to compete.

Both fencing teams can go into the next rounds of the cup with massive amounts of confidence. If the Gryphons fencing teams can continue this dominant form across the board in the weeks to come, then there will be much to celebrate when the year comes to a close.