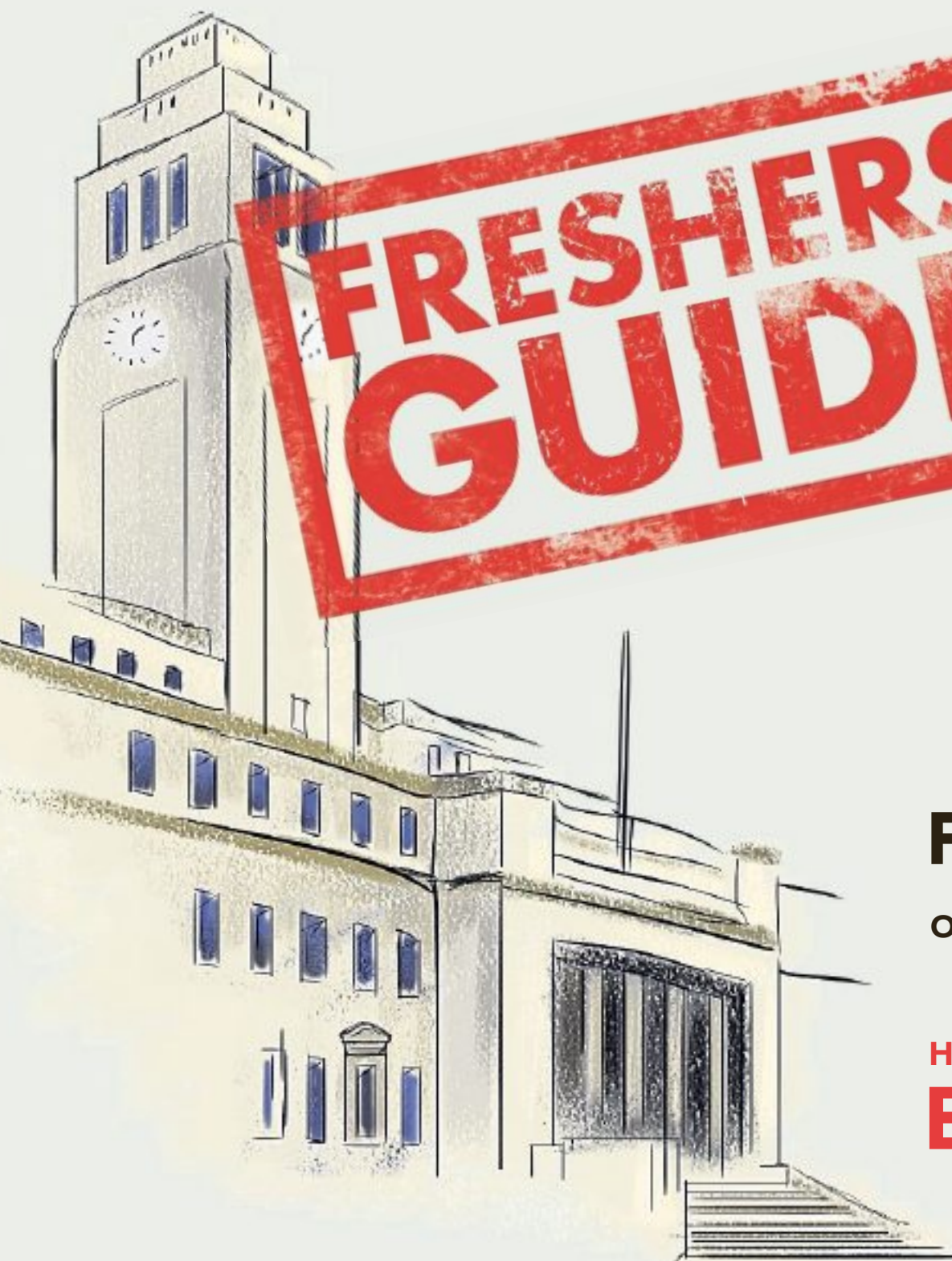




THE GRYPHON

THE OFFICIAL NEWSPAPER OF LEEDS UNIVERSITY



**FRESHERS
GUIDE**

CLUBS

ESSENTIAL LEEDS
NIGHTLIFE GUIDE

FASHION

NIGHT BY NIGHT
OUTFIT LOOKBOOK

HANGOVER MYTHS
BUSTED

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You now go to Leeds, you may as well embrace the stereotype. The Clubs section provides a comprehensive guide to the best venues the city edgée has to offer.

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Never turn up to Highrise in your Abercrombie hoodie and Ugg boots again with the Fashion editors' night-by-night lookbook for Leeds' staple club nights.

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The Arts team delve into the magic of the Tetley gallery in an interview its creative director. The editors also reveal their favourite hangover films just in time for freshers week.

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Fancy eating in? Or would you prefer to dine out? In fact, it's a silly, silly question because Lifestyle & Culture tackle both in their section, giving you a lowdown on the restaurants and recipes you need in your life.

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Life in Yorkshire can be a world away from the haunts of your youth - Dominic Johnson gives an outsider's perspective of life in God's own county. Editor Jessica Murray gives her verdict on new app 'Too Good to Go', which enables users to buy restaurant food that's not been sold for a fraction of the original price.

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Can't get a word in edgeways when talking to your new, gap year anecdote-fuelled flatmate Hugo? Head over to the Views section to equip yourself with the latest takes on Trump and the Brexit aftermath.

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Our bloggers give their take on how to make the most out of freshers week, along with a look at Leeds' most pictureque towns and villages in surrounding Yorkshire.

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Gin fiend? Powerlifter? Both? You're in luck! The Society section gives a rundown of the new societies spawning across campus.

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Make your hungover flatmates' day by reading them Sam McMaster's article on the history of hangover remedies in this week's Science section. Dougie Phillips also discusses the dangers of climate change facing future summer Olympic games.

Sport 38-39

Head over to Sports to get to grips with Leeds' biggest Football, Rugby and Cricket teams. This week's section also has an interview with the women's rugby captain in their build-up to Varsity.

Editor's Letter



Dear Freshers and Refreshers,

Welcome to Leeds and welcome to The Gryphon's annual Freshers' Guide! Over the following pages we'll take you through everything you need to know about the city and university life, from navigating the best of the city's nightlife to getting rid of those soul-crushing hangovers.

We are the official newspaper of Leeds University, written by students for students. We work to make the content that you want to read, with exclusive interviews, reviews, giveaways and coverage of the biggest events of the year.

Having been the university newspaper for over a century years we have a prestigious history. However, this year's focus is to be a publication that provides students with content on the events and issues that interest them most, in a format that is both engaging and respectable. Journalism, like many industries, is evolving in the wake of a digital revolution. With this in mind, *The Gryphon* is striving to develop its online presence, whilst continuing to print a modern, relevant and cutting edge newspaper.

It's been a tough year for the country, and students are set to bear the brunt of the big changes taking place right now. With the scrapping of maintenance grants, the economic and political aftermath of Brexit and Great British Bake Off's move to Channel 4, student's need a voice more than ever.

The Gryphon is here to provide that voice – tackling the biggest issues facing students today, holding the university and union to account in order to make sure students are always getting the best deal.

But more than that, we strive to provide a paper that you want to pick up every week. Our newspaper covers everything from News and Sports to Views and Science. Our magazine, *In The Middle*, covers Fashion, Music, Clubs, Arts and much more. Whatever you want to read about, whatever you want to write about, we provide a platform for it that can reach the whole of the student body.

For any budding writers, designers or photographers out there – we're always looking for people to join our team. Come along to our Give It A Go session on Monday 26th September in LUU Room 6 to meet the team and find out how to get involved.

But we want to get our readers to get involved too. Keep your eyes peeled this semester for the Big Gryphon Survey 2016, which we'll be launching very soon. The purpose of this survey is to hear your views on our publication – what you like, what you don't and how we can make *The Gryphon* more appealing to you. We want to stay in touch with the opinions of those we write, edit, and print for every single week.

All that's left for me to say is whether you read our guide cover to cover or purely use it to mop up spilt alcohol at pres, enjoy your Freshers week and make sure to pick up a copy of *The Gryphon* on campus every Friday and follow us on Twitter @_thegryphon.

Jessica Murray

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Fashion

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Arts

Will Arnold, Xa Roger, James Candler, Heather Nash

Lifestyle & Culture

Megan Fryer, Charlie Green, William Hoole

Features

Jessie Florence Jones, Ella Healing, Hannah Macaulay

Views

Rory Claydon, Liam Kerrigan, Jess Readett

Society

Elsa Amri, Bea Warleta

Blogs

Charlie Collett, Lauren Davies

Science

Sam McMaster, Dougie Phillips

Sport

Luke Etheridge, James Felton, John Gibby, Zoe Thresher



Give It A Go

The Gryphon

Leeds University's official student newspaper

Come along to our Give It A Go session on Monday 26th September 3pm in LUU Room 6.

Writers, photographers and designers all welcome.



News

Students campaign for sexual consent awareness in Leeds clubs



Amy Cousens has proposed a motion to Leeds City Council to make it compulsory to display sexual consent posters in clubs and bars in the city centre.

Firstly could you tell me a bit about yourself?

I'm part of a national campaign called 'Rape is no Joke' which was set up to combat misogyny and comedy when discussing rape and to raise awareness of rape culture. A lot of sexual assaults that happen could be prevented as there is a completely blurred line – this is shown by the fact there's even a song about it! Programmes like *How I Met Your Mother* have so many jokes about rape which trivialises it.

How do you think this can be stopped?

Workshops are really important and have a two-fold positive impact. Firstly, they educate people on what rape is and secondly they encourage people to step forward if something did happen. This means that perpetrators can be punished and there will be less repeat offenders.

What are the specific aims for this campaign?

We are having a deputation outside the town hall and then will present our ideas to the council. We want to display posters into clubs and bars in towns where sexual assaults are really condensed. On the poster it will display places of support which will show people where they can report incidents and there will also be a helpline. Lots of men and women feel like if they are groped in a night club they should laugh it off but people have a right to say something. This can put people off going out – it is not the victims who should be pushed out of public spaces but this behaviour.

Do you think students are particularly vulnerable and what advice would you give to students to combat this?

Campus culture is enshrined with this rape culture. This is evident with some of the sports teams such as the Leeds Beckett rugby team who have games such as 'Fuck a Fresher'. The advice I would give is that it is not up to you to avoid being sexually assaulted or harassed. You're here to have fun and it is the responsibility of the university, City Council and West Yorkshire Police to enforce this.

Polly Hatcher

News Round-Up

Polly Hatcher and Euan Hammond



The Leeds Night Owls: Student superheroes

Coming out in the darkest hours of the night, saving students, charging phones; the Night Owls will always be on hand to keep you safe.

Night Owls is a volunteering service, run by students, for students, promoting student safety by creating a network of volunteers around the city.

"Our trained volunteers assist students – helping students get home and giving a helping hand."

All Night Owls volunteers are provided with training in first aid and self-defence free of charge, allowing them to protect their fellow students safely and responsibly.



Student Accommodation delays lead to suspension

Student accommodation company, Urban Student Life, has been suspended for a year from the Code for Non-Educational Establishments. This suspension is very rare and it is only the third time the Code's Full Tribunal has met.

This follows complaints over the development Asquith House in Leeds which was held up by 11 weeks, forcing students to stay in hotels.

Shelly Asquith, NUS Vice President for Welfare said "I was appalled by the conditions and extortionate price: a three month delay, hotel stays which left some having to share beds."



University of Leeds to raise fees to £9250

A University of Leeds spokesperson responded: "Leeds offers an outstanding education and student experience, which is recognised in the National Student Survey.

"Continuing to meet these standards requires on-going investment."

The University has opted to exempt existing students, including new entrants in 2016 and current applicants deferring into 2017 whereas some other universities have chosen to increase fees from next year for current students.



Let's talk about sex (and eat pizza)

Emma Healey, the Equality and Diversity officer, is running 'Let's talk about sex' sessions throughout freshers week.

The sessions will be an open discussion to aid people in being able to support their friends who might have experienced sexual assault or abusive relationships.

Emma says "As a survivor of sexual assault, these workshops are one of the most important things that we as a union can do to prevent sexual assault and support survivors."

The workshops will be interactive, informative and involve free pizza.

Meet your Student Exec

Sarah Berry

The Student Exec are elected annually, working full time to listen to and represent your views and to improve student life



Jack Palmer
Union Affairs

Which of your initiatives are you most excited about?
Student engagement – that's what I ran on and it's still what I'm most excited about.

I think when I ran, only 46% of students knew what the forums were and that's not good enough. I want to impress upon people that they can change things around the Union.

When will the Union see a Living Wage?

That's a tricky one because it's a big thing financially. It's something we want to do, it's just bringing it in in a way which doesn't damage our other services. A short term goal is an equal wage for those under and over 21, then phase into a living wage.

Old Bar was the student favourite, will there be a different one next year?

The new bar will be Old Bar! I'm so invested in that place. They've made so many efforts to keep the same feel, with the same nooks and crannies, and make sure it doesn't just feel like a modern café. It's still going to be Old Bar, except better.



Melz Owusu
Education

What was your favourite thing about studying at Leeds?
The fact there's always something to do or someone to see.

It's small enough yet big enough to be able to get around

and do loads, get to every club night and back to your lectures in the morning.

What's the best way to relax and forget about study?

I love listening to music and creating it too – you may have guessed my favourite genre is Grime. I basically live and breathe it.

What's the biggest change we'll see at the end of your year as Education Officer?

Less extra course costs such as re-sit fees and material costs is my main focus of the year, and of course continuing with the work on the curriculum.

How much potential does the curriculum have to diversify?

A massive amount – we have passed a paper filled with student recommendations through one of the highest University decision making boards – my job this year is just making sure it happens!



Jamie Ali
Community

What do you do?
I deal with issues like housing, crime, transport, local democracy and LUU's role in the city.

What's the biggest change you'll make to renting in Leeds?

I want to empower students. They're in a stronger position than a lot of the agencies and landlords and they don't quite realise that. In terms of University halls, we're asking for a lot more transparency from the University in how they set their rents. With private rented accommodation, we're working on admin and agency fees.

When do you think we'll see summer half rent?

We've made some first steps to get concessions from landlords on things like admin fees, so I think in the foreseeable future we can start making headway on summer rent. There's more than 3000 spare beds in Hyde Park, so students have the power to negotiate. In our house last year, we got free summer rent just through our own negotiation skills. Students can do that!



Emma Healey
Equality & Diversity

What do you do?
I advocate on behalf of underrepresented and marginalised groups which struggle a bit more with engagement or have different

challenges. It's making sure

that everyone gets the same opportunity to get the most out of their time here

What would you say to Freshers?

I didn't particularly love Freshers to be honest; it's quite an overwhelming time. I didn't feel comfortable and then I found my place and my friends – it just takes a while but when you get sorted it's the best thing. Leeds gives everybody the opportunity to do something that appeals to them, it's just about finding your spot.

How are you going to ensure you work for all under-represented groups?

My experiences are not just as a woman but as an LGBT person and I'm listening to students and meeting with them, making sure that I'm checking my privilege and advocating for any student. My background is in feminism, but I've learned a lot about intersectional feminism and I try to let that guide everything I do.



Jess Reed
Welfare

What is your role?
My role is to make sure that students are getting the support they need. Whatever issues they're having, my job is to make sure that

the University is meeting those and providing support.

What would you say to less confident Freshers?

In Freshers' week there can be a lot of pressure. Don't feel obligated to go along with things if they're not right for you. It's okay if you want to spend an evening on your own or watch a film with people. There are other opportunities to do things throughout the year, so just take care of yourself!

What's your top budgeting tip over Freshers?

Having a massive lump of money suddenly come into your account with a lot of opportunities to spend makes it very easy to overspend. I spent a lot of money on food at Freshers – the next week was not as fun! Cooking at home is a good way to socialise without having loads of pressure to be out doing stuff.



Tai Ogunyinka
Activities

What's your role?
Anything and everything to do with clubs and societies. Making sure that everything the Union does is of benefit to our members in as many ways as possible.

Did you find it difficult to balance extra-curricular activities with study?

Yes, particular as a post-graduate taught student. A lot of my focus is on developing the availability of co-curricular programmes so students don't feel it's one or the other – co-curricular or focusing on their degree.

What was the best Give It A Go you tried?

The best GIAG I tried was for The Scribe back in 2013, in their first year of formation. It was in a cellar in someone's house behind One Stop. It was crazy weird, there were candles and fairy lights. I really enjoyed it, it was a great experience!

What advice do you have for Freshers Fairs?

Take your time. Talk to people – not just the people on the stalls, but other students walking around who share your interests. It's best to get involved with more people, more things, inhale the experience with LUU.

The Gryphon interviews Vice Chancellor Sir Alan Langlands

The Gryphon speaks to Sir Alan Langlands about the redevelopment programme, Brexit and the cost of university...



**Polly Hatcher
Jessica Murray**

Why would you say now is such an exciting time to be joining the University?

I think it is exciting for all of us and not just Freshers. I love this sense of new beginnings. Starting next week there will be 11,000 new people joining the university. There are very few institutions in the world where a quarter of the population changes every year and it is the responsibility of the university to ensure that people's energy and new ideas are embraced.

What can we look forward to with the university redevelopment programme?

I purposefully didn't start with buildings, as Vice Chancellors seem to arrive into universities as normal human beings and then turn into property developers! I don't like the work of the university to be defined by its buildings, but I'll admit it helps. Over the next five years we're spending £520 million on new facilities, high-end technology and the student's union. I got a note from someone saying "The Edward Boyle library is looking fantastic" - apparently even better than the Laidlaw Library (although I don't know if that's possible!)

Rent is a big issue with the NUS. What is the university

doing to ensure there is affordable accommodation?

The NUS accommodation cost survey specifically commends the University of Leeds. The University has kept 25% of its accommodation below £110 a week - this is in spite of adding new build to its stock over the last three years. Unlike a lot of other universities we own 75% of the accommodation we use, so we have control. As we own so much of it we are in a sense competing with the private investors to give decent value. I'm not saying there won't be some people complaining, or it will be fair and straightforward for everyone, but we try hard with this and I was really pleased that the NUS identified that.

How do you think Brexit will affect this university?

Everyone was surprised by the result and there hadn't been a lot of preparation or prior discussion on what we would do. We've got about 1700 students, 700 academic and support staff and just over £20 million in research funding. From the EU the risks are we'll lose out on some of that. The crunch is the people - we benefit enormously from having EU students here. I think for the moment we will be okay but universities are never going to be the first thing affected in these negotiations. However, I am quite hopeful - this is a very international university. We've got alumni in over 190 countries, so in

a way we were international before we joined the EU.

Do you think that when we leave the EU it will affect the standing of UK universities globally?

A lot would depend on the money. Global rankings are driven by research. We put 5.4 billion euros into the EU research pot and we take

“Switching grants to loans is disgraceful”

8.8 billion out. The UK and Germany are most successful in competing for EU funding. As Brexiteers were saying in the run up to the election, if the government can use the money that it saves from Europe to bolster science research and education then that will be okay.

How can you justify the University's plans to increase tuition fees to £9250?

The average cost per student is considerably more than that figure and the increase, linked to inflation, essentially covers the cost of teaching. If we didn't do it we would fall behind other universities in what we could do for our students. We have to do it but that doesn't mean I like it. We are trying to do it in a fair way - it doesn't apply to existing

students, students with 2016 entry or those who have deferred entry.

The big decision of switching grants to loans is disgraceful and, without a doubt disadvantages those from a poorer background. It's not sustainable to just keep putting fees up all the time. There is a discussion to be had over society's input, as it benefits teachers, architects, medics and nurses, but then the individual also benefits. There should be more of a balance.

What would you say to students joining now about financial burden?

Well I would say to students now that the equation is still broadly in their favour, that firstly there is a strong likelihood that they will go on and have a stronger career and will benefit and be able to pay back their student loan.

What advice would you give to new students on how to make the most of their time at Leeds?

There is a serious side, as you do come here to expand and broaden your knowledge but also to grow on a personal level and to question things. Universities really like people with critical minds who are willing to challenge. Challenge, soak up as much knowledge as you can but also take time to take all the opportunities for personal growth, such as volunteering or by joining a club or society or study abroad.



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Music

An Alternative Freshers Week

Want some variety? Grinding in a sweaty mass to Katy Perry not your scene? If clubbing isn't your thing, or you just need a break from heavy nights and heavier hangovers, don't panic! We've put together a list of gigs & events to shake up your Freshers. If you love live music, or need something to fill the void 'til Fruity Friday, why not try some of these gems?



[Image: selabar.com]

Monday 19th September:

Edgy **Oporto** kickstarts the week, offering free entry for a showcase of local bands. Elsewhere, **Hyde Park Book Club** are running 'Girls That Gig', a networking night for female musicians and artists.

Tuesday 20th September:

The intimate **Sela Bar** is a great pit stop before **HiFi Mixtape**, hosting free, top quality jazz every week. Craft ales and face melting solos guaranteed.

Wednesday 21st September:

Join Welsh rockers **Pretty Vicious** as they tear up the notoriously rowdy **Brudenell Social Club**. Or get down to the grooves of Pearl's Cab Ride at **Smokestack**, Leeds' three storey portal to funk and soul.

Thursday 22nd September:

Lost In The Riots bring intricate instrumentals to **Wharf Chambers**, a hipster's paradise at the heart of Leeds. Meanwhile, **The Amorettes** and **Love Zombies** promise a crazed night of hard rock at **Key Club**.

Friday 23rd September:

Fed up with Fruity? **Wardrobe** is offering insightful, politically charged rhymes from hip-hop giant **Lowkey**. Alternatively, try some indie-punk vibes from **False Heads** in **Verve Bar's** basement.

Saturday 24th September:

Emo pop-punk outfit **Against The Current** take **Stylus** tonight, but metal-heads might opt for **UK Slam Fest** at **Temple of Boom**. Fancy something softer? Try **Whites Bar** for their weekly acoustic night.

Sunday 25th September:

Congratulations, you survived Freshers! Why not chill on the roof of **Belgrave Music Hall & Canteen**, grab yourself a pizza? And if you want extra cheese, **The Library Pub** have **The Ordinary Boys** on...



[Image: clashmusic.com]



Check out our handy tips for seeing live music on the cheap

The Cheapskate Guide to Gigs



Brudenell Social Club

This iconic Leeds venue, located slap bang in the middle of Hyde Park, has incredible gig bookings almost every night of the week. One thing new students may not know is that Brudenell occasionally transforms its games room into a gig space, putting on gigs either free of charge or at a very low price. Although they're not always big names, it gives you the opportunity to discover your new favourite band at a fraction of the price of their future headline tour.



Dice

This app acts as a gig filter for events happening around your city, from big names to start-out acts. Aside from offering exclusive presale tickets for certain acts, you can book tickets for free gigs and more underground bands. The current offerings in this category are Catholic Action at Belgrave and Weirds at Headrow House. The benefit of Dice for any music lover is that it pushes you out of your comfort zone and into the great musical unknown.



Indie club nights

As fun as some of the classic big nights out are, let's admit it, they set you back a large amount of money for the sake of a banging headache and whole heaps of regret the next day. However, there are plenty of small independent club nights that are a fraction of the cost of Canal Mills and are just as much fun. Look out for Come Thru at Chunk and nights like Sub Dub or Triple Cooked.



Write for The Gryphon

We offer guestlist to a huge range of gigs around Leeds, as well as being able to grab festival passes when summer comes around again. If music writing is your thing, come to our Give It A Go session on Monday 26th September in LUU Room 6. See you there!



Become a groupie.

Or, if you're a fan of Almost Famous, a band aid. It's a win-win situation: cool friends and free guestlist? Absolutely. Plus, it gives you the contacts to launch your future career as a rock superstar. So you'll never have to pay for another gig in your life.

Meet Your Editors



Sam Corcoran

First album you ever bought: *Sam's Town* by The Killers. It had my name on it.

Album that made you love music: *Definitely Maybe* by Oasis. Love them or hate them, the Gallagher swagger made me realise music was cool.

Shower song: Currently a mumbled mash-up of Kendrick Lamar's *i* and *That Lady* by The Isley Brothers.

Your music taste in a sentence: A smoothie of jazz, dreamy production, crunchy guitars and Bon Iver's facial hair.

3 songs you're hooked on: *Elevator Operator* by Courtney Barnett, *Crazy Dream* by Tom Misch, *Armageddon* by Wayne Shorter.



Jemima Skala

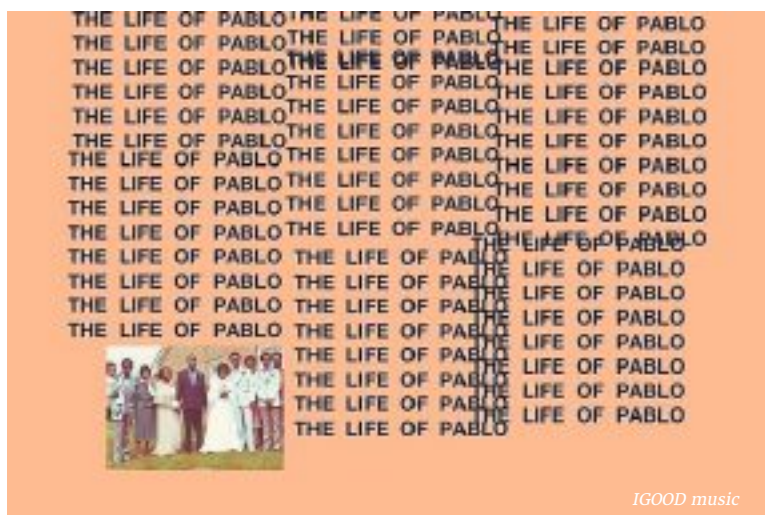
First album you ever bought: *Let Go* by Avril Lavigne. No regrets.
Album that made you love

music: Not so much an album, but watching *School of Rock* (over and over) was definitely a pivotal moment in the formation of my love of music.

Shower song: *Bloody Motherf***ing A**hole* by Martha Wainwright, a much more beautiful song than its title would suggest.

Your music taste in a sentence: David Byrne and David Bowie's imaginary collaboration, produced by AK and Jai Paul.

3 songs you're hooked on: *This Must Be the Place* by Talking Heads, *Get To Know Ya* by NAO, *Lousy Connection* by Ezra Furman.



Hip Hop Pop Ups

Rory Shell questions whether hip hop's new fad of pop up shops is exploiting dedicated fans...

With Drake, Justin Bieber and, perhaps most prolifically, Kanye West all hosting hugely successful pop-up shops this summer, the world of music merch has been truly fired into the 21st century. Musicians are beginning to offer fans a more authentic experience than ordering from an online shop, providing opportunity for them to connect with likeminded people in their area. However, it is important to establish where the line falls between supplying an opportunity for collective appreciation, and greedy capitalization on their support.

On the penultimate weekend of August, Kanye West hosted twenty-one weekend long pop up shops in locations across the globe, like Los Angeles, Berlin and Cape Town. The pop ups were selling printed clothing relating to West's seventh studio album, *The Life of Pablo*. The prints included lyrics as well as location names printed on T-shirts, hoodies, denim jackets and hats. These designs were printed on inexpensive Gildan T-shirt and hoodie blanks, available online for \$4 and \$9 respectively. Price lists handed to customers showed these same \$4 t-shirts, with the addition of the Pablo print, were priced at £50. Despite this, people queued and camped for hours on all three nights in each location to get their hands on the pieces. Everything sold out. Those fans who had been unable to attend any of the pop ups but still wanted the clothing faced having to pay up to double the retail price on eBay.

Like any instance where demand outstrips supply, eBay quickly became flooded with much cheaper replica items. Anyone can bulk order from Gildan, anyone can download the 'Life of Pablo' font, and anyone with any degree of nous can get the designs printed. The whole event almost seems as though West, or, perhaps more fittingly, his management team, were abusing fans' willingness to support him in everything that he does.

"West seemed to be capitalizing on the hype currently surrounding him, and milking his fans' wallets dry."

Just hours after the doors closed on the Sunday evening at the Pablo shops, Frank Ocean released his long awaited album *Blonde*. Simultaneously, four locations in Chicago, New York, LA and London transformed into Frank Ocean pop ups, distributing his much anticipated magazine *Boys Don't Cry*, which included a free copy of the album on CD.

The striking difference between the two pop ups was that the limited number of copies of Ocean's magazine in each location, a product of inconceivably greater creative endeavor than West's clothing, were being distributed for free on a first come first serve basis.

Writing the pieces, the photography and getting the actual magazine printed all takes a great deal longer than slapping a slogan on a T-shirt. Ocean was gifting his fans, repaying them for their patience whereas West seemed to be advantageously capitalizing on the furore of hype currently surrounding him and milking his fans' wallets dry. News of the last minute pop ups spread like wildfire across social media and people were offering up to £400 for people close to the pop ups to get them a copy.

These kind of instant pop ups have only been made possible by advances in technology and it is likely they will become increasingly common over the coming years. The examples here give a clear insight for the two ways this culture can develop. The West and Ocean pop ups are at two ends of the spectrum. I am not suggesting that artists must use pop ups to give things out for free, nor that making a profit is inherently evil, but a happy medium must be found. The pop up platform should be used as a way to give back, to bring their fans together to enjoy a shared appreciation of music, not to charge over a thousand percent mark up on t-shirts. The platform has the capacity to bring so much to the music scene, it shouldn't be treated solely as a vehicle for profit.



Robert Cairns

First album you ever bought: Green day's *American Idiot* and Eminem's *Curtain Call* - also the

day I heard my first swear word.
Album that made you love music: *Kind of Blue* by Miles Davis. Just draw dropping, and still as smooth today as it was in 1959.

Shower song: *Staying Alive* by the Beegees or *Tired of Being Alone* by Al Green - perfect acoustics for some shameless falsettos.

Your music taste in a sentence: If it sounds nice and isn't produced by David Guetta then I like it.

3 songs you're hooked on: *Birch Tree* by Foals, *Wait for the Moment* by Vulfpeck, *Bruh* by Lil Dicky.



Juliette Rowsell

First album you ever bought: *The Trick to Life* by The Hoosiers - 50p from Woolworths, still a modern classic)

Album that made you love music: I remember stumbling across *Wonderwall* by Oasis. Twelve year old me was so astounded she cried. Yes, I'm cringing as much as you are.

Shower song: *Come and Get Your Love* by Redbone and the entire *Guardians of the Galaxy* soundtrack.

Your music taste in a sentence: The kind of music you want to listen to nostalgically on the top of a cliff with a bottle of wine
3 songs you're hooked on: *No Woman* by Whitney, *Moonage Daydream* by David Bowie, *Somebody Else* by The 1975.



Clubs

Your Guide to Leeds Nightlife

Clubs editors Reece Parker and Julia Connor give you the low down on the best of Leeds' clubs

Cheap & Cheerful



Pryzm

Drinks are £1.

Getting knocked out by a group of locals outside McDonalds, priceless. Make it rain with your quids every Monday from 10pm.

BierKeller

Four pound for two pints? It comes in a stein!? Bierkeller is brilliant until halfway through first year when someone from your halls tries to down it and throws up all over your flat carpet. Steins in the air 8pm 'til late every Wednesday.

Donuts

On campus, cheap as chips and you get free donuts. Freshers 15 is a real thing. Thursdays from 10pm at The Faversham.

Fruity

Cheesy, cheap and only a five minute stumble from halls. First year you will hate it, third year you will have a season pass.

Big & Bassy



SubDub

The father of Outlook Festival, if you want authenticity and more dubs than you can shake a stick at, get acquainted.

Jungle Jam

Exactly what it says on the tin. Heavy rollers and big names till 6am. Cargo nets, killer beats, carnage.

Highrise

Leeds biggest party packs out Beaverworks for bass driven mayhem. You will see that quiet girl from your seminar, her eyes will look like dinner plates.

Detonate

Huge lineups, huge dubplates, huge venue. The only small thing will be your will to live when waiting for a 6am taxi from Canal Mills.

Weird & Wacky



GlugGlug

Dropping sounds from all around the globe in the cosy confines of Hyde Park Book Club. Where else can you hear Japanese house and Italian disco?

Slut Drop

All female collective smashing the patriarchy via dropping dirty beats all over the city.

Hifi

A different genre every night of the week, free on Sundays, good vibes all round. Check out Clarks on the last Thursday of each month, dancehall energy, air horns at the ready.

Soul Control

Ignore the name, they spin everything from afrobeat to house. Don't ignore the logo, its an octopus climbing on the Parkinson building spinning a vinyl. Seriously.

Four on the Floor



Flux

Former nominee for DJ Mag's UK's Best Club Night and deservedly so. A truly underground line-up of the finest in house, techno and disco.

Good Life

Play with inflatables and ball pits to a soundtrack of feel-good house and disco - visual production to a new level.

Alter

Berlin comes to West Yorkshire. Fresh Leeds debuts of techno's elite in electrifyingly intimate settings.

Cosmic Slop

Party for a purpose as the proceeds go to charity. Bespoke sound system, big bookings, unique community feel.

Farewell Fabric, Long Live Leeds?

Islington's iconic venue Fabric is the latest victim in an institutional war waged against youth culture, the greatest giant to be felled yet. In the early hours of Wednesday 7th September the unofficial decision to close Fabric became official following a revoking of their license. Make no mistake, this decision was predetermined, the impassioned pleas of the owners, a raft of DJ's and a petition of 150,000 wholly in vain. This was the conspiring of an underfunded council in cahoots with the Metropolitan Police, their aim being to seek the possibility of corporate investment. The drugs and the deaths were merely a vehicle hijacked for this cause. The name given to the operation, 'Lenor', speaks volumes.

What does this mean for Leeds? If West Yorkshire Police need an opportunity, the search policy in Leeds' warehouse scene leaves a lot to be desired in comparison to Fabric. Do our local councils need money? It would appear so, Leeds' roads have the biggest backlog of repairs in the country, whilst arts funding in the city is in the process of being cut by £500,000. Would our local politicians be as callous and heinous to manipulate distressing events over the last few years, such as the rape of a student at Pryzm, or the beating to near death of a man outside Mission? I should hope not, but this is merely conjecture.

One key difference between Leeds and London which may alleviate such fears is the proportion of the population who are students. The local authorities know that to close clubs would-



have a devastating effect on the local economy, that students would not be drawn here for its nightlife, as so many are, and the city would suffer for it. Whereas Islington and wider London can charge extortionate rents, and trade nightclubs for trendy bars, Leeds cannot do so. Without tempting fate, Leeds clubs should be safe from Fabric's demise, indeed, this may even be a catalyst for more growth on our local club scene, with people looking for alternatives to the capital. Our city could certainly rise to the challenge.

Reece Parker

Elijah Speaks - Jamz No More

Iconic Leeds Grime and Bass night played its final ever show in Leeds last term. We caught up with Elijah, a founder of the night as well as resident DJ in collaboration with his partner Skilliam.

What did you originally aim to create with the Jamz project, what did you want different from other student nights?

I didn't like the way other nights ran, so I did it by myself, on a small one in London. Never played in Leeds, wanted to play there. Instead of working for people to book me I decided to bring myself, people I rate, do the party the way I like to do it.

What did you like about playing in Leeds?

You guys have a good space here in Wire, plus the people, both the staff the crowd, really get it. Also by having a Tuesday night it didn't conflict with anything else.

Why have you decided to end the Jamz project?

We've thrown over 80 parties with Jamz, bringing bigger names and nights as we've gone on. We do it all ourselves though, and we want to do other things, release records, be free to play across the world in places like Israel, America and Spain.

What has been your personal favourite event?

DJ Q and Spooky's back to back at the start of this year. Murlo as well as Kahn and Neek's were up there too.

Can we expect to see you and Skilliam playing here again?

Of course, were playing Mint Fest during freshers and will be here for a few more.

Reece Parker





Fashion

A Leeds night out: The Freshers Guide

Monday: Mint Warehouse

At Mint Warehouse you're starting your week the right way. You'll be guaranteed to be dancing all night and comfy trainers are a must (a pair you won't mind getting sticky from all the spilt drinks). Mondays lookbook for inspiration:



NewLook £24.99



Boohoo £15



Missguided £20

Tuesday: HIFI

A Hifi night is casual and a bit edgy. Many work the sports-wear look, some prefer t-shirt dresses and trainers but whatever you go for, comfort is definitely key for a Tuesday night. So here's a chilled night out inspired lookbook:



Topshop £42



ASOS £16



Missguided £18

Wednesday: Warehouse

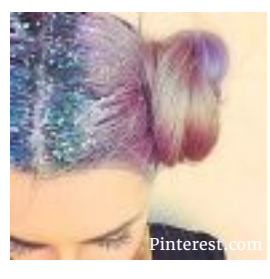
Packed with sports societies going crazy and looking crazier in a range of costumes. But don't let the sports societies have all the fun, this is your chance to dress a bit out there without being questioned too much. Here's your Wednesday inspired lookbook:



River Island £30



Missguided £20



Dust And Dance £3.50

Thursday: Mission

A Thursday night at mission is the opportunity to work those underground fashion vibes. All about dancing, Mission gets pretty hot when you're caught up on the floor but is a fun night out for fashion too. Here are some underground pieces to inspire you:



Missguided £25



Missguided £12



Motel Rocks £25

Friday: Fruity

Fruity is a super cheesy night out. A night to bump into everyone you know around uni and let your hair down. Prepare to sing your heart out to some pop classics, and for this vocal exercise you need to be comfortable and casual. A Fruity Friday inspired lookbook:



Topshop £38



Pink Boutique £17



Missguided £15

Leeds shopping guide

Leeds has been named one of the top three places to shop outside of London with something to suit everyone, but where are the best places you should be heading? Here are our top picks...



The Corn Exchange

Away from the mainstream style of the Trinity Centre, the Corn Exchange plays host to a variety of independent and vintage stores. You'll find the famous vintage kilo fair there every few months, along with record fairs and the annual Christmas craft market.



The Trinity Centre

The Trinity shopping centre is at the heart of the city and is arguably the most student friendly, hosting the popular student lock ins. Find your high street favourites such as Topshop, River Island and Urban Outfitters here.



Victoria Quarter

You probably won't spend much time shopping in this upmarket, designer shopping centre as a student, but there's nothing wrong with a browse, right? The Victoria Quarter is home to designer stores including Harvey Nichols and Louis Vuitton and is worth a visit around Christmas when the lights bring the beautiful architecture to life.



Kirkgate Market

Student life in Leeds isn't complete without a trip to Leeds' historic Kirkgate Market. There are over 600 stalls to wander around in the Grade I listed building and enough bargains to keep any savvy shopper happy.

Lamberts Yard

Christened as the home of independent designers in and around Leeds, Lamberts Yard represents both emerging and established designers. With a carefully curated and ever-changing collection of brands, Lamberts Yard is a must visit for inspiration. Keep an eye out for exhibitions and launches hosted in the warehouse space.

Victoria Gate

Due to open this autumn, Victoria Gate is a new addition to Leeds' thriving shopping scene. The shopping centre will host a variety of upmarket stores including John Lewis, Calvin Klein and Anthropologie. Having taken four years to build, we can't wait to see the final result!

The Arcades

Leeds boasts four Victorian shopping arcades. In true Leeds style these arcades play home to copious independent boutiques, amongst other brands you may not come across on the high street. Each one creates a unique shopping experience and could tempt you away from the repetitive styles on the high street.

Headingley

The student village of Headingley is home to many independent boutiques, as well as an array of desirable cafes and restaurants. Headingley also wins our top choice for charity shops, and with many affluent areas surrounding the town, great quality bargains can often be found.

Hannah Brown

Leeds Fashion What's on?

Trinity Lockdown

What? The annual Trinity student lockdown is an event which sees more than 80 brands reduce their prices up to 50%, including both restaurants and shops. The night is a great opportunity for freebies, giveaways and sign ups, all accompanied by live music from great DJs.

When? Tuesday 27th September, 6.30-10.30pm.

Who? This event is exclusively for students and by wristband entry only. Join the mailing list and Facebook page for more information and to register head to www.trinityleeds.com/students.

Top Tip: Queues on the day build fast outside the centre so we recommend arriving an hour before to get your place. This may sound excessive but the queues are fun and energetic with live music and sponsors.

Vogue 100- Manchester Edition

The popular London exhibition honouring the 100-year anniversary of British Vogue has moved to the ever growing northern fashion capital Manchester. Hosted by Manchester Art Gallery, the exhibit is free and trains to Manchester run frequently and cheaply. Inside the gallery, the exhibition hosts photography from the industry's most influential photographers featuring models who have made an impact. Also boasting a collection of over 100 magazine covers dating back to Vogue's debut in 1916, and an audio guide to accompany your walk through the exhibit, it's one not to be missed.

Meg Painter

Strike a Pose: Peek Behind the Offices of Vogue

In this new documentary, which aired last week, director, Richard Macer gains an exclusive look behind the doors of British Vogue magazine.

As he reaches the fifth floor under the direction of the Condé Nast receptionists, while optimistically expecting a welcome from British Vogue's editor-in-chief Alexandra Shulman, he is instead, rather embarrassingly asked if he has a pass – clearly an indication of the hectic working conditions of the famous magazine

We see behind the scenes of two cover shoots. One is of Edie Campbell, shot by Mario Testino, and one of Kate Moss who wears a jacket previously worn by Mick Jagger. The Moss cover in question causes friction between creative director Jamie Perlman who wants Kate draped in a Union Jack and Shulman who does not. Richard steps in, encouraging Jamie to stand up for her cover and she briefly mirrors Grace Coddington's stubbornness in *The September Issue* which similarly documented life at American Vogue.

Richard's journey takes him to fashion weeks in London, Paris and Milan. The camera seemingly weaves through crowds of noteworthy faces, sidestepping Karl Lagerfeld and skimming across Cara Delevingne – adding to the feeling of Macer's obliviousness in the face of these industry icons. The lens does however focus frequently on the distinctive clean cut hair and face covering sunglasses of American Vogue's Editor-in-Chief Anna Wintour. The near constant referral to the infamous editor shows Macer's angle in trying to liken Shulman to the stereotype of Meryl Streep's ruthless character in *The Devil Wears Prada* for which Wintour was the inspiration.

It is implied in the documentary that Shulman has come to run a tight ship during her 25 years at *Vogue*, as Fashion Director Lucinda Chambers recalls that 'there used to be more hangovers' in the vogue offices before Shulman's arrival. Yet a revealing interview between Richard and Shulman's mother completely humanises her, as does a later interview

“Chambers recalls that ‘there used to be more hangovers’ in the vogue offices before Shulman’s arrival.”



where Shulman admits her job to be isolating but explains that she never 'feels lonely'.

In light of his slight mockery towards the world of Vogue, Macer with his gifted access captures all the addictively eccentric details of the fashion industry. When he's not causing drama in briefings or acting like Attenborough with observational voice overs, he highlights the effect that the changing pace of fashion is having on workers of the industry as they try to keep up with consumers. A year later, as New York Fashion week gets into full swing, Tom Ford and Tommy Hilfiger are pushing their campaigns for the 'see now, buy now' availability of their collections and the pace that Alexandra Shulman fears shows no sign of slowing.

Absolutely Fashion: Inside British Vogue pt1 is available on BBC iplayer now.

Victoria Copeland

AW16 Trends: catwalk to student friendly High Street

It's not easy being a student. No home cooked food, cheap wine and lusting after clothes you can't afford. So, here is a roundup of some of the trends for AW16, and where to get your (much cheaper) style fix.



honey.mine.com.at



Zara.com

Valentino vs Zara

Like it or loathe it, velvet was seen at both London and Paris fashion weeks earlier this year, and is sure to be a staple in AW16.

Zara dress: £22.99

Beatrice Rae



Instacelebs.net



Topshop.com

Preen Vs Topshop

Calling all disco-lovers! Sequins are back for AW16, and in a big way. It's easier than ever to pull off the trend, with subtle and sophisticated use of sparkle.

Topshop dress: £49



elle.my.com



Zara.com

Gucci Vs Zara

Ruffles have the ability to look chic and sophisticated and made a big appearance for AW16. When approaching ruffles proceed with care; one feature item keeps it simple and lets the ruffles do the talking.

Zara dress: £25.99



Arts



The Tetley

There are few names so closely linked with Leeds than Tetley. Found in virtually every pub in Yorkshire, the beer and the brewery from which it spouted are synonymous with the city and it is no surprise that the impressive headquarters can still be seen, keeping watch over its hometown. What is surprising, though, is the building's contents. Gone are the beer barrels and tasting rooms, replaced with something with an altogether different flavour: contemporary art. The Tetley gallery opened its doors in November 2013, having been handed the keys to the famous headquarters by owners Carlsberg.

Operated by Project Space Leeds (PSL), a contemporary arts and education charity founded in 2006, The Tetley is a contemporary art gallery and event space that generates unique artistic talents, frequently handing debut exhibitions to some of this country's most promising artists. It also holds much of the Tetley Brewery's archive, ranging from founder Joshua Tetley's private collection to architectural drawings and tasting cards. The Tetley truly is one of the north's most exciting artistic venues.



Leeds List



The Gryphon sits down with The Tetley's Creative Director to talk art, heritage and Brexit

Interview: Bryony Bond, Creative Director



Bryony Bond

studio and run a lively programme of talks and events. We're a gallery where you might meet the artist and get to see, and even participate in, the development and making of an artwork.

Does The Tetley have any specific ideals and aims for both itself and, more generally, for the arts in Britain?

I believe that you should have a chance to see and become involved in art, no matter where you live or what your background is. At The Tetley we want to help make Leeds a great place to support culture and creativity – to be a place where art isn't an impossible aspiration, where artists are supported to have international careers, and to nurture the next Barbara Hepworth or Henry Moore.

“I believe that you should have a chance to see and become involved in art, no matter where you live or what your background is.”

Beyond the city and region I think there's a danger in Britain that the arts is undervalued. The Tetley in particular champions the value of arts education from a young age. It is a vital part of life and of this country's identity and economy.

What makes Leeds such a centre for the arts and does The Tetley feel the effects a Southern bias in the arts?

I can't think of another city outside London where there's three universities offering visual arts courses. As a city, Leeds produces

about 400 artists every year. That really is an extraordinary and valuable asset, and it is the lifeblood of the city's artist-led scene here. Where I feel a Southern bias is in the 3 to 5 years after graduation. The North needs to work better across city boundaries and make better international connections ourselves. It's these networks that will bring the opportunities needed for artists to make a career in the North.

What are some of the highlights of The Tetley's collection?

We have hundreds of photographs and negatives from the publicity departments over the years of Tetley's Brewery – they are a fantastic resource, visually stunning and often raise a wry smile at past fashions and a lack of regard for health and safety.

Do you believe that the arts are important for students to engage with?

Of course! It's a great time to do something different and discover new things – at The Tetley we offer a student membership which means you get invited to special member events that give you an insight behind the scenes and give you a discount in the Bar & Kitchen!

Could you comment on what you think Brexit will mean for the arts and for The Tetley?

There is a concern that Brexit will mean the loss of significant European funding for the arts, and of course a freedom of movement is vital for a thriving art scene. For us at The Tetley it feels more important than ever to make links beyond the UK, with Europe and further afield.

William Rees-Arnold

How does The Tetley identify itself amongst the wider artistic scene in Britain? What makes The Tetley unique?

To begin with our building makes us pretty unique – built in 1931 it was the Tetley Brewery's headquarters. Converted into The Tetley in 2013, the refurbishment created gallery spaces, a learning studio, a bar, restaurant and workspaces for the creative industries.

The galleries on our first floor include a huge atrium space surrounded by smaller, intimate offices, still complete with wood panelling, fireplaces, cupboards and bookshelves. It's definitely not a usual white cube space! These unique spaces make a great contrast with the contemporary art work we show.

We're also different in that we generally show work by emerging artists, or artists who are new to UK audiences. Our current exhibition – *Jonathan Trayte: Polyculture* – is Jonathan's first major exhibition in a public space, and marks a real shift in his practice. Our exhibitions give artists the chance to work on a larger scale giving them a higher profile than they've had before. We also host artist residencies in our new artist

Best of the rest: a rundown of Leeds' other galleries

- **Henry Moore Institute** – One of the largest sculpture galleries in Europe with 3 spaces for temporary exhibitions.
- **Stanley and Audrey Burton Gallery** – Housed in the University of Leeds, an impressive academic collection
- **Leeds Art Gallery** – The city's own gallery, set for a grand re-opening in February 2017
- **Yorkshire Sculpture Park** – Worth the short trip out of Leeds to discover one of Europe's finest sculpture parks
- **Royal Armouries** – Not technically an art gallery, but its collection of military art is worth a look, especially if you're trying to impress visiting parents.



Rick Harrison/Juame Plensa

An Arts guide to hangover films...



The Gryphon Arts looking a bit worse for wear

Freshers hangovers are no secret, but never fear: the Arts team are here to help, with our four favourite hangover films.

Xa – *The Mummy* (1999)

I don't know whether it's the pyramids or the flesh eating scarab beetles, but for me there's no better hangover film than *The Mummy*. The first time I saw it I had nightmares about Imhotep's zombie-slaves for weeks. John Hannah is hilarious as the useless brother, and Rachel Weisz makes being a librarian look cool. It manages to transport me from my hungover state to a world where you might accidentally bring a vengeful, 2000 year old mummy back to life. I also feel a certain kinship with the slowly regenerating corpse of Imhotep when I'm suffering from one G&T too many. And if your hangover extends beyond the two hour running time there's always *The Mummy Returns*.

Will – *Hot Fuzz* (2007)

Chances are, you've seen this film and the rest of the Pegg/Frost franchise a million times before. But when your head's sore and your stomach's still trying to digest a dodgy kebab, the zombie gore of *Shaun of the Dead* is probably best avoided. That said, *Hot Fuzz* is hardly violence-free. I learned this the hard way, resolutely sticking through the hilariously gory murders (Adam Buxton's head implosion is a personal favourite) when I first watched the film aged 12. I'd managed to convince my Mum that it was only a 12A, but seriously guys, it's a 15 for a reason. Regardless of classification, *Hot Fuzz* is a brilliant companion to any hangover, offering the perfect comedic antidote whilst you gingerly sip water and cling on tightly to a bucket.

Heather – *Pride & Prejudice* (2005)

If ever I'm feeling fragile after a few too many glasses of wine, my go-to movie is 2005's *Pride & Prejudice*. Instead of facing reality nursing a headache, I can lose myself in a world where dashing young gentlemen make offers of marriage after emerging from swirling morning mist. If you're looking for a faithful adaptation of Jane Austen's classic then perhaps you should keep on looking. But if stunning cinematography, great acting, an epic romance and large doses of men striding around in breeches are what you're after, *Pride & Prejudice* has got you covered. I wish all my arguments with my boyfriend happened in the grounds of National Trust properties. Romance is dead people, but you can revive both romance and your hungover self by giving this film a watch.

James – *Memento* (2000)

Hangovers are an awful time, where you sit and dwell for far too long on last night's mistakes. What you need is something to boldly come and jump-start your brain and shake off the queasy feelings. There is no better film for doing this, than Christopher Nolan's *Memento*. The film follows the actions of Leonard (Guy Pierce), a man suffering from severe short-term memory loss, as he tries to track-down those responsible for murdering his wife. The non-linear structure ensures that the viewer is never sure who they can trust, and just like Leonard, is always uncertain of the reality presented to them, even after the film's jaw-dropping final act. This cult-classic is certain to bamboozle the hangover out of anyone who watches it.

Stand-up stars at Leeds City Varieties

Ten years after her breakthrough performance at the Fringe, **Shappi Khorsandi** (*Live At The Apollo, Michael McIntyre's Comedy Roadshow*) is bringing her show *Oh My Country! From Morris Dancing to Morrissey* to Leeds. A homage to her adopted country, expect wry observations on Brexit, the Migrant crisis, run-ins with Jeremy Corbyn, and ruminations on what it means to be British. Khorsandi's friendly stand-up style effortlessly finds the humour in everything from delicate politics to anecdotes about her children, and the night promises to be both thought-provoking and hilarious in equal measure.



On October 21st, rising star **James Acaster** makes his way to City Varieties Music Hall. Winner of the 2015 Chortle best breakthrough and best show awards, Acaster is fast-becoming one of Britain's hottest comedy acts. His returning appearances on panel shows such as *Mock the Week* and *Have I Got News For You* have showcased his daft observational comedy. Acaster is a comedian who finds the ridiculous in the ordinary, and anyone who is a fan of his understated yet hysterical style will not want to miss him deliver some brand new material right here in Leeds.



Known to many as the new host of Radio 4's *The News Quiz*, **Miles Jupp** is coming to Leeds City Varieties with his show *Songs of Freedom*. Jupp describes the show as "a rant about me, you, domestic imprisonment, fatherhood, having to have opinions, hot drinks, the government, bad balance, housing, ill-health, the ageing process, navigation and people's pants". Given his impressive resume, which includes roles in *The Thick of It* and *Rev*, *Songs of Freedom* looks to be an interesting evening filled with acute observations of everyday life.



HAVE A



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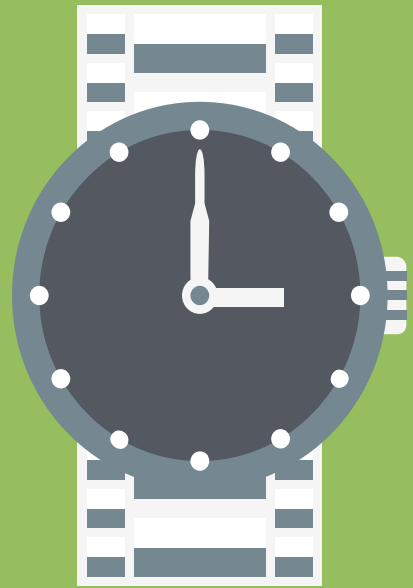
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UNIVERSITY OF LEEDS



Lifestyle and Culture

Finding Your Feet: Top Tips

From TV to travel, food to books and apps galore, we've rounded up some top tips to help you find your feet during freshers week.



Last Years Community Officer, Jonny Foster unveiling the new £1 student bus rates

Top TV Tips:

- Buy a TV Licence...
- Split a Netflix account between your flat, find a series you all like and binge it together.
- Try Amazon Prime for a free trial, but make sure you opt out within 60 days to avoid the £60 joining fee.
- Don't forget series link! Record your programs so they're waiting for you after you beat those mid term deadlines.

Top Apps:

- Download the Uni of Leeds app.
- Snap up some great discounts by entering your student ID number on Unidays.
- Uber - because you don't want to be walking through Hyde Park at 4am.
- Deliveroo and Just Eat are there for you when you can't muster the strength to cook to beat that hangover.

Top Book Tips:

- Beside the reading list, there are all sorts of helpful books to read during Freshers. Why not indulge in David Nichols' *Starter For Ten*? A hilarious story about the transition to Uni. And a book of cocktail recipes never goes amiss.
- BLACKWELLS. Not only does this University bookshop stock all the books you'll need, but it also has a Costa upstairs. Besides books they also sell all sorts of entertainment like Cards Against Humanity, a game that'll make you question your (and your flatmates') morals!

Top Travel Tips:

- The Student Union recently won a campaign to reduce the bus fare across most of Leeds to just £1! (Just show your student ID)
- There are plentiful cycle paths throughout Leeds, many of which lead straight to Uni, such as the one along Woodhouse Lane.
- Run out of cash? Did you know you can pay for your AMBER cab fare by handing over your student ID and paying later at the Student Union?

Top Food Tips:

- Every Freshers, Dominos Pizza hover outside the Union handing out free pizza. And, if you're willing to make the journey across town, they're offering free personal margherita or pepperoni pizzas to EVERYONE.
- Search every inch of the union to find the perfect meal deal. Essentials, the union shop, is currently offering a banging meal deal for £2.39, why not upload it to Meal Deal Talk to receive abuse from strangers?
- You'll have heard the rumours. Somewhere in the vicinity there is an Aldi. Let the hunt begin.



Player 2 Has Entered The Game...

The endless small talk. 'What year are you?' 'What subject do you do?' 'Uni of?' ... Friendship cannot be built on small talk. It must be built upon the pillars of drunken toast, horribly-informed political debates and the fact you beat them 10-4, on FIFA when you were Accrington Stanley. There's nothing like a rivalry to spur conversation beyond the dreaded small talk, so pick up a controller and choose you poison with a partner.

By Lauren Emina-Bougaard



Rocket League

Football with booster rocket cars. If you've never played before, you will suck for the first few games, but once you get the knack, it is without doubt one of the most enjoyable multiplayer games this gen.

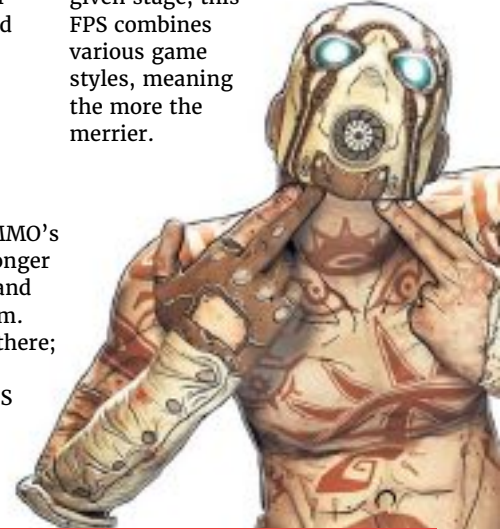


Portal 2

A puzzler with a whole separate campaign for co-op, you need a friend for the full Portal experience. Playing as two robots with portal guns shooting A-B and C-D, you and a friend have already got your Halloween costumes sorted.

Borderlands 2

Campaign from beginning to end against Handsome Jack's endeavour to reach the legendary vault. With the ability to jump into any players game at any given stage, this FPS combines various game styles, meaning the more the merrier.



Super Mario Anything

Whether its karts, smash or party, prepare to be riled. Super Mario is immoral, it doesn't care if its unfair and neither should you. Steal their stars, falcon punch their face and turtle shell them off that rainbow.



MMO

When you've both admitted to playing a fair few MMO's as a guilty pleasure, go indulge together. You no longer need a subscription for The Elders Scrolls Online, and Don't Starve Together is a single purchase on steam. But those aren't the only cheap-to-play jams out there; from turn based to button mashing, go rule that virtual world together. Remember, No Man's Sky IS NOT a good multiplayer experience.

BINGE-WATCH

We hear that you're feeling optimistic about your productivity this year. Although that's nice and all, here's a bunch of series, so maybe you can negotiate some Netflix 'between' revision sessions or just fit one or two series in before that hand in tomorrow.

By Lauren Emina-Bougaard

Mr. Robot:

Meet the antisocial genius hacker, Elliot Alderson, who is painfully aware that normality is out of his reach. He is finally given the chance to free the world from under the thumb of corporate evil. Filled with twists and a fresh-faced cast, this series will make you think twice before clicking the next button.



Cowboy Bebop & Samurai Champloo:

Two seasons, very different story lines, but made by the same animation studio. These two anime series will leave you with that bittersweet feeling that only anime can.



Rick and Morty:

Follow irresponsible Rick as he takes his grandson Morty on dangerous and age-inappropriate adventures, bringing the universe's colourful and disgusting discoveries right to their family's front door.



RuPaul's Drag Race:

Hallelloo! Our Queen Ru Paul just recently received an Emmy. Ever wanted a discount America's Next Top Model, but with more drag queens, more personality contestants, more lip syncing for their lives, and puns puns puns? Well you're being ridiculously fussy, but you're also ridiculously lucky, because this is a show that fits all those criteria. Check out season 8's Derrick Barry at Mission 2 on Saturday 24th September.



Twin Peaks:

David Lynch's cult classic is outright weird, but definitely adds something interesting to television. The murder of Laura Palmer is not your classic whodunnit. With a new season being made, you'd best join the massive cult following now.

FOOD

Leeds is a city that caters to all tastes. Literally. Whatever your appetite, whatever your budget, the labyrinth of backstreet cafes, big name bistros, and bizarre bars will provide. But university isn't all about splashing the cash, so here's a list of Leeds' finest eateries, and some simple, homely recipes to save some dough.

Staying In

Sweet Potato and Chickpea Tagine

This stew-like casserole is simple, versatile and great for making in big quantities to cover several meals – in fact I'd say it's even more delicious the next day.

Method:

Place 1 tbsp of olive oil, a chopped onion and carrot in a pan and fry until soft. Add 1 tsp each of cinnamon, cumin and coriander (plus paprika for an extra kick) along with 2 crushed garlic cloves. Add 300g of diced sweet potatoes (or butternut squash if you prefer) followed by a can of drained chickpeas and chopped tomatoes. Pour in 100ml of vegetable stock and bring the stew to the boil before turning down to a gentle simmer. Cover and leave it for around 45 minutes until a thick sauce has formed, adding more stock if necessary. Season with salt and pepper once the dish has cooled slightly and serve with pitta or chunky slices of bread.



Roasted Vegetables

Oven-roasting gives vegetables a lovely caramelized flavour even without adding seasoning. These are just as good cold and any leftovers make a great wrap filling.

Method:

Place an assortment of chopped veg (any from peppers, tomatoes, red onions, mushrooms, carrots, courgettes) on a baking tray, drizzle in olive oil and add salt and pepper to taste. Cook for 35-45 minutes at 180 degrees or until the vegetables are soft and have started to brown at the edges. If you fancy an extra burst of flavour, add a splash of soy sauce or balsamic vinegar once they're out of the oven. Serve on top of rice or cous cous and for meat lovers: the addition of chicken pieces or meatballs work well.



Rose Collard

Photo Credits: Katherine Martinelli, TSG Cookin, Greasy Pig, Fazenda, Befund

vs. Going Out



Hangover brunch – The Greasy Pig, 74 Victoria Road

This student-staffed, brightly coloured café has a proper greasy spoon vibe, but without a smudge of actual grease. They serve the best pancakes in Leeds, and have truly taken the edgy trend of serving food on questionable platters to the next level by supplying their full English INSIDE A LOAF OF BREAD.



FAZENDA
RIZZIO BAR & GRILL



Parents visit – Fazendas, Granary Wharf

This tip comes courtesy of my house mate, who literally screamed the name of this traditional Gaucho restaurant before I'd finished asking the question. I have to say, I've never been – but after about ten seconds on their website I'd already booked a table for when my parents next come to visit.



Lunchtime on campus – Bakery 164, 164 Woodhouse Lane

Situated just opposite the Parkinson building, this family-run bakery is the stuff of lunchtime legend. Freshly baked ciabatta and focaccia, mouth-watering cakes and the only place to find decent, inexpensive coffee.



Sunday roast – The Cow and Calf, Ilkley

If you fancy a Sunday out, you can't beat a trip to Ilkley. Eating at the Cow and Calf is mandatory; wandering the moors looking for Heathcliff is optional.



Indian – The Cat's PJs, Headingley

Great name, great service, great atmosphere, great food. Enough said. Well not quite – the Cat's PJs is actually run by the youngest Indian chef to ever receive a Michelin star.



Overall good egg – Akmals

I guarantee you will not finish your time at Leeds without at least one night getting hot and spicy with Mr Akmal. Though the walk across Hyde Park may make you think you're in a horror movie, inside you'll find the only silenced lambs are those simmering in your Rogan Josh. Akmals also has a BYOB policy, plus is perfect for club and society socials, big birthday dinners, or just a plain old curry night with friends.

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UNIVERSITY OF LEEDS



Features

New app lets you buy leftover restaurant food

The Gryphon speaks to Leeds grads Chris Wilson and Jamie Crummie about their quest to tackle the country's food waste problem through their new app, Too Good to Go, that allows you to buy restaurants' food at a fraction of the normal price.

Jessica Murray
Gryphon Editor

Over one million people in the UK have received emergency food parcels in the last year. Meanwhile, over a third of all food that is produced across the world ends up in landfill. These are two problems that, according to Jamie Crummie, should not co-exist.

Crummie, alongside fellow Leeds grad Chris Wilson, both 25, have created the potentially revolutionary new app Too Good To Go as a way of combating both increasing poverty across the country, and the environmental damage caused by food waste.

The app allows users to buy up the left-over food at local restaurants up to the price of £3, whether it's a sandwich from a nearby deli or the leftovers from a local world buffet. It's a no brainer really - you can get a full meal for half the price you would normally pay and help save the planet at the same time.

Wilson was involved with the Too Good to Go project in Denmark last year, and brought the concept over to the UK in January. Since then, the app has been established in Leeds, London, Brighton and (shortly) Manchester with over 40,000 users and around 170 restaurants on board. Over 2000 meals have been saved from landfill, preventing 4,000 kilos of CO2 from being released in to the atmosphere.

It's impressive stuff, showing what can happen when you unite the British passion for a good bargain with an environmental consciousness.

Crummie is convinced of the app's popularity and ability to bring about change: "The users are now far outnumbering the restaurants which I think is quite telling

"There's 40,000 people who think food waste is wrong, there's

40,000 people who want to join this food waste movement and now we need to demonstrate that to restaurants and to lobby groups who can campaign for legislative change"

I had to give the app a go for myself to see exactly how it worked. Waking up on Monday morning I decided to have a browse to see my options for a tasty discount lunch. Although the selection of restaurants on the app is still quite small, Leeds favourites such

aren't simply selling more food. These small margins ensure it can't be used as a profit-gaining machine."

I headed down to the deli at my allocated pick up time and was given a delicious pasta meal with spicy chicken and tomato sauce, peppers, red onion and sweetcorn. It was a huge portion, and for £2.50 an absolute bargain.

There are some practical difficulties which might make the app difficult to incorporate into

planet.

The app has received some criticism for commercialising the leftover food, and diverting it to well off consumers rather than the poor and homeless who could benefit from it most.

Crummie responded: "By releasing the app and making it available to the public, our primary goal, more so than being a service which allows somebody to pick up food at a cheaper price, is to educate and inform people about food waste."

Jamie also went on: "From the research we've done and the people we've spoken to who volunteer in foodbanks, it's not really a stereotypical type of person who's using a food bank, they range from all walks of life.

"They could be single parents who've recently divorced and are finding it tough, or they could be recently unemployed or been made redundant, and these are often people who have access to mobile phones and a debit card"

"It's about social inclusion and removing the stigma that's attached to charity"

The app has snowballed in popularity and media coverage in recent weeks, and the pair have big plans for the future. They hope to

be established in ten UK cities by the end of the year, to get more big chain restaurants on board (the biggest food waste culprits) and to start delivering meals to after school clubs and nursing homes.

The app may only go a small way towards tackling the food waste and food poverty epidemic in the UK, but as Crummie says, they're feeding bellies and not bins, and that can only be a good thing.



as The Greasy Pig, Oranaise cafe, Peachy Keens buffet and Popina's all feature.

I booked myself in for a tasty meal for £2.50 from Wolf Street food to collect just before 3pm when the shop closes. The fact that I was able to book a 'left over' meal for myself at 8.30am, over 6 hours before I was due to collect it, did make me doubt the legitimacy of the claim that the app is solely for food that is heading for the bin. How would they know this food would be left over so early in the day?

Trying to reassure me, Crummie explained that "the price range for all our restaurants is between £2 and £3.80, and we keep the prices small to ensure the restaurants

everyday life. You get given an allocated time frame to pick your food up, normally just before the shop closes, so around 3pm for lunchtime eateries, and around 10pm for dinner time restaurants - not exactly peak meal times. And although this might be stating the obvious, it's not an app for picky eaters as you don't get much of a choice.

The positives far outweigh the negatives though. Fresh hot food cooked at student friendly prices that enable you try out new things and find some hidden gems of Leeds, all while helping to save the



Our Man in West Yorkshire: a beginner's guide to God's own county

Be not afeared, the Dales are full of noises

Dominic Johnson
Newspaper Associate Editor

Welcome to Yorkshire, a county unparalleled in terms of its natural beauty. Don't believe me? Well, you must have missed BBC Four's 'All Aboard! The Country Bus', a show that consisted solely of uninterrupted footage from a two-hour real-time bus journey across the Yorkshire Dales, drawing 973,000 viewers, according to overnights.tv.



Yorkshiremen, due to their region's plaudits and favourable portrayals are often rightly or wrongly caricatured as excessively proud and almost boastful of this Yorkshire exceptionalism. Yet in terms of sporting successes, it would be hard to argue with these supposed Yorkshire triumphalists. Five golds, five silvers and four bronzes would have ranked Yorkshire a staggeringly high seventeenth in the overall Olympics medal table this summer in Rio. The region was placed higher than Canada, Argentina, South Africa and New Zealand. This humiliation will almost certainly cause financial turmoil in Toronto and Buenos Aires, as the seismic impact of fictional medal tables takes its toll on the global economy.

Aside from sporting triumph, Yorkshire also enjoys a deep history and culture, home to the likes of the Henry Moore institute and Brontë sisters Parsonage, where visitors can immerse themselves in the world and work of some of Britain's most revered artistic and literary figures.

Though his accent now sounds more like it's been inherited from the son of a Californian librarian and Wheezy the penguin, Alex Turner and the Arctic Monkeys are products of Yorkshire, with the region also producing giants such as Pulp and the legendary Alt-J.

Unfortunately, seamlessly slipping into life within this hotbed of historical talent and culture is far harder than it may seem. Arriving in Leeds from afar is a strange and unparalleled experience. For some first year students, driving up from a leafy suburban commuter town, Yorkshire may seem like a different country.

For some Yorkshiremen and women, Yorkshire should in fact be a different country. Yorkshire's politics and identity is more complicated than many of the country's other regions, and aside from the food, culture, weather, footballing success, and language - Yorkshire and Catalonia could be likened in terms of regionalist sentiment.

But, as surprised as you might be, Yorkshire separatism is not a huge force. Nevertheless, the *Yorkshire Party*, a separatist party that campaigns for the devolution of powers to the region, gained 479 votes in the Morley and Outwood seat in the 2015 election. This haul may not seem sizable, but when you consider that it was 55 votes larger than the 424-vote margin that cost Ed Balls victory in the seat - Yorkshire regionalism has arguably already had national impact.

Admittedly, it is unlikely that this small group would all have voted for Labour if the *Yorkshire Party* had not existed, but its impact on this year's Strictly Come Dancing contest is horrifying for all to see.

To an outsider, it is often difficult to understand Yorkshire's internal relations and its regional complexities. This is perhaps best exemplified by David Cameron's off-camera remark in the build up to the 2015 general election. 'We just thought people in Yorkshire hated everyone else, we didn't realise they hated each other so much?' he mumbled in perfect confusion.

And Cameron was right - Yorkshire is not a case of happy families. There seems to be, unfortunately for the city of this university and paper, a severe aversion towards Leeds, from pretty much all other corners of Yorkshire:



Why does it always rain on Leeds?

Leeds sits alone in the disparate house of Yorkshire, distant from all its closest relatives, wondering what it ever did wrong. The university is safe in its ivory tower above the isolated city, but the world beyond the pale is a dangerous place - even the bus rides have to take place from inside our living rooms.





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Views

Should Britain hold a second referendum on its membership of the EU?

Following a referendum of questionable campaigning on both sides, voter regret and broken promises, *The Gryphon* asks whether Britain deserves a second referendum

YES

Samuel Robinson

There are two excellent reasons for a second referendum on the EU. First, a margin of victory of two percent can hardly be called resounding, especially when you consider the second point: the campaigning was atrocious (not only on the Leave side but most glaringly so), and no-one has a clue what's going on.

Let's dive into it. Leave's victory was slim – a two percent majority with two of the four countries of the UK voting Remain – and on its own that's an argument for a second referendum. In some places, it's not enough that one side has at least one more vote. For example in Australia, constitutional changes by referenda require that at least four of the six states vote the same way. The EU itself uses a supermajority of 55% to recognise policy changes. The point is this ensures the population is firmly set on change of a huge magnitude – and if the result of our vote shows anything, it's that the UK as a whole was not firm in its decision.

When we put this in context, the case for a

second referendum becomes even stronger. Consider that Leave used discredited lies in their campaign, wilfully misinforming people. Consider that they never did agree on what Brexit would be. Finally, consider the wave of people who surfaced the day after the vote saying they'd vote differently if given the choice again. The Remain campaign were certainly no angels, but given that Leave didn't even attempt to tell people the truth about the NHS, or put any effort into devising a plan, suddenly that two percent mandate looks rather shaky.

One post I saw about Brexit came from InFacts, and sums up the absurdity of upholding a result nobody can even define with a well-placed analogy: "Brexit means Brexit" – is wearing thin. [It's] like saying 'breakfast means breakfast'. But some people want bacon and eggs for breakfast; others toast and jam; yet others muesli and yoghurt..."

How can we vote for a momentous change in foreign policy that hasn't even been articulated yet? Referenda necessarily simplify questions into binary

options, but you should have some idea of what each option represents. This wasn't the case in the referendum, where Brexit was so vaguely defined as to be vacuous.

To sum up: we have May as PM, which no-one asked for, enacting policies like reintroducing grammar schools, which no-one asked for, conducting negotiations to some undefined endpoint, which again no-one has yet asked for. Some victory for democracy.

To be truly democratic, we need to ask awkward questions, like "are we staying in the single market?", "will immigration levels be cut and how?" and, most importantly, "what precisely is Brexit?". This is why we need a second referendum – not having one is giving the government a carte blanche to do whatever it wants, and for us as the electorate not asking for an explanation of what we're voting for is a dereliction of duty.

NO

Helen Bradley

First and foremost, I voted to Remain on 23rd June, and fully support the EU, but don't think that the debate surrounding the UK's membership of the EU should have been put in the hands of the public in the first place. As a Modern Languages student, I was left greatly disappointed in the days after the referendum result. However I was equally disappointed by the overwhelming voicing of 'we didn't get the result that we wanted, so we should get to vote again.'

The Leave campaign received a thin majority, but a majority nonetheless, and to hold a second referendum would be to diminish the idea of democracy whilst angering Leave voters. At every referendum there is the argument of whether voter turn-out is high enough, and whilst there is room for improvement on the 72.2% turn-out of eligible voters, it's a vast increase compared to many recent (British) elections.

The deadline to register to vote was extended,

and no one can argue that voters were not given sufficient time to research what being part of the European Union means, or rather meant, for the United Kingdom. It is also worth mentioning that just as you have the right to a vote, and I believe wholeheartedly that everyone with that right should use it, you also have the right not to vote. I know a number of people who, for reasons personal to themselves, chose to abstain from voting in the referendum. In this sense, the referendum appeared to be more of a protest vote on behalf of those who are usually denied a voice in politics.

With few party loyalties coming into play, and misleading campaigns from both sides, the referendum was perhaps doomed either way.

The question is how much a second referendum would actually achieve given that the damage has arguably already been done. From politicians stepping down to various countries withdrawing from trade deals with the UK, another referendum

would be an embarrassing admittance of defeat before we have even tried to resolve the issues that the referendum has highlighted, not to mention the fact that a second referendum would lead to more confusion and delays in negotiations. Having received worldwide attention, do people really think that we can return to the EU following an overturned result, were we to hold a second referendum, and just carry on as if nothing has happened?

A second referendum would only be possible with clearly explained and precise terms and conditions, and a clear and honest campaign from both sides. I don't believe either will happen.

We've wasted enough time and money, and many voters already don't know what or who to believe. Quite frankly, the only referendum we should be rallying behind is one to decide how we leave, and ensure the best possible outcome for the UK.

The triumph of Trump: how 'the Donald' gained his appeal



Carolyn Kaster/AP

The run-up to November's presidential election in America has proved unprecedented, with a neoconservative lacking in any political experience crushing the Republican Party's establishment. Not only that, but Donald Trump seems near-impervious to every scandal which has beset him since his presidential campaign launched. 'The Donald' may be one of the most polarising figures in recent political history, but his appeal to many is undeniable. So it must be asked, what draws people to support Donald Trump?

The USA was borne out of the Founding Fathers' dream for freedom from authority, and freedom for the individual. This

Donald Trump seems near-impervious to every scandal which has beset him since his presidential campaign launched

was to be in direct contrast to British monarchical authority. As freedom of speech had been limited by the British authorities, the First Amendment guaranteed it. As the British Army had attacked the colonials for their refusal to pay taxes to Westminster without representation in Parliament, the Second Amendment allowed citizens to arm themselves and form militias as self-defence against violently oppressive governments. The exhaustive series of checks and balances on the USA's political

institutions further serve to prevent any branch of government becoming too strong, as does the considerable power afforded to the individual states. This spirit of freedom, libertarianism and anti-authority has endured, especially in the South and Mid-West.

However, these areas have taken the brunt of post-1960s realignment where the Democrats became the voice of liberal America. This process has resulted in many of the Founding Fathers' sacred cows being struck down in the eyes of these Americans as the growth of federal government has increased, imposing itself on individual states. Examples of this are gun-control measures, the introduction of universal healthcare, and a semi-activist Supreme Court declaring that states prohibiting the practice of same-sex marriage was unconstitutional. Freedom of speech is also seen as being curtailed in the name of political correctness, avoiding offence, and preventing "triggering". Further away from home, the Obama administration's policy of rolling back American presence abroad (read Islamic world) has widely been regarded as a sign of weakness. At the same time, innumerable blue-collar workers are struggling to make ends meet as the industries they formerly worked in have been relocated out of America and into Asia.

Recent years under Barack Obama – and George W. Bush (to

a lesser extent) – have simply not worked for millions of Americans who are now worse off than they were twenty or more years ago.

The Great Wall of Mexico may be ridiculous, but forcing Mexico to pay for it is a clear statement of a return to the desire many foster for a strong America

Livelihoods have been lost, the values on which their country were founded on are seemingly being eroded, and its once great power is being weakened from within. Only one presidential candidate stands against this, in their eyes: Donald J. Trump. This is where much of his appeal stems from.

Controversial British political commentator Milo Yiannopoulos put it most simply when explaining why he supported Trump: the system and establishment were simply not working anymore, and 'the Donald' unequivocally promised to smash them. Trump's foreign policy? It appeals to a rather simple but passionate patriotism. The Great Wall of Mexico may be ridiculous, but forcing Mexico to pay for it is a clear statement of a return to the desire many foster for a strong America. Banning all Muslim immigration? The statement behind this policy is that America will do as it pleases, regardless of popular trends or political correctness. Opposing

TPP? Answering the call of vulnerable American workers who feel abandoned by a globalisation-inclined political establishment and ruling class. His rallying call of "Make America Great Again" hits the nail on the head, offering his voters exactly what they want to hear.

Every time Trump blames a female interviewer's tough line of questioning on menstruation, refers to a politician he dislikes with a racial slur (recently calling Senator Elizabeth Warren "Pocahontas" because of her Native American heritage) or insults the family of a deceased Muslim veteran, he cannot lose. Why? Because every statement of that ilk is a direct assault against the perceived clamp-down on freedom of speech many Americans despise.

However, Trump is by no means unstoppable. His antics appeal to a very specific sector of society. He is preaching, or performing his tricks, only to his church's choir. Members of the neighbouring congregation are not amused, and seem to utterly despise him for what he does. Given that his pews are almost solidly filled with Republicans rather than independents and conservatively inclined Democrats, he would be wiser to modify his tactics and engage in some real outreach.

Daniel J. Levy

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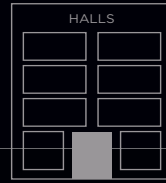
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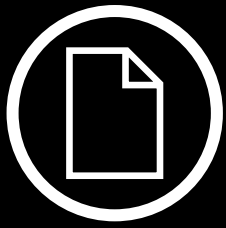
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Blogs



Your guide to Yorkshire

Lauren Davies gives us a quick guide to just a few of the great places that can easily be reached from Leeds.

Knarborough

Possibly one of my favourite spots in Yorkshire, Knarborough is a relatively small town close to Harrogate. The town itself is situated up on a hill, and looks down to a stunning river and viaduct. With winter on its way, taking a paddle boat out on to the river might seem out of the question, but there are plenty of cafes and restaurants nearby, so you can watch other people freeze to death out there instead.

Cost: between £5-£7 on the train

Harrogate

The posher cousin of York, a trip to Harrogate might leave a student feeling slightly out of place, especially now that you're probably dressed head to toe in the clothes you found at the various vintage clothes sales during freshers week. This beautiful town, however, can make even the edgiest of students feel a little bit classier. If you didn't manage to make it inside Betty's in York then don't fear, there's another one here, just with a slightly shorter queue. If you're tired of shopping by now, then you could head to the Valley Gardens at the bottom of the town, which is especially pretty in the summer.

Cost: between £5-£7 on the train.

Ilkley

Taking a day trip up to Ilkley is almost a rite of passage for any Leeds student. On the cusp of the Yorkshire Dales, Ilkley is essentially the gateway to some of the county's most stunning views. If you've got your walking shoes on, then you can do a round trip of Ilkley Moor in about two hours; slightly longer if you want to grab a cup of tea from White Wells Café near the peak of the moor. The view from the top of the moors is amazing, and hopefully it will give you a sense of pride that you chose to study in such a beautiful county!

Cost: between £4-£6 on the train and around £4 on the bus (X84)

York

If you want to get out of the hectic city, but aren't quite ready to tackle the ludicrously fresh air in the Dales, then think of York as a stepping stone between the two. With the minster, the city walls and the museum gardens, the city is bursting with history and beauty. If your student loan has just come in, join the queue outside of Betty's tea room and hope that you get a spot. Don't get your hopes up though, I'm yet to make it in there.

Cost: £7 on the bus, £7-£13 on train



How to get the most out of your freshers week

Whenever somebody mentions freshers week, people generally think of clubbing and chugging questionable spirits 24/7. But, believe it or not, this isn't the only thing to do. Here are a few things that I regret neglecting in my first few weeks of university...

1) Find nearby cocktail bars

I discovered Revolution cocktails in the Electric Press last summer and will definitely be back for more Tom and Cherry drinks. Cocktail bars are perfect for when you want a lazy (and boozy) night out or a swanky, sophisticated change to your usual pre-drinks.

2) Search for gigs and tickets

Call me old-fashioned but I love going to see bands much more than going out, and I spend a lot of my budget on tickets for various plays and live music. Stylus in the Union have a range of artists that perform throughout the year and tickets are usually pretty cheap.

3) Check your emails

This is a boring point but a crucial one. The worst part of my freshers week was discovering a lot of seminar prep that I had failed to find on my email the week before. Four manic days of work ensued. Not good. Make sure to explore the academic admin tab to avoid embarrassment and extra work during your first week of lectures.

4) Socialise more

New people and unknown places are fun but daunting prospects for many students. There is nothing wrong with staying in rather than going out, but by choosing to watch Netflix in bed most nights, you might not be getting the best university experience. However if struggling to leave the house to talk

to people becomes a predominant issue, there are a number of facilities near and on campus, such as Leeds student mental health support in the Chemistry building.

5) Find your favourite coffee place

No TV series is complete without a favourite bar or café, and the same goes for your university experience. Whether you're studying alone in the Brotherton, chatting with friends in Laidlaw's Café Nero or going out for drinks after lectures, finding your favourite place is a must.

6) Explore University of Leeds' campus

It was two whole semesters before I stumbled across the Balcony café with its amazing iced coffees, and

I was generally a bit of a campus dunce. In fact once I missed an LRU play because I was too shy to ask for directions. Have a wander around and don't be afraid to get lost - you never know what you may find.

7) Don't think so much

University is a last-chance saloon for having a small amount of responsibilities. Yes it's good to study hard, yes it's good to save money, but some cocktails are never bad for your soul. Pack up your stuff and come up north for some fun. For, as most sentimental adults will tell you, university years are the 'best years of your life'...

Charlie Collett



Society

Whatever floats your boat...



There are over 300 clubs and societies at Leeds, so whatever your interests and abilities, there's guaranteed to be a society to suit you. Whether you like to move, shake, make, create or (my personal favourite) eat, get yourself along to a freshers fair and get stuck in...

Eaters: Baking, Coffee, Wine, Real Ale, Vegetarian and Vegan.

Yes, we have a whole sub-category for societies that are all about food and drink! You can take comfort in the fact that you don't have to make food, but just be there to enjoy how good it tastes. On the other hand, perhaps you are determined to learn to cook before you burn the kitchen in your flat down, all the more reason to join one of these societies and hop in a class. These societies are highly recommendable for students not afraid of the Freshers 15.

Doers: Quidditch and Harry Potter, Yoga.

Most of the General Interest societies don't require physical activity, which is why we have a special category for those that do. These societies involve activities that are physical in nature, so if you don't mind working up a sweat, then join one. Not everyone is sporty, which may deter you from looking at the Sports category, but the great thing about these societies is that they allow you to exercise your body in a fun way.

Thinkers: Astronomy, Chess, Debating, Rubik's Cube and Puzzle Society, Sci-Fi and Fantasy, Video Gaming and Technology.

Don't be misled by the name, these societies aren't just for people studying Physics or Neuroscience. If you are someone who enjoys

challenging yourself mentally, then some of these societies will help you do just that. Likewise, if you're looking for a place to share your geeky interests, this category is for you too. Perhaps you're interested in science, maybe you enjoy solving puzzles, or want to put your mind to the test by memorising video game tactics. The skills you learn in these societies can help sharpen your mind, so why not give them a go?

Creators: Art, Anime & Manga, Comics & Graphic Novels, Spoken Word, Stitch 'n' Bitch, Pokémon.

These are the societies for people interested in creating and appreciating art. If you have a passion for developing anything artistic, then many of these societies will give you the means to do so. It could be anything, from a painting to a scarf for your mum. If you don't have an artistic flair, you can opt to appreciate art instead. Some of these societies are dedicated to appreciating art, be it Japanese animation or killer fashion trends. You may not consider yourself a remotely creative person, but joining one of these societies may spark that creative side of you.

Elsa Amri

New Societies to Look Out For:

Gin Appreciation

With gin arguably replacing vodka as the essential student night out beverage, the gin appreciation society plans to provide a place for fellow gin lovers to get together to make and drink a good old G&T. The society plans to support local distilleries and businesses, as well as organise gin tasting nights.



Costume Society

Every year LUU plays host to an array of fabulous shows, from the annual Christmas panto to musical theatre's glitzy affairs. Costume society will work alongside performance groups to design their costumes; perfect for those who want a taste of showbusiness without having to get up on stage.

Powerlifting Society

Whether you squat, bench or deadlift, this society aims to bring together powerlifters to enhance their skills and enable them to take part in competitions, as well as become part of a supportive training community.



Rounders Society

Missing high school PE lessons? Prefer sports where physical activity is only required for half the play time? Then join the rounders society for some less competitive and more light hearted sports activity.

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Science

The History of the Hangover

Freshers week is great for meeting new people, exploring Leeds and getting to know the university but, let's face it, it will probably descend into a survival game of how many consecutive days you can drink without collapsing on the dancefloor. It's a messy game. For the record, this is not an article advocating drinking; I'm just providing you the tools to (hopefully) feel better once the inevitable happens. With that in mind, let's explore some hangover cures over the ages that range from the normal to the downright bizarre.

Starting at the sensible end of the spectrum – thanks to the good old NHS – there's the common advice of drinking slowly, drinking with food and limiting the amount you drink. But let's assume the latter isn't a viable option, or else you probably wouldn't have taken the time to read this article in the first place. Drinking on an empty stomach makes for a cheap night but is, ultimately, a guaranteed disaster. Mark my words. You can also alternate between alcohol and soft drinks, keeping the buzz without overdoing it. These are good and sensible options, making sure you stay hydrated and slowing the alcohol absorption with food. Alas, they require a modicum of self-control and forward planning, thus avoiding the hangover at the source. So what should you do once the 'sensible' philosophy goes out the window and the shots begin?

Well, there are certainly some strange ideas floating around out there and here are some of the weirder hangover cures from around the world:

Ancient Rome: If you're a frequent QI watcher you'll be familiar with Pliny the Elder. He recommended deep frying a canary and eating it, although historians still debate whether the bird was prepared in any way or scoffed au natural.

Sicily: Ever considered chewing on a dried bull penis? Yes, you read that right. I can only suppose it's to distract you from how bad you feel or to tell your body to pick itself up as fast as possible so you can stop chewing.

Ireland: Irish legend suggests that the best way to rid yourself of a hangover is to be buried up to your neck in wet river sand. You'll certainly be feeling more awake afterwards but I'm not sure about curing the headache!

Mongolia: This possibly beats Sicily in the disgusting category – you make



a cocktail of tomato juice and pickled sheep eye. Ewe. Let's put that one on the 'maybe' pile.

Puerto Rico: This is one of my personal favourites. Before you start drinking rub a lemon slice under your drinking arm, which will supposedly prevent dehydration. I don't know who devised this – and there's absolutely no scientific basis to it – but go ahead and try it if all else fails.

Away from the weird world of hangover eschewing folklore, there are also plenty of natural remedies available. Eating bananas can replenish your potassium levels, required by the liver to process ethanol, while honey can help restore your sugars. Banana smoothies all round then. Well there you have it, plenty of ways to dodge the hangover bullet following a big drinking session.

Sam McMaster

Accidental Science: Our 5 Favourite F*ck-ups

We can often be fooled into thinking scientists have carefully thought out plans and that no discovery happens by accident. Most of the time, this couldn't be further from the truth. Let's explore 5 of the greatest scientific accidents:

1 Penicillin
We can't talk about accidental discoveries without mentioning Alexander Flemming's discovery of penicillin. The Scot found the miracle fungus after taking a holiday and leaving cultures growing in his lab. Upon his return he found something had killed the bacteria in the culture and gave us the one of the first antibiotics.

2 The Big Bang
Cosmic microwave background radiation is the fuzz that we see on old TVs when not tuned properly. In 1964, two radio astronomers, Robert Wilson and Arno Penzias found background noise they couldn't explain. They finally found an explanation in Robert Dicke's theory of background radiation which led to the confirmation of the Big Bang.

Too hot to handle? Climate change threatens the existence of summer Olympics

By 2085, of the 645 cities located in the northern hemisphere, only 5% would have suitable temperature and humidity levels to safely hold the Olympic endurance events.

This summer, no matter where you went or what you found yourself doing, you'd have been hard pressed to miss the plethora of sporting prowess that we have been treated to. No more so than with the 2016 Rio de Janeiro Olympic Games, which proved to be Britain's most successful since 1908; achieving a combined total of 67 medals and managing to beat China in the race to finish 2nd overall. This has truly been a sporting summer to be proud of, especially if we ignore the debacle of England's failed attempt at footballing glory.

However, the long-term future of the summer Olympics Games has been cast into doubt following recent research by climate scientists.

The impacts of climate change on human health, from increases in extreme weather events, heat waves and flooding, have been well documented, but how this then applies to our everyday lives is of great concern. This has prompted researchers from the University of California, Berkeley, to couple climate models with human body heat stress measures, ascertaining which cities would be suitable for hosting future summer Games without causing serious risk to competing Olympians. Their analysis suggests that by 2085, of the 645 cities located in the northern hemisphere, only 5% would have suitable temperature and humidity levels to safely hold the Olympic endurance events. Either the vast majority of the world's cities would be ineligible to hold the Olympic Games or events, like the marathon and triathlon, would have to be cancelled or held indoors.

One of the key goals of the International



Olympic Committee is to contribute to a peaceful and better world by educating youth with a specific focus on combatting social inequalities and poverty. This can only be achieved if the events engage with the residents of a host city. During the Rio Olympics, one of the most successful events to engage with the locals was the triathlon; where tens of thousands of Brazilians took to the street's to witness former University of Leeds students, Alistair and Jonny Brownlee, dominate the event – winning gold and silver, respectively. Now imagine the Olympics without those scenes of adulation, exhaustion and, of course, Leeds finest. Doesn't feel right, does it?

Outside of western Europe, in areas where

inequality can be at its greatest, climate change is set to have the biggest impact – only a meagre 8 cities would be suitable to hold the games in 2085. The ramifications of a changing climate are further highlighted by the researchers calculations, which propose that Tokyo, Madrid and Istanbul – the cities that bid for the 2020 Games – would not be deemed fit to host the Olympics in 2085. If the results of this research prove to be correct, then climate change will directly inhibit the very philosophy of the Games. If the success of the summer Olympics is to be continued, positively impacting on future generations while giving us something to watch during the summer holidays, then combatting climate change must become an absolute priority.

Dougie Phillips

3

Coca Cola

It's hard to believe that Coca Cola originally started life as a cure for headaches, or at least that's what John Pemberton intended. He mixed coco leaves and cola nuts together to make his hopeful cure. A lab assistant mixed these with carbonated water and gave us our first Coke.



4

Viagra

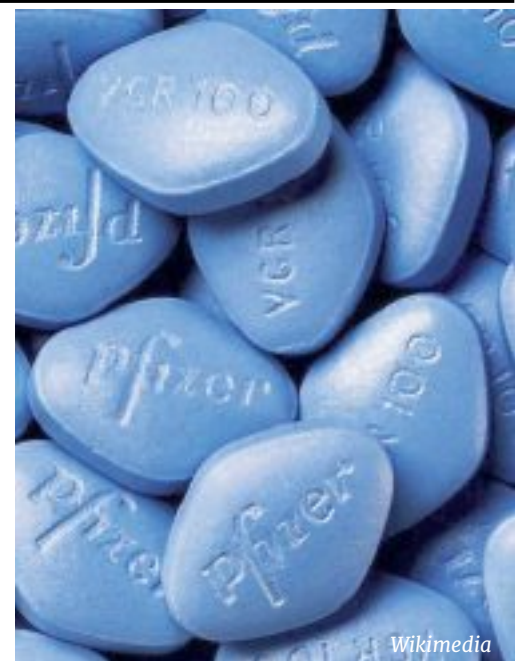
The little blue pill or "Viagra" started its humble life as a medication to treat Angina Pectoris (chest pain caused by spasms in the coronary artery). Spoiler alert – it didn't do that, but was found to very effective at increasing blood flow in other areas of the body.

5

Microwaves

The modern kitchen wouldn't be complete without a microwave. In 1945, Raytheon engineer Percy Spencer was mucking around with radar equipment only to discover he'd melted the chocolate bar in his pocket – a messy start to an extremely useful device.

Sam McMaster



Wikimedia



Sport

Luke Etheridge
John Gibby
James Felton
Zoe Thresher

Leeds: home of sporting success

Leeds United

Leeds United are one of the most successful clubs in England, reaching one European Cup final and winning three first division titles, as well as reaching the Champions League semi-finals in 2001. However, over the last decade, the club have found it difficult to put themselves back on the footballing map. Indeed, the Yorkshire side have mainly played in the English second division during this poor period in the club's history, although this also includes a brief spell in the third division of

English football. This would have seemed unthinkable at the turn of the century, when Leeds United were competing competitively for the league title and in the Champions League, with many future England stars playing for them: James Milner, Paul Robinson, Alan Smith and Rio Ferdinand, alongside foreign greats such as Jimmy Floyd Hasselbaink and Mark Viduka. Currently, Leeds United are trying, as many teams are, to get promoted to the Premier League from the Championship, and have

recently appointed former Swansea City manager Garry Monk in a bid for this to happen. As it is still early in the season, it is hard to tell how Leeds will fare, but one thing is certain: this is a very competitive Championship, with two former Champions League winning managers and more money than ever being spent on players. This could well be another difficult year for Leeds United.

Upcoming fixtures: Blackburn (H) 20/9, Ipswich (H) 24/9



Leeds Rhinos

Leeds Rhinos are one of the most successful rugby league teams in the country, having won the Challenge Cup 13 times (more than any team apart from Wigan), as well as completing the treble in 2015. This season has been more of a struggle for the Headingley-

based team, only finishing ninth in the Super League, missing out on a chance to challenge for the title, and being forced to play in the Qualifiers in an attempt to keep their Super League status. So far, the team have a 100% record after winning all four of their matches in

these qualifiers, and will be hoping to keep this up for the rest of the season. Student prices start from £13.

Upcoming fixtures: Huddersfield (A) 18/9, Leigh (H) 22/9

Yorkshire C.C.C

The most successful county cricket side of all time, with 33 titles since winning their first in 1893. The team, also based in Headingley, are currently sitting in second place in the table ahead of their final match

with Middlesex, the current leaders. They will be hoping to win their third successive title as a parting gift to coach Jason Gillespie, who will be returning to Australia at the end of the season. The ground also

plays host to international cricket matches as well, with countries such as Sri Lanka and Pakistan being recent visitors to Leeds.

Upcoming fixture: Middlesex (A) 20/9



Leeds' triathlon triumph in Rio

The Gryphon's Sports editors highlight the clear signs of triathlon domination for Leeds University alumni at the Rio Olympics

Just as the city of Leeds can lay claim to being the centre for the Team GB triathletes, it was also at the centre of success in both triathlons at Rio 2016. Indeed, the Brownlee brothers – both alumni of the University of Leeds – won gold and silver in the men's final, whilst Vicky Holland won the bronze medal in the women's final, with Non Stanford finishing a few seconds behind her Leeds housemate in fourth place. This not only meant a continuation, but also a little improvement, on the results at London

2012. Indeed, in the men's final four years ago, Alistair Brownlee won, whilst his brother Jonny was third, although no British female finished in the top three. The highest placed woman in London was Helen Jenkins who finished fifth and the aforementioned Vicky Holland who finished in 26th place. Just as Team GB improved on their performances in the overall medals table, so did the triathletes, who demonstrated that Leeds plays an important part in British sport.



Matthias Hangst

Uni hope to break Beckett's streak

Sports teams representing University of Leeds and Leeds Beckett University will battle it out for supremacy in the twelfth edition of Leeds Varsity, which will take place on the 4th and 5th October, culminating in the mens rugby union first team match on the Wednesday evening. As they had done on all ten previous occasions, Leeds Beckett won the overall Varsity contest in 2015, securing victory by 30.5 points to 27.5,



with some matches having to be called off due to bad weather. Over 14000 people watched the Headingley rugby finale, which drew a larger crowd than the Namibia vs Georgia World Cup match which was being played at the same time, proving that Varsity has become an important fixture on the sporting calendar in the city. This year, 60 different fixtures will take place across 25 different sports, ranging from American football to water polo, meaning there is likely to be a sport for everyone at some point over the two days, with many sports having both men's and women's matches taking place, sometimes involving multiple teams at different ability levels. Each university takes one point for each fixture that they win, with matches being decided by extra time or penalties if necessary. Half points are awarded if the fixture cannot be completed, as was the case with the golf in 2015.

Leeds Varsity is not the only sporting competition away from BUCS that takes place during the

LEEDS VARSITY

university year. The university also competes against Manchester and Liverpool for the Christie Cup, which will be hosted by Leeds in 2017, with the various teams hoping to break Manchester's run of two consecutive championships. With two top level university competitions taking place in the city over the next 12 months, there will be plenty of opportunities to see close fought action across a variety of sports, providing a welcome distraction from lectures and seminars.

The Gryphon meets LUUWRUFC

Ahead of Varsity and the new season, *The Gryphon Sport* meets Women's Rugby captain Fran Robbs de la Hoyde to get her thoughts on the year ahead.

An eventful season for you last year in the league and the cup it's probably fair to say, what was your personal highlight?

We had a tough season last year, and despite upsets in the league all the girls continued to put in 100% at every opportunity. The highlight for me was definitely our semi-final cup match against Glasgow Uni. They were previously unbeaten that season and they were playing at home too, so we knew we'd have to put our all in to come out on top! We travelled to Glasgow the night before, and the drive of the girls even in the unusual circumstances just showed what we were capable of, as did the final score of 12-5.

You've already started your preseason training - how's the preparation going?

Preseason is always massively important for us, we've got to get both our fitness and our skills up in preparation for Varsity on October 5th. Our pitch captain for this year Bo Jackson, and our coach Jake have been working together to whip us into shape, and all the girls are loving training hard and eating well! Yesterday saw us doing hill sprints at Roundhay Park - we all know that the effort we are putting in now will directly count against Leeds Beckett and the rest of the matches in the upcoming season.

Thinking about Varsity, it's not too far away now, how do you rate your chances?

Leeds Beckett have always been a massive rival of ours, and in the past we have struggled against their skill set. This year I think we've got one of the best chances that we've ever had - as I mentioned, preseason has been focused and everyone has put lots of effort in. Despite losing some of our senior girls when they graduated, the squad remains in extremely strong shape, and on top of that we are an extremely close-knit team which I think gives us a big advantage. It is all to play for in this year's Varsity, but I think we will give them a challenging match whatever the outcome!

It's true to say that on the day the men's game receives a great deal more attention - is that something you're looking to change?

It is true that the men's game sees a lot more publicity and popularity than our game does, but that has always been true, and the most important



thing is that year on year the support for women's rugby does grow, which is reflected in the numbers we get supporting us! Although it would be great to get the same support that the men's game gets, we are more focused on increasing the number of girls who play rugby, because it is a fantastic way of socialising and exercising. The support England Women saw in the World Cup and at the Olympics will hopefully inspire more girls to get involved with rugby at Leeds!

Finally, if people are interested in getting involved in your society, how do they find out more?

We will be at the International Freshers' Fair on the 16th as well as the Sport's Fairs on the 20th and 21st September so anyone can come to our stall there and talk to us! We also have a Facebook group (Leeds University Women's Rugby) that you can join if you want to come along to training, or if you have any questions. You can also email us on luuwruvc@hotmail.com. Our training is 8.30-10 on a Monday and 7-8.30 on a Tuesday at Weetwood! If you fancy coming along with your friends, our Give it a Go is on 4th October - come and try it out, even if you've never touched a rugby ball before, everyone is welcome!

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