



THE GRYPHON

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Fugitive Found Hiding in Leodis

Police raid finds gunman hiding in Leodis flat

Jessica Murray
Editor-in-Chief

A fugitive was found hiding at a flat in Leodis halls of residence in the early hours of 5th October after a planned police raid.

The suspect was being sought following a firearms incident in Bradford, in which someone was seriously assaulted and a firearm was discharged.

Witnesses say that a number of police vans turned up at Leodis at

2.30am on Wednesday 5 October and following the raid three people were arrested, a man aged 34, believed to be the suspect in question, and two women aged 19 and 22.

The 34-year-old man was later charged with possessing a firearm with intent to endanger life. He appeared at Bradford Magistrates Court on 6 October and was remanded in custody.

The two women were arrested on suspicion of assisting an offender and were later released on bail pending

further enquiries.

Four men have been charged with a number of offences relating to the incident in Bradford and have been remanded in custody.

One Leodis resident told *The Gryphon*, "I was surprised to see two huge police vans outside my accommodation, when I heard it was due to a fugitive staying with a resident in another block, I was shocked as I would never expect something like that in a university accommodation."

Chris Worsnop, a first year Chemistry

Varsity cancelled?

Violence and misbehaviour at this year's match

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Leeds Light Night

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China's Missing Generation

Author Xinran discusses the deep-rooted effects of the one-child policy

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Quote of the Week

I can not believe that fat canary Ed balls is through to the next round of strictly

Lord Sugar voices his displeasure at this weekend's *Strictly* results

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Editor's Letter:



As someone who has lived in Britain all my life, in a relatively non-diverse town in North East England, it's sometimes hard to appreciate the experiences of those who come to this country from abroad.

In our increasingly isolationist, post-Brexit society, our land is becoming a gradually less welcoming place for immigrants and refugees.

Last week, the government announced plans to make companies list the number of foreign workers they employ in an attempt to encourage bosses to hire more British staff, the latest in a long line of examples showing our government becoming increasingly hostile to multiculturalism.

In this week's issue I speak to Xinran, a Chinese author and journalist who has lived in the UK for over forty years (page 15). She told me that "The British media and society, they've never come out of the well of the Imperial. The whole world has moved on but they're still thinking that way."

She often complains to her British husband that English-speaking people travel the world and often don't bother to try and learn a different language. She feels that British people often arrogantly believe English is the universal language; something Rabeeah Moeen discusses in Features this week (page 13). While assimilation of languages does make for a more cohesive and communicative society, shaming or

criticising those who don't or aren't able to do so is wrong and often hypocritical.

We forget how tough life can be for immigrants in this country, adapting to our culture and way of life. Meng Xian writes about how disorientating and alienating even something as simple as shopping can be in a foreign country. (page 14). Stuff we take for granted can be a huge obstacle to people encountering British culture for the first time.

During Hate Crime Awareness week, and with 16% of students reporting that they've experienced some form of hate crime during their time at university, it's time we all started showing a bit more empathy for those who come to this country for refuge, work or education.

They bring so much with them, and have enhanced life in the UK to such a great extent: we just need to be a bit more understanding of how our culture, especially the drinking culture of university life, can alienate some students. With a hard Brexit looming on the horizon and a government which seems determined to build walls around our island, it's important - now more than ever - that we show not just empathy, but respect, for those brave enough to venture to this country for the first time.

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Write for Us:

Want to become a Gryphon journalist? Whether you're passionate about politics or pugs, news or Netflix, we want you to join our team! Search us on Facebook and come along to one of writer's meetings to get started!

Section Meeting Times:

All in The Gryphon office upstairs in LUU

MONDAY

News - 1pm
Science - 1pm (Old Bar)
Society - 2pm
Fashion - 4pm
Arts - 5pm

TUESDAY

Music - 3pm (Room 5)
Lifestyle & Culture - 4.30pm
Blogs - 5pm

WEDNESDAY

Business - 1pm
Features - 5.30pm

THURSDAY

Views - 5pm

FRIDAY

Sports - 2pm



The first Gryphon social of the academic year at Akmal's!

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“Varsity could be cancelled” following rowdy behaviour

Charlotte Mason

A University official has warned that the future of Varsity could be in danger following disorderly behaviour at the men’s rugby final last Wednesday.

Headingley Stadium has handed out a string of £1,000 fines to students who ran on to the pitch on the night of the game.

Police are also reviewing CCTV footage after an alleged assault, in which a female spectator was apparently punched amid a scuffle.

Further reports of rowdy behaviour include damage to seats and fans who urinated in cups before throwing them into the crowd.

The University’s Higher Education Police Officer PC Matt Guy told *The Gryphon*: “Varsity will potentially be cancelled if this behaviour continues. We’re potentially going to have a death. It’s a real shame”.

Both the University and Headingley Stadium refused to confirm names or details of individuals being fined for pitch invasion while investigations are ongoing. However, several witnesses told *The Gryphon* that they appeared to be wearing clothing that suggested they were from a sports society of Leeds University.

Reports claim that a small number of University of Leeds supporters ran on to the pitch when the clock ran down to zero, apparently failing to realise that the



Image: Daniel Mortimer

match was still going on. One supporter said, “They were told by the Leeds Uni players to get off as the game hadn’t actually finished”.

Some students shared experiences of the night on social media, with one unfortunate spectator tweeting, “Lol got a cup of piss in ma face #leedsvarsity”.

The Leeds Beckett Varsity Facebook page had posted a warning the day before the game, explaining,

“Streakers will not be tolerated at the Varsity finale and will incur a £1,000 fine!”

However, *The Gryphon* understands that the fans who invaded the pitch were fully clothed.

The men’s rugby final at Headingley Stadium attracted a record 15,535 people, with the University thrashing rival Leeds Beckett 20–9.

Historic Headingley Building on Otley Road to become a Wetherspoons

Christopher Tobin

Wetherspoons has finally applied for pub licence for £1.5 million property on Headingley Lane it purchased in 2014.

The former Sunday school, designed by Leeds architect William Peel Schofield, opened 1914 and later became the music and arts block for Leeds Girls Grammar School, named the Elinor Lupton centre. The site has been empty since 2010 after the school closed. The building was originally sought after by community campaigners who planned to use it for local purposes as a social enterprise.

Wetherspoons told *The Yorkshire Evening Post* that they “were attracted to the building due to its architectural interest as this fits in with [our] standard model of bringing historical buildings back into use”. Whilst the company looks to keep changes limited they are going to install a balcony area whilst keeping the internal parts of the site intact. The company went on to say that, “The building has been left without maintenance for five years and requires intervention. Without such works, the building and surrounding site will stand unused and be subject to more vandalism and continue to be an eyesore to passers-by.”

Emma, a first-year Fine Art student, said that she feels it’s a “wasted opportunity for a beautiful building, but I won’t complain about a Wetherspoons that close to me”. Due to its location, it’s likely to

become a prime Otley Run stop, and many local pub owners have expressed fears the Wetherspoons will divert customers from their own establishments.



Campus Watch

1 University of Buckingham Paws for thought: meet the pups making a difference

The University of Buckingham has recently welcomed a new edition to campus, and you can see why people are excited.

Tanlaw-Millie (or Millie for short) is a five month old cockapoo that is proving hugely popular with stressed students – so popular that she even has her own Outlook calendar for appointments!

In fact, the demand for canine cuddles has been so high that Dee Bunker, Head of Student Welfare, has found a playmate for Millie – a six month old black and white cockapoo named Darcie. “Both Millie and Darcie love coming to work every day,” says Dee Bunker, “they give unconditional love to anyone that says hello.” She adds further that students are now “more eager to talk about their issues with the help of a few cuddles and licks from the puppies”.

With mental health among students and young people becoming an increasing concern, this scheme is encouraging students to be open about their mental health struggles, rather than feeling isolated or outcast by them. If successful, it may perhaps inspire other universities to take on a campus puppy of their own.



Holly Smith

2 King's College London God save our far right nationalists?

The Vice President for Welfare and Community at one of the UK's top universities, King's College London, has called for the national anthem 'God Save the Queen' to be scrapped at official ceremonies because he believes that it supports far right nationalism.

Mahamed Abdullahi explained in a social media post: “I want to get rid of the national anthem at graduation because it's outdated and not reflective of the ‘global’ values that the college espouses.”

However, he did go on to say that the anthem was ‘outdated’ and ‘just a bit shit.’

Despite the views of Mahamed Abdullahi, a petition was created which opposed the ban of the anthem. The creator of this petition, PhD student James Findon, commented that the controversy was “a distraction away from the real issues that are facing the students that he [Mahamed Abdullahi] is trying to claim to represent.”

The National Anthem has represented Britain since the beginning of the 19th century.

Faith Dunne



3 University of Witwatersand University reopens following student protests

The University of Witwatersand (Wits), South Africa has reopened after student demonstrations forced its closure last week.

Nationwide protests calling for free education have highlighted the continuing sense of inequality felt by many black students, more than two decades after the end of apartheid.

Many universities were forced to either close or consider closing – just before the exam period – in order to deal with the discontent.

Upon reopening, demonstrators at Wits hurled rocks at security guards, while police fired tear gas and rubber bullets as they attempted to disperse the crowd. A number are believed to have been arrested.

A University spokeswoman confirmed that lectures had resumed, and in a subsequent statement Wits urged students and staff to return to classes, even if disruptions occur.

Wits has vowed to increase control of access to the university, including comprehensive and sporadic checks of all vehicles, and has stated: “All persons arrested by the police may immediately be suspended. All suspensions will immediately be processed for finalisation through disciplinary hearings.”

Jonny Chard

4 University of Ghana 'Gandhi Will Fall': statue to be removed from University of Ghana

Just four months after its unveiling, a statue of Mahatma Gandhi is to be removed from the University of Ghana campus in Accra, following a campaign led by professors and students who denounced Gandhi as ‘racist’.

These claims are not unjustified. Whilst working as an attorney in South Africa, Gandhi boasted that Indians were ‘undoubtedly infinitely superior to the kaffirs’.

The irony lies in the fact that the statue was intended as a gift from Pranab Mukherjee, the president of India, as a symbol of unity between the two countries.

This follows controversy earlier in the year over a statue of Cecil Rhodes at Oriel College, Oxford, wherein Orwellian questions over ‘editing the past’ were called into play.

Serena Smith



'Tent City' protesters leave Central Village

Charlotte Mason

Protest group Tent City has left Central Village residence following an eviction order from the University.

Volunteers and homeless people from the campaign group began leaving on Tuesday after five days camping on land outside the student halls.

Activists from Leeds Voice for the Homeless started arriving at Central Village last Thursday. A University source told *The Gryphon* there were up to 30 people at the site.

The University had successfully gained a court order to evict the campaigners, although they left voluntarily.

Police responded to several anti-social behaviour incidents on campus which were allegedly linked to the group. A man was arrested on suspicion of carrying drugs and a knife near the multi-story car park. A local supermarket also reported shoplifting allegedly carried out by an individual from the group. There were also reports of fighting and urinating outside the student halls.

However, a source told *The Gryphon* that protesters had "engaged with the University quite positively" during their occupation on campus.

However, one student reported that the protesters had been "starting fires outside my flat at 1am".

Another Central Village resident tweeted that they "Can't even deal with the homeless people and their 'tent city' on my accommodation any more."

Responding to the allegations, a Tent City

spokesperson called Ricky said, "We had brought together people with some very diverse problems relating from mental health to addictions and alcohol use. Without Tent City, their problems would never have been addressed. Unfortunately, somebody's land needed occupying and the University gave our volunteers and homeless security via manned teams and CCTV."

He added, "All homeless people have weapons, every last one of them. They usually live alone and are constantly beaten and robbed."

The group have been forced to move their tents three times since starting their campaign outside Leeds Art Gallery last month. Four people were arrested after an attack on protesters in the city centre on Wednesday 5th October.

The group has now ended its 18-day 'tent-city' campaign, which aimed to highlight the issue of homelessness in Leeds.

The protest was run by a group called Leeds Voice for the Homeless and, during the campaign, they pitched dozens of tents at four different sites, an effort which they say has helped secure permanent or temporary housing for 31 homeless people.

Ricky from Tent City told *The Gryphon*, "We are just returning to running the street kitchens and clothes banks like we did before Tent City came about."



A University spokesperson explained: "The protestors set up tents outside student accommodation last week. Their protest was not aimed at either the University or its students. Our priority is the security and welfare of our students, so we immediately put in place round-the-clock security to ensure, for example, that none of the protesters entered any of the residential blocks."

"The land was occupied unlawfully and the protestors were asked to move on. The University had begun proceedings to regain possession of the site through the courts, but in the event the protesters left voluntarily".

NUS march through London planned for November

Ian White

The National Union of Students is organising a demonstration in central London to raise awareness of the rising costs of attending higher education and to oppose cuts to college funding. The march is scheduled to take place on the 19th November.

The NUS hopes the march will highlight the impending rise in tuition fees laid out in the Higher Education and Research Bill which was passed by parliament in July. Now that the cap of £9,000 a year has been lifted universities will be able to raise fees in line with inflation. According to the NUS, this could mean fees hitting £12,000 by 2026.

As well as opposing tuition fee increases the NUS also hopes to raise awareness of the government's cuts to maintenance grants for less advantaged students, which has led to a drop in the number of students attending university from less privileged backgrounds. The march will also aim to highlight cuts to college funding, the reduction in the number of places on offer and the quality of the facilities available.

The broad range of issues has led to criticism that the march lacks a clear focus, unlike the march in 2010, for example, which focussed solely on the hike in tuition fees. There is little doubt that the higher education system is facing a wide range of challenges

which must be addressed, however there are worries that the broad brush aims of the upcoming demonstration could make it difficult for the NUS to get its message across clearly.

Nevertheless, the leadership of the NUS insist that the demonstration will be successful in raising the issues students face, with particular focus being given to the effect of Brexit on Britain's universities. Sally Hunt, general secretary of the UCU, hopes the march will "call on the government to ensure that universities and colleges remain open and inclusive in post-Brexit Britain". The government's hardline stance on overseas student numbers will have done nothing to alleviate these concerns.

Universities minister Jo Johnson has consistently defended the Conservative's record on higher



education over the past six years and has argued that their reforms have improved the higher education system – something which many university students and staff would dispute. The NUS demonstration on the 19th November is an opportunity to voice those disagreements. Whether the government is willing to listen remains to be seen.

Your Union: Forum proposals

The upcoming Union Forums are discussing some hot topics in the coming weeks. *The Gryphon* has cherry picked some of the very best and interesting ideas to inspire you to get debating, get pro-active and get involved

Female-only gym hours?

Namrah Shahid has proposed that the Edge provide female-only gym sessions for 1 or 2 hours each week.

The Edge already provides a female only swimming session which is attended by many female students – be it because they feel more comfortable without their male colleagues attending, they get a stronger sense of camaraderie with like-minded students, or it simply fits better into their schedule. But as yet, no female-only gym sessions are on the schedule, something Shahid wants to change:

“I want this for many reasons. As a Muslim female, I am very pro encouraging our Muslim girls out there to get into being fit, active and healthy. It’s so important to look after our bodies despite the fact that we cover it. And nobody should be deprived the privilege of exercising. My idea would also benefit females of other religions that require them to keep covered in front of males.”

However, Shahid’s incentives are not just from a religious standpoint as she thinks the proposed sessions would benefit all female students.

“[The sessions] will also benefit females who may be self-conscious and may feel intimidated by males in the gym who clearly know what they’re doing/how to gym.”

Alex, a second year biotechnology with enterprise student, said “I understand the reason behind this suggestion – women are not only a minority in parts of the gym (specifically the weights section) but also subject to the occasional stare or comment. Every person should have the right to feel comfortable in the gym and not intimidated. However, users of the gym are aware of how oversubscribed and busy the gym gets and preventing membership holders from using the gym only works to exacerbate this issue, but is also unfair and impracticable. The problem requires a solution but I don’t think one hour a week will solve it. Maybe instead a training room could be dedicated to becoming a women’s only section.”

Euan Hammond



Image: leeds-list.com

Should the union support students in opposing the new online check in system?

The roll-out of the University’s new online check-in has been a rocky road at best.

An update to the UniLeeds app allows students to register in lectures and seminars with just the touch a button (or three). But the update has faced its fair share of resistance from the student community, many seeing it as an unnecessary and inferior departure from traditional pen and paper.

In particular, those who do not own an Apple or Android phone cannot download the app, and therefore have to register via the portal on a cluster PC within the university.

Nathan Blott, who has proposed the topic for the forum, summarized the animosity around the update:



“This system – imposed in the greater context of new stricter rules for international students – is draconian and infantilizes the university community.

“Furthermore, [online check-in] unfairly impacts students with learning difficulties. I am not alone in feeling that often the recordings are more accessible than the lectures themselves. With this new system we are forced to attend the live lectures which are often too fast.”

Should LUU lobby against the changes to Higher Education?

With the government’s new Higher Education Bill looming, Education Exec, Melissa Owusu, poses the question of whether Leeds students should back opposition to proposed changes.

“These changes all culminate in the marketization of the Higher Education system as opposed to a system that is publicly funded and driven only by academic curiosity – not money.”

Owusu goes on to ask whether quality of teaching in higher education institutions can be assessed on what she calls “a collection of vague metrics.” Last week’s announcement of the ‘medal-style’ categorization of teaching quality has evoked a mixed response. Some criticise its simplicity while others have praise

for new incentives for improvement within UK universities.

Owusu ends her proposal with a rousing explanation of her motives:

“As education should be a public good and not driven solely by the competition of the market, Universities should not be raising fees any further and we need to put pressure on the government to continue funding higher education. Education should be open to all and the recent proposals are not conducive of this.”

Other Proposals

Should LUU campaign to protect the UK’s membership of the Erasmus programme?

Jamie Ali

Should the university offer free foreign language courses for all?

Adriana de las Cuevas Salgado

Should the union lobby the University to provide more mental health support

Martha McGuinness

Should LUU lobby the council to provide lighting by the Woodhouse Moor basketball courts?

Taiwo Ogunyinka

Should LUU lobby the council to make it easier for students to register to vote?

Jamie Ali

Should LUU campaign to make PrEP [a drug which prevents HIV transmission] available?

Emma Healey



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Views

As his second term comes to an end, *The Gryphon* asks: will the world look back favourably on Obama's time in office?



Yes

Steven Atkins

The first African American President of the United States had a lot to do in order to deliver the hope that he had promised. The quiet revolution that Obama has led, despite having to work with a Republican Congress whose "top political priority" was to "deny President Obama a second term", has resulted in a stronger nation and a fairer future for all.

When President Obama took office, more than 16% of Americans were without health insurance. For people that did have coverage, insurance companies could either deny this coverage or charge more, just for being sick. President Obama changed that with the Affordable Care Act: the nation's uninsured rate is now below 9%. Up to 129 million Americans with pre-existing conditions no longer face the risk of being denied coverage

or being charged more just because they've been ill. 137 million Americans with private insurance are guaranteed preventive care coverage. This has been achieved whilst cutting the budget deficit and keeping health care inflation to its lowest levels in 50 years.

In 2014, President Obama launched "My Brother's Keeper", an initiative providing greater opportunities to young men from black and hispanic communities. Partnering with the private sector, it's created mentoring programmes, apprenticeships and internships, ensuring that all Americans regardless of their background can achieve their potential.

Despite taking office during the worst economic crisis since the Great Depression, President Obama stabilised the economy, reformed Wall Street, and saved the American auto-industry.

Currently, the American economy continues to extend its longest period of private-sector job growth on record and the unemployment rate has halved to under five percent today.

The President has fought for everyone during his time in office. He has ensured equality for LGBT Americans by repealing 'Don't Ask Don't Tell', fought for a fairer criminal justice system by establishing a grant program to expand the use of effective community based alternatives for youth detention, and extended opportunities for the disabled with a project that helps people with disabilities remain in the workforce.

The President has also tried to tackle poverty by expanding economic opportunity and investing in neighbourhoods and communities. Examples include: making college more

affordable, expanding tax credits and overseeing the largest two-year drop in child poverty since 2000.

There are hundreds of achievements the Obama Administration has made over the past seven and a half years. From ordering the raid that captured Osama Bin Laden to playing his part in the historic Paris climate change agreement, President Obama has slowly but surely changed his country's course.

The path of progress may be slow. We may get frustrated at how little visible change is taking place. But if we stop for a second and remember how far America has come and the lives that have been transformed, we should be proud, we should be hopeful and we should say "Thanks Obama - Yes We Can".

No

Sophie Wheeler

With the Obama era coming to an end this November, it is natural to wonder what his legacy will be. It seems clear to me that his presidency can be best summed up in three words: symbolism over substance. As the first black president in America's history - elected not just once, but twice - his election alone may be considered one of Obama's greatest achievements. A culmination of all the struggles of the civil rights movements and leaders that had gone before him.

However, after two terms in office, Obama has failed on many of the policies he had promised during his election campaign. "Yes we can" quickly became "No we can't". Proposals made concerning stricter gun controls, reforming America's

financial institutions and shutting down Guantanamo for good soon fell by the wayside. Some of the blame may be attributed to Republican control over Congress. However, what has contributed to the legacy of some of America's greatest presidents, such as Franklin D. Roosevelt and Lyndon B. Johnson, has been their ability to gain cross party support for their great reforms.

No community has suffered as much as a result of Obama's inaction as America's black community. Historically the turnout of African American voters has always been low, whether through oppressive state laws or through alienation within a political system which does not represent African Americans or their interests.

Obama had inspired hope in many that through electing him as president he would be able to represent those African American communities which had been ignored for many years by the political establishment. However, coming to the end of his last term as president, we can see that he has failed to deliver on many of his promises. He has been unable to get a handle on gun laws, despite various mass shootings that have turned many of the public in favour of stricter regulations. But he has also failed his own community. Race relations in America are worsening, especially in regards to police brutality with over 100 unarmed black people killed by police in 2015 alone, five times the number of unarmed white people killed.

The failure of Obama's legacy can be seen in the prevalence of the Black Lives Matter protests sweeping across America in response to violence from those same very people meant to protect and serve. Unemployment may be down, but the rates of unemployment for African Americans is still twice that of whites, and he could be succeeded by a presidential candidate who openly makes racist remarks about black and Hispanic communities. Under the presidency of the self-proclaimed 'progressive' candidate, America appears to have regressed.

Looking back on Obama's legacy, he has promised so much and yet delivered so little, alienating thousands of African American voters in the process.

My Issue With Black History Month

Elrica Degirmen
BSc Physics

Across the country many people are celebrating the contributions of black people throughout history for Black History Month. It is celebrated annually in February in the United States and now in October here in the United Kingdom. Many universities, such as the University of Leeds, hold events related to the culture and traditions of the African diaspora.

There are, however, many issues with this. For me it is the idea that there is a designated month to celebrate the contributions of one particular race. This can only harm race relations between people as it justifies the use of identity politics. Identity politics incorporates the recognition of people's achievements as characterised

by their race or gender. This is completely wrong, as a person's achievement is isolated and should not be seen as more worthy because of a person's skin colour. Individuals create and shape this world, not representatives of particular race.

Even if identity politics did have some merit, it does not justify the existence

Identity politics incorporates recognising people's achievements through characteristics such as their race or gender. This is completely wrong...

of a month celebrating one race. It goes against the ideals of racial equality and fosters resentment from others.

It also begs the question why white English people cannot celebrate their own heritage in their own country, but I presume there may be calls of racism. This is sheer hypocrisy.

When one looks back at history, one would recognise that slavery and the civil rights struggles are prominent. But to teach that these events exclusively only occurred for black people is false. Indeed, the slave trade has not stopped today and occurs in many parts of the world, not to mention that people are still denied their basic human rights. It can often be hard to imagine that many people do not have the things we take for granted, and I feel it does a disservice to those who are being enslaved and denied a basic standard of living by upholding the view that these issues have occurred in the past, and how they specifically occurred for those who happen to be black. It is not

the case and inequality still persists in this world.

Black History Month typically takes place in Westernised countries where we have access to a range of services to allow people to lead a decent life. Yet there seems to be a narrative that black people are still being victimised. I can only speak for the United Kingdom but this country could not be more tolerant of people from a range of ethnic backgrounds. In my view, there is no such thing as institutional racism and black people have as much opportunity as anyone else – excluding factors such as one's socio-economic background. We should not judge on people's race or skin colour, yet Black History Month makes a big deal out of people because of these factors. Identity politics needs to be stamped out and ideally Black History Month should be scrapped completely.

“My Body, My Business”

Maja Stefańska
BA Arabic

October 3rd could have been a massive game changer for Polish women. An Estimated 20,000 protesters, dressed in black, made it to streets of over 60 cities and towns all over the country to stand up against the anti-abortion bill. The protesters wore black as a symbol of mourning over women's lost freedom and to show they wouldn't be reduced to the role of mere incubators. They were carrying banners with pro-choice slogans such as “A government is not like a pregnancy – it can be terminated” and “My body, my business”, and brought

The protesters wore black as a symbol of mourning over women's lost freedom

metal cloth-hangers, symbolising the illegal abortion market. The strike was inspired by Iceland's protest from 1975 and was one of the largest mass protests in post-1989 Poland.

As of today, Poland has one of the strictest anti-abortion laws in Europe which bans abortions except in cases of rape, incest, foetal defects or if the mother's life is in danger. Clearly, current restrictions were not rigorous enough for the pro-life organisation

Ordo Iuris, so they proposed changing the abortion law to the one that is currently respected in the Vatican and Malta – one which bans all abortion. The negative side-effects are oozing from the new law draft. Implementing the Ordo Iuris' regulations would provide an ultimate end of prenatal tests and would cause unjustified imprisonments of innocent women that have gone through miscarriage.

The inhumane ‘Stop Abortion’ project started a nationwide rage that involved not only politicians, but also doctors, the clergy (because apparently priests are know-it-alls when it comes to women's sexual health), students, professors, journalists and social workers (not to mention the third-wave feminists and far-left organisations). Polish society seemed to be divided between the pro-life supporters, usually with very limited knowledge about the topic and the pro-choice ‘black protesters’.

The protest resulted in an unexpected plot twist in Polish politics – the government rejected the pro-life project and won't subject it to further discussion. Poles themselves seem to be surprised with what they achieved as the current leading party, Law and Justice (PIS), is known for remaining aloof over what citizens have to say, especially when their buddy the Catholic Church is involved.

It's hard to tell what – according to the pro-lifers – is wrong with the current compromise and why Polish



Image: Łukasz Kamiński/Agencja Gazeta/Reuters

Catholic circles are so oddly determined to restrain Polish women's freedom, but one thing is certain: pro-choice activists might have won the battle, but the war is still ongoing. Catholic organisations have already announced that they will strive to restrict the abortion law in Poland against all odds. Their job will

now get markedly harder, as the black protest gained international attention through BBC, Al-Jazeera and the *New York Times*. Poland is only going to get more interesting from here on out – and from a journalistic perspective, its fascinating to wonder what will happen next.

Mental Illness is not a Weakness

Natasha Zack
BA Philosophy

Recently, whilst talking about mental health, Donald Trump said that various veterans returning from war with PTSD (Post Traumatic Stress Disorder) aren't strong enough and can't "handle" fighting. He talks about it as if suffering from a mental health problem and committing suicide is a sign of weakness.

I would like to point out that suggesting that mental illness occurs because that person is weak and cannot deal with what they are being confronted with is very detrimental to anyone's mental well-being, whether they have mental health issues or not. Being called weak at any point can make you feel useless and incapable, regardless of whether the task that you're confronted with occurs every day or during something such as war.

However, suggesting that various veterans who have committed suicide weren't fit for combat in the first place, purely because they ended up suffering from PTSD, is outrageous! I don't feel

When you break your leg, no one calls you weak. When you have an infection, no one calls you weak. When you have the flu, no one calls you weak.

as if Trump has a deep understanding of mental health if he views PTSD as a sign of weakness.

Moreover, research has shown

that very few soldiers, who have unfortunately committed suicide, actually experienced direct combat during war, therefore it has much less to do with direct combat as it seems to be.

Research has shown that men are four times more likely to die from suicide than women are, because they're less likely to talk about it. Furthermore, individuals less likely to talk about their problems, whichever gender they may be, are more likely to commit suicide as they would not have received information on how to help themselves. Therefore, by suggesting that it's more beneficial to have militants who appear stronger and seem ok from the outside is actually making the issue worse. If we label people as strong, they may not want to appear weak and therefore will not speak up if they're suffering from mental health issues.

When you break your leg, no one calls

you weak. When you have an infection, no one calls you weak. When you have the flu, no one calls you weak.

So why is it that mental health isn't given the same respect? It should be given as much attention as any of our physical needs. We need to create an environment which gives people the space to feel at ease when confronting mental illness. When Trump gives the impression that he views people who commit suicide or suffer from PTSD as weak, he's creating an environment where mental illness is being shunned. In a world like that we will be unable to tackle mental illness, less help will be given to those who need it as they'll feel that speaking up will cause others to look at them differently, and not as the strong person they were seen as before.

We are not weak if we're depressed.

We are not weak if we're suicidal.

We are not weak if we have PTSD.

Casting a Blind Eye Over Aleppo

Zaki Kaf Al-Ghazal
LLM International Law

"What is Aleppo?", was the question the Libertarian nominee for president of the US, Gary Johnson, responded with when he was asked what he would do about the carpet bombed Syrian city if elected president this year. His comments were quite rightly mocked and disparaged and he was clearly out of touch with reality.

But come to think of it, his response was sadly indicative of the world's indifference to the plight of the Syrian people and those in Aleppo in particular. The city in northern Syria has come under intense bombardment from Russia and Assad's forces and little is being said or done by ordinary people. Whilst governments talk tough on Putin and "suspend co-operation", in reality this amounts to nothing. Putin is free to continue backing the Assad regime to the hilt as his government deliberately targets civilians to terrorise them and force the reality of his governance upon them. The international community has ultimately failed the people of Syria.

The intentional targeting of medical facilities in particular has reached a new low. No humanitarian law seems to apply to the Assad regime which unleashes frightening barrel bombs on its women and children, hiding behind the excuse of "attacking terrorists".

There is consensus that the problem of ISIS in Syria is in fact one of Assad's making; he needs ISIS to gain legitimacy for his war and to say he is attacking them and they need him to prove they are creating an "Islamic Caliphate" away from the secular state. Assad is trying to be both arsonist and fireman. It cannot and must not work both ways.

Whilst we see the global population mobilise for various movements and against countless wars which are no doubt noble efforts, we see extremely little on the Syrian issue. Do people

really see it as complex? There is no need to go into extreme nuances – a campaign to force Assad and Russia to stop barrel bombing Syrian civilians would be a good start.

Or more worryingly, one worries whether the era of "post-truth politics" has well and truly arrived. Are people slowly beginning to believe the lies of Putin and the Assad regime? Has hatred for the West and our own governments reached such a level where even the condemnation of the Assad regime by a politician provokes us to back the opposite of our government? Whilst

one would hope this is outlandish, our silence on the horrors of Syria is deafening.

What started as a democratic uprising against the Assad regime has descended into a multifaceted transnational war between various factions and states, with more than 400,000 killed and millions more displaced since March 2011.

When the US Holocaust Museum begins to raise awareness on the Syrian issue then it is clear that the situation there is dire. If only we could have been proactive and stood with the



Image: AFP

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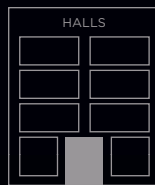
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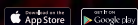
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The Labour dilemma: LLS Chair on why we must not forget the centre left



Joshua had been a keen Labour supporter for most of his life and has this year taken up the position of Chair for the Leeds Labour society. He's worked in Washington and Parliament, and campaigned hard with Ed Balls during the general election. Oisín Teevan talks to him here about life after Brexit, the leadership result and a look back over the New Labour years we grew up in.

What was your vision of Labour when you joined the Party and how does that compare to your vision of it now?

So I grew up in a Labour household with parents who both worked in the NHS. As I began to study politics more I learned that the Labour Party has been the greatest movement for social change this country's ever seen. When I grew up Gordon Brown was prime minister, and to be honest, I thought the best days were ahead of us. I saw some great leaders coming through the party and I saw the party as a party for all people, for Britain. What I fear now, to answer the second part of the question, is that the party is a narrow sect of people who have a very narrow view of the world, and don't necessarily understand the needs of the people from other parts of society.

So is that an open criticism of the party?

Well, yeah. I don't think it's the failure of any one part of the Labour party. I think those of us on the middle-left side of the party failed towards the end of the last Labour government and in 2015, during the leadership contest, to offer a clear, coherent – but compelling – vision of what Labour stood for. I think we became lazy with power and because of that I can understand why those on the left of the party, including Jeremy and his supporters, rose up into the party and got new supporters to join.

Looking back over the past decade or so what do you think were the major turning points for Labour?

Well of course winning in '97 was the high point. You know we won three successive general elections after eighteen unbroken years of Tory government. I wasn't alive to experience what it was like to live under Thatcher, but it was an awful time for the country and an awful time for our movement. We turned away from the country and we gave the Tories the opportunity to do what they wanted, we all know what happened there. As Tom Watson said in his

“I think we became lazy with power”

conference speech only a few days ago “I think we've got to stop trashing New Labour”. I think we did a lot of good from the minimum wage to Sure Start, rights for part-time workers as well as full time workers, I could go on forever. Clearly the financial crash was the next big turning point. People turned against us because of that, but they also turned against us because we'd been in power for thirteen years so I think that in a way it was a natural part of politics.

Do you think that Labour's move towards the centre, arguably away from white working class people in deprived areas, is a precursor to the Brexit result?

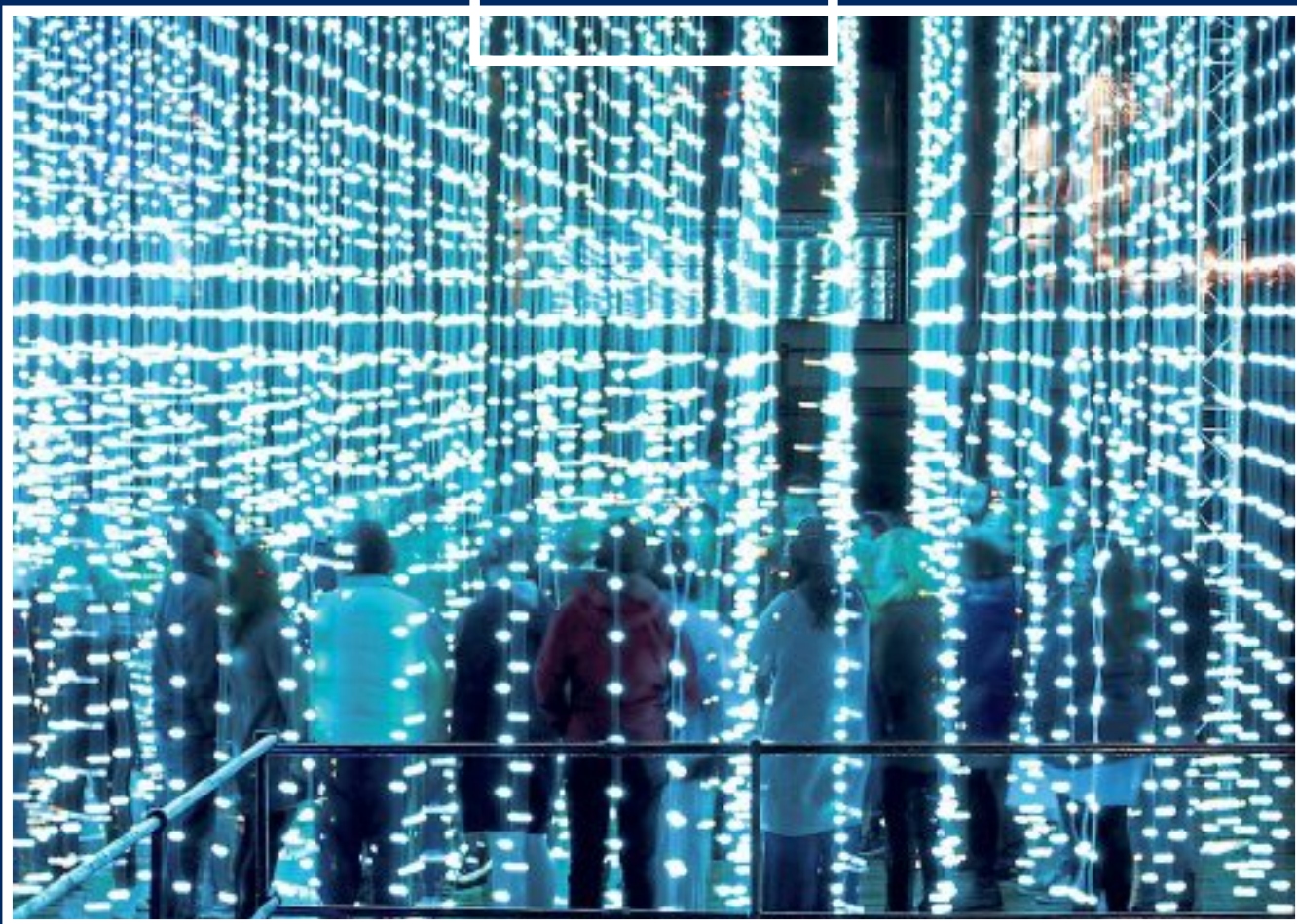
I think New Labour in government did more for working people than any Labour opposition has ever done, because we had power. We took a million children out of poverty because we'd been in government; you tell me that's not improving the lives of working people. I think there are a whole range of factors that led to the Labour party taking one view at the referendum, and a large share of Labour voters, particularly in parts of northern England, voting differently. I think a lot of that comes down to immigration, but some of it has to do with sovereignty and democracy, with pay and conditions. If you're not getting a fair deal with work, or if your community is suffering because of the cuts that this government has imposed on it, then of course you're going to say ‘What's the EU doing for me?’

So do you think when it came to the referendum itself, Labour could have done more to help the Remain campaign?

Absolutely. I spent the campaign knocking on doors day-in-day-out, as did thousands of Labour Students across the country, and too often Labour voters just weren't aware of our position or thought that we were against. I think that was because our party leadership should have been clearer about the position we had agreed as a party, and that criticism has been levelled at Jeremy and the leadership already. I think that's definitely a reason why the Labour vote wasn't as firmly in Remain as it could have been, and I think we could have done more as a party than did.

In The Middle

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

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Math Rock: Leeds' best kept secret

Image: Charlie Cummings

Jonny Gleadell delves into Leeds' underrated musical trend

The roots of math rock are traceable to multiple points of departure, from 90's Midwestern emo and expansive prog-rock, to the noisy post-hardcore scene and the instrumental virtuosity, tonal diversity of jazz. Math rock is an all-encompassing term, the sort of phrase that hallmarked the early work of Foals, Everything Everything and Dutch Uncles but has equally found itself attached to the less poppy likes of King Crimson and The Mars Volta.

For years the question "what is math rock?" has plagued numerous forums across the alternative music sphere. The technical answer (involving discussions of time signatures, polyrhythms and other musical jargon), while often illuminating, fails to capture the diversity and richness of the genre. From post-hardcore to prog, emo to pop, twinkles to riffs and simple three pieces like Tangled Hair to the textural onslaught of Oceansize, math-rock channels a wide range of genres and moods.

I have followed this scene for many years, conducting reviews and interviews from all across the country, all the while running a website dedicated to charting its rise, simply titled *The Math Rock Blog*. I've spent a year at Newcastle University following the surge of an embryonic northern scene, spent months in Scotland getting a taste for post-rock and frequently travelled to the southern strongholds of London, Bristol and Brighton. But for my money the best that math rock currently has to offer is found in the northern musical powerhouse of Leeds.

It's not uncommon to hear math rock bands name the inimitable Brudenell Social Club as their favourite venue around. With the rugged charm of a low stage, a permanent balcony for a great view from all angles, seating for contemplative music, as well as a wide selection of famously cheap booze, it's not hard to see why. Dirty Otter and **Bad Owl Presents** are likely to provide the bulk of the best math rock in the city, the former hosting an annual all-dayer as its flagship event and the latter throwing together the eclectic sounds of post-metal, post-rock and hardcore with smatterings of math in everything they do.

Despite having so much to offer, the insular island of math rock still finds itself marooned in a quiet corner of the alternative music world. But things are starting to change. As the titanic tectonic plates of prog rumble slowly beneath and as the convection currents of a much loved post-rock rise to their glorious crescendo, these bigger genres and their attendant marriage to math rock are slowly helping the cause for all of alt-rock music. The math rock descriptor has crept

into the odd Radiohead review and is often the figurehead term journalists use to describe the frenetic interlocking grooves of Everything Everything's first album *Man Alive*.

There has also been a growth in festivals catering to the often-noisy, ever-experimental sector of rock music, such as Truck, 2000 trees and the seminal ArcTanGent. American Football and Owls have smashed out massive reunion tours and The Fall of Troy have followed suit. And So I Watch You From Afar have wound their way up to more mainstream festivals like Leeds, Reading and Tramlines. **Tall Ships** have frequented Huw Stephens' show on Radio One and even the under-loved likes of Leeds' own NGOD have penned big record deals. But the most rewarding thing to bear witness to is the immense surge of underground bands. Almost every week I inadvertently come across an event page for a gig and the imagined sound of the three solid math rock bands on the bill feed simulated anthems and ersatz riffs to my ears for a precious moment.

To experience the real thing is a must, an imperative offered by Leeds almost every week. From Headrow House to Nation of Shopkeepers, the collision of melody, complexity, riffs and noise can be found molded into atypical rhythms and performed by some of math rock's finest. So if you like the new cabal of chorus-pedal synth pop bands, check out the tropical waves of Joey Fourr or the pristine pop of **Will Joseph Cook**. If you want more complexity without the noisy hardcore influences, local alt-pop 3 piece **Tall Talker** are a safe bet. If noise is precisely what you're looking for, Leeds' very own **Bearfoot Beware** are creating some of the most brilliant nostalgia-filled, 90's sounding grunge and hardcore jams. Relatively fresh-faced Unwave are releasing their debut album in the same musical vein whilst Leeds' alternative rock veterans **Pulled Apart By Horses** are on the cusp of finishing their fourth album, supporting **Twin Atlantic** in the finishing stages.

But if foundations in the smooth, groovy and wizard-like complexity of jazz are more your thing, **The Physics House Band** and **Three Trapped Tigers** are soon to come to Belgrave to blow your minds with some of the most accessible technical math rock in the scene. But if all that sounds too intense, then look out for math rock's ceremoniously allied cousin post-rock, with Japanese pioneers Mono and the UK's most pensive rock band **Her Name is Calla** both visiting Leeds in the coming weeks.

Jonny Gleadell

If you like what you hear, be sure not to miss...

October:

15th Pulled Apart By Horses (Supporting **Twin Atlantic**) - Beckett Student Union
15th Tall Ships (Supporting **Lonely the Brave**) - The Key Club
19th VASA / Bearfoot Beware - Belgrave Music Hall & Canteen
22nd Tall Talker - The Key Club
30th Bearfoot Beware - The Brudenell Social Club
31st Will Joseph Cook - The Brudenell Social Club

November:

6th Bad Owls Presents: Tomorrow We Sail, Jacob Reece, MYRR - Wharf Chambers
13th Mono / Alcest - The Brudenell Social Club
20th Three Trapped Tigers / The Physics House Bands - Belgrave Music Hall & Canteen
26th Her Name is Calla - The Brudenell Social Club



Fresh Beats

Let Them Eat Chaos by Kate Tempest



South-East London wordsmith Kate Tempest returns for her anticipated follow-up to 2014's acclaimed and Mercury Prize nominated *Everybody Down*. Her musical debut caught the attention of many with its very delicate stylistic balance between hip-hop and spoken word, the story it told and the intriguing instrumentals.

This new project explores lyrical themes of existentialism and dystopia interspersed with separate very short stories. These themes are complimented with the usual mostly synthetic and experimental instrumentals. The 'short stories' discuss the personal situations of seven individual Londoners and what they're doing in their respective houses at 4:18 AM. On the final tracks, the characters all come out into the street and meet each other.

The opening track 'Picture A Vacuum' – along with some of the interlude tracks – is quite minimalist while Kate tells a story of one travelling through our Solar System to London. Tracks like 'Whoops', 'We Die' and 'Grubby' definitely channel elements of IDM and experimental with their polyrhythmic

syncopated beats and chromatic melodies, possible drawing influence from the likes of Aphex Twin or John Hopkins. There's also an industrial feel coming through, with droning distorted synths and sharp hi-hats on tracks such as 'Ketamine for Breakfast', 'Perfect Coffee' and the album's concluding tracks.

'Europe is Lost' – unlikely to be a European Union lament as the song was written in 2015 – takes a more political tone as Kate frustrates about people's supposed lack of awareness about the world's problems. The song – along with most of Kate's other political songs – was a little cliché and 'preachy' neither did it come off so well as Kate spoke so generically about problems with no solutions except "love". It's political outlooks like this that disincite me to take political music seriously.

In conclusion, this is a solid and decent release for Kate Tempest. Though it won't necessarily challenge her audience, it will certainly be challenging for hip-hop traditionalists with its vocal style and production.

Fred Savage



Following My Intuition by Green Day

As the first dreary notes of album opener 'Somewhere Now' wilt out of the speakers, there's an overwhelming feeling of horror. Will *Revolution Radio* become the dreaded 'cuatro' – the sequel to the triple tragedy of *iUno!*, *iDos!*, *iTré!*? Thankfully, Green Day's twelfth studio album almost wipes all memory of that, unfortunately, unforgettable failure. Almost.

It takes 50 seconds for proceedings to suddenly kick into overdrive, and 50 more before you know this is a refreshing return to form for the trio. It's a loud, brash, exceptionally well paced fire breather of an album that is as polished as it is vicious. Whilst it might not reach the inferno temperatures present in the band's heyday, it still manages to light the embers of even the least rebellious of listeners.

Part of what makes *Revolution Radio* succeed is its ability to be inspired by its past. Borrowing upon the musical tropes of classic Green Day, it's the thumping drum rolls reminiscent of 'St. Jimmy', the delightful

melodies like those from 'She's a Rebel' and 'Jesus of Suburbia', that carry this album across the arduous terrain of trying to remain relevant.

That being said, *Revolution Radio* does lack a pinch of character. Green Day's admirable attempt to produce a strong album with no surface level weaknesses means the 45 minute mosh pit all blends into one. There's nothing new. Lyrically it's fairly uninspiring. It's 'safe radio' at best. But at the end of the album there's a bittersweet moment of pure, satanic satisfaction, at the realisation that the band that got you through puberty managed not to fuck it up this time.

Whether Green Day will produce another album with as much significance as *Dookie* or *American Idiot* is doubtful, but at least their latest venture was a respectable attempt to keep the punk rock fire alive.

Robert Cairns



Friends by White Lies

White Lies' number one debut *To Lose My Life* set the trio in their ways, showing off their mortality vibe to live audiences. Their image thus far has led to them to be lumped in with some other post-punk pals – such as Joy Division and Interpol – but their latest album *Friends* has given them a little makeover.

When the *Big TV Tour* came to a close in 2013, White Lies found themselves without a record label. Having ended their union with Fiction, the band started alone on work for their new album. Like teenagers given the first taste of freedom from their parents, producing this record without guidance has really helped the band find their feet.

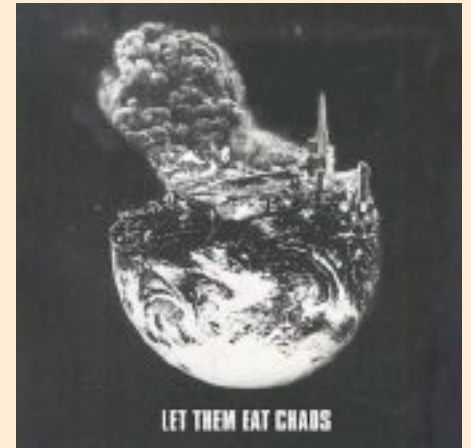
Friends gives off a more thoughtful, slightly less gloomy feeling, focussing on the ebb and flow of friendships

over time. Synths still form the backbone, although taking a shift into a cheesier 80s style to accompany the more upbeat melodies this time around.

Lead singer McVeigh's low, mellow style is fantastic throughout, accompanied by the cinematic feel we expect to hear. Stand-out single 'Take It Out On Me' provokes infectious foot-tapping, while White Lies' traditionally mid-tempo big choruses are heard in tracks 'Is My Love Enough?' and 'Come On.'

This fourth album shows how White Lies have lifted into a more indie/synth-pop genre with their given freedom. Think of a more depressing A-Ha or a less upbeat version of The Drums, and you have *Friends* in a nutshell.

Kitty Pandya



In The Middle with Gabriel Bruce

I was privileged enough to meet up with the extremely talented yet humble Gabriel Bruce ahead of his show at Headrow House. Despite being incredibly nervous as a big fan of his, Gabriel was very down to earth, friendly, and more than willing to talk about his tour, experiences and brilliant music.

This is the third date of your UK October tour, how has it been so far and since the release of new album *Come all Sufferers*?

It's been interesting. I don't have very many fans so when I release an album I hope that I might get some more, so I think I got 4 or 5 this time round. If I keep on doing it at this rate I will have a pretty decent following.

Do you ever get nervous before gigs?

I used to but not really anymore. I played my first gig when I was 14; I'm 27 now so I have been doing it a long time. I think it's to have complete disrespect for yourself and then you don't mind if you make an arse of yourself. Knock yourself off that pedestal, then you're free to wallow in the mud.

How was the process of making this album different to your last release in 2013?

I made *Love in Arms* with Craig Silvey, a fantastic record producer. We made the whole record in that studio over the course of a month; it was all traditionally recorded. My new album was made over two years with my laptop in my bag; the only thing I recorded in the studio were live drums. Self-producing it sort of became like learning a new instrument, it was very liberating. You've got to keep yourself interested in the process.

Do you do anything to keep yourself entertained on tour or in the studio?

I read books. I was playing Pokémon Go. I have always loved Pokémon. I once got mugged for my Pokémon cards, I was 11 years old and they cut me. I tell you what though, I kept the cards. I have a little scar on my chest.

Your music videos are all unique and quite different. When you are writing a song do you have a specific idea for what the video could be like?

Once the song is done I start thinking about the videos. With this record I wanted to keep the videos relatively straight forward, I didn't have any budget or anything so I had to be quite resourceful. It's a big job and it's not really what I got into this game to do.

What is the best gig you have ever played?

The Moth Club in London, just a really good vibe. When I started touring this album I hadn't played a show in two years and the first show we played was supporting Florence and the Machine. I played with Lydia Lunch and she gave me a back massage so that was pretty exciting.

Do you have any weird tour experiences?

I once got left up a mountain. I think I was talking to someone, I was really drunk and the whole band just left and went to the hotel. I was stranded up this mountain on my own, I had no idea where the hotel was and I didn't know how to get down. I ended up walking round this town for like four hours crying. Finally, I managed to convince people in a car that if they drove me back to my hotel they could have my hotel room.

I read in NME that you are a fossil dealer?

I worked for a fossil dealer. I was tasked with disassembling a mammoth skeleton, so on my first day I was straddling this mammoth spine trying not to drop it. In November, a huge bit of petrified wood fell on my hand and crushed it, so I haven't been working there since.

What type of music are you listening to at the moment?

Mainly just Kendrick Lamar. I really like Sweat, a new band from London, they're one of my favourite new bands. Jack Burrell, Cat Power, Joanna Newsom always, she is such a genius.

If you could tour with anyone who would it be?

I would have liked to have seen Jimi Hendrix play. Arcade Fire, I signed to Universal Records because they said they would get me a support slot.

Do you have any hidden talents?

I like to blow my own trumpet so you have asked me a good question. I feel like I have a lot of diverse skills, I'm a jack of all trades kind of guy.

You seem to do a lot of dancing; that seems like a talent?

Definitely, dancing is one of the best things you can do with your body, up in the top three... the other two are naughty.

Phoebe Berman

Gig Roundup

Bishop Nehru @ Headrow House 5/10/16



[Image: biz3.net]

Bishop Nehru's set was preceded by a grime duo trying far too hard to sound like Dizzee Rascal, and unfortunately, they failed to get the crowd of about 25 people sufficiently hyped for Nehru's entrance.

Nehru's actual entrance was announced by the DJ making the audience half-heartedly chant 'Nehru', until the Nanuet-based rapper was, himself, hyped enough to get on stage. This was met with great applause from the audience, which luckily had begun to grow exponentially after the opening act left the stage.

Despite the awkward start, Nehru's performance was on point that evening. Known for letting his beats take a backseat in his music, Nehru made sure that the set predominately focused on his signature style of rapid-fire lyricism, and flows smooth enough to slide on.

As an artist acclaimed for being able to mix old-school rap techniques into a modern context, his set

was a unique and refreshing experience. For a genre which seems to have given innovation in rapping a backseat in favour of innovation in production, Nehru's never-ending creativity is a breath of fresh air in modern hip hop. Almost as if to prove that point, there was a fantastic section of the gig where the music cut out, and Nehru proceeded to do a remarkably long freestyle with no beat behind him, which actually got the loudest applause of the evening.

Simply put, Bishop Nehru is a fantastic artist, and seeing him live has only reinforced my opinion of him as being miles ahead of other contemporaries in the game.

Zack Moore

Rating:



Kaiser Chiefs @ HMV 7/10/16

There was a clear feeling of a homecoming as excited fans crammed into the HMV store, spilling in between rows of vinyls to get closer to the small stage the Leeds-born Kaiser Chiefs were performing on. The band walked on, frontman Ricky Wilson sporting a toothy grin, and launched into the first two songs from their new synthpop-infused album *Stay Together*.

Wilson was visibly tired: "I still have my makeup on from BBC Breakfast" he mumbled. At points, it seemed as though Ricky was performing out of obligation. This was clearest when the band performed songs from the new album; the pre-recorded synths and string sections that sound effortlessly catchy on the album ringing hollow in the small venue.

There was a strange disconnect between the band and the music which the audience, less thrilled than expected, could sense. And then Wilson announced the next song: "This song's called 'Ruby', and she's in the audience here today." That was when the band kicked into gear.

It's easy to forget that songs, especially those that rocket in popularity, are written about real people and experiences, but as Wilson performed, looking around the room and waving at friends, family and long-time fans, the emotional detachedness of the first few songs morphed into a casual familiarity.

The boys ended their set with the aptly-chosen 'Coming Home' from their 2014 album *Education, Education, Education & War*. Wilson's visible fatigue, whilst hindering the newer songs, lent this song its necessary emotional weight; Wilson and the band are getting old, but are, at their core, still the same band that Leeds have always loved.

Mikhail Hanafi

Rating:



The Bulletproof Bomb @ Brudenell 6/10/16

The Bulletproof Bomb brought their three date tour to a beautifully chaotic close in Leeds this week, as the five unlikely lads from London played to a shockingly small crowd in Brudenell's Games Room.

'Suitcase' set a fast, unrelenting pace for the night. Each song that followed rolled endlessly into the next, giving the crowd no time to gain their breath before another set of lyrics furiously flew from their mouths. Not a moment was wasted talking or advertising their latest *This Ain't Rebellion EP*, which is free on Soundcloud, and even the slow and wistful 'Vapid' was infused with a heavy ska beat to keep the crowd moving.

The band's unique sound can only be described as a synth infused blend of Blur and Jamie T, an energetic mix that is perfect for live performance. 'Evening Tones of the Skull n Crossbones' also showed the band's experimental edge as they seemed to merge two songs into one. Starting off as a fast indie rock song, it soon eclipsed into a lonely riff which entranced the rowdy crowd to deathly silence before a different tune was

ushered in by the keys and the lead singer, Joel, began to spit over the fear of not being here in 100 years.

The Bomb are one of the few bands that really seem like a gang on stage, side smirking and cheekily bumping into each other whenever possible. Passion oozed from every note, as if they had some desperate need to play.

Ending with one of their first singles, *Five Green Bottles*, the crowd exploded with newfound energy as everyone came together to cry "la-da-da" until the last chord left them buzzing in an exhausted but ecstatic mess.

Jenny Pudney

Rating:





Arcane

Arcane is a new event looking to shake up the clubbing scene in Leeds. With their debut event in the city this last week coming after a successful starter in London, we sent Joshua John to speak with one of their founders, Oliver Outen, to see how their midweek revolution has come about.

"Arcane Events is a club night and collective pushing the best in underground drum & bass music" explained Oliver. "Having started at the beginning of the year we felt that there was a gap in the market – to hear this amazing music we'd always have to pay upwards of a tenner and wait until the weekend."

For Arcane, Oliver explained that his aim was to change this by "putting on a cheaper, midweek student night without compromising on booking some of the finest selectors the scene has to offer".

Upon the suggestion that drum & bass had become a saturated market in Leeds, Oliver replied: "The whole idea behind the company is to promote great drum & bass music but at an affordable price for students. We plan our lineups very carefully to represent the entire spectrum of the genre, booking some of the most renowned artists in the scene alongside talented up and comers who are on the verge of breaking through." He continued: "We try and make each set at our night special – our first event in Leeds featured the headliners Annix playing a *History of Annix* set, with their own productions, old gems, classics and never before heard dubs!" After the success of their first event, Oliver hinted at

their plans for the future, stating: "We have another midweek event scheduled at Wire before the end of the year. Expect the same high quality, underground drum & bass with a takeover from one of the biggest labels in the scene."

Oliver has begun performing as one half of Deadline alongside Peter Van Dongen, who is also a founder of Arcane. Deadline perform at each event, and Oliver was happy to show how important they are to the set up, explaining "part of the reason we started Arcane was a vessel for us to play out more under Deadline."

"It's really difficult to break into the scene and this was an easy way to promote ourselves. We've been attracting a lot of attention and in the past year we've supported Sub Focus, Dimension and Skankandbass."

When asked what we would say to those dithering on buying a ticket in future, Oliver responded "If you really love your drum & bass and don't have a 9am the following day, there's no excuse!"



Dubby Vibes @ Hyde Park Book Club

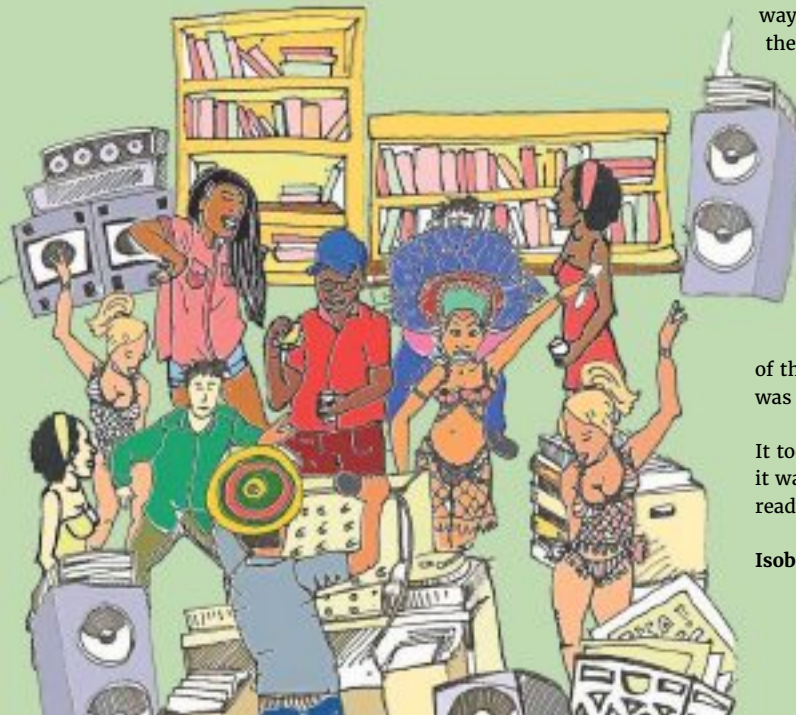
Loop Hole Dub Station seemed as if a bunch of mates threw together a little event just to vibe to their favourite records, but it came together in the best possible way. The night had a refreshingly DIY feel to it with fairy lights strung across the ceiling, candles dotted around the decks and a couple of dub FX boards stacked on top of a crate of orange juice cartons.

Despite this amateurish style, the Groundforce soundsystem they had imported filled out the tiny room easily, the bass shaking you to the core and bringing these rare roots records to life.

Loop Hole beautifully emphasised the unique culture surrounding vinyl. There was a stand selling a small collection of reggae and dub records on both 12" and 7", where you could have a listen on the turntable they'd set up before you buy, which seems to be a rarity nowadays. It was the perfect atmosphere to enjoy music in one of its purest forms, and the love of the genre was clear with a real sense of community between everyone who was there.

It took a couple of hours for the Hyde Park Book Club to fill out, but once it did, it was so full that the crowd was spilling outside. *Loop Hole* seems to have already outgrown its tiny capacity and it's clear that they're on to something big.

Isobel Moloney





Who are you guys?

I'm Cat, currently holding it down for *Slut Drop* in Leeds. Me, Bernie and Oonagh, aka The Triangle, set things up back in 2014. It's our event but we work with our BFF, Chunk. Last year Bernie moved to Manchester and Oonagh moved to London for a new job so right now I'm flying solo, though you should look out for interesting developments in Manchester too. The last few events have been collaborations but I've been getting a new team together to help run *Slut Drop*, so if anyone is interested in running events and is feeling our vibe – get in touch!

Whats your ethos?

Slut Drop is a DIY party/club night and happens at Chunk. We had our first night in Manchester this year so there will be more parties happening there too. Aesthetically, we've tried to make the whole experience more personal – an inviting interactive space. Our aesthetic changes a bit for each party, which adds to the uniqueness and originality of each one. In the beginning, I think the music really set us apart from other nights; you couldn't find some of the experimental and electronic sounds we were putting out anywhere else in Leeds. That's one of the major reasons behind us starting the night. I think that's changed a lot in the last few years and there is much more of a scene for that music in Leeds now. The fact that the night is mostly run by women and our line ups are predominantly women still sets us apart from most other club nights. A lot of nights still don't put enough energy into booking female artists and I've actually spoken to a lot of people who want to change this. We always seek a balance between putting together a line-up of predominantly women, and getting the music just right. You just don't see enough girls behind the decks or putting on events and that's something we are trying to change. If we give women DJs that exposure, then other people can start booking them. Most of the DJ's we've had play at *Slut Drop* have gone on to bigger things which is a really rewarding thing to see! It's so important for other women to come and see women playing, to see it, and for it to just be normal. There's just not a lot of inspiration to go out there and do it. If you don't see other women doing it, I think it's harder to perceive yourself doing it. We wanted to make it look do-able, and have a good fucking time too.

What have you done in the past and what are you aiming for in the future?

We've mostly been busy organising each event, but also lots of networking on the ground and helping support people trying to do similar things. As for the future, there is a lot to come. We've got some pretty big collaborations coming up and the monthly open deck sessions start this month. Girls – feel free to come down, even if you've never seen a set of decks before in your life, the space is just cool to see! The future for *Slut Drop* is hard to say; we're still growing and the team is changing, I'd like to get more 'manpower' behind us. You can get a lot more done when you work cooperatively, so I'd like to build that and make the night more regular.

What is the best night you think you've done?

That is a really hard question! I think it might have to be one from last year. Before that we hadn't been able to book only women while sticking to the music we wanted to play so it was the first time we had an all female line up and it felt

DIY club events in Leeds are often commonplace, so much so that it can be difficult to adhere to this philosophy and still mark yourself out as unique to the student population. One collective that nails this tricky balancing act is *Slut Drop*, busting both patriarchy and fixed genres since 2014. We sent Hulya Erzurumlu to talk to Cat Snell, who, after careful consideration involving the other two points of *The Triangle* in Bernie Snell and Oonagh Ryder, supplied us with the following.

like a real milestone! Madam X headlined plus Mina, DJ Tee Tee and TACAT (me) and we also had some bands from Chunk on before the DJs. The music and vibe that night was pure fire from start to finish. Although the turn out was really good, it's not something I'm overly bothered about. Yes it's important to break even and if you make a profit it goes back into running more successful nights, but ultimately I'd always rather have a small crowd of people having the best time, getting to know each other and bringing a really good vibe than a room at full capacity but no soul.

What would you say to newcomers to your event?

Slut Drop is all about bringing the best in experimental, boundary-pushing electronic. Expect genres to be mixed up and messed around, be ready for some big sounds and come with an open mind. Remember where you are; we are not a main stream venue or night so to treat the space with respect, make friends if you want – everyone is super friendly and the cheap drinks will keep flowing!

What is your next event?

The next event will be Nov 26th at Chunk; it's a collaboration between us and 8MANA who are a fairly new addition to the Leeds music scene but already making big waves. Our musical tastes are super compatible and their DIY attitude makes us a great match. 8MANA and *Slut Drop* residents will all be playing back to back. Plus special DJ sets from *Nik Nak*, Leeds based producer and DJ warming up with an excellent selection of Hip Hop. Holli William\$, sometimes known as Shuga – a newcomer from Manchester, playing an impressive banging mix of styles. Plus a live DJ set from Mike Drones, co-founder of *Permahigh*, a Leeds-based label and collective. We will also be hosting a networking and live music event on December 6th with brand new collective GAIA who describe themselves as girls who like girls and GREAT music! All the details can be found on our Facebook page. Plus we've got a big event coming up in February next year so keeps those eyes peeled.

What was it that inspired you to set up *Slut Drop*?

Some of it came from frustration at the lack of experimental music in Leeds at that time; we were regularly going to Manchester and London chasing those sounds. It felt a bit like a revelation when we sat back and were like, "Hang on, let's just start our own fucking night!". We'd been out loads and hadn't seen many women DJs and I had been DJing for ages but only in my room and at house parties. When we thought about all the other women out there playing behind closed doors we wanted to bring these onto the club circuit.

Catch *Slut Drop* next on November 26th at Chunk for their collaboration with 8MANA. Expect electronic experimentation and a DIY Vibe. One to watch for sure.



The Return of the Music Documentary

In the Middle reviews Ron Howard's *Eight Days a Week* and Mat Whitecross' *Oasis: Supersonic*.

Eight Days a Week: The Touring Years

The first question that is inevitably asked about a new Beatles documentary is whether or not it can say anything fresh about such a well-known story. By deciding to focus on The Beatles' touring years (1962–1966), Ron Howard is able to marshal famous interviews alongside previously unseen footage to give the audience a real insight into the tumultuous peak of Beatlemania.

The Beatles achieved a popularity that had no precedent and that, to this day, has no equal. The film shows the band as they reach stratospheric heights of success in America, before they went on to conquer every corner of the planet. Situating the story against the backdrop of the JFK assassination and the Civil Rights movement, the band arrived into a fractured American society. Whoopi Goldberg, a young girl in the 60's, speaks in the film of how The Beatles seemed to have no colour; only an obvious love of fun which was all inclusive. Indeed, there is footage of an interview in which Paul refused to entertain the idea of playing to a segregated crowd. However the sheer impossibility of playing music to 50,000 screaming fans led The Beatles to end touring permanently in 1966.

“its greatest success is in the presentation of the band themselves.”

This is a superb documentary, and its greatest success is in the presentation of the band themselves. The strength of the four's relationships seemed to save them from losing their identities in the great entity that was The Beatles, from which it is clear that they felt some distance. McCartney later describes how the touring years took their toll on the band, forcing them to grow-up and to grow apart. After 1966 they played live together only once. The footage of this performance, on a London rooftop in 1969, is a poignant end to the film and it is incredible to think that all four were still in their twenties when the band broke-up the following year.

Joe Scott

Oasis: Supersonic

From the off we are thrust in to the utterly mad world of Oasis, joining them in their helicopter soaring above a 125,00 strong Knebworth crowd. Then with a seamless transition to a Manchester basement three years prior we are treated to huge amounts home footage. From here we follow their not so gradual rise to the top, and while especially nearer the start there are gaps in footage, the sharp and fast paced visual storytelling of Mat Whitecross, with the hilarious and often brutally honest narration, means we don't miss a beat.

Despite current tensions, touchier band moments including Neil wrapping a cricket bat around Liam's head, are handled in good, two fingered spirit, as is the philosophy of Oasis. This philosophy, and it's two Mancunian disciples, give more reason than any for non-fans to watch the film. As while the term “best band in the world” may not be totally true, the fast living brothers give Oasis an edge few other groups possess, and the same can be said for this film. The sheer chemical-fuelled madness of Liam with the calculated yet volatile coolness of Noel drives the film through what could become repetitive events and give the film it's heart.

Just as refreshing however is the fact *Supersonic* is told only through the voice of tour and band members, family and managers; resulting in a condensed and intimate perspective on both the wildest and more sensitive aspects of their story.

While some may be surprised or disappointed by the optimism of the ending, with no mention of the band's decline and split, Mat Whitecross' film does an excellent job of letting us see how this is the end the Gallaghers always wanted, and which Oasis deserved.

Guy James





Spoken Word: it's time to talk

Free Verse (Speak Up!) @ West Yorkshire Playhouse

In the years since its beginning, Furnace, part of West Yorkshire Playhouse's Artist Development programme, has garnered quite the reputation as the best place to find amazing pieces of theatre before they officially hit the stage. *Speak Up*, a rehearsal reading of Zodwa Nyoni's second Playhouse commission, shown towards the end of the two-week festival, was perhaps a highlight, proving popular among both old and young members of the 50-strong crowd.

Though the showing was an intimate one, the work-in-progress mix of rap, poetry and beat-box certainly lived up to its billing as a "blistering coming-of-age tale". Dealing with the story of five young Leeds poets preparing for a competition abroad, the reading felt authentic, even with the constraints of the studio. The cast performing script-in-hand and without a set only served to heighten the raw human power of the story.

Across the two hours, the plot knitted together themes of class, race, and

family, giving each of the five poets diverse backstories that managed, through an endearing combination of humour and drama, to still feel completely organic. The story pivots around small moments. The dialogue reflected this, telling the tale of what drew each member to the world of competitive slam poetry in small, easily missed anecdotes. This allowed the audience to become friends with the cast just as they grew closer to each other.

"The cast performing script-in-hand and without a set only served to heighten the raw human power of the story.."

This meant, that when the third act of the play started and the plot twist came, it was all the more gut-wrenching. The audience were allowed no distance from the emotion and found themselves attempting to rebuild along with the rest of the characters. The fact that the show proved so compelling, even with stage directions being read aloud and stumbles betraying the fact that the young cast had had only one day's rehearsal, proved the show is certain to be a smash hit in whatever form it takes next.

Rhiannon-Skye Boden

The Scribe GIAG @ LS6, Clock Cafe

What started as a typical artsy student sit-in, laden with anarchy and questionable talent, morphed into a showcase of raw emotion and immense depth. This was The Scribe's first GIAG of the semester at LS6, The Clock Café in Hyde Park. The show kicked off in a cosy upstairs room with Joe Nodus, an esteemed and much-loved local poet, who read a short selection of his works. They were short but sweet. What followed was slightly more dubious; some kind of vetting process would have been more suitable, in order to discern the genuine from the frivolous.

Thankfully, the show maintained an admirable calibre. Young poets Lucy Cunningham and Clara Nascimento-Pillitz, amongst others, read some touching verse on matters of love and relationships, laced with vivid imagery concerning memories and the natural world. Compared to the poignant odes of Cunningham, Nascimento-Pillitz's verse was more prosaic in its sounding, reading in some ways as though it were an inner monologue, making it all the more relatable.

Other poets and musicians included Emma Ward, Taiwo Ogunyinka and Kasambala. Kasambala's impassioned verse on the tensions experienced by black people in society was particularly moving, provoking thoughts on current issues across the Atlantic. The audience was in awe of them all, showing us all how it's done. To top it all off, Mr OutSpoken, a local hip hop artist, closed with three of his songs. Needless to say, all attending clapped up a beat for him.

The Scribe is off to an impressive start this year and anyone is free to get up and perform at their events, held twice each semester. Make sure you're on it.

George Jackson



Light Water. Dark Sky

It is very rare that feeling immediately underwhelmed by a piece of art goes on to add to its beauty, yet that was the experience for myself and my companions at Squidsoup's piece, *Light Water, Dark Sky*.

The installation was designed to be an 'immersive and emotive headspace', and it was just that. Immersive, intimate and ethereal, it simply could not be experienced from the outside, you had to be in it.

You are on a pontoon, in the dark, in the middle of the Clarence Dock. You are wearing headphones, no onlooker can hear what you hear. The music starts, slow and simple, and for every sound you hear a bulb, or a cluster of bulbs, burst into light. The music builds up and up, and as it does you can see the excitement on the faces of those around you building up too. More and more lights turn on and off in every colour. Sight and sound become indelibly connected, as if they are reacting to each other, like thunder and lightning. You are floating in music and light.

The experience ends as suddenly as it started, and as you leave the pontoon, you feel a deep connection to everyone around you, a sense of belonging and community. None of the people you pass on the surrounding streets can understand the experience you have shared. Yet now you all go your separate ways, into the night, knowing you are unlikely to ever see each other again.

My advice? If you see that Squidsoup are displaying near you, do yourself a favour and go. It is an experience you will not forget.

Connie Lawful



Fireflies & Phase Revival

I found myself in the Crypt of the town hall. The pillars which were scattered throughout the room had been decorated to resemble tree trunks. From the branches hung multiple small lights, which could be manipulated with the tug of a string. The darkened room with its quavering lights was intended to resemble a forest populated by fireflies. The quiet rustlings of woodland life were playing in the background to further enhance the atmosphere. In order to get down into the crypt we had been required to walk through the town hall.

This gave me the opportunity to enter the Victoria Hall, a spectacular room which I had never had the chance to see before. The hall also contained an art work entitled *Phase Revival*. It consisted of a number of swinging pendulums which refracted the light passing through their lenses. The oscillating shadows only accentuated the beauty of the room. As much as *Light Night* gives us the chance to see interesting and unusual art, it also shows us the fabulous architecture of Leeds, illuminated in a manner which impresses upon the viewer its beauty.

Xa Rogers

Leeds Lights Up





On the 6th and 7th of October, the centre of Leeds played host to range of art, performance, and community participation. Once again Light Night was back in town. *In the Middle* sent out a team of writers to see how the evening panned out...



Jessica Murray

Owl's Shadow on the Moon-lit Earth

In the Central Library was *Owl's Shadow on the Moonlit Earth* by Douglas Thompson. Handmade cut outs were displayed which depicted animals and nature. They were shown on screens and appeared out of focus; they could only be seen to their full potential when 3D glasses were worn.

At this point the pictures came to life as aspects of the animals were emphasised, such as an owl against a colourful background.

The result was a unique viewing experience. Thompson explained that, by using colours that cancelled one another out, certain elements were brought to the foreground. This was an interactive and exciting exhibition.

Lucy Ingram

Ben Hutchinson

Hidden Gems of Light Night

A sense of the ethereal prevailed in much of the city, with unearthly music drifting from Millennium Square and four themed ice sculptures glistening in the centre of Briggate, each illuminated by a different coloured light. The Central Library brought its children's fiction section to life with eerily lit likenesses of a dragon, a witch and the BFG.

At Queens Hotel, Dave Lynch's gigantic digital waterfall cascaded down the façade, with droplets bouncing off the windows and pooling on the terraces of the building. And for those who stayed around, the water transformed first into a montage of blue and indigo brushstrokes, and finally into hundreds of individual molecules, surging across the façade as if caught in a current.

Natascha Allen-Smith



Daniel Mortimer

The Phoenix and the Stone

The Millennium Square light display projected on to the Civic Hall is always one of the festival highlights, and this year didn't disappoint. Illuminos returned following the success of *Momentous* in 2013, and *The Phoenix and the Stone* was a visual masterpiece.

The story followed the phoenix across the four corners of the earth, through light, earth, wind and fire, and although visually pleasing, I found the narrative itself was too abstract and obscure to be entertaining. However, with the building flowing from a gorgeous leafy green to sparkling fiery ambers, the visual display more than made up for the weak storyline.

Jessica Murray



Ben Hutchinson



The Brains

Style Editor Ashleigh Stern tells of how she is finally able to embrace both intelligence and fashion

Intelligence is much more than just acing exams and having an extensive vocabulary. Intelligence is being an independent person with a strong sense of self. When I think of the word intelligence, the first word that comes to mind is confidence, closely followed by passion. These words are also both often attributed to fashion and style as it takes real confidence to express yourself through your individual style and a roaring passion to develop yourself.

Women who look after their appearance are often stereotyped as 'stupid' or 'non-academic', which is outrageous and unfair assumption.

There is literally no correlation between a women's exterior and her ability and capacity to work.

Coco Chanel once said, "Fashion is not something that is in dresses only. Fashion has to do with ideas, the way we live, what is happening." I don't think there could be a better summary of our photoshoot; the style isn't merely artificial but is a deep rooted art of expression and practicality. The models portray themselves through their style, and style doesn't hold them back from their studies but enables them to think more freely to nourish their intelligence.

My passions in life have always been designing, styling, reading and writing, and I aspire to be a fashion journalist. I've always been academic throughout my school life and did well in my exams. However, I always felt that whenever I discussed my love for fashion people became disinterested and replied with "ahh that's sweet", viewing me as ditzzy rather than respecting me as a fellow academic. The more time went on, the more I stopped seeing myself as an intelligent woman, but as merely a 'creative' and began to believe that as I had dropped the sciences I wasn't deemed clever. However, when I received the grades to get into the university, I stopped to think about my opinion of intelligence and my love for fashion and finally once again viewed myself as an academic. I realised that whatever the subject area is, be it English, Medicine or Fine Art, if you work your best and push yourself you *can* be intelligent. My desire to design and write about fashion has led me to write some of my best essays. I was awarded full marks in an exam when I focused on how clothing in the novel is used to depict the characters and their social hierarchy. I'm inspired everyday by everything I see and I always use this creativity to express myself and show the world my intelligence.

Ashleigh Stern



Behind the Beauty



What is an intelligent woman? Style Editor Beatrice Rae gives her opinion

It is often suggested that a woman may be stylish or intelligent, not both.

But why is it that an intelligent woman is often considered to have no interest in fashion, style and beauty? Must we be sorted into boxes of those who can think well and those who can dress well?

To me, an intelligent woman is a number of things. She is capable of intellectual thought, independence and a fulfilling career. She is also capable of expressing herself through fashion. Her coat is her armour, her shoes help her walk taller and her bag can keep her secrets. Fashion does not define her, it accentuates her.

Noted editor and "Fashion Empress" Diana Vreeland said: "The only real elegance is in the mind; if you've got that, the rest really comes from it", suggesting that if a woman has brains, style follows naturally. In this shoot we wanted to break through stereotypes of what intelligence looks like in a woman.

We created what we believe to be stylish and chic looks, accompanied by the beautiful architecture of the Brotherton Library, to remind people that



Faux Leather Dress: Mango, £49.99
White Tee: Mango, £9.99
Red Tote Bag: Mango, £39.99
Faux Fur Gilet: TKMAXX, 49.99
Black Hat: Lipsy at TKMAXX, 8.99
Black Polo Neck: H&M, £6.99

Photography: Louise Aron of
Completely Candid Photography

Makeup: Anika Vadukul and Gabrielle
Elise Bentley





The Real Brains and Beauties



beautywalks.com

Amal Clooney

Lawyer, activist and author Amal Clooney has a long list of notable achievements. British-Lebanese Clooney is currently a barrister for Doughty Street Chambers and specialises in international law and human rights. Her list of clients includes numerous high profile figures such as Julien Assange, founder of WikiLeaks, who is fighting against his extradition. Clooney has a degree from Oxford University in Jurisprudence and an LLM degree from New York University. Since graduating, Clooney has worked for major law firms in New York and London. In addition to her extensive achievements in her career, Clooney is seen by many as a style icon. She was nominated for Best British Style at the British Fashion awards in 2014 and despite the award ultimately going to Emma Watson, Clooney's style is closely followed by publications around the world. Her wedding to American actor George Clooney received worldwide media coverage, a lot of it based around her stunning Oscar De La Renta gown. Amal Clooney serves as a woman many aspire to, with her extensive career and timeless sense of style.



Elle.com

Emma Watson

Best known for her role as Hermione Granger in the *Harry Potter* series, Watson has become both a style icon and intellectual figure. She graduated with a degree in English Literature from Brown University in Rhode Island, USA. She is also a prevalent activist in fighting for women's rights around the world, being appointed as a UN Women Goodwill Ambassador in July 2014. In addition to her academic and charitable achievements, Watson has had major success in the fashion world too. In 2009, Watson became the face of Burberry and starred in their AW09 and SS10 campaigns. In 2011, Watson was awarded the ELLE Style Icon award, presented by Dame Vivienne Westwood. These are just two examples of Watson's extensive involvement in the fashion world. One her most memorable fashion moments was when she revealed her super short pixie-cut after the final *Harry Potter* film. Watson said that she had "never felt so confident as [she] did with short hair". Not afraid of critics, Watson made the bold move with her hair for no one but herself. Watson embodies the young, modern woman, combining both academic success and a love of style and fashion.

Alexandra Shulman

Editor of British *Vogue*, journalist and novelist. Alexandra Shulman is not only a big name in the fashion industry but is also a talented writer. She is a huge role model to many as she defies the archetypal fashion editor and promotes body confidence and diversity. Aside from *Vogue*, Alexandra is an accomplished writer, bringing out books such as *Can we Still be friends* and *Parrots*. Not only does Alexandra have absolutely no fear when it comes to speaking out about her individual style and will not hide behind 'expected trends', she is highly regarded for her business credentials as the longest running *Vogue* editor, fully deserving of her title OBE. This fashion editor is an all round academic and promotes serious issues in the industry working to improve the wellbeing of models, so is a perfect example of how style can further intelligence.



HuffingtonPost.co.uk

Dr Marga Gual Soler

Dr. Marga Gual Soler is a Project Director at the Center for Science Diplomacy at the American Association for the Advancement of Science (AAAS). Dr Soler develops the Center's global science diplomacy education and capacity building initiatives, leads a research project analyzing science-policy connections around the world, and serves as a senior editor of the open-access policy journal *Science & Diplomacy*. This woman is a huge name in science and medical spheres, contributing to major research yet she takes great pride in her appearance and doesn't allow style to hold her back, using it to exhibit another dimension to her. Dr. Marga Gual Soler, is not just a well-regarded academic, or a pioneering style icon, but both; both these attributes construct her identity as an intelligent woman.

Beatrice Rae and Ashleigh Stern



Dr.MargaGualSoler@ Twitter.com



BROADCASTING BEGINS ON MONDAY 10TH OCTOBER

The country's largest student radio station, Leeds Student Radio is now broadcasting live, seven days a week, 24 hours a day.

To get involved email info@thisislsr.com

To buy your membership, visit <https://www.luu.org.uk/groups/lsr/>

To listen in go to www.thisislsr.com or download the app on your smartphone.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
09.00	BREAKFAST HARRY BAINBRIDGE & FIN MCALLISTER	BREAKFAST CHARLIE SMITH & JACK SLATER	BREAKFAST ARI ARDILA & SIÂN EVANS	BREAKFAST KATIE SMITH & MARRA WEST	BREAKFAST HARRY MINOFRIO & HARRY BENNETT	BREAKFAST TIM TICHY & JOE MASON	GLOBAL BUBBLE CAROLINE MORRIS
10.00							LIPPY L/V WOOLAM & AMY HALL
11.00	CONNECTED KYLE SHIELS	WHATS NEW? NATHALIE ASTON	MENTAL HEALTH MATTERS LUCIE SOWSHALL	LET THEM HEAR KATHERINE ADAMS	KEY BARN BARNARD TOWERS	THE OLLIE SUTTON SHOW OLLIE SUTTON	NERD HOUR ALEX HALL & JOSEPH MADDOCK
12.00	GOOD VIBES ONLY CAIT DOWNES	TRY OUT TUESDAY KIRSTY MALLORY	CONTEMPLATING THE CLASSICAL JAMIE LEADERSTER	CATCH UP EMMA HARVEY	TALKIN' ABOUT A REVOLUTION MARRA WEST	SEX SET JOE MADDOCK & CALLUM ISAAC	THE LIGHT SHOW CHARLIE SMITH
13.00	TIPPING POINT DAVE TIPPING	THE SOUNDTRACK REVIEW CHARLEY COPPERTHWAIT	AFTERNOON ACOUSTIC IZZY HARRISON	FROM VINYL TO REVIVAL CARL WHITE	FLOWER POWER SHOWDOWN ADAM FOSTER	STUDENT CORNER / CLUE BOUTELL & EMMA HOPKINSON (PROD.)	APM CLASSIC
14.00	WELL, WHAT WOULD YOU DO? SAM HELLER	THE KICKBACK ED HALE	LSR: PRESENTS	FLAMINGO BLUES NORM SEGAL	PATHS OF RHYTHM NICK HALLSWORTH	ASK JEFFREY / JESSIE TONKESBERG & KYLE MCDONALD (PROD.)	DATE SHOW / PATE LOWENCKE
15.00	HOLLIE HAINES HOLLIE HAINES	BROADCAST // MIDWINTER MONDAY & CATERING PRICE & BENICE HENR	POLITICAL ANIMAL	MARK MCIVRA MARK MCDUGALL	FROM HOME // BARTHELEMY & SYMBIOTA POLITION & JULIE WILKS-PALLEN	SATURDAY SPORT	SCARIE ON SUNDAY CAITLIN VAN BUREN
16.00	MONDAY SPORT	THE YEAR AHEAD MYSTERY ELLE BARRAN	NEWS	THIS IS NOT THE NEWS ANNA PALMER	NEWS		THE WEEKLY HOUSE MEETING PATRICK LAWRENCE & WILL SOD
17.00	THE BEST // LORRAINE PLECTOR / PROD MATT JONES / GEMMA CORRIE (SYMBIOTA MONDAY)	THE BEST // EMMA SPENCER / LEE JACOB / JAMES / EMMA / PATTIE / PROD DAVE SODDIE	THE BEST // JESSIE HARRISON / JESSIE CORRIE / JAMES / EMMA / PATTIE / PROD WILLIE WARD	THE BEST // JULIE WILKS-PALLEN / TONY HARLEY / MCDONALD / VICTORIA / PROD WILLIE WARD	THE BEST // LORRAINE PLECTOR / PROD MATT JONES / GEMMA CORRIE (SYMBIOTA MONDAY)	HANNAH IN THE HIZZLE HANNAH SCHERRER	RACE FOR THE WHITE JOSH HOLLIS & AARON KELLER
18.00	APM: RUMOR REVIEW // ELIJAH ROSS & SHARRE JONES // JULIE WILKS-PALLEN & MCD JONES	WHERE DID ALL THE ROCK GO? JOSH SODDIE, BEN ROBERTS & FREEDOM SHARRE	MAJESTIC A ALL THAT REMEMBER ST VINCENT	SPEAK EASY ANNA UGHAVVA	HIGH FIDELITY SUMANDEEP	ETHNOMUSICOLOGY ISAC KHALIFA	SUNDAY SIÂN EVANS
19.00	DEECH COMA HARRY BAINBRIDGE	ALTRA TANYA PELIKIAN	DJEMBE VANESSA & CARLA	THE PLATFORM ISAC SAMUEL	ENDOVES PETER DAVIES	DEEPLY SQUARES SESSIONS CALEB ELLIOT	GROOVY CHICK ANNA PALMER
20.00	RETROGRADE EMMA RICE	CRAZY SEXY COOL SOPHIE MORIARTY	SPACE UK ROB BRUCE	FINLEY'S PATRICK DAN FINLEY	THE VINYL COUNTDOWN REPORT MCDONALD/EMMA HOPKINSON	APM LIVE & LOCAL // JAMES HARRIS WOLFE HARRIS & ELLIE DAVIS	SOUNDS OF THE CITY PETER HARRIS & EMMY MCDONALD
21.00	APM: ON ROTATION CLEANER AND HOSTS	APM: LIVE AND ALTERNATIVE JAMIE STAPLETON, JULIE WILKS & TONY JONES	APM: LIVE AND ALTERNATIVE JAMIE STAPLETON, JULIE WILKS & TONY JONES	APM: LIVE AND ALTERNATIVE JAMIE STAPLETON, JULIE WILKS & TONY JONES	APM: LIVE AND ALTERNATIVE JAMIE STAPLETON, JULIE WILKS & TONY JONES	TALKING TIMES JAMIE STAPLETON, JULIE WILKS & TONY JONES	SONIC CUTS CHARLIE REES
22.00	JUICE BOX JAMS BEN SODDIE / JAMES & JAMIE STAPLETON	ROCKIN' STROLL MOMI BODILEY	THEIR LIVE LIZ HOLDEN	GLOBAL MARAUDER MARRA WEST & HARRY SCOTT	BACK & FWD BEN CANNON & THOMAS VICTOR	APM FM PETER DAVIES	JAZZ REVELATIONS ALASTAIR STEEL
23.00	DEECP RECAP JAMES HARRIS / JOE CLEMMELL & MARRA WEST	SMELLS LIKE FUNK LEA OUNLAMI	YOUTH CLUB ROBBIE RUSSELL	THE GROOVE CONTEXT PHOEBE RIDGEE	JAGUAR JAS	FEEL GOOD FREEWAY ELLIE ASHWORTH	THE FUNK AGENDA BENJAMIN LUCAS
00.00	SOUNDS LIKE NOISE DAVE EDWARDS	ROBERT ON YOUR RADIO ROB BRUCE	MOODY BREW ADAM WILLIAMS & SIÂN SODDIE	NIGHT LIGHT ALEX FURN & AARON COTTON	THE GALLERY EVAN MCKINNEY	THE GOLDEN HOUR EDWARD WILSON / STEPHENS	SLOWLAX SHARRE JONES
01.00	THE WIND DOWN SIÂN SODDIE & ELIJAH ROSS	STEAL YOUR GIRL JESS STONEY	LINKED UP SEB & PASCAL	SUNSTONE CALLUM WALTON	WALKING THROUGH SOUND TOBY STEVENSON	DJ KENS LATE NIGHT SOUL BEN CANNON	DANNY MAC MARRA WEST / SIÂN SODDIE
02.00	SPARE SLOT	WEEKLY DROP CIARAN SHARRE	LSR IN THE MIX	LSR IN THE MIX	THE WIP SHOW MATT JONES & SIÂN SODDIE	SLOW JAMZ LEA OUNLAMI	DISCO SUPREME REALNESS MARK MCDUGALL

How Television Depicts the Controversy of Operation Yewtree



National Treasure is a critically acclaimed four part TV drama concluding next week starring Robbie Coltrane and Julie Walters. The BBC drama was written by Jack Thorne, also known for *Skins* and *This is England*, as well as *Harry Potter and the Cursed Child*; it is the first British drama to directly address Operation Yewtree.

The show explores what happens when Paul Finchley, a comic no longer at the height of fame, is accused of rape – and how this affects his immediate family and friends. Showing on Channel 4 at around the same time, *Savile* is a follow up to the documentary Theroux did in 2000 which was part of his *When Louis Met...* series. Channel 4 voted *When Louis Met Jimmy* one of the 'Top 50 Documentaries' of all time in 2005. Although *National Treasure* is based on fiction, the premise of the show relates to the Savile documentary in the sense that both are sympathetic to how the relations of those who are accused of paedophilia are affected. Both shows present a character who either doesn't believe the accusations or who chose to overlook the rumours in an attempt to savour the good memories. Both are a portrayal of human behaviour and the coping mechanisms which come with this sort of unbearable crime.

It is easy to deduce that *National Treasure* has been a success and, arguably, this could be down to its controversial nature. Rather than just hinting at Operation Yewtree and the repercussions the British public have seen over the past five years, it directly addresses it, with Finchley even lamenting, "They think I'm Jimmy Savile". Whilst *National Treasure* definitely does focus on the accusations surrounding the comic, it also looks at the bigger picture and as Julie Walters, Robbie Coltrane's steadfast and stoic wife Marie and arguably the star of the show, has expressed, *National Treasure* is about the "human stuff". Director

Marc Munden, thoroughly explores this idea and, in the same vein as *Savile* looks at how those around the accused are affected by the charges. I particularly liked the way each episode focuses on a different person with the first focusing on Paul and the original accusations with the following two episodes focusing on his daughter and wife respectively and how the claims affect them and their relationship with the disgraced comedian.

"what must be commended is the bravery of its creators to broach such an important subject which traditional media seems to have shied away from..."

National Treasure can be seen as latest in a long line of true-crime inspired dramas, comparable to *The People VS OJ Simpson* as well as ITV's hit *Broadchurch*. In my opinion, this is a strength of both Munden and Thorne, showing their ability to keep the audience enthralled. Whilst it is quickly revealed that the anxiety-ridden Paul is definitely an unsavoury character, having embarked on multiple affairs during his marriage, one of which takes place within days of being accused, they also still manage to make the audience unsure if he really is guilty or not.

Whilst he advocates his innocence, his unsavoury nature makes it difficult for the audience, and the general public in the show, to believe him, but at the same time, he still appears as a sympathetic character at multiple points throughout the series.

Overall, *National Treasure* is a thought-provoking, albeit controversial piece, which is worthy of its acclaim. Whilst the acting is stellar, what must be commended is the bravery of its creators to broach such an important subject which traditional media seems to have shied away from. Its importance is highlighted due to it airing around the same time as *Savile*, and the very recent conviction of former BBC DJ Chris Denning, once again bringing to light a topic which should not be allowed to be forgotten.

***In The Middle* takes a look at how television is confronting the all-too-current and controversial issue of sexual abuse by examining Louis Theroux's latest documentary, *Savile* in contrast to the BBC's four-part TV drama: *National Treasure*.**



When *Louis met Jimmy* was made in 2000, before the truth about Jimmy Savile was known to the public. The documentary paints Jimmy Savile as a weird, eccentric and extremely confident character and contributed to what the majority of people already thought of him.

What was also showcased was the friendship made between Jimmy and Louis; where they would joke, hang out in the garden and generally get to know each other. 16 years later, in a context where everyone is aware of what Savile really was, Theroux has made a follow-up documentary exploring his role as someone who knew Savile relatively well but was unable to see the truth.

You can't help but feel angry and unsettled when watching Louis, who is loved by so many, acting amiably towards a man who should've been treated far less than that. But the point is he didn't know; he even asked and wasn't told the truth. That is one of the most significant scenes of the 2001 documentary, when Louis directly asks Jimmy about the rumours, to which Jimmy replies by questioning how anybody would know if he was or wasn't, which in itself creates an ominous air.

Savile constantly refers back to shots of the prior documentary. This is so powerful because what was overlooked in 2000 now has an intensely sinister meaning. One uncomfortable example was a shot where Jimmy is holding two young girls inappropriately and the camera pans round to show Louis take no notice and smile at something else. That's part of why you watch the documentary in disbelief, because all the signs seem so obvious. But it's easy for it to seem obvious when we already know.

Something that I definitely wasn't expecting was interviews from people who knew Savile, but who seemed to not want to believe the truth. Despite the piles and piles of evidence, some disregarded the truth simply because they didn't

see it themselves. Sylvia Nicol for example, who worked with Savile in Stoke Mandeville hospital, said she "only saw the good in Jimmy Savile" and tried to only know the "good". This is described as a coping mechanism, as is explored in *National Treasure*.

The 2016 documentary also sympathises with what it was like for those who did know the truth. Theroux asks what the victims thought of the documentary, to which the general consensus was sympathy towards Theroux himself as they knew he was being lied to. The concept of the victims, after describing the harrowing acts Savile did to them, being sympathetic to Louis and asking him how he feels signifies the kind of camaraderie that has taken place between all of Savile's victims, regardless of how minor or drastic his effect was on them.

The documentary has been critiqued for not succeeding in trying to find out why and how Savile got away with so much. These reasons are said to have been explored better through *National Treasure*. Personally, I don't think trying to find out 'why' matters. I think what's most important is that victims are able to use the documentary as a platform to voice their experience in a way they weren't allowed to before, in an attempt to move forward with their lives that have been ripped apart by Jimmy Savile.

Despite *National Treasure* being a fictional drama, it is obviously based on true events, highlighted by the constant referencing throughout the show to Operation Yewtree and offenders like Savile and Rolf Harris. This, together with the arguably well-timed airing of *Savile*, goes to show how important it is to keep this conversation open, particularly in how the allegations affect those who are involved with the accused, something both Theroux and Munden do exceptionally well.

Jess Daley and Daisy Scott

"What was overlooked in 2000 now has an intensely sinister meaning."

The Apprentice - as ruthless as ever?

It's that time of year again. Back for its twelfth series, eighteen business tycoons are suiting up to battle it out for the chance to win a £250,000 investment from Lord Sugar, and, as ever, this year's contestants aren't exactly shy and retiring...

"I'm going to be the prime minister of the UK one day, but before that I'm going to be a millionaire" was the bold claim made by IT consultant Karthik, the same man who is also filmed walking past a mirror mouthing "I love you" at his own reflection. Karthik isn't the only one brimming with confidence. 32-year-old ex-karate champion, Frances, provided some competition when it came to embarrassing himself in the form of one sentence, as he compared his energy to a nuclear explosion, which is, in itself, pretty terrifying.

Having invested £1.25 million in winners of the show since the change in format in 2011, Lord Sugar is clearly keen to add another successful business to his collection. As always, he won't be messed around and his horrifically bad humour was on point as he asked for all moaners to send all their complaints to 'lordsugar@idon'tcare.com'.

Week one kicked off with the aspiring entrepreneurs being separated into boys vs. girls, becoming 'The Titans' vs 'Nebular'. 38-year-old Aleksandra, who came up with the unique girls team name, is quick to insist that 'Nebular' refers to a cloud of gas and dust in outer space from which stars will emerge, but Lord Sugar isn't impressed, telling the girls "You might as well have called yourself smog".

As usual in week one everyone is keen to shy away from being project manager, apart from Paul who persuades the boys of his leadership



skills with a somewhat unusual technique, telling them "I like bargain hunt".

The task begins with both teams being sent to a lock-up garage filled with a mixture of antiques. Here they must suss out what's valuable, before flogging it to traders and members of the public. Simple, surely?

Lord Sugar's advice is clear; 'Don't rush out like lunatics selling it too quickly. Think about where the value is'. But the girls don't seem to hear him, selling random items left right and centre for any price offered. The boys don't do much better as Mukai comments on how "It feels like we're flogging a load of shit". Not exactly pulling in the punters.

So, *The Apprentice* is back. If you're worried that it's been on too long and the format's beginning to flag, fear not. The contestants are as self-centered as ever, their enormous egos begin to clash within minutes, and Lord Sugar is ready and waiting to take them down a peg or two.

Following a desperate boardroom battle, in which the aspiring business partners are quick to turn on each other, there is even a refusing-to-hug-before-getting-in-the-taxi snub which, this early in the series, can only suggest that the candidates are going to be a ruthless bunch.

Irenie Forshaw

OKTOBERFEST, not exactly Germany...

Running from the 6th to the 9th of October, the event describes itself as an authentic celebration of German food, beer and music. Held in the grounds of famous former local brewery The Tetley, the venue was impressive. A giant 2,000 capacity German tent had been transformed into a traditional beer hall, with long wooden tables, a bar, stage and various food stalls.

It was an early 6pm start for us on the Friday, but the atmosphere was bustling and lively, and the bar was packed. At first glance, it was a struggle to spot anyone under the age of 40, and the crowd slightly resembled an after work office party, but on closer inspection we managed to spy quite a few students and happily set off towards the bar.

Drinks prices were fairly steep, and with tickets costing £10 we had decided to have a few drinks before hand. This turned out to be the best decision we could have made, as it took over 40 minutes to get served due to a technical issue with the taps. The best option was definitely an £8 stein, which ran out just after we got a drink. Beer bashers weren't forgotten about though, as there was a German wine available too.

I'll admit, after finishing my stein, my memories of the night are a tad hazy. But snapchat revealed later that there was a lot of dancing and singing with the traditional Bavarian brass band. I do, however, remember eating a German pretzel and meeting a man called Paul who introduced us to his kids. Clearly I was in the mood for making pals, as friend requests and photos show that we befriended a group of girls from South Korea...

Checking the Facebook page the next day, with a slightly sore head, there were a lot of complaints about how understaffed the bar was. Officials apologized, insisting these were 'teething problems' and that things will run smoothly on the Saturday and Sunday.

Although I definitely had fun, on balance, I think it was pricey for what was offered. When I asked my friend what she thought the next day, she summed up our evening in a Whatsapp message telling me "it didn't feel like I was in Germany", and I have to agree, it wasn't quite the authentic experience promised.

Irenie Forshaw



West(er)os world?

With such a strong critical reception after only one episode, and with many viewers clamouring for the next instalment, it has the potential to become as much a fixture in our lives as *Game of Thrones*.

In many ways, *Westworld* is very different to *Game of Thrones*. To begin with, the show is a mix of the science fiction and western genres, which is a far cry from its fantastical counterpart. The park might be a fantasy land for its patrons, but in this world, there is no throne to fight over; instead it is steeped heavily in the science of the future. The shows' music might be scored by the same composer, but you definitely would not hear old-timey versions of Radiohead and Soundgarden songs in any episode of *Game of Thrones*; and while the death toll in *Westworld*'s pilot episode far exceeds that of the *Game of Thrones* pilot, death for robots is not as eternal as it is for humans.

Westworld has many of the elements that makes *Game of Thrones* such a big hit with audiences. Poison and swords are replaced by guns and knives, but

the gratuitous violence found in *Game of Thrones* is not any less gratuitous in *Westworld*. Neither is the nudity, which we have all come to associate with any show released by HBO. Both pilot episodes excel at managing to be both horrifying and intriguing in their first fifteen minutes, and in true *Game of Thrones* fashion, the plot is taking its sweet time to unfold.

Sadly, *Game of Thrones* is coming to an end in the next few years. While we might never have another well-written, intricate fantasy series, *Westworld* promises to follow in its great footsteps. Even if you don't particularly like sci-fi or westerns, just remember that not everyone who started watching *Game of Thrones* was a fantasy fan. Whether or not you love *Game of Thrones*, I would highly recommend giving it a chance.

Jade Verbick

Is Marvel's *Luke Cage* bulletproof?

It seems like these Netflix shows are starting to bang the same drum. Let me pitch this to you: there's a show with a superhero, they are struggling financially, are up against some form of mob boss/criminal and are unsure of their abilities. Which property is it? *Daredevil*? *Jessica Jones*? *Luke Cage*? It's all of them. This unoriginality beat me across the face a few episodes in.

One thing that came as a nice surprise with *Luke Cage* is the setting. The neighbourhood of Harlem felt comfortably filled by an array of talented black actors. We haven't really seen many black characters in Marvel up to now, and it seems that *Luke Cage* and the upcoming film *Black Panther* are aiming to change that. All of the performances are solid; Mike Colter's 'Cage' is a corny, quiet man, but he shows off Cage's strength and his caring character. Simone Missick plays 'Misty', the detective whose brash character and strong will make the 'Police Procedural' aspect of the show a joy to watch. For me though, Theo Rossi's 'Shades' is by far the best character. He is part of a complex web of power which he intends to climb, whilst his calm demeanour hides his scheming and brutal ways.

With every episode being named after a Gang Starr song and Method Man even writing a song for the show, it's obvious that the show has strong ties to music and Hip-Hop. This link extends to most episodes too, as the club 'Harlem's Paradise' features real artists most episodes. This idea is brilliant, and helps set it apart from the other Netflix programmes, despite their aforementioned



similarities – except perhaps the recent success of Netflix Original *The Get Down*.

The show's pacing is not brilliant; although Cage's bulletproof antics provide some great moments, the show somewhat falls short in progressing a saturated story that could have been shortened down to ten episodes without loss. It's also impossible to compare the fight scenes to that of *Daredevil*, which involve gritty martial arts and skill. Luke Cages are uninspired fistfights that usually end with someone being thrown through a window.

That brings us to the ending of the series: an uninspired fistfight which was poorly executed. The climax didn't fit the show and to top it all off, the fight finishes with half an hour of the episode left to go, which made for a disappointing ending.

In the end, *Luke Cage* is enjoyable television, but suffers from being in the Netflix Marvel universe of shows; it has too many similarities to the others, but also in some ways doesn't stack up to them at all. Despite it bringing interesting elements to the table, we will just have to wait for *The Defenders*, and see if that does for comic book shows what the *Avengers* did for comic book movies; blow all others out of the water.

Will Nelson

Is Calorie Counting a Waste of Time?



Mars Bar in the cupboard. Your walk home from your long day of lectures feels great- maybe you even go to the gym- and you get home feeling pretty proud.

But once you are home, you grab a cup of tea, sit down and track everything you've eaten in an app or notebook. You spend at least 20 minutes a day like this, counting up the tiny bits of energy your body has received, and congratulating yourself for staying within the calorie limit.

Healthiness is great, and eating more fruit and vegetable based meals is so important, especially when studying hard for an exam. Exercise is also important, whether you do it at the gym, by swimming or just by walking lots each day.

But I personally disagree with the concept of counting calories. All it ever caused me was obsession and a desperate hunger- not for food- but for beating my targets every week. These food targets were too low, and didn't give my body enough fuel to function properly, and lead to many mental health issues.

Please don't take this the wrong way. I am not against calorie counting if you get expert advice on how to calorie count: it can be an effective way to lose weight if you medically need to. It just worries me when young adults and even children are

exposed to weight-loss techniques that can easily be abused or incorrectly applied to their own diet.

Unfortunately we are surrounded by images and adverts telling us to lose weight, and calorie counting is becoming a sort of trend; focusing on what you eat and less upon what daily exercise you do.

I fear that this is an unhealthy view of your health, and encourages the myth that food cravings are 'sinful' and 'bad' (as many clean-eating bloggers discuss). There is nothing wrong with drinking a kale smoothie for breakfast, but there is also nothing wrong with eating a bacon sandwich: it is all about the balance.

Going through life forever sticking to your allocated numbers and allotted meals is, in reality, fairly unrealistic. You can work on your fitness or mental wellbeing whilst still joining your friends for a pub meal or having a lazy stay-inside-all-day Sunday.

Life and happiness should always come before your food and exercise plan. At the end of the day, desperately refraining from eating a piece of cake may help you to lose a dress size, but will it make you any happier?

Charlie Collett

It's Monday Morning - Perhaps you've been telling yourself for the past few weeks that this is the day. No more digestives at 11pm. No more takeaways. No more food that you love; from now on it's just porridge, greens, and smoothies.

It probably goes well for the first day; you're feeling refreshed and energized, just like a healthy girl on a smoothie poster. You haven't even thought about that

The Art of Sexting



It's undeniable that they have facilitated friendships and relationships. Nowadays, we can keep in touch with childhood friends who live in different cities and even lovers who live in other countries. I am forever grateful to Skype and WhatsApp for making my long distance relationship with my boyfriend work. Forget snail-mail. The secret to a happy long distance relationship is sexting, I mean texting.

When I started my long distance relationship with my boyfriend, I was a bit apprehensive but optimistic. I knew the distance would be a challenge but I also knew that we were both committed to making 'us' work. Add technology into the mix and I figured the odds were in our favour. What I didn't realise was the imaginative ways in which I'd be keeping in touch.

Go ahead, call me naïve. It's true. Until I started my long distance relationship, I had never sexted before. When I realised that kind of written exchange was probably going to happen at some point during the weeks I spent apart from my boyfriend, I entered a state of dread, obviously anticipating my painfully awkward performance. I had to find a way to avoid saying the wrong thing in the wrong way, so I shamelessly turned to my unfailing friend, Google.

If you're reading this, don't be like me. Don't take notes of what to say, they'll be useless in the moment anyway. During my "first time" I was so busy overthinking what to write - typing and backspacing, typing and backspacing - that it became a near monologue on my boyfriend's part. I was silent with the occasional interjection of encouragement.

I was gutted thinking that I had performed terribly. However, when I finally worked up the courage to talk to my boyfriend about the conversation, I discovered he actually enjoyed it! Turns out he prefers to take the lead anyway. That revelation put me at ease and ever since then I've stopped taking myself too seriously. I've even become quite the prolific writer myself.

So, what should you take away from this very personal, but hopefully amusing article? You don't need to be a sexting guru to keep romance alive in a long distance relationship. I'm certainly not. In fact, some couples prefer not to sext at all. However, if you do venture down that path, don't be nervous. Remember that you can say next to nothing and still get away with it.

Mariana Avelino

In an age when our digital presence is just about as important as our physicality, and smartphones are basically as important as our vital organs, communication has reached new heights. Curiously enough, it's not verbal communication that's most popular in the digital age but in fact the use of texting.

It can be argued that we're losing touch with reality and forgetting how to be sociable. Nevertheless, in some ways smartphones and messenger apps can be seen as a blessing.

Slim Pickings for Moderate Voters



The Conservatives

Ah yes, the Conservatives – a party built on maintaining the status quo, apparently. Yet the past two governments have been as radical as Thatcher. Inconceivably large cuts to disability benefits, welfare, public housing, and social services have been masked under the rhetoric of “necessary” austerity measures. This is on top of drastic legislation regarding privatisation, surveillance, trade union law and education.

The current batch includes a climate change sceptic, Andrea Leadsom, working as Secretary of State for the Environment; Jeremy Hunt, a Secretary of Health whose past work experience amounts to a career in public relations and a failed entrepreneurial venture to export marmalade to Japan; and, of course, Theresa May, who is currently advocating ‘a move toward the centre ground’ despite previously trying to force through the most extreme mass surveillance legislation in history.

Labour

This week, North Korea, on the brink of war, labelled South Korea’s president an “imprudent bitch.” Yet Kim Jong-Un’s state media ramblings sound like the love letters from one half of a high school couple in their honeymoon period compared to the animosity between the Parliamentary Labour Party and the Corbynites of the wider Labour membership.

Corbyn, though a champion for some important issues ignored by the Conservatives, has so far lacked the compromise to attract the support of his own parliamentary party, let alone the wider electorate. Much of his efforts have been invested in rallying his party base, Momentum. Not only is this preaching

to the converted, but Momentum promote a radical, emotional commitment to their leader that ironically looks an awful lot like the personality politics Corbyn so detests.

Liberal Democrats

The Lib-Dems may not be radical, but not much actually remains of them. They have neither very many MP’s nor principles left. To paraphrase Fall Out Boy, when Clegg got into bed with Cameron he should have shown the general public the spine he was saving for Dave’s mattress.

But if you are a moderate who’s thinking of voting Lib-Dem, I’ll leave you with this. One definition of insanity is repeating the same action and expecting different results.

UKIP

UKIP without Nigel Farage is like a group of snake charmers without their snake; just a bunch of guys making a lot of noise nobody wants to hear. No moderates at least, as UKIP currently sit on the right of the conservatives, occasionally blurting racist comments like a reanimated Enoch Powell mistaking Twitter for his Google search bar.

So with a snap election possible at any moment, there is little out there for me, the moderate voter. As far as my personal affinity with Labour is concerned, I will not yet reduce an entire party simply due to its extremities. After all, if everything should be in moderation, should not moderation be in moderation? This being said, I wouldn’t judge you for spoiling your ballot next election.

Bradley Young

After three years studying politics, it has occurred to me that the more I learn, the less I know. My political beliefs have, particularly at university, been thrown up in the air and I now lounge in an ideological black hole. There are only two principles left of which I am certain; everything in moderation, and Hitler could have been more easy going.

It is the first (Aristotelian) belief that is the focus of this article. Apart from the occasional utopian outburst, I am a moderate voter. I have a natural affinity with the centre left. So when I was walking out of my British politics lecture on Monday and a Blairite friend asked me “who would you vote for in a snap election?” I was stumped. In such a political climate, where is the moderate to turn?

How to Live the ‘Hygge’ Life



Although, the fact I was getting to spend my summer in such a beautiful country probably played a part in my soaring happiness levels, I can’t shake the feeling that the way the Danes live, and the fact that I was trying to fit in as much as possible by copying then, is inherently happier than how we live our lives in the UK. Time and time again, Denmark is ranked first for the happiest country in the world, and it’s not difficult to see why. The concept of hygge plays a huge role in Danish culture and their general attitude to life, but what is it exactly?

The Danes are quick to correct anyone who translates hygge (hue-gah) to simply mean coziness, as it’s so much more than that; it’s pretty much a way of life. In short, it’s actually really hard to describe, but think of it as ‘taking pleasure from the presence of soothing things’, as Meik Wiking says in *The Little Book of Hygge*. Feeling hygge is perhaps subjective; what’s soothing to one person might not be for someone else, but examples could include those winter nights where you huddle under a blanket with the fire on, or simply going for a coffee in a quiet and cosy café with your friends.

With autumn well upon us; arguably the best season to enjoy hygge, could this Danish concept help us to stay happy and comfortable during the colder months? The best thing about hygge is that the rules on what it is aren’t exactly strict. If you think something is hyggelig (hygge-like) then so be it! Although, almost 60% of Danes think you need three or four people to enjoy hygge, with a measly 3% believing you can

achieve hygge alone. But don’t let the statistics put you off. Is there really anything better than the feeling of getting in to bed after a long day, with a cup of tea and Netflix to keep you company? Well, not for me at least.

With deadlines that seem to be forever hanging over you, it can sometimes be difficult to gather a group of friends together to just enjoy one another’s company. But hygge doesn’t have to be a big event. If anything, it should be quite the opposite!

If you’re hyggehjørnet, or simply, in the mood for hygge, then your flat or house is a good place to start, and it’s extremely unlikely that you haven’t been doing it already. For example, hyggesnak means to have chit-chat that doesn’t involve controversial topics; Søndagshygge refers to the hygge you might have on a Sunday, such as a slow day where you might just watch TV or listen to music, and my personal favourite, hyggebukser, refers to that pair of comfy trousers that you lounge around in when you’re at home, but wouldn’t be seen dead wearing them in public.

Now that you’ve read this, you’ll probably realise that you actually spend a lot of time doing things that are considered hygge, but now you actually know the name for it. So gather some friends, sort out some cosy lighting, and let the hygge flow.

Lauren Davies

Last week for *In the Middle*, I wrote about how to deal with the stresses of university life, discussing ways to relax and just taking time to do the things you love. This got me thinking back to my summer abroad course in Denmark that I completed a couple of months ago. Despite having to complete the work for the equivalent of a 20 credit module in less than three weeks, combined with some of the earliest starts and latest finishes I’ve ever had to encounter, my time in the country was absolute bliss.

Learn Your Lines: Should all British citizens speak the English language?

In a country that does not offer foreign language lessons as early as other European countries, it seems rich that England is increasingly pressurizing immigrants to learn the language. We question the motivation for this: is this another mask for xenophobia, or helping immigrants to integrate?

Rabeeah Moeen

Assimilation and integration of cultures is well documented in modern society, with increasing exposure and a rich history. Research has been done into immigration and the creation, blending and loss of various cultural identities. But how does this translate into language?

Earlier this year, before he retired in a blaze of glory, David Cameron promised a new £20m fund to help Muslim women learn English. He suggested that those who were unable to speak the language were more likely to be linked to extremism and 'traditional submissiveness.' Aside from all the outrageous terms used, the focus on learning English was linked inextricably to assimilation.

How many languages did Britain learn from all the countries it invaded as an Empire?

It is not only the former PM who wanted to encourage the fact that immigrants must learn English. A horde of government figures have asserted the importance of everyone learning and speaking the national language. In essence, it does make sense. To

become a citizen of a country, you must be able to speak with the words they speak, talk the language that is spoken in the place you want to call home. In fact, with the multitude of airport books and language apps, learning a little bit of a new language is encouraged even for a holiday or a brief visit.

Speaking to the locals properly ensures an ease and a comfort not present when you're trying to enunciate and gesture your way through a conversation nobody understands.

But forcing a language is not far off from encouraging a one-nationdom and homogenisation – everybody speaking one language only. Assimilation, in an Oxford English Dictionary translation, speaks more of conformity. Definitions using phrases such as 'becoming like' tell tales not of a unity but a frightening dissolution of uniqueness. The rhetoric of 'shared values in Britain' that we are now hearing so often does not suggest we must all be the same. The word we are looking for, when we talk of immigrants speaking English when they come to Britain, is integration.

Assimilation first came into the public awareness with the mass migration movements of the 50s and 60s, but it has no doubt been around for a longer time period than that. When Channel 4 interviewed women about David Cameron's language policy, one woman said, 'how many languages did Britain learn from all the countries it invaded as an Empire?' It is true that there is a double standard, for whatever reason. For example, what of expats in Spain? The pressure upon our own Brits to ascribe to the culture they're

entering into, seems to comparatively minimal. Other European countries start to learn English in primary school. Here it seems only the most privileged institutions offer this, leaving the rest to wait until high school.

Assimilation is starting to become a rather bitter word.

Being able to speak the language of your country of residence is of course beneficial. A united language creates cohesiveness. But it should also not be a problem that some people do not. It should not be a problem that people choose not to speak English, despite the fact that Urdu on buses and Arabic on planes is met with fear and abuse. It should be contested when a lack of language skills leads to deportation.

To any child who has ever spoken first a language other than English, this will be a familiar tale. The erasure of mother tongues – in essence, the loss of language as immigrants become first and second and third generation – is a by-product of cultural assimilation. Language represents culture, and the lack of focus on multiculturalism, that is, accepting other cultures, means assimilation is starting to become a rather bitter word.



Image: Embod on Flickr

Night at the Circus: An International Student View on Shopping in Leeds

With a large number of Asian students in Leeds, Meng Xian highlights areas of student life that make fresher's week seem more of a culture shock than expected. From shopping to cups of tea, this is an insight into the difficulties international students may face when coming to little old Leeds.

Meng Xian

It's September 27th. The Parkinson building's clock strikes six; my friends and I are stuck in a crowd of people. It almost feels like a river, and we are in a boat drifting downstream. Laughing, yelling and talking all at once, the sounds of the masses surround us like a storm. It feels like our figurative boat is strayed; until suddenly the harbor, Trinity shopping mall, is right in front of us, and we feel somewhat at peace.

We assumed that shopping is the same wherever you are in the world.

We're three girls, all from China. When we arrive at the shopping centre we look at each other feeling numb and frozen, half from the cold autumn wind and half from our failure to become locals. The two girls next to me left China two days ago, and I have been in Leeds for two short weeks. To get involved with student activities and the city, we decided to join Trinity Student Night; we assumed that shopping is the same wherever you are in the world, and it would therefore be an easy task to conquer, compared to other cultural barriers that we have encountered. However, we are terribly wrong.

Shopping is very different in China than in Leeds. Although both places share the many discounts and endless consumers, queuing in shops has become surprisingly usual in my home country. With over half of the world's products being made in China,

shoppers are used to cheap products and regular sales. Stores also like to attract people with discounts at least once a month by using festivals or social media to appeal to young people. The many discounts lead to a great demand from customers, and of course this contributes to many people engaging in shopping every day. Because China has such a big population, everywhere can feel crowded at any time. Always having to queue is normal to most Chinese people, but it doesn't mean that they enjoy the activity, especially not the impatient, young generation.

In China, shopping has now turned into a daunting competitive activity that one participates in with strangers that just want the same products as you. It is no longer a personal, social experience.

Even though shopping can seem like a universal and easy concept I realized how, even this simplest of concepts differs from culture to culture. I found this from attempting to find comfort in the familiarity of shopping in the big, unknown city of Leeds. I recognized that everything in a new country would be very different for me after all. I would have to adjust to a different lifestyle in a European city. Shopping is an insignificant part of my day-to-day life, one I often engage in online, but the realisation of how different it could be in a new country still baffled me.

We are too tired and overwhelmed to spend our time in queues like many Brits apparently enjoy doing.

I wondered how bigger things, such as education, socializing and language would challenge me during the next couple of years.

It's September 27th, I am still in the Trinity shopping centre, and stop my daydreaming to observe my surroundings. Girls and boys flood into shops while talking loudly, and having a good time. The other three girls and I observe queue after queue and it is making all of us quite dizzy. We decide to go back home to our accommodation. We sit on the sofa with a cup of tea, and feel that it is the better choice for us—we are too tired and overwhelmed to spend our time in queues like many Brits apparently enjoy doing; luckily the comfort of the tea makes us feel a little more settled and calm.



“Where are those 30 million missing girls? Where was their right to live?” The effect of China’s One-Child Policy



Xue Xinran has spent the past forty years researching and interviewing the people of China, from the poor in the countryside to those whose lives have been overtaken by the isolation of the technological age. Here she chats to Editor-in-Chief Jessica Murray about her latest book, *Buy Me The Sky*, which tackles the repercussions of China’s one-child policy, ahead of her Meet the Authors talk at the Business School...

When I asked Xinran why she chose China’s one-child policy for the subject of her latest book, she replied simply, ‘I am a Chinese mum to a Chinese boy’. Xinran’s son, Panpan, was born in 1988 and is a product of the one-child policy which controlled the families of China from 1979 to October last year.

Xinran isn’t afraid of highlighting the positives of such a policy; the Chinese population has been reduced by some 400 million as a result and it has given the country a break from an increasingly tough war between population and food: “That’s a big gift to this planet, when we’re so overcrowded trying to share nature’s resources.”

Her latest book, *Buy Me The Sky*, is filled with interviews with children born during the one-child policy era in an attempt to understand and provide a voice for one of the most unique generations in history. As Xinran says, “I think it is important to give them a voice and listen to them. They are not just today’s China but also the future as well.”

“Your family is your first classroom. When you grow up you learn about sharing, conversation and fighting from your siblings. You share parents, a roof, space.

“So when the children come to the classroom, they don’t know how to respect each other or how to respect the teachers.”

Xinran mentions throughout our talk that family values are at the very heart of Chinese culture and by placing such an intrusive restriction on reproduction, the family dynamic has been turned upside down. Parents now shower their single child with adoration, offering to ‘buy them they sky’ if that’s what necessary to keep them happy, while the single children grow up with the burden and responsibility of caring for their parents and grandparents when they get old – China doesn’t have a pension system, with the duty falling to the younger generation to look after the old.

To demonstrate the long-lasting effects of the policy, Xinran refers to a story in which a promising first year university student accidentally hit a peasant

woman with his car on his way home, and instead of helping her, he stabbed her to death with a fruit knife in fear that she would report him and ruin his future.

“The whole of China split in to three groups. One group said he should be punished because he killed someone, and he should be given the death penalty. Another group said that because he was a single child, giving him the death penalty would mean giving his parents and four grandparents the death penalty also. Even more shocking, another group of university students, from the single child generation, said they would do the same thing in that situation. They see their lives as having much more value than a peasant’s. That kind of impact is much bigger and deeper than the government or anyone thought would happen.”

“I found that so many Chinese are lonely because of our culture and education, and they were coming to me asking for help and I couldn’t help them”

Xinran is most well known for her first book, *The Good Women of China*, based on her time presenting a women’s hour on a radio show in China. While many often refer to the radio show as successful, she’s candidly open about the traumatic sense of failure she felt when producing the show. A number of the women who came on the show committed suicide shortly afterwards, leaving Xinran feeling helpless and frustrated.

“I found that so many Chinese are lonely because of our culture and education, and they were coming to

me asking for help and I couldn’t help them

“I couldn’t sleep, and even now I get nightmares hearing their voices on the telephone. So this is the reason I gave up China. My health was very bad, I was taking 4-6 sleeping pills every night and I was drugging myself to death. Lots of people think I was successful in China, but I know in my heart and soul that it’s not true – I couldn’t help and I feel very guilty about that. I still do.”

Xinran is a keen advocate for women’s rights in China; not only does Chinese culture leave women lonely and voiceless, but the one-child policy has had an even more monumental effect on the female population. By 2020 there will be 30 million more men than women in China, a result of parents favouring a son over a daughter.

“Chinese society is worrying about those men and how they will find wives, but my question is, where are those 30 million missing girls? Where was their right to live?”

Her journalism and books go some way to opening up Chinese society and providing a voice for those who may go unreported, both in the censored Chinese media and a narrow minded British press.

In 2004 she also set up a charity, the Mother’s Bridge of Love, which helps Chinese girls adopted by Western families find their parents, simultaneously providing books and resources for the poorest villages in China.

As Xinran says, China is improving and becoming more open, with a host of new laws and reforms, but education is still severely lacking. “I think it is so important to give women more of a chance for education. It’s not about the big international or political things, it’s just the basic knowledge of what women’s rights are”.

Xinran visited Leeds University as part of Meet the Authors, a series that runs throughout the year with a range of interesting talks and speakers.

Gryphon Gave It A Go: Cheerleading



Image: Zachary Owen Photography

Amy Brown

On Friday 30 September, the Leeds Celtic cheerleaders hosted the Give it a Go for their Pom team in Cromer Terrace. The Pom team has participated in competitions countrywide, including in Sheffield and Birmingham last year. The Leeds Celtics even had the incredible opportunity to go to Germany earlier this year to compete. Pom is a dance that includes, well, pompoms (the title is a bit of a giveaway), as well as a variation of kick-lines, tumbling and formation changes. Don't worry I didn't know what they all were at first either!

We arrived to the GIAG at 5pm and were welcomed

by a friendly committee, all of whom were wearing their cute committee bows and jackets. With an amazing turn out of over 50 people, we were given a number and a letter to stick onto ourselves.

We started out with an energetic warm up on the mats, which, having not done any exercise all summer, definitely got my heart pumping, and I began to think that this would be a challenge.

We were then left to do our own stretches, followed by jumping straight into learning arm motions. We were taught by two sassy, but informative, coaches, Chloe and Hannah, who definitely set the standard high. We started out with arm motions, all of which had their various names and none of which I can

remember now. We then went straight into pirouettes, which was interesting to say the least! Just when I thought it couldn't get any harder, we moved onto a variety of jumps, including pike jumps, toe touches and herkies.

We then watched Chloe and Hannah do a kick-line; picture the cancan but with sky-high leg kicks. It looked amazing, and has definitely inspired me to practice kicking that high. Next was the all-important dance routine. I really enjoyed this. It was fun, but it was also challenging staying in time with the counts. We practiced the routine several times. When I looked around everyone was taking it very seriously, as if they were actually auditioning to be a part of the prestigious Celtics Pom team. Thankfully, we didn't have to perform the routine individually in front of everyone. We had our photo taken and were videoed doing the routine in groups, something that no one should probably ever watch again! We did our all-important kick-line, and as I was number five and on the end, I anticipated that it could only go horribly wrong. I was right. We then had to choose our favourite jump to perform, and for someone who 'jumps' only out of fear, 'favourite' probably wasn't the word I'd have chosen. Nevertheless, I gave my best attempt at what I can only describe was an odd combination of them all.

I had a great time getting an insight into the world of cheerleading; the dance routines were exciting and the coaches were so enthusiastic, making even novices like me feel at home. Although, sadly, I've come to the conclusion that cheerleading is not for me. I wish the Pom team luck for the rest of the season. Go Celtics!

Five Ways To Get Fit On a Budget

Bea Warleta

Not everybody wants to pay £173 (at the least!) to exercise. The Edge can be expensive, and in the age of Instagram, with beautiful people drinking kale smoothies and working out twice a day, with abs you could grind cheese on and bums rounder than Kim Kardashian's, there has never been more pressure to be fit and healthy. Luckily, our Union has some great societies that can help you get the workout you crave at a student-friendly price.

Ultimate Frisbee

An extremely fun way to exercise. While they also regularly compete at a regional and national level, you are free to opt out of that and simply take part in their sessions only, or even take part in some of their beginner tournaments. Membership is £22 for the whole year, or £15 for one semester.

Sport for Non-Sporters

The perfect society if you want to get involved in team sports and exercise, but you're not quite into the competitiveness of the main sports teams. It's a fun way to keep fit and stay active, as well as the perfect platform for meeting like-minded people and socialising. The membership fee is just £20 for the whole year.

Cross Country

Whether you're a runner or not, this society accepts all kinds of abilities and is a great way to get into running. You can train as much as you'd like, and membership is only £15.

Squash and Racketball

With a variety of training sessions available for all abilities, this society is perfect if you want to exercise; whether you want to try out a new sport or you've been playing it for years. They also have regular matches,



Image: LUU Yoga Society

if you want to get a bit competitive. Membership is only £22 pounds.

Yoga Society

With all kinds of sessions, from Power Yoga to more meditation and breathing-focused yoga, this society is only £4 for students. Don't let the meditation side of it fool you though – yoga is a great workout that will leave your muscles aching for days, and will help you become stronger than ever, whilst still keeping you extremely relaxed.



Image: LUU Ultimate Frisbee

Black History Month: Inspiring Entrepreneurs

As part of Black History Month this October, LUU talks to three inspiring BAME entrepreneurs who have successfully set up their own start-up businesses. All at different stages of their careers, we talk to them about the enterprises they have worked hard to set up, how they felt their ethnicity has played a part in their success, and their tips on starting your own enterprise.

Busayo Longe is the Product Manager for Form Plus, an online form building company he cofounded while studying at University. Having lived and completed his undergraduate degree in Nigeria, he has recently graduated from a masters in Engineering, Technology and Business Management from the University of Leeds.

Hi Busayo, can you tell us a little bit about how you started your enterprise?

The idea for Form Plus started out as part of the Google Apps Developer challenge which we won for Sub-Saharan Africa. We didn't know how far it would go at that point but we saw people wanted to see more so we developed it further.

Having worked for an e-commerce company in Nigeria, I left to start my masters at Leeds University. In one of my lectures I found out about SPARK at the Careers Centre who then encouraged us to develop Form Plus further, so after I graduated I changed my visa to work here permanently. Now we have 1,200 users paying monthly and 50,000 free users creating forms for free every month, so we have a lot of interest!

As a black entrepreneur, in what way (if any) do you feel your background has played a part in your success?

It's strongly affected how far we've come. Form Plus came about due to the environment we grew up in, studied, and worked in. There's a great enterprising spirit in Nigeria and it was attending a course held by MIT in Nigeria that really exposed me to programming and the idea I could start my own company.

It's true there aren't always all the resources we should have in Nigeria but this has only strengthened my resolve to progress and get it done!

Have you come across many other young black or minority entrepreneurs who have set up their own businesses?

There are a lot of enterprises in Nigeria and a lot of external interest in what's going on there – Mark Zuckerberg recently invested \$24m in a Nigerian start up called Andela and came to Nigeria a few weeks ago to see what entrepreneurs were up to. He was really pumped by the energy he saw there – it's really contagious!

I think there are a lot of young entrepreneurs in Nigeria who will become really well known in the future.

What's the best thing about starting up and running your own business?

Getting the chance to try things and bring your ideas to life. It's true you don't have the security you might want and there's no guarantee it'll go well, but it's exciting! I didn't even imagine I'd be here working in the UK at this point so it's developed my ability to explore.

What would you say has been your biggest successes so far?

So far it would have to be that we're basically making double what we were last year.

Also the level of interest we have makes me very excited! We even had interest early on from the State of Colorado in the US to use Form Plus across their

institutions. Even though we were too small at that point to carry it out, the fact that there is that level of demand out there for our product pushed us to go further.

Any tips for student entrepreneurs looking to start up their own business?

It's a time to experiment, leave your comfort zone and give it a go. I had three start-up businesses before Form Plus in tourism and agricultural technology and even though these fell through it didn't stop me from facing further challenges. You learnt a lot from it, about yourself and about the world – so you just have to give it all you have!



Griselda Togobo is the Managing Director of Forward Ladies, a women's network which aims to unlock potential in professional women. She has also founded and manages Awovi, a business consultancy.

Can you give us a brief introduction to your enterprises?

Forward Ladies is the UK's leading women's business support organisation. It's the most diverse and inclusive network of its kind. My goal is to inspire women to achieve their goals.

What inspired you to set up your own business?

My mum. She had a number of businesses when I was growing up including a construction business and a textile factory and seeing her work hard to earn a living was inspiring. It's not something I realised at first but later on when I had kids, I realised I wanted to follow in her footsteps.

As a black entrepreneur, in what way (if any) do you feel your background has played a part in your success?

Minorities tend to stand out, but I see this as an opportunity. Businesses spend a lot of money trying to be different and stand out but as a minority you stand out by default – take advantage of this fact. It's something that drives me, when people come up to

me and say I am a role model as a successful black female entrepreneur, this feedback inspires me to achieve more.

Some people do feel disadvantaged and don't get the same opportunities, but I choose to see it in a different light. I can't control how people act but I can choose how I react, and I choose to see it positively. Just focus on what you can control and what you can achieve.

Have you come across many other minority entrepreneurs who have set up their own businesses?

I see a lot of female entrepreneurs from minorities. Statistics show that women from minorities are now one of the most enterprising groups in the UK. They don't often get the same level of support or visibility, but black women are some of the most entrepreneurial women.

What challenges have you come across?

I bought Forward Ladies from a very well-known and successful woman who had a big personality and stepping into someone else's footsteps and making your own mark was very challenging in the beginning.

Any tips for entrepreneurs looking to start up their own business?

It's always a scary idea in the beginning if you're

thinking of starting your own business, but until you take that leap you'll never know. Once you do, things will start to come together.

For students I would say that starting your own business now is more viable. You have no mortgage, no commitments, you can start any venture. You're young, resilient and full of energy – there's no time like the present!



Scientists of the year 2016: A Guide to the Nobel Prize

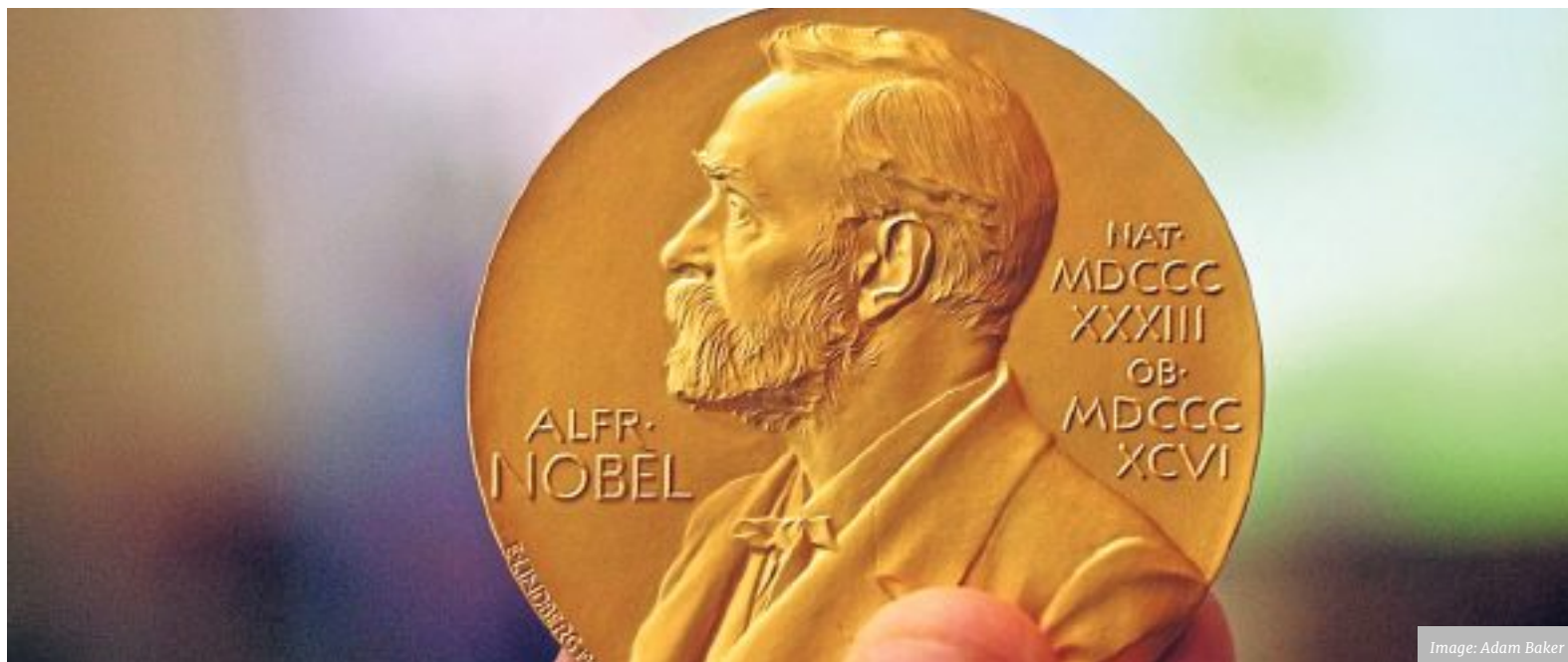


Image: Adam Baker

Louise Müller

When Swedish scientist Alfred Nobel died in 1896, his will declared that his entire fortune should be used to reward the scientists who contribute “the greatest benefit on mankind”. Henceforth Nobel Prize Laureates are announced in October each year and outstanding scientists are rewarded for their significant contributions to helping us better understand the world we live in. So what new discoveries have been deemed worth of award this year?

Award: Physiology or Medicine

Who? Professor Yoshinori Ohsumi, Cellular Biologist, Tokyo Institute of Technology, Japan.

What? For his discoveries of mechanisms for autophagy.

Why? Autophagy, or self-eating, is a mechanism by which cells recycle internal components which are no longer functional. Large proteins and worn-out organelles are engulfed by autophagosomes inside the cell, broken down and converted into energy. Professor Ohsumi first discovered the mechanisms of autophagy in yeast cells through a ground-breaking experiment. By blocking the final steps of degradation and simultaneously stimulating autophagy, Ohsumi could visually see autophagosomes accumulate inside his yeast cells. Later, he showed that these mechanisms are also essential for human cell survival. Autophagy has since been implicated

in many diseases, including cancer, Parkinson’s and diabetes; therefore Professor Ohsumi’s findings have formed the basis for much of today’s research trying to find drugs which target autophagy to treat these diseases.

Wise words: “I don’t feel comfortable competing with many people, and instead I find it more enjoyable doing something nobody else is doing. In a way, that’s what science is all about, and the joy of finding something inspires me.”

Award: Chemistry

Who? Jean-Pierre Sauvage, University of Strasbourg, France; Sir Fraser Stoddart, Northwestern University, USA; and Bernard L. Feringa, University of Groningen, the Netherlands.

What? For the design and synthesis of molecular machines.

Why? How small can you make functional machinery? By chemically altering bonds and structures, this year’s Laureates have managed to link together molecules in such a way that they can function as nanomachines, responding with mechanical movements to a relevant input. The three scientists each created a new kind of molecule that would form the basis for functional nanomachines. Sauvage invented a new method for linking together various molecules in chains (catenanes); Stoddart created rotaxanes, a ring-shaped molecule attached to an axle and Feringa manipulated the random spin of molecules to create the first molecular motor (and in 2011 also used

this to build a nanocar). Together, these molecules form a toolbox which is used today to develop increasingly advanced constructions, such as robots, batteries and drug delivery vehicles, believed to form the industrial revolution of the 21st century.

Response to the good news: “I don’t know what to say. I’m a bit shocked, I’m honoured and emotional” *Prof. Feringa*

Award: Physics

Who? Three Brits now working at acclaimed American universities: David J. Thouless, University of Washington, USA; F. Duncan M. Haldane, Princeton University, USA; J. Michael Kosterlitz, Brown University, USA.

What? For theoretical discoveries of topological phase transitions and topological phases of matter.

Why? This is where it gets really mind-boggling. Topology is the study of a physical space which remains the same irrespective of a deformation such as stretching or bending. The Nobel Committee took to pastries to explain further; if you compare a cinnamon bun, a bagel and a pretzel you could say they are all different, have different shapes and flavours, but to a topologist the only interesting thing about these shapes are the holes (or absence of them, as in the case of a cinnamon bun). The number of holes in a pastry would be referred to as the topological invariant. This year’s physics laureates have used topology to describe the properties of materials in extreme phases, such as in extreme cold. They showed that materials with

a ‘pretzel topology’, i.e. more holes, will always have greater conductivity than materials with the ‘bagel topology’. This becomes important in explaining the properties of various materials and also in identifying new materials with special properties such as topological superconductors and topological metals which for example may be used in future generations of today’s electronics.

Response to the good news: “I’m a bit British, or phlegmatic, about these things, so I didn’t faint or anything” *Prof. Haldane*

A topology joke: Q: What is a topologist? A: Someone who cannot distinguish between a doughnut and a coffee cup.

The Peace Prize was awarded to the Colombian President Juan Manuel Santos for his efforts to end the civil war which has been tearing Colombia apart for over 50 years.

The Prize in Economic Sciences was awarded to Oliver Hart and Bengt Holmström for their contributions to contract theory.

Bob Dylan was awarded the Nobel Prize for Literature “for having created new poetic expressions within the great American song tradition”.

In addition to the 8 million Swedish kronor (£739,680) and a handshake with the Swedish king, the prestigious prize also includes having your portrait painted, an 18 carat gold medal and a visit to the iconic Vasa Ship museum in Stockholm.

Anti-sceptic: the truth behind germs

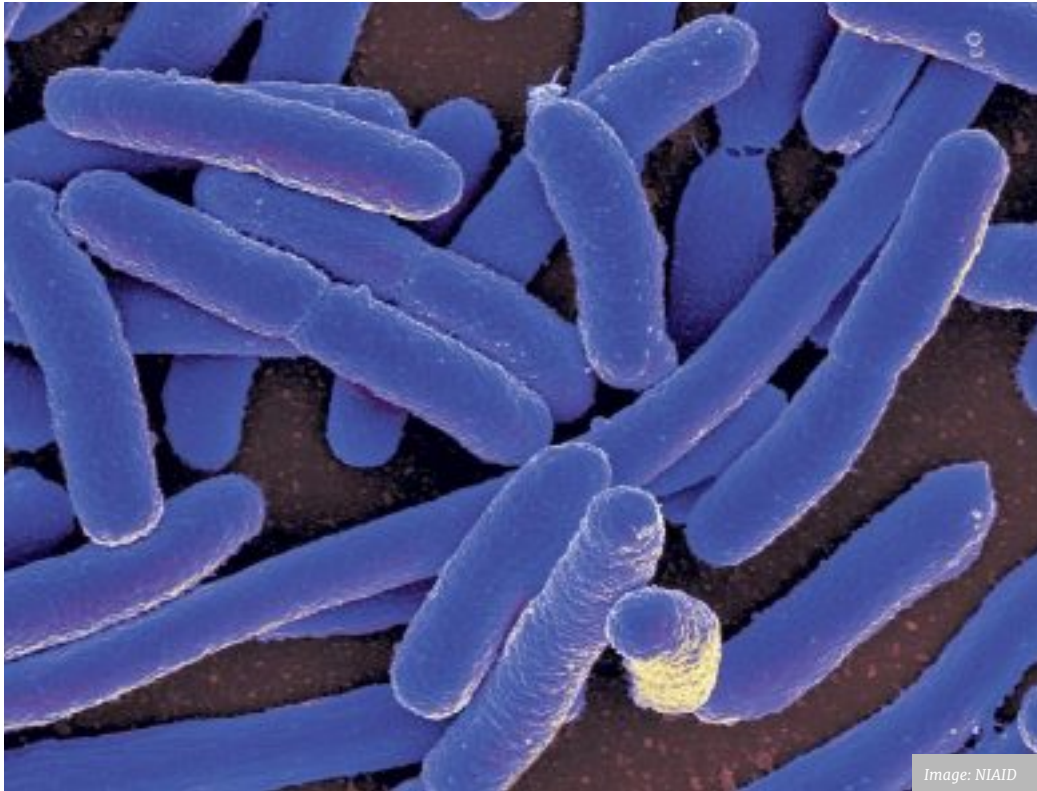


Image: NIAID

Michelle Heinrich

Sometimes we do not know what is best for us. Many of us have been told that the cleaner, the better. Recent studies have shown the opposite to be true. Germs, including bacteria and viruses, can be found everywhere: in our hair, on our skin and in our gut. This is not necessarily a bad thing and not all bacteria are a threat to our health. This common misconception can make it difficult for people to understand that a high degree of cleanliness isn't always in our best interest. Reduced exposure to germs early in life might lead to an increased risk of developing allergies and asthma, some researchers claim. Looking at the Hygiene Hypothesis in more depth and discussing new research in recent years, you should decide for yourself if you feel "too clean".

What is cleanliness? We can take the absence of bacteria, or pathogens in general, as a broad definition of cleanliness. As such, the closest we can get to a perfect state of cleanliness is a sterile environment but this is not always in our best interest. A sterile environment is essential in the medical field but not in average, daily life. We have this perception that we have to shower and wash our hair daily or at least frequently, which may actually be more often than our bodies require. Nature has gifted our skin with a massive number of beneficial bacteria and natural oils. These bacteria reside on the surface of our skin to fight pathogenic organisms that want to attack the human body. Every time we take a shower, we wash off the harmful, pathogenic but also the beneficial bacteria. Frequent showering also leads to dry skin and can cause cracks that pathogens can use as a breeding ground. Researchers currently advise that it

is best to shower around four times a week and when we do, use shower gel sparsely.

You might have also heard that little exposure to viruses and bacteria early on in childhood can increase the risk of developing asthma and allergies. Several researchers have studied this topic after allergist-immunologist Dr Holbreich first suggested this theory in 1989. Holbreich noticed that Amish children had fewer allergies than children in the suburbs of developed countries. In order to support his "Hygiene Hypothesis", he tested Amish children and children from the city by using a skin experiment used to identify someone's allergies. 50% of children from suburban areas reacted positive to the allergy skin test, but only 7% of Amish children did. Based on these results, Holbreich suggested that since Amish children live in rural area such as farms, drinking raw pasteurised milk and increased exposure to animals – especially horses – helped to prevent allergies and asthma. In general, the average child in a developed country has less exposure to these factors. It is of course not possible to prove this hypothesis comprehensively but it does highlight the fact that we should rethink our relationship with cleanliness.

As you can see, there is a lot to say about cleanliness and whether we might take it too serious. Yes, it is important to have clean water and yes, it is important to have a certain level of cleanliness, but we might be better off taking a step back on our cleaning habits. If you have children, or will have children in the future, it might be worth thinking about letting them "play in the dirt" at playtime to let their immune system get used to the environment that our body isn't immune to from birth.

What's new in Science?

- Scientists from the University of California have been pondering the question of whether future Martian explorers will be able to remember any of it after considering a phenomenon called "space brain". The scientists have found that exposure to high energy charged particles – like those found in cosmic rays – could cause long term brain damage resulting in cognitive impairment and dementia.

- Research from Cornell University suggests that, as a consequence of the warming Earth, the chance of a megadrought (lasting more than 35 years) in the American Southwest has risen to a 20 to 50% chance in this century. By working to reduce greenhouse emissions, these chances can be cut in half. "Megadroughts are rare events, occurring only once or twice each millennium. In earlier work, we showed that climate change boosts the chances of a megadrought, but in this paper we investigated how cutting fossil fuel emissions reduces this risk," said lead researcher Toby Ault.

- Using data from 10 years of medical tests with over 2,700 patients, researchers at Johns Hopkins Medicine have concluded that calcium supplements may raise the risk of plaque build-up in arteries and lead to heart damage. A diet in calcium-rich foods seems to protect from such risks. The researchers urge people to seek medical advice before taking any such medication.

- Just when you think you may have seen it all, new research from the University of Cambridge has revealed that mice court each other with ultrasonic love songs that are inaudible to the human ear. The study has revealed that the mice produce these high frequency sounds in a mechanism that was previously only seen in supersonic jet engines.

- As the Juno spacecraft made its first orbit around Jupiter, it recorded radio emissions from the planet's huge aurorae at a distance of 2,600 miles. After converting these emission recordings into sound files, the team described the sounds as "haunting". This research will help to understand how Jupiter has such an energetic atmosphere and how charged particles are accelerated to form the phenomena.



Image: NASA/JPL

Delight in Dublin for Van Gerwen

Luke Etheridge
Darts

PDC number one Michael van Gerwen recovered from his defeat in September's Champions League of Darts in the best way possible in Dublin, winning his third World Grand Prix title. The Dutchman averaged 100.29, the best ever in a Grand Prix final, as he defeated reigning World Champion and world number two Gary Anderson 5-2, to win his twenty-first title of 2016.

Van Gerwen had the advantage of throwing first in the final, and made the most of this as he managed to prevent Anderson from getting a leg in the first set. This tournament is unique on the PDC circuit, as it requires a double to start the leg as well as the usual double to finish. This is where Anderson struggled the most, failing to score with his first eight darts at one point in the second set. This opportunity was seized upon by 'Mighty Mike', who doubled his lead in the match.

The third set started much better for Anderson, appearing in his first ever Grand Prix final, as he threw a 12-dart leg to break van Gerwen's throw. This advantage was short-lived, with MVG throwing an 11-dart leg of his own to put the set back on throw, before a checkout of 70 gave him his third leg in a row and a three set advantage. The fourth set was much better from Anderson's point of view, with the 45 year old Scotsman winning all three legs to close the deficit to two sets.

Both players suffered double trouble in the fourth leg of the fifth set, with a combined eight darts missed to win the leg before Anderson hit double 10. However, he failed to score with his first six in the next leg, allowing van Gerwen to move one set away from the title. Anderson won the next four legs to take the sixth set and move a leg up in the seven against the darts. However, the Dutchman's clinical scoring and finishing turned the set around, winning the title with a 160 checkout, the highest of the match.

Although the tournament ended with the top two seeds facing off in the final, there were a number of upsets over the seven days. Eleven time champion Phil Taylor was knocked out in the first round for the second year running, with Steve West repeating what Vincent van der Voort managed 12 months earlier, with West being defeated by Daryl Gurney in the last 16. Gurney had himself caused a mini first round shock, beating the inform Mensur Suljovic from one set down. Former finalist and five time world champion Raymond van Barneveld had an average 2016 so far, dropping out of the top 10, but he was back to his best in beating Mervyn King, Adrian Lewis and Benito van de Pas before being beaten by Anderson in the semi-finals. Anderson will be hoping that he can go one better at the Alexandra Palace in January, as he aims to become only the third man to win three consecutive world titles. Van Gerwen, on the other hand, will be hoping for his second Ally Pally crown to further cement his place as a dartsing great.



Image: Getty Images

Athletes on the defence over drugs

Zoe Thresher

2016 seems to have been a revealing year for drug scandals in the sporting world. From Lance Armstrong's prolonged cheating, to the exposure of the Russian Olympic squad, will athletes ever learn to stay clean?

In the final months of 2015, Tyson Fury became the third man to beat Ukrainian, Wladimir Klitschko, to win the unified WBA, WBO and IBF heavyweight championships. Despite this achievement, his victory was somewhat clouded by allegations proving that he tested positive for a banned performance enhancing drug called nandrolone. Nandrolone's effects mimic many of the same physiological responses that anabolic steroids do, including muscle hypertrophy and quickened muscle recovery, therefore being able to train harder for longer. Not only did Fury test positive, but so did his cousin Hughie, with both claiming that they were "baffled" by the allegations. Tyson Fury has also tested positive for cocaine, and has been stripped of his boxing license while this is investigated.

Maria Sharapova, however, poses a slightly more controversial case. Having used a substance called meldonium for the last ten years for medicinal reasons, it has since been added to the list of banned substances from January 2016. Sharapova uses this drug to treat lack of blood flow as she is at a disadvantage to her competitors without it. However, there have been recent allegations that suggest athletes have been abusing the substance in order to

have physical performance enhancing effects, hence it being newly banned. The drug enables athletes to endure performance, enhance central nervous system functions and improve rehabilitation post-exercise. Since the discovery of Sharapova's drug use, she was handed a 2 year ban, which was reduced to 15 months on appeal.

Bradley Wiggins has recently denied that he and his doctor, Geert Leinders, had any involvement in using a banned steroid substance to treat allergies. Wiggins himself says that his use of drug triamcinolone was completely approved by the cycling governing bodies before three of his major races. This information was only revealed when Russian hackers leaked data from the World Anti-Doping Agency system and published it online themselves. This is a similar case to Fury, whose speculations were publicised before the case was complete. In the situations of Sharapova and Wiggins there is certainly some confusion of what are moral intentions of drug use are and what WADA considers to be abusing the guidelines of sport.

In light of this, is it fair to consider that WADA may sometimes be too harsh? Lizzie Armitstead was pulled up prior to Rio 2016 for missing three drug tests within 12 months. For this, she was given a two-year drug ban. However, following emotional interviews and appeals to WADA, the Court of Arbitration for Sport upheld her cry for appeal. Armitstead was on the verge of tears in interviews in the run up to the Olympic games, emotions that she had to put to the side as she stepped up to race in Rio. With drugs testing becoming more and more prominent, this is likely to be a story that carries on for many months.



Image: Getty Images

'There's definitely too much money in the professional game'

As the Premier League gets richer, it is no surprise that teams in less developed nations struggle to fund facilities. One such nation was Pohnpei in the Pacific Ocean, and *The Gryphon's* James Felton spoke to former coach Paul Watson, about how he made the transition from football journalist to international management in Micronesia.

You studied Italian at Leeds. What do you remember from your time at Leeds University?

It feels like a long time ago now! I definitely still have really good memories of my Erasmus year in Verona and I met a lot of amazing people at Leeds – I'm still good friends with some of them now.

You then became a journalist for Channel 4 on Italian football, what advice would you give to budding journalists?

The football journalism industry is changing fast and, if anything, getting much harder because there's so much free content out there and sites are struggling to make money so jobs are tough to find. I would advise journalists to find a topic they are passionate about and start getting their work out there, even if they have to work for free quite a lot to start with. It also doesn't hurt to have a niche. For example, there are always thousands writing about the Premier League, so I had an easier time because there weren't as many journalists in the UK who spoke Italian.

You – and Matt Conrad – initially attempted to become international footballers, but this did not

materialise. Instead, you became a coach of the international team Pohnpei in Micronesia. What motivated you to pursue this pathway?

The playing idea was in a way somewhat of a joke, a bit of a drunken idea that gets cooked up between mates (although we were actually sober at the time), but when we had the chance to meet the man who'd run football in Pohnpei for a decade he said that there was no team but a desperate need for organisation and coaching. As soon as we heard this, the project became more serious and worthwhile – we were clearly under qualified but the idea of re-starting a whole national football programme from the ground up was something I couldn't refuse.

You later wrote a book about this experience, called *Up Pohnpei*. The Big Issue described it as a 'refreshing counterpoint to the commercial excesses of the English Premier'. Would you say there is far too much money in the English game?

There's definitely too much money in the professional game, but things can't go back now. I think a lot of people are gravitating towards local non-league teams or lower league teams to find a type of football that they can still relate to. In my opinion what's so valuable about football is how teams relate to their communities, how they create an identity and bring people together – as soon as you have a group of teams owned by oligarchs whose players would move overnight if they were offered more money, you've lost the heart of the game.

In a review of your book, Amazon wrote that '[Pohnpei has] a population whose obesity rate is 90 percent and [their] toad-infested facilities [are] in one of the world's wettest climates'. What were the hardest challenges of this adventure?

The weather was certainly a tough challenge. More or less every day it would rain suddenly, as if the world was ending, which made it hard to play tiki-taka football! There were no indoor football pitches so we just had to deal with it and alter our playing style accordingly! The conditions were always ramshackle – we painted the pitch with house paint for the league games (which washed off) and for the final of the cup the floodlights blew so everyone had to park their cars alongside the field and put the headlights on. There's not much encouragement for young athletes on the islands so many turn to drugs, like the local narcotic sakau, which acts like an anaesthetic. It was tough to convince people that you could make something of yourself through sport.

You are currently fundraising so that Bayangol FC

[Paul's Mongolian side, which he owns] has enough money to run for the remainder of the 2016 season. In your fundraising ad, you state that "As a club we stand against discrimination and corruption and have tackled both head on". What, then, do you make of the recent corruption scandal in England, which caused Sam Allardyce to be removed from his post as England manager just 67 days after being appointed?

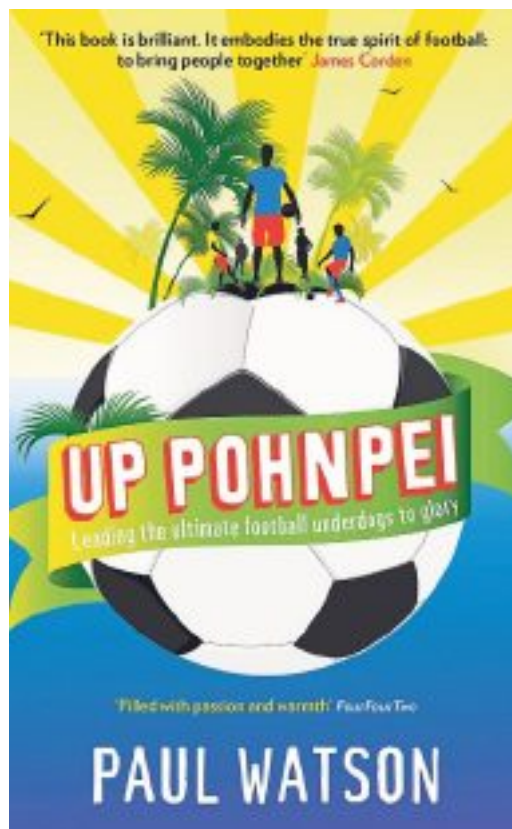
To be honest it didn't come as that much of a surprise. I'd say a significant percentage of managers would've done what Allardyce did, especially if their advisors gave it the go-ahead, there's just such a culture of pushing and bending the rules, the greed is incredible. I guess like most industries football is all about who you know and the people at the top usually have good enough connections to get away with more or less anything.

What can be done to combat the homophobic, sexist and racial discrimination, which is still prevalent in football?

It needs to be addressed properly and education at all levels is crucial. Players at all levels need to be accountable for their actions and to develop as players knowing there's no place for homophobia, racism or sexism in the game. There has been some progress but it was farcical that FIFA decided its Anti-Racism task force had done their job – that's exactly the kind of attitude that prevents any change. I'd say that one of the biggest dangers at the moment is the feeling that especially racism but also sexism and homophobia is a thing of the past just because it's not as explicit as it was in the 80s – there's still a massive problem, for example, the lack of black managers at the higher levels of the game and the absence of any openly gay players.

An awful amount of time and effort of your coaching career has been motivated by your desire to promote football as a way to bring about social change. Do you think football could do more to promote social change, especially in light of the vast amount of money in English football? Does the Premier League have a duty to make this happen?

I think football can do so much more in general to enable positive social change, but the Premier League has its own agendas. However, there are loads of amazing projects that I admire all over the world that are doing truly inspirational things with football and for all the bad there will always be many more good people in the game.



Nervous Ending as England Win

Thomas Lambton
Cricket

An England series victory, the outcome most fans and pundits alike would have been expecting. Yet, if there was ever a series that demonstrated just how far Bangladesh have progressed as a cricketing nation, this was it. Indeed, were it not for their extraordinary batting collapse in the 1st ODI in which they slipped from 271-4 to 288 all out, chasing 310, the outcome would have been very different. In truth though the series was decided in terms of which team could handle the pressure. This was England, who showed exactly why they have become such a force in this format despite the absence of their captain Eoin Morgan and opening batsmen Alex Hales, who both withdrew sighting security concerns.

In the first match of the series a Ben Stokes inspired England compiled a commanding total of 309. Stokes' maiden ODI century provided further evidence of his advancing maturity. He arrived at the crease with England struggling at 66-3, yet he calmly set about rebuilding the innings and through a magnificent partnership of 153 with the impressive debutant Ben Duckett, he ensured that England were in a strong position. A partnership of similar proportions between centurion Kayes and Shakib, however, appeared to have secured the victory for the hosts. Jake Ball and Adil Rashid dramatically swung

the match in England's favour as Bangladesh's lower order suddenly cracked under the pressure. Ball, on his debut, was particularly impressive.

After a defeat of this manner, England may have expected the rest of the series to be somewhat of a forgone conclusion, particularly when the hosts were teetering at 169-7 during the 2nd ODI in Dhaka. Bangladesh responded admirably and after a fine partnership between Mortaza and Mahmudullah, propelling the hosts to a competitive total of 238, England's batsmen struggled as they were dismissed for 204. The day belonged to Bangladeshi skipper Mortaza who, after batting so well, ripped through England's top order, picking up 4 for 29. England's captain, Jos Butler, also performed well with a battling 57 – yet he received little support as England's batsmen struggled on a slow pitch. Butler later bemoaned the lack of aggression, which has become such a feature of England's recent ODI success, in chasing what was a very attainable target.

The series was therefore level at 1-1 as the teams headed to Chittagong for the final ODI. All bar one of Bangladesh's top 5 made scores in excess of 40, which propelled them to a strong total of 277-6 off their 50 overs. For a young and inexperienced team, such a run chase may have appeared daunting, yet England went about chasing the total assuredly as Duckett and Billings compiled excellent half-centuries. There was a minor collapse as England lost both Butler and Ali in quick succession, however the tourists held their nerve to complete a fine series win. Next-up, England have two back-to-back warm up games before the test series which starts on the 20th October.



Image: Sporting Life

Wigan Tame the Wolves in Final

John Gibby
Rugby League

Warrington Wolves' 61 year wait to be crowned domestic champions will continue after they fell to defeat at the hands of Wigan Warriors in the Super League Grand Final at Old Trafford last weekend. Despite winning the League Leaders Shield and being ahead at the end of the first half, The Wire were eventually undone by the dogged determination of the Warriors, who relied on a fine performance from Liam Farrell and the Rugby Union Premiership-bound Josh Charnley to fight back in the second-half to take the spoils by 12 points to 6.

Three-time Champions since the Super League was created in 1996, Wigan started the game in spritely fashion with Matty Smith's penalty goal after eight minutes, putting the Cherry and Whites in front. Josh Charnley previously thought that he had increased the advantage with the first try of the game, only to be denied by the video referee due to a forward pass from Anthony Gelling. The first try ended up going to Wire, when Declan Patton went over, converting the points himself to give his team a four point lead. Those were the final additions to the score-line in the first half, but Warrington continued to ask questions of the Warriors' defence, and were the deserved leaders going into the break.

The second-half looked more promising for Wigan, and in the end it was just two short minutes that changed the complexion of the entire final and ultimately determined the Super League Champions

for 2016. Ryan Atkins effort to add to Warrington's lead in the 54th minute was adjudged to have come loose and was taken off by the referee. Moments later, Oliver Gidart snuck into the opposite corner for Wigan to add four more points for the Warriors and score the 100th try in the history of the Grand Final. Smith missed the conversion but in the end it didn't matter; the departing Charnley carried their team's second try of the match to make the score 10-6. After that, Warrington never looked like getting back into it. Smith redeemed himself for the two previous missed conversions with a textbook penalty and the game

was closed out at 12 points to 6.

All things considered, Wigan probably deserved their win, despite it not being a vintage performance from the Cherry and Whites. It felt appropriate that Josh Charnley concluded his Rugby League career with a try in a Grand Final which contributed to his side's victory. For Warrington, it was a case of close but no cigar once again. It feels like the Wolves must be closing in on a Super League trophy before too long, but for now it's Wigan's time – they've put in the hard work, and they can revel in their successes until it all begins again next year.



Image: Wigan Warriors

Mixed emotions for badminton teams

Ryan Wan
Badminton

Leeds University hosted three teams on Wednesday to kick off the first series of matches for this season's BUCS league. The Women's 1sts faced the Birmingham 1st team in the Premier North, while the Women's 2nds were pitted against Huddersfield's 1sts in Northern 2B and the Men's 3rd came up against Sunderland 2nds in Northern 5B.

Unfortunately, before the first match had begun, one of the 1st team players became unavailable, meaning they had to call up a player from the 2nds to fill the Singles 2 slot. Both of the first round singles matches were won by Birmingham in two games, but the reality was that it was a far closer affair. Leeds were very unlucky not to take the first match to a third set with great defence around the court keeping them in the match, but a few shots marginally wide of the line resulted in Birmingham narrowly winning the second game 19-21.

The first doubles game was arguably the match of the day with Leeds coming out of the blocks strong, winning the first game 21-17. However, Birmingham took the next game, tying the match up and bringing it down to the third and crucial final game. Leeds fought hard in the last game, but Birmingham were as equally determined, resulting in a 20-all deadlock, which meant that two clear points were needed for victory. Despite a valiant effort from Leeds, Birmingham managed to secure these two points to end the match.

By the time the last match was to be played Birmingham had already won, although, this did not

stop the diehard attitude of the second doubles pair in representing their University. Similarly to the first singles match, they also had a chance to take the match into a third deciding game, but again narrowly missed out 18-21.

In a reversal of fortunes, the Women's 2nds and Men's 3rds managed to record easy victories against their respective opponents. Sunderland managed very few points against a far superior Leeds with their players cheering like they had won the lottery whenever they managed to win a point. One of the Sunderland players even managed to forget his sportswear and instead played in his jeans. Unsurprisingly, the Men's 3rds managed to beat the Sunderland 2nd team 8-0.

The Women's 2nds recorded an identical result, whitewashing their opposition as well. The performance of the day – from any of the sides – undoubtedly came from Hannah Charlton with a dominant singles display where she only dropped one point in the first game to win the match 21-1, 21-0.

It was, therefore, a mixed bag of results for the badminton teams, but there were plenty of positives to build upon for the remainder of the season. Indeed, both the Women's 2nds and the Men's 3rds start to the season is extremely promising after managing easy victories against both of their opponents, whilst the 1st team score seemed harsher on paper than it was in reality. They will no doubt face plenty more stiff competition throughout the year, since they are in the top Northern conference, but the same attitude and some better luck will definitely lead to better results for Leeds.



Image: 1610Trinity



BUCS fixtures 19th October

Full fixtures and results at bucs.org.uk

Badminton Mens 1st vs Liverpool 1st: 2pm, The Edge

Badminton Mens 2nd vs Northumbria 1st: 2pm, The Edge

Basketball Mens 1st vs Sheffield 1st: 5.30pm, The Edge

Basketball Mens 3rd vs Huddersfield 2nd: 7.30pm, The Edge

Fencing Womens 1st vs Nottingham 1st: 2pm, The Edge

Football Mens 3rd vs Leeds Beckett 4th: 1.30pm, Sports Park Weetwood

Football Womens 3rd vs Durham 3rd: 1.30pm, Sports Park Weetwood

Hockey Mens 1st vs Leeds Beckett 1st: 5pm, Sports Park Weetwood

Hockey Womens 3rd vs York 2nd: 1.30pm, Sports Park Weetwood

Lacrosse Mens 1st vs Northumbria 1st: 2pm, Sports Park Weetwood

Netball Womens 2nd vs York St Johns 1st: 5.30pm, Gryphon Sports Centre

Netball Womens 4th vs Northumbria 3rd: 3.30pm, Gryphon Sports Centre

Rugby League Mens 1st vs Northumbria 1st: Time and venue TBC

Rugby League Mens 2nd vs Leeds Beckett 2nd: Time and venue TBC

Rugby Union Mens 1st vs Nottingham Trent 1st: 2pm, Sports Park Weetwood

Squash Mens 2nd vs Northumbria 1st: 3pm, Gryphon Sports Centre

Squash Mens 3rd vs Durham 3rd: 1.30pm, Gryphon Sports Centre

Table Tennis Womens 1st vs Newcastle 2nd: 2pm, Cromer Terrace

Tennis Womens 3rd vs Edge Hill 1st: Time and venue TBC

Leeds University 62-50 Sheffield



Image: James Felton

Uni on target against Yorkshire rivals

James Felton
Men's Basketball 2nd

As the opening round of BUCS fixtures got underway, there was joy to be found for the Men's Basketball second team as they beat local rivals, Sheffield, in an extremely competitive affair. Leeds went into the game knowing they won last season's fixture against their opponents 76-66 and hoped to emulate this performance, or the result at least. Team-work, strong defence, quick counter-attacks and camaraderie were just some of the many qualities shown by the Leeds side, which bodes well for the rest of the season.

Pooyan Khalili got the first points on the board for Leeds, in a first quarter which was, in all honesty, quite nervy. Not surprisingly, since the players are still getting to know each other and adjusting themselves back into the University season, the first period saw, from both sides, some stray passes, some easy fouls committed and several missed opportunities. The aforementioned Khalili scored a wonderful triple throw to reduce Sheffield's lead to 11-7 after just seven minutes. However, after a sublime triple of their own, and a speedy counter-attacking move, the away side took a 16-12 lead as the first quarter of the match drew to a close. There was, naturally, a long way to go in the encounter.

The second quarter was, however, a turning point

for the Leeds outfit. The introduction of Jordan Davis seemed inspirational, as he composed himself for a fantastic three pointer to reduce the lead to 15-17. The home side started to put huge pressure on Sheffield. This quarter saw the Leeds duo, Scott Fisher and Jordan Davis, start to give Leeds the advantage. A fantastic solo effort from the latter made the score 26-28, before the former made it 28-28, in a match that Sheffield had perhaps slightly dominated up until then. Pooyan Khalili then scored two points of his own to make the half-time score read Leeds 30-28 Sheffield. The big question, could the Gryphons keep this excellent play up?

The second half began in excellent fashion as Captain Niall Murphy scored a solo effort to increase the lead to four points. The substitutes were cheering from the side-line, giving all their support, this was clearly a side with an abundance of teamwork. Sheffield, however, pulled back to put the game on a knife's edge at 34 apiece. Jordan Davis, characteristically, scored a brilliant triple, and, after three missed attempts, John King scored two points to give the home side a five point lead before a Time-Out was called. This was in order for the coaches to give their tactical analysis, and any bit of encouragement which could make that small bit of difference. Leeds were, at this point, very much in the ascendancy. The third quarter ended magnificently for the home side: a fantastic couple of

points for King, before a fantastic run from Fisher to assist King. An outstanding composure from one of the stars of the match Jordan Davis meant Leeds went into the final quarter with an eleven point lead as the score stood Leeds 47-36 Sheffield.

Sheffield did not give up without a fight, although at this point in the match it did seem quite likely that Leeds would be the victors. A late mini-resurgence from Sheffield meant that at one point they fought back to make it Leeds 52-49 Sheffield. However, everything Sheffield did, Leeds did too. It was like a game of poker. They matched us, and we raised them. With just two minutes left on the clock, the score was 56-49. King scored two decisive points to increase the lead to nine points, and from then on, the game was clearly over. Eventually, Leeds would score a few more points to make it finish 62-50.

This was, in the end, a relatively comfortable win, but easily could have gone either way. The facial expressions on the player's faces said it all really. Leeds were ecstatic at the prospect of winning their opening game of the season, whilst Sheffield were disappointed that they did not do more to take the win. Unfortunately, these tight margins are the way sport works, especially in such a close and competitive sport as basketball.