



## Thousands March Against Tory Education Bill

Over 15,000 students and lecturers campaigned against the proposed changes

Ian White  
Euan Hammond

Last Saturday, thousands of students and lecturers from across the UK travelled to London to oppose imminent government changes to Higher Education. The march from Park Lane to Parliament Square was followed by a rally including speakers such as the NUS president, Malia Bouattia, and the prominent left-wing writer and journalist, Owen Jones.

When asked why they were marching, protesters gave a wide range of answers. Many were angry about the new Higher Education Bill and its implications for university students and staff, others wanted a reverse to the cuts in college funding set to be implemented during the course of the current Parliament. A

few were even calling for nothing short of a Marxist revolution, but chants of "One solution, Revolution" gained little traction in the crowds compared to old favourites, "What do we want? Free education," and, "Oh when the beans come out the tin".

Perhaps the most controversial element of the Tory bill is the implementation of the Teaching Excellence Framework (TEF). The new framework will create a university league table based on ratings for teaching quality. However, critics of the bill have raised concerns over which statistics will be used to decide gold, silver and bronze ratings, worrying whether pure figures can provide an accurate representation of all universities.

Predictions of which institutions will come out on top are surprising, with

many speculating that even Oxford with its world-famous reputation may not be guaranteed a gold-medal status under the new rules. LSE, Liverpool and Bristol are also expected to score poorly. Bristol Vice-Chancellor, Prof Hugh Brady commented: "UK institutions have a superb reputation worldwide, and it would be a shame if the government were to damage that through an inappropriate use of metrics."

A recent *Guardian* survey found that Russell group universities were less than on-board with the new bill. Only six of 20 have agreed to participate in the TEF, while potential remains for a large-scale boycott amongst those refusing to comment. The University of Leeds has as yet given no indication that they will take part in any boycott.

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## Quote of the Week

*It'll be interesting to see how Cars 3 addresses the fact that Mater is almost definitely a Trump supporter*

Fred Delicious

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# Editor's Letter:



Dear Students of Leeds,

It's been a tumultuous week for the media across the pond in America, a week that has caused many in the industry to stop and think about their role in society. Donald Trump has always had an uneasy relationship with media outlets in the US, and this week the President-elect organised a series of meetings to assert his dominance over these platforms.

Firstly he summoned all major News networks to Trump Tower to give them a serious dressing down for what he referred to as the 'deceitful, dishonest media' who 'got it wrong'. He later organised a meeting with *The New York Times* (amongst much grumbling and drama) where he complained of their 'rough' coverage of him but stressed his desire for a more positive relationship going forward. It's really worrying to see the President directing media representatives to his every beck and whim. It's important, now more than ever, that the media maintains an unbiased independence, able to challenge such an unaccountable and untransparent figure.

Trump already seems to be predicting (plotting?) the demise of certain institutions, as he constantly refers to *The New York Times* as 'failing', with the *Washington Post* and *Time* having also come under fire. However, Trump's near obsession with the news outlets, and his desire to weaken their resolve, shows just how much power the media actually has, and how much of a key player they were in this election. Trump, among many others, constantly complained of an election 'rigged' by the media and while their complaints often rang out like the wails of a bad loser, the media must acknowledge the power it has to sway public opinion and

the responsibility that comes with it. The media coverage of Trump was overwhelmingly negative, and often failed to take him seriously, but what the media seemed to fail to grasp was that simply by giving him so much air-time they were aiding his campaign. The old adage of 'No publicity is bad publicity' could easily be replaced with 'Bad publicity is good publicity' in this election. His policies, although outrageous and controversial, were broadcast everywhere, and the negative media attention merely added further martyrdom to his cause. Even now I bet you could recite a number of Trump's proposed policies; his plans to build a wall, to ban Muslims entering the country, to remove the US from climate change deals – but how many of Hillary Clinton's policies could you tell me?

As a newspaper editor, even though very far removed from the US elections, I encountered similar problems. We had students queuing up to have their say on Trump, on his policies, how he rose to fame, who voted for him – and it's such a shame we didn't see as much interest in Hillary Clinton. Trump may have set a trend for the future; in this post-truth age, it seems that grabbing the headlines with the most controversial policies is the way to win an election. As representatives of a free and democratic media, we must work collaboratively to ensure that this does not happen. Donald Trump's election has actually seen a strengthening of independent media, with *The New York Times* seeing a vast increase in donations after the result was announced. It's reassuring to know that amongst all the fear and biting political controversy this election has produced, people still crave the unbiased truth, and as the media we must make sure we're able to provide that.

Jessica Murray  
**Editor-in-Chief**  
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→ Continued from front page

The diversity of issues the protesters hoped to raise was also reflected in the range of slogans on the placards they were carrying, such as 'Cut War Not Welfare', 'End Islamophobia', 'No to Trump', 'Fight for Socialism', 'Tories Out' and the quaintly British, 'Stop Being Silly'.

Far left groups such as the Socialist Workers Party (SWP) were out in force, although one demonstrator said it was difficult to determine whether they were there to support the protest or more interested in trying to pick up new recruits.

Unlike demonstrations in previous years, at no point did things turn ugly. Instead of kettling demonstrators, police were friendly and helpful.

At the rally in Parliament Square towards the end of the day, several speakers criticised the planned TEF and called for a boycott of the National Student Survey (NSS) in order to disrupt the implementation of the controversial policy which could result in further increases in tuition fees.

Malia Bouattia warned against gambling with the futures of students and staff: "The government is running at pace with a deeply risky ideologically led market experiment in further and higher education, and students and lecturers, who will suffer most as a result, are clear that this can't be allowed to happen."

Many voiced fears that a loosening of regulation would allow private companies to easily establish for profit educational institutions and label them as universities, something the Government insists will offer students more choice. But many fear the potential of Trump-style universities beginning to operate in Britain.

Half a dozen other issues were raised at the demonstration, suggesting protesters were not outraged by any single policy. Yet it is clear that unease is growing around the government's ongoing commercialisation of the higher education system and what negative effects it could have for university students and staff.

## Editors of the Week



**Xa Rodger, Heather Nash, Will Arnold and James Candler**  
Arts Editors

The Arts team provided some brilliant coverage of the Leeds Creatives event on Tuesday, interviewing many of the speakers – look out for their articles in next week's issue.



# Vigil for lives lost to trans hate

Students gather to commemorate those killed as a result of transphobic violence and hate

**Sarah Berry**

On Monday evening, a group of people (many drenched, some holding lanterns) filled the foyer of the University's Union to take part in a minute's silence to remember all of the trans people who have died – often unremarked by the wider community – as a result of transphobia, and to bring attention to the ongoing and largely undiscussed violence perpetrated against the trans community.

A statement on the Facebook page for the event highlighted how, even as we view our society as continually progressing and taking ever more steps toward equality and acceptance for all, this belief is in danger of masking the reality of those who continue to face extreme prejudice:

"2016 has been the deadliest year on record for trans people. When trans people, and especially trans women of colour, are killed just for existing – it is clear something needs to change."

It is estimated that every three days, somewhere in the world, another transgender person is killed.

The statement went on: "We are taking this opportunity to remember all those who have been unlawfully killed this year. We will remember the countless young trans people who have died from suicide. We will stand in solidarity with the 48% of young trans people who have attempted suicide. We will stand together to condemn violence against trans people."

Students entering the Union building to escape Monday's downpour stopped to listen as Jamie Fletcher, an LGBTQ+ activist and theatre and film director, led a prayer before the minute's silence took place.

In it, she hoped that those who had died or suffered because of their trans identity would be "fully accepted as whole people of worth, of talent, of wit and integrity." She wished for our "society [to] grow greatly and rapidly in understanding so that in future

the diversity of human life can be truly appreciated and celebrated."

Afterwards, people were invited to join a discussion in the Union. It was followed by a trans only film screening, along with badge making and cake.

Those in attendance formed a small part of thousands of people who come together for International Transgender Day of Remembrance each year. The event began in 1988 following the murder of transgender woman Rita Hester, whose death sparked a candle light vigil in San Francisco and a web based remembrance project. Now, the international day of action spans 185 cities across the world, and continues to grow. Trans activism in Leeds has typically centred around the University, but this year a vigil was also held in Sovereign Square. The increasing participation marks a positive shift towards better awareness, recognition and acceptance.

## Beckett student jailed for unprovoked assault



Image: Unite Students

**Euan Hammond**

A Leeds Beckett student has been jailed for 18 months after an unprovoked violent attack left a fellow student partially blind.

Sam Kalati had been drinking heavily prior to the assault and was seen on CCTV crawling out of a lift in the Plaza student halls. Sports therapy student, Bruno Horatio, 20, approached Kalati with the intention of helping him when he was grabbed by Kalati and repeatedly punched in the face.

The extreme nature of his injuries put Horatio into a coma for 24 hours and permanently impaired the vision in his left eye.

Kalati pleaded guilty to committing grievous bodily harm. He was described as being "paralytic" during the attack, and told police: "I am completely disgusted with what I have done to that poor guy."

Detective Inspector James Entwistle said: "The victim was a completely innocent party who saw Kalati collapsed and went to his aid and was attacked for no reason. As a result he has been left with a life-changing injury that has seriously affected his future."

"We hope the prison sentence Kalati has received will serve as a stark reminder to others of the serious penalties they can face if they engage in mindless violence such as this."

As a result of his injuries and his extended time in hospital, Horatio is now unable to continue playing rugby for Leeds Beckett University and has had to start the first year of his course over again.

Recorder Toby Wynn described the "cancer of drunken violence" in society. He added that the sentence was a strong deterrent: "people need to be deterred from inflicting this mindless violence."

## Bike thief arrested outside The Edge



Image: sachbike.org

**Polly Hatcher**

On Monday night security personnel at the University of Leeds detained a man who was attempting to steal a push bike which was locked up outside The Edge Sports Centre. He was found with equipment on his person to enable the theft.

Reports from the police have stated that there were three other bikes stolen on that day.

If you are worried about the safety of your bike, West Yorkshire Police recommend using a D-lock, as the majority of stolen bikes are locked with cable ties. D-locks can be purchased from the Bike Hub which is located at the end of the EC Stoner building.

It is also advisable to make a note of the bike's model and serial number and mark it with your postcode. Leeds University holds bike marking events throughout the year.

If there are any further concerns, contact Andy Gordon-Platt, the Crime Prevention Manager at the University of Leeds, on [crimeprevention@leeds.ac.uk](mailto:crimeprevention@leeds.ac.uk).

# Campus Watch

## 1 Aberystwyth University Students can win £10,000 in Dragon's Den style competition

Students at Aberystwyth University have the opportunity to win over a 'Dragon' in a Dragon's Den-style competition as some budding entrepreneurs get the chance to pitch their business ideas.

The InvEnterPrize competition offers up to £10,000 to the winning AberPreneur individual or team, which can then be used to invest in equipment, facilities or professional services to turn their business idea into a reality.

The process is simple; the student or group with an idea for a new product or business service can send in an application, and the chosen finalists will then have an opportunity to pitch the idea to a panel of the University business alumni – much like the TV series *Dragons' Den*.

Careers Consultant at Aberystwyth University, Tony Orme, said; "The money is a wonderful assistance to start-up costs, but it is the advice and support that will be most valuable. We are lucky to have graduates that want to give back and be involved with the students and their generosity, in time and funds is inspirational."

What's more, Aberystwyth University will be hosting a range of workshops and inspirational presentations in order to develop student's entrepreneurial skills.

Amy Crawford

## 2 Harvard and Yale Colleges look to create "sanctuary campuses" for illegal immigrants

Thousands of students, professors and alumni have signed petitions demanding that their universities become "sanctuaries" for undocumented students whose immigration status looks increasingly precarious following the outcome of the US election.

Although Trump has rowed back on his pledge to deport 11 million illegal immigrants, he has nonetheless maintained a promise to "immediately" deport 3 million people, which many fear would include students who are currently protected from deportation by an executive order signed by President Obama.

The proposals are modelled on so called "sanctuary cities" in which authorities have said that they will resist cooperating with federal immigration officials. Other typical "sanctuary college" policies include the provision of financial assistance for undocumented students and the creation of deans to promote diversity and inclusion. In addition, Harvard students want to see their Memorial Church designated as a refuge for those facing deportation.

However, one senior legal fellow condemned the proposals, claiming they amounted to a "fundamental contempt for the rule of law." Legal policy analyst Jon Freere also cast doubt on the efficacy of the proposals, saying: "I think it will be very difficult for these campuses to shield individuals who are in violation of the law from federal authorities should the government choose to deport somebody".



## 3 City University of London Union bans right-wing tabloids citing "fascist" tendencies

Last week, students at City University of London voted to ban selling *The Sun*, *Daily Mail* and *Express* in a motion titled "opposing fascism and social divisiveness in the UK". The motion reflects a surge in censorship at British universities, and gives some credence to the claim that "the fascists of the future will call themselves anti-fascists."

During a meeting attended by 200 students, the motion called for a campus-wide ban on newspapers which supposedly propagate fascist principles. It added "freedom of speech should not be used as an excuse to attack the weakest and poorest members of society", and took issue with the "inherently sexist" undertones exhibited by the aforementioned publications.

George Brock, former head of City's journalism department, regards the move "foolish, illiberal and meaningless", whilst Jodie Ginsburg, Index on Censorship's chief executive, stated: "Rather than banning things, we should be encouraging people to voice their objections to views and opinions they don't like."

Moreover, students of the university's eminent journalism department have staged a "mannequin challenge" in protest of the motion. The video depicts motionless students reading and discussing the banned tabloids, before concluding with the following quote from George Orwell:

"If liberty means anything at all, it means the right to tell people what they do not want to hear."

According to Spiked, ninety per cent of higher education institutions exercise some form of censorship.

Alexander Jones

## 4 University of Cardiff Plans for new Student Centre face heavy criticism

Cardiff University has faced heavy criticism over the proposed location of their new Student Centre.

The building, designed by Field Clegg Bradley Studios, is set to be built on Park Place and the university say the investment is vital to keeping its status as a top university.

The proposal has faced widespread disapproval, however, due to the design of the building and the threat to historic sites.

The construction of the concrete and glass building, measuring 28m high and 140m long, would mean demolishing a Victorian building and a red-bricked Edwardian building, currently housing a Costa and a Subway.

Numerous City Councillors feel that Cardiff would be losing part of its heritage, and that the "unnecessarily intrusive" new Centre for Student Life would alter the street scene for the worse.

On the other hand, many have praised the project as a means of setting standards of design at the heart of the capital city, and enabling the university to transform the ways in which students can access services.

The application is due to be discussed later this week, and planning officers have recommended that planning permission be granted.

Jonathan Chard

# Leeds Creatives: the lowdown

Talks from cultural connoisseurs from across the city show the creative strength of Leeds

Polly Hatcher

On the 22nd November, *The Gryphon*, Leeds Student Radio and LSTV came together to put on the first Leeds Creatives event.

The event played host to a number of speakers who are having a huge impact within the city's cultural industries. LSR DJs filled the gaps between speakers and at the end of the day there was a buffet put on by headline speaker, Adam Smith, from the Real Junk Food Project.

The sheer breadth of talks that took place highlighted the endless opportunities within Leeds, highlighting that you do not have to go to London if you want to make it in the creative industry.

The day opened with Raf Bogan speaking from &/or emporium, a group which brings a whole collaboration of ideas together. This was followed by a talk from Leanne Buchan from Leeds City Council,

who is putting a bid together for Leeds to become the Cultural Capital in 2023. She emphasised how arts need to be made more readily available to students, as if students finish university thinking Leeds is confined to just the Hyde Park/Headingley bubble, they are more likely to leave the city, which is causing a brain drain in the North.

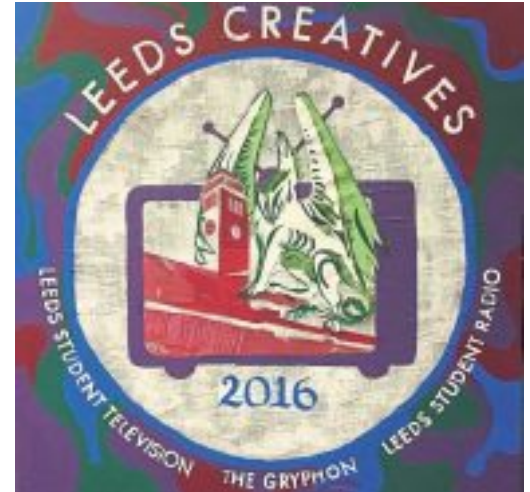
Next came Billy Collins, from Honest Edibles, who gave a demonstration on how to make raw vegan sushi. As a University of Leeds alumni, he has now started up his own ethical food business in the city and uses as much local produce as possible and teaches others how to cook vegan food.

Tom Smith from Cosmic Slop also spoke and explaining how he has combined running a club night with raising money for the charity MAP (Music and Arts Production). He has managed to build a sound system that has made Cosmic Slop a household name amongst some of the biggest DJs, meaning many

have asked to come and play. This enables Cosmic Slop to raise more money to help disadvantaged children receive an education that they will benefit from.

Following this came GOAT collective, who all recently graduated from Leeds College of Art and now work together to create incredible artwork which was demonstrated by the work they created during the talks.

Girls That Gig from Leeds College of Music emphasised the importance of getting women into music while Amy Letman from Transform described how it was necessary for her to move to Leeds from London in order to be able to



produce theatre without having the constant stress of the cost of the capital.

Hayley Reid, another Leeds University alumni, spoke next about East Street Arts, highlighting the numerous opportunities in Leeds for young creatives to really make their mark.

Last to speak was Adam Smith, the creator of The Real Junk Food Project. He gave an inspirational talk and highlighted how much waste there is in Leeds, revealing that they intercept tonnes of waste every single day. Previous single deliveries have included seven tonnes of limes and 27 tonnes of noodles.

He states that there is a massive need to question businesses about their waste, intercept food waste so that it can be used elsewhere, and also reform the food banks as, shockingly, most of the waste that they intercept comes from them as if it is after the food's best before date (yet not the use by date), they are not legally allowed to serve it.

Overall, the day was hugely successful and hosted a variety of speakers that covered all types of cultural outlets, proving that Leeds is a great place to live and thrive as a young creative.



Image: Rupert Lloyd

## Students turn to payday loans as living costs rise

Rabeeah Moeen

In a survey of over 1000 students, research from Future Finance has found over 30% of these have turned to payday loans, credit cards and overdrafts to cover financial expenses while at university.

This suggests a third of students are relying on money sourced outside of student grants and loans. 70% of students admitted that Government funded loans did not cover the cost of their expenses and were therefore turning to other sources of money.

A payday loan is a relatively small money loan, however it is often accompanied by a high interest rate. They are called 'payday' loans as they are most often used by workers who need to briefly borrow some money on the run up to payday.

The real cost of payday loans come with missed

repayments and extra fees. Many of these loan companies, such as Wonga, have attracted negative attention from the press for their exploitation of borrowers.

Furthermore, a quarter of students did not think of payday loans and credit cards to be forms of debt. Recent research has also found that millennials are far more likely to have taken out loans such as payday loans and credit cards of a higher cost, due to poor credit scores, which only gradually get worse the more loans that are taken out.

The research has raised concerns that students have a poor knowledge of finance, with 40% of those surveyed not knowing what an APR (annual percentage rate) was. Future Finance CEO, Brian Norton, told *The Telegraph* that handling your own finances at uni can "be a steep learning curve."

This also furthers concerns that student loans are not enough to cover student expenditure, as according to Natwest's student living index, university costs are higher than ever before. Housing prices have also risen too, placing a further strain on students. As the maintenance grant is no longer available as simply a grant, this may cause further worries for students as well as parents, who may not be able to support their children financially, forcing them to look for alternative forms of income.

Shelly Asquith, NUS officer for welfare, was quoted as saying, "We need urgent action to reinstate grants and control the growing costs associated with study."



# Student pauses degree to launch FGM Charity

Soraya Ali

A university student has taken a year out of her degree to successfully launch a charity in Leeds.

Bethel Tadesse is originally from Leeds but studies at Northampton University. While students often take

time between their second and third years to study abroad or complete a year in industry, Bethel created Hidden Scars, a charity devoted to safeguarding against Female Genital Mutilation (FGM).

Other organisations in Leeds contribute towards the prevention of FGM, but Hidden Scars is the first to be

solely devoted to the cause. Bethel began the project at university but decided to launch it further in her hometown of Leeds.

Bethel says "I was inspired to do something after watching the Channel 4 Documentary 'The Cruel Cut'. One of my mentors told me if you want something done, you've just got to get up and do it – so I did."

Female Genital Mutilation refers to the partial or total removal of the female genitalia. There is no medical or religious backing of the procedure and it was made illegal in the UK in 1985.

Despite its criminal implications, a 2014 report by the Leeds City Region Conference revealed that almost 3,000 girls have undergone or are at risk of FGM in Leeds.

The procedure originates from and is still most widely carried out in Africa and Asia.

Bethel is of Ethiopian descent and has close family members who were subjected to FGM. She seeks to combat the risk to girls in Leeds with the help of local communities.

She has recently worked with the West Yorkshire Police and FGM medical specialists to spread her message. As well as this, she runs events in town which seek to explain FGM to the public.

Having won an O2 Think Big award and recently being featured on Humans of Leeds, Bethel hopes to continue her success after completing her degree.



Image: luu.org.uk

# Leeds student scoops top prize in national photography competition

Will Marriott

A University of Leeds student has been named Student Photographer of the Year 2016, winning £11,000 in prize money.

Henry Nathan, an undergraduate in Film, Media and photography, entered his freelance work into Calumet Photographic's national annual competition but didn't think it would get noticed. He said "I never dared believe that I could come first because of the high standard of work I saw from last year's winner and runners up".

Nathan's image was of an underground cave in Oregon, America, which caught a beam of light shining down on a man and a dog walking through.

The student said "It was spectacular to see. I knew as soon as I had taken the shot that I had captured something pretty special and I hardly needed to do any editing to the picture."

Speaking of Nathan's image, Jon Warner, Managing Director of Calumet Photographic, suggested how this image shows the 20-year-olds passion and talent for photography. "Henry's winning image shone out. He is clearly very talented and has an eye for composition and working with light. The fact that he captured such an amazing shot taken during such a short window of opportunity demonstrates his patience and skill".

It comes after hearing these encouraging words that the student, who beat 800 competitors to the title, is considering his future and is looking forward to a possible career in photography.

"I am hugely overwhelmed and honoured because I believe winning this competition will give me the

confidence boost I needed to take my photos to the next level and really push my career forward".

Calumet Photographic hold the competition every year, receiving hundreds of images, which then have to be cut down by a panel which consists of professional photographers.

Speaking about their competition, which this

year partnered with Canon and the leading industry magazine Professional Photography, Calumet said: "We believe [our competition] helps to celebrate young people's love for pictures and encourages artistic photography. We would like to congratulate Henry and the runners-up and thank everyone for participating."



Image: blog.calphoto.co.uk

A photograph showing the lower legs and feet of two people standing on a wooden crate. The person on the left is wearing red velvet boots, and the person on the right is wearing black sneakers. A microphone on a stand is positioned between them. The crate has the word 'SOAP' written on it in large purple letters, surrounded by hand-drawn purple circles and arcs.

# LEADERSHIP RACE

LEEDS 2017

# EMBRACE

# THE RACE

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# Views

## Should Nigel Farage be given a government position to help with official relations between Britain and the US?

### Yes

After the results of this election seeing Donald Trump being swept into the White House, I can say that it would be in Britain's best interests to keep up a good working relationship with the new President-elect. After all the special relationship we have with the United States gives us much more sway on the international stage than what we would have without such a partnership.

As Farage said in response to the knee-jerk riposte from Downing Street on the topic of becoming ambassador: "The world has changed. People need to face up to this."

As he stated, 2016 has been a very surreal year in politics – with Trump's victory, rising nationalism in Western Europe and Brexit completely changing the political make-up of the western world, Downing Street still reflects the old attitudes that have dominated political discourse for the past few decades.

Indeed, Theresa May was recently criticised by her own ministers for her "terrible handling" of Britain's response to Trump's victory. The lack

of any sort of response from her administration has left officials in a major state of confusion – which leads me to see why Donald Trump hasn't yet met with Theresa May despite meeting up with many others, including the Japanese Prime Minister and the Irish Taoiseach.

Our special relationship therefore looks like it is in peril – the lukewarm attitude towards Trump's victory threatens the current UK-US connection, the ripples from this could reduce our place on the world stage.

Which is why Farage would be an excellent choice. He already has a personal friendship with the President-elect, and knows many people on his team as well. The position Farage is in would help British interests in America greatly.

Farage himself said "I would do anything to help our national interest and to help cement ties with the incoming Anglophile administration." And indeed, his tireless campaigning throughout the Brexit campaign and indeed during the US election shows that, at the very least, he stands up strongly for what he believes in. This



### Rory Claydon

attitude combined with the fact he is closer to the movers-and-shakers in the U.S government than any British official would be immensely valuable.

However, many MP's and even some figures in Downing Street have been openly hostile to Trump, both before his victory and after it. Few have come out to accept his success and extended a welcoming hand to the future President. This cold approach borders on hostile, but Farage, a man who knows not only Trump but many others that will no doubt hold positions in the U.S government, would solve this problem if he became ambassador.

As he said, the world has changed – and Farage has adapted to this constantly fluctuating political landscape time and time again. For this, if Britain wants to continue a healthy working relationship with America, then it is without a doubt that he would be a safe choice for both Downing Street and Washington.

### No

Since Trump's victory, governments throughout Europe have wrestled with how best to deal with the man who, against most of their preferences, will lead the free world for the next four years. Their difficulties are often compounded by the fact that many of them have, understandably, made disparaging remarks about Trump when he was an obscure primary candidate who we all assumed would talk himself out of the running. Theresa May, then Home Secretary, said he was 'absolutely wrong' in his comments about British Muslims' relationship with the police. Understandably, therefore, the necessity of building a working relationship with the President-elect will not be easy for the British government. However, to argue that Nigel Farage is the answer to this difficulty is to fundamentally misunderstand the problem.

Many have argued that because of Farage and Trump's close friendship, the acting UKIP leader is a natural go-between in the UK government's talks

with Trump. Firstly, it is by no means clear that Farage's wide eyed enthusiasm for Trump is mutual. In the now famous picture of the two men outside a golden lift Farage looks less like a serious negotiator and more like a grinning child meeting their favourite football player. This is far from the image that Britain should wish to project abroad. Furthermore, to use Farage in this way would simply suggest to Trump that Britain shares some of his potentially dangerous foreign policy positions, most worryingly his fondness for President Putin which threatens the NATO alliance on which Western security has been founded since the end of the Second World War.

Would it not cheapen the prestige of the Foreign Office to give such a vital role to a man who, let us not forget, has been rejected seven times by British voters whenever he has stood for Parliament? His foreign policy experience is scant at best, while his attendance in the European Parliament is woeful (by

way of example he attended one out of 42 meetings held when he was on the fisheries committee, despite UKIP campaigning heavily on the issue). Given his campaigning style, which depends on taking swipes at established authorities and 'experts', it is also difficult to see him taking seriously any briefings or advice which Foreign Office officials, likely to be far better qualified in foreign policy than him, might provide. This renders him a loose cannon in a field where British policy desperately needs to be consistent.

Overall, while his views present challenges, Trump is far from the most difficult world leader Britain must deal with. But Britain has dealt with considerably more hostile leaders in the past, and one might find solace in the fact that Trump at least has a connection to and affinity for Britain. Certainly, he poses questions, but Nigel Farage is not the answer.

### Alex Passingham



# Racism Towards FLOTUS Cannot Be Ignored

**Eleanor Noyce**  
BA English Literature

'This is not something that we can ignore. It's not something that we can just sweep under the rug.' Just a few weeks ago, Michelle Obama stood in front of an audience comprised of hundreds of her advocates, publicly speaking out against sexist, disturbing comments that Donald Trump had allegedly made against women. The public outcry was enormous, threatening his victory in the 2016 US Election. Of course, what is more disturbing is that we now know that this did little to impede his success, and by January, he will be the President of the United States of America.

"It will be so refreshing to have a classy, beautiful, dignified First Lady back in the White House. I'm tired of seeing an ape in heels", wrote the director of the Clay County Development Corp, Pamela Ramsey Taylor, on a Facebook post last week. Her comments were even supported by Beverly Whaling, the mayor of Clay County; though Whaling has since been removed from her position, this case of inherent racism should be treated as a warning sign for the

potential course of Trump's presidency. To take the words out of Michelle Obama's mouth, 'this is not something that we can ignore'. It is not something that can be fixed by punishment, or something that can be fixed by apology. This behaviour is suggestive of a deeply engrained attitude of racism; it represents

*Whaling claimed that she had not intended to be racist, but this ignorance embodies the problem itself.*

the most hateful beliefs in America.

Whaling claimed that she had not intended to be racist, but this ignorance embodies the problem itself. Her racism was natural, and it was something that she did not herself recognise. It had to be pointed out for her to realise the error of her ways, and this is something deeply troubling. To imply that a woman as infinitely brilliant, inspiring and intelligent as Michelle Obama is not 'beautiful', or 'dignified'

because she is not white is heinous. A woman of such high authority actively spoke out against a woman who, if not already, should be regarded as one of the most successful in the entirety of American history.

Michelle Obama was educated at Princeton University as well as Harvard: two of the most successful educational institutions in the world. Michelle is a lawyer, a writer, and an intellectual; her marriage to Barack Obama and her position as First Lady is just the cherry on the top. She is fantastic even as she stands alone, and this sends out a powerful message to little girls all over the world who have a drop of ambition in them. She overcame a multitude of social barriers to get to her position today. After everything the Obamas have fought for over the past eight years, the comments made by Taylor and Whaling highlight severely regressive attitudes which threaten to reverse every achievement made. This is not something that we can ignore. Treat this with care; learn from it; treat it as a warning sign.

# Observations On Being Disabled

**Michael Everritt**  
BA Philosophy

In this day and age, many will be tempted to think that the disabled have never had it so good. Even if that is true on paper, take it from me that we still have a long way to go as a society. Though not disabled myself, being in a relationship with someone who uses a powered wheelchair has given me a certain insight into the difficulties they face. UK Disability History Month, which runs from 22nd November to 22nd December, seems like as good a time as any to share my own experiences. It is not my intention to appropriate the suffering of the disabled. My motivation for writing this article is that that my perspective, as an outsider looking in, might shine a different light on the struggles that they face.

One of the most striking things about our society

*People are too complacent; they neglect to unlock the disabled access door or block the access route with a badly placed security barrier.*

is just how many ignorant people there are. Trying to get a wheelchair from one end of a busy street to the other is akin to navigating a minefield. People frequently walk straight in front of the wheelchair, deliberately cutting across it or simply not paying attention to their surroundings. Worst of all is how many of these people shoot the wheelchair user a dirty look after a near collisions, despite it invariably being their fault.

That there are that many ignorant people did not

come as much of a surprise to me. What has surprised me is how little everyone else seems to care. You would like to think that more people would have the decency to make their companions aware of their ignorance or apologise on their behalf. If a friend or relative did something racist, out of ignorance, most of us would feel compelled to say something. Why are disabled people not afforded the same consideration?

One part of the problem is that it is easy to assume most of the problems facing the disabled have been addressed. It is worth saying that accessibility in this country, while it could always be better, could be a great deal worse. What is astonishing to me is how often this accessibility is provided in theory but not in practice. People are too complacent; they neglect

to unlock the disabled access door or block the access route with a badly placed security barrier. Cases like these are especially frustrating because you know that decent people have done the work to ensure a building is accessible, only for it to be undone by such a basic level of ignorance.

It may well be that, as would once have been the case for me, nothing in this article sounds all that bad to you. What needs to be understood is that these little problems are faced all day, every day. When we are ignorant, when we lack basic consideration for the difficulties some people face, we contribute a little bit to a big problem. The good news is that this means we only need to be willing to make small changes to make a big difference.



Image: Getty

# The Muslim Register – History Repeats Itself

**Sarrah Mariam**  
BSc Human Physiology

A Humans of New York post came up on my Facebook feed a couple of days ago. A woman told us she wasn't a racist but "There's something going on with the Muslims...There's a lot we don't know about." Her rhetoric can be compared to the kind of things that were said about the Jewish population by Germans before the Holocaust.

Less seriously, we can compare it to the kind of rhetoric often aimed at the X-Men – vilified for the actions of a few, suspected of foul play simply because of who they are.

The President-Elect Donald Trump's proposed "Muslim-register" only increases those X-Men comparisons. The proposed register has its foundations in the National Security Entry-Exit Registration System (NSEERS). Supposedly it was a way for the US to keep track of all non-citizens entering the country for the safety of the American people, but tellingly every country on the NSEERS list (bar North Korea) has a majority Muslim population.

The NSEERS system was a catastrophic failure. Over

80,000 men and boys were registered and monitored by the system. A sense of fear was spread throughout the Muslim and Arab communities. Attacks motivated by Islamophobia increased. And yet NSEERS didn't result in a single terrorism conviction.

*51% of Americans support banning Muslims from entering the US.*

Let that sink in. Over 80,000 people forcibly registered. Not a single conviction.

Now the incoming President has made it clear that he'll be targeting Muslim immigrants specifically. One Trump supporter even went so far as to say that mass Japanese American internment camps during WWII are a "precedent" for the proposed register.

It's a horrifying prospect. As a Muslim, I cannot stress exactly how terrifying something like this is. I can't even begin to imagine the sense of fear my fellow Muslims across the pond must be feeling.

In late March of this year, a poll (YouGov/HuffPost)

found that 51% of Americans don't want other Muslims entering their country. We British know the Americans to be a particularly patriotic bunch. Muslim Americans are no less patriotic than their white counterparts and yet now they must contest with the fact a majority of their own people don't want them in the country. They must go into work and look into the eyes of their colleagues and wonder which of them voted Trump to be their next President. We begin to learn about our history from a young age. If we learn any moral from looking into the past, it is that we mustn't repeat the mistakes of our ancestors in the future. Yet humanity seems determined not to learn from our mistakes.

I sincerely hope Trump decides not to go ahead with the proposed register that his supporters so clearly want him to. But in the interim, whilst the speculation spreads, the only people I can think of is the Muslims of America and the people in Muslim-majority countries who may have looked towards the supposed land of the free with the American Dream lodged in their minds. And my heart bleeds for them.

# Honey G – Comedy Act or Cultural Appropriation?

**Mikhail Hanafi**  
BA Sociology & International Relations

Honey G has become a national sensation. A contestant on the current series of *The X Factor*, she's managed to make it into the top five, beating acts like Sam Lavery (once saved by the public lifeline vote) and Ryan Lawrie. If you knew nothing about Honey G, it'd be easy enough to assume that she's at least slightly talented considering she made it into the top five. In reality, she really isn't.

Honey G is a "rap" act. She wears stereotypical "rap" clothes, speaks "urban" and performs covers of classic hip-hop songs. The problem isn't that Honey G is a white rapper—Eminem is considered by many to be one of the most talented rappers in the history of rap. The problem is that Honey G is a white person who takes all the superficial parts of rap, all the stereotypes and conventions, and strips them of their context, essentially parodying the genre.

This is, for lack of a better term, problematic, because rap is inseparable from black culture. It's a more inclusive genre now, with rappers like Macklemore, Eminem and Watsky, but even they acknowledge and respect the fact that rap emerged from the struggles of black Americans in a post-slavery America. Rap was and is the expression of black discontent and black struggles. Modern rap's emphasis on material success stems directly from the socio-economic position of the black inner-city Americans in modern America.

For Honey G (an outsider) to come into this culture and to take the surface-level parts—the outfits, the slang—and to exaggerate them to the point of parody is unabashed cultural appropriation. Her performances are reductive, oversimplified takes on black culture, without any merit to save them. If her performances were actually good, it would be less clear cut; a good cover artist may be insensitive, but at least they're doing the original material justice. Honey G doesn't have flow, vocal ability or dance skills.

Honey G isn't a rap act. She's a comedy act. On the broadcasts of her performances, there are more shots of laughter from the audience than there are shots of applause. It would probably be for the best if we took a moment to examine just why we laugh at Honey G. After all, a majority-white audience laughing at an act who lampoons black culture sounds suspiciously like the minstrel shows of the 19th–20th Century. It may seem an extreme example to make, but both Honey G and minstrels appropriate black culture for

comedic purposes to cater to the tastes of a largely white audience.

Though the racism of cultural appropriation isn't as damaging as more explicit racism, like hate crimes and systemic racism, it is still harmful. And if you're still not convinced that race has anything to do with Honey G's success, ask yourself this: would Honey G have made it this far on *The X Factor* if she were a young black man instead of a thirty-something-year-old white woman?



Image: ITV



# The Global Rise Of The Alt-Right

**Tim van Gardingen**  
BA German and Chinese

Don't think that Trump and Brexit are isolated examples of a dramatic push to the extreme-right of politics. This is a trend spreading aggressively over the whole of Europe and nothing shows this more clearly than the rise of a new group: the Alt-Right.

The Alt-Right is a difficult group to define, partly down to its relatively new appearance in the public sphere and partly because of the wide demographic of its followers. Sometimes considered a form of 'hipster' extreme-right, it is a movement which uses the internet as its domain and battleground, and with memes as one of its most trusted weapons.

What holds the Alt-Right together is not a message of what they are for, but rather of what they are vehemently against. Multi-culturalism, immigration and political correctness are their enemies; elements we could all see in Trump's presidential campaign. That message is now gaining strength in Europe too within the Identitarian Movement.

The Identitarian Movement began back in the early 2000s in France, but has only in recent years gained strength. Their increasing popularity up to now was caused in part by the refugee crisis, but recent inspiration in the form of Brexit and Trump have given the groups a heightened confidence that is starting to be felt.

In an article on 'die Identitäre Bewegung' (the German branch of the Identitarians) website regarding

Trump's victory, they state "if the citizens of the USA have done the 'impossible', then us Europeans can do the same...we can trust again in our own strength...let's make Europe great again!" The European Alt-Right looks to Trump and Farage as their heroes. If these views gain further popularity, we could see yet more racism and instability Europe-wide.

The Identitarian's islamophobia is particularly vocal. The French 'Generation-Identitaire' have painted graffiti depicting 'Angry Birds' as Muslims carrying the flag of Daesh. Likewise, in Hamburg, the 'Identitäre Bewegung' had an anti-Islam demonstration: one woman covered in fake blood held a sign with the words "Germany 2016", and next to her, a woman wearing a Burka with the sign "Germany 2020". Germany was widely praised for its work accepting as many refugees as possible during the height of the refugee crisis, but sadly the backlash against that kindness is gaining vocal ground.

Some identify very extreme elements of historical fascism in the Identitarians. According to DÖW, an organisation concerned with the documenting of the extreme-right, the movement shows signs

of a fascination with death that was an element of past fascist ideology. Instead of "YOLO", the Austrian 'Identitäre' use the phrase "YODO"; "You only die once". If there was any doubt that this is a dangerously radical movement, then clear links to fascist thinking should cover it.

In all the fear and excitement of Brexit and Trump, it may be easy to think, or at least hope, that they were exceptions; moments of madness that bear no effect on global trends. That is unfortunately not true. The shape of politics in Europe and America is changing dramatically and those changes are potentially very dangerous. It is the job of Europe now to look the disasters of 2016 in the eye, not letting others emerge from an increasingly unstable political environment.



Image: Screenshot from The Atlantic Video

# The Secret Health Service

**Lauren Walker**  
BA English and History

Earlier this week, the Great British populous were made aware that their representatives in government – those allegedly protecting their interests and standards of living – have attempted, disgustingly, to deceive them by trying to keep cuts to the National Health Service (NHS) secret, arguably Britain's most treasured and long-lasting liberal reform.

Health managers across England have been ordered to develop strategies to change services, reduce costs and attempt to improve the service the NHS provides whilst it is currently struggling with a substantial £2.45 billion deficit – although this is nothing compared to the estimated national debt of £69 billion. What makes this even worse is the fact that NHS England had actually instructed these health managers to refuse Freedom of Information requests from the media or the public wanting to see proposals, completely mocking the democracy of Great Britain.

It is completely irresponsible for our leaders to impose such cuts on an already down-trodden system that is struggling to cope with the demands of health care that our ageing, obese and just generally unhealthy population requires. Now, I am not suggesting that the NHS should receive billions more in their budget, but surely the frequent demonstrations by junior doctors, the walk-outs by nurses, and everything else shows the stupidity in imposing further cuts on the Liberal Reform's crown jewel. It is not yet clear the severity of the cuts, however it has been revealed that there is a

proposal to downgrade at least one A&E department in Cheshire and Mersey, whilst southwest London could see their number of acute hospitals being reduced from five to four. Additionally, in northwest London, there is the notion that the number of sites offering a full range of services will be drastically reduced, and in Birmingham and Solihull there is a proposal to reduce the providers of maternity care to just a single provider. Although this may not seem like too drastic a change, the population volume in these areas alone – not considering the multiple other areas that would be affected – would mean a substantial decrease in the quality of care and service we would receive as recipients of national health care. I don't know about anybody else, but to me this is completely unacceptable.

In Britain, we have one of the most desired

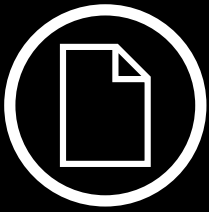
healthcare system in the world, that is actually good quality, so I just can't comprehend the motives in reducing its budget, quality and cutting of invaluable services. The fact that there are also clear anxieties among ministers and NHS leadership over the way the plans could be interpreted by the public confirms the outright stupidity and selfishness of such people. There is no way they are considering the interests of the wider populace: people who, without the NHS, would die within months, people who need the NHS because of accidents, the children who need the NHS for illnesses whilst they are in the vulnerable stage of their lives. Do they not matter anymore or, does money outweigh the cost of living?



Image: Getty

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# In The Middle

Issue 8  
25.11.16



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

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Image: Olagist

# Let's Talk About Mental Health

**The stigma surrounding mental health in our society today has led to a fear of speaking out. What can the examples of musicians like Zayn Malik do to increase our confidence in creating an open conversation about mental health? And how can music itself help mental health? *In The Middle* investigates...**

Mental health. It's a subject that still has a lot of social stigma around it. We don't like talking about it. It makes us feel uncomfortable, vulnerable. This is despite the fact that, according to the Mental Health Foundation, 1 in 6 people will have experienced some sort of mental health problem in the past week. It's especially important for us, as students, to be talking about it as UK universities are currently going through a mental health crisis with record numbers of students experiencing mental health difficulties, possibly as a result of increasing financial burdens, work pressure or substance abuse.

You might be thinking, "That's all very interesting, but what on earth does it have to do with music?" Mental health and music have had a long and complex relationship. Various studies have shown how the music we listen to has a profound effect on our mood. Music is a way to express feelings that we can't otherwise communicate. It's inherently linked to how we view both ourselves and the world around us.

With the rise in interest in mindfulness techniques, music is being recognised as an effective way to cope with the difficulties associated with disorders such as depression and anxiety. As someone who has been diagnosed with anxiety, I find music to be a really positive influence in my life. The act of simply taking a few minutes out of your day to relax and listen to some music can help you put your thoughts and worries into perspective. You spend some time focussing on how you actually feel rather than that extensive list of all the things you have to do today. However insignificant those ten minutes may seem, they can actually be really effective.

If you're able to play music, this can also have a great effect on your mental well-being. It improves self-esteem, focus and communication. Making music is one of the oldest and most beautiful ways that humans have of expressing ourselves. Finding a way to express your emotions through creativity is a brilliant way to come to terms with them and rationalise them. We shouldn't hide our feelings away and pretend they don't matter. That's how our mental illnesses can control us. By accepting that this is a real problem, we can find solutions. Musical expression is just one of these solutions.

Within nearly every musical genre, you can find examples of artists that have struggled with mental health. There is a myth that having a mental illness makes

you a more creative person and although many artists' work has been inspired by their mental and emotional struggles, this is a romanticised view of a serious health problem. The fact that many artists have struggled with mental illness does not make this a 'creative's disease'. It's simply an issue that affects a lot of people so, inevitably, some of these people are musicians.

Many musicians have used their fame to speak out about mental illness in order to help others that might be struggling. The most recent of these is Zayn Malik. Although I'm not personally a fan of his music, I really admire his choice to speak openly about his struggles with mental health. He wrote in *Time* magazine that: "Anxiety is nothing to be ashamed of; it affects millions of people every day. I know I have fans out there who have been through this kind of thing too". This message is coming from a successful popstar, with a huge fan-base. To hear from one of your idols that mental illness is common, acceptable and that anyone can suffer from it, can only have a positive effect on the young people that look up to him.

Malik isn't the only musician to have addressed personal, mental struggles in public. Eric Clapton has admitted to problems with alcoholism. Barbara Streisand has spoken openly about having social anxiety disorder. Beach Boys member Brian

Wilson has spoken out against the idea that mental illness enhances creativity. He has been diagnosed with depression and schizoaffective disorder and says that his depression has actually stopped him from making music.

Musicians speaking out about their own experiences is vital when it comes to breaking through the social stigma that surrounds mental illness. Especially since many of them encourage others to seek professional help in order to overcome their difficulties.

As a society, we need to stop being scared to talk about mental illness. Music could be an amazing way to combat this problem but none of that matters if people are too afraid or uninformed to seek help. It's time to break the stigma. Musicians are starting to talk about mental health and we all need to get involved in the discussion. This is the only way to find a solution.

Katie O'Kelly



# Fresh Beats

## Hardwired... To Self Destruct by Metallica

We had Slayer's *Repentless* last September, Megadeth's *Dystopia* in January, Anthrax's *For All Kings* in February and now the fourth and final member of the Four Horsemen of Thrash Metal are contributing their efforts. Metallica's tenth LP comes eight years after their highly successful return to their roots on 2008's *Death Magnetic*. Stylistically, it was difficult to know what to expect or predict which specific direction Metallica would go this time around.

The first two singles, 'Hardwired' and 'Moth Into Flame', grew on me. At first the production appeared a little thin, the riffs were a bit simplistic and the tracks sounded too similar. But I grew to appreciate the thrash rootsiness of these tracks. With over an hour of material on this new record, there was bound to be some variation on the deeper cuts.

Most of these tracks are a stylistic combination of their 80s and 90s output. The production was handled by the band themselves along with Greg Fidelman – who the band have never worked with before – which does render the album's sound rather unique in Metallica's discography.

## Glory Days by Little Mix

Little Mix are the best pop act around, a fact that the title of their fourth album proudly announces – welcome to the *Glory Days*.

Opening track and lead single 'Shout Out to My Ex' sets the tone with its anthemic chorus, and girl power lyrics which bite. This song is the new 'We Are Never Ever Getting Back Together', but the album is far less lamenting than Taylor Swift's *Red*.

Ferocious female empowerment is strong on this record. Even though the girls are mostly singing about relationships with men, they're venturing into territory that few dare to explore. Yes, they're singing about sex. Explicitly. And a lot. It's still rare that sex is sung about from a woman's perspective – female desire and pleasure are very much taboo. But with songs like strutting club anthem 'Touch' and funky dance tune 'Private Show', Little Mix tell us that they like it hot, and they are not ashamed of that.

The only low point on this album is 'You Gotta Not',

## Woman by Justice

Hop on board the boogie train because it's time to experience disco for the new age. French electro-rock duo Justice are back with their latest offering, *Woman*. With an impressive blend of instrumentals and vocals from a range of genres, *Woman* takes its listener on a dance inspired journey on a record which further strengthens Justice's unique sound.

The album opens with the epic 'Safe + Sound', a glorious and euphoric anthem which arguably makes for one of the more exciting opening tracks of 2016. The standard is set high from the beginning and makes for a well-structured album. While each song doesn't mix with a fade in or cross over as some dance records or mixes tend to opt for, the album was still cohesive.

It's clear that there are songs which are more radio friendly, mainly those with vocals on such as 'Randy' and 'Alakazam!'. Tracks such as 'Heavy

The track 'Now That We're Dead' was a big highlight. It rocks hard and steadily and has some great lyrics about entering immortality in death. Some tracks were a bit slower and progressive or had some textural various such as 'Halo on Fire', 'ManUNKind', 'Am I Savage?' and 'Murder One'. On the track 'Atlas, Rise!', Kirk Hammett even brings back his dreaded wah-wah pedal. The closing track, 'Spit Out The Bone', was also a highlight with its heavy fast riffs, it's full and chaotic texture and – best of all – James Hetfield's harsher vocals.

Overall, the main drawback of this LP was the slightly thin production and generally excessive similarity of the tracks which would leave first-time listeners of the album unimpressed. But with subsequent listens, these disadvantages become less prominent and lead to an impressive album.

Fred Savage

Rating:



which expresses dated ideals of masculinity and includes the body-shaming lyric "they only show off your muffin top". However, the girls do win points for the line "is you afraid of Blue's Clues?" – because who doesn't love a good reference to noughties children's TV?

Many pop artists have been walking away from pop music in recent years, rejecting it in favour of 'a more mature sound'. Yawn. Thankfully, Little Mix know how to grow and experiment creatively without being boring and pretentious.

*Glory Days* is a mix of perfect power pop – with notable noughties influences and flirtatious 50s vibes blended in – and bold bangers made for the club.

Sophia Simon Bashall

Rating:



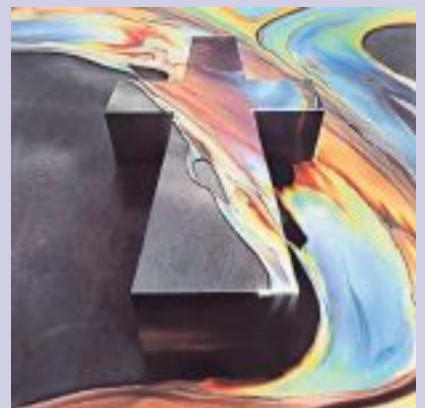
Metal' seem to fit in the least, mainly due to its more manic tempo, compared to the rest of the album which manages to blend soft harmonies with electronic voices and smooth disco beats. 'Close Call' is an apt way to end *Woman*. While it is not as gripping as 'Safe + Sound', it neatly rounds off what is otherwise a pleasant Nu-Disco experience.

While the album may not resonate with those who enjoy a more lyrical record, Justice manage to further affirm their status as a unique musical act.

The uplifting sounds make it hard for anyone to not get up, dance and express their love and gratitude for this exciting album.

Mark McDougall

Rating:





# In The Middle with White Lies

**In the wake of their European tour and the release of their fourth album *Friends*, James Bate caught up with White Lies bassist, Charles Cave, about the band's early achievements, touring with some of the world's biggest rock bands and how *Friends* differs to all their other albums.**

White Lies are a common feature on any alternative rock playlist, with tracks like 'Death' and 'Farewell To The Fairground' propelling the band from small-time gigs onto shows at Wembley, supporting bands like Muse and Kings Of Leon in the process. It's been seven years since the London three-piece (a five-piece live) released the award-winning *To Lose My Life*. Yet the band are still touring the world, and are due to play at Leeds University Union's Stylus on Wednesday 30th November.

To say White Lies hit the ground running back in 2009 would be a massive understatement. Prior to the release of their first album, *To Lose My Life*, which was later awarded number one in the UK Albums Chart, the Ealing-based post-punk outfit had already booked a place on the 2009 NME Awards Tour and enjoyed a headline performance on the BBC Introducing Stage at BBC Radio 1's Big Weekend.

This was largely due to the success of 'Unfinished Business' and 'Death', the latter being Zane Lowe's Hottest Record in the World and later remixed by Drum 'n' Bass frontrunners Chase & Status. A television debut on Jools Holland ensued and the band had already solidified their position in British indie music, prior to their hotly anticipated first album release.

"We had been a band for quite some years before [*To Lose My Life*] and released some 7" singles too. We didn't anticipate our first album release reaching UK number one, and we obviously enjoyed the praise. [But] the attention wasn't a total surprise as we had

already invested many years of hard work". Cave was right: White Lies did deserve all of the praise they received in the post-*To Lose My Life* period. The high calibre production of their first album led to the band touring the world. As Cave states, "Being in White

**"The attention wasn't a total surprise as we had already invested many years of hard work [in the band]"**

Lies suddenly meant getting to see The Great Wall, Niagara Falls, cherry blossom in Harajuku Park".

2011 witnessed the release of *Ritual* and two years later *Big TV*, which highlights the band's commitment to continually produce albums rather than enjoying the many luxuries that come with being a successful rock band. "We all have our hobbies and pastimes that keep us occupied. We all love to cook, read, walk; it's amazing how those simple pleasures can fill days, weeks and months", Cave reiterated.

When considering the success that White Lies experienced in the early stages of their career, you have to admire their persistence to produce records. Their experience is evident in *Friends*, an album which showcases the band's more mature sound while keeping their style the same. Like any band, White Lies enjoy touring, with Cave describing playing at Wembley as "pretty badass", but there is much more

to White Lies than simply touring.

*Friends* was released on Infectious record label and the influence on this record label has helped elevate White Lies to similar heights they experienced seven years ago. After exploring the band's website, I was immersed in this user-interactive maze where I had to collect letters which then revealed hidden content. This clever and innovative piece of music marketing is something that Infectious had orchestrated and can only be seen as a positive for the band's progression.

The interactive maze correlated with the artwork on *Friends*, and this has always been a vital step in producing an album. "We have been fortunate to work with a graphic design company called Big Active which have produced our artwork on the past three albums. The visual side of the brand has always been important to us and it's helped steer this ship massively," Carl affirmed.

The standout single from *Friends* has to be 'Take It Out On Me' which has a poppy essence to it, similar to some of White Lies' earliest records. Their album is out now and is definitely worth a listen to as it heralds similar qualities to some of their greatest work.

If you want to see one of the best alternative rock band to come out of Britain this past decade then head to Stylus on Wednesday 30th November, tickets are still available.

**James Bate**



# Gig Roundup

## Joan As Policewoman @ Belgrave, 15/11/16



Arriving at Belgrave at the end of a long, chilly day, catching the tail end of Fil Bo Riva sent me into blissful reverie. Creaking into one of the luxurious leather sofas at the bar, it wasn't long until one of the members of what could only be described as a "6 Music crowd" – I'm pretty sure I was the youngest there by a long way – told me that the main event had reached the stage: Joan As Police Woman and Benjamin Lazar Davis.

Accompanied by two bandmates, all clad in blue boiler suits, as per the album cover of their recent release, Joan Wasser was totally captivating. Her performance experience and professionalism shone through, compared to Davis who took some time to relax into the set. Keeping the pace steady to start with, the ensemble treated us to tracks from the recent album, the sixth album from Joan, yet the first collaborative effort under her solo guise, as well as older tracks. I say ensemble, because that's exactly what the group were, swapping the limelight and instruments at every turn.

Wasser then took to the stage on a solo mission,

Despite it being a rainy Thursday night, a line of girls with buzzcuts and fishnets and boys in Doc Martens snaked from both entrances of the The Wardrobe. Each fan was effortlessly cool, much like Scottish duo Honeyblood. With support from Manchester foursome PINS, the night was destined for unapologetic adrenaline-infused girl power.

PINS were something special. Radiating rebellion and female empowerment, they swaggered about the stage with magnetic cool and grungy spark. After beckoning all the girls to the front, frontwoman Faith Holgate stepped down from the stage and started a playful grrrl mosh with guttural anthem 'Girls Like US'. PINS' set was so good, it felt as if the gig had finished once they left the stage.

But things had only just begun. "Are you ready for the magic?" joked vocalist/guitarist Stina Tweeddale as the two surged immediately into scratchy 'Ready For The Magic'. On the first pulse of Cat Myers' symbol, drinks flew and so did some members of the crowd as they bounced around to the sugary hardboiled shoegaze; this energy swelled as the two swaggered into the inky darkness of 'Love Is A Disease.'

If the bitter chill over in Leeds has crossed the Pennines, it's certainly not breached the sweaty walls of Manchester Gorilla. Cosy at the best of times, the intimate venue becomes utterly rammed during a charming, spaced out support set from Carmody.

Perhaps this is unsurprising. Multi-instrumentalist Tom Misch has garnered a cult following since 2015's ambient, funk-infused *Beat Tape 2*. His diverse appeal is reflected in tonight's crowd: an interesting blend of those for beats and those for beautiful guitar, peppered with some loudmouths who probably thought Gorilla was a Harambe tribute night. But regardless of meme knowledge, this mismatched mess move as one the instant Tom enters.

'The Journey' provides a perfect opener. The first track from *Beat Tape 2*, this instrumental offers a smooth groove ideal for easing the crowd in. The violinist, an unexpected addition to the live band, seems worth his weight in gold here, fleshing out textures with sustained tones and a loop pedal. Not to mention Misch himself, whose jazz-soaked guitar work sounds like John Mayer with balls. By the time

her raw vocals carefully accompanied by either keys or strings. And her attitude was so reassuring, strumming a few chords, sussing out which octave she might play in: no desperation for perfectionism, no tearing hurry, just taking time and pride to enjoy the music she's playing.

As the band members returned on stage, the pace then picked up with the biggest tracks all played in quick succession – 'Broke Me in Two', 'The Magic' and 'Into the City' to name but a few – much to the delight of the audience, Wasser trying to compose fits of laughter over jealous dancers/fangirls in the front row.

**The overall show really was a treat: the perfect ebb and flow of pace, a brilliant display of talent and know-how and gorgeous music.**

Flora Tiley

Rating:



With Myers' drum kit right at the front of the stage, the gig felt like an intimate session in the girl's practice room. This intimacy radiated through the pair's anecdotes and pure bants. After introducing us to their honorary synth bassist, Sebastian (who is allegedly having "an affair with PINS' keyboard") and complimenting the crowd for being the best dancers they've seen, they continued their set of bewitching hooks and beckoning harmonies with the euphorically scuzzy 'Sea Hearts'.

A floor-filling mosh broke out to the pulsing chorus of empowering tune 'Babes Never Die', and as the set reached its end, the heavenly chords of collective favourite 'Super Rat' blanketed the room. The crowd blissfully shouted back lyrics "I will hate you forever" – a paradox to the undeniable love the crowd has for Honeyblood.

**It's apparent that the hype for these babes will never die.**

Meg Firth

Rating:



the hefty riff of 'I Wish' sets in, bitches be jiving.

However, Tom's not much of a talker. Sure, he graciously thanks everyone, or calls for applause as his band drop face-melting solos. Yet somehow, he seems less comfortable in the limelight. This is accentuated by various guest appearances, including the return of Carmody and a saxophone feature from his sister, Laura Misch. Zak Abel's appearance for an electrifying live debut of 'Beautiful Escape' provides a high-energy, heartfelt singalong. But these highlights also emphasise Tom's preference for the sideline over the spotlight. This is by no means a criticism; Misch's best moments are simply borne out of collaboration.

**Having another lead the crowd channels his introversion into the music, leaving venues like Gorilla with an altogether warmer kind of chill.**

Sam Corcoran

Rating:



## Honeyblood @ The Wardrobe, 17/11/16



## Tom Misch @ Manchester Gorilla, 19/11/16







# Skream Speaks

Oliver Jones, aka Skream, has become one of the UK's best-loved DJs.

You might associate the name with the earth-shattering bass line wobble of UK dubstep, the scene brought to the masses by the Croydon local in the mid-noughties, along with close friends Benga and Artwork. Remember super group Magnetic Man? That was them.

But Ollie famously quit dubstep in 2013. Nowadays he's Mr Versatility, and if you've seen him play at one of the mega events he frequently headlines, you'll know to leave your expectations at the door. There might be pounding deep house, maybe throwback UK garage, or even moody techno. He plays and produces what he feels like in the moment, in a career evolving completely on his own terms.

We had a chat with Ollie before his visit to Mint on 3rd December, where he'll play all night long as part of his Open to Close Tour.

**You've said the Open to Close Tour involves your favourite venues. What are your fondest memories of Leeds?**

I've been going to Leeds since I was about 17 / 18, so I've been going up there a long time. I used to play dubstep at the West Indian Centre. The last time I was at Mint Club was mad! There's a few standout moments that I can't really talk about, they happened at after-parties, but it's a place I've always had fun and always had a good following.

**What do your favourite shows consist of now as compared to when you were first starting out?**

Well, when I was playing dubstep the main reaction you were trying to get was causing an absolute raucous, rewinding tracks etc. It was a lot more ADHD filled, a lot more in your face. Whereas now, [it's about] going out and having a full dance floor. Especially with the Open to Close sets watching people, the feeling of making people dance all night long to just you on your own is a really satisfying feeling. And still the same as before one of the best feelings is playing one of my records and it getting a great reaction.

**Do people still come up to the decks and complain you're not playing dubstep? Or has everyone finally accepted what you're doing?**

No it doesn't happen any more! I mean every now and then there's the odd one but it's expected. It used to happen all the time and it felt like people would do it because they knew I wouldn't play it which was pretty irritating. And then people would get almost aggressive about it!

**Given what's happened to your career in the past ten years, do you see yourself in another five or ten years shifting in style again?**

Maybe, or maybe in two or three years. There's no set grid I just kind of go with what makes me happy really.

**Even though you always seem un-phased by being talked about, is there anything you don't like about being in the public eye?**

I guess people always saying that you look fucked! I mean everybody knows I like to party but most people only see me when I'm in a club, they don't really see me on a day-to-day basis so it's just quite annoying when sort of no matter what state I'm in, every comment on the photo or clip it's like 'I bet he's fucked'.

**Since Benga spoke out to the media (he retired suddenly from the industry in 2014 and has since opened up about dealing with bipolar disorder and schizophrenia), have you personally seen any change in attitudes towards mental health in dance music?**

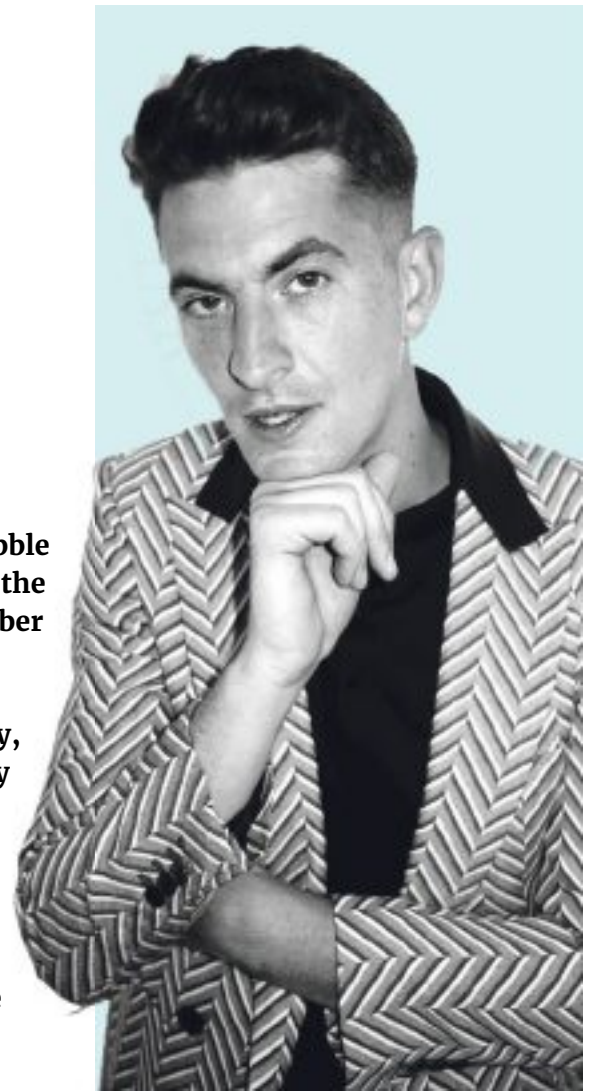
Yeah definitely. I think there's been a positive effect because it's made other people feel like they're not going through it on their own. I think people are looking more closely especially at artists and people in the nightlife industry, because it's a job that makes you burn the candle at both ends. And also it's a world where it's easily missed. Like you can just think 'ah, they're just being nutty, just acting mad partying' or whatever. It's good that there's more of an awareness.

**Your latest solo release 'You know, right?' sounds very garage influenced and back to your old roots. Is it a clue for the album that's supposedly in the works?**

No no no it's not haha. The album isn't something I'm talking about much because to be honest, it's barely even started. The track reminds me of one off my second album, called 'I love the way'. It's kind of just a throwback, something that I would've done years ago. It's really surprised me that it's been doing so well over the summer and it's doing so well now.

Read the full interview online at [thegryphon.co.uk/clubs](http://thegryphon.co.uk/clubs).

Julia Connor





# Triple Cooked Virginity

As *In The Middle's* supposed go to guy on the Club scene, I'll start this review with two intertwined apologies. Firstly, until this night, I had never been to Triple Cooked. Secondly, I had never been to The Old Red Bus Station. In the stale state that I'd allowed my third year self to seep into, this event was set to be my new dawn.

Triple Cooked are an events team who have their target market down to a tee. Glowsticks were passed out to excited punters in the queue, whilst bunting was adorned all over the already charming venue. The intricate layout of The Old Red Bus Station, and the avant-garde attitude emanated by the event worked perfectly together.

Upon entry, the first room most of the crowd came across was by the downstairs bar, tucked away next to the smoking area. The small confines flattered the powerful sound system, creating an atmosphere that was so much more than

red stripe and wallhangings. Jake Adams, the man behind the decks, crafted an eclectic mix ranging from tech house to disco. For someone perhaps towards the bottom of the lineup, he showed the level of quality on show.

The layout of the club, whilst fascinating, became incredibly confusing once most my blood was lager. At one point I mistakenly staggered my way into Room 2, and was greeted with a total of five people shuffling to what I can only describe as neurofunk remixes of some classic soul tracks. Unsettling.

The main room brought the vibes that Triple Cooked are truly known for, the packed out area full of good vibes and happy people. This may have been my first time at Triple Cooked, but it won't be my last.

**Reece Parker**

# High Hopes for HighRise



HighRise is incredibly popular with Leeds students, one of the city's most notorious events. Last Friday's fourth Birthday lived up to this reputation of packed out line ups and impressive production value.

At no point in the night was the rammed Back Room without a queue, and rightfully so. Congo Natty and Top Cat set the vibe with a bit of 'Junglist' and chilled out the crowd with 'Three Little Birds', flitting between a classic Jungle sound and Reggae in which they've carved their niche.

Ray Keith's set that followed had more of a basis in Dub and Drum & Bass, providing a more consistent heavy Jungle vibe as the night progressed. Utah Jazz then followed suit to bring the arguably most popular Back Room to a close.

A further notable set came from Slimzee and Riko. Riko Dan's vocals filled the Warehouse room with an atmospheric selection of patois-filled grime, layered over the nostalgic sounds of DJ Slimzee. Typical to HighRise's musical tendencies, the night came to its very close with some classics mixed in with Reggae and Jungle round

offs. The Special's 'A Message to You Rudy' and SBTRK's 'Wildfire' were the anthems that received the best response. As expected, the final tune was 'One Love' and had the weary stragglers arm in arm singing along at the top of their voices.

The music of the night was set to the backdrop of a bonfire outside to keep the crowd from freezing, and the ceiling was covered in army-style cargo nets. This decorative approach had a certain effortless cool, and lighting and sound was on top form. HighRise ticked all the boxes and the response was undoubtedly positive.

HighRise returns to Leeds 20th January for its January Session.

**Amelia Whyman**





# Poison Ivy: the ethics of Ivy Park

**Are we blinded by brand Beyoncé? Lucy Brown exposes...**

In 2016 Beyoncé surprised us again when she burst onto the retail fashion scene with her active wear collection, Ivy Park. The collection aims to be durable, flexible and also fashionable with a minimalistic look despite the Ivy Park logo being splashed across every item. People flooded into Topshop stores nationwide to grab a piece of the new brand co-created by the pop queen herself. The brand was marketed in line with Beyoncé's core values, to promote strong independent women. The slogan, 'where is your park?' implies that every type of woman can do sport. All very empowering, right?

Sure, in the countries that retail Ivy Park, this new clothing line has been applauded and countless women enjoy looking stylish heading off to the gym. Yet the dark truth behind Ivy Park came out about a month after its launch. Mid way through May, a British tabloid leaked information about the origins of Ivy Park and where it was made. The line had hundreds of women producing the clothes in the MAS Holdings factory in Sri Lanka. Sweatshop scandals have caused concerns before but because Beyoncé openly claims to be a philanthropist and a self-professed do-gooder, this situation is explicitly contradictory.

The Sri Lankan women manufacturing these clothes are reaping none of the benefits, unlike the designers, distributors and supposedly Queen B herself. The conditions they have to live and work in are frankly horrific, with women expected to do 18 hour days, paid as little as 44p an hour. They have to live in cramped conditions with no kitchens, communal washing spaces and curfew times away from their families. They are told when to go to bed at night then they are woken up six hours later to go and begin another 18 hour slog at the machine factory making overpriced clothes for fashion conscious, western gym bunnies.

Clearly this throws up massive ethical issues about the treatment of those in developing countries that are expected to work in factories to create the clothes we wear. This issue has been on-going for a long time but it's imperative that people are informed about how their clothes are produced, rather than blinded by branding, so that they can make choices about where to spend their money. Customers are a powerful component in the retail success equation and if manufacturers could see that people prefer to buy clothes that have been ethically

produced by a fairly treated workforce they would be forced to give staff a better deal. Maybe labels should even carry information about a garment's source?

So the next time you see Beyoncé's brand in Topshop, spare a thought for the women that have worked until their hands bleed to make it. If the information about the origins of our clothes was easily available, I'm sure we'd all prefer to spend our cash on leggings that are as comfortable on our conscience as they are to wear.

**Lucy Brown**



## Stella McCartney: Sustainable fashion

On the 14th November Stella McCartney joined journalist Lucy Siegle for the third annual Kering talk on sustainable fashion. As a designer, McCartney continues to set the pace on how to create and innovate in the fashion industry without comprising ethical beliefs. Her most recent womenswear and menswear lines (launched the week before) stand at being 53% and 45% sustainable. So, if anyone has the right to lecture us all on sustainable fashion, it's Stella.

McCartney began the talk reflecting on her past. She recalled how, initially, she was ridiculed for wanting to start a brand that sustainably sourced its materials; she was told that this wasn't a viable business. But with fashion being one of the most environmentally-harmful industries, and with an ever-increasing modern consciousness of our environmental impact – be it via what we eat or how we choose to travel – McCartney questioned why fashion was not as much a part of this conversation.

McCartney's most recent venture is a reflection of this conversation. Over the past two years she has been

focussing on changing the way her brand sources one of its most-used materials: viscose. "We didn't really know the impact of viscose and that it was tree pulp and that it was a big contributor to deforestation." "120 million trees are cut down a year for viscose", she explained, "As soon as we knew that we didn't want to be a part of it." The brand now works with NGO Canopy to ensure that all viscose production meets strict sustainability standards, ensuring the forest and its habitats are not irreversibly destroyed.

Sustainable fashion is still in its early stages though, with a need to prioritise. "The biggest sustainable thing we do is not use leather. Over a billion animals a year are killed just for their leather and 50 million for their fur", not to mention additional impacts that the tanning process and agricultural deforestation have.

Proof then that being ethical *can* be profitable, Stella McCartney is definitely heading in the right direction. Let's just hope she doesn't have to walk it alone.

**Beth Marchant**





# Ignorance is Not Bliss: The Below the Belt Truth of Fashion Production

When purchasing the latest trends, on the high street and online, most of us don't give a second thought as to where exactly the products we buy actually come from. For the majority, involvement in the buying and selling of goods is just another regular activity- whether it be in the form of fashion, cosmetics or food. We are the consumers that brands rely upon on a daily basis. But who else do such brands rely on for keeping business alive?

Recent investigations (BBC Panorama) uncovered the truth behind fashion production for major and iconic British brands Marks and Spencer and leading online fashion retailer ASOS. The BBC investigators were shocked and appalled to discover hundreds of Syrian refugees in Turkey working in poor conditions to produce the fashion that Britain wears. Reports state many of the workers were illegal migrants and that young children had been working extensive hours, operating dangerous machinery and using harmful chemicals to bleach fabrics. Panorama reported that the clothing labels found in the factories suggested that they were also suppliers for huge household names such as Next, Zara and Mango.

Representatives from all of the brands denied awareness of the activities taking place within

their business chains and publically apologised for the damage and exploitation caused to the factory workers. Yet stories such as this continue to emerge. From the investigation, one 15-year-old worker was found to be working 12 hours a day ironing clothes for them to be shipped to the UK.

Organisations such as the PETA (People for the Ethical Treatment of Animals) continue to campaign for the protection of animals in the production of fashion and beauty. Whilst these organisations encourage consumers not to buy products from favourite make up brands such as Bobby Brown, Estee Lauder, Maybelline, M.A.C and L'Oréal in the hope to send a powerful message to consumers, it may seem as though we are left with little choice in the market.

Fear not. With designers such as Stella McCartney and Vivienne Westwood's continuing 'animal free' fashion campaigns and successes, we can be inspired to think twice before heading to the checkout. Look to brands such as LUSH, NYX, Urban Decay and The Body Shop for high street cosmetics without the price of exploitation.

Alex Jones



**The countdown is on: forget Christmas, the Leeds RAG fashion show is back.**

The most hotly anticipated RAG event of the year is back with a bang this February. The Leeds RAG fashion show is infamous for bringing fun, flamboyancy and of course fashion to the students of Leeds University. With a 30 strong committee the 2017 show is expected to be bigger and better than ever before. The show is confirmed to take place on February 23rd, a sure fire event to brighten the winter months!

With a team of 60-80 models, cast last week ahead of the launch party held on Tuesday, the show is one of the largest annual contributors to the RAG's total money raised, and with

100% of the launch party ticket money going directly to the chosen charities, the fundraiser is off to a good start. The charities chosen by the committee this year are Cruelty Free International, against animal testing, and Labour Behind the Label, a charity which works to empower and promote workers' rights in the fashion production industry.

With just over 3 months to go, *The Gryphon* fashion pages will have all the details, gossip and exclusives you need. Mark your calendar, this is an unmissable event!

Meg Painter

# Ethical Brands to follow

## Monki

Fresh, edgy and unique, Monki is a youthful and energetic brand that ensures an ethical code of conduct for its workers as well as being committed to minimising its environmental footprint with their Monki Cares garments. Their motto is all about caring for those who work for them, and ensuring that their material choices are eco-friendly and chemical limited.

Recently Monki set a goal to obtain all their cotton from sustainable sources by 2020. Moreover to show their commitment to recycling, all customers who recycle their old clothes with Monki get 10% off their next purchase. In their "Monkifesto", Monki also express their dedication to issues central to women and give voice to debates around periods, body hair, cyber bullying, love and sisterhood, placing female empowerment as a key part of their brand.

## Milk it

Milk It is an ethical recycled and vintage clothing company, available online through companies such as The Ragged Priest, which also aims to reduce its carbon footprint by taking vintage pieces and reworking them. Similar companies which used recycled clothing and materials, and reduce waste include Reclaimed Vintage.

## Monsoon

Monsoon are committed to reducing their environmental impact by minimising packaging and waste, and expanding their recycling facilities. They are also supporters of animal welfare and ensure no animals are maltreated in their supply chain. This includes: no use of animal testing, no fur and sustainable use of any and all animal products such as wool.

Other high street stores such as Fat Face also ensure their workers are being treated fairly and make sure the factories that supply their clothing are doing so ethically. Similarly, H&M's Conscious Collection, a recently launched line from the worldwide company, ensures it only uses completely sustainable resources.

## Hope and Ivy

Bohemian and delicate, Hope and Ivy is perfect for anyone looking for a special occasion piece or just for a lover of embroidery.

Describing itself as a 'contemporary British fashion brand', Hope & Ivy uses materials ethically sourced and takes inspiration from all around the world. All the embroideries and prints in the collection are hand-crafted and are overseen to make sure they meet the ethical standards and conduct the company upholds.

Lucy Young

# Dressing Ethically: Is it worth it?

We all know our favourite high street brands aren't exactly the most ethical of retailers, but it seems that most of us are willing to turn a blind eye to this fact in order to gain cheap fashion fixes or a new party outfit. I've had this conversation enough times to know that the standard student response to the question of dressing ethically is 'I really want to but I just can't afford it'. We are, after all, constrained by student finance's somewhat ungenerous offerings and the cost of socialising most nights of the week. So isn't it fair enough that we turn to Primark in our moments of desperation? Absolutely not. With 170 million children engaged in child labour worldwide, it becomes a tiny bit harder to justify that extra pair of jeans. Of course this statistic isn't limited only to the fashion industry, but it's undeniable that fast fashion is a prime reason that unethical trading occurs. Our constant demand for cheap new fads has turned the industry into a race to be the fastest responder, with little concern for the children spending their days picking cotton for our jeans rather than getting an education.

And it's not just workers in unbearable conditions that are paying the price. The clothing industry is shockingly the second largest polluter in the world, trumped only by the oil industry. At every stage of our production, the environment is being trampled down; from the excessive water wastage used in the production of cotton, to the harmful fuels released to bring our globally produced garments right to our door. What's worse is the fact that half the clothes we so eagerly buy wind up discarded in a landfill just months later: each year, up to 1 million tonnes of textiles are sent to landfills in the UK alone. Sounds pretty bleak, I know. But it doesn't have to be. Sure, most of us don't really want the hassle of shopping ethically – and I think that's the issue. We've all seen the University's vintage stalls or strolled past charity shops in town centre. We just don't have the time and energy to wade through heaps of grandma-style cardigans and poorly fitting jeans. However, if we really thought about our excuses for not dressing ethically, I think a few of us would have to admit they really don't hold up to much.

Take for example, the limited student budget. Sounds pretty convincing until you consider the fact that most 'broke' students are still willing to 'invest' in another round of shots or a midday coffee. Besides, ethical shopping saves money; charity shops won't charge more than £5 for a top, whilst we should all be encouraged to swap and

share clothes as much as possible. Or maybe some of us just don't like the thought of wearing someone's rejected skirts when Topshop's latest collection seems so appealing. I relate, honestly. But there are ethical retailers out there, if we just looked a bit harder – think H&M Conscious and Free People. Yes, the price tag might not be such a pretty sight. But surely it's worth it to start making a difference?

If you join the movement to boycott unethical shops you'll be in good company. Statistics have shown that 18–34 year olds are the most engaged sustainably, with 1 in 4 of us considering the social and environmental ethics of brands when making decisions. The only way we can really make a difference is if more of us demand ethically produced fashion.

If you're looking for a New Year's Resolution, perhaps this is the one for you. Or maybe start even sooner and give Topshop the chop. Fashion break up's are not easy, and I'm not going to lie and tell you otherwise. But, believe me, it is so worth it.

Lydia Varney



## The Depop Fix

**Sarah Ashford-Brown tells you how to get your shopaholic fix - without leaving your room**

@yasminkeen\_ is the most lovely person you could communicate with on Depop. She replies very quickly and makes everything so easy for you to get the best shopping experience on her page. Her items are super cheap, mostly brand new or worn a handful of times maximum. She will reduce the prices even more if you decide to buy more than one piece of clothing, and does amazing bundle deals! One of my all time favourites on Depop.

@edie1234 sells completely new branded items including Lacoste, Puma and Nike for affordable prices, but what I generally go for is his music artists clothes which are dead cheap compared to the same merch you'd find anywhere else. Continuously adding new items such as The Rolling Stones, The Beatles or even the great David Bowie t-shirts and jumpers, he is extremely active. A follow would be great not to miss an opportunity!

@hollymolden has the cutest clothes sold for super affordable prices on her Depop page, and pretty much everything is under 25. She presents her items in such a nice way and is so sweet to talk to that you'd want to buy all of it right now. As a new seller on the mobile app, why don't you just pop in her store and have a look? Great deals for you and it would help her a lot to get her well deserved Depop fame. It's a win-win.



# **WANTED: WEBSITE DESIGNER**

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If you're interested, head to Joblink to find out more, or email [\*editor@thegryphon.co.uk\*](mailto:editor@thegryphon.co.uk)

**Deadline: Sunday 4th December**





# Leeds International Film Festival Roundup

**The 30th Leeds International Film Festival finally drew to a close last week, after a fortnight of diverse and exciting film showings. Over the two weeks, *In the Middle* sampled a wide array of screenings, and here we give you a taste of our thoughts...**

## ***Lady Macbeth* (2016)**

The film presented the everyday brutality of Victorian aristocratic life very effectively, as the young bride is viciously controlled by her husband and father in law and ruthlessly laced into the costume of the day by her servant. The cinematography beautifully captured the cold and empty environment, merging nicely with both the plot and depiction of the characters. A lot of plot was packed into 90 minutes, yet some interesting events were left hanging in a way that I found frustrating. It was a plot that seemed intriguing on paper became monotonous on screen and ultimately felt quite unsatisfying. The audience was not invited to connect or empathise with any of the characters, so as the plot progressed and Catherine emerged as Lady Macbeth, I didn't really care.

Ellie Goodwin

## ***Blue Velvet* (1986)**

This is not a film for the faint-hearted: Lynch shows little restraint in showing what excesses go on behind closed doors; mainly gore and sexual violence. Though there are no real jump-scares, the film truly terrifies at times. It explores dark thoughts and desires, the lengths evil will go to and whether the good of the world can stop it. It has both realist and surrealist scenes, which are either dreamlike or nightmarish. A brooding score by Angelo Badalamenti is joined by the haunting use of 50s and 60s ballads, such as the title song and 'In Dreams'. The idea of Americana as represented by these songs has, by 1986, been torn down.

Ramzi Ramsden

## ***Chi-raq* (2015)**

*Chi-raq* is a triumph of no-holds-barred filmmaking. It is a feast for the eyes and the cinematic imagination is saturated with director Spike Lee's biting political satire.

The film is a hip-hop adaptation and incisive twist on Aristophanes' comic play *Lysistrata* (411 BC). Warfare between Trojans and Spartans is mirrored in black gang-warfare between 'Troy Town' and 'Sparta South' in modern-day Southside Chicago. Lysistrata, girlfriend of head Spartan Chi-raq (an ever-shirtless Nick Cannon) and the women of the opposing gang initiate a 'sex strike', forcing their men to achieve peace or never have sex again: "No peace, no pussy".

Emily McDermott

## ***Creepy* (2016)**

A pinch of neighborly xenophobia, a touch of imminent terror and a dash of skillful casting only begin to describe director Kiyoshi Kurosawa's recent J-horror, *Creepy* which premiered at LIFF 2016 on the 15th November. A troubled ex-detective named Takakura recovers from a failed investigation of a psychopath's escape, a case that haplessly results in him forfeiting his profession. He eventually becomes a lecturer at a university, successfully relocating with his wife to a new home. It's at this point that the combination of grim, bleak cinematography of the green Nipponese landscape, and the blank stargazing characters grips the audience with an overall sentiment of decay. If Baz Luhrmann's artistic style consists of a kaleidoscope of colours and visual chaos, then Kurosawa's approach to directing falls on the complete opposite side of the spectrum, capitalising rather on the robust and intricate characterisation of his actors.

Varun Madan

**For full reviews of these movies and many more LIFF screenings, head to [www.thegryphon.co.uk](http://www.thegryphon.co.uk).**





Image: Seann Webb

# Zulawski: A Retrospective on some of the director's best works

While it has become something of a cultural in-joke that 2016 has seen a swathe of artists and celebrities pass away, one less talked about, but no less essential, filmic artist of the 21st century also passed away this past year, Andrzej Zulawski. The visionary Polish director is a little lesser known in the English speaking world, as his filmography includes only one film in the English language, *Possession*, a notorious video-nasty banned in the UK during the 1980s. Zulawski's work, however, comprises a phenomenally rich vein of European art-house, so I attended screenings of three of his most notable works at the Everyman Cinema as part of LIFF30: *The Third Part of the Night*, *The Devil*, and *On the Silver Globe*.

*The Third Part of the Night* is, even as his debut feature, unmistakably Zulawski. It's admirable that the director had such a clear vision of what he wanted his films to be right from the very beginning. All the Zulawskian tropes are already out in full force: the histrionic acting, doppelgangers, the wildly spiralling camera movement, themes of religion, transgression, the macabre, are all present and accounted for.

*The Devil*, as the name may suggest, brings the transgressive nature of Zulawski's filmmaking to the next level, so much so that the film was banned in his native Poland. Darker still than *The Third Part of the Night*, *The Devil* is an Eastern European corollary to *Rosemary's Baby*, or *The Exorcist*. Though much less accessible than the two aforementioned films, it is no less rich in aesthetic, or compromising in its willingness to perturb its audience. The late 18th century setting not only adds to the overt religious undertones to the film but, as I'm sure Zulawski wished, but provides enough distance with the modern day to examine historical trauma

and its manifestations in contemporary life. This is another key tenant of his filmmaking, yet sadly the Polish censors were not so easily fooled.

Like many of Zulawski's works, *On the Silver Globe* has unfortunately been subjected to more discussion surrounding its production than the film itself. Invited back to Poland after his success in France, Zulawski attempted to adapt a much loved sci-fi novel written by his granduncle Jerzy Zuawski. Production was halted 80% to completion by the Ministry of Cultural Affairs, critical of what they thought to be the film's thinly-veiled critique of the communist government. Assembled while

still incomplete, the film could be accused of being even more disjointed than a typical Zulawski affair, though having lost none of its visually arresting qualities. Especially in the new digital restoration I watched, the film is absolutely achingly gorgeous.

**"Zulawski gave us access to nightmares, and created truly absorbing cinematic experiences"**

The trifecta I was lucky enough to view is enough to convince anyone of Zulawski's unique vision, captivatingly bizarre style, and undeniable talent. Beautiful, grotesque, striking and unnerving all in equal measure, he is a filmmaker anyone with an interest in the medium should be acquainted with. If Tarkovsky allowed us to occupy dreams, Zulawski gave us access to nightmares, and created truly absorbing cinematic experiences that ran totally counter-current to what one could find in Anglosphere filmmaking. Do yourself a favour and expand your filmic horizons by seeking his work out for yourself.

Jonathon Atkinson



# Shakespeare Lives in 2016

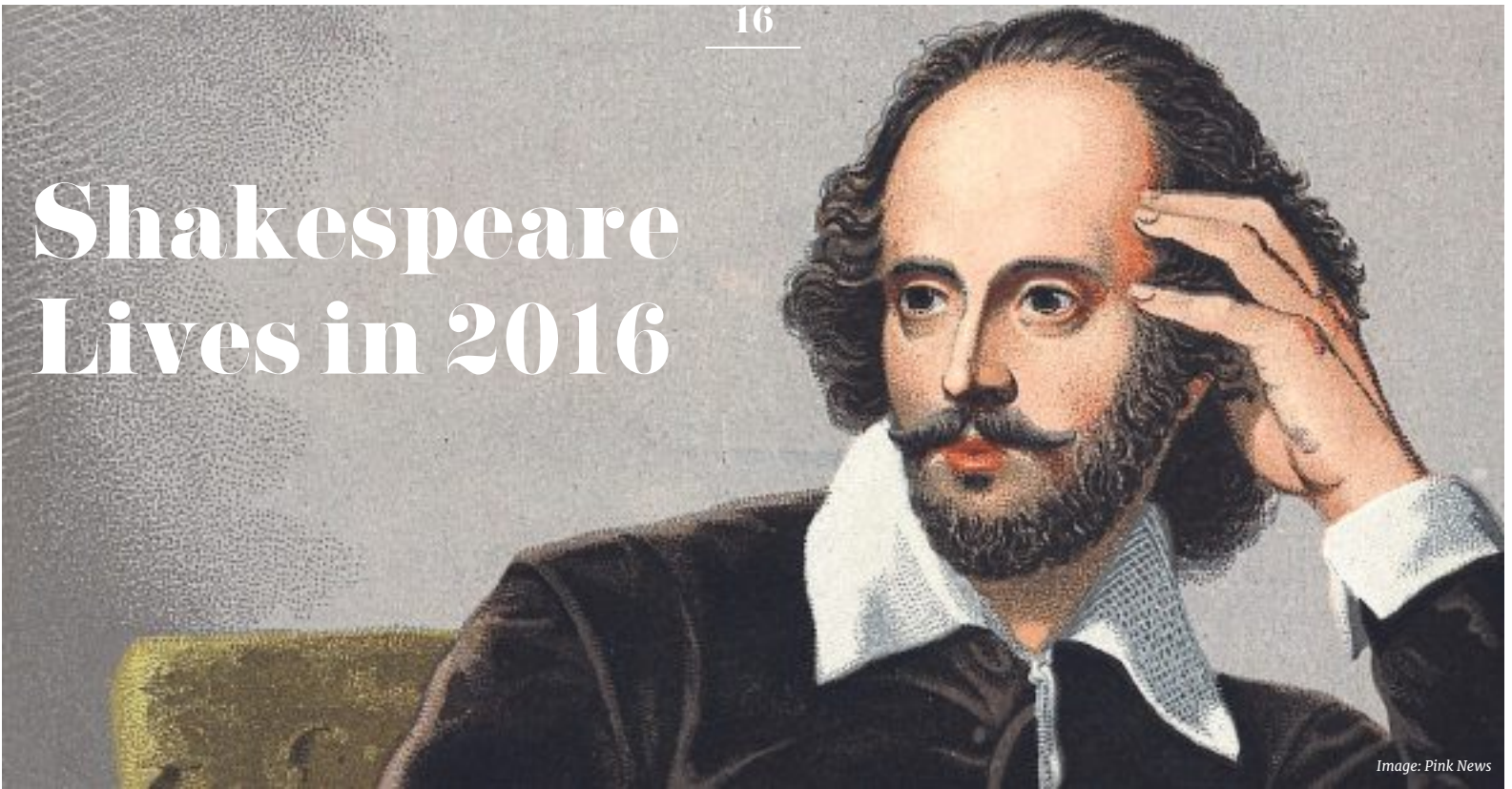


Image: Pink News

## The British Council's has launched a global programme to bring Shakespeare into the 21st Century, but is *Shakespeare Lives in 2016* achieving its goal?

The Shakespeare Lives in 2016 campaign aims to bring the Bard into the 21st century, but I'm not sure it's working, or that it will be fully appreciated. We are all taught that Shakespeare is a big part of English literary history, but often in the classroom experience we miss valuable lessons, and teach some to hate iambic pentameter. It is impossible to deny the Bard's place in literary culture, but I can't help but wonder if it's time to give the overworked classics a rest, just for a decade or so. In the meantime, can we study some of Shakespeare's other works, please?

All of this is not meant as an insult to the Shakespeare Lives in 2016 project; the short films are amazing to watch if you love Shakespeare. My issue is not that these re-imaginings of *Romeo & Juliet*, *Julius Caesar* and *King Lear* are without merit. Each piece is beautiful, well crafted and wise. The issues of missing mothers, race and age are carefully considered and sensitively acted out. The challenge for me is that the base plays are only those studied at GCSE, and that excludes so much available work. Some people I know roll their eyes at the mere mention of 'Sonnet 130' or *Macbeth*, but equally I've seen their eyes wide in

**"I can't help but wonder if it's time to give the overworked classics a rest"**

wonder watching a lesser known play staged at the Swan Theatre in Stratford. I've yet to see *The Two Noble Kinsmen* anywhere but at the RSC, and trying to explain the storyline of *Titus Andronicus* to my friends only creates confusion.

We spend so much time studying Shakespeare and yet we often miss so much of what it has to offer. Before starting an English degree no one had pointed out to me that the first 126 of Shakespeare's sonnets are to a young man, and only the last 28 to a woman. Only through outside reading did I discover my favourite play, and trips to the RSC have taught me more than any lecture on a Shakespeare play. Shakespeare Lives in 2016 could do so much more, and open new doors, but it didn't; it took *King Lear* to a care home and *Hamlet* to a pub. After 400 years there are still new interpretations and meanings in Shakespeare's work to be found, just maybe not in the same 10 plays we all know inside out.

Channah Parker

## Review: *BalletBoyz*

Screened on Remembrance Sunday. *BalletBoyz* challenges the necessity of language in depicting the horror of trench warfare

*BalletBoyz* was launched in 2010 by former Royal Ballet dancers Michael Nunn and William Trevitt, whose main aim was to show that "movement can convey complex emotion on screen". It is clear that the *BalletBoyz* did just that, as they eloquently portrayed the harrowing brutality of war in their feature-length silent film, *Young Men*. *Young Men* was screened for Remembrance Day weekend on BBC2, and depicted the tale of a group of young soldiers who are brought together by the horrors of trench warfare.

Despite the experience of the soldiers being almost unimaginable, *Young Men* is a hauntingly beautiful and compelling depiction of the psychological trauma

endured by the soldiers who are consumed by the unending cycle of violence and death. Whilst some viewers have criticised the production for glamorising or aestheticising war, I believe that the dancers did not fall into the trap of sensationalising a sensitive topic with graphic effects or meticulous camera angles. Instead, *Young Men* was gracefully shot through intimate close-ups as the storyline focused on the raw dynamics between the soldiers and the ongoing effects of PTSD (Post-traumatic Stress Disorder).

The closing scene was perhaps the most touching and painful to watch, as it showed a shell-shocked soldier writhing in emotional torment as he relives

his memories of the war. If you didn't catch *Young Men* on air, I highly recommend watching it on BBC iPlayer where it is available until 12th December or on the *BalletBoyz* official site. The show paid an alluring tribute to our soldiers by bringing a whole new understanding of the agony of conflict and proves that a powerful message can be conveyed without the need for a single word to be spoken.

Rating:



Adina Rees



# Review: A Streetcat Named Bob

The Independent

**Not your classic rags-to-riches. Roger Spottiswoode's latest feature finds hope in all the right places. We sent Anika Vadukul to give us her verdict.**

The term 'emotional rollercoaster' has never been more relevant. Drugs + a ginger cat + love = *A Street Cat Named Bob*.

We are told the true story of James Bowen, a homeless drug addict who is given one last chance when he is placed into housing where he befriends Bob, a very mischievous cat. In this heart-warming comedy James turns his life upside down and inside out. With the help of his furry friend they embark on a sweet journey together which may or may not have made me bawl buckets by the end.

I was not initially going to watch this film, but oh boy am I glad I did. I particularly liked the personal feel of the film; we are positioned as Bob through multiple over-the-shoulder, shaky camera shots, enhancing the picture's originality and authenticity. One thing that moved me were the relationships James had with those around him; his regretful father, his innocent neighbour Betty and most

importantly his feline friend. I won't give anything away but, especially with his father, the dialogue and interactions appeared downright sad and that really got to me.

On his journey, we touch upon the very basics of 'becoming clean' and I never realised just how much of a struggle this endeavour is. Luke Treadaway (James) played his character finely and depicted the sensitive issue in a raw, haunting way.

Ending on a light note, the real James Bowen was featured as a cameo role and this brought a smile to everyone's faces. Reflecting back, this film has definitely made me rethink how homeless individuals are treated. A powerful film. I am a fan.

Rating:



Anika Vadukul

## 'Merlin's beard!'

In all honesty, the recent adaptation of JK Rowling's *Fantastic Beasts and Where to Find Them* is, if you'll pardon the pun, pure magic. Eddie Redmayne breathes life into his bumbling and bashful character Newt Scamander, exploring 1920s New York in search of some of his misplaced creatures. His co-stars Katherine Watson (Porpetina Goldstein), Alison Sudol (Queenie Goldstein), Dan Fogler (Jacob Kowalski), Colin Farrell (Percival Graves), and Ezra Miller (Credence) are equally impressive in their portrayal of their characters.

The primary plot is intriguing and humorous, fully captivating the audience with incredible special effects that can truly make a person contemplate the existence of magic. Combined with a stunning soundtrack from James Newton Howard, it can bring even the most emotionally hardened audience to tears at the right moment, and there are many. The subplot is perhaps far more sinister than a 12A rating would suggest, linking to characters that Potter fans will recognise from the original series and tying the two worlds together. It touches on critical elements like child abuse and animal cruelty, foregrounding

significant aspects of the real world that still need addressing. It was a relief to find that Queenie, blonde and beautiful, was not just the stereotype, but a well-rounded character that furthers the plot through her actions. It was also gratifying to see that the President of the Magical Congress was a black woman, and not just another old white man.

Redmayne was perhaps the most stunning, truly capturing the adoration and awe Scamander has for his creatures and translating it into a loveable protagonist who cares more than anything about protecting them. The creatures themselves were visually spectacular, adding a dash of comedy into the fantasy and adventure mix. All in all, this is a magical film that deserves recognition for the incredible performances, effects and writing. Did I like the film? Well, maybe 'just a smidge'.

Rating:



Stephanie Bennett



Warner Bros



# Trump's New America

## The Reality of the Election Result

**This week's episode of *Panorama* focused on answering the question on all our minds: who voted for Trump?**

The sheer power of the media in influencing public opinion is astounding. The news is omnipresent; headlines, articles and interviews loom over our heads and infiltrate virtually every area of society. One of the by-products of the media is the stirring up of public opinion; any political figure can be annihilated by one news headline. The focus of this week's episode of *Panorama* was 'Trump's New America'; in interviewing different groups of people from different areas, Hilary Andersson tries to get to the bottom of this result. Who are the people who voted for Donald Trump?

The Presidential campaign of Donald Trump was largely facilitated by the strategic use of popular media, with many of his actions dominated by the controversy of the policies which allowed him to win the American election. Trump's victory has naturally been conveyed in many different ways by the American media. The reaction of the American public to the result fluctuated between triumph and despair, making it difficult to make a definitive statement about the general American public opinion. It is easier to make a general statement about how the British media have reacted to this; news headlines have largely emphasised the fatality of Trump's success and the uncertainty of the future which follows.

Though the BBC have attempted to avoid political bias in interviewing a handful of Trump's closest friends and political allies, the sentiment of fear perpetuated by minority groups interviewed on the programme is overpowering. Trump's main political advisor was interviewed on the programme, describing Trump as a 'genuine' and 'kind' man: who is the real Donald Trump? Is he a creation of the media? Nonetheless, the implication of Trump's advocates contextualises this election result and the power he wields as a result of it. This programme really hammered home that it is possible to be accused of rape, racism, misogyny, and discrimination, and still win a general election with peers willing to defend your honour.

Throughout his election campaign, Donald Trump repeatedly made discriminatory and offensive comments towards minority groups such as the LGBT community, women, ethnic minorities, and the disabled. Anyone who wasn't white, straight or male was in danger of being situated at the receiving end of this abuse. The fears of the people who have been targeted by Trump's inherent misogyny, racism, and

discrimination are strongly captured within this episode of *Panorama*; these fears have been similarly expressed within British media over the past week. The camera follows the concerns of students at the University of Houston in Victoria; one student markedly expresses her fears and concerns for the future, given that she is a woman, Hispanic, and disabled; what does America's future hold for her?

Even more poignantly, the programme meets the mother of a man who was shot dead by police in his own home after she dialled 911 with concerns that his schizophrenia was raging out of control. She sought the support of the authorities; these same authorities ultimately betrayed her. Thus far, 800 people have been shot dead by the police in 2016, and a significant number of these fatalities have been black Americans. Obama fought throughout his presidency for the rights of black Americans; the same might not be said for his successor. What does the future hold for these minority groups?

**"She is a woman, Hispanic, and disabled: what does America's future hold for her?"**

The programme both begins and ends with the appearance of those who voted for Trump, with a focus on the deep South and the various different groups of people who advocated him throughout his campaign. Many of the news headlines which have reported his victory have focused solely on demographics and statistics; by putting faces to the electoral body who voted for Trump, the result of the election becomes a more realistic concept. It is important that we remind ourselves that the outcome of this election was not decided by an alien population, but by human beings; the very same human beings will live to endure the decisions of the man for whom they have voted. Politics is not such a distant concept as it might sometimes appear to be: the American election has struck many down to reality, and this is a sentiment which is clearly defined within this episode of *Panorama*.

Eleanor Noyce



# John Lewis: The reign is over

**The John Lewis Christmas advert is here, which can only mean one thing, the start of the festive season...**

Over the past five years the department store has become renowned for its tear-jerkers. However, this year sees a break in tradition with a more light-hearted approach featuring Buster the Boxer. On Christmas morning, six-year-old Summer rushes to enjoy her new trampoline only to be beaten to it by her dog after watching a selection of British wildlife use it through the night. According to a John Lewis spokesperson, this cheery advert is an attempt to distance itself from “sadvertising” after worries that last year’s campaign was slightly bleak and depressing.

Since 2011, John Lewis has become synonymous with heart-warming ads after the release of *The Long Wait*. This classic features a young boy impatiently counting down the days to Christmas; the twist is he’s more excited to give presents than receive them. The reaction was incredible and each Christmas the retailer attempts to replicate this success with a new advert designed to make us feel warm and fuzzy.

In 2012 we saw *The Journey* in which a snowman travels far and wide to find the perfect present for his wife. The following year saw *The Bear and the Hare*, an animation featuring Lily Allen’s cover ‘Somewhere Only We Know’ as a bear delightfully experiences his first Christmas. 2014 was the year of *Monty the Penguin* which told of an endearing friendship between a boy and his toy penguin. Last year, the department store spent a whopping £7 million on the *Man on the Moon* in partnership with Age UK to raise awareness of the elderly at Christmas. Although charming, many did not think it was worth the price. This year, has John Lewis been able to live up to its success of five years ago?

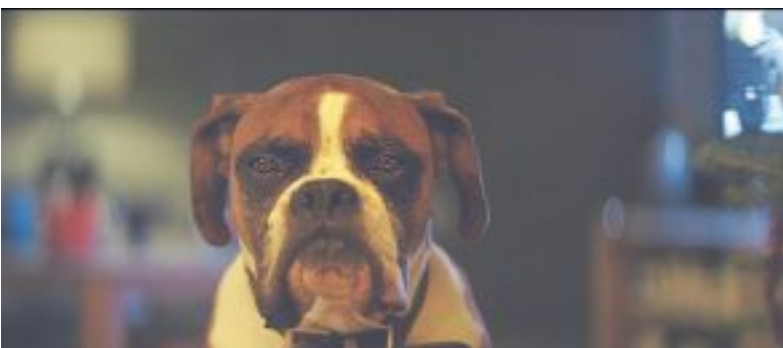
Every year the new adverts are welcomed with an eager anticipation but always leave us with a tinge of disappointment. Every year we see other retailers fight John Lewis for the title of best Christmas advert. This year Sainsbury’s has taken the typical heart-warming approach with an animation of a dad who wants to spend more time with his family at Christmas. This ad features Dave, voiced by James Corden, who sings ‘The Greatest Gift For Christmas Is Me’ in an unexpected bid for Christmas no. 1. The endearing message of spending time with the ones you love does have the tear factor, but has met with some criticism with employees who are being forced to work on Christmas Eve and Boxing Day claiming the advert is hypocritical. Marks and Spencer has opted for a different approach focusing on Mrs Claus. As Father Christmas leaves to deliver presents across the world, we see his wife go on a mission of her own to deliver a gift to Anna on behalf of her younger brother. It is impossible not to smile as the

sister opens her gift to reveal a pair of red sparkly trainers and we see a touching display of brotherly love. However, this year Heathrow Airport has emerged as the unlikely contender for the best Christmas advert. This week saw the unexpected rival launch its first ever festive ad campaign which features two teddy bears. We watch as these ‘grandparents’ land at Heathrow and make their way through the airport with a sense of bewilderment until they are reunited with their family at the arrivals lounge, where they are transformed into humans. Some critics have claimed this feel good heart-warmer is an attempt to reduce negative attention following the announcement of a third runway in west London, but the overall reception has been overwhelmingly positive, with polls showing that public opinion puts this as the forerunner in the battle for best ad.

No one can deny that these adverts are heart-warming but, after all, they are adverts and the main focus is money. This year John Lewis has partnered up with The Wildlife Trust in order to raise awareness and promote the value of British wildlife. Similarly, Sainsbury’s has paired up with Great Ormond Street Hospital, Aldi with Barnardo’s and Waitrose with Crisis, with proceeds from merchandise going towards each respective charity. These partnerships offer a great opportunity for publicity and fundraising as seen by Age UK who, after partnering with John Lewis last year, report an increase in the number of volunteering enquires.

Despite this, the cheesy nature of Christmas adverts, especially those of John Lewis, is what we have come to love and expect each year. Unfortunately, this is distinctly lacking from ‘Buster the Boxer’ which, although light-hearted and enjoyable, does not live up to the standard of the retailer’s past adverts. It looks like John Lewis has finally lost its crown.

**Anna Sutton**





# Bringing Thanksgiving to Britain

**Jade Verbick shows us why we should bring the American National Holiday to Britain, as well as a hearty portion of pumpkin pie...**

Every year in America, families gather together to give thanks by eating copious amounts of food and consuming large quantities of alcohol, all whilst watching American football and the Macy's Thanksgiving Day parade. It's a national holiday steeped in tradition that brings people together to celebrate all that they have, which is followed by Black Friday, the biggest and probably most dangerous shopping day of the year, celebrating everything people don't already have. To many Americans, Thanksgivingsignifies the end of autumn and the beginning of the Christmas season.

While almost everyone in America is given time off for the national holiday, American students still have lectures to attend and essays to stress over. It can be a sad prospect to see friends and family getting together and eating a delicious roast. It's especially difficult considering that most of us barely know how to cook pasta, let alone a massive Thanksgiving meal.

If there is one thing I've learned though, is that British people get pretty excited at the prospect of celebrating Thanksgiving. Everyone loves celebrating extra holidays, especially ones that involve lots of food. It is a lot less daunting to prepare a full roast when friends and flat mates all chip in. While it's not exactly the same as the US, there are actually quite a few merits to celebrating Thanksgiving in the UK.

Hosting your own Thanksgiving means you can avoid eating the strange foods that have become synonymous with the holiday. Who actually thought that putting marshmallows and yams together would be a good idea? As someone

who also avoids eating turkey at all costs, being able to pick what meat to roast can be very liberating. Breaking Thanksgiving traditions can be quite delicious. One of the best aspects of a British Thanksgiving is the addition of the Yorkshire pudding to the meal. These delicious pastries are the best part of any British roast and I now believe that any roast, American or otherwise, will not be complete without them. That being said, it is extremely disappointing how impossible it is to find certain Thanksgiving treats. It's a tragedy that you can't find pumpkin pie in the UK, considering that it's absolutely the best dessert of all time.

While it is not always fun to miss quality time shared with family and friends at Thanksgiving, it is quite a relief not to have to pretend to be interested in American football, or to have to face the dreaded questions from your relatives about what you plan to do with your degree, or listen to racist relatives talk about the merits of building a wall between the US and Mexico.

Being able to share the Thanksgiving holiday with friends and flat mates can be really fun, and although it's not going to be the same as being back in the US, celebrating this holiday helps makes Leeds feel a little more like home.

**Jade Verbick**

## Feastive Food

**Georgia Ryan takes on Jade's claim that Pumpkin Pie is the best festive food on the table, providing her own Boxing Day Pie recipe, but which will you prefer?**

### The Perfect Pumpkin Pie

While normally relegated to the autumn season, there is no reason why this delicious treat can't be eaten year round. This recipe makes two pies.

- 1 can pumpkin puree
- 1 can evaporated milk
- 150 grams sugar
- 1/2 teaspoon salt
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger
- 1/2 teaspoon ground cloves
- 2 large eggs
- 2 pastry cases 175 grams

**1.** Preheat oven to 180°. Mix together the sugar, salt, cinnamon, ginger, and cloves in a bowl.

**2.** Beat eggs in a separate bowl and stir in pumpkin puree and the pumpkin pie spices. Stir in the condensed milk gradually.

**3.** Pour mixture in the pastry cases and put it into the oven for 40-50 minutes. To test if the pie is cooked all the way through stick a knife in the centre, if it comes out clean, it is done.

**4.** Allow the pie to cool for 2 hours.

**Jade Verbick**

### Boxing Day Pie

A traditional Thanksgiving meal is made up of some very hit-and-miss dishes, such as pumpkin pie - not as disgusting as it sounds and, if made right, tastes like heaven. Their combination of turkey, stuffing and cranberry sauce, however, is such a hit even here in the UK that households have adopted it as their Christmas roast, and turned the leftovers into a concoction called Boxing Day Pie.

- 300g cooked turkey
- 1 pack sage and onion stuffing
- 1 tbsp crème fraîche
- 1/2 teaspoon ground nutmeg
- Jar of cranberry sauce
- 340g plain flour
- 150g cold butter/lard/shortening
- 1 egg
- Salt and pepper

**1.** Follow the instructions on the stuffing packet to create a thin sheet of stuffing that can be cooled and later crumbled into pieces. While the stuffing is cooking/cooling, begin making the pastry by sifting flour into a large mixing bowl, stirring in a teaspoon of salt with the fingertips, and add the fat gradually in small cubes to make the ingredients easier to mix. Rub the fat and flour between your fingers for 2-3 minutes until the mixture resembles yellowed breadcrumbs and gradually add teaspoons of cold water to the bowl so that the pastry can form. Unlike bread, the pastry doesn't require kneading, and it's best to add the water gradually so that the pastry is still crumbly, but when pressed between two hands it stays together.

**2.** Once the pastry is of the right consistency, wrap it in cling film and leave in the fridge for half an hour. In the meantime, use two forks to shred the turkey and add it to a lightly oiled pan on medium heat. After a minute, add a generous tablespoon of crème fraîche to the pan, and sprinkle in the nutmeg, some salt, and pepper if desired. Stir the turkey into the newly-made sauce for a few minutes and add a pinch or two of flour to thicken it. This will

ensure that the sauce doesn't seep too far into the pastry. Take the pan off the heat and allow it to cool.

**3.** Flour the kitchen surface and a rolling pin in preparation for the pastry, which will be rolled out to fit the width and depth of the pie tin being used. If using a wide but shallow pie tin, turn said tin upside-down and measure against the rolled out pastry to see if there is enough pastry left to cover the edges; a deep pie tin will require the pastry being worked in with the fingers rather than rolled on top and fitted. Trim the edges of the pie tin with a sharp knife and chill the pastry in the fridge for 5-10 minutes so that it doesn't shrink in the oven.

**4.** Preheat the oven to 170°. Begin layering the pie case with the broken sheet of stuffing, spoonfuls of turkey and sauce, cranberry sauce, and repeat until the casing is full. Use a rolling pin to pick up the remainder of the pastry and roll it on top of the pie case, forming the crust. Water will help blend the casing to the roof if the two pieces of pastry won't connect. Make a small hole in the top of the pie so that air can escape, and use a beaten egg to glaze the pastry before it goes into the oven for 15 minutes, or until the pastry is cooked.

**Georgia Ryan**





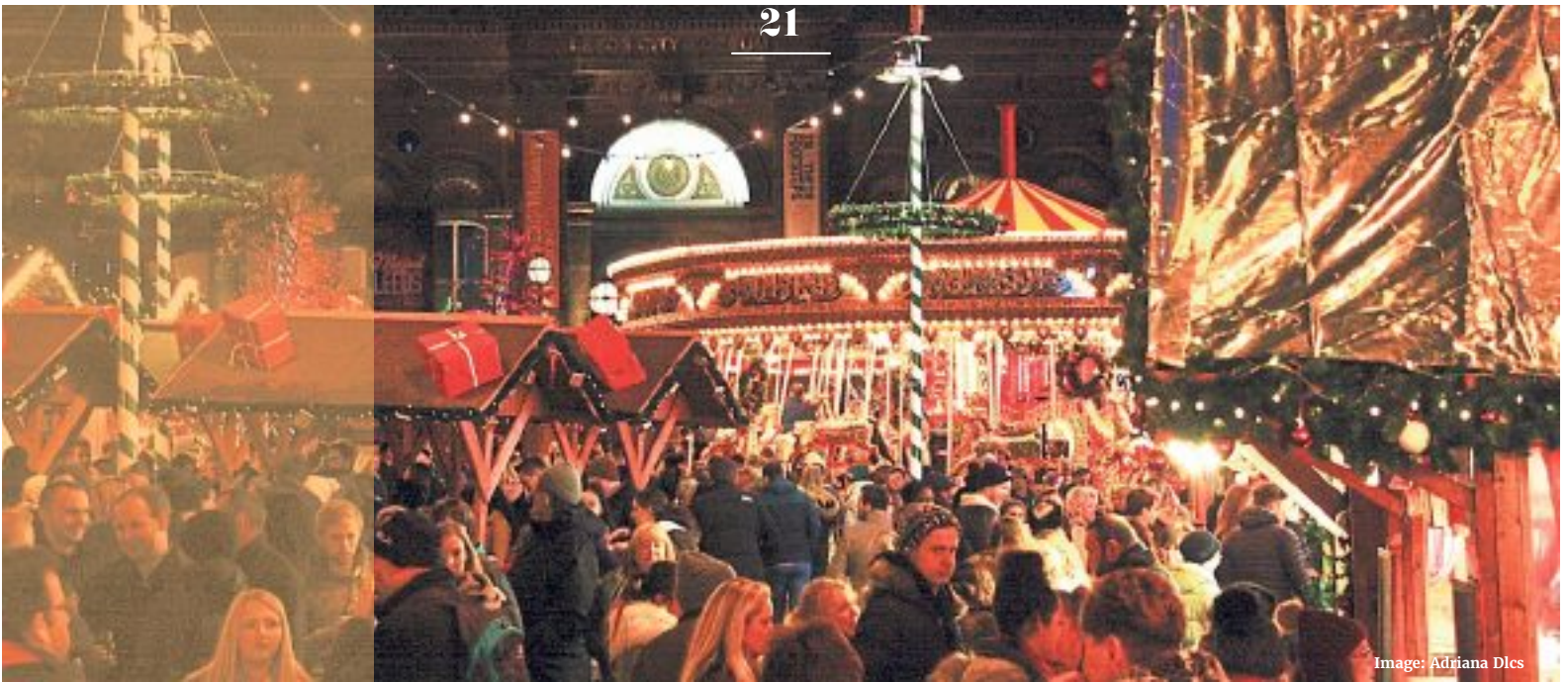


Image: Adriana Dles

# Christkindelmarkt ist zurück!

**The Christmas Market is back! But where's the beer tent? Is there still a talking moose? Georgia Ryan gives us the low down...**

Those whose daily commute to and from campus involves passing through Millennium Square would have taken note when *The Lady Boys of Bangkok* left the area – the first hint that the German Christmas market was returning to Leeds.

Though the Christkindelmarkt has been open to the public for two weeks now, with deadlines to meet, presents to buy, and pretty awful weather, is it worth the trek into town? Since Millennium Square happens to be on my uni route, I stopped by briefly on a Thursday night and browsed the few open stalls with ease, considering that it was rush hour on a weekday. If you have the patience, this is probably the best time to visit, since you can wait an hour or so for the rest of the stalls to open and for the markets to become livelier.

with the seductive smell of cheese garlic bread mixed with spiced apple and something else you can't pin down, but you want it. Heavily priced snacks hit you at every corner, and it's all too easy to leave the markets having spent £20 and not remembering what you bought, but knowing that your stomach just might burst. If you're on a tight budget before Christmas, enter the markets with great care on a full stomach, and if you decide that you want something to eat later, use some spare change rather than notes to buy a pretzel, a crepe, or what can only be described as 'ginormous' Wagon Wheels that come in dozens of different flavours. At 90p per treat, or 15 for £12.50, they are much more reasonably priced than the £5 potato fritters with cranberry sauce. The Frankfurter is the only exception – at half a metre long and carefully rotated on a ring heater filled with sausages, it's an absolute must, no matter the price.

Anyone who visited the Christkindelmarkt last year will notice the glaring absence of the beer tent, which has been replaced with outdoor wooden canopies with tables and stools for people to relax with their mulled wine from any of the drinks stalls. The singing moose is still there, and as amusing as ever, guarding the Alp Chalet restaurant, an indoor eatery amongst the string of food stalls where you can sit down and enjoy yourself away from the wind and rain. Another must this year is the arrival of Thor's Tipi, which sits in front of the Art Gallery on the Headrow, by the ferris wheel if you struggle to find it. A hipster twist on a rustic concept, the Tipi is a glowing getaway decorated minimally with Christmas lights, fir tree garlands and the poles keeping it together. Their hot chocolate with marshmallows is now a firm favourite, and the soaring popularity of the pop-up bar hopefully means that it will become a regular in the Christkindelmarkt rotation.

The German market's expansion this year has certainly paid off, with more rides in the fairground area by Revs and now 40 stalls to browse in Millennium Square seeing a bigger boost in popularity. It's certainly ahead of Manchester, and a contender to go against London if it continues to draw in bigger crowds. A great attraction for the city, but one that maybe draws too much attention on weekends.

**Georgia Ryan**



Image: Adriana Dles

Weekends are another story completely. We thought it would be best to go on a Saturday, giving us more time to browse the markets and have a few drinks. More time is what you need plenty of, since the crowds are so thick it will take you ten minutes to travel from a food stall to the bin two metres away. On top of that, the lines can stretch so far that the group of people waiting for a pretzel and the group waiting for a stein become mingled, until you find

yourself in the wrong queue completely or angering a middle-aged woman and her two children who have been waiting forever to buy their candyfloss. Don't try to apologise, she will think you're being sarky and try to hit you. If you want to keep your dignity, your friends, and your food intact, never visit on a weekend. It's too dangerous.

While it's tempting to look at the stall littered with flowered fairy lights and decide that you absolutely need them, it's best to hold on to your money for the main attraction – the food. Before you even reach the gates to get in you're hit

# May's Mental Health Mission: Rhetoric or Reality?

**With mental health services being cut far too often, Bradley discusses the effect it's having on young people and what Prime Minister Theresa May should be doing to tackle the problem**



Your friends are all pre-drinking for the night ahead. They've been playing ring of fire in the kitchen for the last half hour but you're still in your room. Perhaps you're studying your ceiling contemplating your worthlessness. Or pulling at your stomach in the mirror. Or having a panic attack on the floor. According to a recent NUS survey, the chances

are that 78% of you have done so in the last year. University can be a challenging environment for those with mental illnesses. The safety blanket of familiarity is pulled from under one's feet, and a variety of social and work-related obstacles become apparent. It's no wonder that over the last five years, 50% more students have sought assistance from university support services. So as more and more students develop mental health problems, how has the government responded?

The short answer is they haven't. At least, not nearly enough as they have verbally promised. "I will take on ... mental illness," stated Theresa May in July. However, with no coherent strategy as of yet, May merely echoes the rhetoric of David Cameron in 2011: rhetoric- not results.

For example, despite the "no health without mental health" programme, mental health expenditure was cut by £35m in 2014. In 2015, Downing Street allegedly pressured NHS chief executive, Simon Stevens into halving his overall recommendation for additional NHS funding. Consequently, mental health departments suffered, including a lack of funding for

flagship policies like improvements to waiting times.

Far from taking on mental illness, Conservative policy has consistently aggravated it. The austerity program has been condemned by many experts in the field, including leading mental health charity, Mind. In April, *The Independent* published a letter signed by hundreds of doctors describing austerity's "profoundly disturbing effect" on the nation's mental health. Moreover, when government policy was criticised by its own mental health champion Natasha Devon, she was sacked.

So, entering her premiership, Theresa May faces a decision: break the mould and take action - by investing in students and protecting those with mental illnesses - or leave them alone in their rooms.

Mrs Prime Minister, another student night is coming up. 78% of us are making preparations to manage our mental illnesses. That might be through breathing techniques, meditation or exercise. To our best ability, we're taking action. Will you?

**Bradley Young**

## Top 5: The best things about winter

**Love it or loathe it, you can't deny that there's just something magical about winter. Hannah Snutch gives a run down of her favourite things about the season.**

It's already started: the bitter cold mornings, dark skies, the endless Snapchat stories documenting snowfall. Winter is truly underway. With 2016 predicted to have the coldest winter in years and the sun laughing at us all as it sets at 4pm leaving us to march through the ice-cold breeze to get home, the only thing that could make it worse would be if Trump were Presi- Oh. Winter might be the time of year when we lose feeling in our fingers and toes, but wrap up warm as here are some positives about those cold winter months we love so dearly.

### 1: CHRISTMAS

This is perhaps the best thing about winter. There's nothing like hearing Michael Bublé on the radio, Christmas lights sparkling on the streets and decorating a Christmas tree to get you in the spirit. The build up to Christmas is a lovely time but there's nothing more enjoyable than the day itself and those magical days between Christmas and New Year spent enjoying your presents, visiting family and eating all that food that your parents were 'saving for Christmas'.

### 2: Big Jumpers

Summer has been and gone so who cares about being 'beach body ready'? It's all about the Winter bod now! Whack out those woolly jumpers and toasty knee socks, for now is the time to wear seven layers of clothing

whilst indoors with the central heating blazing away and the radiators on full blast. Big jumpers are my saviour, I can hide my food baby bump from last night's pizza, burger and a fat slice of cake under a nice, cosy jumper. Hurrah!

### 3: Game of Thrones Quoting

The fun of saying 'Winter is Coming'. Say it now. Feels good, right? Saying it makes you sound foreboding, prophetic and dramatic, what's not to love?! Not only are you confirming that you recognise the change in seasons but you are also expressing your interest in a very popular TV series.



### 4: SNOW

Yes, it may be annoying when the floods of Facebook posts and Snapchats come pouring in the minute the snowflakes start to stick. And though we can all just look out our own windows and see it for ourselves

rather than being bombarded with it on every social media platform, we can't deny how magical it is when it snows. Snow makes the journey back and forth to work and university much more beautiful to look at. But I'm sure everyone's favourite thing about the snow is definitely snowball fights. There's nothing quite like the satisfaction of pelting a snowball in one of your dearly beloved friends' faces.

### 5: The Sunrise

During those warm summer months, the sun rises rather early for the likes of us; the time we roll out of bed is closer to sunset than sunrise. But for a few frosty months the sun rises later, so for many of us having to drag ourselves, coffee induced, to a 9am lecture we get a stunning sky setting. Normally, such a view is reserved for the early works, birds and the insomniacs.

My point here is that winter may be cold, dark and everyone resembles a zombie on their morning commute but there are some positives. I hope this lists helps you get through the following months because... Winter is Coming.

**Hannah Snutch**





# Welfare at Leeds: How to Beat Winter SADness

**Health and Wellbeing Intern Martha discusses the problems that the winter months can bring, and who you can turn to get advice.**



The winter months can present us with pressures that impact on how well you feel able to cope with personal, academic and financial pressures. This is especially true in the build up to Christmas as the darker nights and colder days impact our mood, sometimes without us even realising.

These feelings can leave you feeling dejected and finding it harder to get assignments completed to the standard you would usually desire. During these long, dark winter months many

people can be affected by Seasonal Affective Disorder (commonly known as SAD). It is important to know that it is common for people to experience this condition and there are lots of options available to you. Light therapy, cognitive behavioural therapy (CBT) and simpler measures such as spending as much time in natural sunlight as possible and managing stress levels can all help improve your wellbeing whilst suffering from SAD.

These winter pressures can be particularly exacerbated at this stage of the academic year; as the long nights draw in, assignments are due and results are looming. It can feel like you have less and less time in the day as your pile of work gets higher. Your degree is a long process with lots of components, so if one aspect doesn't go as you hoped this doesn't mean you need to be unnecessarily harsh on yourself.

It is easy to get overwhelmed however, especially as financial pressures can increase as the Christmas season draws near, and the festivities and present buying begins. A recent BBC report warned of the dangers of online shopping, highlighting that those who struggle with insomnia are at risk from night time alerts sent out in the early hours of the morning. This means that people already more vulnerable due to

stress and anxiety are exposed to impulse buying when they are vulnerable and can experience financial loss, which in turn impacts negatively on their wellbeing. It is important to be prepared for extra expenditure over the Christmas season and make sure you budget for it. If you suffer from financial trouble remember that the Student Advice Service can always offer your help and support in a confidential environment.

It is always important to seek advice, on any of these issues, early. So who you can talk to? Services such as the Student Advice Centre, Skills@Library, your departmental Student Support Officer and personal tutor are always there to support you on a personal, academic and financial basis. It's always best to get support sooner rather than later, don't wait for the mark to come back or the exam to loom before you have a chat.

Don't let this winter be filled with discontent, seek help if you need it from your doctors, University and Union on any of these various issues. Take advantage of the welfare services available to you during your time at Leeds; services who want to support and aid your wellbeing.

**Martha Clowes**

# How To Beat the Creative Block

**With deadlines hanging over all of our heads, how are we meant to keep creative? Lauren gives some tips on how to beat the block.**



It's nearing the end of term; deadlines are looming and the days are only going to get shorter. If you're anything like me, then you'll resent the fact that you spend the vast majority of time doing reading for an essay and not having any idea what it's on about.

If you're a creative type, being swamped with academic work and reading can be stifling, as you probably feel as though you never get the chance to just take a day to do something you really enjoy, without being assessed for it. But when it seems like 24 hours just isn't enough time to do all your work for university

and get creative on the side, how do we ensure that we get to do what we love and stay sane at the same time?

I started writing this piece because I'd been doing long shifts in the library, as well as working part-time between several jobs. I'm in my final year here at Leeds and unfortunately things are starting to get serious. If I'm not thinking about my dissertation, which in all honesty haunts about 90% of my daily thoughts, I'm looking frantically at graduate jobs, master's degrees or panicking that nothing will work out for me and I'll be thrown out in the world next year with nothing to cushion the fall.

As a way of distracting myself from the inevitability of real life, I've spent the last few months trying to work out what makes my creative block disappear and how I can find time to integrate all the creative things I love in to the remaining hours I have in the day.

The first step is to accept that you're going to have to put in work for university, but if it's possible, you can tailor your studies to cater for your more creative side. I'm not sure if this works for every degree, but as a history student I have quite a bit of leniency in what I can study. My specialist subject looks at the social and cultural history of the USSR and for my dissertation I'll be looking at film, fashion and music in the Soviet

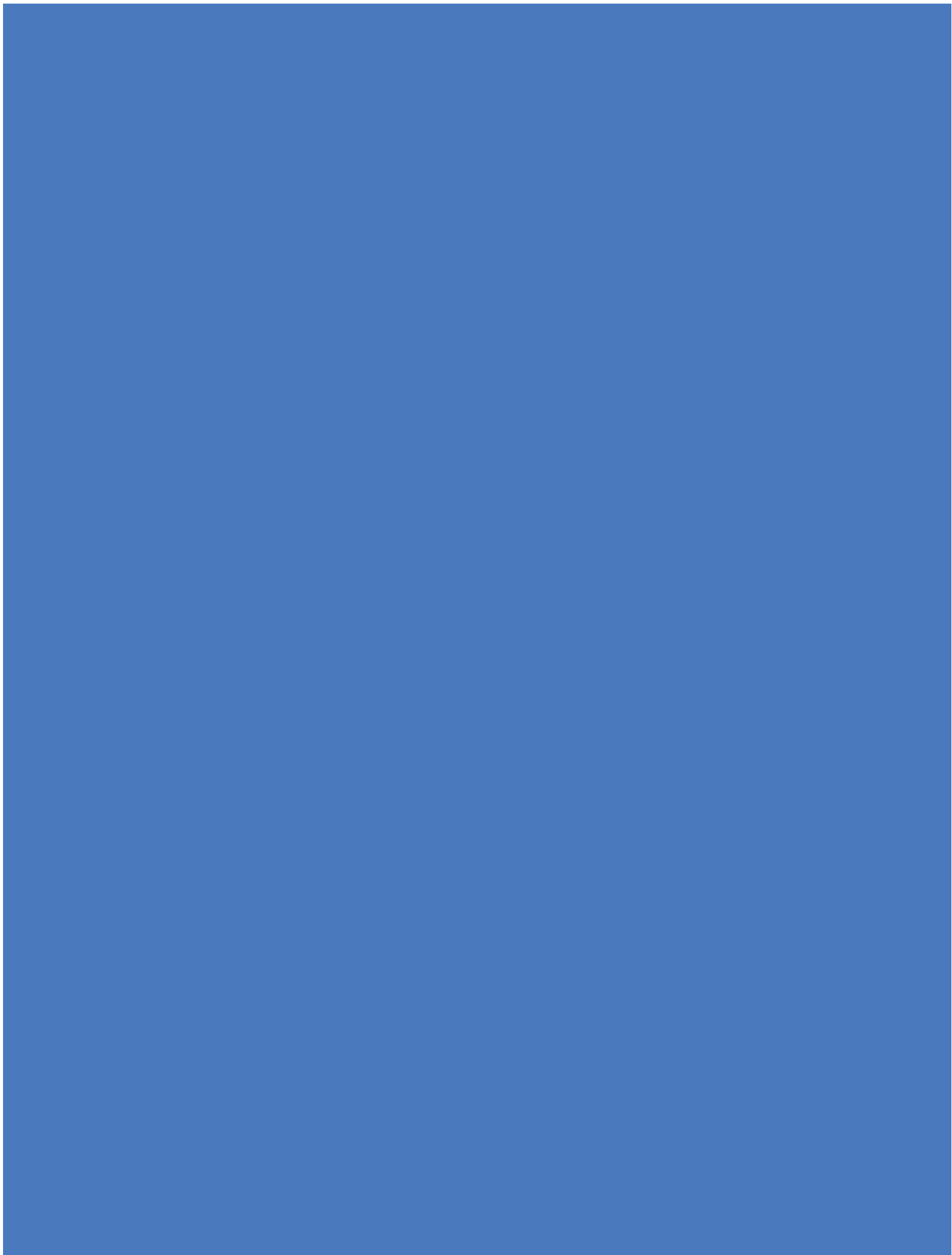
Union. It might not be to everyone's taste, but being able to analyse the things I enjoy makes the thought of a 12,000 word dissertation slightly more bearable.

Ok, so this point might be a little idealist, but one thing I've found that works for me is keeping my weekends completely free of university work. Of course, the thought of doing this when you've got a midday deadline the following Monday might seem a little daunting, but just being a bit more organised will mean you can do whatever you want when the weekend comes around.

Don't wait until the week before to start reading for an essay, if you've got time, get it done. You've undoubtedly heard it all before but you'll thank yourself later. Just make sure to take time off at the weekend to draw, paint, photograph or whatever else. I just can't stress enough how important it is to destress and partake in something you really enjoy.

Getting rid of the creative block is difficult, but never impossible. University often makes us feel like creativity should be repressed in favour of academic work, but arguably it's creativity, imagination and originality that really keeps our minds working.

**Lauren Davies**



# You Are What You Read

Rabaeen Moeen looks at the US election and questions the media's role in it. How much of an influence does it have? And more importantly, is it a decisive one?

**Rabaeen Moeen**

The media plays a role in our perceptions. Of course it does, it's how we consume the majority of our information. It's easier to switch the TV to the BBC than comb through the internet for niche news blogs that might give you a wider coverage of events. However, due to this, it's easier to be misled too.

Perhaps this was what happened in the US elections. Trump's win was a shock not just to the rest of the world, when far-right political leaders such as Marine Le Pen claimed it as a 'great movement,' not just for the pollsters who got it completely wrong again; but for the people, who hadn't expected it. And how much of a role did the media play in this?

In May, analytical firm Media Quaint surmised Trump had received over \$3bn in free advertising for over a year of his campaign, blowing the unpaid advertising (in the form of media reporting) other candidates received out of the water; Clinton, in comparison, received about \$1bn. Trump himself acknowledged this extensive coverage as far back as September last year. Speaking to *The New York Times* about his lack of television adverts, he said "when you look at cable television, a lot of the programs are 100 percent Trump, so why would you need more Trump during the commercial breaks?"

Even in the UK, Trump was heard about so often in the media you could assume there were no other candidates, his outrageous claims becoming a great source of entertainment. Recently, this technique of the American media received a lot of backlash on social media, a prominent member being actor Josh Gad who tweeted 'Dear media, I really hope all the ratings were worth it.'

Anger at political events often erupts on social

media, an outlet for frustrations. But this one was directly critical of how the mainstream media had dealt with election coverage in itself. Trump's antics were treated like entertainment rather than with the gravity required in election coverage. Furthermore, the only mention of Hillary Clinton in the media was when it involved her emails scandal, creating two distinct stories. One was of a corrupt Hillary Clinton, one was of Trump's astoundingly ignorant rhetoric.

It's up to the media to control how biased their reporting can be, especially when it comes to elections. To be bombarded by the same candidate repeatedly, gave him the platform to speak without having to expend any effort. Perhaps the sensational factor of his speeches increased ratings and perhaps they didn't, but Trump did receive a large amount of extra coverage that may, crucially, have affected election results. This is not fair coverage, and it is not what the media should be doing.

*Trump was heard about so often in the media you could assume there were no other candidates*

Journalist John Pilger claimed 'journalists created Trump,' in a piece he did of the US election for the YouTube channel 'goingundergroundRT.' "One of the most revealing aspects of this has been the exposure of journalism as an extension of corrupt established power", he said.

Incidentally, considering Trump's refrain of 'it's rigged' that news pundits debated to death, people may have lost a lot of trust in the electoral system. Not only that, but trust in the media is fast being lost, not only in regards to election coverage but wider current affairs that occur and are not reported on. For example, there was no information about the fact that voter suppression may have been taking place, which is when a voter is stopped from voting, usually done to ethnic minority voters, and can include harassment outside polling stations, being turned away for not having the correct ID and spreading false information about how to vote.

Greg Palast, an election investigator, was quoted as saying, "the election was already fixed by Trump operatives." He wrote an article for *The Rolling Stone*, discussing how voter suppression techniques have been existent ever since he started investigating them, with the controversial Bush vs Gore presidential battle. If Trump supporters were actively stopping Clinton-supporters from voting, and this was not reported until after the election was over, how much of an effect did it really have? And importantly for the media, why do we not hear about this?

So what's the truth? While it's clear to any who read the news that Trump has been creating sensational headlines for higher ratings for almost two years now; the extent to which this may have damaged the election and how this ties into the reliability of the media as a whole is always up for debate. The corruption and questionable ethics of certain news groups was exposed a few years ago and discussed in the Leveson Inquiry, but how much more is there that remains to be uncovered?



Image: ScreenFish



# Is Love All We need?

Jessie Jones looks at the current political climate, outlining ways in which we can remain hopeful in a time of uncertainty and upheaval.

Jessie Jones

In his recent *Thump* article about my friends' night Brudenell Groove, Tom Glencross described it as 'nakedly political'. These two words resonated with me more than any I've read for a long time. What did this mean? How is politics naked? I took it to mean honest, raw and stripped of all the usual bullshit that adorns it. Something 'nakedly political' is removed of its pomp. Removed of its frills. No longer dressed up in false promises and statistics designed to coerce and seduce a vote from the public. It is unhidden.

This is something that we all need to cling to in modern society. The rhetoric permeating the media, whether printed or social, is of dogma, control and, most dangerously, fear. This is something the people can't afford to succumb to. This is not a bodily fear, pumping our systems with adrenaline, readying us for 'fight or flight'. This fear is psychological, permeating our collective systems and clogging us up, robbing us of an ability to fight and chase.

It's difficult to be actively political, to enact real change, within a system that is inherently flawed. The frustration of acting within this framework is incomparable. A system that, in light of suspicions of voting fraud and the election of hateful and crushing faces, backed by hateful and crushing corporations, has proved itself far from functioning. Never mind perfect. It is indeed time for change. A time for action. But it is the 'nakedly political' that must rouse us.

*This is people united, despite imposed and reinforced divisions*

When the Brexit result was announced, the general atmosphere on social media was anger directed away from those in charge. Instead it was thrown sideways to the general public. To neighbours. It was you that had voted for this, the consistent war cry ringing out as 'it's all your fault'. Similarly, after Trump's "victory", the knee jerk response from some people on Facebook was to give in to a tide of division, focusing on how voting had separated us and placed us into seemingly concrete categories. This is the dangerous fear I was talking about. Equally of course there was a fear of those in charge, and of what these shifts with them at the helm would have on the people.

I admit it's easier for a white British woman to cling on to remnants of hope. It's not my religion, skin colour, citizenship or human rights that are so directly in jeopardy. But that doesn't mean that there is no hope at all. It just means now is the most critical time to nurture it. Now we need it more than ever.

Another series of events unfolded recently to counteract these tumultuous and fearful times. Masses swarmed to cinemas to thump their compassionate fists and weep in empathy at the starkly realistic and harrowing *I, Daniel Blake*. Thousands stormed the streets of Edinburgh and New York among other



cities, hand in hand, arm in arm, brandishing 'love trumps hate' placards. These are examples of just that. Love trumping hate. That may seem wishy-washy, hippy-dippy drivel at first glance. But those are just some examples of the nakedly political. In Liverpool there are growing homeless initiatives including the tying of scarves and hats to lampposts for homeless people in the winter months. Following in Leeds' footsteps, Liverpool also has increased its care for homeless women by providing sanitary products in care packages to distribute throughout the city.

This is people united, despite imposed and reinforced divisions, to redirect 'it's all your fault' to those above rather than aside. The raw human kindness of smiling at somebody who might have had a shit day cannot be discounted as insignificant. The small but generous offering of a cup of tea and a sandwich to a homeless person cannot be called 'too' small. These are the remnants of hope that persist. For if enough people make these small, seemingly insignificant, gestures, then that transforms into a societal wave. That turns into love, beginning at least, to trump hate.

Another friend of mine runs a queer night called 'Love Muscle'. This space, like Groove, is a place

where boundaries dissolve and differences are diluted. This is a space where queer people, in a safe, loving and glittering environment, can stomp away oppression with never-tiring dancing feet for the night. If hope was gone, if love couldn't win, these microcosms of beauty and unity would not exist. These shining, precious gems would not dazzle away the surrounding shit we tentatively call a 'system'.

The system is malfunctioning. Because its weakness is the power of people united. By no means am I saying that dancing to disco and buying a scarf for one homeless man will suddenly transform the landscape of society. But I'm also not refuting its ability to do so (eventually). If enough people engage in compassion, if enough people focus on the humanity that connects us, rather the 'official' politics that divide us, then real change can happen. In the wise words of Shelley: 'rise like lions after slumber, in unvanquishable number, shake your chains to earth like dew, which in sleep had fallen on you, ye are many - they are few'. Though centuries old, these words are as poignant as ever. They, the powers that be, the rulers of the world, are indeed few. And though it's easy in these times to feel equally small, we are in fact, when united and driven with compassion, absolutely unvanquishable.

# Black Mirror – An Indicator of What’s to Come?

With the popularity of *Black Mirror*, Zaki Kaf Al-Ghazal asks whether this content is as fictional as we think. (Warning: spoilers ahead!)

Zaki Kaf Al-Ghazal

I came across this fascinating series quite recently and was piqued by how it takes our use of technology and develops it frighteningly, enmeshing our entire livelihoods with this modern phenomenon. It’s a real eye opener on how dependent we have become on gadgets and how the effect of just a small hand held device can have shattering consequences for who we are and how we interact.

The particular episode that I saw worthy of honing in on was the one that impacted me the most – season three episode one ‘Nosedive’, starring the American actress Bryce Dallas Howard. It was a hard hitting watch and the crux of it involved a time in the future where society’s interactions were ultimately driven by a “rating system” of other people; be they family, friends, co-workers, classmates and even random passers-by. Anyone you would interact with you would give a rating out of five and hope that the other person would give you a high rating (this is done on mobile phones in the same way you rate Uber drivers after a cab ride). You would assign someone a rating

left to lose. Her “rating” is at rock bottom and she lets loose. She is apprehended by security and the episode ends with her screaming at a fellow inmate in prison.

The end of the episode is especially poignant, with Lacie screaming with rage at her fellow inmate and him screaming back. Both lacking their phones, it’s interesting to hear liberated expression. Whilst she is in prison and angry the relief on her face implies that she’s free from the constraining society she once lived in. It’s fascinating to see how this irony plays out through this end scene. In many ways, ‘Nosedive’ portrays a society in a social media prison, where every individual who wants to practice humanity and honesty is stuck within a jail of perfection.

The episode illustrates something deeper within the ‘like’ and oversharing era we are living in right now. It takes our Facebook and Instagram experiences to extremes and shows how society as a whole can be skewed by other’s perceptions. The fact that you need a specific rating to live an exclusive life gives it all away. A form of ‘social apartheid’ develops as those with higher ratings then shun those with lower ratings and isolate themselves, worried they’ll be “infected”. It’s a fascinating take on social media and how it displays just a snapshot of peoples’ lives. The fact that you can be rated if you’re only a passer-by speaks volumes about this system and how superficial it actually is.

The worrying matter is that it hits frighteningly close to home. As much as many people hate to admit this, we tend to validate our self-worth on social media. How many ‘likes’ we receive on a Facebook post or Instagram photo helps to give us a ‘value’. If we get x number of likes we’re worth this much and

so on. As cliché as it sounds, however, social media really isn’t real. It is just a snapshot of what is going in one person’s life at that time. Beyond the exterior we are all facing our own problems; though displaying anxieties isn’t ‘likeworthy’. The stratification of society based on social media is neither morally correct nor productive.

*As much as many people hate to admit this, we tend to validate our self worth on social media*

It’s encouraging to see more social media figures talk about their experiences honestly. The Instagram model Essena O’Neil, who quit the app last year and suffered a huge backlash, spoke honestly about doctored pictures, perfect poses and small snapshots giving off a vibe of serenity which in reality covered darkness and depression. The oversharing culture we live in has serious ramifications for mental health as we wrongly compare and compete – when we’re purposely at different stages of our lives. We need to engage with the matter at hand and deal with the problem head on.

Social media is no doubt a wonderful thing; but if society’s not careful ‘Nosedive’ could one day become our reality.

*In many ways, “Nosedive” portrays a society in a social media prison ... stuck within a jail of perfection*

(For example 4.1/5) and get notified when you’re assigned a rating too.

The episode begins with Lacie (Bryce Dallas Howard) looking to move away to a more exclusive neighbourhood – though she lacks the magical 4.5 rating to do so. She is offered an opportunity to increase her rating by being her best friend Naomi’s (Alice Eve) maid of honour at her wedding (her friend is a 4.8) and interacting with fellow “high fliers”. Lacie and Naomi need each other’s presence to increase their respective ratings. Though the friendship gives off a strong vibe, it is fake and this is communicated to the viewer from the beginning. Lacie misses a flight and ends up getting into a few heated arguments and ultimately a rented car fails her. She ends up hitchhiking with a female lorry driver who is lower than a 2.0, practically unheard of in the futuristic society. Lacie is forced into getting in and is told a story by the driver about how ratings should not be as significant as everyone give them credit to be. Lacie then receives an angry call from Naomi demanding an explanation for her lateness and her low rating and she decides to “un-invite” her from the wedding last minute.

Lacie is, however, determined to attend the wedding and attend she does; she uses it as an opportunity to voice her frustrations about the superficial society and its focus on ratings, as she feels she has nothing



Image: Cult Hub



# Leed Bradford Airport Flying High with Record Results

Alex Hallwood

Considering the Yorkshire and Humberside region represents the 3rd largest business centre in the UK and is home to over 5.3 million people, the need for a proper 'international airport' here has never been higher. With its main competitor, Manchester Airport, a tedious motorway commute away, the pressure on Leeds Bradford to step up has reached its pinnacle – and it seems to be delivering.

Once considered 'local' Leeds Bradford Airport (LBA) has published recent figures indicating its growing ambition to internationalise, boasting an impressive 5% increase in passenger numbers and 6% increase

in revenue for the year ending 31st March 2016. This past year has therefore represented a record revenue in business for the regions airport. Carrying 3.5 million passengers, the airport is still operating within its potential capacity, but recent investments to the modern two-story terminal and new airline partnerships are helping to deliver a real drive for demand and surging revenues.

In past years LBA has made marginal losses, but performances of late have more than halved these in the space of just 12 months. Tony Hallwood, Aviation Development Director, explained losses to be increasingly on the decline and emphasised underlying business to be strong. It seems this optimism is well founded, given the recent launch of the 'Airport Master-plan' in April of this year – aiming for increased operational routes from 64 today to over 100 by 2030. Passenger numbers are also set to double over the same period to 7 million.

In terms of the terminal, a new Premier lounge, alongside huge investments in retail and dining facilities air-side represent only a fraction of the work so far to enhance experiences for passengers. And on the internationalisation front, the airport is also making movements, now providing flights to over 50 European regions – including 11 capital cities.

Through the addition of recent relationships made with Monarch, destinations such as Alicante and Malaga are increasingly available for passengers looking for all-year-round sun, and these now represent two of the most popular routes airport wide.

At the heart of the Yorkshire region, and only seven miles from the city centre LBA is also the local airport for a vast student community. Reinvestment into routes including Southampton, Newquay, Belfast, Guernsey, Jersey, Aberdeen, Glasgow, Dublin and recently London Heathrow (with British Airways) now provide a quick and convenient alternative to lengthy alternate road, rail or sea travel back home. Just another way the airport may be able to hoist its impressive growth figures looking into next year.

Looking ahead airport bosses are expecting further financial improvement, including reduced annual losses, on the back of attracting even more new routes and services. They appear confident that 2017 will be another record-breaking year with already seven confirmed new destinations and plans in place to carry out the remaining expansive investments. With business booming, and with an Action Plan active, it seems the sky really is the limit for our neighbouring airport, which is a promising prospect for students at the University of Leeds.



# Crowdfunding Your Degree?

Alice Green

Since the financial crisis, many people have grown weary of the traditional banking system and the amount of power it seems to have over the economy. There is now a growing movement to bypass the banks and revolutionise the way in which we access money. Crowdfunding is an alternative source of finance, which has experienced a colossal surge in popularity over recent years. It involves the use of the internet and social media in order to communicate with a large number of people, asking them each for just a small amount of money.

This concept is not new. The first crowdfunded project took place in 1997 when the rock band Marillion could not afford to fund their American tour. In dismay, their fans raised \$60,000 online, enabling their beloved band to tour and thus, crowdfunding was born. The first crowdfunding website went on to be created in 2001. Fifteen years later, the list of websites is vast; amongst the most popular are Kickstarter, Crowdcube and Indiegogo.

Crowdfunding has been successfully used in numerous different sectors. Recently it has been particularly fruitful in the arts and technology industries. For example, the VR start-up, Oculus Rift, promised investors a headset that would change the face of gaming. The firm was able to raise \$2.4 million from crowdfunding, before being bought out by Facebook for \$2 billion. Oculus Rift has

experienced global success and it began with a simple crowdfunding campaign.

Crowdfunding is now being used in the student community, in order to bypass the need for government loans. This may be students who find themselves ineligible for a loan or who wish to avoid the annual interest rate of 3% plus inflation pegged to retail price index, charged by the Student Loans Company.

EdAid is a start-up social enterprise, which enables ambitious and talented students to borrow from the community, at no interest rate, in order to fund their

university education. Repayments then begin only when the borrower has found a graduate position, based on 10% of net income. EdAid also help their students find the most meaningful intern and graduate roles. They claim to be "backing the 99%", believing that all young people should have equal access to affordable education.

So perhaps you'd like to fundraise for a charity, start your own business or even fund your studies. Crowdfunding brings a host of possibilities. In short, it is simply our generation's way of saying no to the banks, and choosing to lend to one another in a more organic and meaningful way.



# Everything You Need to Know About Black Friday

Zoe Alison

With the arrival of the German market, depressingly longer hours of darkness and those dreaded heating bills, we might as well accept that the famously bitter winter of Leeds is fast approaching and so too is the consumer chaos we call Black Friday.

In case you didn't know, today is the last Friday of November, which means a crazed army of discount-loving shopaholics will be taking to our high streets in a bid to get the best deals on Christmas goods. With

the expansion of online retailing and technological communication, many companies have also sought to extend the tradition into a more modern manifestation called 'Cyber Monday.'

**So where does it come from?**

The origins of Black Friday lend itself to Thanksgiving in America. This holiday expressing gratitude to God officially kicks off the holiday season in the US, encouraging consumers to hit the shops and spend big the following day. The concept behind the term 'black' comes from how this trend helped stores that were previously experiencing loss of revenue (so in the red) become more profitable (moving into the black). Although founded in the US, British bargain hunters collectively spent around £2 billion last year in the 24-hour period with the internet retailer Amazon selling 86 items per second.

**So, is this all just an advertising gimmick or is there actually opportunity for huge savings?**

Almost every retailer today is expected to make cuts, from big

supermarket brands such as Asda to mobile phone companies like Samsung. In 2015, Hot UK Deals claimed the biggest cuts were in electrical devices such as televisions and laptops, down by 31%, baby and children's products which were down by 50%, and food at 46%. But when looking at the picture from an annual perspective, it doesn't appear too significant when retailers typically have 10-15% of stock on sale all year round.

At the end of the day, retailers are clever capitalists and wouldn't ever reduce prices unless they could afford to. Therefore, they tend to use the low footfall period immediately before Black Friday to increase prices for a monthly period. Then suddenly they can afford to 'artificially' drop them ready for Black Friday leaving customers amazed at the incredible discount rate.

However there is also a darker side to Black Friday. Some online clothing warehouses resell their faulty items at discounted prices and in the UK, there has been a development of scamming websites taking advantage of less savvy internet users.

Nevertheless, figures collated by Nationwide predict a growing popularity with a 47% increase in spending compared to any other Friday. Therefore, this Friday, be careful with your money and get clued up about the sales because Black Friday is set to stay.



Image: Queit.co.uk

# Breaking The Stigma: Businesses Move to Employ Ex-offenders

Julia Constable

As privileged students attending a Russell Group University, we have been offered every opportunity to make a success of our lives. Despite the overwhelming negative rhetoric in the media surrounding the struggle graduates have establishing themselves in the job market, the reality behind the myth is that graduates are at the top of the food chain when it comes to finding employment. Realistically, climbing the career ladder is tough, but it wouldn't be rewarding if it was easy. Saying this, there's a big difference between tough and nearly impossible.

Ex-offenders are last in line for employment opportunities. When faced with a form to fill in a job application, one box determines their future: Check "yes" if you've ever been convicted of a crime.

Knowing that applications from candidates with a criminal history are likely discarded, ex-offenders are immediately confronted with the choice of lying to ensure their application is taken seriously, or they tell truth and run the risk of losing out on job opportunities altogether. Institutionalised employment bias is prevalent within all industries, meaning that any sentence is a life sentence for an ex-offender. Fortunately, more and more companies have begun to redress the balance,

giving ex-offenders a fighting chance at a brighter future. For example, Timpson, a key cutting and shoe repair business with three stalls in Leeds and more than 1000 stores nationwide, employs over 270 former convicts, with the aim of providing equal opportunities to marginalised groups. Furthermore, Virgin Trains which operates rail networks in the North of England, have been recruiting ex-offenders since 2013; they have recently announced further plans to host an increased number of recruitment days at prisons across the country, every three months, in an attempt to prevent reoffending.

According to the Ministry of Justice, and Department for Work and Pensions, only one in three offenders find a job a year after their offence. Despite these stark unemployment figures, the government is trying to tackle the marginalisation of ex-offenders as well as people who are homeless or recovering from drug addiction with their See Potential scheme; by working in partnership with over 100 major businesses including Marriott and Marks & Spencer, the government is encouraging employers to offer more opportunities for disenfranchised minorities who have continually struggled to find work.

Employing former offenders is not only socially responsible, but also makes good business sense: figures generated by the Business and Community

outreach charity have shown that work inclusion results in improved awareness of community issues, reduced absenteeism and labour turnover as well as direct positive financial implications. Considering the benefits of employing former convicts, why aren't local businesses working harder to provide employment for them?

Ex-offenders are often more dedicated and willing than other applicants as their eagerness to succeed stems from a motivation to remain out of prison. Having seen the harsh realities of life on the inside, offenders are keen to establish a life for themselves which prevents reoffending. Unfortunately, all too often the stigma of being an ex-prisoner prevents former offenders from making a success of their lives a second time around, because of employment bias. An important message that needs to be emphasised is that everyone deserves a second chance to prove their worth, to themselves and to society, especially ex-offenders, who are often not given the opportunity to do so.



Image: thespecialistltd.com



# Donald Trump: who needs scientific rigour in a post-factual era?



Leo Kindred

Like many who have been following American politics, I woke up to news that I thought would never happen on Wednesday 9th November – Donald Trump will be the 45th president of the United States. My amusement for this almost comedically bad candidate soon turned to abject horror. Now we've had time to enter the 'acceptance' stage of grief, there are serious questions facing the world. The concerns people have about his presidency range from his closeness to the autocratic and aggressive regime of Vladimir Putin, to his views on women and his harnessing of the racially-charged fears and grievances of America's rural white population. Then there's his lack of experience. And his lying. And his bankruptcy cases. And his almost glass-like fragile ego. To top it all off he is, near objectively speaking, a misogynistic, narcissistic, incompetent, racist liar.

Putting that aside however, what does his election mean for science? The answer, like a lot of things surrounding his election, is unclear. Ironically "unclear" is an anagram of "nuclear". Sorry, let's keep this light. When I say it's unclear, I mean we don't know what he's going to do because so many of his election promises were so outrageous that it's hard to know which are actually deliverable. He's already back-tracked on several promises, including his pledge to dismantle Obamacare. In fact, he has repeatedly lied about things he's said, often claiming when challenged he never said any such thing.

Take climate change as an example. We all thought we knew what he believed on this, famously tweeting that global warming was a hoax perpetrated by the Chinese to make US exports less competitive. However, when challenged in a debate he claimed to have never said it, despite obviously having done so. He also promised to take the US out of the Paris agreement on climate change. This is fairly alarming, but again we have no idea if it'll really happen. Legally speaking, he can't for another three to four years, by which point it may be more effort than it's worth.

Once again, we just don't know.

We're still not even sure who some of his team will be; some speculating that the list of hard-line conservatives – which included Ben Carson, Sarah Palin and Newt Gingrich – is being tactically ventured to soften expectations. Those we do know about make for some grim reading, especially for someone with an interest in factual information and scientific reasoning.

Vice President elect Mike Pence is on record as saying he thinks tobacco doesn't kill, a view he expressed in 2000 and has never retracted. As someone who has worked on a respiratory ward, the idea that anyone in a significant position of authority holds such crazy views is disturbing. Meanwhile, lobbyist Myron Ebell will be in charge of Mr Trump's Environmental Protection Agency transition. Mr Ebell, in keeping with his preposterous name, believes that global warming is erroneous and is on record as saying that scientists actually think it's "silly". The scientific consensus has been clear for a number of years that the planet is getting hotter. Almost as if to highlight the seriousness of the global situation, recently it was reported 2016 is projected to be the warmest on record.

On closer examination of the situation, perhaps the most damaging thing about this American election is the advent of the post-fact era. Politicians and leaders need to understand facts about our world and, more importantly, should respect that facts and science are not something you can pick and choose if you don't like the findings.

Throughout the election whenever Donald Trump claimed any number of things which are demonstrably untrue, he legitimised the corruption of facts in lieu of convenience or popular opinion. In a modern age, we need to be able to confront and accept things which are complicated, even unpalatable, to have a true look at what is real and what is false. This doesn't stop with Donald Trump. Recently news has been awash with Facebook's role in the proliferation of 'fake news' stories which carry click-bait sensationalist

headlines, and appeal to readers' pre-conceived prejudices. These include liberal targeted stories as well as those aimed at people more on the right of the spectrum, although with an apparently higher proportion appearing on conservative pages.

Coupled with the echo-chamber of social media and the abundance of conspiracy theories online, it seriously endangers the legitimacy of inalienable facts. Studies have shown that the more often false information is repeated, the more it becomes established and believed. We can now decide whether or not something is worth believing, not on the legitimacy of its evidence, but on whether or not we want to believe it. This Orwellian environment of nonsense enables Donald Trump to stand up at a rally and claim that spraying aerosols can't possibly contribute to global climate because his apartment is sealed. It enables him to say he's going to pull out of the historic climate change agreement to rapturous applause, even though no one's sure if he can, when or how. It enables him to say that climate change is a hoax.

His election can be seen as a victory for an anti-scientific, anti-intellectual movement. On top of all of those things, it enables him when challenged to just claim he never said any such thing.

If we don't look critically at information and discard what is false from untrustworthy sources, we erode what we think truth actually is.

Politics is not like science. Science is built on facts and rejecting evidence-free opinion as the fanciful, unreliable guess work that it is. Politics is about having an opinion and then co-opting facts that support that view. This has always been the case, but when you have a President who will say whatever people want to hear at the time and has actively participated in spreading misinformation whenever he feels like it, the detrimental effect on the world at large could be considerable. It threatens the primacy of critical thinking and accuracy and that, in turn, threatens science.

# Exploiting viruses: from cold sores to cancer cures

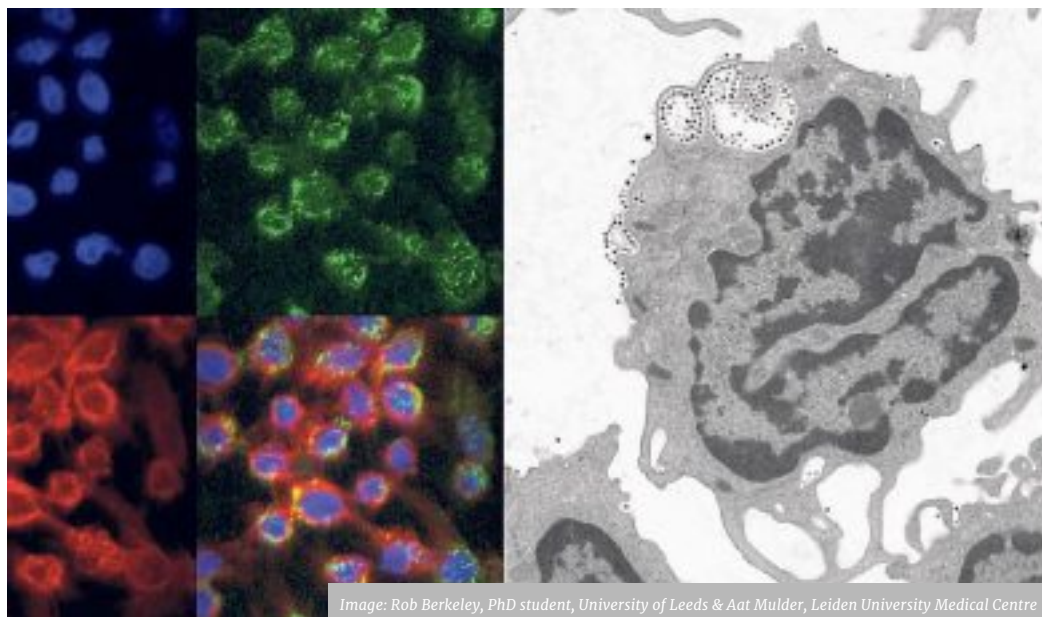


Image: Rob Berkeley, PhD student, University of Leeds & Aat Mulder, Leiden University Medical Centre

**Louise Müller**

Is it possible for us to exploit something that is potentially harmful to us, to alleviate something that might cause even greater harm? That is the big question for researchers in Leeds and around the world, currently working on oncolytic viruses. An oncolytic virus has certain characteristics that enable it to kill cancer cells, while sparing the surrounding healthy tissue. This may all sound a bit sci-fi-esque, however one such virus has been recently approved by the drug administrations in both the US and Europe, for treatment of severe skin cancer. This virus, which has the potential to eradicate skin cancer lesions, is the very same which causes your ever-annoying cold sores (herpes virus).

So, how is it possible for a virus – consisting of nothing but a few genes, a handful of proteins and an inability to sustain its own life – to potentially rescue us from life-threatening diseases? Viruses require a suitable host cell to multiply and spread, and as it turns out, cells that have transformed into cancer cells are particularly suitable hosts. During the transformation from a normal healthy cell into a cancer cell, the built-in defence against viral infection is lost – basically leaving the door open for any virus to invade. In addition, cancer cells often present proteins on their surface which are necessary for the virus to be able to enter the cells, much like leaving a pile of sweets in front of that open door. Once the virus gets inside the cancer cell, it can hijack the cell machinery to multiply, eventually to an extent that the cell bursts and dies. This leads to a release of new viral particles, which can infect surrounding tumour cells and result in a self-amplifying treatment.

The cells of the immune system are usually potent killers of anything they recognise as foreign to the body, such as bacteria, viruses, and even cancer cells. However, cancer cells often generate an immunosuppressive environment to surround the tumour, protecting it from attack by the immune system and allowing further growth and spread.

There have been many studies showing that, in addition to their direct killing effect, oncolytic viruses can also activate the immune system, acting as a potent trigger for immune cells. The boost from a viral infection can wake the cells up from their suppressed state and engage them in identification and killing of cancer cells. It can also potentially generate immunological memory to provide long-term protection against recurring tumours. This further contributes to the efficacy and specificity of oncolytic viruses as a treatment for cancer, with one of the main advantages being enhanced selectivity for cancer cells over normal cells, compared to commonly used chemotherapies.

The University of Leeds is one of the big contributors to advancing oncolytic virus research in the UK, with several research groups studying a range of different viruses and their potential as treatments for many different cancers. Following on from numerous preclinical studies in the laboratory, formerly led by Professor Alan Melcher, the university has hosted several clinical trials as part of the development of a common cold-causing virus (reovirus) as a therapeutic agent. Only last week, a study completed by scientists based at St. James's University Hospital was published in the BMJ journal *Gut*, demonstrating for the first time that reovirus also has potential as a treatment for primary liver cancer. There have also been great advances in other areas of cancer research; Professor Susan Short recently secured funding to start the first-ever clinical trial in the UK using an oncolytic virus to treat brain cancer, a disease where treatments with enhanced efficacy are urgently required.

These are only a few examples of how the daily work performed in the Leeds laboratories by students, post-docs and technicians significantly contributes to the fight against cancer. If you are interested in oncolytic virus research for an undergraduate or postgraduate project, more information and contact details for involved researchers can be found on the research pages of the Leeds Institute of Cancer & Pathology website.

## What's new in Science?

• *The secret to supercharging phones in seconds revealed?* Scientists from the University of Florida have developed a new method for creating flexible supercapacitors, capable of storing more energy than before and can be recharged more than 30,000 times without degradation. After experimenting with the application of new nanomaterials to supercapacitors, the team believes they've solved the smart phone battery problem.

• *Men lag behind females in life expectancy:* In a time when people are living longer than ever before, analysis of the mortality patterns of humans, monkeys and apes has shown that males still lag behind females across the entire primate family tree. Despite the influence of modern medicine and public health improvements, the disadvantage males possess has deep evolutionary roots, according to research from Duke University.

• *Method for removing specific fears discovered:* Using a combination of artificial intelligence and brain scanning technology, researchers from the University of Cambridge have been able to remove specific fears from the human brain. By reading and identifying a fear memory, implanted in a volunteer using 'Decoded Neurofeedback', the team could overwrite the fear using a reward system. Such a discovery could revolutionise the treatment of PTSD.

• *Smell – is it a cultural phenomenon?:* Research from McGill University has shown that two people sharing the same language and similar traditions can have extremely different reactions when smelling the same thing, depending on their cultural backgrounds. Participants were asked to smell six scents and rate them based on pleasantness, intensity, familiarity and edibility. Their nonverbal reactions, such as respiration and heart rate, were also monitored.

• *Even physicists are 'scared' of maths:* A New Journal of Physics study has shown that physicists, despite being trained in advanced mathematics, pay less attention to theories involving large amounts of mathematical detail. This finding suggests that there are greater barriers to communicating mathematical work than thought before. Try not to worry guys, it's just a bit of algebra...most of the time.

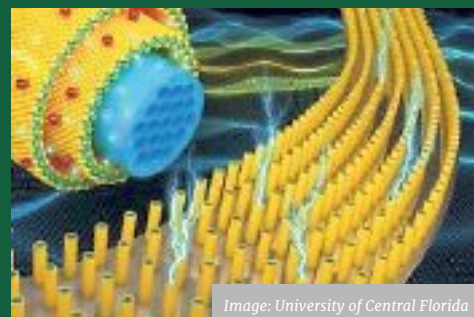


Image: University of Central Florida



# Animal Welfare Society: 'Cowspiracy'

Bertie Donkin

The Animal Welfare Society ran a screening of the jaw dropping 'Cowspiracy'. On Thursday 17th November, students gathered to watch the documentary that summarises the devastating effects animal agriculture is having on the environment. Intensive animal farming is undeniably the most destructive industry on the planet; responsible for mass species extinction, large rates of deforestation, huge emission of greenhouse gases, enormous consumption of water, large land use, billions of tons of waste, and the exploitation and depletion of oceans.

'Cowspiracy' encourages people to not only dispute the bad stigma plant based diets seem to have, but to adopt a plant based diet- i.e. avoid meat and dairy products. The harsh reality is that we can't sustainably kill and eat the enormous quantities of animals we currently are, any longer. The documentary states how a vegan diet, compared to a meat eater, produces 50% less CO<sub>2</sub>, uses 1/11th oil, 1/13th water and 1/18th land.

The documentary was followed by a raffle. Although Starbursts and t-shirts are nice prizes, everyone's hearts were set on the cardboard cut out of dapper environmentalist Leonardo DiCaprio. There were also goodie bags up for grabs, which included yummy

vegan chocolate, cruelty free lip gloss (from Beauty Without Cruelty) and a £10 gift voucher for Yours Naturally Yours- a luxury natural skin care and soy wax candle company who tick all the vegan and cruelty free boxes.

The £75 raised in the raffle is going to the GR

Animal Sanctuary in Barrow, Lincolnshire. The GR Animal Sanctuary are a not-for-profit charity who provide respite for animals in need. Unfortunately the sanctuary was recently broken into, resulting in animals and property being stolen. The money will therefore provide the sanctuary with support to get back up and running and continue their good work.



Image: Rosie Bell

# New Society Alert: Papercraft Society

Elsa Amri

I have always been slightly jealous of people who are adept at origami, because I was amazed at the amazing things you could create with just a few sheets of paper. When I heard that a new society had been formed that focused on paper crafting, I decided to check it out. The event I attended was held in a small room in the Michael Sadler Building, and the session involved crafting a particular piece with instructions.

The piece I created was a cat in a box, on top of another box (which was meant to be a building of sorts). When I looked at the instructions, I was a bit worried that I would not have the necessary skills to create a good product. What made me skeptical was that, unlike origami, paper craft also involves quite

a bit of cutting and glueing, and if I'm being honest, past experience has proven that I am terrible at both if I have to do them for an extended period of time. Art class was never my forte.

Surprisingly enough, I managed to finish creating my product, and it looked exactly like the exemplar that one of the committee members had made. I think what made the process smooth was that everyone was helpful, and they were playing very calming and lovely instrumental music while we were working.

Overall, I loved my time with the Papercraft Society, and I hope to attend one of their future events and craft more wonderful items. I would recommend this society for anyone who wants to spend a few hours in a relaxed environment, just cutting up some paper. It's an incredibly therapeutic experience, in my opinion, and there are a variety of cool items you can create! Before leaving the event, I also had a chance to interview the president of the society.

## What is your role in the society?

My name is Pulu Zhou, and I am the Papercraft Society's President.

## Why did you create the society?

There are two reasons. The first one is because paper craft is my hobby,



Image: Papercraft Society

and the second reason is because I noticed that there is no other society that involves DIY projects or making crafts.

## What events do you have planned for this semester?

Maggie (Secretary): We will have a Christmas special event, because it'll be a time when people are looking for gifts for their friends and family, so we can host an event for people to make Christmas-themed paper crafts.

## What would you say to someone to encourage them to join the society?

The society will help you practice your patience, because you need peace of mind to create the crafts.



Image: Papercraft Society

# Darting delight in Wolverhampton

**Luke Etheridge**  
Darts

Another week, another darts tournament, another win for Michael van Gerwen. The Dutchman secured his twenty-fourth tournament win of 2016, and a cheque for £100,000 with a 16-8 win over James Wade in the Grand Slam of Darts, retaining the trophy he won for the first time last November.

Sunday saw the semi-finals and the final played in one day, with van Gerwen facing off against the flamboyant Scotsman, Peter Wright. The last sixteen matches between the pair had ended in victory for the reigning champion, and van Gerwen was in excellent form from the start, checking out 126 on the bull in the first leg, but Wright managed to keep the game close, with the two players sharing the first sixteen legs. After this, the Dutchman's robotic scoring prowess came to the fore, producing a ten-dart leg as he was victorious 16-10, with an average of 111. Wade started as the outsider in his semi against the newly bespectacled Gary Anderson, with the reigning world champion just falling short 16-14, as Wade reached his first televised final of 2016.

The unique selling point of the Grand Slam is that it is the only tournament that brings together players from both sides of the darting divide, with the Professional Darts Corporation inviting over eight

players from the British Darts Organisation. Much is made of the difference in quality between the two organisations, with the extra prize money available in the PDC meaning many players can afford to go full-time, whereas those in the BDO usually have to work to supplement their earnings.

The only BDO player to win the Grand Slam was Scott Waites in 2010, and the reigning BDO world champion will have been disappointed with his performance here, as he lost all three of his group matches, with his lack of competitive action in 2016 shown by some rusty performances. Lakeside stalwart Martin 'Wolfie' Adams was just glad to be competing in Wolverhampton, with the 60-year-old being diagnosed with prostate cancer earlier in the year. The performances may have been lacking, but his refreshing attitude on the oche was definitely one of the highlights of the tournament.

There were a few shocks in the first round, with number three seed Adrian Lewis losing all three of his matches, despite averaging 97, 108 and 100 in his three matches. The other seed to fail to make it out of their group was Austrian Mensur Suljovic, with his win against World Youth finalist Nathan Aspinall not enough to keep him in the competition. The winner of that group, Raymond van Barneveld, looks to be coming into form at just the right time of year, with the five-time world champion looking unstoppable in

his first four matches, with Anderson, another player renowned for peaking before the Worlds, just edging him out 16-14, in what was arguably the match of the tournament.

With only the Players Championship Finals in Minehead this weekend left before the Worlds kick off at Ally Pally in December, MVG is once again odds-on favourite to win his second world title, and on this current form, it will take a monumental performance to stop his dominance.



Image: Reuters

# India comfortably controlling the series

**Joey Wright**  
Cricket

India were the victors of the second test in the Visakhapatnam stadium, winning by 246 runs. Day four was a day of contrasting fortunes as India were bowled out for only 204, leaving the English needing 404 runs to chase down. However, the final day saw the England batting order collapse which handed India the first win in the test series. It was this batting collapse, which would ultimately let England down, as their bowling was by no means the issue. The return of James Anderson was an important

factor in this, and was helped by Adil Rashid's seven wickets over India's two batting innings. The key difference in the match was the first innings score England achieved: exactly 200 fewer than the first innings score of their opponents, leaving a mountain to climb for Alistair Cook's men. As England ended up losing by 246 runs, it was clearly this lack of runs in the first innings led to England's failure in the test.

The impact of Virat Kohli and Cheteshwar Pujara was important for India, with both putting on centuries together that put India in an imposing position after winning the toss and electing to bat.

Kohli would ultimately win the player of the match. The bowling impact of the off-spinner Ravichandran Ashwin was another clear factor for their victory, with his five-wicket-haul in the first innings and three wickets in the second; India used his spin well on a pitch which was well suited for the spinners, something England, even in spite of Adil Rashid, still struggle with.

This tour of the South Asian subcontinent has seen the international debuts of Ben Duckett and Zafar Ansari but both in this instance had a miserable test. Bowling only 12 overs for no wickets in the first innings and scoring five runs in total, Ansari did not add any spark for England. After only managing five runs in two innings, Duckett will be hoping that previous form will be enough to keep his place in the side. Twice bowled out by Ashwin's brilliance, he will certainly be happy to leave the turning pitches of this tour behind.

In comparison, the English batting pairing of Jonny Bairstow and Ben Stokes cemented their position as the highest average partnership score in international cricket. Their average of over 120 placed them ahead of other cricketing stars across the globe, which not only reflects a triumph for English middle-order batting, but also highlights the fact that the team has failed to find a solid opening order batting duo. Many are following the progress of young Haseeb Hameed in his debut test series. While this series will not be remembered for his successful batting, he was unlucky with his dismissals and will almost certainly be given another opportunity in the next test. Going into the third test on the 26th November, India are ahead by one after the draw in the first test in this five match series. All is still very much to play for.



Image: K.R. Deepak



# Do Men Choke Under Pressure?

**James Felton**  
**Tennis**

After International Men's Day was celebrated on Saturday, it is clear that, on a broad societal scale, there is a lot regarding male depression and anxiety levels that still needs addressing. In the sporting arena, this is also, unfortunately, a truism. With the devastating examples of the late Robert Enke and the former Leeds United legend Gary Speed, whose death was five years ago this Saturday, sporting icons are not immune to the pressures of life, despite popular mythical perceptions suggesting otherwise.

In a paper entitled 'Choking under pressure and gender' the authors used data from the four tennis grand slams of 2010 to examine whether or not there was a significant gendered difference between male and female athletes when it came to performing well under intense pressure. The results were startling. Indeed, the key finding of the paper was that 'men consistently choke under pressure', whereas their female counterparts' reactions to these scenarios of sporting pressures are more varied and nowhere near as negative.

Despite these findings, however, the paper is quick to state that these results, although taken from over 8,000 games spread equally between men and women, are only applicable to tennis. In other words, these results cannot be easily transferred to other sporting events due to the unique pressures, skills and formats of each individual sport. What this paper shows, though, is that due to this gendered difference, vast improvements need to be done regarding the mental

attitudes of male sportsmen in particular in order for them to successfully combat the extreme pressures that invariably are a consequence of big sporting competitions.

What this paper can also be used to suggest is that just because many male and female athletes have an extraordinary amount of money as well as a fortunate place in society, in no way does this mean that they cannot succumb to extreme feelings of pressure as well as deeper mental health problems. This is true of their on the field, but also off the field, endeavours. Indeed, sporting stars such as Clarke Carlisle, Stan Collymore, Kelly Holmes and Serena Williams are clear examples of this. Put simply, sporting stars are normal human beings with all the same problems that everyday people experience. Whether that be bereavement, mental illnesses, or these constant feelings of pressure which are exerted on them from fans, sponsors and sometimes even whole countries. Sometimes these athletes have a lot of money. Sometimes they are extremely famous. Sometimes they are even global icons, adored by millions. But they all have feelings, just like you and me and everyone else.

What can be done? More money should be invested into research to investigate the reasons as to why male tennis stars disproportionately choke under pressure and, by default, how they can cope with these extreme pressures. Similar studies should be pioneered in other sporting activities as a means of comparison. There is also one thing the general public can do too: realise that athletes are just normal people. Sporting stars will always be under pressure

because that is the nature of their job. When pressure is removed from a sporting event then that event is rendered uncompetitive. But, as the research suggests, more simply has to be done regarding both male and females as to how and why they choke under sporting pressure. That much is undeniable.



Image: BBC

# Australia win Four Nations title

**John Gibby**  
**Rugby League**

Australia confirmed their position as the premier team in international rugby league on Sunday as they beat New Zealand in a decisive manner at Anfield to claim the Four Nations for the third time. There was an electric atmosphere at the Merseyside ground, which was hosting its first game in the sport for 19 years. Coming into the final off the back of a 36-18 victory over England, the Kangaroos asserted their dominance from the very beginning with Blake Ferguson going over after just three minutes, tucking the ball into the corner with Johnathan Thurston kicking the extras from a subsequently difficult position to take the lead 6-0. From that early stage onwards it was clear that the men in black were going to have a mountain to climb to reclaim the spoils they had previously taken in 2010 and 2014.

The pressure soon began to show and the New Zealand backline crumbled with three Australian tries in fifteen minutes which sent them into an almost unassailable lead with less than half the game gone. Some nifty footwork from Josh Dugan followed by Trent Merrin making the most of a disorganised opposition led to the first two of those efforts, before the third, again from Dugan, which was frankly entirely avoidable from a New Zealand perspective. Thurston kicked the ball through past the try line with two Kiwi defenders available to remove the danger,

but instead it was Dugan who found a touch on the ball to add another four points to the Australian tally.

Leading 24-0 at the break, it seemed a foregone conclusion from this stage onwards that Australia would reclaim the trophy, and the world number one ranking, from their opponents at the close of play. That being said, New Zealand did have their moments in the second half. Two tries for Jordan Kahu ensured that they avoided total humiliation in this Oceanic derby, but Darius Boyd and Boyd Cordner ensured Australia retained a healthy looking lead throughout the match, and that they would go on to be crowned champions once again.

This final comes at an interesting time for international rugby league. Indeed, David Collier, Chief Executive of the Rugby League International Federation, has said since that he doesn't know 'if and when' the tournament will be held again, with the World Cup ensuring it won't be on the calendar next year. To the casual observer that could be a warning sign for the future of the international game, but in fact nothing could be further from the truth. There is talk of the 'Four Nations' turning in to the 'Eight Nations', potentially massive news for developing League nations such as Scotland and France, both of whom only get to play in the current tournament via the rotating fourth place. Whether or not this is the final time we've seen the competition in this guise, make no mistake; things will only get bigger and better for international Rugby League from here.



Image: AsiaPacific

# Wayne's World: Party time, excellent

**James Felton**  
Football

Never have professional footballers been healthier, fitter and more looked after, both on and off the pitch. They seldom, the theory goes, drink, gamble or party all night. They certainly wouldn't want to consume alcohol, smoke cigarettes or harm their bodies in such a way that compromises their ability especially during the intensity of a footballing season; in the Premier League, in particular, any margin of error will be exploited, meaning every player has to look after their body properly. Indeed, as a clear example, fitness and weight levels are the reasons given by Pep Guardiola as to why he only played Yaya Toure this weekend for the first team in the season. It is also true that the intense media spotlight on professional footballers has never been greater either. Therein lies the real problem with the recent incident regarding Wayne Rooney. England's record goal scorer, after playing his part in a 3-0 victory over rivals Scotland, was pictured a little worse for wear after apparently staying up until 5am that Saturday morning in a wedding that took place in the team hotel. He was wearing his training kit, and, along with Jordan Henderson and Adam Lallana, formed a group of English players who, for some people, defied their responsibilities as international footballers. Whether or not he was due to play against Spain the following Tuesday night, perhaps only he and interim manager Gareth Southgate know for sure. The real issue however, is not why Rooney was out that night - unless he did disobey strict orders or was indeed due to play three days later -, but why the press have made such a big deal of it. The fact that Rooney was on the front page of newspapers such as The Sun epitomises some of the attitudes of contemporary media tabloids; that is, they sell newspapers through intruding on the lives of English

footballers rather than, say, writing a tactical analysis of how goals from Daniel Sturridge, Adam Lallana and Gary Cahill secured the victory to put The Three Lions in a commanding place at the top of Group F. This harassment of the press is certainly not a recent problem. Rather than concentrating on why England did not qualify for Euro 2008, the Daily Mail ran a picture of Steve McClaren, the then manager, with the famous caption of 'The Wally with the broly', implicitly using him as the sole scapegoat of national failure instead of genuine more in-depth reasons of English footballing failure; the lack of academy resources, lack of home-grown players in the Premier League and the fact that many of the stars of the Premier League are rested during the season instead of representing their country. Clearly, McClaren should have taken some of the blame, the manager always does, but it is not fair that the media exert this extreme pressure on individuals.

Many parts of the press put this extreme pressure on England players; it is little wonder that the players, no matter their fantastic abilities, feel so overwhelmed to perform during international tournaments. The press should go back to giving tactical analyses of the performances, of where it went wrong with particular managers, of which formation suits the English team best, rather than having a paparazzi frenzy with its most talented footballers time and time again. The question should not be whether Rooney is allowed to socialise on a Friday night. Unless Rooney disobeyed strict orders from Southgate, was due to play against Spain or compromised his footballing ability during the middle of the season, this should not have been made a meal of. There were even questions of him losing the English captaincy. The real question however should be this: where is the line drawn? Footballers, after all, are normal human beings.



Image: Wall Street Journal



## BUCS fixtures 30th November

### Full fixtures and results at [bucs.org.uk](http://bucs.org.uk)

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

Basketball Mens 3rd vs Durham 3rd: 6pm, The Edge

Football Mens 1st vs Northumbria 2nd: 2pm, Weetwood

Football Womens 1st vs Chester 1st: 4pm, Weetwood

Hockey Mens 1st vs Loughborough 2nd: 5:30pm, Weetwood

Hockey Womens 4th vs Leeds Beckett 3rd: 12pm, Headingley Campus

Lacrosse Womens 1st vs Durham 3rd: 2pm, Weetwood

Netball Womens 1st vs Northumbria 2nd: 5:30pm, Gryphon Sports Centre

Rugby League Mens 1st vs Leeds Beckett 1st: 3pm, Buslingthorpe Vale Rugby Ground

Rugby Union Mens 1st vs Birmingham 1st: 2pm, Weetwood

Rugby Union Womens 1st vs Northumbria 2nd: 1:30pm, Weetwood

Squash Mens 1st vs Durham 1st: 4pm, Gryphon Sports Centre

Squash Womens 1st vs Leeds Beckett 1st: 2:30pm, Gryphon Sports Centre

Table Tennis Mens 2nd vs Newcastle 2nd: 2pm, Cromer Terrace

Volleyball Mens 1st vs York 1st: 7pm, Gryphon Sports Centre

Volleyball Womens 2nd vs Sheffield Hallam 2nd: 3pm, The Edge



# BUCS Round-up



## Leeds victories across multiple sports

**Luke Etheridge**  
BUCS

The men's hockey 1st team came back from two goals down to defeat St Andrew's 9-2 at Weetwood. The away side started brightest, with their constant pressure telling despite a superb performance from the Leeds keeper, as he pulled off save after save to keep the game tight in the early stages. Going two goals down appeared to wake the home side up, as they utilised their counter attacking strategy to perfection, making the scores 2-1, before a superb short corner routine, straight off of the training ground, levelled the scores. Sensing that they had the momentum, Leeds continued to press, taking the lead just before half-time.

The short break didn't seem to help St Andrew's, as they conceded another goal from close range shortly after the action restarted. Throughout the rest of the second half, Leeds were rampant, scoring five more goals before the end of the match, making their slow

start seem like a distant memory. The win puts the team into the last 16 of the Hockey Trophy, where they will play the 1st team from Sheffield. Leeds' next league opponents are Loughborough, with the two meeting at Weetwood next week, with both teams knowing that a win would put them three points clear of their opponents.

For the women's hockey teams, it was a day of close-fought action in their matches. The seconds were eliminated from the last 16 of the Northern Conference Cup on penalties against Durham, but the thirds were delighted to defeat league rivals York St John on penalties, earning them a match against Newcastle, with the winner making it into the semi-finals. In the Northern Conference Plate, the fourth team travelled to Sheffield Hallam, and returned jubilant 3-0 victors, as they set up a match against either Bradford or Manchester in February. The 6's were also involved in a 3-0 scoreline, but unfortunately for them they were on the receiving end of some great play from the Hull. This leaves the fourth team as the sole Leeds

representatives in the plate, as the 5th, 7th and 8th team were eliminated in earlier rounds.

Moving away from the hockey pitch, it was a good day for Leeds' netball squad, with all four teams in action putting in excellent performances. The highlight of the day came from the 1st team, with the long journey up to Edinburgh to play Heriot Watt being worthwhile, as they controlled the match expertly to run out 80-21 winners in the Netball Trophy. In the Conference Cup, it was also a triumphant day for the 2nd team, as they secured their spot in the quarter-finals with a 69-31 against the Liverpool 3rd team. However, there was heartbreak for the thirds, as their cup tie against Newcastle 2s went to extra time, with Newcastle getting the crucial extra point to win 47-46. In the Conference Plate, the 6s continued their perfect start to the season with a hard-fought 47-41 win against Manchester 5s.

In other cup action, the men's fencing team won their Trophy match against Glasgow, winning 121-117 in Scotland.