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> Cover Illustration: Ellie Chappell Instagram: @ellie.chappell

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Campus Watch

Zahra Iqbal News Editor

1

University of Cambridge Stormzy Launches a New Scholarship for Black Students

On A-Level results day the rapper announced that he would pay the tuition fees and maintainance loans for two Black students to complete undergraduate degrees at the University of Cambridge.

The scholarship is a response to certain Cambridge colleges admitting fewer than ten black students between 2012 and 2016. Successful applicants have to apply to UCAS by the Oxbridge deadline and will be carefully selected by the university.

The rapper said: "It's so important for black students, especially, to be aware that it can 100% be an option to attend a university of this

2

University of Edinburgh University Introducing Pronoun Badges for Freshers

Freshers at the University of Edinburgh will now be able to wear badges showing their preferred pronouns.

The badges will be handed out by the Edinburgh University Students' Association (EUSA) as they believe there is a risk of "misgendering people."

The new scheme aims to show how the EUSA is 'trans-inclusive' and more welcoming to the LGBT community.

Émile Cohl Art School, Lyon White Students Made to Look Black on Promotional Images

A promotional photo for a French art school has been digitally altered to make some of its students look black, apparently in order to widen the school's appeal to students from the US.

The original photo shows a group of white students visiting a gallery, while in the altered version three students' faces have been darkened and two people of colour had been digitally inserted into the image.

The school's director Antoine Rivière claimed he was only made aware of the alterations when contacted by students who were in the original photo. Lyon Art School said they were unaware of the altered photo and have since apologised to students and parents.





New Guidelines for Universities on Suicide Prevention



University staff who work with students should be trained in suicide prevention, according to new guidelines.

The guidance, published by Universities UK and the charity Papyrus, comes as a response to growing public concern about the number of undergraduates taking their own lives. At least 95 students took their own lives during 2016–2017, according to estimates from the ONS.

James Murray, whose son Ben took his own life at Bristol University in May, said that there is "too little information sharing" between universities and families.

The guidelines urge universities to review their rules surrounding whether family members can be informed if students are deemed 'at risk'.

Other recommendations include using alert systems to detect patterns of difficulty. This could include not engaging in academic work, as well as not paying rent.

NUS Introducing TOTUM Student Card



The NUS Extra card is getting an upgrade.

Rebranded as TOTUM, the Latin word for 'all', this new card aims to incorporate itself into every aspect of university life. For only £12 a year, or £32 for 3 years, students aged 16+ can access over 200 discounts on top UK brands, including Co-op, ASOS and National Express.

The new TOTUM app, working in tandem with the card, provides access to rewarding discounts, local deals and proof of ID, all in the palm of your hand.

Each card comes with an International Student Identity Card, valid for one year. The NUS intend to unveil even more novel features over the next 18-months.

Current NUS Card holders needn't worry – the transition to TOTUM will be gradual, so all NUS Cards are still valid until their expiry date. The TOTUM card is available at www.totum.com.

Universities Spent £10 Million on Unions Amidst UCU Strikes



Government figures show that UK universities spent £9.8 million paying their employees to work for their unions, amidst last year's strikes.

The figures disclosed how much universities spent on 'facility time', time off work allowing employees to carry out trade union roles. Public spending paid over 16,000 employers to work full time for their unions.

Universities accounted for over 70% of the spend on union rep pay in the education sector in the reporting period, and 12% of the total public sector spend. The NHS spent £11.5 million on facility time pay for the same period.

However, the actual amount may be much higher, as several universities have so far failed to release their figures.

UCU opened a ballot in August, consulting its members over the possibility of fresh strikes. The ballot closes in October 2018.

Exec-tly what we Voted for

The Student Exec are elected to represent your views and improve your student experience



Chris Morris Union Affairs

What is your role?
My role focuses on the finance, democracy and governance of LUU. I help ensure that your Union is working to give you the best time

possible. I also help make sure the student voice is heard and that you have the chance to make a change!

How will you ensure LUU is 'better value for money' this year?

My priority is to make sure we are the best value place to go to in the city, so we've been working on making sure there are deals across every outlet which should stand out wherever you go. I'm working on a loyalty programme and have regular daily & weekly offers sent out to you so you're always hearing about the latest deals.

What do you love most about LUU?

The biggest highlight from my six years at Leeds would have to be meeting new people and getting involved! There are so many opportunities to try new activities, but there are always spaces to chill and relax when you need to. Hopefully the biggest highlight will be watching Liverpool win the league in Old Bar... watch this space.



Serene Esuruoso Education

What is your role?

I'm all about improving your educational experience!

I mainly do this through heading up the academic representation system,

lobbying the university and helping students create policies. Ultimately, I'm here to support you in making the changes you

What changes are you going to make to improve the educational experience?

want to see on your course and in your school.

I'm currently working with the university to improve module timetabling to reduce clashes, giving you more choice, and I'm working to introduce better exam resources and support for joint honours and off-campus students. I also want to raise the profile of post-graduate students to the university; too often they're forgotten about and their priorities are put to the side. Hopefully, you'll personally see positive change in one way or another.

What's the longest stint you've ever done in the library?

I've done my fair share of all-nighters, but never actually in the library. My longest stint would be from open to close – after 12 hours there I needed a change of scenery!



Tom OladipoCommunity

What is your role?

I act as the bridge between students and their community. I liaison with public services, hold landlords to account, and make sure we

are all looking after our new environment.

How will you do this?

I'm pushing for a recycling revolution which makes recycling fun, practical, and effective. I want to provide classes for students to learn how to cook a culturally diverse range of meals, as well as budget effectively and deal with shady landlords. Reducing food waste is also a priority; edible food shouldn't be tossed away when there are many hungry mouths to feed around Leeds.

Do you have any student accommodation horror stories?

In the same year of living at uni, my house was infested by mice and burgled. The robbers stole two of my laptops, but didn't take any of the mice with them. Make sure you keep your houses clean and secure so you don't have to go through the same stress I did (mice are cute, but not when you're trying to sleep at 4am).



Tamsin Scott Diversity

What is your role?

My role is to give all students a voice within the Union, and to hold the University accountable regarding matters of diversity.

How do you plan to achieve this?

I'll be working with Leeds Student Medical Practice to make sure LGBTQ* students know what LSMP is doing for them, as well as engaging with LGBTQ* organisations throughout Leeds to create partnerships that increase the visibility of LGBTQ* groups at LUU. I'm also launching LUU's first 'Sex Week' that will help raise discussions around LGBTQ* sexual health, and debunk myths surrounding LGBTQ* sex (scissoring is real, friends).

What is your fondest/most embarrassing memory from Freshers?

I think it's probably meeting my best friends for the first time. It's so weird to look back and think about how scared we were in our introductory lectures. I remember going to the Old Bar quiz which was rammed so instead we went to Terrace and spent the evening bonding over the smallest things. It doesn't sound like something that would make such a lovely memory, but it's one of my go-to's when I want to cheer myself up.



Matt Port Welfare

What is your role?
As Welfare Officer, it's my job to represent your health and happiness during your time at Leeds. I'm here to ensure you always have

access to the support you need.

What are your main objectives this year?

I want students to be able to make informed decisions when it comes to taking drugs; pushing for a harm reduction and a non-judgemental approach so that students feel comfortable getting the support they need. I'm also working towards making sanitary products available for free throughout the University, so that money is never a barrier to dignity for our students. I also want mental health and well-being to be woven into every part of Uni life, to ensure that support is always there for those who need it.

Do you have any top tips for Freshers?

There are a million and one things going on over Freshers Week, but it's definitely okay to take some time for yourself. You've got loads of time to make friends, join societies, and explore Leeds – so take some pressure off yourself.



Lauren Huxley Activities

What is your role?

My role is to lead on supporting and developing over 320 clubs and societies here at LUU. I want to make sure that every student feels welcome in our Clubs and

Socs and that the Union is providing exciting opportunities through them.

How do you plan to do so?

I'm already working on ways we can improve communications between our committees and our amazing Liberation Coordinators to start some conversations around how our Clubs and Socs can work to be more accessible. I'm pushing for an understanding of accessibility beyond a physical barrier (i.e. ramps) and getting staff and students thinking of all the barriers that may make students feel uncomfortable or unwelcome. It's all about conversation and education!

What is the most surprising society you've seen on campus?

Without a doubt, the most surprising society I've discovered is Change Ringers! So, if you're keen on bellringing, they're the one for you! But whatever your interest or whether you want to try something completely different, there's a club or society waiting for you at LUU.



LUU Societies Coming Up Trumps

Rose Crees Society Editor

With over 300 societies, Leeds University Union caters to every need.

Whether you want to find a new hobby, get involved in your subject, connect with your cultural or religious group, or even raise money, Freshers' Week is the perfect time to find a society with a place for you!

To find out more information about which societies you should join, visit: www.luu.org. uk/clubs-and-societies/



MEDSOC



TOP TRUMPS PROFILE

To be in MedSoc you need to be yourself. Being a medic isn't all hardwork. In fact, they claim they go harder than any other society, hence why their alcohol proof is higher than the other

When your time off is limited, you have to learn to drink efficiently.

societies.

TOP TRUMPS STATS

Category: Academic **Agility:** 3/10 Size: 2000 Alcohol %: 75% Cost (for life): £50 **GIAG Date:** 01/10

EVENTS MedSoc usually runs about one event a month.

LGBT+ Society



LGBT+ Society focusses on welfare and offers an accessible and safe environment for all.

They put on a wide variety of events and meetings, and the £8 a year membership gets you great discounts at various shops and LGBT+ venues in Leeds.

If you can't wait for their Give It A Go, they're holding a meet and greet session beforehand.

TOP TRUMPS PROFILE TOP TRUMPS STATS

Category: Welfare **Agility:** 2/10 Size: 1000+ Alcohol %: 25% Cost (per year): £8 **GIAG Date:** 24/11

EVENTS They hold coffee hours in the union from 12-2pm on weekdays, as well as events each month.

Ultimate Frisbee



TOP TRUMPS PROFILE TOP TRUMPS STATS

Self-professed as an enticing, energetic and exciting society, Ultimate Frisbee requires maximum agility as it includes a lot of running and energy.

The fundamentals of the game are throwing and catching, and this society is the perfect place to work to improve these skills.

Category: **Sports Agility:** 10/10 Size. Around 50 Alcohol %: Variable Cost (per year): £27 **GIAG Date:** 06/10

EVENTS

Ultimate Frisbee meet 4 times per week in both the indoor and the outdoor season.

The Gryphon



TOP TRUMPS PROFILE TOP TRUMPS STATS

If you have a nose for a scoop or an eye for design, this creative, investigative and award-winning society is the right one for you.

The agility rating is pretty low as you can write articles as little or as often as you want, and the alcohol proof is variable as they don't condone drinking for inspiration.

Category: Media **Agility:** 4/10 Size: 100+ Alcohol %: Variable Cost (per year): £10 **GIAG Date:** 27/09

EVENTS

Each section holds weekly meetings for their writers and the society hosts socials throughout the year.

A Capella



TOP TRUMPS PROFILE TOP TRUMPS STATS

They've described themselves as acatastic, aca-awesome but aca-take-note they don't speak like this!

To join this society you need to be able to sing or beat-box and harmonise with others.

Their alcohol proof is 50% to find the balance between healthy voices and liquid confidence for karaoke.

Category: Music **Agility:** 6/10 Size: 20+ Alcohol %: 50% Cost (per year): £35 **Auditions:** 27/09

EVENTS

Practice usually takes place twice a week but, during competition times, they meet even more regularly.

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Our Guide to the Best Freshers Night Out

When first stepping into Leeds, the whispers and rumours about the greatness of the nightlife can be daunting, especially with the wide range of choice. But Clubs editors Caris Dollard and James Dewar have made your life easier by giving you their choices and an alternative for each day.

Monday 24th

Our choice:

Quids In at Pryzm -

Leeds' quintessential 'cheap and cheerful' night out. Bond with new flat mates over £1 VKs and then stumble into McDonalds (right next door) to share a 20 chicken nugget sharebox. Could your first night be any better?

Alternative:

Vice City David Bowie Night at Hifi -

Start your week right and head to Hifi for a night dedicated to the legend that is David Bowie. The Hifi basement is the perfect place to dance and sing all night long to classics like 'Heroes' and 'Starman'. And with tickets at £6, what more could you ask for?

Thursday 27th

Our choice:

Donuts at The Faversham -

Go nuts at the Faversham as they kick off their weekly night, Donuts - yes, if you get there early enough you can get free donuts! A crowd favourite for Leeds students, it is a big playground where you can groove all night to the likes of Sean Paul and Aretha Franklin whilst confetti gets fired into crowds, and then take a break on the bouncy castle. Be your most silly and carefree self at this night. It's only a short walk from Uni so you have no excuse.

Alternative:

ABBA Disco Wonderland at Warehouse Leeds - Take A Chance On Me and believe me when I say this is an unmissable night. You can be a Dancing Queen and a winner that Takes It All, yelling Gimme! Gimme! Gimme! at the top of your lungs. Mamma Mia! You would be a fool to not go to this incredible night.

Tuesday 25th

Our choice:

Mixtape Project at Canal Mills -

Mixtape Project is the place to be come Tuesday night. Normally at Hifi, this special freshers edition takes place in the soon-to-be closed Canal Mills warehouse. The night's eclectic playlist will, as always, be stacked full of everything from old school bangers and huge singalongs to the new school tunes, and is guaranteed to keep your body grooving and your hips shaking all night long.

Alternative:

Triple Cooked, Weird and Wonderful at Church Leeds -

Who wouldn't want to party all night in an old church? Triple Cooked offers a weird and wonderful world in this spectacular venue, with an explosion of music ranging from Disco to Grime. So, throw on your edgy clothes and some extra glitter...you could not get anymore "Leeds" with this night.

Friday 28th

Our choice:

Fruity 17th Birthday Party at the Union -

Make sure you make it through the week to get to Fruity's 17th Birthday, held at our very own Student Union. Kick start the Freshers weekend by raising your hands to all the chart toppers from across the years in the main room. Alternatively, curve your way (if you know what that means) to all the best RnB in the Pyramid room and then finish off in the Function room screaming the lyrics to Mr. Brightside that we all know you've rehearsed. Cheap jagerbombs and tequila shots; thank god it's Friday!

Alternative:

High Rise, A New Beginning at Beaver Works - The highly anticipated High Rise is back and better than ever. If you love reggae, jungle, dubstep or grime, you're in the perfect place. High Rise: A New Beginning boasts an everimpressive line-up but it doesn't stop there. Expect immersive production, notably the infamous bonfire, and, if you get a bit peckish, ready your stomach for an amazing array of Caribbean street food.

Wednesday 26th

Our choice:

Flux at Beaver Works -

Arguably the best event on the Leeds Freshers calendar, everyone loves a Flux no matter whether you're a first or fourth year. Held at one of the city's biggest venues, the night welcomes techno and house heavyweights, as well as local DJs and residents across the sprawling Beaver Works site. This is a night you shouldn't miss; it is the perfect introduction to the best year of your life.

Alternative:

Mischief at Warehouse Leeds -

Mischief is the sole home of the Wednesday sports social, as well as everyone's favourite night out. If on a sports team, the opening party will give you your first taste of the chaos and carnage that goes on, with everyone in high spirits as they dance along to all the classic tracks on offer.

Saturday 29th

Our choice:

Small Talk at Wire -

A brand new event which is expected to take Leeds nightlife by storm, Small Talk kicks off in the cosy but lovable club, Wire. Providing both headlining acts and lesser know DJs, it is the hotspot to discover your new favourite sound.

Alternative:

Club Tropicana at the Union's Terrace -

The opening of Club Tropicana, at the Union Terrace from 4pm-10pm, before it's full club launch, will help you get over your summer blues. Steal yourself a pink flamingo, some Hawaiian leis and get yourself to the dancefloor for some 80s anthems; a new staple to Leeds' club scene.

Small Talk with Oliver Walkden and Josh Bayat

Small Talk is a brand new event launching on Saturday 29th September. We spoke to the creators, Oli and Josh, to learn more about it, and to find out what plans they have for the upcoming year.

First of all, tell us a bit about the launch of Small Talk, and what we can expect from the first night.

Our launch night features two really exciting Canadian artists, Peach and D. Tiffany, who are both making their Leeds debuts with us. It's hard to say exactly what to expect on the night, as Peach is already gaining a reputation as such a varied selector, and D. Tiffany has been putting out some really top stuff, not only under that moniker, but through her DJ ZOZI alias as well. But at the risk of sounding pretentious, I think the one thing I am expecting is a great atmosphere at the club. Amongst a plethora of excellent labels, producers and DJs coming out of Canada at the minute, we feel like Peach and D. Tiffany are really at the forefront of it all, so to have them both playing on the same bill is something that we're very proud of. As well as that, coming up in October we've got a collaboration with Bristol outfit 'Idle Hands', featuring Chris Farrell and Shanti Celeste!

What kind of energy are you trying to bring?

It's hard to say exactly, if I'm honest. But Small Talk is something that I've been working on for the best part of a year now, with a lot of help from Oli and Dan. So from our end there's a lot of excitement about both line-ups, as it feels like it's taken forever to come around. Obviously we want that same excitement on the night, from both the crowd and us, but ultimately we just want to bring something different to both the city, and to Wire.

How do you feel this can add to the club scene here in Leeds?

Given that we're placing just as much emphasis on bringing in lesser-known DJs and producers as we are on headline acts, we're hoping that this will add to the scene in the sense that people coming to Wire are getting a chance to come and hear artists that they might not have necessarily have heard of otherwise, alongside their firm favourites. We're also planning lots more Leeds debuts and first time collaborations with labels, so there's definitely a lot to look forward to, whether you're new to the city or have been here for a number of years.

As always, Wire has some great events coming up this autumn. Which are you most excited for?

As well as the Small Talk events, which feature predominantly female line-ups, we are welcoming three of Discwoman's finest DJs to Wire for the first time: Volvox, SHYBOI and Ciel. For those who aren't aware, DW are an NYC DJ collective, booking agency, activist group and all-round women's powerhouse who have changed the face of electronic music over the past couple of years. We curated this line-up to honour the work they have been doing, and to ensure that Wire's programme is as diverse as possible. For me, they are some of the best DJing entertainers in the world at the moment. I'm personally really excited for Butter Side Up's Birthday with the colossal Craig Richards and Nicolas Lutz going back to back. BSU birthdays are always a huge celebration for Leeds' minimal house and techno fans, and this is probably their strongest lineup to date. Young Marco, Tama Sumo, Pearson Sound and Blawan are all going to be great, but my hot tip is Up North with Markus Sommer and Felix Kluge in November. They're two superb producers from Frankfurt who'll blow your socks off with wacky tracks you've never heard of.

Over the last few years Brudenell Groove has become a Leeds staple, can you tell us about what you've got in store for the

BG will hopefully run monthly from October 2018 after the summer break, raising as much money as we can for local charities while showcasing our brilliant selector-friends from Leeds and beyond. The first event is at the really special and versatile Open Source Arts space on Kirkstall Road on 6th October, and we are coming back to Wire for a festive rave on 30th November. We may be doing a digital compilation for charity around that time too; there's some very talented but modest producers in our ranks just waiting to be released.

Finally, Oli, you were once The Gryphon's Music Editor, what encouraged you to start your own brand and party collective? And what advice can you give those who are keen to do similar?

I actually met my fellow BG-founder Andrew Kemp while doing that job; he was one of the other music editors. I quickly found out that he had decks, so I would go round to his house all the time with the few crap records I had for a practice. We soon fell in love with playing music together, so basically thought we'd have a go at doing it in public for our mates. Quickly, the friendship group grew and grew into the dance floors that we have now. Setting up a charity night was always our goal, so that would be my advice: party for a good cause. You'll feel much better for it later.

Canal Mills is Closing

The infamous Leeds nightclub is saying One of the directors, Mark Newton, said: goodbye and closing its doors at the end of the year.

Due to a redevelopment, on 1st January 2019, Canal Mills will be hosting its final party for the residents of Leeds. And it will certainly be pulling out all the stops to mark the sad occasion, with the return of its revered New Years Day party.

The line up is yet to be confirmed, but we have no doubt that Canal Mills will go above and beyond expectations.

Although Leeds is renowned for its magnitude of clubs, Canal Mills closing down is going to leave a hole many a student's hearts, as well as in the city's nightlife. As an integral part of the Leeds club scene for the last 6 years, it leaves you wondering what the future holds, and whether other clubs will suffer a similar fate.

"It is with a heavy heart we've had to announce the closing of Canal Mills. Although leaving a place with so many happy memories is a sad moment, it's nice to do it on a high with the space being more popular than ever."

So, do not use this as a time to despair. Adopt an "Ode to Canal Mills" mindset to attend as many events as possible from their autumn/winter line up. Here are a few you should mark in your calendar:

Saturday 17th November - Art's House Friday 30th November - Feel My Bicep

We should remember the club's recent statement: "As one door closes, another one opens. Stay tuned for news on our next venture." The sad news may well have a silver lining; it is an exciting time for all, and we hope something even better and bigger will grace Leeds very soon.

A Freshers Guide to the Best Music Venues in Leeds

So, you're riding a wave of nervousness and excitement as you arrive at your new Leeds digs; you've endured the tearful goodbyes to protective parents and you've finally figured out where to put your new collection of cacti. A tapestry is draped on your wall and IKEA candles litter your windowsill. You've met your new flatmates and booked tickets to the Freshers club nights — you're finally ready to relax into your new home and get some info on what the city has to offer. Exploring the Leeds music scene should be at the top of your priority list, and this is the one-stop-shop guide to the best venues to get yourself down to if you're ready to expand your musical tastebuds and get into the groove of one of the UK's sonically coolest cities.

Brudenell Social Club



Ask anyone in Leeds about where's best for a fun gig and they will most likely recommend the beloved Brudenell Social Club. Set in the heart of Hyde Park, this venue is a student's dream: cheap beer, foosball, and a cool pizza truck ready and waiting to take your mid-gig munchies order. The Brudenell most definitely holds a place in anyone's heart who has visited: offering musical tidbits for every flavour of genre, be it rock, pop, indie or funky sets featuring sporadic beats on a xylophone, Brudenell lives up to its reputation for hosting some of the best gigs in the city. This is definitely a venue not to be missed.

Belgrave Music Hall



Similar to Brudenell, Belgrave Music Hall is another student favourite. The gigs hosted here are normally much more of a relaxed, indie vibe than what is typically offered elsewhere, and their multi-floor setup allows you to mix together a cocktail night with the sweet and dulcet tones of whoever Belgrave are hosting that night. This is always a plus if you're not initially in the mood for a gig; you can always head downstairs for a few more beverages to help butter up your ears and open your mind to a new genre you might not have listened to before. All quips aside, this venue is fun and funky and has introduced many to the impeccable music scene in Leeds.

Meet the Editors



Jenny Pudney

Favourite Artist: Car Seat Headrest.

Go-To Karaoke Song: The Proclaimers, 'I'm On My Way'.

Current Song On Repeat: Spacey Jane, 'Feeding the Family'.

Which Musician Would You go on a Night Out With and Where? I would go and get a bit bevvy at Hifi with Fenne Lily - did you hear her debut? She needs some love.



Kieran Blyth

Favourite Artist: Enter Shikari.

Go-To Karaoke Song: System Of A Down, 'Chop Suev'

Current Song on Repeat: The 1975, 'Love It If We Made It'.

Which Musician Would You go on a Night Out With and Where? Gotta be Christine & The Queens because I love her so much. I can imagine going to a drag show with her would be so much fun.

The Key Club



For all things heavy, The Key Club is where you want to be. A relatively small basement club attached to the far end of the Merrion Centre, this venue gets pretty hot and sweaty during their (usually packed) gigs. While they don't limit themselves exclusively to rock (hosting regular indie, pop punk and hip hop sets also), The Key Club is most generally known for the heavier genre of music. This venue is a hidden gem which showcases some of the best local talent that Leeds has to offer and, even if you're not a closeted Papa Roach fan, it will give you a great taste of the different types of musical genres that you've yet to discover.

The Wardrobe



Last but not least is a personal favourite of mine. The Wardrobe is a cool little venue close to Leeds bus station, which hosts a plethora of bands in its downstairs space. With red neon lighting and a consistently packed audience, The Wardrobe is a fun place to be if you're wanting to experience the edgier type of vibe that Leeds as a city is famous for. One of the best gigs I've experienced was set here (shoutout to VANT), and while sweatier times have been had, it was definitely one that gave me the best initial impression of Leeds' music scene. If you're looking for a lesser-known favourite, The Wardrobe is where you should get yourself to.

Freshers' Week Gig Recommendations

MONDAY 24th

Molina at Brudenell Social Club

TUESDAY 25th

Half Waif at Headrow House Bleeding Knees Club at Hyde Park Book Club

WEDNESDAY 26th

The Amazons at Brudenell Social Club LAUREL at Oporto

THURSDAY 27th

Ross From Friends at Belgrave Music Hall

FRIDAY 28th

Detroit Swindle at Headrow House Krrum, Talkboy and Jellyskin at Hyde Park Book Club

SATURDAY 29th

Live at Leeds Ones to Watch at The Wardrobe

SUNDAY 30th

Conner Youngblood at Brudenell Social Club

While Brudenell Social Club, Belgrave Music Hall, Key Club and The Wardrobe are not the only venues Leeds has dotted around the city, they are the first initial tasters to ease you in to the awesome musical set-up you now have access to. After trying out these different venues, you will undoubtedly start learning of the muchloved Hifi, Old Red Bus Station and many more barsslash-venues that will get your blood pumping and ears singing. Leeds offers such a fantastic mixture of music and sound that you now have at your fingertips so have a google of all of the above, book some gigs, and get yourself as addicted as the rest of us to the incredible artists and bands that are just waiting to get you hooked.

Emily Moscrop



Ellie Montgomery

Favourite Artist: Kate Bush.

Go-To Karaoke Song: Gloria Gaynor, 'I Will Survive'. Every. Single. Time.

Current Song on Repeat: Blood Orange, 'Holy Will'

Which Musician Would You go on a Night Out With and Where? If I could transport in time, it would be a dream to go to CBGBs with Debbie Harry, circa 1975. You'd definitely be guaranteed a good night!



Mikhail Hanafi

Favourite Artist: Frank Ocean.

Go-To Karaoke Song: Hall & Oates, 'You Make My Dreams'

Current Song on Repeat: The 1975, 'TOOTIMETOOTIMETOOTIME'

Which Musician Would You go on a Night Out With and Where? I'd choose Charli XCX. I'm not ashamed to admit that I jam out to 'Girls Night Out' and, if her choice of collaborators is anything to go by, she seems to hang around with a lot of interesting people.

Album Reviews



Wilf Amis, Backwards/Forwards

With his debut two-track EP, Wilf Amis creates a striking world within his selection and manipulation of sounds. During the first track, 'Backwards', electronic waves, a soothing deep bass and seemingly endless sonic patterns draw the listener to believe they are gently falling into the sand of an ethereal synthesised beach. Perhaps a daunting image, but the way Amis structures the experience seems enticing and safe. As the second track begins, the listener is awoken by soft momentum, achieved by rhythms moving between tempo, reminiscent of American minimalism. As with the first half of this EP, 'Forwards' feels no need to rush, but rather comfortable and stable in the sense of place it summons. From falling back into aural sand, the listener has now been awoken and feels energised. *Backwards/Forwards* is a wonderful organisation of sounds, worthy of many listens.

Ed Cooper



Blood Orange, Negro Swan

The term 'polymath' is frequently wielded when describing Dev Hynes, the brains behind the moniker Blood Orange. His latest release, *Negro Swan*, evinces this title, as it masterfully transcends boundaries, both technically and emotionally, whilst depicting the intricacies of "black depression". Throughout, Hynes welds spoken word with breathy harmonies, shimmery 80s-style synths, R&B beats, jazz solos with Freetown Sound-esque samples and, ultimately, personal experience with political commentary. The extensive list of contributors - including writer-cumactivist Janet Mock - adds to this patchwork-like approach, which is not incoherent, but gripping; a sonic diary, in both its scope and its honesty.

Safi Bugel



Melody's Echo Chamber, Bon Voyage

Following a nearly fatal accident which left Melody Prochet hospitalised and forced to cancel her tour, she made a triumphant return this summer with her long-awaited second album *Bon Voyage*, four years after her fantastic debut. Avoiding simply rehashing neo-psyche clichés, Prochet and her collaborators intertwine an eclectic array of sounds - including beatboxed interludes, funky flute solos, transcendental screaming and spoken word - which invigorate each song with a sense of fun and whimsy. Lulled by Prochet's wistful vocals, flitting between lyrics in French, English and Swedish, the listener is pulled along on a gleeful escape into a sugary sweet dream world.

Elle Bennett



The Internet, Hive Mind

After their exceptional Grammy-nominated album, *Ego Death*, The Internet's new album was highly anticipated and they definitely did not disappoint. Throughout the past year, they have been focusing on individual projects, yet their reunion in the form of this album is nothing short of perfection. Despite no guest features, KAYTRANADA has released a funky remix of the bass heavy 'Roll (Burbank Funk)'. The album is a fusion of R&B/Jazz/Blues/Funk with tracks that complement each other perfectly. It shows how the group has evolved since their first album, *Purple Naked Ladies*, and how their sound is more consolidated and polished than ever before.

Charly Loughlin





firstgroup.com/notscary





An Introduction to Adulting

You want the perks: the freedom, the unrestricted social life and the smug sense of independence. The overdraft reminders, empty fridge, and the niggling feeling that you are slightly out of your depth? Not so much. We're here to help you get started on your journey to successful adulting at university.



Although it might be tempting to blow your whole loan on those new trainers you saw on ASOS, it is very easy to lose track of your outgoings at university, so an awareness of your spending is essential.

If you can, budget. There are a whole host of tools online to help you do this, but sometimes the old-fashioned pen and paper, a calculator, and a spare 15 minutes is all you need.

Simply jot down and total your incomings, subtract any recurring outgoings such as rent accordingly and then divide by the number of weeks you will be at uni. This will give you a rough estimate of how much you can afford to spend per week.

You'll find that setting boundaries, even if you don't stick to them faultlessly, will give you structure and an overview of your finances.



The biggest question that haunts every fresher: can you wash whites and colours together? Short answer: No. The long answer: fight the mantra of 'if it looks clean, it is clean', and try to get into a habit of washing every week.

For washing bedding and towels, aim for once every two weeks. After all, everyone knows there's no better feeling than getting into crisp clean sheets. Bonus points for fabric softener



This is a constant battle for students and it is bound to be erratic during the first few weeks of term. Spending the day in bed is okay, as long as it's not every day.

A key piece of advice for those looking to get organised would be to get a diary so you can start organising your days, weeks, and months at Leeds. This will give you a personalised hard copy of all your arrangements, social events, and lectures and seminars - as well as somewhere to doodle in said lectures and seminars.



In terms of cooking, start small and don't be over ambitious. Meal prepping in seven tupperwares for the whole week sounds great, but is it realistic? Not when your flatmate has taken up all the fridge space.

Choose simple recipes to cook from the multitude of student cookbooks available. Also, take advantage of your freezer. You'll be thanking yourself for making those extra portions when you are desperately in need of a quick fix meal.

With shopping, try to make a list before you go and then stick to it to avoid coming back with half the shop.

www.thegryphon.co.uk 15

The Hidden Gems of Leeds

In your first year at Leeds, you'll want to acquaint yourself with the city, and what better way to do it than seeking out some of the city's most illusive spots. So, here's a rundown of a few of Leeds' best hidden gems.

The Domino - 7 Grand Arcade, Leeds, LS1 6PG Slotted in the middle of the Grand Arcade just off New Briggate, The Domino is a classy jazz bar with a cosy, rustic feel to it. Cast in low light save for the neon signs, this stylish bar hosts live acts every night from 9pm-10pm. Open till late, it is great to go for a few hours to relax from uni, or just to enjoy the music.



Global Tribe Café - 18 Swan Street, Leeds, LS1 6LG A cosy eatery tucked away just off The Headrow, Global Tribe boasts a variety of locally sourced vegetarian and vegan meals. If you're in the mood for breakfast food, delicious cakes or vegan and vegetarian twists on classic dishes, this café is not to be missed. While a bit on the pricey side, it's worth the extra cash.

Viva Cuba - 342 Kirkstall Road, Leeds, LS4 2DS Situated out of the city down on Kirkstall Road, it's unlikely that you'd stumble upon Viva Cuba in your first year. Offering a large food menu and an even larger drinks menu, Viva Cuba is a great place to go to share tapas and cocktails. With an authentic Cuban feel, the restaurant also displays a genuine Fidel Castro signature that was collected by the owner's grandmother when she lived in Cuba.

The Maven - 1 Call Lane, Leeds, LS1 7DH
The first and only place on this list that is an intentionally-hidden gem. The Maven's unmarked door is neatly tucked between a piercing shop and an amusements. Through the door and up the stairs, you will find a prohibition era bar, and a new restaurant. The elegant class of the décor comes through in the menu, which offers small but delectable portions. This hidden spot is a great place to go with friends or parents if they come to visit.

Smokestack - 159A Lower Briggate, Leeds, LS1 6LY Another gem with a lot to offer, Smokestack takes up two floors down by the rail arches. With an eclectic mix of great cocktails and great music alike, the bar hosts a mix of DJs and live bands showcasing jazz, soul and funk music. The understated ambience of the place makes for a very relaxing evening that should not be missed.



Charlie Green

And on Campus...

Not sure where you can hang out and relax between your lectures and seminars? Looking for a change in environment? Or just looking for a place to relax? We've got you covered.

The student union here at the university boasts a range of places to eat for affordable prices and lots of different spaces to hang out with your friends. The union square provides not just many seating areas, but also restaurants such as Wok & Go and Humpit, and even has a ping pong table.

Take a few steps down the stairs and you'll find yourself in Common Ground - a space that offers games as well as food and drinks. This is also where the Global Cafe opens, every Monday evening. So, if you're interested in learning about cultures from all over the world, practising your language skills, or just meeting new people, then drop in every now and then (and enjoy free tea, coffee and biscuits too!)

Other places to hang out and eat in the union include Pyramid, equipped with lots of tables and a nice toasty menu, and Terrace and Old Bar. There is also a newly-installed seating area just outside the union if you prefer sitting out in the open air.

There are plenty of spots around the university where you can sit out in the open air as well. The area outside the Edward Boyle library is dotted with vibrant colour tables and chairs, a great space to meet up with your friends between lectures or just to hang out. You can even sit on the grass if you can't get a seat when it gets busy.

Walk down the stairs and you can grab a table in the outdoor seating area of the Waterside Café, granting you a view of the pond right outside the Roger Stevens building while you enjoy some sunshine and delicious cakes. The sustainable garden situated at the foot of this building also provides a few benches where you can sit and enjoy the peace and lovely greenery around you.

If you're a fan of grass, then you're in luck - there are various other green spaces where you can relax and hang out. Both St George's field and the outside area by the Business School are incredibly calming, spacious, with lots of grass and plenty of benches.

If the great outdoors are not quite your thing, and you'd rather relax and hang out in a café, you've got plenty of options here at the University of Leeds. There are 15 cafés spaced out across the campus, in different buildings, for your convenience and easy

Some schools may have their own café, such as the Business School's café, or the Engineering School's Fuse, to name a couple. There is also a Camionnette café on campus called Hugo, located just outside the student union and right opposite the Refectory with tasty treats and a range of drinks, both hot and cold, that you can grab before finding a seat around the union area.

The Edit Room is also a popular café, so it may be a bit difficult to find a seat, especially during peak hours. But it has an eye-catching modern interior with bright lights and comfy furniture - the perfect place to relax, meet your friends and chill.

Books Everyone Should Read While at Uni

It is often said that going to university is truly a time to broaden your horizons and challenge your perception of the world around you. And with the University of Leeds' five libraries housing three million items, what better way is there to expand your mind than picking up a good old book?



Freakonomics - Stephen J. Dubner and Steven Levitt

Reading around your degree subject is an imperative part of becoming a wellrounded student and this non-fiction debut from the super-pairing of a University of Chicago economist and New York Times journalist is a perfect chance for anyone looking to step outside their comfort zone (assuming you are not an economics student, that is). Committed to exposing 'the hidden side of everything', Freakonomics will enlighten you on the similarities between the KKK and estate agents. the clandestine corruption of the sumo wrestling industry and the real reason that drug dealers still live with their mums. You will never see society in the same way again after reading this, and you will always have a barrage of facts to impress guests at pre-drinks.

Starter for Ten - David Nicholls

Adapted into the successful 2006 film starring James McAvoy, this book chronicles the first-year escapades of gawky yet endearing fresher Brain Jackson, as he vies for a spot on the University Challenge team while manoeuvring a new world of sex, drugs and general knowledge quizzing. As well as packing in laughs aplenty, Nicholls also skilfully explores the issue of class struggle in higher education as his protagonist is caught between trying to ingratiate himself into the elite and sometimes snobby university social scene, while staying true to his working class roots. For those moments when diving into a completely new lifestyle makes you feel like a fish out water, this lighthearted read is perfect for finding reassurance.

Wuthering Heights – Emily Brontë

Anovel that should be read by everyone in their lifetime and not just those at university, Leeds students would do well to read this Brontë classic to discover and appreciate a fundamental piece of Yorkshire culture. After being adopted as an urchin by the wealthy Earnshaw family, Wuthering Heights follows the dark, brooding Heathcliffe and his destructive relationship with headstrong Cathy amidst the dramatic backdrop of the breathtakingly wild and stark Yorkshire Moors. Seething passions, deathless love and virulent grief collide as Emily Brontë pens arguably the most revered novel in the English language; definitely one to cross off the reading list at uni.

Lolita - Vladimir Nabokov

Shocking, scintillating and disgusting in equal measure, Nabokov's masterpiece still sends shockwaves around the world for its frank depiction of paedophilic love. In the novel, Humbert Humbert - the ultimate unreliable narrator - delves into his lifelong desire for 'nymphets' as he becomes obsessed with twelveyear-old Lolita in a tale that twists your sympathies inside-out and dizzies and repulses you from start to finish. Be prepared for any pre-uni remnants of youth and innocence to be ripped from their roots as this subversive and sublime read proves itself as one of the most controversial books of the twentieth Century.

Alex Gibbon

Day Trips from Leeds

Are you a first year who needs a break from the tough life of Fresher's Week? A southerner who's in desperate need of some northern fun? A final year student who hasn't yet explored all that Yorkshire has to offer? Never fear.

There are so many trips you can take to escape uni life for the day and spend some down time with friends – here are just a few possibilities:

York

If you're looking to get out of Leeds for the day, York should definitely be on your list – it's just a 25-minute train journey away. Founded by the ancient Romans, York has a much more historical feel to it than Leeds. Popular sites include York Minster, the city walls and York castle, not to mention the cute and quirky streets of the Shambles which are a must-see.

If you happen to find yourself visiting York in December, you may stumble upon Yorkshire's Winter Wonderland. This includes an outdoor skating rink centred round a large Christmas tree, among other festivities.

Harrogate

Did you go to Betty's? This will be the first question you'll get asked when you tell someone you've been to Harrogate. But, even if you don't want to pay for those pricey scones in the cafe, be sure to pay a visit to the bakery anyway – you may find yourself walking away with some cheeky fat rascals for the train ride home.

Whether you decide to visit the Pump Room Museum or just go shopping in the Victoria Shopping Centre, Harrogate always makes for a fun day out.

Malham Cove

If you want to try something a little more adventurous, Malham Cove is a great day trip. The only down side is that you will need a car to get here, so maybe save this one for when family or friends come and visit with their car.

Malham Cove, situated in the Yorkshire Dales, has some stunning views of the countryside and it can provide a welcome break from the busy city life of Leeds. And you may even recognise some of the scenery there – the Harry Potter crew chose the Limestone Pavement at the top of Malham Cove to feature in the seventh film *Harry Potter and the Deathly Hallows Part 1*.

Emma Prentice



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Essential Guide to Freshers Fashion

Getting your Freshers style 'right' can seem tiresome. Fashion Editor, Christy Bucklow, discusses how you don't need to re-invent yourself, and how style can be a form of communication.

Starting university is widely perhaps it's easier to see university seen as a chance to reinvent yourself.

However, the opportunity for a fresh start whilst surrounded by people who seem more confident, selfassured and more stylish can be incredibly daunting. There are always those people who have it so together that they may as well wear a badge screaming "I am just MORE in every way." Each individual is different and we all have our own ways of assuming a composed, unflappable demeanour - a good red lipstick and a little black dress is my personal go-to. Sometimes it's comforting to keep elements of your 'old' self in your wardrobe, be that a favourite going-out dress or your dad's old fleece. Rather than to wholly strip yourself of your previous identity,

as a chance to update your current self to a more refined version of your character and style.

Clothes can be an unparalleled tool for communicating with the people aroundyou, particularly in the Freshers' environment, in which everyone is so painfully aware of themselves and their new peers. While we are told not to judge a book by it's cover, most of us are guilty of falling victim to the influence of first impressions. Rather than viewing style as something that you have to get 'right', see it as something that is individual to only you in the sea of new faces you are overwhelmed with: an armour of sorts. During the first few months of life at university, it's easy to feel like your identity is hanging in some sort of limbo. We each come into our own

at different points in the year; it can take time to feel comfortable enough to strip down the layers and let yourself feel like you belong amongst your friends and fellow academics. A good coat that you're truly in love with, for example, can provide a kind of assurance that's hard to find anywhere else when faced with the social pressures mounted upon us in the first semes-

Clothing as communication has both its joys and perils. It's not a failsafe method - that boy in brogues will not always necessarily be engaging, nor will the girl wearing a statement coat and eye-catching colours be the life of the party. It's dangerous to make your judgements based solely on externals. FANCY Nevertheless, beautiful friendships Do? can blossom through a love for fashion and clothes. It's a certain kind of

serendipity when you see someone dressed in an outfit almost identical to yours, and even if you don't end up best of friends, the knowing smile exchanged will be enough.

Christy Bucklow



Dos & Don'ts

DO...

Feel free to experiment. Starting life in a new place can be daunting, and when it comes to making first impressions on your fellow students, it's tempting to play it safe. But the great thing about Leeds fashion is that almost anything goes. People turn up to lectures in everything, from bright red berets to knitted rainbow ponchos. As far as nights out go, the funkier the outfit the better.

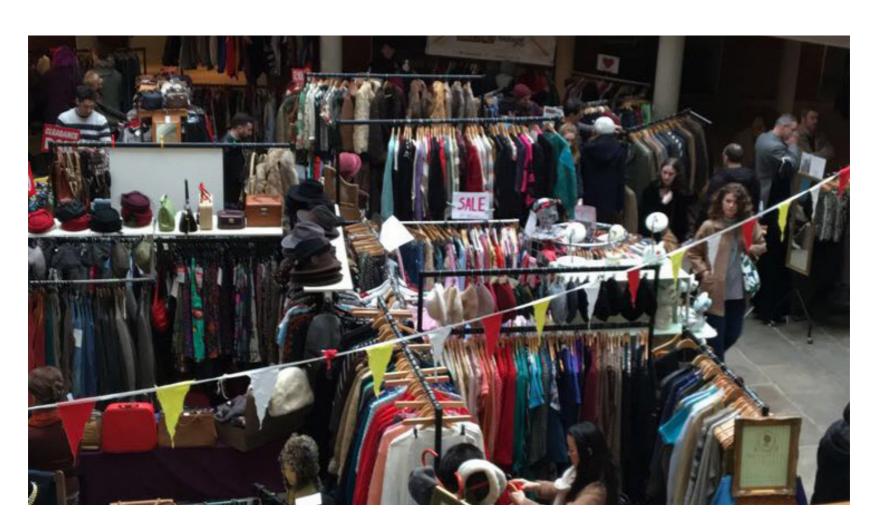
Remember comfort is key. On a Leeds night out, your shoe choice can make or break you. Although a bodycon dress and six-inch heels was the norm back at home, at university casual outfits and comfy trainers will be your best friends. You want to be the one still on the dancefloor at Beaver Works at 4am, not the one barely making it out of pre-drinks because your feet hurt too much to walk to the taxi.

Shop around for unique items. Although Trinity Shopping Centre boasts an impressive amount of high street shops, Leeds has a wealth of independent vintage and charity shops where you can find great one-off pieces, meaning you can create your own individual style at half the price. Keep an eye out for the vintage shopping sales in the Union during Freshers' Week, as well as vintage kilo sales that pop up throughout the year.

DON'T...

Wear your brand new white trainers to Fruity. Or any other night out. One of the most heartbreaking moments of my Freshers Week was ruining my brand new Puma suedes after a night out at HiFi. Drunk students, a packed dance floor and overflowing drinks can be fatal, so make sure you have a designated pair of 'night out shoes' that you don't mind getting covered in those indeterminable sticky substances.

Forget your student discount. Let's be honest, it is one of the most worthwhile parts of going to university. 10% might not seem that much, but when you're choosing between a new Topshop jumper and eating a meal that consists of more than just baked beans, it makes all the difference.



Leeds' Vintage Boutiques

Fashion Editor, Elicka Ghahramani, ranks Leeds' most renowned secondhand haunts.

Sue Ryder: Nestled amongst Headingley's generous cluster of charity shops, Sue Ryder is often erroneously mistaken as one. But once you enter it becomes pretty clear that the vivacious and eccentric pieces stocked here just scream 'Very Vintage!'. From audacious lilac shag coats to floor sweeping technicolour dreamcoat inspired jumpsuits, the stock at Sue Ryder rejoices loudly and proudly over the originality and experimentation of fashion from past eras.

Tunnel Boutique: A pricier option, so you may not have heard of it as being a go-to amongst Leeds' uni students. If you haven't blown your student loan (not likely; we know how much Flux tickets cost), then you might want to splurge on a swanky (faux) fur coat or Italian leather bag from Tunnel. The pieces selected to be stocked here suggest a subconscious partiality towards the 40s and 60s from the owners, with the abundance of checked pea coats and pleated midi skirts, as well as the odd twenties flapper or sixties mini dress. The clothing at Tunnel Boutique showcases the true decadence that can only be found in vintage dressing.

Vintage Kilo Sales: A termly affair that takes place practically on campus, the Vintage Kilo Sale really is both a gift and a blessing to a university student in Leeds. The location is usually at Church night-club, but for once enter the building with sober eyes, high hopes and an empty bag to stuff full of all the cheap, funky t-shirts, shirts and accessories on offer. Items are predominantly circa seventies, but equally you will always find racks upon racks paying their respects to the 90s, with the multitudes of flannels and oversized denim jackets

Blue Rinse: Blue Rinse receives mixed opinions across the block: some swear by it, and you'll more than likely find yourself forking out a substantial chunk of student loan towards a pair of reworked Levi's jeans or floaty shirt in the first weeks of university. On the other hand, some rightfully raise an eyebrow at the average £30-40 price tag given to items that can be found at half the price (and more likely to be genuinely vintage) at fairs held in the Corn Exchange or kilo sales.

5 Best Vintage: When it comes to forming an opinion on the pieces at Best Vintage, it's best to interpret 'vintage' in heavy quote marks. Alongside Blue Rinse, Best Vintage is famous for their reworked items that categorically fit the 'edgy Leeds' uniform of tastefully battered late 90s and early 00s gear. However, since the 90s and 00s aren't technically vintage (remember the retro vs. vintage rule: anything as recent as the last twenty years shouldn't be marked as vintage) the boutique loses points for what we would classify as an anachronism. On top of that, as with Blue Rinse, we're sceptical about the overstretching price tags that come attached to the cut out Champion jumpers and raggedly cropped t-shirts.

stage@leeds

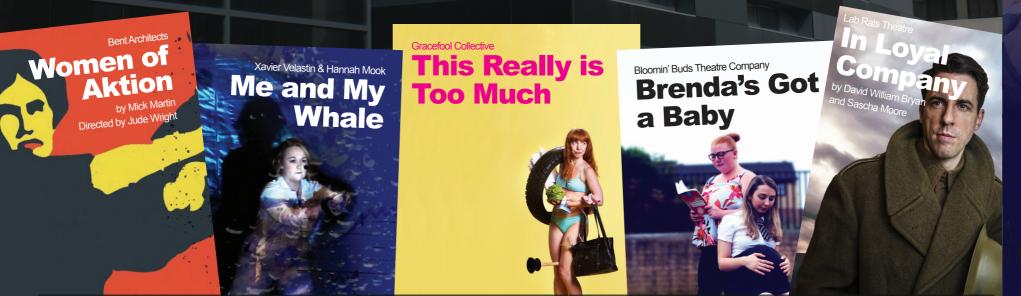
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Our Autumn Season is detailed below. Tickets can be found at the bottom of this page.

Date Production		Time	Price
October 03 - 05 05 08 10 12 17 18 - 19 25 - 27 30 - 31	Women of Aktion (Bent Architect) Talking Moving Heads (Baxter-Gale/Harrup) In Loyal Company (Lab Rats) Me and My Whale (Velastin & Mook) New Nigerians (Arcola & Tribal Soul) This Really is Too Much (Gracefool Coll.) Brenda's got a baby (Bloomin' Buds) The Right Here Right Now Show (LUU OT) Jellyfish (LUU OT)	7.30pm 6, 7, 8.00pm 7.30pm 7.30pm 8.00pm 7.30pm 7.30pm 7.30pm 7.00pm	£12.00 (£10.00) £Free £12.00 (£10.00) £10.00 (£7.50) £12.00 (£10.00) £12.00 (£10.00) £10.00 (£7.50) £9.00 (£7.00)
November 01 01 - 03 05 - 07 06 - 08 14 - 16 22 - 24 29 - 30	Jellyfish (LUU OT) Othello (LUU TG) Dealer's Choice (Luke Haywood) No Exit (LUU TG) Shut up Helen (LUU OT) Anamnesis (PCI production) Proof (LUU TG)	7.00pm 7.30pm 7.30pm 7.00pm 7.30pm TBC 7.30pm	£9.00 (£7.00) £9.00 (£7.00) £9.00 (£7.00) £9.00 (£7.00) £9.00 (£7.00) £9.00 (£7.00) £9.00 (£7.00)
December 01 06 - 08 13 Venue Key: A = The Ale		7.30pm TBC 7.30pm	£9.00 (£7.00) £9.00 (£7.00) £5.00 W = Workshop Theatre



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Shopping

Leeds has lots of shopping opportunities, perfect for blowing a good portion of your maintenance loan. Trinity shopping centre has all the high street brands but if you are more high market or just love window shopping, check out the Grand Arcade.

The Otley Run

You must experience an Otley Run at least once a year. Leeds' renowned pub crawl of 16 pubs from Headingley to the centre of town is a real test of stamina and the stretch of your bank account. Students and locals alike are dressed up in their best fancy dress and will stumble through Leeds trying to down a pint at every stop. I can't say that anyone ever really 'finishes', but it is a great bonding exercise!

Hyde Park & Woodhouse Moor

Come rain or shine (mainly rain), students adorned in big puffa jackets and backpacks take the daily ten-minute walk up to campus through the park. The morning stroll is better than any coffee-fuelled jolt of energy and you can expect to observe a real variety of things: tight-rope walkers, dogs, quidditch and tag-rugby players to name a few. With snow comes sledges and snow ball fights, while in the summer you will not see a spot of green, as every square foot will be covered in students and tinnies.

Nights Out

There is something for everyone, whether it be a jazz night at LS6 or something more dynamic at Beaver Works. You'll learn what you like quickly and will be able to fill your nights with an eclectic mix of Motown, electric and cheesy tunes.

Top Ten Spots in Leeds

Hannah offers insight into the best spots to explore in Leeds when you move to the city.



My first ever day in Leeds was when I moved into halls two years ago. I knew that it was in 'The North', and that it was relatively close to Manchester, but other than that I had no idea about the new city that I had decided to spend the next three years in. I soon figured out that the best part of being a Fresher is going everywhere and doing everything, until you figure out what works for you! Here is a list of my top ten places in Leeds, to give you a snippet of what's to come...

Warehouse Wednesday

If you join a sport society, you'll probably find yourself attending Mischief at Warehouse religiously every Wednesday. It involves fancy dress, too many VKs and dancing your heart out amongst Leeds' finest sports players.

Friends

Cliché, but a necessary part of your time at Leeds. Students are all in the same boat and through halls, societies, seminars and nights out, all types of friends will cross your path.

Pubs

Of which there are a lot. Around Hyde park, students head to Hyde Park Pub or Royal Park Pub, which both offer student nights and incredibly loud music. Old Bar is cosy and comfortable, while the Terrace can get a bit busier, especially when there's the possibility of sunshine!

Varsity

Uni's track record may not be as great as Beckett's, but the rugby game which concludes Varsity is gripping for everyone. Dressed in fetching green, beers in hand, trying to understand the rules and screaming in the rain are some of the main features which will help you gain serious Uni pride.

Ilkey Moors

The Yorkshire moors are only a 25-minute train journey away. If you want a great day trip to get back to nature and take a few cheeky Instas amongst the rocks, you might fancy this.

Food

The best brunch spot in close vicinity to Hyde Park has to be LS6, providing hungover students with full English breakfasts or great pancakes. Bakery 164 is recognised by all as the perfect lunch location. Their delicious handmade sandwiches with experimental fillings create massive queues but are definitely worth the wait.

Hannah Simpson-Orlebar

Tips For Maintaining Long Distance Relationships

Safi gives you her tips on how to keep your loved ones close despite the distance Starting university is undoubtedly a big change. It means embarking on a new course, meeting new people and, for many, moving away from home for the first time. Though perhaps daunting, flying the nest and seeing friends settle in places across the country does not mean indefinite isolation. Below are some simple yet compassionate ways of maintaining strong relationships with those far away throughout your time at uni, be it school friends, parents or your significant other.

Write letters

Letter writing offers a more personal and less filtered mode of communication with loved ones than instant messaging. Not only is a hand-written letter exciting for the recipient (there's nothing better than opening something other than another TV licence reminder), it can also be somewhat therapeutic for the sender. Taking the time to compose a letter can be a refreshing chance to wind down and reflect. Attach clippings, photos, or even snacks, for added sentiment.

Connect through online games

As cheesy as it may sound, bonding over a game of 'Words with Friends' on Facebook Messenger is a simple, special, and severely underrated thing. Taking turns at a digitized board game is an alternative form of a quick exchange during busier times; one that can be intermittent in a way that beats short, meaningless texts.

Watch a Netflix series together

Embarking on a series with someone can allow you to feel connected, regardless of the physical distance. Laugh over comedies together, share your crime drama theories, indulge in tear-jerkers as though you're snuggled up on the same sofa—if you can resist the temptation to skip ahead that is!

How Do I Make the Most of my University Experience?

Mariana is this week's agony aunt, reflecting on her time in Leeds and offering advice on how to make the most of your uni experience.

Welcome to the University of Leeds! I'm Mariana and I just graduated from Leeds this year. Here are my tips for making the most of your university experience.

Be social

One of the greatest things about university is the way it brings people together. You'll be hard-pressed to find a space as diverse and as welcoming. Make the most of it by talking to as many people as you can. You'll likely surprise yourself with the number of interesting people you meet and how quickly you make friends, even with students you didn't think you would get along with. Especially during the initial months of First Year, when most students don't know many people and friendship groups have yet to form, students will be extremely open. Step out of your comfort zone and get to know as many people as you can because one of the best things I got out of university was friends.

Try new things

It's good to have a plan, but it's equally important to remain openminded. In my experience, one of the best things you can do at uni is experiment! Throw yourself into different societies, talk to people you wouldn't normally have approached, attend events, travel... If you do this, you will surprise yourself with what you discover – new hobbies, new friends, new skills – and you will grow as a person.

Fill your time

Time is probably the most coveted possession university students have. Put it to good use by getting involved with different societies, by going to events and on trips, by chilling with your friends, and by going on nights out. (Oh and make sure you leave some time for studying. That part is often forgotten!) Leeds has a brilliant nightlife, so experience it for yourself and make some memories. That said, don't feel pressured to go out. Everyone needs space and a break from time to time, so listen to your needs and care for your mental and physical health.

Manage your expectations

This is an uncomfortable piece of advice to hear but valuable all the same. Many students come to university with a lot of expectations: that they will make friends for life, that they will have picked an ideal course, and that these are going to be 'the best years of their lives'. It's good to have hopes and ambitions because they propel you, but having too many expectations can put unnecessary pressure on your time at university, and detract from the experience. Manage your expectations so that if some aren't met, you don't stay overly focused on what is lacking and remain blind to the valuable unexpected things that happen. That said, let me reassure you that more likely than not, you will get what you want out of uni. So stop worrying and start enjoying the moments as they come!



Set goals for yourself

Every student at university is filled with potential and Leeds offers countless opportunities for you to realise or develop this. Your university experience will be more fulfilling if you feel that it has had purpose and that it has kept you moving forward. That's why it's important to set goals for yourself and work towards accomplishing them. As you make your way through uni and start getting more involved with societies and your studies, identify opportunities and make plans, like going on a gap year or a placement year, becoming an LUU Exec member, or becoming an editor at The Gryphon.



Mariana Avelino

Remind them that you're thinking of them

Sharing memories with one another is a great way of sustaining your long-distance relationships. Remind someone that you're thinking of them by exchanging photos of that first time you got drunk together, or other bygone moments that may have otherwise slipped by. There are not many things more heart-warming than receiving a reminder of special, forgotten times, even if it is just through a tag in a meme on Facebook.

Bring keepsakes to your halls with you

University accommodation often has expansive walls and generously sized pin boards that, when used, can transform an empty space into something much more homely. Pin up photos, letters or collages to create an exhibition of your relationships and shared memories for when you're missing home.

Phone calls or voice recordings

Hearing someone from home's voice can be comforting, especially as the semester progresses. Telephone or video calls make for an interaction that seems less two-dimensional and more real than instant messaging; with apps like Whatsapp, you don't need to worry about your bill at the end of the month either.



Make Spotify playlists for each other

Show your loved ones that you're thinking of them by curating a bespoke Spotify playlist. From unearthing old, nostalgia-rich classics to sharing new recommendations, this way of staying in touch is cheap and easy with no compromise on the sentimental value.

Safi Bugel



An Introduction to Hyde Park Picture House

If we told you that the UK's only remaining gas-lit cinema sits right on your doorstep, would you believe us?

The infamous Hyde Park in Leeds is home to the unique and quirky Hyde Park Picture House, a charming and relaxed grade II listed building which sits proudly amongst the dark and dingy student houses of Brudenell Road. Built in 1914, the cinema was the vibrant heart to the thriving community, despite the outbreak of the first World War.

After celebrating its centenary in 2014, the independent cinema won the 2016 Heritage Lottery Fund which will see a £2.4 million repair, restore and revamp project. The so called 'Picture House Project' will bring its original features back to their former glamour as well as an additional extension on the north facing wall which respects, complements and takes inspiration from the original building's iconic entranceway improving space, access and accessibility. This exciting new project, set to be finished in 2020, aims to be a building for everyone, implementing step-free access at all major parts of the cinema. This will provide better facilities including accessible toilets as well as a second screen in the basement, whilst "working hard to remove non-physical barriers too - so that all audiences, regardless of their background, feel safe, comfortable and welcome."

Approaching the facade, you get a real feeling for how it might have been to go to the cinema fifty years ago. The nostalgic old school ticket box greets you at the

entrance, with people queueing up en masse to purchase their tickets for world cinema, timeless classics, indie and cult films or the latest award winner. It is easy to see why the cinema is much-loved; their eclectic film calendar highlights just how carefully curated their film choices are. Do not fear, HPPH has also entered the 21st Century so you can buy your tickets online as well. Once inside you really understand why this self-proclaimed "cosiest" cinema in Leeds is a firm favourite amongst film fanatics and hungover students alike. The plush red seating and theatrical style screen are a warm welcome to the cold northern weather outside. Don't bother going to the multiplexes nearby when Hyde Park Picture House offers an affordable, accessible and authentic film experience.



Bella Davis

Freshers' Week Showings

The Wife (15): Joan Castleman questions her life choices as she travels to Stockholm with her husband, where he is set to receive the Nobel Prize for Literature.

Fri 28th: 6.20pm, 8.45pm, Sat 29th: 5.30m, 8pm, Sun 30th: 5.30pm, 8pm.

Thor: Ragnorak (12a): FREE FRESHERS SCREENING

Far from home and with his hammer broken, Thor must compete in gladiatorial duel to get back to Asgard, orchestrated by the hilariously wicked Grandmaster.

Sat 29th: 10.30pm.

The Rider (15): After suffering a head injury, rodeo star Brady is told he must give up the sport. Without it, he must seek a new identity whilst exploring what it means to be a man in modern day America.

Mon 24th: 6.30pm, Tues 25th: 3.40pm, Weds: 8.40pm, Thurs: 8.40pm.

Faces Places (12a): Marking her long-awaited return to filmmaking, iconic auteur Agnes Varda forges an unlikely partnership with photographer JR, as they embark on a road trip unlike any other.

Mon 24th: 9pm, Tues 25th: 9pm, Weds: 11am, Thurs: 6.15pm.

Meet Your Editors



I'm Katherine, a third year English Literature and Theatre Studies student and your new Print Editor. This year I'm looking forward to engaging with the arts with a really critical mindset. I love a deeplyengaged, risky perspective that says something unique and inspires a bit of a debate. Writing for The Gryphon has been one of the best decisions I've made at Leeds, and I can't wait to welcome new writers to our team!



Hi, my name's Steph and I'm the Arts Print Editor for the second year running. I'm currently doing a placement year at the Leeds Cultural Institute this year alongside volunteering for English Heritage and the West Yorkshire Archive Services. I'm keen on features exploring issues in the arts - so don't be afraid to get in

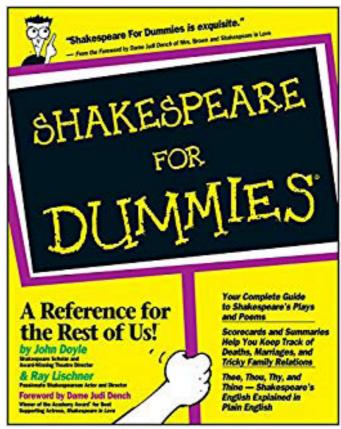
The RSC's New Shakespeare Learning Zone: Another Tiresome Plight?

Investigating the Royal Shakespeare Company's newly-launched Shakespeare Learning Zone, and I'm transported back to the days of using absolutely any website I can find in order to avoid actually having to read *Romeo and Juliet*. It's the classic formula of our beloved SparkNotes and GradeSaver: a couple of clicks in and I've blitzed through an analysis of 'celestial imagery' and 'the theme of fate' without having to read a page of the play - my hypothetical year nine homework is complete within minutes. I'm sure that the RSC's intentions for this site were only good, but this type of make-Shakespeare-accessible rhetoric is getting a little tired. Perhaps this is testimony to the fact that Shakespeare is not an appropriate author to be teaching below A-Level?

Obviously, I am not about to deny the relevancy of our country's most famous playwright. As the Shakespeare Learning Zone rightly points out, his capability to write about complex, societally-ingrained issues that are still relevant now is truly astonishing, and no matter how many times I have to learn about gender-bending in *Twelfth Night*, I'll never get over the fact the play was written over 400 years ago.

But in spite of the striking relevance of Shakespeare's themes, I fail to remember a year seven to nine English lesson where I successfully unpicked what the play was saying without the help of the Internet. No matter how interesting the plotlines and themes are, Shakespeare's infamously complex writing style leaves these ideas buried beneath a challenging barrier of Early Modern English, which is enough to put children off the writer instantly. I even remember using one website that translated every line of the play into understandable language. If we have to do so much manipulating and condensing to make Shakespeare's plays conceivable, is this literature really age-appropriate?

It's also pretty ironic that our country's supposed best writer is the man responsible for making a lot of children dislike English lessons. The current Key Stage Three curriculum requires that children read at least two Shakespeare plays, yet they should also be taught to "develop an appreciation and love for reading." I can think of very few eleven-year-olds who genuinely love to sit and read raw, unmodified literature from the 1600s. The requirement to read Shakespeare 'fluently' only comes at GCSE level, which is incredibly telling. It seems that the current school curriculum is okay with children only having a semi-understanding of a text if that text is by the especial Mr Shakespeare, as if it is more important to read our English hero than it is to read fluently.



To Kill a Mockingbird, Of Mice and Men and The Crucible are the texts children actually remember from school; these works can be enjoyed without the need for decoding and summarising by platforms like the Shakespeare Learning Zone. Below A-Level, children have no say in whether or not they study English, and disciplining them with an ancient playwright that many English Literature undergraduates continue to despise is no way to convince young people that reading can genuinely be pleasurable. I have learnt to love Shakespeare, but this is a process that takes time and really isn't for everyone. Let's look forward to welcoming new writers to the school curriculum, and saving this challenging author for students old enough to have their own say on what they study.

Katherine Corcoran



Hi, I'm Hannah, and am currently in my second year studying History of Art. I chose to write for The Gryphon in order to pursue my love for the arts beyond just writing essays for my course. I have a particular interest in film and Hollywood, as well as the contemporary art world.



Hey! I'm Rhiannon-Skye, one of your online editors, and I'm part-way through my English & Philosophy degree. I love anything with camp value, whether that's cult musicals, pulpy horror movies or the local cabaret/burlesque/drag scene. I've also been known to haunt Leeds' many poetry nights.

2.6 www.thegryphon.co.uk

Coming Of Age Films To Watch With Your New Flatmates

Arts writer Charlotte Loughlin discusses the best films to bond over with your new flatmates.

Starting or returning to university is daunting, so why not make this time less stressful by sitting down and bonding over some crowd-pleasing movies with your flatmates? Here are just a few to get you started:

Ladybird (2017)

Set in 2002, the film follows Christine 'Lady Bird' McPherson (Saoirse Ronan) through her final year at high school which includes her first relationship, her college application process and her financially struggling family's attempt to stay afloat. Ladybird is a story of friendship, familial love and independence and is a definite must see.



The Breakfast Club (1985)

An 80s classic that looks at five high school stereotypes (the popular girl, the nerd, the weird one, the jock and the rebel) that form a valuable and meaningful friendship that would not normally be able to flourish due to the nature of high school politics.

Superbad (2007)

Written by Seth Rogen and Evan Goldberg, the film follows two high school seniors (Jonah Hill and Michael Cera) who want to attend parties and lose their virginity before leaving for college. A funny and endearing story that focuses on the importance of friendship over bragging rights.



Heathers (1988)

Heathers follows Veronica (Winona Ryder) who is sick of the tyrannical school bully, Heather (Shannen Doherty), and decides to sabotage her after meeting J.D. (Christian Slater), a rebellious new student. Things quickly get out of control when J.D. plans to kill the entire school. The film is a dark satirical exploration of teen angst and high school politics that has remained a cult classic 30 years on.

Mean Girls (2004)

A film that most people have seen at least twice and that never seems to get old. Cady (Lindsay Lohan) is persuaded by her friend Janis (Lizzy Caplan) to befriend Regina George (Rachel McAdams) and become a member of the most exclusive clique in the school, 'The Plastics'. A tale of friendships, relationships and finding your footing in a new environment.

Easy A (2010)

Clean cut high school student Olive (Emma Stone) finds herself the talk of the school after a little white lie she tells about losing her virginity gets out. Loosely based on the novel 'The Scarlet Letter', Olive embraces her falsely assigned promiscuous title and agrees to allow certain boys from the school to lie about having sex with her in exchange for money/ gift cards/coupons. Easy A is easily one of the best recent rom-com coming of age movies.

There are so many coming of age films that it is almost impossible to whittle them down to just a few. Some that weren't mentioned in the list but are definite must-sees are: Pretty in Pink, Donnie Darko, Stand By Me, Submarine, Sixteen Candles, American Pie, Call Me By Your Name and Dazed and Confused.

Charlotte Loughlin

Leeds University's Hidden Treasures

Leeds is abundant with activities related to arts and culture, but there are two galleries within the Parkinson building that are free to enter and have amazing materials within them yet often go unnoticed. This is a tragedy that has to be rectified.

The Treasures of the Brotherton is a part of the gallery collection and showcases sections of Leeds Special collections in a permanent exhibition. The wide variety exhibited ranges from rare books and illuminated manuscripts from across the globe to original handwritten works by the Brontës, Elizabeth Gaskill and some amazing contemporary poets. Twice a year original exhibitions are showcased for a few months.

Previous topics include the stereotypes and livelihood of travellers in 'Rights and Romance:

Representing Gypsy Lives', while currently there is an exhibition dedicated to the legacies of the First World War. An insurmountable amount of time and work goes into curating these exhibitions and they are a valuable resource to be exploited while at University in Leeds – especially because they are free

An Arts Council Accredited museum, the Stanley and Audrey Burton gallery contains artwork, ceramics, prints, sculptures, miniatures and photographs from the 17th Century onwards. Including both British and European work, the collection is an incredible partner to some of the other arts institutions around Leeds like the Henry Moore Institute. An insightful and unforgettable collection, it's a valuable space to find some quiet in an aesthetic environment.

The work within is exquisite and deserves to be recognised as such – especially by those who study courses like fine arts, cultural and museum studies and the history of art.

So make sure you set aside some time to explore the Leeds University's best-kept secret.

Steph Bennett





30/31 KIRKGATE LEEDS, LS2 7DB 01132 430 226

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UNIT 3, THE TRIANGLE 2 BURLEY ROAD, LEEDS LS3 1JR 0113 245 8889

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> **CLOSE FOR COLLECTION:** 12AM - 11AM MON-SUN

















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A Hard Pill to Swallow

It's easy to get wrapped up in the frenzy of Freshers, but we shouldn't forget about contraception just because we're having fun.

Millie Vasudevan

For many students, the end of September means just one thing: Freshers' Week. Like Gatsby, students are lost in the euphoria of alcohol and independence, and sexual promiscuity has transitioned from frowned upon to normalised. You are an adult now, you live by yourself and this new found freedom means many will be exploring with different sexual partners. This year, almost like a gentle reminder from a worried parent or aunt, Freshers' Week coincides with 'Sexual Health Awareness Week'.

"People do not turn a blind eye to sex, just the important stuff that comes with it"

Sex is something everyone experiences. Both accepted and expected amongst students, university is seen as a hotbed for sexual promiscuity. The NHS have a whole sex related section on their website. Headlines include: "Sex is good for your heart"; "Sex can be a stress buster" and "People who have sex feel healthier." While people are often happy to lecture about sex, the importance of sexual health is often forgotten in the frenzy of being a fresher. People do not turn a blind eye to sex, just the important stuff that comes with it.

Whilst it is the 21st century and sexual health services are there to aid young people in making

the right choices when it comes to contraception, a thick cloud of stigma and judgement arguably still surrounds this.

Barely anyone bats an eyelid at someone taking the contraceptive pill, but how many times have people felt their entire body burn when buying condoms, instead rushing to a self-checkout or ordering them online to save any embarrassment? To top this, how many times have you been able to waltz into a pharmacy, look the pharmacist straight in the eye and ask for emergency contraception? If you're anything like the mass consensus, the answer to this is probably never.

This day-to-day stigma still surrounds sexual health, and is experienced by nearly everybody at some point in their life. So, why is it that we reward ourselves in having sex yet feel embarrassed when we protect ourselves? And how do we resolve this?

For many people, forms of contraception such as the pill, the implant or the coil are much more effective. Not only are they discrete but they are also more cost effective. However, a key part of sexual health awareness is knowing how to protect yourself safely. Whilst contraceptive pills are often advised and for the most part safe, some have side effects which can be life changing.

For example, if you were to google 'Rigevidon', you would find a myriad of articles warning young girls about its side effects. These include weight gain, acne and most importantly depression. To add to all this, in 2015 a 21-year-



old was reported to have died after being on the pill for just three weeks after developing a blood clot in her lung.

This doesn't mean to say to avoid the pill. Not all pills are dangerous and some work perfectly for certain people. It is however important to research different pills and know which ones fit you regarding their hormonal and other effects. Consent to what you are putting in your body because sexual health is inextricably linked to your overall health and well-being.

So, while everything may be changing and progressing, change for the better. Be less afraid to take ownership of your sexual health. People buy condoms, people have to get the morning after pill and people use contraception. Sex is a part of being human as are all of these things. If sex is so normalised, contraception should be too

Walk a Mile in her Nikes

Serena Williams accuses the umpire of sexism following a heated dispute in the US Open Final.

Jasper Clow

Tennis is a game of binaries: things are very much 'in or out'. The discourse that has sprung from the final of the US Open is not quite as clear cut, and has proven that the ball still falls very much on either side of the net. While responses to Serena Williams' passionate battle against sexism in the sport have been met with applause and commendation, equally, her views have faced dismissal, and even been accused of appropriation of the feminist movement of which she has so often been at the forefront.

Regardless of whether Williams was in or out of line, the responses that have sprung from all over the world seem to fall rather too neatly into two categories: those that believe Serena was



right are women and those that believe she was wrong are men.

Anna Kessel came out in support of Williams, citing occasions in which male players have been admired for breaking their rackets. Similarly, Carys Afoko described the incident as an example of "how hard it is to be a black woman at work." Chante Joseph views it as proof that "society has a double standard."

Alternatively, Bryan Armen Graham described Williams' "shocking meltdown" as having "burned the house down" in New York. Russell Fuller wrote that the sexism in tennis "doesn't excuse Serena Williams' behaviour." Mark Knight's News Corp cartoon has been widely condemned for its depiction of Williams and its white-washing of Naomi Osaka.

Of course, there are exceptions. Steve Simon, Chief Executive of the Women's Tennis Association, defended Williams, who is currently the world number sixteen in tennis. Further, observe Caroline Wilson's suggestion that "people have not stood up to Serena Williams."

The divide, it seems, is characterised by the limits of empathy. Walking a mile in someone's shoes will only provide a footprint of their experience and, in this case, the male response to the match, unfortunately, proves that our understanding only goes so far. Russell Fuller's article is prefaced with the line "there's sexism in tennis but..."

In a similar vein, Kevin Mitchell writes "Serena Williams was right about women's treatment, but...". Are these prefixes simply there to ward off accusations of sexism, or do they tell of a genuine lack of experience of the issue that stems from not being a woman?

Perhaps the answer lies in repetition: as men, we are exposed most clearly to sexism on grand one-off stages like this one, with the time and place to consider the issue in its singularity. Were we to experience and be subject to the everyday sexism that Williams and all women receive, might we find ourselves more willing and able to understand the positions taken by our female counterparts?

One prime example of this is Naomi Osaka, who has been labelled the victim of Saturday's events. Perhaps Osaka, Kessel, Afoko and Joseph's experiences as women mean they are better equipped to understand Williams' position.

That is not to say that the prefaces to those articles should disappear. We should all endeavour to walk as far as possible in Serena Williams' trainers. Yet, as we do so, we must remember to tread carefully along the line between understanding and acceptance. If we are going to move past the limit of our understanding of these issues, we cannot afford to forget their existence.

The Victims of the "War on Drugs"

D-Day is upon us and the Government is failing to win its war on drugs.

Lola Brittain

As with wars fought in the psychical sense, the war on drugs is a sad tale of death and defeat. Promoting the false reality that the prohibition of drugs is working, the Government contends that its obstinate policy remains the right direction. But with the consistent rise in drug induced deaths, it is hardly treasonous to say that the Government has once again, got it wrong.

Figures published by the National Office of Statistics in August have shown that drug induced deaths in England and Wales have risen consistently from 2011, with an additional 1194 people dying in 2017. The significance of this alarming increase is brought into focus by Kate Tyrell, the executive director of the charity Addaction, who noted that the numbers dying from drug use are "two and a half times higher" than the numbers that die in road related accidents.

"With the consistent rise in drug induced deaths, it is hardly treasonous to say that the Government has once again, got it wrong"

Irrespective of other potential factors that may have contributed to this increase, what is clear is that the government's strategy simply isn't working. There are several angles for criticism when considering the current drug legislation, not least the prevention of the potentially widespread benefits of medicinal cannabis, but what I find most startling is that those suffering with addiction remain the enemy.

In the same measure that alcoholism is seen as a health matter, substance addiction is seen as a criminal one. Ironic in many ways when considering the similarly detrimental effects of alcoholism, current legislation states that "drugs are illegal because scientific and medical analysis has shown that they are harmful to human health." Fuelling the negative stereotypes associated with substance addiction, criminalisation shrouds those suffering with judgement, stigma and a series of obstacles that have made the road to recovery a much more difficult one to embark upon, let alone complete.

Moving further down the spectrum of drug use in England and Wales, there is also the question of the effect of the war on drugs on softer production and more casual consumption. A recent raid in a house near Moortown, Leeds, unveiled over 100 cannabis plants and suggests that the effect is nil. As has always been the case, the law is not an apt deterrent and that which is described by the government as 'risky behaviour' is rampant today, despite the possibility of prosecution.

Hedonistic environments that facilitate substance use are so far removed from association with legal consequence that the possibility fades into insignificance. A nineteen year old determined to try MDMA will not stop just because the government has said no and so, what is left, is an unregulated and potentially dangerous situation. Drugs don't come with instructions or a list of ingredients. There isn't a 'rate my dealer app' or a price comparison website, so the reality is no one knows what they're taking.

With increasing incidents of teenagers and young adults dying at festivals and in night clubs, the

government must adjust to this reality and provide tools for safer substance use. I'm not suggesting it advertises cocaine or promotes the so-called 'buzz' of ecstasy, but this denial is to the nation's detriment. Perhaps it should take note from the non-profit organisation, 'The Loop', that looks to challenge the archetypal response to substance use.

"A nineteen year old determined to try MDMA will not stop just because the government has said no"

The organisation provides drug safety testing, welfare and harm reduction services, as well as staff training on drugs awareness, and has received ample praise for pioneering an approach which is bound to save lives. Freddie Fellowes, the organiser of the Secret Garden Party, welcomed Loop's services as a "vital part of hosting any event." In short, more innovative approaches cannot be discounted and explicit Government failings should not be ignored.

Though I can't comment on the practicalities of legalisation or policy adaptation, something needs to change. If perhaps those suffering with addiction were given access to prescribed substances and say, drug safety testing was introduced on a broader scale, could fewer lives be lost? The answer is most probably yes. But until the Government accepts this 21st century reality, it will continue to wage a very harmful battle.

Trump's True Administration?

Ishmael Silvestro

Last week, a highly critical Opinion Editorial was published in *The New York Times*. Written anonymously by a senior White House official, it heavily condemned Donald Trump and his leadership style. This is the first time an article critical of the President has been written by someone still working within the Trump administration.

The Op-Ed details a resistance occurring between officials in the White House working to counteract Trump's erratic and detrimental actions as President. On the surface, this appears to be a glimpse into the real truth of the chaos and dysfunction of the Trump administration. However, we do not know where this article comes from or the purpose that it is serving.

Previously, the best-selling book *Fire and Fury* also claimed to reveal the truth about the disorder and chaos that exists within the White House. Although stories such as this do suggest there could be truth to what is said in the Op–Ed, it also shows that this a narrative which the public are desperate to hear. Many people want to believe that Trump's presidency is chaotic and dysfunctional.

We need to think about the reasons why this piece was published. As there is no identifiable author to suffer any fallout from this article, who is to say how true this article really is? When we cannot see where information is coming from, we lose the ability to question its purpose and intentions.

"Unless individuals are willing to speak out to show the public the truth ... we will be unable to work fact from fiction."

It is entirely possible that this Op–Ed could have been published to benefit the Republican Party. The article details Trump's "impetuous, adversarial, petty and ineffective" leadership style. A style that damages the GOP's image with moderate Republicans and independents. Therefore, it could be argued that the long–term success of the Republican Party in the future is put at risk by having such a reckless and impulsive figure as its current leader.

Presenting an internal resistance against the chaos of Trump would help to fix this. It saves face for the Republican Party and restores belief in them as a credible political institution. The public will

believe that the Party offers real political sensibility while Trump is isolated as a dangerous individual on the fringes.

We need to be aware that two stories are being spun here. After all, a controversial think piece in such a popular newspaper allows the Republican Party to reach out and manipulate the liberal voters who would normally escape their influence.

It is extremely dangerous when members of the government are allowed to publish opinion pieces in anonymity. The hidden identity of the writer means that they can never be challenged and their claims never disputed. We cannot see in which way we are being manipulated. In the current era of post–truth politics, we need clarity more than ever.

Whistle-blowers should always be celebrated for speaking out when others do not. Unless individuals are willing to speak out to show the public the truth that exists behind the closed doors of the White House, we will be unable to work fact from fiction. However, we must also question where this information comes from and why it has been given to us. If we allow ourselves to just take information at face value, we could simply be believing the narrative someone else wants us to hear.

Deal or No Deal?

Charley Weldrick

Jacob Rees-Mogg recently claimed that the British economy would receive an '£80 billion boost' if we were to leave the European Union without a deal, instead trading under World Trade Organisation rules. This is on the basis of a report published on Tuesday by Brexiteer think tank 'Economists for Free Trade', which Rees-Mogg is a member of. Even if we accept the figures in the report, which we should not necessarily be doing, its argument that a no deal Brexit will be a 'success' relies on a narrow and misleading definition of 'success'. Specifically, it conflates fulfilment of the popular desires from Brexit with those of financiers.

"It's difficult to imagine a situation in which Britain was so bold and innovative that it overcame the disadvantages presented by its exit from the EU"

First, we'll look at what the WTO rules are. There is a single principle at the heart of the WTO approach to trading, known as the 'Most Favoured Nation Treatment'. This means that countries cannot discriminate between their trading partners; if one country is offered something (like a lower customs duty on a particular good), it must be offered to everyone. This is the rule that will guide the creation of all future trading relationships if Britain trades on WTO terms alone.

Interestingly, this does allow for some room to manoeuvre in that Britain could make deals with companies, rather than other countries. An example of this is the deal being made between the British government and mobile service providers. This could potentially signal the beginning of an era of changing trade relations, as Britain tries different approaches to trade in a post EU membership world. That said, it's difficult to imagine a situation in which Britain was so bold and innovative that it overcame the disadvantages presented by its exit from the EU.

Alongside any difficulties posed by its inability to craft bespoke trade deals with other nations, Britain will have to create a new 'schedule' for itself. A schedule, in trade terms, is a list of the tariffs and quotas that will be applied to other countries. This will be difficult for Britain. Not only has the EU handled the development of its schedules for quite some time now, but eight years of austerity have led to a weakened civil service that has seen some of its top talent leave in frustration at the Brexit process.

Whilst we can reasonably assume that the hollowing out of the civil service will not provide the economic boon Rees-Mogg refers to, it's less difficult to measure the potential impact of trading on WTO terms. It's far simpler to investigate the basis that Rees-Mogg has cited for making his bold statement: the aforementioned (and typo riddled) report.

For a start, the report frequently makes use of the measure CAGR (Compound Annual Growth Rate) when using export growth over the last few decades as a point of comparison. This is intentionally misleading and flawed data, which calls into question a lot of the claims that the report makes. CAGR assumes growth is steady and constant something that is rarely the case.



Moreover, the report uses bundles of data which include countries like China and India when making a case that WTO rules are effective at generating high levels of export growth. This is almost as ridiculous as it is brazen - the success of these nations in increasing the volume of their exports has certainly been influenced by their trading arrangements, but it is intellectually dishonest to suggest that Britain would see a similar effect.

The most egregious trick used by the report is rhetorical though, not numerical. The piece essentially redefines 'success' to mean raw export growth, rather than anything even remotely similar to the kinds of things that would be considered a success by the vast majority of Brexit voters, let alone Britons in general. Even if we accept the numbers used by Rees-Mogg, we have to ask ourselves, who would actually benefit from export growth? Certainly not us.

Moving on with Climate Change

Views Editor

Recently, Fran Unsworth, the Director of BBC News and Current Affairs, produced a briefing note that condemned the broadcaster's coverage of manmade climate change for being too accommodating towards the viewpoints of those who deny it exists.

In general, media coverage about the existence of climate change has done nothing to move the debate forward. It consistently provides a platform for both sides of the debate, even when the neighsayers have had considerably less, if any, scientific evidence. It is for this reason that the debate must, to an extent, move on from fluctuating numbers, measurements and laboratories and towards questions about humanity's plan of action in relation to this phenomenon. But the debate cannot move on unless people know it is over.

In Unsworth's note, she includes a space for sceptics but not through questioning the realities of climate change. She puts forward that climate change scepticism should be scientifically based around "the speed and intensity of what will happen in the future" and henceforth the strategies governments should or shouldn't use to combat it. This approach is more mindful of what deniers were trying to achieve in the first place - a global attitude of 'let's just do nothing' and leave large corporations

Hamzah Bharwani free to continue any industrial malpractice that accelerates the process to an unnatural rate.

This is not the shutting down of debate that deniers will no doubt claim it to be. In fact, it is quite the opposite. We are giving them a platform to express their hidden agenda. The truth behind deniers' motivations has long been understated. To address climate change would be to admit that many of our most economically profitable practices in big business and our daily lives will have to change.

"Whilst the denying parties were busy trolling the scientifically sound truths about global warming, not much research was being done on addressing it"

Yet to change the debate to address the very real issue, we have to invite those sitting on the fence to join the discussion. This would mean offering solutions to the problem that don't require them to make significant changes to the way they live their lives. And that's a good thing.

The truth is, whilst the denying parties were busy trolling the scientifically sound truths about global warming, not much research was being done on addressing it. Ultimately, Unsworth is right; the media need to treat the existence of manmade climate change as a scientific truth as doing so would shift the focus of the debate entirely to engage all sides constructively once more. Scientists would receive funding from all sides of the political spectrum. This research would continue developing new, better, and cheaper solutions.

The overarching idea here is that with issues such as climate change, we need to establish a scientifically-grounded truth as quickly as possible, to allow us to all work towards solutions that protect the priorities of the whole political spectrum so that when the time arrives, we have multiple inexpensive solutions to choose from.

Man-made climate change is a scientifically proven reality that we all live with and this is what media coverage needs to show. In the interest of the debate moving forward, the media must strike a balance concerning what can be done but also not spread doubt about a scientific phenomenon backed by a vast wealth of evidence.





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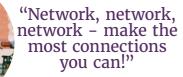


Top Tips for Freshers 2018: Straight from the Horse's Mouth

University is a completely new chapter in your life, and no matter how much you prepare, the first day is always going to be nerve-wracking! Chances are, if you've grabbed *The Gryphon*'s Freshers Guide and are reading this, you've already had to face these fears. From here on in, you've got help. *The Gryphon* has reached out to recent graduates for their top tips on how to make the most out of your Freshers' Week, as well as your year as a whole.

Somya Mehta Features Editor





The most important mantra for a fresher is to branch

out! Make as many connections as possible, don't be afraid to be yourself and follow your passions. Try everything Leeds has to offer. Even when you're three months into your first year, don't stop and stick to your comfort zone. Instead, attend the re-freshers' week and give yourself a second chance at starting out university. Keep making connections, joining new societies and engaging in your lectures with professors and peers as much as you can! Having so much free time is really a once in a life time opportunity before you get into the 9 to 5 life, so get out there and enhance your skills!



"Maybe don't listen to every single piece of advice"

Listen here, chums. If I could offer you one word

of warning, it would be to maybe not listen to every single piece of advice you're going to have yelled at you over the coming weeks. There will be a million and one voices telling you to give every single thing imaginable a go, but it's okay to take sometime to yourself and live life at your own pace. If you're too busy trying to join and achieve everything, you'll be too busy to experience anything. And if you're planning to get... recreational... just make sure your plugs are good and that you include your friends in the party. Share the wealth my friends.



"Finish off the administrative part as soon as possible"

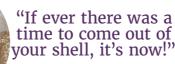
Make the most out of Freshers' week – join societies, meet people, go to

your first Fruity, and don't forget about the free Domino's pizza! Finish off the administrative

part as soon as possible. Register and get your student card before all of the fun starts and then mingle in the crowd and have the best beginning.

One of the first things I did during my freshers week was buy a cosy red jumper with University of Leeds on it – it's the best memory you can have and it'll be with you forever. So make sure you warm up during Freshers Week and tick every single thing you can, from clubs and societies to drinking at Terrace and meeting your future friends!

Mariana Avelino



Talk to EVERYONE. The daunting (yet great) thing about the first couple of

months at university is that you won't know that many people, and neither will they! This makes it the perfect time to meet new people and make friends, even with people who wouldn't have thought you could get along with. It's scary but try to leave your comfort zone because you'll soon find that almost everybody is open and sociable.

Salla Hyttinen

"Remember to be yourself"

At university, there are constantly so many different activities, groups, societies and people, and

you may feel pressure to attend everything to avoid missing out. Don't feel the need to attend events that aren't exactly your thing, be it socially or personally. Try new things and be adventurous, but at the same time, it's important to stay true to yourself. That's when you'll make the best memories!

Dylan Sauven

"Meet as many new people as possible"

The most important thing to do during this first week is meet as many new people as possible. There is

no limit to who you can chat to and everyone's keen (if not a little too much) to talk to you back. Don't be scared to knock on all the doors in your block, get numbers and see what the plans are.

The first clubs you hit up will probably be some of the worst in your three years, but if you're having a jokes time with new mates, it doesn't really matter at all.

Antonia Panayotova



"Don't come to university with your life pre-planned, be open to all possibilities"

The best advice I was given is that you should not come to university with

any preconceptions of university life. Instead, be open to new things because university is probably the only place where you can try out loads of different activities in such a short time and see where they take you. Discover yourself on the journey and learn about yourself and your interests, which will help reduce your potential final year crisis about what to do with your life.

Rachel Turner Medina



"It's okay to feel homesick and overwhelmed"

If I could go back in time and talk to myself when I was a fresher, I'd have a

few things to say. Firstly, join that society that does something you've always wanted to try. Secondly, don't be afraid to do things alone – enjoy your own company. Thirdly, talk to as many people as you can, even if you have to take initiative. Fourthly, if things get a bit much at times, don't hide away in your room! Talk to someone if you feel homesick or overwhelmed. It's completely normal and there are other people in the same boat too. Above all, I'd like to tell myself to make the most out of my free time, as you may not ever get that much again!

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Rogue Landlords: Essential Tips for Renting as a Student

The Gryphon explores the dangers and key pitfalls for students to be aware of when renting.



Inaya Folarin Features Editor

Renting privately is often seen as the natural step for students after first-year. It can be an exciting and defining time in a student's life. House hunting, living with friends and budgeting can give students a strong sense of independence and self-determination, valuable tools for when they finish university and head-out into the big world. However, for some students, the rush to secure a property or room can often end up with them being locked into dodgy contracts that they can't get out of, paying exorbitant charges and fees or generally being left in a difficult housing situation with little knowledge or understanding of their rights.

According to Action Fraud, between 2014–2018, over £22 million of UK tenants' money was lost due to rental fraud. The problem disproportionately affects students and young people, with rogue landlords taking advantage of the increased demand during term–time, as well as students' lower expectations for housing quality. In addition, students are increasingly searching for properties online and on free sites, as opposed to going to traditional letting agencies.

Generally speaking, finding a place, securing a tenancy and then moving in is a pain-free, relatively simple task. But when it goes wrong, it can be a highly stressful and lonely situation. Therefore, in order to make the process go as smoothly as possible, here are some essential tips for renting as a student:

1. Know Your Rights

This tip is number one because many students do not challenge landlords or agents because they may feel like the law is not in their favour or that it is their fault for being naive. In addition, students may be overwhelmed by the process. However, in fact, the law has many protections for tenants such as "the right to live in a property that's safe and in a good state of repair", "the right to challenge any charges that you believe are 'excessively high'", and "the right to live in the property undisturbed." A quick internet search can provide a list of legally protected rights for tenants that the landlord is legally obliged to comply with. If these rights are not complied with, you may have a civil or even legal case against a landlord.

2. Don't give any money away until you're sure it's legit

In a bid to secure a property, aspiring tenants often send over large sums of money before seeing the contract or sometimes even seeing the room. This is most common when students are trying to secure a place whilst overseas. If this is the case, ensure someone you trust visits the property on your behalf. Do not send any money without looking at the contract because it can be extremely difficult to get your money back. Often holding-fees are non-refundable and if you are later unhappy with the contract, you lose the money you've paid. The safest way to make a payment is by a credit card in person at the letting agent's office. Never hand over cash.

3. Use Reputable Landlords

There are many trusted renting lettings agents for students such as UNIPOL, a charity that assists students in renting with reputable landlords. Use a letting agent that is part of an approved and accredited letting agent association such as NALS, RICS, or ARLA. Alternatively, if you are dealing directly with the landlord, ensure you have the name and personal home address of the landlord on the contract. Deal in writing and in person, not just over the phone. If possible, speak to a former tenant.

4. If it is too good to be true, it probably is

Adverts are designed to attract and entice people and landlords and agents are often very good at talking up their properties. Therefore, if the property seems flawless, in a great location, at an absurdly cheap price, it may be bogus. If you are unsure, ask the landlord why it is so cheap, look even more carefully at the little details when visiting the property and examine the contract more carefully. A common rental scam is letting the property to multiple people.

5. Read the contract before signing

Students can be quick to sign contracts, trapping them into dodgy agreements that can't easily be broken. Is it crucial that you read the contract so that you are fully informed about what you are getting yourself into. Opportunistic landlords can add stipulations to the contract that are not fully understood by the tenant before they sign it.

Go over the contract with a student advisor or perhaps a parent and ask the landlord to clarify things you may not understand. It is also completely reasonable to ask the landlord to amend aspects of the contract that you may not agree with, many landlords are willing to do this. Also, ask for copies of tenancy agreements and any safety certificates such as Gas Electricity or HMO Licence.

6. Take pictures/videos before and after you leave

In the event of a dispute between the landlord and tenant, pictures or videos can be the final decider of who will win. Ensure that you have evidence of the state of the property on move-in day so that you cannot be responsible for any damage or repairs that were already there when you arrived. It is important to know that after your tenancy ends, landlords should not charge you for 'wear and tear' – property and furniture naturally deteriorate over time and therefore you are not responsible for an entire repainting of the house if there are a few scuffs on the wall.

7. Make sure your deposit is protected

Tenants normally have to pay a deposit when renting a property. Deposits ensure that the landlord can recuperate some money from the tenant if the property needs cleaning or repairs caused by the tenant. In order to prevent the landlord from simply pocketing your deposit, ensure that it is protected by a government-backed scheme like the Deposit Protection Scheme. This enables you to challenge any charges you may believe are unfair and get your money back if the landlord is withholding your money from you. Reliable landlords will protect a tenants deposit and would want to avoid unnecessary disputes.

All in all, trust your instincts. Before signing anything, related to housing or otherwise, use your common sense and don't make any rash decisions. There is help available for students and the internet is full of information to assist you at the tip of a finger. If something doesn't feel right, then don't risk it, you could be saving yourself from a very difficult and stressful situation.

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H GRYPHON BUSINESS

A Guide to Staying CV Savvy

Former Business Section Editor, Sam Bailey, gives us his take on making the most of your time at Leeds.

Sam Bailey Former Gryphon Business Editor

Starting University can be extremely daunting at the beginning, but what is arguably even more daunting is the 'real world' you have to face after graduation. This prospect is something you will be reminded about from day one at Leeds and unfortunately it's something you should start thinking about ASAP.

In my opinion it is important to talk about how you can develop your 'personal brand' in your short time at the University of Leeds, so that when it comes to finding a job you'll be a prepared and desirable candidate. Personally, as cliché as it sounds, I would recommend trying to get involved with as much as possible whilst at Leeds to experience as much as you can. I myself try and stick to one key thing per year and that's worked for me so far.

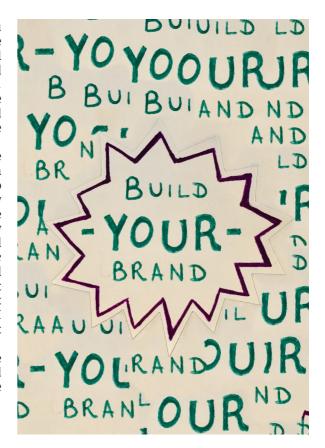
This could be anything from joining a sports society to writing for the Gryphon amongst other things. Extra curricular activities are vital for developing your personal brand and are really sought after by employers looking to differentiate between candidates.

Keeping your CV up to date is also a must. If you need any help with this then there are multiple places you can go to on campus where they will be happy to help. Another great tool provided by the university is the *LeedsforLife* website. Essentially this website aims to help you get the most out of university life both academically and personally. If you get chance to visit the website you'll find an array of useful features.

Firstly, there is an opportunity page where you can find lots of different opportunities such as volunteering, jobs and work placements. Also on *LeedsforLife*, you'll find all of the discovery modules available to you at Leeds. These can be fantastic for developing your personal brand by learning more about a subject you've never had the chance to study before. Plus, the *LeedsforLife* website allows you to create your own log and record of what you have done with your time at university, because so many people often forget some of the great experiences they've had. I really recommend giving the website a visit at least once!

The link can be found below and make sure you try and stay on top of your personal brand because your time at Leeds will be over before you know it!

https://leedsforlife.leeds.ac.uk



Shona Augustinus Business Editor

Domino's leaflets scattered on the streets, hands full of club flyers and student discounts everywhere. Yep, it's Freshers' Week and businesses will do everything they can to get their hands on your newly acquired student loan money. Targeting students is a very effective way for businesses to reach a new audience and gain loyal customers. Here are some of the businesses that do it best:



Santander

It may seem strange to include a bank at the top of the list but Santander are super savvy when it comes to acquiring student customers. Just look around and I guarantee that you can see the red card being flashed around the Student Union. One of the reasons for its success is the free 4-year railcard promotion that comes when you open up an account with them. Obviously, this is very handy for students living away from home but from a business perspective it gives Santander an edge over other banks in attracting student customers.

However, other banks also offer student promotions. For example, by opening a HSBC account you can get an £80 Amazon voucher and Amazon prime free for a whole year. So it's worth doing your research and finding the best bank for you.

Apple

Apple have managed to convince a lot of the student population that a Mac is the indisposable university accessory and they have a unique student promotion to entice you even more.

You can get 10% off and Beats wireless headphones for free when you purchase a Mac for uni. It's a great marketing tactic from the technology giants as many new students will be looking for a laptop before starting their studies. You can also get student discount with HP and Samsung if that doesn't do it for you.

McDonald's

The golden gates are calling and the students come running. It's no secret that students love a good McDonald's, whether it's drunk end-of-the-night food or hangover breakfast heaven, but Ronald has a great way of keeping us coming back for more. The promise of a free cheeseburger or McFlurry when you buy a meal is ever so tempting and is a great marketing technique to attract the student population.

A quick flash of your student card is all it takes and other fast food companies have followed in pursuit. Barburito, Wasabi and Domino's are just some of the food companies offering student promotions. Unidays and Studentbeans are great sites to search for some tasty deals.

Xercise4Less

The fitness industry is growing and student customers are becoming more and more valuable to the gym businesses. Xercise4Less is a perfect example of this. It already has low prices but as a student you can benefit even further.

Their current promotion is a £0 signup fee and your first month free, which is great for the struggling student. It's a great way to attract the students attempting to shed their beer bellies and multiple free cheeseburgers...

Freshers' Week is marketing heaven for businesses so keep your eyes peeled for those cheeky discounts and promotions before they disappear!

What's the Winning Formula Behind Wetherspoons' Success?



Julia Constable Business Editor

A firm favourite for many students, JD Wetherspoon plc has been operating since 1979, when their first pub opened in North London. Fast-forward nearly forty years and the national chain now owns around 880 hotels and pubs across the UK and the Republic of Ireland, with 9 outlets in Leeds alone. Having earned numerous accolades, including a Top Employer United Kingdom award for the past 15 years running and Best Vegan Noodle Dish 2017 at the PETA Vegan Food Awards, it's fair to say there's more than meets the eye to Wetherspoons' success.

Often only associated with affordable alcohol and big breakfast deals, it's clear that Wetherspoons has worked hard to appeal to a range of market-segments, which has contributed to its national success. For example, in 2017 they introduced the Wetherspoon app, allowing tech-savvy customers to order directly to their table and pay for food and drink by phone. In the same year, plastic straws were replaced with paper ones in order to reduce waste as well as appeal to environmentally concerned



consumers. The company is also committed to the promotion of diversity and inclusion within their work environment through schemes such as the Women @ Wetherspoon initiative, aimed at coaching and supporting female managers, alongside a range of training and development programmes for motivated employees to improve their skills. This combination of corporate social responsibility schemes with investment in human resources and technological innovation has proved to be a winning formula so far.

However, perhaps one of Wetherspoons' most

important target markets in the future will be the ever-increasing student population, always bargain-hunting for cheap drinks and tasty food. Is Wetherspoons doing enough to appeal to this high-volume group? In our opinion, the answer is definately yes. This year the chain has launched 'The Little Book of Big Savings', a free voucher book exclusively for students that should be distributed to Freshers Fairs across the country. The book contains £100 worth of discount vouchers that can be used in Wetherspoons pubs nationwide, with offers including a single vodka and free mixer for £1.99, helping students to stretch their student loan for a few more nights out. Furthermore, the company has a section of their website exclusively targeted at students, promoting the unlimited free WiFi available at their venues as well as daily free refills on coffee and tea. If you don't manage to get your hands on a voucher book, we'd definitely recommend asking your local 'Spoons if there are any student offers on this Autumn that you can take advantage of.

Potential future success for Wetherspoon could focus on the opportunities for growth Brexit might bring to the company. Tim Martin, founder and chairman of the pub chain is a staunch supporter of Brexit and funded the Vote Leave campaign with £200,000 during the lead up to the Referendum. Furthermore, as of July 9th this year, Wetherspoons has begun to



exchange their French champagne and German beer for sparkling wines produced in the UK and Australia, as well as wheat beers from the United Kingdom and the United States, such as Thornbridge Versa Weisse Beer and Blue Moon Belgian White.

This shift aims to showcase more local beverage brands as well as products from outside of the European Union. Mr. Martin is reported to have said that Wetherspoons is "starting to make the transition to non-EU trade now," most likely to ensure a smooth transition to more non-EU producers post-Brexit.

These newly introduced products are being offered to customers at lower prices than the EU equivalents they are replacing, suggesting that pub-goers can look forward to further price reductions as the national chain invests in a more competitive business strategy, ensuring the continued success of their winning formula: offering punters good value for money.



The Psychology of Nightclubs

As Freshers' Week and associated benders loom into view, we look at some of the scientific underpinnings that get us to and keep us in the clubs.



Morwenna Davies

A huge, if not the main, theme running through most people's fresher's experience is the nightlife. Nightclubs have become the go-to social event for students, so I decided to do some digging to find out the psychology behind how they function and what keeps us going back. My inspiration for this piece was a TED Talk by Yale Fox on 'Nightclubs as Research Labs'.

To kick us off, what makes us go to nightclubs in the first place? Let's be honest, a lot of us – and really, especially guys – go clubbing hoping we might get lucky and leave the club with someone. One of the main attractions of nightclubs is sex, which is why nightclubs particularly focus on this as a selling point for men. They promise an abundance of good looking girls by plastering female–dominated photos all over their social media channels. Have a look at the Instagram pages of some venues and tell me I'm wrong; most of the photos will be of groups of women or

mixed. There are rarely any photos of just male groups as this would suggest male competition.

Once we are inside, clubs have subtle methods of manipulating our behaviour to maximise their own benefits. All nightclubs have a similar theme: dark, loud and crowded; which triggers a subconscious anxious response in party-goers. As humans, we have evolved to feel fear when introduced to uncomfortable settings, thus clubs are engineered to evoke feelings of discomfort. Why do they do this? Simply to sell more alcohol. Alcohol prompts the release of endorphins,

Alcohol prompts the release of endorphins, which encourages us to feel happier and reduces social inhibitions. Therefore, drinking it reduces the discomfort of being in a nightclub. It is no secret that the cost of alcohol at clubs soars way above the supermarket price, which is why alcohol sales are one of the biggest money spinners for nightclubs.

Finally, music. While the DJ set may seem like just a random stream of popular songs, the music played at clubs is often carefully

engineered in order to manipulate our behaviour. DJs play a crafty mix of popular chart hits that get everyone singing and dancing, while throwing in some slower or lesser known tracks that subconsciously encourage people to go to the bar and buy drinks. You probably haven't noticed this happening before, which is why club organisers are so good at what they do.

A huge part of the appeal of nightclubs is the sex and social life. Music creates an illusion referred to in Fox's TED Talk as 'The Rockstar Effect', in which singing loudly in a group causes the release of the oxytocin hormone that develops feelings of trust and love. This is one of the main contributing factors into why sex after clubbing is so common, and also (as pointed out by Fox) why we find singers so attractive.

It is important to mention that clubbing should be fun, however Leeds has a helpful Nightline service that can be used if you feel unsafe at any point during your night out: 01133801285.

Meet the Editors

Email: science@thegryphon.co.uk Facebook: @TheGryphonScience



Alec Sims - Print Editor

Degree Subject: Mechanical Engineering

Favourite Sci-Fi Film: District 9/ Blade Runner/ Blade Runner

2049

Favourite Sci-Fi Book: A Brave New World

Top Scientific Experience: Once in year 9 we were learning about pressure and I was allowed to hang from the ceiling on suction cups.

My Hero: The lone star tick (see above right) **Favourite Invention:** The electric toothbrush

The Environmentalist Tick



An 8-legged eco-warrior blazing a trail for sustainable and healthy eating.

Alec Sims Science Editor

Who'd have thought that the harbinger of the vegan revolution would be a flesh eating arachnid, lurking in the long grasses of the Southern United States? A small but ingenious environmentalist biding its time, planning, spreading, until the day it can usher in an age of meatless glory? A brave and dedicated 8-legged monster, burrowing fearlessly into human flesh to embed not their pincers, but a philosophy? Maybe that's a little much.

The Lone Star Tick has been in action for around a decade now, never wavering from its holy mission (or supposed mission – the inner workings of a tick's brain are beyond modern science) to convert the masses of North America (and then, presumably, the world) to veganism. Well, almost. A bite from the Lone Star, so named for the distinctive white spot on females' backs, can induce a red meat allergy, causing sufferers rashes, headaches, and stomach and breathing problems. The infected are intolerant to veal, game, beef, lamb, goat (gutted) and pork, among others, for several years as the allergy is incurable - essentially the only treatment is complete avoidance of aforementioned tasties. In other words: an enforced (semi)vegetarian diet.

Other than its green heart and distinctive appearance, the workings of this crafty arachnid are mysterious, and the exact cause of the allergy (beyond its association with the bite) is up for debate. Scientists know it causes an intolerance to the alpha-gal carbohydrate found in red meat, but how exactly remains elusive. Current theories involve bites injecting an alpha-gal sample that causes the body to develop an immune response, or possibly an enzyme that causes a "subtle mutation of a protein in the skin." But nothing concrete has been proved yet, and like any good magician, the lone star stubbornly refuses to reveal the secrets behind its success.

Back in 2009, the number of reported cases in the US was about twenty five. But this has since increased to around 5,000, as testing has improved and rising temperatures have widened the habitable zones for the species. They've also begun to take their campaign international – with instances also being reported as far abroad as Sweden and South Africa. For any eco-warriors looking to align with their tick brothers, then planting long grass and pushing people with bared shins into the lone star's preferred hunting ground is probably the best you can do at the moment.

It's certainly clear that whatever their exact reasoning, these 8-legged beasties are out

to save the world one steak-eater at a time. The environmental impact of beef agriculture compared to chicken is vast – beef production requires 28X as much land, 11X the water, and produces 5X the greenhouse gas emissions. Compared (per calorie) to potatoes, rice and grain, it requires 160X as much land and produces 11X the greenhouse gases. Obviously well-read on such issues, the lone star has targeted red meat as the first step of what one can only assume will be a long and tireless environmental campaign for sustainable living.

The grand irony of it all is upon completion of this crusade, they'll likely find their own food source (namely, mammals) greatly reduced without the numbers demanded by mass agriculture. Chances are they'll die out. A price they've obviously deemed worth paying, a sacrifice worth making, for the future of this planet. Keep on wbiting you brave bastards.

Disclaimer – I am not a vegan nor a vegetarian nor a pescatarian. Could probably do with a bite myself.



Michelle Heinrich - Online Editor

Degree subject: Recent Linguistics & Phonetics graduate **My degree and science:** Psycholinguistics; involves physical experiments and statical analysis of its data

Places travelled to: Japan, Hong Kong, Southern Africa, Europe

My science experience: Co-founder of Global Digital Week; a global charity encouraging non-techies to engage with tech in an accessible way

Language Spoken: German, English and Japanese

We're always looking for new writers/photographers/graphic artists, so if you're interested in working with us please come along to the Gryphon Give it a Go at 5pm on the 27th of September in Function (downstairs in the union). Hope to see you there!



A Freshers Guide to Sport in Leeds

Leeds United

Cian Fox Sports Editor

Leeds United are one of England's historic football clubs, enjoying trophy-laden success in the 1960s and 70s under Don Revie. In recent times, the Whites have suffered a well-documented decline – falling out of the top-flight in 2004 amid significant turmoil on and off the pitch. Nonetheless, the

Championship side remain the best supported team in the division, with attendances of over 30,000 every week - more than a number of Premier League teams. They have enjoyed a storming start to the season, winning plaudits for their high-pressing, attacking style of play under the enigmatic Marcelo

Bielsa. It is therefore a great time to get down and watch a game at Elland Road, with a long overdue promotion charge very much on the cards. Concession tickets start at f.21

Upcoming Fixtures: Brentford 6/10





Leeds Rhinos

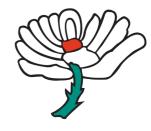
The Rhinos are one of the best Rugby League teams in the country. 2017 was a fantastic year for the team, as Leeds won a record-breaking eighth Super League crown, beating Castleford Tigers at Old Trafford in the Grand Final. This success was all the more remarkable after a disastrous campaign the year before, where the Rhinos struggled to repeat previous treble success, losing 18 games. Playing their games at Headingley Stadium, they are just a stone's throw away from student accommodation and often have great student deals, with concession tickets starting at £13.

Upcoming fixtures: Toronto Wolfpack 28/09

Yorkshire County Cricket Club

Adjacent to Leeds Rhinos is the home of the country's most successful cricket club: Yorkshire C.C.C. With 33 top division titles to their name and legends such as Sir Geoffrey Boycott, Michael Vaughan

and Sachin Tendulkar once donning the White Rose, Yorkshire have an incredible history. Unfortunately, as the cricket season has drawn to a close you will be unable to see the likes of England Test Captain Joe Root live at Headingley this Freshers'. Nonetheless, Yorkshire are an important sporting team in Leeds and when the season rolls around again, a trip to Headingley is a must.



Leeds: Home of Sporting Greats



James Felton Sports Editor

Leeds, aside from the outstanding sporting teams that it possesses, also lays claim to having produced many a world-class sportsman and woman. The triathlon is but one example of this, with the city of Leeds hosting the UK's Triathlon Centre. The Brownlee brothers, who originally hail from Leeds, one of whom having studied at this very university, are two of the best in

this field. Having both won the World Title, as well as an Olympic gold for Alistair and bronze for brother Jonny, these are two of the finest triathletes in recent and British history. Recently crowned world title winner Vicky Holland also lives and trains here, as does flatmate Non Stanford amongst others.

Nicola Adams, the first female as well as the first openly LGBT person to win an Olympic boxing gold for Britain, also hails from our great sporting city. She won Olympic gold at London 2012, and successfully defended her title four years later in Rio. She recently turned professional and won on her debut. She was awarded an honorary law degree from the University of Leeds.

There are also a plethora of English footballing stars who hail from Leeds. Current Premier League stars Aaron Lenon and James Milner are the best examples of these – the latter being a Champions League finalist last year and an experienced veteran in Jürgen Klopp's ever improving and impressive Liverpool side. People

may accuse him of being boring, but there is nothing slow about his football.

The late Paul Hunter, nicknamed Beckham of the Baize, won three Masters snooker titles – a feat only six people have achieved – before passing away at the young age of 27 in 2006. A talented snooker player, and a great person, Hunter has inspired many. The newly renamed Paul Hunter Trophy is indeed extremely fitting.

You cannot mention Leeds sportspeople without talking about Rugby, in both of its forms. Some, like Sam Burgess, have famously participated in both. Both Ben Cairns and Richard Metcalfe, Leeds born, played for Scotland in Rugby Union. Jason Robinson, like Burgess, played both codes of the game for England. Unlike the latter, however, Robinson not only took part in a great world cup campaign, but also scored a try in the World Cup final win in 2003. Leeds, therefore, not only has strong teams, but also world-class athletes across a wide range of sports.

Tension Mounts for Varsity 2018

Ryan Wan **Sports Editor**

Despite the university year just starting, the University of Leeds sports teams' preparation are well under way, training hard for their biggest sports extravaganza of the year: Varsity 2018. Occurring on October 2nd and 3rd, it will see a continuation of the University of Leeds and Leeds Beckett's long-standing rivalry, played out in over 20 different sports. The culmination of the whole event will be the much anticipated Rugby Union match at Headingley Stadium a stadium which seats over 15,000 people and houses Yorkshire Carnegie and Leeds Rhinos.

Last year was a slightly strange Varsity with Beckett being the victors 32.5-29.5, with a rare and controversial draw being awarded. The finale also continued this trend of abnormality,

with a far smaller attendance than in years past. However, this was no fault of the fans, with tickets being sold out over a week in advance, but because of renovations occurring at the time; the South stand was completely demolished at the time. The atmosphere was still charged between the two universities, but after 80 minutes Beckett came away the happier side, winning 29-8.

The University of Leeds are still looking for their maiden victory in the event, but with such narrow margins from last year, victory is far from impossible. American Football, Cross Country, Inter Mural and Varsity have already occurred, with Uni of claiming an early 3-2 lead, securing victories in the Inter Mural, men's Cricket and Cross Country events. However, there are many more events set to come with over 50 matches

yet to be played, most of which can be seen for free.

All information about fixtures and ticketing can be found at http://www.leedsvarsity.com. Tickets for the Headingley finale are usually in high demand, so get them early to avoid disappointment. And don't forget to put on some green and get down to support the Gryphons!

LEEDS VARSITY

Leeds University Men's Cricket

Ahead of the forthcoming year, The Gryphon meets Leeds University Mens' Cricket Captain, Ally Sadler, to get his thoughts on the year ahead.

Sports Editor

Obviously last season was a memorable one for the club; winning indoor varsity, outdoor varsity and becoming indoor national champions. What was your personal highlight?

I think winning the indoor Varsity was a great feat to set the tone for a successful year. To then go on and become indoor national champions was something which none of the boys could have anticipated given our lack of previous success in the format and this was an amazing achievement. The celebrations from that night will live long in the memory! But for me, the highlight has to be the outdoor Varsity win. This day is the pinnacle of our cricketing summer and the way in which we dominated the game from start to finish with 50+ members watching on from the boundary really made it a special day for the club.

Following on from such a good season, what are your aims for the club this year?

This year is all about building on the successes that we've had in the past few years. The club is in a really strong place both on and off the field and it really is an exciting time to be a part of it. Off the field, I am really hoping this year is a year where the club can continue to grow in size and stature. With around 100 active members now, it is my aim to make the cricket club one of the most prominent and talked about clubs on campus.

This summer there has been some fantastic progress from alumni members with George Scott and Martin Andersson both making their first-class debuts for Middlesex. That must bring immense pride to the club and say a lot about what level the club is performing at?

Of course. All the boys are delighted for Scotty and Martin! It really is testament to how hard they've worked and shows just what can be achieved from an aspiring cricketer coming to Leeds. If you look back at alumni who graduated two years ago, Nick Gubbins is in with a shout of being on the plane this winter for England's away series. This consistent production of quality cricketers from the LUUMCC ranks is no accident and we can't wait to see what the new fresher intake has in store for us this year!

Will Pickworth LUUMCC has clearly performed some quite special achievements, but are there still opportunities to get involved if you perhaps aren't the most supreme cricketer?

> 100%. We pride ourselves on our inclusivity and are welcoming of all potential members regardless of cricketing ability. Whilst we have a high performing main squad who train weekly throughout the winter, we also run Development squad sessions every Friday in the Edge from 19:00-20:30 for students of all abilities. If you've never played cricket before but fancy giving it a go, we have a Give It A Go Session on Friday 9 November in the same location and time as above. We also have a vibrant social calendar throughout the winter, meeting every Wednesday night at the Original Oak for a whole host of social events including the Otley Run, curry social and my personal favourite, Beer Olympics.

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

Come and find us at the Freshers Fair 10-5 on both Tuesday 25th and Wednesday 26th at the Sports Fair in the Edge Sports Hall to answer any questions you may have and get you signed up and onto our mailing list. We are on Facebook where you can join the Facebook group 'LUUMCC'. Here, updates on trials, social events and other exciting things going on in the club will be posted. We can also be found on Instagram as UoLMCC and on Twitter @LUUMCC so give us a like/follow and have a read through our pages to see what the club's all about.



FRIENDSHIP PASSION PRIDE

LEEDS VARSITY





Get your tickets at www.leedsvarsity.com

2ND OCTOBER

Hockey Opener - PB 6.45pm
Netball Opener - KO 8pm

3RD OCTOBER

Varsity Day Festival - 12-5pm
Rugby Union Finale - KO 7pm







