



THE GRYPHON

THE OFFICIAL NEWSPAPER OF LEEDS UNIVERSITY

**FRESHERS
GUIDE**



Contents

News

4-5

The News team put the new student exec in the hotseat, bring you up to speed with the progress of the union upgrade, and break the most important story of the year so far: the chance to win free Fruity tickets!

Society

6

In a university with over 300 clubs and societies, with Leeds you're a little spoilt for choice. We put two cult favourites in the spotlight: Snowriders and Leeds Student Radio.

Clubs

8-9

Now you go to Leeds, you may as well embrace the stereotype. The Clubs section provides a comprehensive guide to the city's nightlife, from the cheesiest Saturday nights to niche warehouse raves.

Music

10-12

Music introduce their section editors for the year, as well as providing a map of the city's best gigging spots, and an exclusive interview with Wolf Alice.

Lifestyle & Culture

14-16

Lifestyle and Culture make sure to serve all your binging needs, be that in terms of fried hangover cures, or procrastination fuelled Netflix sessions.

Fashion

18-19

Put down that leavers hoodie and never pick it up again. Fashion give you the lowdown on how to dress according to your night's destination.

Blogs

22-23

Blogs introduce an agony aunt column, creating a space for students to seek anonymous advice. Alongside this, a first-timer experience of pride and how to cope with mental health through the turbulence of freshers.

Arts

24-26

This section take us on a tour of the artistic instillations which populate your campus. They also speak to the winner of this years Alison Morland poetry prize.

Views

28-30

Views discuss the issue of Vice-Chancellor pay, whether it was right to for L'Oreal to fire Munroe Bergdorf, and the pressing issue as to the best 'Spoons' in Leeds.

Features

32-33

We consider the actualities of Freshers after a gap year, as well as exploring the pros and cons of the linchpin of your student experience: the group chat.

Business

34-35

The business editors give you a run down as to how to get the most bang for your buck this year, providing you with the means to escape that student overdraft.

Science

36

Science shine a light on a portion of the discoveries made in Leeds' labs this year, before enlightening us to the weird and wonderful world of superfluids.

Sport

38-39

Sport present a hat-trick of Leeds' professional sports teams, before discussing the beauty of social sport as well as meeting ultimate frisbee.

Cover Illustration: Ellie Chappell

Editor's Letter



Dear Freshers and Refreshers,

Welcome to Leeds and welcome to *The Gryphon's* annual Fresher's Guide. This issue will be your guide to the city and the university itself, informing you on everything from a crash-course in Leeds nightlife to the best lunchtime spots on campus.

We are the official newspaper for The University of Leeds, and it is our duty to entertain, excite and enlighten you in regards to all aspects of the student experience. Always written by students for students, we find the stories you want to read, cover news you need to know, and write reviews you can trust.

Founded over a century ago, *The Gryphon* has existed in one format or another to the present day. It has undergone name changes such as *Union News*, *Pact*, and *Leeds Student*, but one constant has run throughout: our aim to protect and serve our students. We do this through providing you a voice within the wider community; whether we must challenge the government, local businesses, or the university itself, we'll fight your corner.

This year sees many changes for *The Gryphon*. We've introduced columns for our student exec, designed to both give them a platform to inform you of their progress, and simultaneously hold them accountable for their election promises. Elsewhere, we will be introducing columns for Liberation Co-ordinators, giving them the opportunity to express and explain issues which affect their respective communities. Alongside this, we are creating an online satire section, known as *The Pigeon*, as well as putting

in place various other changes which will reveal themselves throughout the year ahead.

For those who are arriving in Leeds for the first time, you've become a student within the most critical period in recent history, an experience which will be intensified when living in a cosmopolitan, unapologetically modern city such as Leeds. The Conservative's election victory, achieved only through the questionable structural integrity of Theresa May's fingertips, has permitted a further rise in fees, whilst our perverse national desire to leave the European Union has jeopardised European exchange programmes such as Erasmus. On the flipside, Leeds is midway through a bid to be named European Capital of Culture 2023, and our own university has been named University of the Year by the Times and The Sunday Times. It is almost as if we as a nation are at a cultural crossroads, and whilst as a whole we seem to be taking a regressive route, the student population, as well as the population of this city, are desperate to tug us elsewhere.

Those arriving as students now, the baton is being passed to you. What the general election showed, despite Labour's narrow loss, is that students are no longer willing to passively accept defeat. It is your duty to disrupt the narrative held by the media and the political establishment, to force them to accept the creative, intelligent, vibrant society that we as students are building. If you become aware of one thing in your university lives, let it be that this position gives you genuine power to shape the future. And if this revelation doesn't leave your head too far in the clouds, we at *The Gryphon* would love you to lend us your knowledge in the year ahead.

Reece Parker

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Reece Parker

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LUU At Renovation Station

After three years, upgrades to the Union are nearing completion



Jonny Chard & Rabeeah Moeen
News Editors

Leeds University Union has undergone large-scale renovations as part of campus-wide development to buildings and facilities.

The aim of the Union upgrade has been to refurbish cafés, bars and shops within the building, in addition to improving accessibility to all facilities and venues.

Lifts and ramps have been added, all theatre spaces have been rejuvenated, and the Union has been fully redesigned and refurbished in a fresh new colour scheme.

There are new food outlets– *Wok n Go* and *Humpit* –and the former *Hidden Cafe* is reopening as *Common Ground*, with a new menu and seating area.

There is also now a Central Atrium, which will hold a piece of artwork to thank all the alumni donors who contributed to the project.

The multi-million pound investment has been seen as a way of ensuring that Leeds remains “one of the UK’s biggest and best Unions.”

Aidan Grills, Chief Executive of LUU, stated that the upgrade has been the biggest project ever undertaken by LUU.

“[It] has created new activity spaces, refurbished theatres and delivered improved access to our building in the heart of the campus.

“Our students and staff have redesigned the space over 3 years so that LUU continues to be a common ground for people of all backgrounds to meet, relax, get help and support, have fun and be inspired”.

To keep up to date with the developments, you can go to unionupgrade.com.

The Gryphon Wins Best Media Society at NSA 2017



The Gryphon was voted the ‘Best Media Society’ at this year’s National Societies Awards.

The ceremony, which took place in the Crowne Plaza in Nottingham, saw *The Gryphon* receive the accolade as a society that has ‘consistently across the year delivered the best media output’.

The award topped off a positive year for *The Gryphon* and it’s writers, having also been included on shortlists for ‘Best Publication’, ‘Best Reporter’, ‘Best Entertainment Piece’ and ‘Best Interview’ at the Student Publication Association National Conference Awards.

Leeds College of Art Gains University Status



Leeds College of Art will now be renamed the Leeds Arts University, after being granted full university status by the Privy Council.

The appraisal and £14m extension are a new phase of growth, with Chris Clements, chairman of the board of governors, hailing it as a “significant step” in its development.

This marks four universities in Leeds, with Leeds Arts University the smallest amongst them, with under 2,000 students. Professor Wonnacott, the Vice-Chancellor, said: “We welcome our university title” and it remains “the only specialist arts university in the North of England.”

£96m Lab Extension Something To Bragg About



A £96m investment into ‘superlabs’ at Leeds has been given the go-ahead by the City Council. The development, which includes as extension to the Old Mining Building on Woodhouse Lane, will relocate the School of Computing and School of Physics and Astronomy to bring them together with the Schools of Chemistry and Engineering; for the first time creating a collaborative teaching and research space.

It will also include the new Bragg Research Centre, named after early 20th century mathematician and physicist, Sir William Henry Bragg, who developed X-Ray crystallography at Leeds. The project is set to finish in 2020.

Tasty Freshers Offer For Fruity Fanatics



For Freshers’ Week, LUU is offering a tantalising opportunity for Fruity lovers. On September 22, Fruity will include inflatables, goody bags, and a Golden Ticket Giveaway, with ten lucky winners receiving free entry to all Fruity events throughout 2017/18.

Alisha Fleming, a fourth year biological sciences student, stated: “Fruity is by far my favorite night in Leeds so there is no way I’d miss an opportunity to potentially enjoy it for free every week. I think it would make my year if I was to win!”

To be in with a chance of winning, simply purchase a ticket before 6pm on the 22nd September.

Exec-tly What We Need

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

Jonny Chard
News Editor



Jack Palmer
Union Affairs

What is your role?

My role is to chair our Board of Trustees and ensure that our money is being well spent on our building and services. I also work to ensure students' ideas of

how to improve university life are debated and voted on.

What are your priorities this year?

I want to ensure our members get the most from LUU; by making our representative structures like the Forums, Leadership Race and the Student Exec more engaging and inclusive, by having a building which is good value and suited to all our members' needs & activities, and by campaigning on issues students care about like the cost of living and the refugee crisis.

What do you love most about LUU?

Ever since I came to Leeds, LUU has been a big part of my experience. From studying in *Hidden Cafe* to celebrating in *Old Bar*, it's where I felt both welcomed and inspired. Also, it's the home of Fruity...need I say more?



Zaki Al-Ghazal
Education

What is your role?

I am in charge of lobbying the university to improve the academic experience for students. I work with school reps, course reps, and postgraduate research reps to ensure all students have their voices heard.

What is your favourite thing about studying at Leeds?

I love the vibrancy and the culture of Leeds. The city and university are such cosmopolitan places and it's fascinating getting to know people from such a variety of cultures and backgrounds.

How do you seek to improve the educational experience?

I want to change the culture and understanding around education at the university. I want university to be about more than just the grade you seek to achieve and more of a holistic experience in terms of learning transferrable skills which don't necessarily correlate to grades.



George Bissett
Community

What is your role?

I am here to make sure living in Leeds is lit. I keep landlords in check, work with public services to ensure all students are kept in mind,

and act as a bridge between you and your community.

What do you want to change about student housing?

I want to get rid of sign-on fees, equip everyone with the skills to manage their utility bills, and bust housing myths- keep an eye out for the housing fair in January. You don't need to worry about house-hunting until after Christmas!

What is the Fruity Bus and when do you hope to introduce it?

The Fruity Bus is one man's dream of being able to catch the Night Bus after the lights come up at Fruity. The way the bus operates is to be updated this term, so watch this space!



Natasha Mutch-Vidal
Equality & Diversity

What is your role?

My overarching goal is to make sure that all of our diverse students feel supported and valued.

What are your priorities this year?

To support students from liberation backgrounds (BME, LGBTQ, Women and Disabled) who undergo compulsory study abroad, to support students from Widening Participation (low socio-economic) backgrounds by making sure the unions services are accessible, to empower BME students on campus, and to maximise the impact of the liberation coordinators.

Accessibility has been an issue with the Union upgrade. How are you going to ensure it works for all?

As the major building work comes to a close there will be less disruption this year. The union learnt a lot from the various accessibility issues last year that were detrimental to many students' experiences. This year I will personally make sure that any issues from students are rectified as quickly as possible and will make myself accessible through physical drop in hours and a presence online for all.



Chloe Sparks
Welfare

What is your role?

I am here to make sure all students have access to any help and support they need at University. I represent students on welfare issues so they get their say when it comes to their health and wellbeing.

What are your priorities this year?

This year I'm working on creating a more inclusive and accessible support system both in LUU and at the University. I will also be running campaigns on healthy relationships, consent, hate crime prevention and mental health awareness.

What are your top tips for Freshers?

Freshers is super busy and can be so much fun, but don't worry if you don't think you're having the best time. Sometimes making friends can take more than a week or two, but you'll soon settle in and remember LUU and our Advice Centre are always here to help.



Jess Bassett
Activities

What is your role?

My job is to support our 328 clubs and societies. I want to represent the interests of every student, take student activities to the next level and create more reward and recognition for our students.

You aim to bring a Union loyalty card. What is it and when do you aim to introduce it?

We currently use YoYo, an app that gives you points when buying things at LUU-run outlets. My vision is to reward students when they engage in all sorts of ways - for example, by attending a Give It A Go, or even Fruity. This won't be achieved overnight, but I have had some exciting conversations about its development and I am personally consulting with students through every step of this process.

What would you tell Freshers who are unsure about what societies to join?

This is the time to try new things and meet some great friends. I would advise going to as many GIAGs as you can. GIAGs are a great way to try a new activity without committing to join. Check out all the GIAG events on the LUU website or pop into the building and pick up a booklet. I promise you won't regret it!



Societies Spotlight

Leeds boasts an incredible wealth of over 300 clubs and societies, each as fun, unique, and inclusive as the next. Whether your enthusiasms lie in music, dancing, drinking, eating, quidditch, or maybe all at the same time, there's a society just for you. Societies Editor Lara Groves discusses a couple of the societies you should be sure to check out at next week's Freshers Fair.



Snowriders

Snowriders is one of the largest societies on campus and welcomes all abilities of skiers, snowboarders or other snow enthusiasts. Their biannual trips to Alps resorts such as Val Thorens regularly exceed 1000 students, and the society is renowned for its infamous socials in venues across Leeds. Your membership also gets you discounted trips to the local snowdome on Thursdays, and there are training sessions on Tuesdays.

I asked Leeds Snowriders Vice President Eleanor Faragher-Siddall to tell us what Snowriders have planned over the upcoming year, and why you should join.

"Calling all snow lovers! Whether you're a racer or freestyler, beginner or seasonaire, Snowriders is the society for you if you love winter sports. We encompass everything from beginner's lessons, to competitions, and- most importantly -socials and trips. We have two huge ones on the way, with our first trip of the year being Tignes at Christmas, and we have loads more in store this year. I would urge anybody interested, or if you just want a good time, to make sure you come along to our first social of the year on the 21st September at The Pack Horse (Woodhouse Lane).

"If that's not enough, we also have weekly buses to our freestyle and race training at Castleford, a weekend in Edinburgh for BUDS and a post-exams R&R session in Amsterdam. Please do come along and get involved!"

@LeedsSnowriders
Eleanor Faragher- Siddall,
Leeds Snowriders Vice-President

LSR

LSR is the biggest student radio station in the country, broadcasting from 9am till late, 7 days a week. With an eclectic schedule, anyone can apply for a show, regardless of content or experience, and contribute to and core teams shows that broadcast every year.

I asked Station Manager Anna Palmer exactly why LSR is the sound of students in Leeds.

"Beyond radio, we host events across the city, putting on sell out gigs with local bands, showcasing our resident DJs, and hosting the most interesting speakers. Last year we held an event promoting local creatives, set up an LGBT art installation with *LoveMuscle*, and held a media industry day with Sheffield student radio station.

"For £15 a year, you will be trained to use our state of the art broadcast studios, get experience interviewing, reviewing and creating radio, learn how to DJ, have access to our editing equipment, and also be part of the LSR family. Our members have gone on to work in all aspects of the media; they've set up nights out, multiplatform initiatives, and they're always keen to come back and share their knowledge with members.

"Every year we sound different, and every year someone comes up with something we've never seen before. Feeling inspired? Come along to our intro meeting on the 21st of September, at 5pm in Pyramid Theatre to find out more."

@thisislsr
Anna T. Palmer
Station Manager at LSR



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What's Your Flavour?

In a city like Leeds, it's easy to be bewildered by the sheer number of nights out available. With this in mind, Clubs Editors Dan King and Milly Whyman give you a crash course of the best the city has to offer.

Cheap 'n' Cheesy



Pryzm

£1 entry? £1 drinks? It would be rude not to. Take a trip to Curve to see some 45-degree grinding and head back to the main room to down a VK to Busted's 'Air Hostess'. You will hate to love it.

Bierkeller

Grab your stein and warm up your vocals: Bierkeller has karaoke every tuesday, selling 2 pints for £4 to get you in the mood. It's all fun and games until you're 3 steins down and midway through your solo rendition of Natasha Bedingfield's Unwritten in front of all your new mates.

Fruity

A Leeds classic and a right of passage for all newcomers. Think cheesy tunes and sticky Union dancefloors. Roll back to your halls afterwards and vow to never go again. Until next week obviously.

Funky & Fresh



Primal Sound

Disco classics and a smidge of techno in a revamped Church. Whack on your flares and some obligatory glitter and lose your voice screaming along to 'Voulez-Vouz' next to your pal who definitely isn't sure where they are.

Hifi

HiFi houses every genre under the sun from techno to old school R&B. Head to Mixtape Project every Tuesday to dance your heart out to Stevie Wonder or otherwise choose Clarks on a Thursday for dancehall tunes and bashment beats.

Good Life

Big themes. Big décor. Big turnout. See *Beaverworks* transformed from warehouse to galactic wormhole and get your cameras at the ready for some quality snaps.

Bassline Junkie



HighRise

A huge Leeds night, with tickets like gold dust. Befriend a ticket seller and get ready for a night of cargo nets, DnB, Bassline, Jungle, and occasionally, free watermelon.

Movement

Grime, Garage, Bass and handpicked MCs all packed into *Wire* on a Tuesday night. Celebrating its 1st Birthday on Freshers Week, it may be young but it's old school to the core.

Jungle Jam

No guesses for what Jungle Jam is all about. Skank with the bloke from your history seminar and bop about Mint Warehouse to General Levy. Priceless.

Four on the Floor



Flux

A right of passage for Techno and Disco lovers. Lose your mates immediately and replace them with new best friends you find in the UV lit basement. Will you ever see them again? Probably not.

Wire

Wire is the place to be for hand selected DJs and sell-out events. This freshers think Palms Trax, Mall Grab, Joy Orbison and more. Nice.

Distrikt

Got a hankering for some techno but blown your student loan in Bakery 164? Not to worry. *Distrikt* is technically a bar, not a club, but its bookings regularly put bigger competitors to shame. Entry is generally free, so no excuses really.

Your Alternative Club Guide

Leeds Student Radio is the biggest student radio station in the country. James Ward and Zoe Pettavel are the co-heads of Music. Here they lead you through the nooks and crannies of the city's club circuit.

There are some nights that you never forget. No matter how intoxicated you were, there will always be those nights that inhabit a special place in the mind. They may be hedonistic and wild, but what you remember is music, dancing, and people that cut through the muddled haze. In those moments you realize that you're not just trying to have fun, you really are having fun.

For some people, these moments rarely arise from sub-par venues on a Saturday night, playing chart bangers whilst you down shots. Personal experience has taught me that these unique moments are often found hidden away on the fringes of cities, with less focus on promotion and more focus on the party. This article hopes to guide you through some of the best alternative parties in Leeds.

Brotherhood Sound System

Brotherhood really is a creative force in the city. From the homage to Leeds that is their new branding, courtesy of Will Da Costa, to the platform that they give DJs within the city, it would be a disgrace to leave them out of any discussion regarding the music scene.

Love Muscle

Filthy, sweaty, gorgeous, techno. That was my first impression of Love Muscle, but the night is so much more than that. A quick heads up; this is a 'pumping gay dance party', so it's not one just to show up to with the lads and a bag of cans. Respect the night for what it is, and appreciate what makes it stunning.

Hosted down at *Wharf Chambers*, this party can be as debauched as they come. The music ranges from the aforementioned techno to funk, soul, and disco, and you are expertly guided through these until you are in a state where you have no choice but to forget everything outside the room you are in and dance the night away.

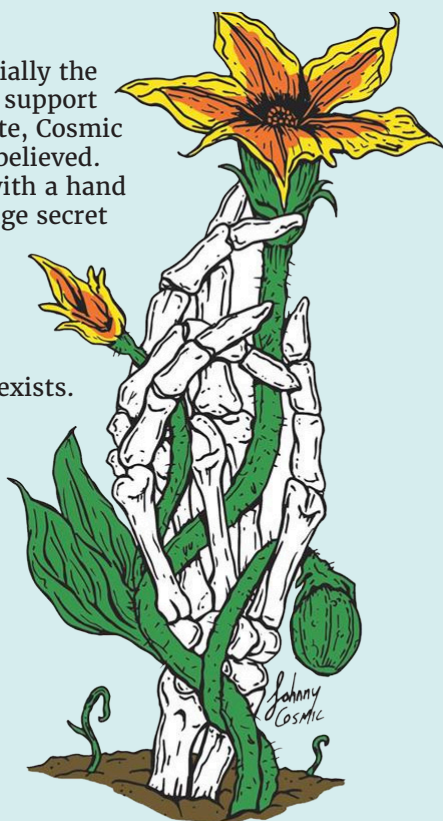
If you're someone who looks at the 'gay scene' as tacky and superficial, then this is the experience that will change that perception.

Cosmic Slop

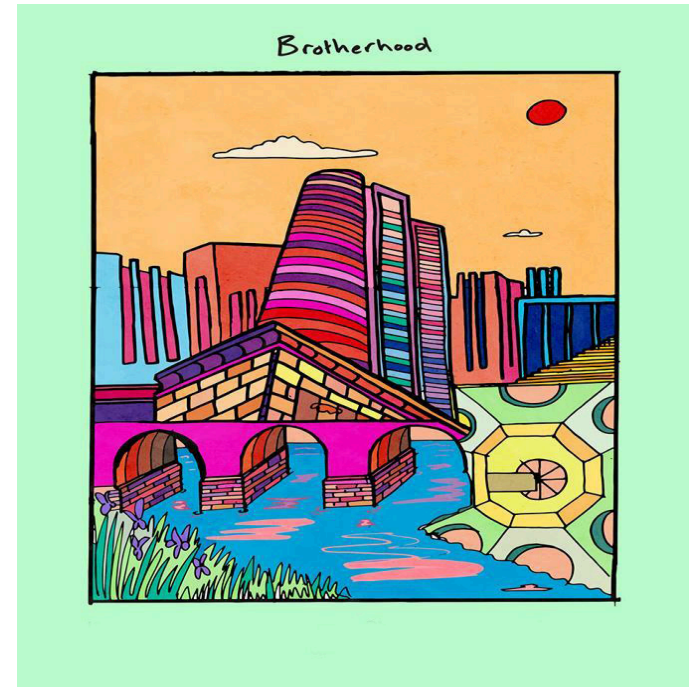
The best party in the city. Potentially the best party in the country. Run to support the work of MAP down in Mabgate, Cosmic Slop has to be experienced to be believed. A max capacity of 250, coupled with a hand built sound system, and some huge secret sets, has developed into a whole world to explore and discover.

You now know that Cosmic Slop exists.

Use this knowledge wisely.



MUSIC IS LOVE



House for the Homeless

January is a cold month. Cavernous art studios are cold all the time. January is not the time to host a party in a cavernous art studio. Yet this is what Pinnacle Sound and the Elemental Art Collective collaborated to do, and the city of Leeds is grateful to them for their efforts.

The first night included live music from Necktr, and sets from some of the best DJs in the area. Pinnacle Sound might just be the best connected people in the scene, and can pull together a line-up to rival the biggest nights in Leeds. Where other parties might look to people from out of town, House for the Homeless host talent from across the city in a way that few other parties do.

All the proceeds from these events go to the Community Garden Kitchen, and it would be criminal not to mention the amazing work that is so often showcased by the Elemental Art Collective, which helps elevate this party even further beyond your standard night on the town.

Brudenell Groove

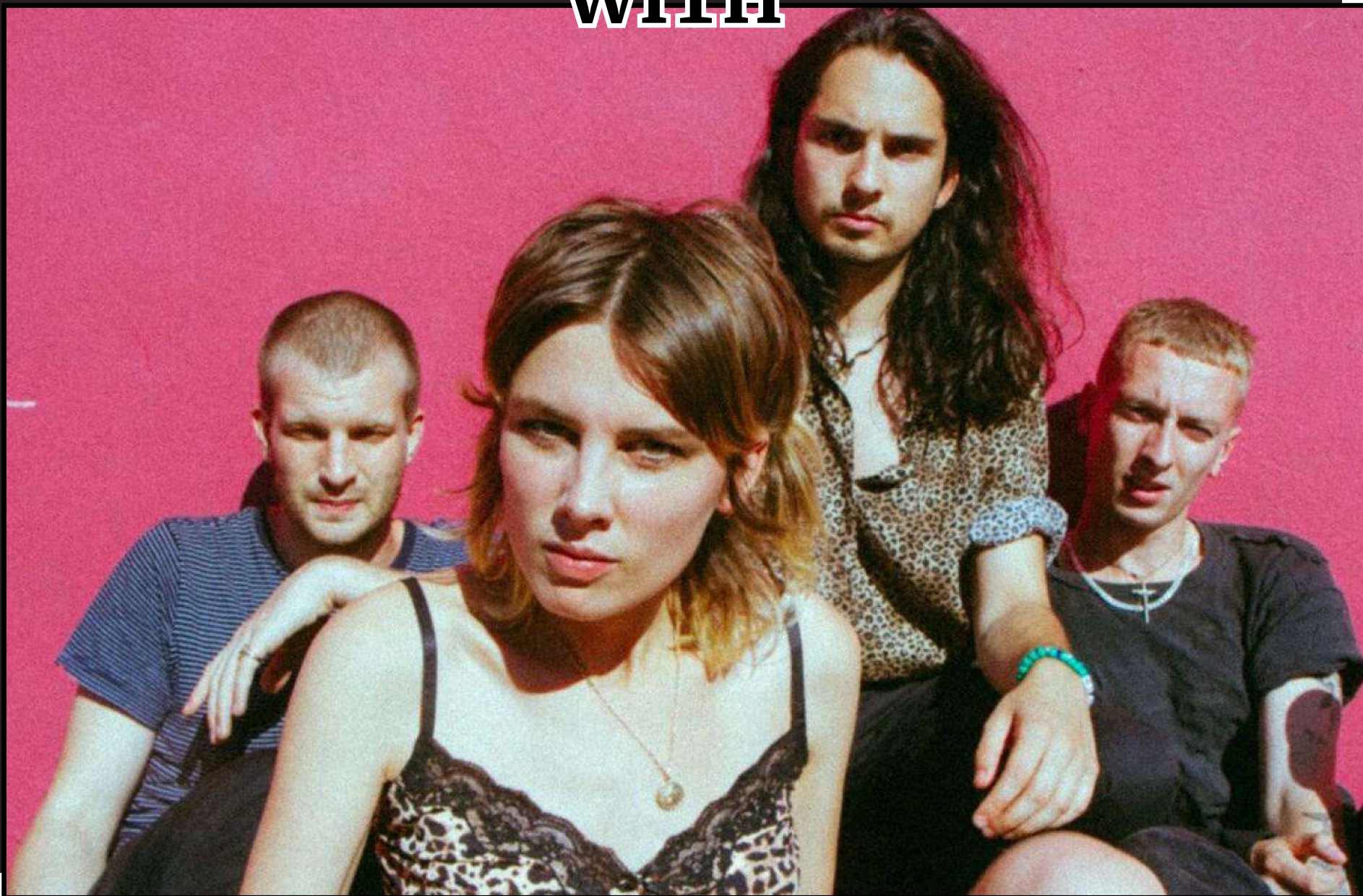
Brudenell Groove isn't really a party so much as a way of life. You have a question about where to find some good decks in Leeds? They've got you covered. Want to go play football in the park? No worries. Want to explore the recesses of your mind through the medium of deep house? That's their speciality.

At its heart, Brudenell Groove is a community. The parties are incidental. You'll find them, friends gathered underground, within Wire, HiFi, or a Hyde Park basement, making an entire terrace shake with a need to dance.

Like House for the Homeless, this night is not-for-profit, with any money made going to causes from Chrones and Colitus Charities, MIND and Simon on the Streets. Forget what you know about club promoters, Leeds creates a different breed.

These are our favourite parties as of September 2017. New ones will come and make the scene all the richer, but for now these guys are far and away the best in Leeds. Now, go and dance, be merry, and have the time of your lives.

IN THE MIDDLE WITH



Wolf Alice

Meet the Editors

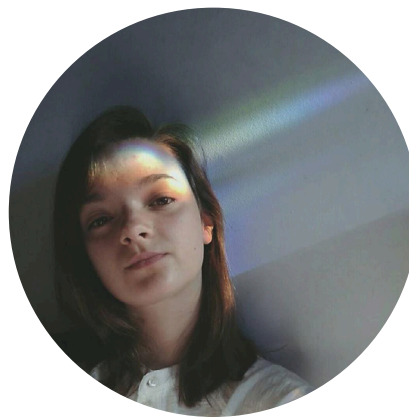


Rhiannon-Skye Boden

Favourite Artist: Either Marilyn Manson or The Cure, there's no making me choose.

Go-To Karaoke Song: You just can't beat 'Black Velvet' Alanah Myles, even if it's technically country.

Shower song: 'America' by Simon & Garfunkel, the water hides the inevitable emo tears.



Meg Firth

Favourite Artist: David Bowie.

Go-To Karaoke Song: There's nothing like a group effort at 'Summer Lovin' from Grease.

Shower song: I once slipped during a rendition of 'Mysterious Girl' by Peter Andre.

Wolf Alice have dropped their latest fiery album, having previously skyrocketed to fame with their debut. Juliette Rowsell sits down to chat with them about touring, a postcard-generated tracklist, and Trainspotting.

In 2012, Wolf Alice first gained airplay on Radio One after releasing a free download on Soundcloud. Five years later, and the band have had a UK number 2 album, sold out shows in ten seconds, and have a film about them set to be released.

But, despite this, “we all get a little nervous”, Theo Ellis, the band’s bassist, tells me. “But as soon as it gets going and we get on stage, everyone gets excited again. I suppose vodka helps as well”.

Underlying all of this is both a sense of humility and a refusal to conform. Indeed, in their recent tour in America, the band opted out of choosing a big-name support act, with Theo describing how they decided to do things a little differently. “We actually had it set up so a support band would submit an entry for their band in the local area, and then we chose from them who our support would be in that city each night”.

It was all about ‘giving’: ‘it can be quite monotonous just travelling and being stuck on your own all the time, so it was an opportunity for us to meet new people and hear new bands and give people the opportunity to play some sold out shows.’

Theo makes touring sound almost relatable: “it’s just like anything really. You can be really unmotivated at one point and really motivated at another, but at the moment everyone’s on the same wave length because of the album coming out. But it can be hard to stay motivated”. Not what you expect to hear from a band selling out shows within minutes, yet this also puts a more human take on what it means to be a band on the road.

Throughout the summer, the band have released three new singles from their upcoming album, *Visions of a Life*. If the album’s first single, ‘Yuk Foo’, is the ultimate ‘fuck you’ track, brimming with youthful aggression, then follow up ‘Don’t Delete the Kisses’ is its antithesis, being the band’s most tender track to date.

“We’re quite a polarised band in terms of the stylistic spectrum we have, it’s quite broad”, Theo says in reference to this contrast.

“[DDTK] isn’t necessarily more mature, but it’s more considered, and showed a little more progression from ‘us’ ”.

Wolf Alice are the falling and the fallen; those that have loved and those that are injured from the fall. As the first single from *Visions of a Life* showed, they are not afraid to stick it to the man and do things exactly on their terms.

‘Yuk Foo’ was one of the songs we were most excited about when we were recording it. When we actually got that break down right, everyone was bouncing off the fucking walls of the studio’, he pauses, sniggering. ‘It was probably pretty stupid, because you can’t really play it on the radio.’

Theo is right when he says that the band are ‘polarised’; upcoming album *Visions of a Life* soars powerfully over the musical spectrum. Despite this, in no way is it disjointed. Every roar of emotion flows into the next, climaxing in the band’s epic title track. No wonder it’s one of Theo’s favourites to play live: “it’s just long and over the top. It was very much constructed with the live thing in mind”.

“Everything is very digital nowadays. you consume everything from a band from the internet. So to give people something physical gives you a different relationship with them.”

Importantly, the fans are placed at the forefront of the album: rather than releasing the tracklisting over the internet, the band sent fans postcards with the names of the tracks on so that ‘people on the internet [could] announce the tracklisting’.

‘Everything is very digital nowadays, you consume everything from a band from the internet. So to give people something physical gives you a different relationship with them. Also, everyone loves getting post, except bills of course.’ I can’t help but feel that these postcards also somehow capture the feeling of

the album: it is reflective, it is powerful, and it stays with you even after its final chords fade out.

More than anything it captures a mood. “When we’re making a song, we won’t necessarily be like we want it to sound like another band but more like a feeling, like putting your head out the window and driving with your friends at night”.

Beyond their talent as musicians, there has been much talk about Wolf Alice’s cultural significance in a genre defined by skinny white boys in even skinner jeans. Ellie’s refusal to play by the rulebook means that she has become a cultural icon amongst female teenage indie kids, whether she likes to admit it or not.

Consequently, when the trailer for *T2*, the highly anticipated *Trainspotting* sequel, hit our screens late last year with the band’s single ‘Silk’ as its soundtrack, you couldn’t help but feel that this song choice was symbolic of a changing society. *Trainspotting* might be a cult classic, but it was born out of excessive male driven culture that left women on the outskirts. It seems surprising then that, despite the song’s symbolic significance, that the band didn’t even know it was going to be used.

“It literally [happened] overnight. I was asleep and I woke up and watched the *Trainspotting* advert and there was that Underworld song and I was like ‘ah cool’, and then our song came on. In the night, our manager had been asked to have the song featured, and obviously we were asleep, and he just agreed to it.”

As a final point I ask Theo why we should buy the new album. Put simply: “people should buy the album because it’s one of the best things I’ve ever heard”. It’s a bold statement, but I still feel the corners of my lips tweak into a smile. *Visions of a Life* is a soaring follow up to their 2015 debut, and you can’t help but be sucked up into Wolf Alice’s beautifully unconventional and guitar-fuelled vision.

Juliette Rowsell



Hollie Griss

Favourite Artist: Gorillaz.

Go-To Karaoke Song: Out-Kast’s ‘Ms Jackson’, or in some parallel universe where I’m an influential rap artist, Public Enemy’s ‘Fight the Power’.

Shower song: ‘Heartbeat’ by Nneka, although it’s practically impossible to sing unless you are Nneka herself.



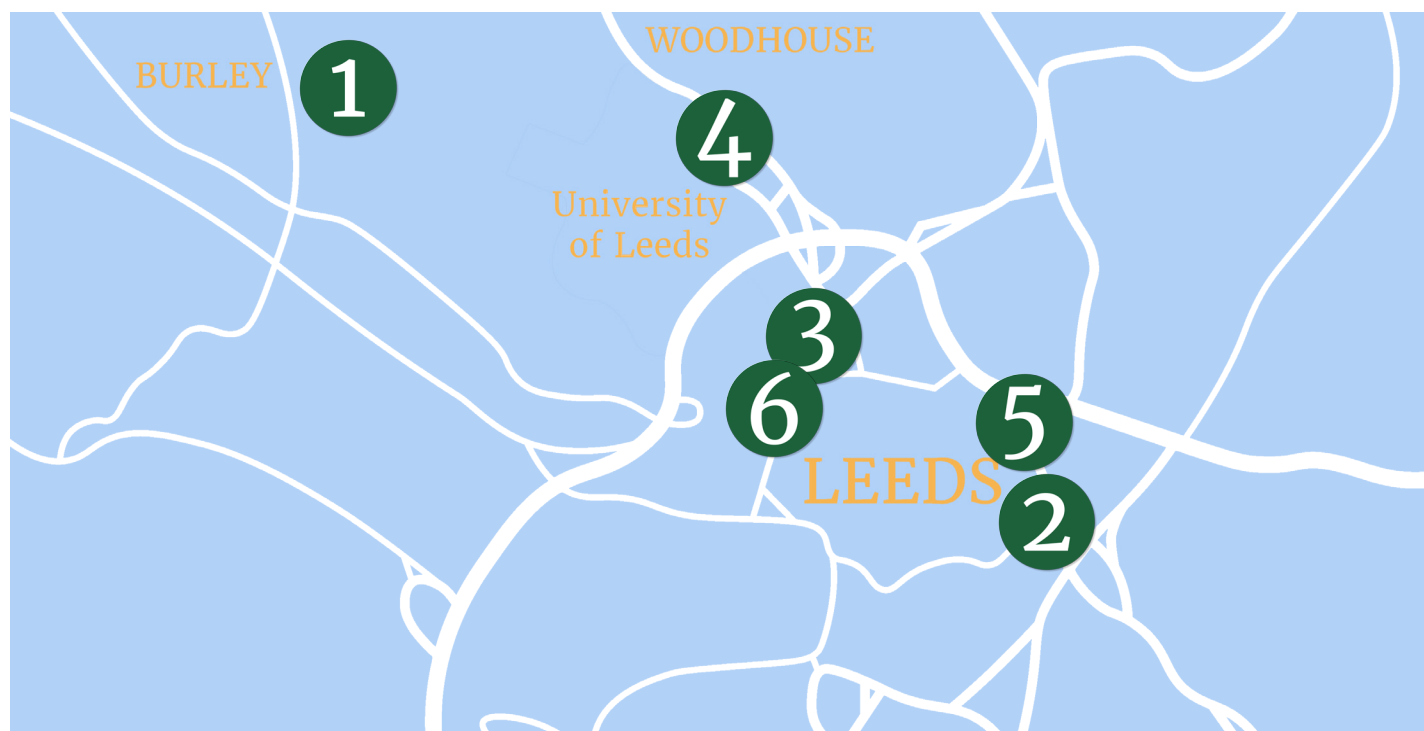
Clare Redman

Favourite Artist: Gotta be a tie between Bob Marley and David Bowie.

Go-To Karaoke Song: ‘Don’t Stop Me Now’ by Queen.

Shower song: ‘September’ by Earth, Wind & Fire.

Introducing: Leeds Venues



Brudenell Social Club-LS6 1NY

Nestled in the student hub of Hyde Park, *Brudenell Social Club* is at the heart of Leeds' independent music and arts scene. Throughout the day, the dusty surroundings play host to the sounds of slot machines and Magic FM, but by night the venue is alive with a buzz of excitement. With an unparalleled community spirit and multiple brilliant rooms built for sweaty gigs and arts exhibitions alike, Brudenell is an essential venue on the map of any live-music lover.

The Wardrobe- LS9 8AH

The centrepiece of Leeds' Art Quarter, *The Wardrobe* plays host to a plethora of unmissable yet intimate gigs. The enclosed stage is a perfect place to get up and personal with your favourite musicians, with the sunken dancefloor presenting the perfect opportunities to stage-invade and crowd-surf. The bar and kitchen upstairs provides enough reason to attend before we even get to music, with the specialist gin menu and quality food, making *The Wardrobe* an essential part of Leeds' music scene.

The O2 Academy- LS2 3AW

Whilst part of a larger franchise, the 2,300 capacity venue salvages a sense of character through its utilisation of a gorgeous historical building in the centre of town. It's home to not only well-established national and international artists nearly every night, but also weekly club night PROJEKT. Keep an eye out for Dua Lipa's appearance in early October, and also make a point of swinging by their own Freshers' fair on the 19th and 20th September.

Church- LS2 3AR

A relative newcomer on the Leeds circuit, this events space takes the shape of, perhaps unsurprisingly, a church. Since opening its doors last year, it has become a hotspot for gigs, resident club nights, and other events such as vintage fairs, and with its impressive acoustics and towering stained glass windows, it makes for an atmosphere like no other. We especially recommend you catch Nick Mulvey, who makes the Grade II-listed Church his place of worship towards the end of October.

Headrow House- LS1 6PU

Curiously tucked away on a department store dominated street, *Headrow House* is a real diamond in the rough. Most famous for its rooftop bar, its got a laidback, summery feel that lasts all year round. With that said, despite its small capacity of 150, it still knows how to pack a punch, with bigger names like JAWS and Clean Cut Kid slotting in seamlessly beside up-and-coming local talent.

Nation of Shopkeepers- LS2 3AG

A unique and cosy bar/restaurant/venue hybrid full of Leeds' most alternative hipsters, *Nation of Shopkeepers* is primarily a place for grabbing a bite to eat or a pint to drink in their courtyard. However, it occasionally hosts music nights, featuring local and up-and-coming artists yet to hit the big time. Gig listings are currently scarce, but keep your eyes peeled as it's hosted artists as big as The XX, Two Door Cinema Club, Peace and Palma Violets on their way to the top.

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Greasy Spoons and Silver Spoons Alike

Leeds boasts a wide variety of culinary experiences to try, enough to spoil you for choice throughout your entire university tenure. Whether you're out to celebrate, going for a date, or simply out to cure yourself of the imminent feeling of death that last night's alcohol-fuelled antics left you with, you will no doubt be able to find somewhere that will satisfy you.

Hangover Cures

Riveresque

Tucked away near Leeds Bridge, this café offers some delicious and rather large full English breakfasts. With a view of the river and a calm ambience, this dive is a great destination for shaking off the hangover or just for getting away from the bustle of the city centre.

15 Bridge End, Leeds, LS1 7HG

The Greasy Pig

A true piece of Leeds culture, the city would not be what it is today without this establishment. If you leave university without having been here at least once, you can't consider yourself an alumnus of Leeds. With a menu full of heart-clogging breakfasts stuffed into bread loaves, mouth-watering muffins, and refreshing milkshakes, The Greasy Pig is truly a staple of the community.

74 Victoria Road, Leeds, LS6 1DL

LS6

On the road between the city and Headingley, you will find the LS6 café, a small café that has a lot to offer. While its status as a greasy spoon is questionable, this small eatery boasts a diverse menu that will satisfy many. For those jazz aficionados out there, the bar also hosts a weekly jazz night, as well as a host of other events such as poetry readings.

16 Headingley Lane, Leeds, LS6 2AS

Fine-ish Dining

Akmal's Tandoori Bistro

Situated in the heart of Hyde Park, Akmal's is a must for your Leeds experience. If you ask anyone about Akmal's, the first thing they'll tell you is that it used to be a public toilet. The validity of this is questionable, but it adds character. Akmal's offers some of the most delicious Indian food the city has to offer. It is reasonably price, and you can bring your own booze! (for a small fee).

235 Woodhouse Lane, Leeds, LS2 3AP

May's Thai

Another hidden gem of Hyde Park, May's Thai is hidden in a blink-and-you'll-miss-it spot on the edge of the park. While it is relatively small, the restaurant is reasonably priced, reasonably situated, and reasonably lenient on you bringing your own drink. They also offer a takeaway option for those days when you're feeling all too fragile to face the world.

225 Hyde Park Road, Leeds, LS6 1AH

The Cat's Pyjamas

Self-advertised as serving 'the best food this side of Delhi', The Cat's Pyjamas Indian restaurant is not to be slept on. Celebrating Indian street food culture, the restaurant offers dishes 'infused with the passion of India's cooks'. With the youngest Indian chef to ever receive a Michelin star cooking your food for you, this menu is not to be missed. Boasting two restaurants, you can find this eatery in both the city centre and Headingley.

53 Otley Road, Leeds, LS6 3AB and 9 Eastgate, Leeds, LS2 7LY

Hidden Gems

Wapentake

Kirkgate is host to many great eateries. Wapentake is proof of this. The small café is handsomely furnished with a nice vintage feel to it. The tradition feels stretches to the menu, which offers classic dishes such as roasts, a variety of sandwiches, and Yorkshire puddings loaded with delicious meals.

92 Kirkgate, Leeds, LS2 7DJ

Fairuz

Once you find this place below ground on Merrion Street, you'll be greeted by a wonderful restaurant with beautiful Lebanese décor, and an even more pleasing menu. The eclectic menu features traditional dishes such as Tajeen, Shawarma and Kofta; they also serve a wonderful halloumi salad that is not to be missed.

Lower Ground Floor, Fairfax House, Leeds, LS2 8JU

Top 5 places to eat on campus.:

Bella Davis

- **Bakery 164** – An incredible array of delicious sandwiches. Each comes wrapped in ciabatta bread and offers a taste of sunshine for every tastebud alike.
- **Terrace** – Conveniently placed in the centre of campus in our very own union. Offering a roof terrace to enjoy your meal. A tasty sit down option if you don't want your lunch on the run.
- **Old bar** – a good hefty sized meal that promises a meal as close to mum's home cooked meals as you can get. A warm and cosy atmosphere, Old Bar is the best place to hideaway from the Leeds winter with a hot lunch/dinner.
- **Opposite Cafe** – A cute little cafe offering some of the best coffee around campus and cakes and muffins that are sure to make your mouth water.
- **The Edit Room** – This is the perfect place to take a well deserved lunch or coffee break. Located in the Edward Boyle library, you won't find a better excuse to procrastinate your life away.

TV Shows to Binge Before Your Course Load Gets the Best of You

We all say that when we get to uni, we will kick our bad procrastination habits and focus on our studies. Let's be honest, those bad habits are going nowhere. Whether it's bonding with new flatmates or wasting optimum essay-writing time on a show you're hooked on, here's some TV that is ripe for binge watching. There are so many shows just waiting to be explored on streaming services, these are just a few recommendations on where to start. Go forth and stream away. Those essays can always be written later.

Marvel's Netflix lineup:

This lineup includes hours of incredible action sequences and interesting characters that break Marvel's bright and saturated mold. In these series, we are introduced to four very different superheroes: Daredevil, Jessica Jones, Luke Cage, and the Iron Fist. Separately, their shows all have very different styles, but they do share a penchant for dark storytelling and unique villains that don't shy away from gruesome acts. These four very different characters are thrust together in the latest Marvel Netflix installment, The Defenders, in a way that is both funny and heart-wrenching. This television universe continues to grow with a Punisher show set to air later this year. Time to start catching up.



American Gods:

While this is a relatively new show, it is one worth watching immediately. Based on the bestselling Neil Gaiman novel, the show follows Shadow Moon after he is released from prison. He expects to go home to live out a normal life, instead he discovers that his wife is dead and then finds himself employed by a strange man named Mr. Wednesday as they travel around the country recruiting old gods for a war to come. The premise is strange, but the story is done with such style that translates to a visually stunning and captivating show. With only 8 episodes, it will be an easy one to binge watch, but definitely one to re-watch many times.



BoJack Horseman:

This existential cartoon about a washed-up actor—who is also a talking horse—with destructive tendencies is perfect for the Rick and Morty-sized hole in your life. The show takes place in a universe where humans and anthropomorphic animals live and work together. This leads to some very hilarious (often animal pun-based) situations. While funny, BoJack Horseman also follows the very dark downward spiral of its title character, which is a lot darker than what is portrayed on many live action shows. With season 4 coming to Netflix on Sept. 8, it's the perfect time to binge it all at once.



Jane the Virgin:

Following the sometimes heartwarming, sometimes heartbreaking, and very complicated story of Jane Villanueva should be a sport of its own. Jane Villanueva is a 23-year-old virgin who gets accidentally artificially inseminated and becomes pregnant. The father of the child just happens to be a man that she once had a crush on. Following the style of a telenovela, the plot twists and turns as Jane's life changes, and keeps viewers on the edge of their seats. With murder, social commentary, and romance, there's something for everyone.



Parks and Recreation

With one of the funniest casts to ever grace television, Parks and Rec was originally meant to be similar to The Office, but it quickly made it apparent that it was going to be very different. The show portrays people working in local government with a much more positive and optimistic humour. With the likes of Amy Poehler, Chris Pratt, Aubrey Plaza, Nick Offerman, and so many more rounding out this ensemble cast, there is no lack of ridiculous scenarios. With 7 seasons, you can waste a lot of time watching this show and feel that it was time well-wasted.



Jade Verbick

Image: Comic Book, Graffiti with Punctuation, Huffington Post, What's on Netflix.

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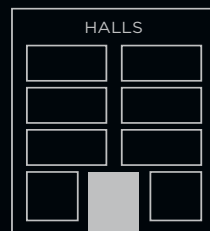
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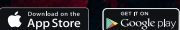
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Leeds Clubs: What to Wear, Where

Fashion in Leeds, like the city itself, never sleeps. Whilst there are clubs to suit every music taste under the sun, the accompanying looks are equally diverse. Whether you fancy a 'jeans and a nice top' kind of night or want to glam up in heels and a minidress, there's a place in the city for you. But remember, pretty much anything goes and, if you're planning on staying up 'til the wee hours, you'll thank yourself for choosing the comfiest option.

Canal Mills

One of Leeds most notorious music venues, and home to the 'Edgy Leeds' student stereotype, Canal Mills is the perfect venue to try out quirky hairstyles, body paint and boob tubes. Expect bum bags slung across shoulders, vintage trainers, Adidas jumpers, and the more than the occasional bucket hat; all purchased from Depop.



Urban Outfitters:
£32

Beaver Works

Comparable to Canal Mills not only in music style, but also fashion sense, the same dress code applies – just with a touch more vintage. Bringing a denim jacket or shiny track top is also advisable for when you undoubtedly end up spending the majority of the night outside in the smoking area, and have to wait 30 minutes for a taxi when it closes at 5am.



Asos Marketplace:
£24.95

Mission

Think 'wannabe house DJ'. Mission is filled with girls in crop tops and French braids, and boys in longline T-shirts with short back and sides; both paired with turned-up ripped skinny jeans and some kind of Nike trainer. Here, caps are your friend, especially when they hide the hair that's inevitably plastered to your head with sweat due to Mission's tiny and overcrowded rooms.



Miss Guided:
£15.50

The Warehouse

Nights at Warehouse will usually be the least stressful in regards to choosing an outfit. Fashion here is defined by 'jeans and a nice top'; unless it's a Wednesday, in which case everyone will be dressed in team-dependant sporting uniform or fancy dress.



Topshop:
£38

Pryzm

You'll probably make more effort to look 'nice' for Pryzm than for any other club in Leeds. Instagram worthy contour, check. Missguided T-shirt dress, check. One whole hour spent on your hair, check. Glamming up is fully welcomed here, just make sure you wear a skirt that won't ride too high when you inevitably trip on your heels.



H&M:
£9.99

Lucy Mumford



Saving the World with Fashion

Often unfairly criticised as being a culture built on excess, fashion can instead be a liberating force for social good. Darla Dryland investigates the glamour behind Oxfam's festival reselling.

As the fabulous festival season draws to a close, many of us will be suffering from the unavoidable post-festival blues. Getting back to reality and returning those feather boas, neon tutus and crazy wigs to the wardrobe can be a real challenge and it feels as though they'll never come out to spread their joy again! But for Oxfam's festival volunteers, the wonderful world of festival fashion continues all throughout the year.

Selling clothes at various summer festivals, including Glastonbury, Womad, Boomtown Fair, Leeds and many more, Oxfam provides the British public with an array of gorgeous garments that are specifically tailored to align perfectly with the genre, location, theme and type of festival being targeted. Behind the seemingly spontaneous and effortless arrangement of clothes sold in the Oxfam marquees, a rigorous process of selection takes place months before. In the Oxfam Warehouse in Batley, just a 15-minute train journey away from Leeds, around 12,000 tonnes worth of clothes are donated per year. Here, a group of specially trained volunteers sort through the mass of clothing in their recycling plant, known as Wastesaver. The items gradually get more and more refined until they reach their perfect destination in the festival fashion sorting area. When they then arrive, the clothes are carefully inspected to ensure only highest quality garments are selected. The process is a lot more complicated than you might imagine, with each festival category having a number of sub categories and specific criteria which the donated garments must fit into. Mood boards are created and discussions are held to establish coherence between the collections of clothes that are eventually sent off to the various festivals. Not only must the

volunteers make careful decisions about what clothes to sell when and where, but an engaging and exciting selection of items must also be assembled to create the perfect set up for displaying the clothes and enticing all you festival goers into the stores.

And of course all this hard work pays off! Thousands and thousands of pounds have been raised through these little glam-filled gazebos and every single penny spent this summer at one of the Oxfam festival shops has gone towards fighting extreme world poverty. Oxfam has a wide range of developing projects set up in order to help particular crises. The Yemen crisis aims to combat the famine that many families are becoming increasingly exposed to and the Iraq crisis focuses more on the humanitarian needs of the people, providing food, shelter, medicine and water to the people in central and northern Iraq. The impact of this festival fashion, therefore, extends to all parts of the world and Oxfam have certainly taken the concept of ethical fashion to a far greater level than ever before. Not only does the money you spend at these stores improve the world we live in, the clothes are all recycled or re-used once the festivals are over, returning to Batley's Warehouse where they are re distributed and sold at another suitable festival.

So when you feel yourself getting down about leaving those festivals behind and returning to the real world, just remind yourself of the fact that your impulsive summer purchases have gone towards the process of eliminating extreme poverty. It just goes to prove that fashion really can be a part of saving lives and changing our world.

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Leeds Pride 2017

Luke gives us an insight into his first experience at Leeds Pride, and why it is so important for societal progression



I had never attended Leeds Pride until this summer, after meaning to visit the previous year but unfortunately being away for the weekend. This time, I grasped the opportunity with both hands. I'll admit that I did not know what to expect. Whilst I had spoken to the organisers prior to the event, as a journalist, I did not know what it would feel like to be involved in such a fantastic occasion.

Meeting my friend beforehand, we made our way down to town. We got off the bus and followed the sounds of the parade. Thousands came into view, all of whom lined the route shrouded in rainbow flags and glitter. The feeling of celebration and joy was intoxicating. I quickly draped myself in a flag and allowed my friend to put glitter on my face. From there, we followed the crowd through the city. We arrived at the stage and embraced the party atmosphere. People joyfully listened and celebrated the many talented acts who performed. Even I could not help but be swept away by the brilliant local artists in attendance. It was a joy to see people from all ethnicities and backgrounds come together. No one's sexuality, faith, or political views really mattered

to anyone. They were simply a part of a big family; there was no room for hatred or intolerance, just love and respect for all.

This is why, for me and many others, Leeds Pride is so special. We still live in a world filled with bigotry and discrimination. The likes of Trump remind us of this on a daily basis. Whilst there is no denying the strides which society has made, there is still much to do. Gay men, for example, are still unable to freely donate blood and many in the LGBT+ community still face prejudice on a daily basis. Pride allows everyone to challenge this, raise these issues and come together. We can build bridges, not walls, and come together rather than be pulled apart.

I have heard many argue that Pride is a waste of time but I think that they are wrong. I do not believe they fully appreciate the challenges that LGBT+ people face across the world. Simply having certain rights such as equal marriage does not mean that all issues are magically resolved. We need to tackle outdated concepts and views as well as break down the final barriers to achieve real equality. Pride of course,

cannot achieve this alone. What it can do however, is demonstrate the brilliance and necessity of a fair, open, and equal society. It should inspire us all to go even further in our efforts to achieve full equality. I hope I get to see this come to fruition in my lifetime and maybe then I can concur that Pride will no longer be needed. Until then Pride is not only a wonderful day of entertainment, but vital to the achievement of equality.

Luke Maunsell

“Pride allows everyone to challenge this, raise these issues and come together. We can build bridges, not walls, and come together rather than be pulled apart.”

Introducing: Agony Aunt

This year *The Gryphon Blogs* is inaugurating an agony aunt column. A space for students to get advice from the student community.

We invite you to send in your questions via email to blogs.gryphon@gmail.com. We will be covering topics ranging from relationships and mental health, to university and general student life. Each week we will pick one question to be answered by a student who has been through a similar experience and can provide relevant insight.

This week's question is:

“I'm afraid of not getting on with my flatmates. What should I do if we don't click at all?”

In the interest of privacy, we will not divulge the details of any students who have submitted a question or questions.



Freshers and Mental Illness: A Manageable Mix

Charlie discusses coping with mental health during your first week at university

When you have mental health problems, a week full of new people, different clubs and lack of sleep can be overwhelming – especially when you are in a new city. But Freshers – and university as a whole – can be whatever experience you want it to be. Here are some tips if you are worried about coping mentally during your first week here:

1) Keep a diary. Read any article about dealing with break-ups, stress, health, lack of sleep etc. and you'll find that writing down all your worries and emotions is usually advised. Writing may sound like one of the oldest tricks in the book, but there's a reason that jotting down all your worries is a classic technique. It doesn't have to be mega detailed, like *The Perks of Being a Wallflower*, or the daily check in of Rae in *My Mad Fat Diary*. Jotting down your annoyance at a flatmate, or nervousness before a night out, or worries about your first lecture can help to release some of your frustration.

2) Don't ever feel forced to go out. Clubbing isn't for everyone – especially if it's not your sort of music,

or you've had a rough day. We've all been on the dance floor wishing we were in bed or eating chips and gravy (or both). A group film night or an evening alone watching Netflix can be just as good as going out. But equally, imagine how proud you would feel for getting through any worries and making it to the club: I am a great believer in faking it until you make it.

3) Spend time in your new flat. It may sound lame, but unpacking and organising your new room can be really relaxing. There's something pleasing about creating a new space for yourself. I spent ages putting up posters and drawing up timetables (yes, I am sad) for the new term. Also, you can never go wrong with some colour coded gel pens and pretty notebooks.

4) Get your greens. You'd be surprised how much of a difference a few veggies and an apple make to your general mood. Unfortunately, when money is tight, cheap processed food seems like the only option, and then takeaway, when essay deadlines hit. At first I struggled to feed myself

properly, partly due to money and partly due to my rocky mental health, but eventually I found the balance of cheap, homemade meals and chocolate. Look out for cheap avocados and fruit in the Corn Exchange, and good deals in the Merrion Centre (Home Bargains is your new best friend).

5) Don't be afraid to reach out. Many students suffer with mental health problems. Often it may be that another of your flatmates struggles with eating or worrying or anxiety, but is reluctant to talk about it in case you don't understand. Mental illness is nothing to be ashamed about – it is simply our mind's way of trying to deal with certain stresses. 9 times out of 10 your flatmates will feel relieved that you've reached out to them, and will have things to ask advice on in return. As long as you have other people or services that also support you outside of your flat, there is nothing wrong with letting a flatmate know if you are not coping.

6) Lastly, seek support. The University of Leeds has some great facilities, such as the Student Counselling

Centre, Mental Health Team, Leeds Student Medical Practice Mental Health Workers, and Leeds Nightline.

Over the coming weeks, remember that you are much more than any label that a mental illness may give you. Do not feel as though you must refrain from talking to new people, or stop yourself from opening up about any problems you are having. But mental health is different for everyone, and equally you might not want to talk or go dancing and forget the things that worry you at home. Do whatever you feel is best on the day, and if things become overwhelming know that there are people and services here to help you have the best university experience possible.

Charlie Collett

Student Counselling
Centre
0113 343 4107
scc@leeds.ac.uk

Leeds Student Medical
Practice MHW
0113 843 4388

Mental Health Team
0113 343 3927
Drop-in: 11:00-12:00
(Monday-Friday)
Chemistry West Block

Leeds Nightline
0113 380 1381
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0113 380 1380
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Our Response...

When moving to university, one of the many things students bring with them is expectations, and often one of these expectations is that they'll get along with the people they'll be living with for the next year. Most students will indeed hit it off with their flatmates, but inevitably some will find that no matter how hard they try, they just don't "vibe". If this happens to you, don't fret! Let me reassure you from personal experience that you will make great friends at uni and that there is a way of living in a pleasant flat even if you don't click with your roomies.

I remember panicking in my first year because I didn't get on with my flatmates like I had hoped, and thinking to myself, 'how am I going to live like this for a year?!' After telling family and friends about my predicament, I often got the reply, 'at least give them a chance.'

Their advice, I pass on to you.

Before completely opting out, reflect on your situation, and whether or not your assessment of your flatmates is fair. First impressions can be deceiving, and judging someone based on a mere week or two of interactions is unreasonable. Especially during Freshers week students will be nervous, emotional and putting up pretences to try to impress others. Give your flatmates a proper chance. Make the effort, get to know them, ask about their interests and they may actually surprise you!

If, despite your best efforts, a friendship with your flatmates isn't salvageable, remind yourself that there are other people at the university. There are tons of other ways to make friends! Joining societies is a sure-

fire way to meet people with the same interests as you and befriending people on your course will at the very least make boring lectures much more tolerable.

'But I still have to live with my flatmates', you say. Well, if you act early enough, you might just find someone willing to do a room or accommodation swap with you. Otherwise, strive to create an at least civil living space and avoid the situation I found myself in – living in an environment where petty arguments were the norm. One of my flat's favourite pastimes was leaving passive-aggressive notes and text messages for each other, but then completely ignoring each other in person.

If you're having disagreements, have a serious conversation with your flatmates. Air all of your

concerns – whether it be noise levels while you're trying to sleep or the borrowing of belongings without permission – and come to a compromise. You don't have to be best friends, but be fair and respectful towards each other. It's only for a year, which, believe it or not, goes by very quickly.

Hannah Grant





What's at the 'Art of Your Campus?

The artistic installations around Campus are known for confusing many a stumbling Friday night Fruity-goer (is it normal to be so far gone that the levitating woman appears upright? Asking for a friend), and for piquing the interest of daytime passers-by. So buckle up and come on a beautiful journey of discovery, from 'the squiggles', all the way to the mysterious square doughnut outside Eddy B



Levitating Woman, 'The Dreamer' (1982), Quentin Bell

This is located in Clothworkers Court, and was inspired by Bell's childhood experiences of magic tricks. Bell was Head of Fine Art at the University in 1959, and later was a Professor of Fine Art until 1967.

The creation and installation of the fibreglass statue was made possible by an inter-disciplinary partnership between the Art Department and the Department of Civil Engineering, so is a fantastic example of science and art working together to create something amazing.

Dual Form (1965), Barbara Hepworth

This Bronze structure is an easy point of distraction (or inspiration?) whilst studying (staring out of the window) in the big red chairs in Eddy B. It is on loan from Leeds Art Gallery, and although it was installed recently, it has actually been ageing outside for over 50 years since its creation, turning various shades of brown and green.



Arts you glad to meet us?



Tash: Although not technically in Leeds, one of my favourite arts spaces has to be Yorkshire Sculpture Park. It's home to some of the quirkiest contemporary art and even better, most of it is surrounded by picturesque rolling Yorkshire hills. It's a bit like a playground for art lovers. If you fancy something a bit different (and free), YSP is always a good shout.



Mikhail: The best thing about Leeds is that it's full of things to see and do, even if you're a student scraping by on a loan. Some of my favourite theatre nights have actually been on campus; Theatre Group and Open Theatre, some of the unions drama societies, put on productions year-round, and they're always worth checking out. You're also bound to end up knowing someone acting in one, so you'll probably even see a few familiar faces on stage.



Sign For Art (Stelae 2014), Keith Wilson

There are plenty of theories about these two black squiggles which grace Beech Grove Plaza. I've heard confident assurances that they are bacon strips, and other much less appealing suggestions like the idea that the University, for some reason, commissioned a statue of two pubes to place right in the centre of campus. Of course it's important to take from art whatever you personally feel (be it breakfast related or not), but the statue was originally a reference to a modification of British Sign Language for 'art'; the squiggles visually represent a brushstroke.

"Drawing two spaced fingertips in a wave motion across the forehead of the student [...] announced the arrival of the artist, the subject of art and the imminent activity of making art", says the sculptor Wilson, of his time as an art instructor for deaf-blind adults.

A Chair Is A Difficult Thing (2015), Sam Judd

"A chair is a very difficult object. A skyscraper is almost easier." – Ludwig Mies van der Rohe.

For those of you who doubt the functionality of the art on campus, here's one you can't argue with. This installation is pretty useful, serving as a bench for weary students after a full on day.

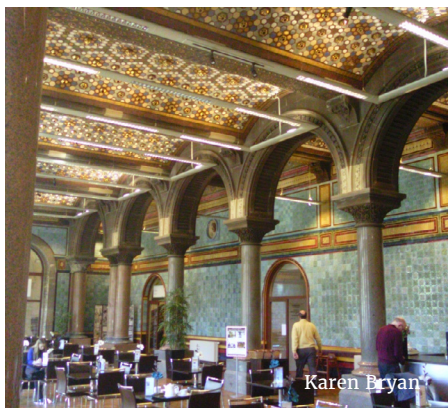
This amalgamation of mismatched wooden chairs protectively circles a silver birch tree near the Union, and was created by Leeds Fine Art and Design graduate Sam Judd. It was inspired by the above quote about how the smaller things in life tend to be the more difficult to achieve.



Leeds – List

This isn't all! Why not try some studying on a sunny day at Lorna Green's Meet, Sit, Talk in Chancellor's Court, or look up outside the Union to take in Mitzi Cunliffe's Man-Made Fibres, a nod towards Leeds' rich textiles history?

Chloe-Louise Saunders



Rose: My favourite arts related activity is the Tiled Hall Cafe in the almost newly refurbished Leeds Art Gallery. Not only is this a great place for a banging brew and delicious slice of cake, but the gorgeously ornate mosaic, barrel vaulted ceiling supported by sturdy granite pillars, encased in azure tiled walls and the original parquet floor make it the perfect place to churn out an essay or put the world to rights with a friend. The gallery itself is due to reopen on 13th October 2017 and it promises to match the beauty of the Tiled Hall Cafe.



Steph: As a Leeds student, one of my favourite arts related things to do is to visit the Hyde Park Picture House. It's often cheaper than other, larger cinemas and is certainly a lot closer being located on Brudenell Road. The atmosphere is great, and it showcases smaller, indie films that aren't always in mainstream cinemas. Whether you're escaping the stress of your course or the hangover from the night before, it's a great place to go and relax with a friend.

In The Middle with Finuala Deazy

Arts editor Steph Bennett catches up with newly graduated Finuala Deazy, discussing her recent win of the School of English's *Alison Morland Poetry Prize*.

"Most English Literature students tend to be enamoured with the written word!" jokes Finuala Deazy, after I asked when it was that she realised she wanted to write. Speaking to the recent winner of the Alison Morland poetry competition was a genuine pleasure, as she revealed her methods and inspirations for her poem 'America, 1840.' An annual competition open to English undergraduates and awards, the winner of the Alison Morland poetry competition receives £150 and the chance to be published in Poetry & Audience.

The newly-graduated English Literature student laughed as she explained how she had first thought of the poem as she strolled to the library to write her dissertation: "I wrote the first line on my phone and wrote the rest up later." Deazy explained that the poem was supposed to have "an unpleasant viewpoint in an attempt to convey the incongruity of colonial expansion. It's almost a nationalistic poem, didn't Einstein say that, 'Nationalism is an infantile disease. It is the measles of mankind'? There's no real moral to it," she continued. "It's just from the perspective of someone living in 1840 having gone to America to dig during the Gold Rush, and I imagined it to be uncomfortable."

"Just write. Just go for it. Everyone is a different person and so has a different perspective."

When I asked Finuala about her inspirations as a writer, she immediately mentioned one of her favourite writers, Sebastian Barry, who is also Irish. "Of course I've read incredible poetry throughout my course, but Sebastian Barry writes his characters with such powerful imagery and so he was of course an inspiration." She joked that the famous writer lived near her dad in Ireland and that she had once spotted him buying cheese in a farm shop, but didn't dare approach him. She also praised Dylan Thomas for his "interesting style and incredible imagery."

I also asked Finuala if she had any advice to prospective writers and poets after her success. She replied that the best anyone could do was to "Just write. Just go for it. Everyone is a different person and so has a different perspective." She was surprised to discover that she had won the competition, "really amazed and really humbled".

Despite submitting the poem just minutes before the deadline whilst on holiday in Barcelona, Finuala obviously still managed to impress the judges. She explained that she didn't really change the piece that much from the first draft and didn't let anyone else read it before she submitted. "I think that loads of people who do English want to write, enamoured with the written word. Since I can remember I've wanted to write, and in such a creative environment there's so much you can do."

"Since I can remember I've wanted to write, and in such a creative environment there's so much you can do"

When asked what she would say to any of her friends to convince them to read the poem, Finuala laughed once more and admitted that she probably wouldn't let them read it at all, she's self-critical enough. About to start a publishing internship, she mentioned that she wished she had more time to write but that actually sitting down to write was a weird experience. She expressed an ardent love for writing poetry over any other writing medium. What perhaps struck me the most about my conversation with Finuala was her generosity. She mentioned that the £150 prize money had been given to her friend Jess, who is currently working with refugees in Greece. She explained that giving the money away was nothing in comparison to the hard work currently going on to help in refugee camps, mentioning the *gofundme* page for the ritsona camp where there are currently eight hundred refugees. "It was a generous prize, but I don't need it and it's Jess and the others who are really doing the hard work."

It seems that, whilst Finuala wrote on a whim, both her writing and her altruism will continue to make a profound impact on any who hear about it. For someone so incredibly humble, it appears that Finuala Deazy has a promising literary career ahead of her.

Steph Bennett

America, 1840

I can feel the pulse of that green veined country across the sea
I can see the soft hills melting into the morning light
And I can hear the sweet songs that thrum through the trees
Whispering of kings and queens and creatures that have danced there.
While I dig.
This land is red and raw and angry in the flickering distance.
It spits snakes at us
The dark people have dead stars for eyes
Their sand skin glows under this cruel sun
While we blister and burn like bacon.
I have seen gold in a handful of dust
And now I am cursed, chained to these tools.
Dig.

Finuala Deazy



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Vice-Chancellor Salaries: To Pay or Not to Pay?

With student fees on the rise again, many are criticising how universities spend such money. We discuss whether the income of Vice-Chancellors is fair.

Callum Friend

According to a report released in February by the University and College Union, university heads received, on average, a salary of £277,834 for the academic year 2015/16. This reflects a 2% increase from the previous year and means they earn 6.5 times more than the average amongst their staff. There has been little sign of government action on this issue; salaries continue to rise disproportionately at the top and the controversy is still growing as the new academic year begins. As with so many problems within our society today, this comes down to democracy and economics.

When those at the top of our institutions are not accountable to either the student base or the rest of the university staff, it is hardly surprising that the wealth should move upwards. Given a democratic vote, who amongst staff or students would vote for an 11% rise in salary to someone at the very top? This in fact happened at the University of Bath earlier this year, leading to four resignations from the university's advisory board.

“When those at the top of our institutions are not accountable to either the student base or the rest of the university staff, it is hardly surprising that the wealth should move upwards”

Given the context of a 1.1% cap on pay for non-managerial staff across the higher education sector, as well as increasing student loans, the repeated increasing of vice-chancellor pay carries with it just a little extra sting.

There is also the issue of transparency. In conducting their report, the UCU found that three-quarters of universities, when asked, refused freedom of information requests asking for records of remuneration committees and thirteen universities denied the union access to any details of the pay of their Vice-Chancellors. There is also the broader point that

universities have no obligation to justify or explain these kinds of pay rises. Therefore, when Vice-Chancellor of Oxford University Professor Louise Richardson says that she “think[s] it's completely mendacious for politicians to suggest that vice-chancellors have used the £9,000 fees to enhance their

“There is also the issue of transparency – thirteen universities denied the union access to any details of the pay of their Vice Chancellors”

own salaries”, you might think to ask her where the money has come from. But you would be met by an awkward silence.

Speaking earlier this month, Professor Louise Richardson attempted to justify her salary of £350,000 by referring to some vague notion of the “global marketplace”. Defending against the criticism, she said “why would you want to try and damage what is one of the most successful aspects of the British economy?”. As a matter of fact, Professor Richardson is correct to reach for economic justification, but rather than accept the unchangeable will of the market, should we not question such a system that causes those at the top to grow wealthier, as students sink into debt?

Conservative MP Andrew Murrison may be right to say that Vice-Chancellors are “looking increasingly like a self-serving cartel”, but we should not fall into the trap of blaming individuals: our focus must absolutely be on the undemocratic and non-transparent system that maintains the problem of inequality, not just within our universities but across the majority of workplaces and institutions in our country.

Alex Passingham

Freshers starting at Leeds this September will be paying the princely sum of £9 250 for the privilege, in a fees increase common to many of the country's best universities. Inevitably this has drawn a greater focus on what the money will be spent on, with the issue of Vice Chancellors' salaries gaining a large share of attention.

Now some of this may simply be part of the long-standing national pastime of collective hand wringing and head shaking at the size of somebody else's salary, be that professional footballers or the family down the road on their third foreign holiday of the year. Beneath the cheap tabloid headlines, however, there is an important debate to be had about what we pay the people who run our universities, one which goes to the heart of what universities are for.

Numerous Vice Chancellors have reacted rather angrily to such public discussion of their pay. Bill Rammell, Vice Chancellor of the University of Bedfordshire, claimed his salary of nearly a quarter of a million pounds was just reward for doing a ‘demanding job’ in a ‘competitive market’. The role may indeed be demanding, but some in Mr Rammell's line of work might ask themselves what they have added to the education of their students to justify a near 10% pay rise for Russell Group Vice Chancellors in the last financial year. Given the aforementioned tuition fee increase such an increase is at best insensitive and at worst contemptuous.

“Some [Vice Chancellors] might ask themselves what they have added to the education of their students to justify a near 10% pay rise”

The stronger argument made by some Vice Chancellors in their defence is that tuition fees represent a small part of total funding for higher education. Indeed, the justification for their being raised was to make

up for a shortfall in public funding, an argument that Oxford's Vice Chancellor, Louise Richardson, among others, was quick to make. However, does this actually render the pay increases any less objectionable? It suggests that Mrs Richardson and others in her profession feel no duty to either the students or the taxpayers – who, combined, pay her

“Perhaps the sharp reaction to criticism of their salaries suggests that university Vice Chancellors are themselves uncomfortable with the message their pay packets send to their students and taxpayers alike”

salary – to exercise restraint, even at a time of austerity and public sector pay freezes.

The latter point is especially pertinent, as it suggests many at the top of academia do not see themselves as serving the public in the same way as a teacher or firefighter might, despite the large taxpayer subsidies their institutions receive. Indeed, Richardson was scathing in her assessment of ‘tawdry politicians’ and a ‘mendacious media’ for drawing attention to the pay packets of her contemporaries. Nobody's heart will bleed for politicians and rightly so, but perhaps she ought to consider that she earns two hundred thousand pounds more to run Oxford University than our Prime Minister is paid to run the country, to say nothing of the unflattering comparisons between her salary and that of hard up public sector workers.

In summary, perhaps the sharp reaction to criticism of their salaries suggests that university Vice Chancellors are themselves uncomfortable with the message their pay packets send to their students and taxpayers alike. We must hope they act with more restraint in future, lest the profession leave itself open to not unjustified allegations of arrogance, entitlement and snobbery.

L'Oreal – Selectively Inclusive Values?

Mia Tuckey

Last week, cosmetics giant L'Oreal fired its first transgender model Munroe Bergdorf from their #AllWorthIt diversity campaign, following an anti-racist post made on the DJ and activist's Facebook page. The post, which came as a response to events in Charlottesville, criticized white complicity with violent systems of oppression. Flag-bearers of unbiased reporting, The Daily Mail published sections of Bergdorf's post under the headline, 'L'Oreal transgender model says ALL white people are racist'. The company were quick to respond, stating in a tweet that as 'champions' of 'diversity', their partnership with Bergdorf could no longer continue.

When contextualizing the original post in interviews, Bergdorf often finds herself shouted down. The point of contention is always the question of Bergdorf's 'ALL white people' generalization. Despite explaining that this statement was less about the actions of white individuals and more about the upholding of a racist system, Bergdorf faces constant accusations of anti-white prejudice.

The false depiction of anti-racism activists as 'reverse racists' is a growing trend in racial discourse, particularly in the polarized online world of social justice commentary. It seems contradictory that in criticizing a system that favors one race

over another, you can be seen as discriminating against those who enjoy the system's privileges. White prejudice against minority groups works on both an individual and structural level. In the UK, BME citizens are statistically far more likely to be unemployed, live in poverty, or be victims of hate crimes, and less likely to go to a top university or work in a managerial position. The difference between black and white prejudice is that black prejudice can in no way be manifested on an institutional level.

The shallowness of L'Oreal's 'inclusive' values are perhaps best illustrated by Bergdorf's fellow #AllWorthIt representative Cheryl Cole. The singer, whose line in the ad campaign asserts that "what makes us different is what makes us beautiful", was found guilty in 2003 of assaulting a black toilet attendant. The prosecution claimed racial abuse on the part of Cole, who allegedly named the victim a "f**king black b*tch". Cole denies these accusations. If L'Oreal's interests in diversity extend deeper than the desire to attract money from customers of all shades, perhaps they would notice the irony of having Cole remain on the campaign, whilst Bergdorf is plunged into transphobic and racist abuse for taking a stand on the issues L'Oreal claim to be fighting for. Black transgender women are some of society's most vulnerable; of the 18

transgender people murdered in America this year so far, 16 were women of colour. Since being sacked, Bergdorf has detailed death threats, threatening anonymous phone calls, and unrepeatable racial and transphobic epithets.



L'Oréal champions diversity. Comments by Munroe Bergdorf are at odds with our values and so we have decided to end our partnership with her.

10:27 AM - 1 Sep 2017

It's difficult to ignore the severity of the public response to Bergdorf when white musician Lorde tweeted "all white people are responsible for this system's thrive and fall", with comparatively inconsequential affects. It is difficult to imagine a world in which such a statement would strip her of opportunities and privileges. One can only hope that the takeaway from Bergdorf's public struggle is not a reminder of the often detrimental consequences that can befall those who speak out against discrimination in public spheres, for women of colour and Trans people in particular.

Let Pride's Spirit Endure All Year

Eleanor Noyce

Each summer, Pride engulfs cities all over the world with its eternal messages of love, equality, and acceptance. Manchester's Canal Street was the final British city to host Pride celebrations on the 25th August, a month and a half after London's Pride Parade on the 8th July.

Pride month has increasingly morphed into Pride summer, with LGBTQ+ exhibitions, documentaries and articles dominating much of popular culture. Such overt celebration of the LGBTQ+ community is indeed a triumph, but the impermanence of its celebration must be highlighted.

First, a little context: the roots of Pride are in political protest. This is a fact that must never be forgotten. A police raid on the Stonewall Inn in Greenwich Village, New York, in June 1969 facilitated a series of riots against such homophobic abuse. Indeed, the Stonewall Inn was a bar frequented by gay men in search of the whispers of a community which had begun to gain momentum.

The Pride celebrations attended by the masses today, by both the LGBTQ+ community and by the wider community, very much owe their existence to a generation of people who refused to stay quiet. They refused to undergo oppression; they refused to allow the arrest of their friends; they refused to allow any homophobia, discrimination and hatred to rest quietly, unknown and unrecognised by the rest of the world.

They began to march in want of political and social equality and acceptance, first materializing in their tens, then in their hundreds, and now, in 2017, in their thousands. Yet, one aspect of such celebrations remains poignant: Pride celebrations and protests appear in the summer for a fleeting



Image: Liverpool Echo

period, as do the LGBTQ+ exhibitions prevalent in many popular museums and art galleries in London (the Tate Britain, the British Library and the British Museum being a few). After this, they disappear, forgotten for the remainder of the year. LGBTQ+ history and culture, of which there is much to tell, is forgotten and almost ignored by society when it is not appropriate or commonplace to celebrate it.

Indeed, the sheer amount of coverage the LGBTQ+ community received this year is groundbreaking: a remarkable achievement consolidated by the continued efforts of generations before this to ensure greater acceptance for those who came after them. Gay Britannia, a collection of LGBTQ+ documentaries and dramas broadcast on the BBC, would have been an unthinkable happening thirty years ago. In 1986, factions of the British public eventually warmed to Colin and Barry, Eastenders' first gay couple. This was the beginning of a merging between gay culture and popular culture in the UK; milestones were achieved thirty years ago, and milestones continue to be achieved thirty years on.

Milestones have their own embedded messages which need to be carried forward. The LGBTQ+ milestones achieved in 2017 must also carry forth the need to celebrate LGBTQ+ culture and history each day of the year, as heterosexual, heteronormative cultures are indeed celebrated. Pride is not an event to appropriate to a few months in the summer, when the shining sun blurs out much of its story and struggle with rose-tinted glasses. The message of Pride should be shouted and screamed three-hundred and sixty-five days of the year. It shouldn't be placed at the back of the cupboard.

Students Need to be Lent an Ear, Not Debts They Can't Repay

Sam Robinson

Contrary to what you might think listening to opinions around campus, there is an intellectual case for tuition fees. They were brought in to sustainably finance a rapidly growing HE sector and rebalance the burden of supporting universities away from the taxpayer and onto students, the people who benefit the most from a university education. You could argue this is fair; why shouldn't students at least partly pay for their voluntary choice to go to university? Finally, far from driving out students from disadvantaged backgrounds, the figures show the gap between advantaged and disadvantaged student numbers has never been lower.

But the status quo in HE has come under attack, for plenty of good reasons. First, maximum tuition fees have nudged upwards even further to £9250, accompanied by a 6.1% compound interest rate. Just imagine: a three-year degree at £9250 generates £27,750 of debt, which at 6.1% compound – assuming no repayments are made – becomes over £37,300 in just five years. And that's without taking living costs into account. As the numbers illustrate, a 6.1% compound interest is brutal. It is also not the low or high but the middle earners, who earn enough to be repaying but not enough to quickly clear their debt, who take the brunt of tuition fees.

For their part, universities are given all the wrong incentives by this system. It was hoped that universities would compete for graduates by offering lower prices; perhaps less resource-intensive or employment-focused courses might charge

different fees. Nothing of the sort has happened; because government funding to universities was reduced, universities protected their revenue by using the highest tuition fees allowed. Furthermore, there is an obvious incentive for universities to rake in as many students as possible – particularly international students who pay higher fees. That may be great for the university. But for the student, who cares about student: staff ratios, contact hours and course quality, it might not be such good news.

“It was hoped that universities would compete for graduates by offering lower prices...[instead] universities protected their revenue by using the highest tuition fees allowed”

The Vice Chancellor pay scandal is just the tip of the iceberg. Clearly the system is flawed. Between the government who raised tuition fees, universities who take advantage of them, and a society in which university is relentlessly promoted to the extent it is almost an expectation, it feels like an organised racket designed to encumber students with huge debts. It appears as though economic conditions seem to justify university less and less each year.

It's easy to paint this as some kind of capitalist conspiracy, but I think it is simply a failing policy that needs to be rethought. As mentioned, tuition fees have conceptual coherence and they haven't

caused the catastrophes in participation many predicted. Besides, just abolishing tuition fees is an overly simplistic answer; we must think carefully about how we finance such a massive HE sector and how the burden is spread between the government, students and companies.

Nevertheless, the burden graduates are being asked to shoulder is no longer fair, least of all with such a punitive compound interest rate. Education is not diversified enough, as we are putting too many of our eggs in the university basket leading to entirely foreseeable degree depreciation and graduates struggling to get jobs. Indeed, with so many graduates to choose from, what is an employer to do?

Additionally, much of the loans the government issues never get repaid (perhaps around 45% according to the IFS and government estimates), and almost three quarters of graduates will have some amount of debt written off. Therefore the saving to the taxpayer is probably quite negligible.

The university-centric model is cracking; with school-leavers pushed into costly degrees just to reach the starting line for decent jobs. It's time to reduce maximum tuition fees back to a sensible level where a majority, not a minority, of loans will be repaid. End the one-size-fits-all approach to fees for different courses, and recalibrate the system to give wider options to school-leavers by rebalancing towards apprenticeships and technical courses. Our education system can do so much better than this.

The Best *Spoons* in Leeds?

Where there's fresh-faced freshers, there's a Wetherspoons to keep them hydrated, and Edmund Goldrick is confident he's stumbled across Leeds' finest

Edmund Goldrick

The next few years are going to be a deranged, perverse, existential mess. It'll be brilliant. However, the existential side may at times get you down. You'll feel trapped, and need to get away without completely abandoning your tertiary commitments. Enter, the Stick or Twist. Just far away enough from campus to feel free from the pressures of university; just close enough to be convenient.

Cheap pubs are ten a penny in Leeds: The Hedley Verity, The Fenton, The Library, Hyde Park Pub, but the Stick or Twist will give you a companion in your trying times. A place to take stock of the world, to confide in friends, or sink a few pints while bashing out an essay (*The Gryphon* does not recommend 'sinking a few pints' as a productive study technique).

This Spoons offers something unique: a quiet abode. Situated next door to Leeds Arena, they make all their money off the thousands having pre- and post-drinks for their relevant events. Outside of those few events, it's a quiet, charming, and cheap pub that has that relaxed air so rare in an affordable drinking hole. Cheap food, cheap

drinks, and no music that wouldn't fit the vibe even if you replaced all the patrons with screaming kids on a sugar high.

Now I know, this old man approach undermines the one thing your budding young minds will be focused on: the sesh. But, after the two solid weeks of revelry that will greet you at Leeds, followed by the inevitable flu and/or internal organ collapse, and the week more of partying you spend on convincing yourselves you've recovered, there will be cause for just such a pub. You'll need somewhere discreet to discuss the plethora of interpersonal relations and gossip you've gotten yourself in for.

Anyway, try to forgive each other the inevitable cockups you're all going to make under the influence (and some not under the influence). Don't be quick to judge each other; it takes a while to understand the world looks a little different to everyone when you've spent most of it in a single suburb in Nottingham, Canberra, Riyadh, Shrewsbury, Sheffield, Singapore, or wherever else you've arrived from. Keep an open mind, and when you need it, The Stick or Twist will be there.



Image: JD Wetherspoon

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MIND THE GAP



Image: Justin Gardner

Esther Marshall discusses the reality of Freshers after a year abroad

Esther Marshall
Features Editor

As clichéd as it sounds, my 'gap yah' really was up there as one of the best years of my life. I had the compulsory 'once in a lifetime' experiences and met people from all over the world, which meant I returned home feeling confident with a readiness to tackle whatever 'Freshers Week' could throw at me. Having never been someone who struggled to make friends, I knew I wouldn't be home sick - I'd just spent a whole several months away from the place! I thought the 'gap yah' lifestyle of friendships, drinking and partying was set to continue. Nearly all of my friends from sixth form who had gone to uni the year before seemed to be having the time of their lives.

But, the year didn't pan out as I expected. Although all the girls in my flat were friendly (and I still see them now), we all had different interests. Several of them didn't enjoy nights out or the 'drinking culture' which, while fine for them, didn't really suit me. Just when I thought it couldn't get any worse, my closest friend ended up leaving the university before Christmas for personal reasons.

When imagining setbacks I might encounter at university, I'd considered untidy flatmates or gaining the 'Freshers 15', but I never thought I'd struggle with making friends. Instead of taking positive actions to combat this, I spent the evenings talking to my friends at home or looking up options to transfer universities. After Easter, I decided to give Leeds one more chance and I'm so glad I did. My second year and subsequent year abroad were fantastic and I've now made some really close friends in Leeds. So here are some ways to make the most of your first year.

Join societies. I made some of my best friends at uni through societies, and Academic Societies are a great way to get to know people on your course- especially if you're studying a large course that doesn't involve group work or has very few contact hours. If you can't find anyone to go with you, go anyway. People will be pleased to see you; they want their society membership to increase and will encourage you to join. Remember, there's no obligation to join - give it a go and if you're not sure, reflect on it and make your decision later. One of my friends destroyed two scarves before realising Stitch 'N' Bitch wasn't for her!

When my closest friend ended up leaving university, I didn't really have many left. But it helped me to find that my perfect balance of friendships is having housemates, course friends and then also society friends. If you have different groups to hang out with, it saves arguments and gives all your relationships space. Also, if, for whatever reason, a friendship stops working, you have others to fall back on or even vent to.

Be welcoming to everyone. We've all been guilty of judging someone before we know much about them. Don't dismiss someone just because they don't drink or because you think they drink too much. Friendships depend on more than just drinking, eating, and social habits, and they take more than just one 'Freshers' week to build- two of my course mates are best friends and one uses water as a mixer while the other doesn't drink!

Don't be afraid to ditch your friends. Not to contradict the previous point - obviously don't ghost or ignore someone - but it's okay to faze out a friend. You don't want to end up having to sit next to someone for three years, or worse, living with them, if you feel there's no real connection. If a friendship isn't working (and some

of them won't!) you don't have to stick around until the bitter end. And let's face it: the other person is probably thinking the same thing!

Social media portrays 'Freshers Week' as the big week during which you'll make friends for life. Of course this won't happen for everyone - it's an unrealistic expectation. Be sure that not everyone is having the time of their lives and you shouldn't feel pressure to do so either. Go out every night if you want to, but don't feel you have to. It's not like 'Freshers Week' is the only opportunity you'll get to have fun at uni- most students enjoy their second year more than their first anyway! Don't worry if everything doesn't go well right away. I thought I knew everything starting uni after a year out but I forgot that I started my gap year on the verge of tears listening to what I thought were rats in the roof (they turned out to be 300 bats) and that it took about two weeks to really settle in and start enjoying myself.

Lastly, ignore all of the above and enjoy yourself. Everyone's Freshers' experience is different and there's no need to feel pressure. You've got months ahead of you. Just don't spend your whole loan at once!

Group Chats on Social Media: Friend or Foe?

The Gryphon explores the pros and cons of group chats on social media forums, their effects upon friendships, mental health, and our collective social interaction.

Stephanie Uwalaka
Features Editor

Group chats with people you know well are wholly unlike the chats you have for, say, the group presentation for that module you don't care too much about. The chat name probably stems from a joke from a night out over a year ago, and the number of GIFs and memes, if printed onto paper, could easily produce a juicy 600-page book.

Whether you're a fresher or not, being a part of a group chat on various social media platforms plays a big part in the way we now choose to communicate. Group chats can be a great way of staying in touch with multiple friends, colleagues, and family members without having to put in too much effort. However, they can also be a source of social anxiety or F.O.M.O (Fear Of Missing Out), and, indeed, seem to make us even more distant from each other than ever.

There are a range of positives to group chats. Most obviously is the small amount of effort it takes to stay in touch with a group of friends, and especially the ease with which it allows you to immerse yourself in different friendship circles. However, in this way, there is an inescapable level of isolation to group chats. You may be someone who always reads the chat, but rarely contributes; you may be someone who sometimes leaves one too many messages unread; you may be someone who sends too many messages. Whatever the case, it's easy to find yourself being heckled by other members of the group and, at worst, experiencing a degree of social anxiety.

"Although social media chats are an excellent medium to stay connected with people wherever we are and at any time, it is all too often we find that we are 'too busy' to meet up in person."

According to student mental health charity, *Student Minds*, 75 percent of students experiencing mental health difficulties talk

to their friends about their mental health, demonstrating just how important having a safe space to talk to friends either in a group or individually can be. In contrast, only 25 percent of students who think they may be experiencing mental health issues would seek support or help from friends and only 26 percent from their families: the same amount who would also seek help from a GP. Therefore, staying in touch with friends and family is crucial for having strong support networks, regardless of your mental health situation.

Mental health charity, *Mind*, state that as students are at a higher risk of mental health problems, the lack of a reliable support network can contribute to increased risk of mental health problems emerging at university. In terms of social media, group chats may get in the way of people being able to openly talk about mental health and get the support they need, as they are part of a largely virtual, rather than realistic, social network.

These kinds of issues, namely to do with mental health, which may not be immediately evident from using social media, could arguably be one of the its most negative traits. As we are increasingly encouraged to stay more and more in contact online, we seem to have less and less opportunity, or rather willpower, to truly express ourselves. Our newfound ability to edit, delete, and react to everything we post has seen us lose the benefits of having conversations in person with friends and loved ones.

So although social media chats are an excellent medium to stay connected with people wherever we are and at any time, as well as organising a place and time to meet up with friends, it is all too often we find that we are 'too busy' to meet up in person. The group chat instead becomes our only means of 'meeting'— a saddening thought concerning our increasing reliance on technology.

Not to mention, there is a level of passivity in the use of group chats, considering that you are added by a friend, and you can read messages as

and when you please. This can place some strain on maintaining contact with others, especially given the fact that you can now see who has read

"Although relationships change naturally, the role of technology has also altered how we view the effort we appear to put into maintaining friendships— a perspective which can at times not entirely match reality"

what and when, an indicator that can be taken by some as a gauge of the level of commitment to the friendship, relationship or ten-credit group presentation. Imagine using such a system to judge our friendships in real life; such social anxiety would never have arisen were it not for the once hilariously-titled group chat. All in all, being at uni and aiming to stay in touch with family and friends from home can, from time to time, mean a lot of effort. Although relationships change naturally, the role of technology has also altered how we view the effort we appear to put into maintaining friendships— a perspective which can at times not entirely match reality. Group chats are an easy way to stay in contact with groups of people we know without too much hassle and time. But they can hide a multitude of changes in the way we are now communicating with one another—that is, by reading conversations instead of having them, subtly changing friendship group dynamics, and perhaps discouraging us from taking the time to catch up with the people we care about in person or, indeed, one to one.

It is worth remembering that it is important to make sure we make time to connect with one another on— as well as offline.

For mental health support at Leeds, please contact Student Services at 0113 343 8877.

Image: Shutterstock



Businesses you can (dis)count on as a fresher

...because the more you save the more you can rave!

Chloe Pryce
Business Editor

You spent £30 too much on VK's last night, never mind what you spent on taxis and entry. You'd really like a huge pizza to sort out the hangover, or even just some toast, but your flat hasn't managed to get to town to find a cheap toaster yet, never mind a kettle for a cup of tea (both 10% off at Curry's). The cherry on top, your student loan hasn't come in yet. Something your grades that got you into this Russel Group University didn't prepare you for was budgeting.

Good news, firms want to do as much as they can to keep getting your business, even if that means cutting a slice off the price for you. Whether it's makeup, munch or magazines, as a student you're much more likely to get a good deal. Here are just some of the best discounts you can get your hands on as a fresher.

Starting with the thing closest to our heart, food. Firstly, Sainsbury's is offering £21 off your first £70 shop. A slightly pricey food shop, but as a self-catered fresher you might want to splash a little extra and get all your staples in the first week, delivered straight to your door. Considering the likelihood that you will be too hungover to cook, Dominoes offers a 35% student discount, KFC 15% and Red's True BBQ will give you 20% off your meal Sunday to Thursday – just a short walk from Lupton, Devonshire and James Baillie. And since it's the one year you've got an excuse to put on a stone, throw in a Krispy Kreme doughnut for dessert with 20% off.

Not that you'll want to leave Leeds during freshers' week, get prepped early with a free 4 year railcard when you open a Santander student current account, saving you 1/3 off all

rail journeys. You'll be thankful for this when November comes around and you're wanting to go and visit your friends at other universities. Even if the current account doesn't appeal to you, get 12% student discount off a railcard or 10% off National Express. As for travelling within Leeds, if you've never had the joys of using Uber, get £10 off your first ride.

Getting to your introduction lectures in fresher's week is never going to be easy, but order yourself a free Red Bull from savestudent.org and it'll make it that tiny bit easier. Even better, treat yourself to a free KFC wings or popcorn chicken, well-deserved after making it anywhere near a lecture room during fresher's week.

As for everything else, get your 6 month free trial on Amazon Prime and order away.

The Brexit Effect

Business Editor Charlie Harrocks gives us the run down on how Brexit could harm the international nature of higher education.

Charlie Harrocks
Business Editor

In the wake of the controversial EU referendum, headlines about Brexit seem to be ubiquitous. Brexit has the potential to affect almost everything to do with our economy, and anything international. That includes Universities, and us, the student population. In particular, leaving the EU is going to change studying abroad as we know it.

Predictably, it is going to be more difficult for EU nationals to study in the UK. This could be a cause for concern for the government; higher education is an important export, and a source of income. 'Universities UK' calculated that 5.5% of the entire UK student population between 2012 and 2013 were International students from the EU, contributing £3.7bn to the UK economy, and creating 34,000 jobs. That number of EU students is set to fall dramatically following Brexit, as EU nationals would then be recruited as international students, meaning their tuition fees would significantly increase. Furthermore, new analysis shows that as a result of Brexit, visa restrictions limiting the number of international students coming to study in the UK could cost the country up to £2 billion a year.

Student visas have been a source of controversy of late; as home secretary Theresa May imposed stricter visa conditions on international

students with the view that student visas could be used as a 'back door' way into the country for immigrants wanting to work in the UK. In October Current home secretary Amber Rudd also presented a possible two tier system whereby tougher restrictions on visas would apply to international students enrolling in "lower quality courses". Consequently, the number of international students coming into the UK has fallen (41,000 fewer students came to the UK to study long term last year alone) and this number is set to increase as Brexit tightens its grip around visa acquisition.

This works both ways. UK students are also likely to have a more limited opportunity to study abroad in the EU. Domestic rates will no longer apply after Brexit, making it more expensive. For example, Maastricht University in the Netherlands recently stated that tuition fees could rise for UK students from £1,600 to between £6,300 and £8,360. It is also possible that UK students will no longer be eligible for the Erasmus exchange programme funding. Furthermore, it is yet to be seen whether it will be difficult for British students to acquire a study visa for countries in the EU.

The silver lining is that with fewer international students coming to the UK, it could be easier for domestic students to get into university, thanks

to vacancies left by the fall in international students. However, Brexit poses an unwelcome threat to the international, cooperative nature of university, and a potential obstacle in the way of studying in a foreign country.



Spend a Penny, Save a Pound!

A guide to food shopping for freshers

Julia Constable



Whilst Freshers' week can cost you a pretty penny purchasing tickets for the best events in town, it's also a good time to start saving and becoming a little savvy when spending your student loan. Here at *The Gryphon*, we've got some tips on how you can make the most of your cash when it comes to food shopping. Whether you're living on campus or further out from the city centre, we've got all the recommendations you'll need to make the most of your student loan this Freshers' week.

Top tips to live by: don't be afraid to ask if a store has student discount and don't go shopping on an empty stomach. It's always good to shop around and compare prices before committing to purchasing anything. Whether you're shopping at big brand stores or local grocery shops, it's a sound idea to hunt for any extra perks retailers may be offering to students to beat the competition. Secondly, impulse buying is a no go: the morning after the heavy night before can leave you feeling worse for wear, particularly when you find out you've eaten all of your emergency food rations. This is the worst time to shop as you're likely to impulse purchase the entire snack aisle, spending a week's food budget on microwave meals and convenience food.

To avoid overspending at the supermarket, make a list of the essentials you need and stick to it as closely as possible. Bargain hunting after 5pm is a great opportunity to find a good deal: during the evening before closing, big brand supermarkets offer discounts of up to 75% by marking perishable products with yellow reduction stickers, so be sure to look out for these. Currently, Morrisons is one of the only supermarkets that occasionally offers student discount, although it's not always year-round. With a valid student ID and the code from the UNiDAYS app, Leeds students can often get a 10% discount off their food shop and it's also good to download the app to browse other discounts available for cash-strapped students!

"Top tips to live by: don't be afraid to ask if a store has student discount and don't go shopping on an empty stomach."

If you're lucky enough to live on campus, take advantage of the independent cafés and stores on your doorstep. Bakery 164 is popular for students, offering reasonably priced, healthy fast food daily. Likewise, The Smoothie Company hidden opposite Parkinson Steps does a great range of freshly made sandwiches and smoothies...although some items can be pricey, the freshly made smoothie of the week is £2.50, a small price to pay for a healthy kick to revive you during Freshers'. For others living further out in the Tannery or Sentinel Towers, smaller convenience stores like Nisa or Tesco Express can sometimes be expensive, so we'd recommend considering online shopping to get the best deals online delivered straight to your door. Look out for the price promise guarantee on branded goods as supermarkets sometimes

offer money-off vouchers if the comparable shop was cheaper elsewhere and if you split your delivery between you and your flatmates, you're likely to save more on delivery costs.

Last but not least, it's worth investing in a Refresh Card. Although you may begin the year with the best of intentions, inevitably there will be days when you just can't face cooking anymore. With a Refresh card, you can get discounts off food on campus and if you're a big tea or coffee drinker, there's 10% off hot drinks and your 11th drink is always free! It's a great way of guilt-free spending by collecting reward points to spend later – happy shopping!



UNiDAYS



What is brewing in the Leeds laboratories?

Dedicated researchers and PhD students at the university spend hours daily trying to understand and improve on the world around us. The research at Leeds covers an enormous spectrum of topics between the faculties, from medicine to design, environment and more. Here, we shine light on a select few of the interesting and important discoveries made in the Leeds labs this year.

Louise Muller
Science Editor

Stay in shape with enough sleep

An interdisciplinary team from the School of Medicine studied 1615 adults in the UK over 4 years with a focus on sleep, diet and metabolism. The study confirmed that people who sleep longer both weigh less and have a smaller waist measurement than short sleepers. Sleeping for 6 or less hours a night was associated with, on average, a 3 cm bigger waist line. The long sleepers, in addition, had a higher level of high density cholesterol ('the good cholesterol') compared to people who slept less. Together, these are all factors that strengthen the evidence for sleeping patterns having a role in the development of metabolic diseases, such as diabetes, so make sure to get your snooze this autumn!

Watching the world melt

After a giant iceberg broke off the Antarctic ice shelf earlier in the summer, Dr Hogg, from the Centre of Polar Observation and Modelling, has been part of a project tracking the journey of the iceberg A68 using satellites. The ice berg was approximately four times the size of London when it broke off, corresponding to a 10% loss of the largest remaining ice shelf in Antarctica. In a report in Nature Climate Change, the events leading up to the massive calving are described, along with details of the iceberg's subsequent journey and predictions about environmental implications. While we may never know if the calving event was due to natural causes or environmental change, the satellite tracking will provide important information about the behaviour of glaciers and ice shelves in response to such impactful events, crucial for understanding the development of our climate in the future.

Waterproof at the cost of environment-proof?

Scientists in the Sustainable Materials Research group at the School of Design has recently published an article about the environmental impact of every Brit's favourite garment: the waterproof jacket. In addition to evaluating various new fabric technologies, the team interviewed 575 participants about their waterproofing experiences. Fluorocarbons have been used extensively in the waterproofing of fabrics, but recently, concerns about their toxicity to both humans and the environment have been raised. While some manufacturers are hesitant to switch to friendlier technologies due to poorer protection against e.g. stains or grease, the Leeds study confirms that most people are indifferent to these properties and just want to stay dry in the eternal drizzle, which is entirely possible also with the use of environmental friendly technologies.



Texas A&M University

If this has sparked your imagination or tickled your mind, here are a few ways to getting involved with the science community in and around Leeds:

At the university:

- The Gryphon science section weekly meetings: Mondays 6pm in Old Bar – we're always looking for new and enthusiastic writers and illustrators, no experience needed!
- Be sure to check out all the amazing societies at the university, ranging from BioSoc to MedSoc, ChemEngSoc and EnviroSoc – there's a society for whatever ignites your brain! For new postgraduate students, the Leeds University Union Postgraduate Society hold regular get-togethers when you feel like a break from the bench. Make sure to visit them all during the Fresher's Fair!
- Also for postgraduate students, the PG Hub at the union connects students across faculties and arranges a host of social events throughout the year including Breakfast Club with yoga, PhTea and Be Happy Hour in Old Bar.
- STEM outreach: If you're interested in science outreach to schools or the general public, visit <http://www.stem.leeds.ac.uk> to find out how to get involved. There are plenty of projects available for both undergraduate and postgraduate students to engage in!

In and around the city:

- Leeds Festival of Science: March 3rd–23rd, 2018. Labs and museums in Leeds open up to the public with an extensive program of inspiring talks, demonstrations, science slam, activities and excursions.
- Pint of Science: May 14th – 16th, 2018. Science in the pub – this one's a must!
- PubHD: Explain your PhD in 10 mins in a pub with nought but a whiteboard and your knowledge; and get a drink of your choice for your time! pubhdleeds.wordpress.com
- Science and Media Museum, Bradford: Just a short trip from Leeds, you can explore their new interactive Wonderlab exhibition for some hands-on science games. Until October 8th they're also hosting the temporary exhibition 'Supersenses', which promises some extraordinary sensory experiences to challenge your perception.

Get the Fact Out

Leo Kindred
Science Editor



technology to reveal the truth, but with Vesalius there was no need for technological advance. All it took was cutting open a kidney, and seeing that no such membrane is there. The fault was not in the stars but in ourselves.

I think this is telling. One of the most exciting news stories in science in the last few weeks has been the opening of the European X-ray Free Electron Laser (XFEL). This enables imaging by shooting electrons at super high speed to emit X-rays. These in turn can be used to create pictures on an atomic level to visualise things like atomic bonds being formed and broken. It's a stunning accomplishment and is likely to lead to big developments in medicine and engineering. But without a decent understanding as a society of what constitutes good information and bad information it creates an unpleasant image of the future, where evidence and objectivity are relegated to labs and the rest of us reap the rewards of technology without any further interaction. "So what?", you might say. "I don't need to know how something was made to use it".

True, I'm not saying everyone needs to have a working knowledge of quantum theory or Einstein's theories of relativity. But if there is one thing the last few years have shown us, it's that a society where decisions are taken without an interest in evidence it can lead to disaster. Research suggests time and again people make their political decisions not on the policies proposed, but on how they feel about the person and their own bias confirmation.

Whether it be the election of Donald Trump and his assault on climate change action, or amid Turkey's recent slide into religious conservatism and restricting learning of the theory of evolution, neglecting facts in the political process should be a major concern for all of us because it leads to bad government.

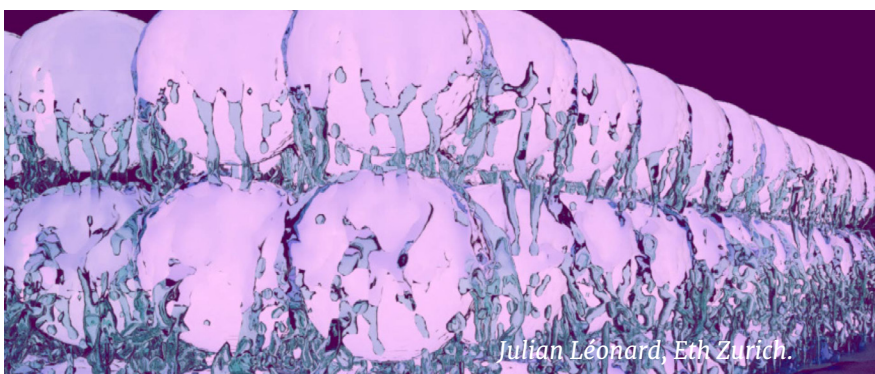
It's an ironic indictment of 21st century life not just that climate change-deniers, anti-evolutionists, and flat-earthers exist, but that they have the sheer bloody-minded audacity to use tools like smart phones, cars, computers and the internet to share their ideas. The objectivity of the scientific process is not just for grand technology like the XFEL or CERN. Without it, we wouldn't have tools like smart phones, cars and computers at all. We would still think there was a filtration membrane in our kidneys, and that vital pneuma filled the air in our lungs. Challenging the status quo of bad reasoning and traditional wisdom has enabled us to make huge advances as humans. We are able to have safe kidney transplants, and medication for our asthma to keep many of us alive where previously we would have died. Respect for facts and objectivity is a strong part of science because it works. If it can send rockets to the moon, robots to Mars, mend our bodies, why not make it a stronger part of our culture in general?

In the current age of post-truth, flat-earthers and alternative facts, it's worth bearing in mind where we would be without objective reasoning. Science as an instrument is the finest honed tool that humans have ever come by to make discoveries. It seems almost weird to think that up until only a few hundred years ago much of the knowledge we had about ourselves, the world, and the universe around us, was arrived at through either superstitious conventional wisdom, or incomplete guess work. Up until the 17th century we didn't know how lungs worked. The classical Greek thinking had it that there was some vital quality in the air, pneuma, which mixed in the lungs and sustained the function of other essential organs. Through to the 16th century the wisdom in renal medicine was that a simple membrane in the kidneys filtered and cleaned the blood. Both assertions are not true, but it took an astonishing thousand years after Aristotle's impressive but flawed attempt to study human biology to get the medical facts right. Why did it take so long? The answer is twofold, and relates to what I mentioned above: received opinion and guessing on incomplete evidence.

The theory of air "mixing" in the lungs was unseated by the invention of the microscope, but the ideas about kidney filtration required something else. Andreas Vesalius, the father of modern anatomy, took the audacious step of describing what he saw, rather than trying to make what he found fit the theories of his contemporaries. With lungs, it took the advance of

Superstates of Matter

Sam McMaster
Science Editor



Julian Léonard, ETH Zurich.

We're all familiar with the regular phases of matter: solid, liquid and gas. I'm sure many of you have heard of plasmas too, a more exotic state of matter similar to gas but where all the particles are ionised. When we enter the weird world of condensed matter physics, things start to get weird for real. If liquid helium is cooled down to a couple of degrees lower than its boiling point ($\sim 271^\circ\text{C}$) near absolute zero ($\sim 273.15^\circ\text{C}$), it enters a state of matter known as superfluidity where it can flow with zero viscosity (resistance to flow). Therefore, it can flow without losing kinetic energy.

Liquid helium can even do seemingly gravity-defying things. Most liquids will creep up solid walls due to surface tension and liquid helium does this too, but then goes further. The flow of the liquid is not restricted by viscosity but by a critical velocity so it's able to flow up the walls of containers and empty itself out of the container.

But wait, there's more! Physicists at MIT have created a supersolid. Using lasers to manipulate a superfluid gas known as a Bose-Einstein condensate, they were able to force the condensate into a rigid crystalline structure while maintaining the zero viscosity flow characteristic of a superfluid. So, when is a solid not a solid? When it's a supersolid!



Freshers Guide to Sport in Leeds

Leeds United

Attracting regular attendances of just under 30,000 each week, Leeds United are comfortably the largest sporting team in the area. Playing their football in the Championship – the second division of English football – Leeds are far from their former glory. With a European Cup final appearance to their name and

three First Division titles in the trophy cabinet, the second division is a certain downgrade. However, it is as good a time as any to get down and watch a game as they are experiencing a recent upturn in their fortunes. Narrowly missing out on a playoff spot last year they are expected to be contesting

in around the top this season. Under the guidance of Thomas Christiansen you can be sure to see some exciting, European influenced football down at Elland Road. Concession tickets start at £21.

Upcoming Fixtures: Ipswich 23/09, Reading 14/10



Leeds Rhinos R.L.F.C

Second to only Wigan in the number of Challenge Cups to their name (13) and with a record 7 Super League wins – the most recent coming in the treble winning season of 2015 – the Rhinos are one of the best Rugby League teams in the country. 2017 has been a good year for the

Rhinos, who will be looking to reach the Grand Final of the Super League this season. Playing their games at Headingley Stadium, they are just a stone's throw away from student accommodation and often have great student deals. Sadly, their season is coming to a close with just

one game on the 15th September at home. However, worry not, as their season will be starting up again in December. Concession tickets start at £13.

Upcoming fixtures: Huddersfield (A) 22/09

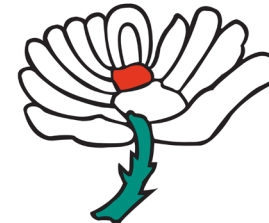
Yorkshire C.C.C

Adjacent to Leeds Rhinos, you'll find 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. The team is nearing the end of the season but have one last fixture in the County Championship from the 19th–22nd

September. At £5 for a student as well, it should be a freshers' week must do.

Upcoming fixture: Warwickshire (H) 19–22/09



Uni looking for Varsity victory

The Gryphon's Sports editors look at the upcoming Varsity



For most sporting teams at the University of Leeds pre-season is well and truly underway and for good reason. Varsity is less than a month away. Every year in early October the University of Leeds and Leeds Beckett clash in a series of sports to see who will have bragging rights for the rest of the year in Varsity.

A quick recap of the thrilling competition last year saw Leeds Beckett winning by one single event to reign supreme 32–31. However, in a

memorable upset, we won on the grandest stage that Varsity had to offer, the men's Rugby Union Finale at Headingley Stadium. Home to both Leeds Rhinos and Yorkshire Carnegie, it was a sell-out crowd with over 15,000 in attendance to witness the spectacle. The final score of 20–9 showed the resilience of our defence, with Beckett being unable to score a try and our boys crossing the line twice.

This will be the eleventh year of Varsity and with over 60 events to compete in you can be sure to find a sport to watch or even compete in from badminton to waterpolo. Most events are free to watch, so go along and show your support.

While most clubs are set to compete on the 3/4 October, American Football, Cricket, Cross Country and Inter Mural Varsity have already completed their matches and Beckett lead 4–2, with our victories coming in the

women's Cross Country and Inter Mural Varsity. Commiserations to both the men's and women's cricket teams who lost in tight games by five and 14 runs respectively.

Hopefully we can build on the strong performance of last year and finally claim a maiden victory in Varsity and another victory at Headingley. Don't forget to get tickets for the finale at Headingley, as it is an event not to be missed.

LEEDS VARSITY

Social Sport at Leeds

There is plenty of sport available at Leeds to get involved with, with over 80 different sports related societies for you to get involved in, from sports you are probably familiar with like football all the way to more extreme sports like windsurfing. Continue with a sport you love or try one out that peaks your interest with countless Give-it-a-Go taster sessions running through September and October.

However, if joining a club isn't for you then why not give social sport a try? Social sport, whilst running weekly, is non-committal. If you have a deadline one week, then you can give it a miss and pick it straight back up the next week. It's a great way to meet new people and stay fit in a non-competitive environment. Don't worry if you don't know the rules because there will be other people in the same position and an instructor to help you all out.

One of the best things about Social Sport is that for people living in halls of residence it is completely free via the included Edge membership. So why not give it try!? Sessions include women's zumba, women's netball, women's badminton, men's futsal and mixed touch rugby, and these all take place on campus. To find the dates and times for these sessions, visit sport.leeds.ac.uk/sport/social/.

Social Leagues are another great way to experience sport at Leeds with 5, 7 and 11-a-side football, netball and 5-a-side hockey being on offer. Simply choose a sport, gather enough people and register at <https://sport.leeds.ac.uk/sport/social-leagues/>. Your team can be made up of your housemates, people on your course or a mix of everyone you know. You can even ask your departmental society to see if they can get some kit sorted out. Hopefully you can come up with a better name than 'Class on Grass'!

Think your accommodation is better than your friends? The Gryphon Halls Cup gives you a chance to prove it! Each month there will be a new sport for your Hall to compete in and at the end of the year the one with the most points will be crowned the victor.

Don't worry if you think you're not good enough because points are awarded not only for results, but also given for participation and engagement/enthusiasm in other activity within sport/physical activity.



FutureLearn

Ultimate Frisbee

The Gryphon Sports had the chance to speak with Jonny Bolton and Alice Hanton, President and women's captain of the Ultimate Frisbee teams.

So, most people know what a Frisbee is, but what exactly is Ultimate Frisbee? I have heard people describe it as a cross between netball and American football.

J: The pitch is about the size of a rugby pitch. It's seven a side, non contact and you have to catch the Frisbee in the endzone to score and you can't run with it, so you have to pass it to your teammates.

A: It is similar to netball because you can't run when you have the disk, and to American football since you have to catch it in the endzone. I've heard that before and I think it's fairly accurate.

You had a fantastic season last year with all your teams going to nationals. What were your personal highlights?

A: For me, the women's team did really well on the regional level, winning both indoor and outdoor Northern uni regionals. At nationals, the competition was a bit tougher, but we still finished quite respectably; indoors 8th and outdoors 10th, which nationally is still decent, so I was pleased with that, especially considering we have quite a few inexperienced players who had only started playing last year, so they did really well.

J: For the men's, we have a BUCs league instead of regionals and we qualified for Division 2 Nationals and went onto finish 7th in both, which was a good season. It was actually the same as last season, but we are hoping to build on that and get into Division 1 and push for the top 10. However, I would say that the mixed was our best last year, coming 2nd in indoors and 7th in outdoors.

You've also recently had some alumni be selected for England U24s. What do you think this says about the level that the club is performing at?

A: Yeah, that was really good. In previous years, we've had people selected as well and this year we have three alumni in the team, who are going to be playing in Perth at the World Championships this January. This is great for our club; for beginner players, seeing what they can aspire to, and reflecting on us as a club, that we can produce players of that standard.



Nicolas Peters

J: We've also got Nicolas Peters who plays for Ireland Senior Men's. He's a really good presence in the club. With the U23s players, when freshers come and they see these people are playing internationally, they know that you can go somewhere in the sport, so we're really grateful to have them within the club. Hopefully the freshers this year see that and if they aspire to be that good, then hopefully they can be.

A: Also, a lot of these players only started when they joined uni and that's when most people start playing, so to see that's how far you can go is really cool. We also have Robert White who plays for GB Senior Mixed at the last Worlds.

Finally, where can people go to find out more about the society?

J: We'll be at the freshers and sports fairs, on the 19th and 20th September, so come chat to us there. We have a Give-It-A-Go taster session on 24th September 2-4pm at Hyde Park. We'll have people at Parkinson Steps to meet beforehand if you don't know where Hyde Park is and it's open to everyone, no experience required. Also, our facebook group (www.facebook.com/leedsuniultimate) is a good place to get information. We post everything we are going to do there.

FRIENDSHIP
PASSION
PRIDE

LEEDS VARSITY

WEAR
YOUR
COLOURS

30th Sept
3rd Oct
3rd Oct
4th Oct
4th Oct

Parkrun
Hockey
Netball
Varsity Day Festival
Rugby Union Finale

www.leedsvarsity.com




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