



THE GRYPHON

The official newspaper of Leeds University

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Image: Anna Daggett

Professors Picket Parkinson

Members of the Universities and College Union were protesting the introduction of what has been dubbed the 'Sacker's Charter'

Rabeeah Moeen
News Editor

Staff at Leeds undertook industrial action this week, on Wednesday, Thursday and Friday.

Members of the University and Colleges Union are protesting against a proposed change to University Statutes. The new policy, dubbed the 'Sacker's Charter,' would allow employees to be dismissed under the reasoning: 'Some Other Substantial Reason.'

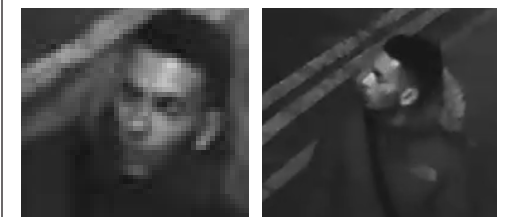
Picket lines were held across all university entrances, from 7am to 11:30 am every day of the strike. Members of the University and Colleges Union, who had announced the strike, held signs and chatted to students outside the Parkinson Building on Wednesday. There were placards pronouncing the 'Official Dispute' with University management, in addition to homemade cards bearing slogans such as 'substantial reason to strike.'

There has been a noticeable presence of UCU members getting actively involved, including displaying posters in lectures, in a bid to engage students with the strike action. A student briefing on the strike claims the new statutes are: "a threat to the very heart of what a University is about."

A petition calling on the University to withdraw the changes has reached more than 1,500 signatures at the time of writing.

Story continued on Page 5.

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Acid Attacks Policy Scrutinised

We ask whether the government are doing enough to minimise acid attacks

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Massacre Sparks Stock Rise

Business explore why gun purchases rise after mass shootings

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Marching Out Together

Sports meet Leeds United's LGBT+ supporters group

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Editor of the Week

Adriana de las Cuevas

Adriana has worked tirelessly these past few weeks to try and build the photography section of *The Gryphon*. The uptake she's achieved has been phenomenal.

Quote of the Week

“Racism’s the only thing he’s fantastic for. Cause that’s how he gets his fucking rocks off and he’s orange”

Eminem to Donald Trump

Credits

Editor-in-Chief ~
Reece Parker

Associate Editors ~
Nancy Gillen
Robbie Cairns

Digital Associate ~
Juliette Rowsell

News ~ Rabeeah Moeen,
Ian White, Jonny Chard

Society ~ Lara Groves

Features ~ Esther Marshall,
Somya Mehta, Stephanie Uwalaka

Views ~ Lauren Walker,
Helen Brealey, Kane Emerson

Science ~ Sam McMaster,
Leo Kindred, Louise Muller

Business ~ Charlie Harrocks,
Chloe Pryce

Sport ~ Ryan Wan, Elliot Van Barthold

Satire ~ Chris Tobin

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Jenny Thomas, Carys Norfor

Editor’s Letter:



Dear Readers,

After being told by my associates that people don’t want to read about my impending newspaper related breakdown, I’ve decided to talk about a topic this week which has dominated campus life, that of the strikes across the university.

As I’m sure you’ll all be aware, either from the front of this paper or by the disruption around campus this week, the Universities and College Union (UCU), are striking due to the introduction of ‘Some Other Substantial Reason’ as a reason to dismiss staff. Much has been made of this process, both from the union aiming to explain the reasoning behind the decision to strike, or the university defending the introduction of the new policy. Rather than add to the already loaded debate, I’d rather take the opportunity to discuss the importance of striking as an act of political rebellion in our age of society.

Whether you agree with striking or not is normally hinged upon how you feel you should deal with issues which arise on a macro scale in society, be that in the workplace or the government. Some people, those who reject striking as a concept, argue that the most simple and efficient way to achieve change is by working through the parameters set by those in control. These people argue that we must go through the official channels, and that, due to a general

‘march of progress’ ideal, we will reach the best achievable goal for everyone.

I would argue that such a view is incredibly rose-tinted, and is predicated on the assumption that those in power want the best for every individual. I believe the only valid position to take is one aligned with Henry David Thoreau in his seminal essay ‘Civil Disobedience’. Thoreau writes

‘We should be men first, and subjects afterward. It is not desirable to cultivate a respect for the law, so much as for the right. The only obligation which I have a right to assume is to do at any time what I think right.’

This, in essence, is the crux of Thoreau’s entire essay. If we try and negotiate with the controls that governing bodies set for us, we will never break free from their chains. The only obligation you have is to do exactly what you feel right.

Whatever your opinion of the strikes on campus this week, you should never doubt the power and importance of striking itself. In a culture which is continually extending the constraints placed upon individuals, striking is a valuable form of civil disobedience. Protect it at all costs.

Reece Parker,
Editor-in-Chief
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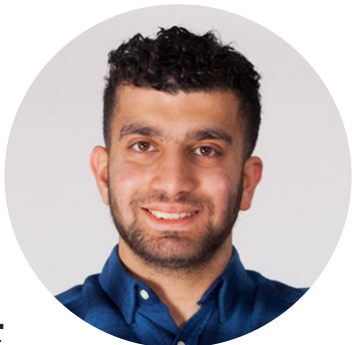


Jack Palmer-
Union Affairs Officer

Recently, I went on BBC Radio Leeds to speak about why it was insulting for Jo Johnson to say that students ‘don’t know how to live frugally’, and how for many poorer students being let down by the University funding system, living frugally is not a ‘lifestyle choice’, but an everyday reality which impacts on their academic studies and mental health.

We’ve secured funding to refurbish a 1970’s Chilean Mural, which was discovered in the foyer during the Union Upgrade last year! An artist will be paid to restore it and we’ll be planning some activities celebrating how Leeds University provided a refuge for students fleeing the Pinochet Regime, which is all the more poignant considering today’s refugee crisis.

Coming up, the Exec will be working with all of your student Reps at the ‘Change Summit’ training day, and we’ve got the first planning meeting for this year’s Leadership Race. We’re also approaching our Autumn Better Forums! If you want LUU to campaign on an issue important to you, or the University to improve your academic experience, or you want to improve life for students living in Leeds, this is your moment. Simply click ‘Representation’, then ‘Your Ideas’ on our website and tell us your idea. Deadline for ideas is Monday 23rd of October, so don’t miss out having your voice heard!



Zaki Kaf
Al-Ghazal-
Education Officer

Reps Reps Reps! This week we’ve been filling the rest of the undergrad School Rep vacancies and we have a BIG event next week called Change Summit which we as an Exec have been preparing for.

It’s all about ensuring that all Reps at Leeds University Union get the training they deserve and are inspired to make change. It’s also an opportunity for all the different Reps to get to know one another. As School Reps need to be working well with their academic societies and need to understand the diversity in their respective schools, having the Activities Exec and the Lib-Cos there is important. Making change is a holistic process; all Reps have to know and understand one another, so the Change Summit is a great opportunity to facilitate this!

I’m preparing for next week’s DSE International event where I will give a presentation to academic staff from across the university. The Deputy Vice Chancellor for Student Education as well as all the Pro Deans, Heads of Schools and Directors of Student Education will be there for the Education Officer’s annual presentation on aims and objectives. It’s a fantastic opportunity to gauge the opinions of various staff across the university and really engage with the different faculties all at once.



George Bissett-
Community Officer

A lot is happening right now in terms of community at LUU. Firstly, applications for Community Reps closed and I’m in the midst of interviewing (I’m actually writing this column in between interviews). I’m very excited to get people in the posts and start working to make Leeds a better place to live for students.

Secondly, Chloë and I met with managers from Unite Students who assured us that they will be introducing free laundry for students in James Baillie and the Tannery for next academic year. It’s a good start, but I believe if enough students kick up a fuss, every student halls in Leeds will offer it. So if you’re in a halls not owned by the university, send an email to the company who manages your accommodation and demand that laundry be included with your rent.

Finally, the Leeds Community Project are focusing on Rate Your Landlord. You might have even been approached by one of our Outreach Workers asking you to submit a review on the site. If you don’t know, Rate Your Landlord is, surprisingly, a website where students rate their landlord, and others can access the reviews when house hunting so they know who comes recommended and who would be better avoided. Got a spare few minutes? Submit your own review on rateyourlandlord.org.uk and help lead students towards better housing!



Jess Bassett-
Activities Officer

Hey Guys!

Freshers is over but that doesn’t mean the fun stops. The GIAG programme is well and truly underway and it’s been great seeing so many students getting involved in everything – from quidditch to sign language. Just a reminder that there are so many society events still to get involved with as the term 1 programme runs until December.

I just want to say a massive well done to all the hardworking committee members who have ran these events and best of luck for the rest of the semester. I am really excited to see presentations at the new society formation day next week, be sure to keep a look out for some fresh activities in the union coming soon!

Listening to students requests I have worked with the union to remove the fee for societies using electricity in The Edge during Fresher’s Fair, eliminating this cost barrier for students in the future. It might seem a little premature but we are starting to work for plans for refreshers fair in January so any feedback/ideas to improve, please drop me an email or come and see me in my office. I would love to know your thoughts in order to make everyone aware of our amazing societies we have here at Leeds!



Natasha
Mutch-Vidal-
Equality and
Diversity Officer

This week we had our first two events of Black History Month. Our ‘self care day’ on world mental health day and our ‘rep your nation’ event where we served free Caribbean food. It was so exciting to see these events come to life and have a great turnout so thanks for coming through !

Next week we have our cinema screening in pyramid where we will be exploring local sound system culture in Leeds with the film Babylon and a Q&A with the director. We also have a discussion on Black spirituality where we are inviting academics and experts to consider traditional African philosophies so watch out for that!

This week I interviewed a intercultural psychotherapist about what role barbers play in male mental health as many see their barbers as someone that they can open up to. I believe that, given the right tools, barbers could help clients before they reach crisis point by signposting to professional services. We will be discussing this in more depth at our event on the 24th October- ‘Black masculinity: Shape Up Man Up’. Make sure you get your hands on our free mugs and badges available around the union, the exec office and in our pop up Black History Month space opposite Santander !

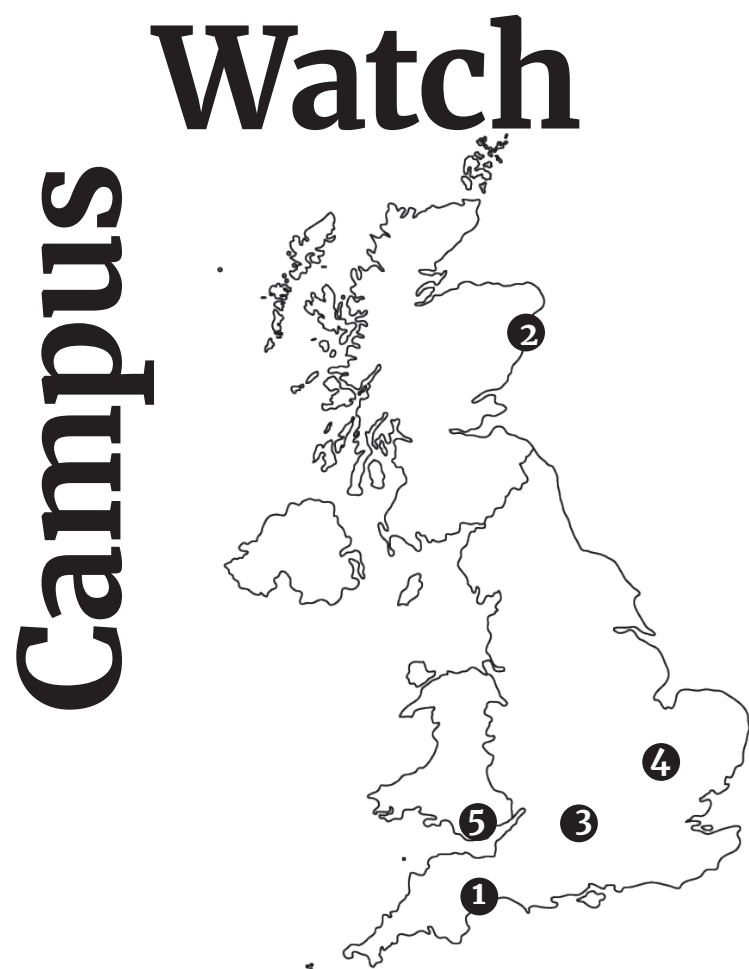


Chloë Sparks-
Welfare Officer

When it comes to representing your welfare I don’t just work with LUU staff. I get to work with University staff on improving welfare services, voice student opinion to them and sometimes lobby them to change when they’re being reluctant.

Recently, thanks to the help from a member of the Student Support team, I have secured a funding win for students. Soon with outside funding, LUU and the University will be able to push forward work to tackle hate crimes against students and increase bystander reporting. Although I’m not the Community Officer, I also get to work outside campus to represent students. Over the next couple of weeks I will be working with Leeds City Council and charities to work on domestic violence. I plan to make sure students are included in these discussions and to promote campaigns on campus. However most importantly I also work with students. Whether this is discussing your views, helping with your events and campaigns, you are all by far my fave people to work with.

If you would like the chance to do this, message or email me to find out how you can be a Wellbeing Rep before Wednesday 18th October!



Watch

2 University of Aberdeen Aberdeen Principal: "I'll not admit poor students just to hit targets".

Sir Ian Diamond, principal at the University of Aberdeen, has hit back at claims that his institution is not pulling its weight in light of statistics showing that his university has the worst record in Scotland for admitting disadvantaged students.

He also criticised the formula used by the Scottish government to assess student backgrounds, claiming that by focusing on students from the poorest 20% of postcodes in Scotland, the formula ignored rural poverty and put universities not in large cities at a major disadvantage.

Only 4.3% of Aberdeen students come from these postcodes. If the university fails to raise this number beyond 10% by 2021, it could be hit with fines under new rules.

Ian White

4 University of Cambridge Cambridge University fund under pressure to ditch fossil fuels.

The long standing and close financial relationship between Cambridge and the fossil fuels industry has been sharply criticised in the latest in a series of clashes between the university and campaigners.

Sixty leading academics have warned Cambridge, urging the university to give up its significant investment from the fossil fuels industry or face serious damage to its finances and reputation.

Academics including Rowan Williams and Noam Chomsky have stepped up efforts to push for action on carbon-intensive investments that are "incompatible with the Paris climate agreement".

It has been estimated that the Cambridge divestment fund has invested around £370 million in fossil fuels.

According to a freedom of information request submitted in 2015, Cambridge received £15.8m in funding from six carbon-intensive companies between 2009 and 2014.

Ian White

1 University of Exeter University of Exeter students to face investigation after mocking sexual assault and the Las Vegas attack.

Students at the University of Exeter have been put under investigation after wearing hi-vis jackets with swastikas, messages mocking rape and crass comments referring to the recent tragedy of the Las Vegas mass shooting.

It comes after the university had just been granted £100,000 from Sir Christopher Ondaatje to support the cricket programme the institution runs.

Written on the tabards were controversial 'jokes', including one student who had "floor 32" emblazoned across the back of their tabard – a reference to the Mandalay Bay Hotel where Stephen Paddock opened fire and killed 58 people.

Leaders of the social event, which was held by Cambrone School of Mines, urged the next morning for students to destroy the tabards.

Messages sent to the group chat read "Whatever you do, do not wear your high vis from last night to your practical. This is for your best interests".

A spokesman for the university said "The University of Exeter and Falmouth Student Union (FXU) have a zero-tolerance policy towards racist, misogynist or similarly highly-offensive behaviour of any form.

"An investigation was launched immediately and the consequences for anyone found to have breached our code of conduct will be determined by our disciplinary processes".

Beccy Hutchinson

3 University of Oxford Oxford college bans Christian Union from fresher's fair.

Balliol Christian Union was told it was not allowed representatives at a fresher's fair because the college's student body (JCR) wanted the fair to be a "secular space".

A multi-faith stall was allowed to hand out leaflets, but nobody associated with the Christian Union were permitted to attend.

A motion has since been passed accusing the JCR of "barring the participation of specific faith-based organisations" and describing the step as "a violation of free speech [and] a violation of religious freedom".

In an email exchange with the Oxford student newspaper JCR vice chair Freddy Potts allegedly justified the decision, claiming "Christianity's influence on many marginalised communities has been damaging in its methods of conversion and rules of practice, and is still used in many places as an excuse for homophobia and certain forms of neo-colonialism."

Ian White

5 Cardiff Metropolitan University Cardiff Met plans to increase student numbers, while also cutting 100 jobs.

Concern has been raised regarding plans for 100 job losses at Cardiff Metropolitan University as the announcement has had no effect on the university's plans to continue to increase its student intake over the next 5 years.

A summary of the university's strategic plan shows an intention to reduce staff pay as a percentage of its income from 62% in 2015-16 to 55% by 2022-23.

An academic member of staff in the School of Education at the university's Cyncoed campus said: "I am really concerned about our future under the new plans being put forward by the university.

"We keep being told that the university has no extra money to give us a proper pay rise yet they can find money to pay for new senior management. All this at a time of massively decreasing student numbers across the university sector and worries about future funding for all universities."

However the university insists its strategic plan is financially sustainable and will have no negative impact on the quality of teaching.

Ian White

Tories Cut Ties With University Groups

Freya Kerr

The Conservative Party are cutting their ties with all university groups after a number of incidents caused negative backlash towards their party. It follows a recommendation from an internal report and suggests the party is trying to distance itself from embarrassing past actions from student members.

These incidents are not just a recent development, and have been happening since the 1980s.

In 1980 the Federation of Conservative Students (FCS) was abolished due to a riot at Loughborough University and terrorising of the former Prime Minister, Edward Heath.

In 1986 the FCS was once again shut down after Harold Macmillan, the former Tory Prime Minister, was blamed by a member of the FCS for being involved in war crimes during WW2.

In 1998 Conservative Future was

created. This was aimed at getting young members involved with the Tories. However, it ended tragically when activist Elliott Johnson took his own life due to bullying. It was shut down after the 2015 General Election.

Furthermore, recent events have catalysed the decision being reached. These included a student of the Cambridge University Conservative Association burning a £20 note in front of a homeless man while being filmed, which went viral in February. The student was subsequently expelled from the association. Another high-profile incident included a group of Conservative association members at St Andrews University, who in 2011 burned down an effigy of Barack Obama.

According to the HuffPost UK, a confidential report by the Conservatives has stated that “risky student politics” must be eliminated from the party completely, otherwise the Conservative

brand could be tarnished by the action of it’s student accossiations.

In this report, they also urged that the Conservatives non-student youth wing must be brought “firmly” under the control of the party. This would mean they can decide on punishments if needed.



Daily Mirror



Jonny Chard
News Editor

Following an article published in *The Gryphon* last week, Police investigating two sexual assaults in Woodhouse have arrested and charged a man in connection with the assualts.

Azrael Bell, aged 22, was arrested last Friday in connection with the sexual assault of a woman on Woodhouse Lane in the early hours of September 26.

He has also been charged with trespass with intent to commit sexual offences in Burchett Grove, Woodhouse, on the same day, as well as the sexual assault of another woman on April 17 on York Street, Leeds.

Bell appeared in court on Monday and is due to stand trial at a later date.

UCU Strike Over So-Called ‘Sacker’s Charter’

Rabeeah Moeen
News Editor

The UCU also have support from the Green Party, who voted in their conference to stand in solidarity with the strike action.

Hilary Benn, MP for Leeds Central, also expressed his support for the strikes in a letter to the UCU. He said the “proposed changes ... worsen protections for staff.”

The University of Leeds UCU President, Vicky Blake, who was talking to striking members of staff outside the Parkinson Building, previously described the amendment as “a catch-all power to dismiss staff.” She later added in an interview with Leeds Student Radio, that the introduction of SORS would “jeopardise academic freedom”.

The UCU argue the new amendment could leave dismissal procedures open to abuse, citing a number of occasions that could fall under the SORS amendment, such as ‘conflict of interest’ and ‘breakdown in trust’. UCU also argue that it leaves staff jobs vulnerable and “even less secure.”

For many staff taking strike action for these three days, the issue is an ethical one. The worry is that the new policy could threaten academic freedom.

The Leeds UCU website lists a number of examples where they say the SOSR policy has already been used against staff, for example a UCU member at a South of England University who raised claims of racism and was later dismissed under SOSR.

In detailing information for students, the University said it expected most lectures and seminars across the three days to proceed as normal.

However, many students have faced cancellations in classes, sometimes leading to an entire day without any teaching.

In replacement for missed lectures, UCU staff members held a series of events called ‘Teach Outs, allowing students to engage in academic classes, ranging from politics to poetry, which were run by volunteers.

A University spokesperson said:

“Whilst we are taking all possible steps to minimise disruption, we deeply regret any impact on students. We are perplexed by the UCU’s suggestion that we would prevent academics from pursuing new, challenging or controversial ideas – which is core business of any research-intensive university – neither would we dismiss staff for trivial or vexatious reasons. Such actions would simply not be in the University’s interest.

“We’ve consulted, listened and spent considerable time and effort trying to reach accommodation with the UCU and, as a result, have reached agreement on almost all of the changes proposed to the employment procedures. The University is not introducing any new grounds for dismissal, it is simply modernising the procedures it would follow, in the interests of openness and transparency.

“Checks and balances that prevent any abuse of procedures have been included, and the principle and protection of academic freedom – a cornerstone of our constitution – is explicitly enshrined.”

Moving Towards an Independent Yorkshire?

Nathan Olsen

Following the election of ‘metro-mayors’ earlier this year for the regions of Greater Manchester, Liverpool City, Tees Valley and further afield in the West Midlands, West of England and Cambridgeshire, a majority of council leaders in the Yorkshire area are pushing for a similar position in God’s Own County.

17 out of 20 council leaders are supporting a plan which consists primarily of an elected mayor for the region, a cabinet consisting of council leaders, and an annual budget of £100 million. The mayor and cabinet would have oversight over transport, education and business rates in the county.

The case for more power, and potentially independence further down the line, rests on the fact that the population of Yorkshire is roughly the same as that of Scotland and that the Yorkshire economy is worth more than the economies of Scotland, Wales and Northern Ireland combined.

The initial plan outlined above and the notion of independence for Yorkshire was discussed on Tuesday in Parliament after a proposal was made by John Grogan MP, who represents the Keighley constituency.

However, a small-scale plan pushed by local councils in South Yorkshire for a Sheffield City Region – which has now collapsed due to the withdrawal of support from Barnsley and Doncaster – has been taken up by the government as a plausible alternative. This plan has very limited support and a previous plan for a Leeds City Region was dismissed earlier in the year by Conservative MPs.

Following the failing Sheffield City Region deal and the failed Leeds City Region deal, proponents of devolution for Yorkshire are calling for a ‘One Yorkshire’ plan, which would ideally consist of the powers outlined above by John Grogan.

Mr Grogan emphasised the weakness of the Sheffield City Region deal, asking: “are they seriously going to impose an expensive mayoral election on the people of South Yorkshire when two of the four authorities are opposed to this? Are they seriously going to do that for a mayor who will have no powers and no money?”



Image: BBC News

The Northern Powerhouse minister, Jake Berry, replied that: “the people of Barnsley, Doncaster, Rotherham and Sheffield deserve the devolution they’ve been promised”.

Although this week’s debate on devolution to Yorkshire excited many, it is unclear as to what extent the Westminster government is committed to delivering a devolution deal which will go as far many people would like.

Essay Cheats Face Major Crackdown

Jonny Chard
News Editor

The universities watchdog has announced a tough clampdown on companies which help students cheat during their degrees. In an investigation last year by the Quality Assurance Agency, hundreds of companies were found to be producing work for students that would then be passed off as their own.

Charges for services ranged from as little as £15 to almost £7000 for a PhD dissertation. Jo Johnson, the Universities minister, stated that the new guidelines would help prevent cheating, brandishing the practice as “unacceptable and pernicious.”

The new guidelines set out by the QAA urge universities to ban “essay mills” from advertising and to block their websites on campus. They also suggest using software to detect changes in students’ writing styles as well as making it clear that cheats could miss out on their qualifications.

Plans have also been made to improve support for whistleblowers and to include students on academic policy and misconduct panels. Mr Johnson slammed the cheating as undermining standards and devaluing the hard-earned qualifications of those who don’t cheat. “When it leads to graduates practising with inadequate professional skills, [it can] endanger the lives of others,” he added.

Douglas Blackstock, the QAA chief executive, emphasised that it was key for students not to be “duped” by the essay companies. “Paying someone else to write essays is wrong and could damage their career,” he said. The new guidelines also seek to understand that many students turn to cheating due to the pressures of university work, with a set of recommendations to help struggling students with their writing and study skills.

Amatey Doku, NUS vice-president for higher education, said that a key cause was the expectation of achieving high grades when faced with “overwhelming” levels of debt. “Many websites play on the vulnerabilities and anxieties of students’ fears”, he said, adding “making money by exploiting these anxieties is disgusting.”

A spokesperson for Universities UK, who represent vice-chancellors, said that universities were increasingly engaging with students to underline the risks of cheating. “Such academic misconduct is a breach of an institution’s disciplinary regulations and can result in students being expelled from university.”



Image: Telegraph

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UNIVERSITY OF LEEDS



What Does Being 'Black' Mean to You?

Image: The Root

As part of our Black History Month series, *Inaya Folarin* describes her journey towards seeing herself as black and the difficulties in defining what being 'black' means

Inaya Folarin

I had always had a broad awareness that I was considered 'black' by society and the world, but I had never known what it really meant to be 'black'. People often said it was the 'colour of your skin' but, on closer examination, this couldn't be the case, since there is a huge diversity in the skin complexions of people who are considered 'black'—many of whom are albino. I then wondered if it was a shared cultural heritage but again was left confused when studying the various 'black' cultures around the world. I found myself feeling culturally more 'similar' to other non-black British people than I did to African-American people or even, say, the Kalahari bushpeople. Lastly, I considered the idea that black people all had an African heritage. However, again I found this wasn't completely true, because Aboriginal Australians and various indigenous people in Asia like the Jarawa are considered 'black' yet are indigenous to non-African parts of the world. Often in the UK, 'black' is simply a label used to describe non-white people in general.

“Like many other black people, for a long time I felt cheated. I felt that no matter how much I achieved and strived, I couldn't escape the structural oppression associated with blackness”

I have now concluded that 'blackness' in and of itself is a socially constructed concept used to describe people based on a dubious combination of their appearance, culture and history. Yet, despite this, there is a feeling within me that draws me towards other black people around the world. Perhaps it's the prevalence of systems around the world that have

been designed to disadvantage people based on this combination of traits; maybe it is something deeper and of a spiritual nature.

Like many other black people, for a long time I felt cheated. I felt that no matter how much I achieved and strived, I couldn't escape the structural oppression associated with blackness— and thus I resisted.

“‘blackness’ is a socially constructed concept used to describe people based on a dubious combination of their appearance, culture and history”

I am lucky to come from a middle-class Nigerian family. My mother went to boarding school in the UK and is highly educated. My mother wasn't religious like most Nigerian parents and she did a lot to ensure my sister and I succeeded. We travelled abroad frequently and we were sent to private schools. I was surrounded by successful, educated Nigerian people throughout my childhood and therefore my norm for black people was success. My identity as a Nigerian was prioritised far higher than being black. I was aware of racism, slavery and oppression but never made a conscious connection between it and myself. I would read the statistics about black people and crime but didn't understand how they related to me. This carried on to secondary school where I went to an International boarding school with people from different parts of the world including many African countries. As far as I was aware, I wasn't made to feel like the 'Other', and I never felt the need to ponder on my blackness due to the school centring its ethos on diversity.

Everything changed when I became homesick at the school and decided to leave. My father knew the headteacher at a local school and it was agreed that I would go there temporarily. The school was made up of thirty-percent black students and was a very poor performing school. In a meeting with the headteacher on my first day, I asked if I could have a buddy to help me round the school and he responded with “there are plenty of black people here, don't you worry”. I didn't think anything of his comment until break-time, when I noticed that the students were clearly divided along racial lines. For the first time I was forced to become aware of my blackness in terms of what and who I am, and who I am meant to be associated with. Was his comment a subtle way of telling me to stay with the other black kids?

Whilst attending this school, my personality and interests completely changed. I also became aware of issues that I had never come across before like colourism, grime culture, internalised racism and pride in a shared black identity. I was repeatedly told by other black students that I was 'acting white' because I was well spoken, and black people were often rewarded with popularity by conforming to stereotypes.

“For the first time I was forced to become aware of my blackness in terms of what and who I am, and who I am meant to be associated with”

Therefore, to fit in, I adopted many of these behaviours— despite having gone to a private school. I modelled my outfits on Nicki Minaj, spoke fluent slang, and adopted a 'rude girl' attitude. However, unlike many of my peers, because of my privilege,



Image: FabAfriq

when it came to exam time, I could drop this persona and consequently go on to be accepted into a grammar school.

Again, my life rapidly changed. I was now one of the only black girls in the school which meant that microaggressions and alienation became a daily reality. I was told by one of the students who had got my name wrong “oh right, you’re the other black girl”. I was frequently made to be the spokesperson for all black people, and people often came to me only to talk about the latest Hip-Hop music.

In a group exercise in an American history class, I was put in the group that had to argue in favour of slavery to ensure that I ‘appreciate both perspectives’. Teachers and students constantly got my name wrong or mistook me for the only fellow black girl in my year, and I was even shouted at by a teacher and told to “teach the class then” just for saying that her characterisation of Malcolm X as a ‘white people hater’ was unfair.

I was met with a constant barrage of generalisations, stereotypes and assumptions that culminated in a strong feeling of loneliness and resentment. I was not judged based on my achievements, ambitions or contributions. I was just the ‘other black girl’.

During this time, famous black people like Marcus Garvey, Huey P Newton and Angela Davis were who I held onto and studied in order to create a sense of self. But it wasn’t enough. I longed for acceptance.

“When I got to university, I found a wonderful and diverse group of friends who were willing to have frank conversations about race and racism, and I grew to accept institutionalised racism insofar as this is the reality of the society I live in”

By the end of sixth form, it was a long time since I had felt completely accepted. I began finding out a lot more about my Yoruba heritage and found pride and stability within it. When I got to university, I found a wonderful and diverse group of friends who were willing to have frank conversations about race and racism, and I grew to accept institutionalised racism insofar as this is the reality of the society I live in.

But I refuse to allow racism and race to define who I am and who I should be. It can often be disheartening, but I have grown to value ‘not fitting in’. I have found that both ‘sides’ can be conditioned to create environments that maintain structures of systemic racism. I recognise that my experiences of race and racism are far from horrific stories of violence, hate and discrimination, but they still demonstrate

how invasive and absurd the system is.

And, on top of this, it shows that even relatively ‘privileged’ black people struggle to escape the constraints of racism. We are seen as being a skin colour, before we are seen as being a person.



Do You Find Noise A Nuisance?



Image: Vice

The Gryphon explores anti-social behaviour amongst the student population and its repercussions for local residents

Tara Lee

For most, going to a university as conveniently located as the University of Leeds is the ideal way to spend the early years of our adult life. Experiencing the academic advantages of a Russell Group University alongside the highly raved about, almost legendary, city nightlife, students of Leeds are blessed with the chance to go out any day of the week. However, for the local community – made up of young families and retired folk, a fact many students find all too easy to forget – the benefits of 3000 student volunteers per year doesn't always quite balance out the late night noise of students rehearsing their S Club 7 tribute acts while returning home from yet another trip to Pryzm.

The student atmosphere of living in halls is certainly unparalleled, giving a much-needed sense of community to anxious first years living away from home for the first time. The clusters of accommodation blocks such as Leodis, Montague Burton and IQ, positioned so close together, adds to a sense of community that can often lead to a disregard for other nearby residences. When families live on the same street as partying students, it often leads to letters of complaint being posted through doors – not to mention bleary-eyed security guards interrupting countless pres.

Not only does this happen in halls, but in the popular student areas of Headingley and Hyde Park too, only with notably worse outcomes. There were two instances of student houses being raided by police for complaints of loud music in 2014, and in 2015 the Leeds Anti-Social Behaviour Team issued 534 noise abatement notices. More recently, in 2016, Leeds held the second highest amount of noise complaints in Yorkshire with a staggering 16 complaints in every 1000 residences.

Out of a population of roughly 751,500, Leeds has the biggest noise authority to combat this. Unsurprisingly, leaflets to raise awareness on how to combat these types of issues were being handed out at Freshers Week.

So how do you maintain the balance of living in a residential area while respecting your neighbours, but still making the most of the once in a lifetime student experience? And, just as importantly, how do you achieve your ideal student experience while allowing fellow students around you to realise there's? You might consider rediscovering Natasha Bedingfield's entire discography at 3am as the pinnacle of university life; the students next-door or across the hall from you might not. The classic Victorian houses many students share have less insulation than the fourth floor of the Brotherton, and this problem of thin walls amplifies when every student in the building has the 'its freshers!' attitude all year round.

The Gryphon spoke to a group of second-year girls who shared a split level student house with a post-grad couple. They found the hard flooring proved to be a yearlong problem. With the post-graduates living on the lower level, hearing the constant footsteps up above drove the couple to complain about the "gang of rugby players upstairs". It is clear that different age groups have different living expectations and this should certainly be taken into account when picking an area to live.

Another example is residential neighbours, deprived of the valuable sleep they need before a long day at work, banging on the door to physically confiscate a sound system, leading to a classic student reply of "er no you don't, mate" and unnecessary hostile confrontations. Although it is a bit of a gamble in terms of who you will end up living next door to, the typical university living experience must have some level of co-operation.

This brings us to the question of how much the university experience is now dedicated to partying rather than academia and how this has given students an anti-social and disrespectful reputation. For first-years there is a definite pressure to go out to make friends and feel at home.

Going to university is about networking and building confidence despite paying £9000 a year. However, there is an underlying attitude that a degree can be finished in two years. Compare that to the 19th century when university was predominantly only available to the elite male. It could be argued that the pressure and importance of gaining a degree, an achievement that seems to be becoming more and more common nowadays, is not taken as seriously. Although receiving noise complaints will always be a constant of university life for some, for others, the issue has proved to be detrimental to their own experience of studying at university.

Whatever your current living situation may be, university is still a very valuable and prestigious opportunity and it goes by faster than you think. Respect the thoughts of those around you; it goes by just as quickly for them too.

If experiencing such issues, the Noise Nuisance Team for Leeds '0113 395 0143' is available.



Image: Vice



Are Dating Apps Killing Romance?

Dating apps are quickly becoming the new and easy way to find Prince or Princess charming. But do they work? Claire Wilsher took on the challenge of trying to find a soulmate through one of the most popular dating apps on the market: Bumble. Here, she gives a comprehensive list on how NOT to find Mr or Mrs Right.

Claire Wilsher

Dating apps do have their benefits. With advancements in dating technology, you will never again fear the phone number of the man of your dreams being washed off your arm in the rain, or fear that you might miss the secret message the guy at the bar wrote to you in salted peanuts. You will, however, be painfully reminded that yes, you did once swipe right to Gary from Scunthorpe whose main interests include 'being a #lad' and 'the sesh'. You will be reminded of Gary the #lad, because he takes your lack of reply as a green signal to send yet another dick pic and invite you over to his freshly-laundered bachelor pad on a gloomy Tuesday night. Go to bed Gary, 'the sesh' can wait.

And now, there's a new kid buzzing round the block: Bumble, the dating app that let's girls take the lead. Talk first, and talk fast. Once you've matched with someone, you only have 24 hours before that match disappears. Forever. Well, just from your Bumble profile. In the typical Leeds way you'll probably steal a cheeky glance at the one who could have been 'the one' by the chopped tomatoes in the Hyde Park Sainsbury's.

“Can you really find the love of your life when Bumble so regularly compares dating to a beehive?”

As someone who has always thought dating apps were possibly the worst invention since skimmed milk (pour water on your cereal and save on packaging), the initial outlook for Bumble wasn't exactly positive. But Bumble really does have some great features. For the indecisive lot out there, you can grab back those profiles you accidentally swiped past in a moment of madness. Just a shake of your phone, and Steve, 22, Engineer is back. Making the girl talk first, although increasing the chance of terrible introductory dad jokes, does limit the chances of those silly humans who take Tinder as an opportunity to kick-start their modelling career. It's 2017. It shouldn't be needed, but somehow it still is, and Bumble has not so subtly found a way to sidestep an issue plaguing dating apps everywhere.

But, like most things, it has its problems. Firstly, we need to talk about the puns. Yes, we all love a good pun, but does Bumble go too far? Can you really find the love of your life when Bumble so regularly compares dating to a beehive? Occasionally, it's possible to forget that it's a dating app and start feeling like you're back in year 9, on FarmVille. Doesn't exactly make you hot under the collar. More importantly, Bumble has neglected a large part of our society, left them totally alone in the fear of never finding love. Imagine the scene. You are a young adventurer in the field of online dating, striving to find 'the one' - or in my case, anyone at all. You think that the only path to success is Bumble. Then

you realise something. You are allergic to bee stings. That's it. The quest is over. No one wants to put their life on the line for a quick snog. Through its casual use of inappropriate puns, Bumble has condemned some of us to a life of solitude forever.

The pun problem is twofold. The puns aren't just confusing and excluding, they are addictive. When the only reply you can think of, for any question that James, 23, Student, asks, is "none of your beeswax", the quest for love can get slightly problematic. Will James, 23, Student, find this funny? 'No' is the tried and tested answer, he will not.

“Dating apps cross social bridges in a way that can leave you feeling stranded and alone in a sea of inappropriate GIFs”

To add to all the puns buzzing round your brain, the 24 hour time limit to speak to your new matches is stressful. Really, really stressful. Can you think of the line that will capture the Bumble-bae of your dreams in 24 hours? Bumble makes a moment in life, which is meant to be enjoyable and organic, yet another deadline on top of the others. It's like being told to hand your dissertation in on Christmas Day - no one wants that.

But most importantly, Bumble is still a dating app. It still contains all the potential for terrified dives behind bins as you spy the human you most recently let 'into your hive'. If you haven't messaged them, you've basically said: "yes at first I thought you might be acceptable, but after your 24 hour probation period where I found out nothing more about you apart from re-judging you off three photos, I have confirmed that I am too good for you." It's not exactly the start of a budding friendship. But if you have messaged them, how do you even go about bumping into someone who you've had a cheeky flirt with, maybe even shared a saucy GIF or two with, whom you've never even spoken to in real life? Dating apps cross social bridges in a way that can leave you feeling stranded and alone in a sea of inappropriate GIFs.

It might feel like every man and their dog - and let's be honest where Tinder's concerned, every man with a dog ensures you know that he has one - is using Tinder and dating apps nowadays. In reality, however, only 8% of people currently in relationships met their partner on a dating app and 39% still have the joy of meeting through friends. So, when Emma tells you that you might really fancy her mate, don't turn your nose up. Unless, that is, you want to go for Gary and 'the sesh'!



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UNIVERSITY OF LEEDS

LEEDS STUDENT RADIO SCHEDULE

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9-10	MONDAY BREAKFAST	TUESDAY BREAKFAST	WEDNESDAY BREAKFAST	THURSDAY BREAKFAST	FRIDAY BREAKFAST	SATURDAY BREAKFAST	
10-11							CLASSICAL
11-12	ALEC FELDMAN SHOW SUMMER SIREN SONG	GROWN WOMAN: THE BUCKET LIST	RENDEVOUS QUEBEC	FEMME FATAL	GRYPH-ON-AIR	THE OLLIE SUTTON SHOW	PILBEAM'S PICK
12-1	ROOTS RADIO	DANCE DIGEST	LA FIESTA	OUT OF OFFICE HOUR	THE UNSIGNED MUSIC SHOW	DREAM THEORY	SOUND OF FRESH MILK: SEASON 2
1-2	LGBT SHOW	WHAT'S NEW	POLITICAL ANIMAL	PATHS OF RHYTHM	THE ENTERPRISE SHOW	NERD HOUR	BOX OFFICE
2-3	LSR PRESENTS	ACS RADIO HOUR	RADIO REWINDS	LSR PRESENTS	HIGH FIDELITY	(WELCOME TO) THE SHOFFEE COP	YEAR KIDDIN'
3-4	MONDAY SPORT	NEWS	BRAZILIAN WAX	18TH CENTURY ROCKSTARS	THE BELL BOTTOM BOOGIE	SATURDAY SPORT	A JOKE OF A SHOW
4-5	WHAT'S IN YOUR BASKET?	POSTCARDS FROM... OSCAR'S GUITAR GUIDE	TUNES 'N' CHAT WITH BIG PAT	THE HYDE PARK HARLOTS PRESENT	TECH SHOW		ALBUM REVIEW
5-6	THE BEAT	THE BEAT	THE BEAT	THE BEAT	THE BEAT	GAMER SCORE	ARTS SHOW
6-7	PIRATE RADIO	SITUATIONAL PLAYLIST	SPEAKEASY	BREAKDOWN 2.0	FUNKY FRIDAYS	SPACE SEX	THE OTHER SIDE OF THE...
7-8	THE PLATFORM/ LATE AND LOCAL	THE SCRAPBOOK	FISHCAKE	LOFT MUSIC	LIVE & LOCAL	THE SHAPE OF JAZZ TO COME	UNDERGROUND MISFITS
8-9	A GAME OF CHESS	SATISFACTION	UML	DISCO DILDAR	BPM	SIZZLIN' WITH SAZZ	JAZZ REVELATIONS
9-10	DEECAP RECAP	ROCK & PUNK	HIP HOP & RNB	INDIE & ALTERNATIVE	YOUTH CLUB SOUNDS	INSTRU-NATIONAL	CONVICT NATION
10-11	GOOD GUY RADIO	KONTRA SHOW	BARS-4-DAYS	THE SOURCE	HYPERFUNK	NICHE NINETIES WITH KATE & TONI	POSITIVE DIRECTIONS
11-12	NIGHTLIGHT 2	WHITE RABBIT	BREAKIN' OUT	ETHAN'S DUTCH OVEN	DJ SHOWCASE	FEEL GOOD FREEWAY	THE D.R.E.A.M BROADCAST
12-1					DJING	DECADES OF DANCE	
1-2					DJING	BELOW THE SURFACE	

In The Middle

Issue 3
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Music • Clubs • Fashion • Arts • Lifestyle and Culture • Blogs

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Image: I-D



In the Middle with: Loyle Carner

In The Middle Associate Editor Anastasia Roe, and Editor-In-Chief Reece Parker, sit down with Mercury-nominated hip-hop artist Loyle Carner to talk about his almost sold-out tour, exchanging tickets for football shirts, and his wonderful mum.

“Welcome to the glamorous backstage!” Ben Coyle-Larner cries, otherwise known by his stage name, Loyle Carner, as we enter the dressing room of the Union’s very own Stylus. The twenty-two year old hip-hop artist is comfortably sat cutting and munching his way through a pomelo, “the most unnecessary fruit”, he tells me.

Having just been nominated for the Mercury-prize for his debut album, *Yesterday’s Gone*, Loyle is currently on a tour across the UK to promote the critically successful work. “We’ve been to Liverpool so far, last night. I got booed actually because I was wearing a Liverpool shirt and there were Everton fans in the crowd. It was still good though.” With the majority of shows being completely sold out, demand for tickets has gone through the roof: “We’ve had to upgrade some of them because of the demand, it’s nuts. We’ve been playing so many fucking shows I don’t understand why people still wanna come, but they obviously do which is a really big deal.”

In exchange for a ticket to his shows, Loyle has also taken the internet by storm by requesting vintage football shirts: “Yeah that got a bit out of hand. We ended up in *The Mirror* and trending on twitter. What the fuck. I put it out and expected to get two or three shirts.” And it seems the demand is so high that one boy is so desperate for a ticket that he’s bringing a shirt “that’s worth like £350...I hope the kid knows that and it’s not his dads.”

Few artists can boast a Mercury-nominated album at such a young age, but the ease with which Loyle approaches both life and his music, it’s not hard to see how success has come about so quickly. “I don’t know if I had a specific moment you know,” Loyle tells me when I ask if he remembers the moment he wanted to pursue music. “Almost by accident it kicked off. Which is annoying cause it sounds like I did it without trying, which isn’t true, I did try. But it wasn’t like ‘yo today, this is it, I’m gonna be a star.’”

As well as clearly possessing a strong work ethic, what attracts people to Loyle’s music is his honesty; later on stage he performs a heartwarming rendition of ‘BFG’, a song dedicated to his step-dad after his sudden death in 2014. Poetic, melancholic and beautifully authentic, Loyle’s words create a warm fuzz across the room, felt and cherished by a mesmerized and tearful audience: “I had an arrogant view till it happened to you / Stars struck on the past and I’m stag-

gering through.” Loyle remarks that “expressing things that a lot of people are feeling is a very important thing, especially for men” and, at the end of the day “feelings are feelings, everyone has them.”

Usually, a relationship between an artist and their fans is distant, with the fans seeing the artist as an idol, a star that is out of reach. In contrast, Loyle’s down to earth honesty is reflected not just through his music, but also how he approaches his fans. “People talk to me like we’re friends, but I think that’s because how people see me. In some way, we’re mates; they’ve just had a conversation I’ve not had yet.” From requesting vintage football shirts to photobombing Sampha on the Mercury red carpet – “I made a big fool of myself” – Loyle is, and feels to his fans, like the friend they never had: “When we went to the Mercury’s we just stuck out like a sore thumb. Cause we’re not celebrities or anything, we’re just regular dudes making tunes.”

“My mum’s better than most rappers from the UK at the moment. Real talk.”

Alongside his musical ability, Loyle continues to build on his qualities that make him ideal husband material, by also having a passion for cooking. Last year, working alongside Goma Collective, Loyle set up Chilli Con Carner, a scheme aimed at kids with ADHD to teach them how to cook and help focus their attention: “I’ve got ADHD and I used to really calm myself down when I was cooking,” Loyle explains. “I figured if it

worked for me, it could work for kids like me. We set it up for kids between 14 and 16 and it runs in the summer, sometimes in Easter. We’re looking for a new batch of kids now.”

To end, we ask Loyle who he would rate the best lyricist out of his mum, Rebel Kleff and him, to which he replies, “my mum, Rebel Kleff, then me” without a moment of hesitation. “Chris raps how I want to rap, he’s just got it. And my mum’s top of the list. She’s better than most rappers from the UK at the moment. Real talk.”

In the words of Loyle’s mum, therefore, I cannot help but agree that “he was and is a complete joy / The world is his, that scribble of a boy.” Loyle has a unique presence and manner that makes you feel as if you’ve known him for years; whether that be as the friend you never had or the boyfriend you wished you had. Like a warm cup of tea on a cold winter evening, there’s one thing Loyle Carner will always remind you of and bring you back to: home.

Anastasia Roe

Gig Round-up

Dizzee Rascal @ O2 Academy, 07/10

Dubbed as a ‘kingpin’ of Grime, the acclaimed Dizzee Rascal brought a raucous and energetic set to the O2 Academy as part of his Raskit tour, aiming to promote his album of the same name. Dizzee kicked off the set with ‘Space’, an acute and lyrically charged single from Raskit that harks back to the roots of 2003’s *Boy in da Corner*. This was seamlessly followed by the equally loaded ‘Ghost’ in which Dizzee states, “I was on the mic when you were in playschool”. The blunt reality of this statement reminds Dizzee’s audience of an exceedingly talented 18 year-old, who won the mercury award for a ground-breaking debut album. Appropriately, Dizzee then shouts to the audience “let’s take it back to those *Boy in da Corner* days”, before breaking into crowd favourite ‘I Luv You’.

Sandwiched between lightning lyrics of self-reflection and sharp social commentary, Dizzee treated the crowd to some old-school chart classics. Favourites such as ‘Holiday’, ‘Bassline Junkie’ and ‘Fix Up, Look Sharp’ proved to be particular crowd pleasers. However, a highlight of the set was definitely when Dizzee stated “let’s give these beautiful ladies something they can dance to” before launching into ‘Dance Wiv Me’, his classic collaboration with Calvin Harris and Chrome.

Following a blistering set, it was only right that ‘Bonkers’ was the encore, even if Dizzee teased that he couldn’t play another song due to the strict curfew. Despite the mosh pits of the earlier songs, this finale certainly caused the greatest audience reaction as everyone really did go bonkers in a unified adoration of Dizzee.

As one of Britain’s most beloved artists and a major contributor to the development of Grime, Dizzee Rascal’s fierce return with Raskit yet again solidifies him as one of the most relevant and talented artists of his generation.

Phoebe Berman

Nick Mulvey @ Church, 07/10

When, halfway through his spellbinding set, Nick Mulvey crooned “Just when the evidence seems clearer than day / Could it be that providence is leading us astray?”, there was a hint of irony to those conscientiously constructed words. The orgy of evidence visible to those witnesses gathered at the altar, suggested that providence had most certainly led us into the arms of something special.

This fact was immediately realised during the performance of the support, All We Are, with he three-piece exploiting the celestuality of their surroundings to create a sound that only a church can bring. With the crowd sufficiently energised, and with the shards of artificial light that unfurled their lazy way through the stained-glass and towards the swirling clouds of sweat and dry-ice, the stage was set for Father Mulvey to step forward from the ether and deliver his world-spanning sermon.

This was like Matthew, Luke and John rolled into one big ball of forbidden fruit, with a garnishing of gospel for good measure– and even then, you’re falling well short of the inexpressible majesty of what Nick and his band produced. In this sacred space, the audience clung to Nick, who tantalised young and old alike with his borderline implausible guitar picking and oh so delicately eloquent voice. So inherent was the music’s beauty, that the set was just as captivating during more upbeat selections like ‘Remembering’ and ‘Fever To The Form’, as it was during the more emotionally raw, stripped-back performances – in particular: Nick’s incomparably beautiful rendition of ‘The Trellis’.

This was the 7th day of Mulvey’s tour. And it was on this 7th day that Nick Mulvey created an all-too temporary heaven – right in the centre of Leeds.

Robert Cairns

Isaac Gracie @ Belgrave Music Hall, 05/10

In the smoky and sultry upstairs performance space of Belgrave, Isaac Gracie charmed Leeds on Thursday night with a truly delightful set. Beginning with support from the equally talented WILDES, otherwise known as Ella Walker, the show was off to an excellent start. In an act which can only be described as a hybrid between Daughter, Laura Marling and The XX, WILDES was enchanting and captivating in equal measure. The performance of her latest single ‘Ghost’ was a particular high point. The track not only presented Walker’s howling vocals at their finest, but demonstrated WILDES’ emanating elegance and style.

Following on in similar style, Gracie and the band sauntered onto stage surrounding by an air of effortless, yet gritty, sophistication. Dressed in an oversized checkerboard shirt and black skinny jeans, Gracie’s fashion is in perfect congruence with both the aesthetics and sound of his music. The deliciously acoustic treats offered up by the band were occasionally interrupted by slightly more rocky numbers. Although the Nick Cave-esque track ‘The Death of You & I’ did appear slightly out of place amongst the slower, more melancholic set list, it provided a moment of fun from the more intense tracks. Another highlight was Gracie’s performance of ‘Silhouettes of You’ as the song appeared to beautifully resonate throughout the venue; it was a moment of true musical perfection.

The show was, in its whole, a spiritual cleansing that delicately explored the nuances of indie acoustics. Isaac Gracie entices his audiences with his down-to-earth flirtation with haunting guitars chords and tales of romantic anguish.

Ellie Montgomery



Image: Getty



Image: Rex



Image: BBC Music

Album Round-up

Heaven Upside Down by Marilyn Manson

Once upon a time, Marilyn Manson was America's number one public enemy. Today, America has much bigger things to worry about, and The God of Fuck's future in the country's pantheon of counter-cultural icons is unclear. In a post-Trump world, *Heaven Upside Down*'s litany of guns, sex and death is predictable at best, and downright irresponsible at worst.

That's not to say it doesn't have its moments. 'Threats Of Romance', 'Blood Honey' and 'KILL4ME' are all sexy in a soundtrack-to-a-vampire-movie kind of way, and are the only points where the album dares to come close to introspection. Likewise, the tracks that ditch pretence in service of good old-fashioned riffs are better off for it; 'Tattooed In Reverse' has undeniable swagger, and the title track's flirtation with honest to god goth rock is infuriatingly good.

Even the industrial-tinged desolation of 'SAY10' and 'Saturnalia' are enough to make you wonder whether the original project, abandoned sometime after its predicted Valentine's Day release date, would have been a better or worse effort than the one we ended up with. Listening to 'JESUS CRI\$IS', with its infantile wordplay and gun fetishisation, it is hard not to conclude that any previous version would've been an improvement.

In short; *Heaven Upside Down* doesn't have the mass panic-inducing, unapologetic force of Manson's earlier work, nor the subtle artistry of 2015's *The Pale Emperor*. However, it is a solid shock rock album made by a giant of the genre, and maybe that's enough.

Rhiannon-Skye Boden



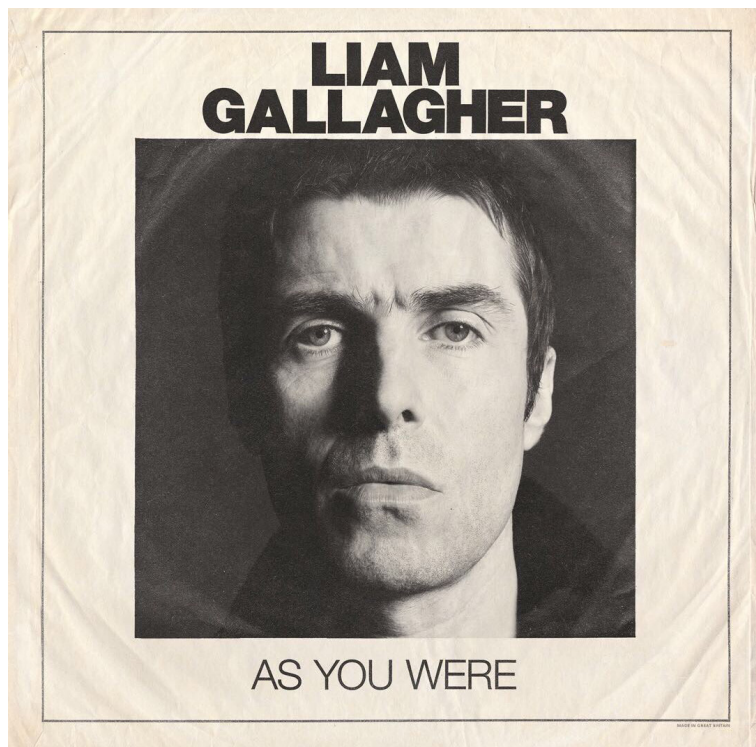
As You Were by Liam Gallagher

Liam Gallagher returns with his debut solo album *As You Were*, 26 years after starting his culturally iconic band Oasis. This album comes after his own claims on twitter that he'd never do it because he's "not a cunt" – yet, after a summer of playing festivals and a tour announcement, it's here.

'Wall of Glass' is an appropriate opener, a catchy tune that grabs your attention from the start. This leads into 'Bold', which gives a melancholy feeling that's a bit too obvious. 'Greedy Soul' is an in-your-face rock song – showing us the angry Liam that we all expected to emerge in this album – with a good riff to anchor it. 'Paper Crown' is slower, with a distinctive Beatles feel to it and more interesting lyrics. 'For What It's Worth' sees Liam making uncharacteristic apologies to pretty much everyone, which are probably long overdue. 'I Get By' isn't particularly inspiring; the lyric "only love can break my heart" is eye-roll worthy. 'Chinatown' is a pretty dull reflection on modern life and his aimlessness, followed by 'Come Back to Me' which is laden with Gallagher's signature cockiness. 'Universal Gleam' has more interesting lyrics, as a sort of positive appeal for fulfilment, and a more wistful sound. 'I've All I Need' is a good conclusion to the album, as an appreciation of his life and a semi-interesting reflection on age and time.

There's strikingly no rawness on this album, and Liam loses his questionable charm by churning out songs that are too polished. Liam is likeable in a strange way, but after this it seems like he's just a gobby wanker who's making some vaguely interesting music off the back of his 90s glory days.

Ella Durant



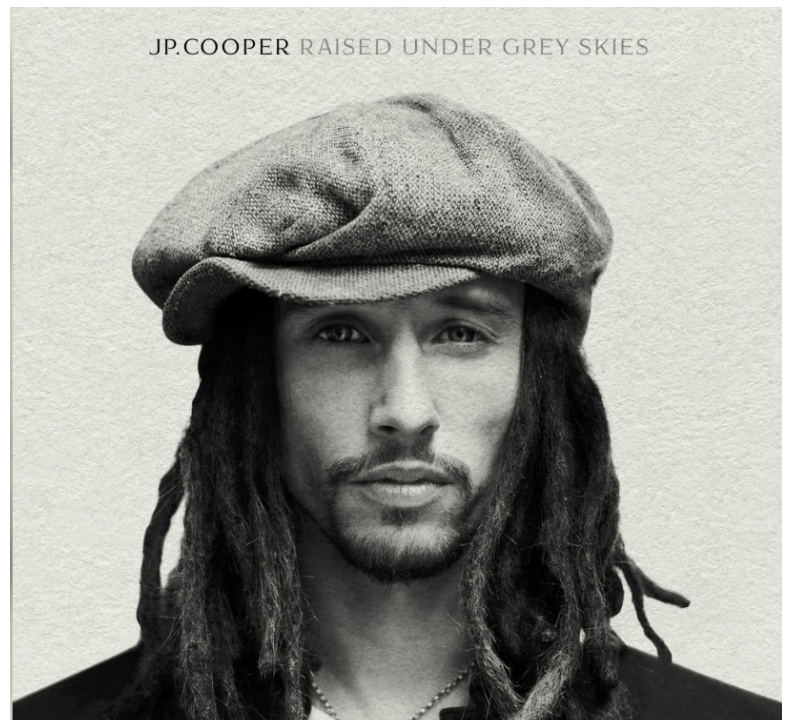
We Were Raised Under Grey Skies by JP Cooper

Seemingly springing out of nowhere last year when he featured on Jonas Blue's 'Perfect Strangers', JP Cooper has actually been putting music out since 2012. After much anticipation, his debut album *We Were Raised Under Grey Skies* has proved his long struggle for recognition has paid off, the work effortlessly combining upbeat grooves with soulful tear-jerkers, with Cooper's deliciously silky voice being the beating heart all the way through.

It is clear to see why JP Cooper didn't rush into releasing this album, with every layer of each song feeling so carefully considered and crafted without ever taking away from the lyrics, many of which could be mistaken for diary entries. It's this intimate touch that elevates Cooper above the other artists in his field, particularly in lyrically heart-wrenching songs such as 'Closer', where the emotion can be heard in his voice as he longs to spend more time with his son. By far the most interesting song of the album is 'Change'; immediately drawing you in with a strong, groovy bass, it keeps your attention with a syncopated guitar chorus and trombones, which add extra flair that force you to dance every time.

Stormzy also lends his voice to the final track on the album 'Momma's Prayers', a tender closer with the two platinum-selling artists professing their admiration for their mothers, all the while complementing each other's styles perfectly. *We Were Raised Under Grey Skies* is ultimately Cooper's escape from being trapped in the label of a 'pop star' and proof that he pours his passion and soul into every sound he makes.

Lucy Bradshaw





In the Middle With: Liv Dawson

Rosie Simmons sits down with young starlet Liv Dawson and chats about upcoming tracks, life in London, and working with Disclosure and Olly Alexander.

For most young upcoming pop stars, working with established chart-topping artists such as Disclosure and Years and Years' Olly Alexander is the stuff of unattainable dreams. For pop starlet Liv Dawson, this is a reality. At the young age of 18, she is already signed to Method Records, Disclosure's Record label, and selling out venues across the country. Her mature, intelligent lyrics coupled with her shiny pop-sound have already proven that she has a lot to offer London's music scene, and 2017 sees her spreading her wings across the country.

Of working with brothers Howard and Guy Lawrence of Disclosure, Dawson has nothing but praise. She gushes about their hardworking work ethic while not taking themselves too seriously at the same time, which is "the perfect combo when you're writing". And Liv should know, having started songwriting at the age of 13. Although this was something that she didn't enjoy at first, as she thought that she wasn't very good at it, she has "picked up a lot of tips and tricks" from working with bands such as Honne and Disclosure, which has boosted her confidence, and now there's no stopping her.

London born and raised, Liv has a lot of love for the city that she grew up in. Of the city, she says that "you can walk through London and get a song from that, there's so much going on", and that the city has had a hand in inspiring many of her songs. She also garners a lot of inspiration from big female vocalists, such as Beyonce,

Lauryn Hill and Whitney Houston, but also takes a lot from newer artists such as Jhene Aiko and SZA. Her influences are clear from listening to her music, but puts her own unique stamp on it which is what makes her work so compelling.

One new release which deserves particular attention is the Disclosure produced new single, 'Painkiller'. The song, an ode to a relationship that has gone sour, she felt was very important for her to write, as she feels pop stars often focus on the happier sides of relationships, and that people "avoid writing and thinking about the other side, even though it's something so much of us go through." Her catchy hooks

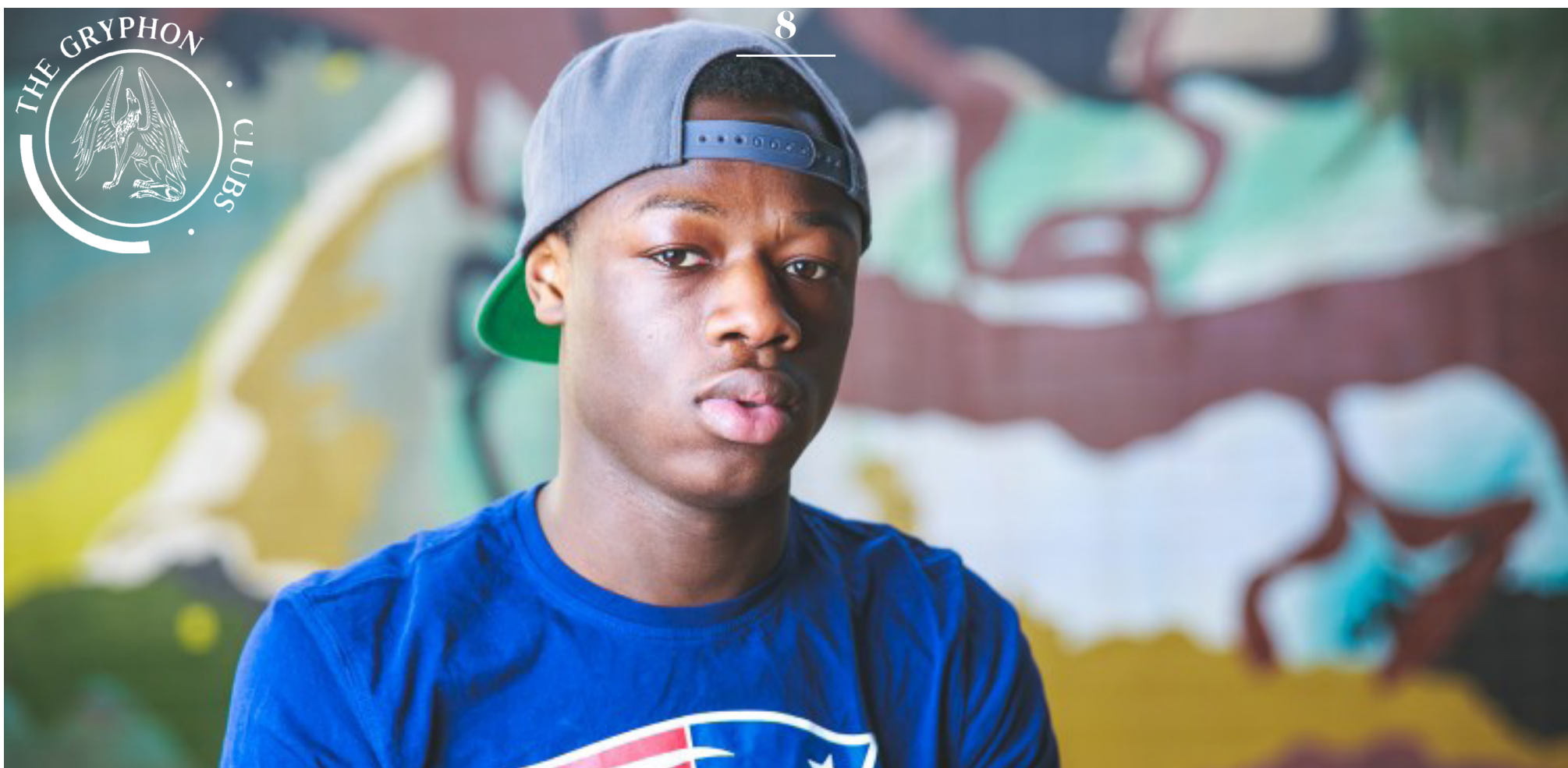
"You can walk through London and get a song from that, there's so much going on." draw the listener in, while her poetic but subtle lyrics hold them there, causing them to

pay attention and relate to the situation that Dawson finds herself in.

Whatever she's doing seems to be working. With all this to show for herself at the young age of 18 and lots of new songs on the way, Liv Dawson shows no signs of slowing down anytime soon. Generating much excitement from audiences across the country and industry professionals alike, it won't be long until she's hitting the charts alongside her mentors Disclosure. Watch this space.

Liv is playing Church, Leeds on the 19th of October with support from Etham. If her Live at Leeds set was anything to go by, this is gonna be a big one.

Rosie Simmons



Like Your Style: The Sounds of ‘UK Afrobeats’

Clubs Editor Milly Whyman talks you through the development of a new generation of ‘UK Afrobeats’.

As grime grabs headlines while continuing to carve out its distinct identity within the British mainstream, a new sound has been trickling into club culture at an ever-growing pace. It’s a genre that found widespread popularity in the UK back in 2012, characterised by D’Banj’s ‘Oliver Twist’ and the repeated chart success of Fuse ODG. And it’s a genre that in 2017 can be heard spilling out of clubs and mainstream radio, finding its way into our charts with the help of artists like J Hus.

Defining the sound isn’t easy to do. Terms like Afro-bashment, Afro-swing, Afro-pop, or even just ‘Afro’ all come into play, with some producers choosing not to label their music at all. The reality is that the Afrobeats style has long been popular in Ghana and Nigeria, and with its digital rhythms, catchy hooks and move-inducing beats, it’s not difficult to see why it has cross-continental appeal. Afrobeats merges West African elements with hip hop, dancehall and bashment sounds, and it’s a hybrid that has recently met with UK music culture; grime and garage met with an African beat.

The rise of Afrobeats can be partly attributed to Fuse ODG (real name Nana Richard Abiona). Abiona took to the UK in 2012 Ghanaian influences of Afropop and Naija Beats, as well as the Azonto; a dance from Ghana he transformed into a viral hit that made its way onto British mainstream radio. Fast-paced, high-energy tunes like Antenna and Million Pound Girl crept their way into the charts, and nightclubs soon followed suit. But the use of African styles was by no means a marketing strategy. The title of his 2014 album, T.I.N.A, stands for ‘This Is New Africa,’ and his website promotes initiatives to build schools in Ghana, stating, ‘his mission is re-programming the world’s mental image of Africa, it’s people and its diaspora’. This positive image promotion of ‘New’ Africa as modern, relevant and full of energy was, and still is, uplifting as well as progressive.

In the UK today, Afrobeats has changed into something different. Unlike the Fuse ODG era, the current sound is relaxed. West African elements are fused with grime and hip-hop, the result less energetic and somewhat more laid-back. J Hus, of Gambian descent, is the most relevant example of this. Vocals on his hooks are melodic and soft, challenging the hard exterior of a typical UK grime ego, and the tone is uplifting. Some elements of his debut album *Common Sense*, like ‘Did You See’, take on a lighthearted, cheeky tone, with others, like ‘Good Luck Chale’ tackling darker issues in youth culture. This, combined with classic Afrobeats digital sounds and percussion, as well as influences from The Streets, shows the mish-mash sound that UK Afrobeats can be. It’s a genre that allows for freedom.

A quick look at the charts and you’ll spot Afrobeats continuing its rise. WizKid’s ‘Come Closer’ collaborates with Drake and is a regular on club playlists. Kojo Funds, who calls his sound ‘Afro swing’, is an emerging newcomer that gets widespread plays at clubs and radio. Not3s ‘Addison Lee,’ similarly to Yxng Bane’s ‘Rihanna,’ combines dancehall, afropop, grime and hip hop, and the combination of such genres is proving popular –just look to the millions of Youtube hits the tracks have racked up. The new generation of UK Afrobeats is subtle but growing, gathering pace and seeping into mainstream culture at impressive speed. The diasporic sounds of the genre are inclusive and freeing.

Although the style is ever changing, African influence remains, and artists are keen to show their heritage: cultures brought together to create the sound of the moment.

Milly Whyman

Dark and Experimental Hauff Returns to Wire



It might be strange to think that Helena Hauff's first visit to Wire was on an inconspicuous Tuesday night in November 2015. This time, though, her visit was comfortably one of the city's most significant and irresistible winter bookings. In the two years that separates these two gigs; relentless touring, acclaimed sets at festivals and a residency on Radio 1, have all propelled the German into becoming one of left-field dance music's most prominent forces.

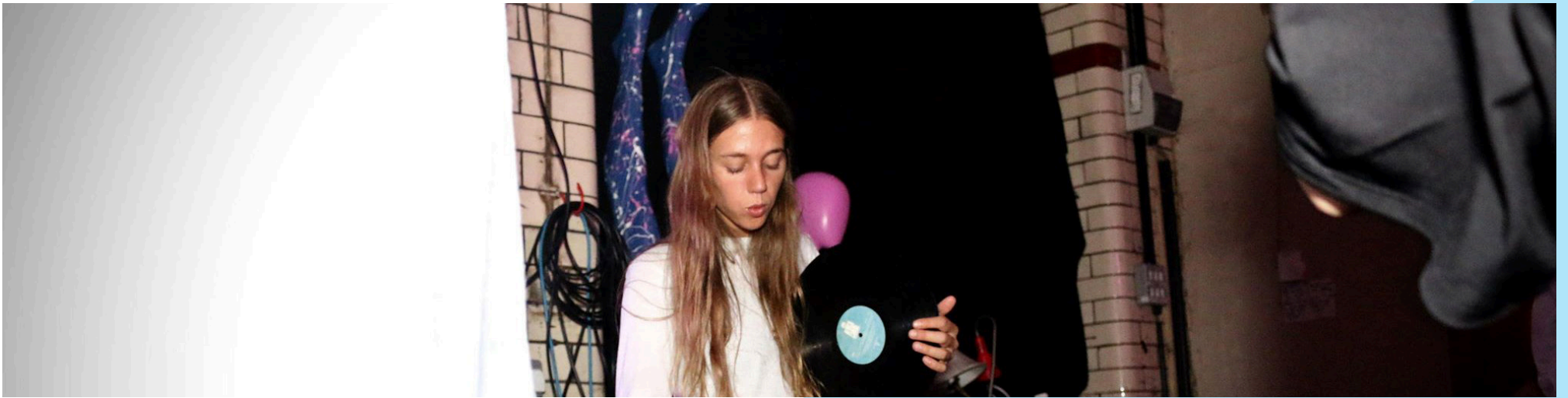
As a result, she is on form and highly fashionable. This is perhaps an unusual thing to say about a DJ whose sets are invariably esoteric and uncompromising, but it is this inconsistency, between her wide popularity and the music that she plays, that serves as a testament to her unique and undeniable dexterity as a DJ. This itself manifests itself in the rare ability to exhilarate a crowd with unfamiliar records. This singular skill characterized her two-and-a-half-hour vinyl set in the basement.

After Subdub's Simon Scott had set the tone with a broad selection of techno and EBM, Hauff took things down a notch, delving into atmospheric electro before swerving into obscure 80's synth pop, spacey breakbeat and acid; the crowd growing hungry for her to turn the room on its head. Unsurprisingly, she did just that, but it was hardly immediate. Instead, the selections got continuously harder, darker and more compelling. The sinister rolling bassline of Arnold Steiner's 'Inertia Collision' and the surging acid synths of DK9's reworked 'The New Beginning' both doing damage as the German followed a groove.

With a climactic finish not far off, she produced the night's most memorable moment, unleashing George Lanham's 'Fullbourn Haze' a ravey four to the floor techno weapon that drove the crowd wild and seemed send Wire's red lighting and smoke machine into overdrive. It was the kind of wild moment only a DJ of Hauff's calibre could create, silencing skeptics and reminding the rest that the hype is real, and there's nothing that will stop it.

James Gwyther

Equaliser Levels Up



Equaliser is a more than just a good time. Encapsulating their beautiful ethos of inclusivity and diversity, Equaliser strives to live up to its name by making the club scene a more equal and open zone. Before their launch night at Wharf Chambers kicked off, Equaliser hosted an evening of DJ workshops exclusive to non-binary and self-identifying female DJs, where they could develop their skills without fear of prejudice or judgement. Proving there's no shortage of girls who know their way around a turntable, it's DIY movements like Equaliser that inspire a future for female and non-binary DJs to be visible and celebrated for their talents, regardless of social conventions.

Brudenell Groove resident and Equaliser creator Ranyue Zhang was the first of the all-female line-up, soundtracking the night with an eclectic mix of tracks, all weaved together by her effortless fluidity. Slow burning with a laid-back and care-free atmosphere that encapsulates Leeds' grassroots culture, Equaliser was the perfect night to let loose with friends with zero fear of judgement.

As a prosecco bottle that had been chilling in a saucepan was popped open, Brilliant Corners resident Donna Leake took to the decks. Weaving through soul, afrobeat and jazz, Leake created the perfect atmosphere where an hour felt like a quick ten minutes.

Wharf Chambers is a place where anyone can feel at home, with its dingy basement vibes softened by fairy lights and a smoking area that feels like your best mate's back garden. Yet, with the Equaliser crowd, it never felt more welcoming and safe, with truly beautiful people having a truly beautiful time.

Meg Firth



Paris Fashion Week

Bea Warleta looks back on the best bits of this years Paris Fashion Week

Well, friends, it has finally come to an end. Fashion Week is over, which at least means my Instagram Stories can go back to normal. Paris Fashion Week has closed the month off with a bang, as always. Funky looks, Broadway-worthy shows, and mesmerising settings – it did not disappoint. Missed it? Here's a round-up of some of the best moments of Paris Fashion Week."

With the world's current affairs and countless violent attacks, and with Paris itself experiencing such fear first-hand on multiple recent occasions, it is refreshing to see a prevailing theme of positivity and joy throughout this year's PFW.

Seeing (through my iPhone screen, but still seeing) Moncler's army of hip-hop ballerinas having a dance off to Ed Sheeran's 'Shape of You' in between looks gave me life even while sat in between lectures in rainy Leeds. It was joyous and humorous and fun: just what fashion should be.

In terms of putting on a show, Thom Browne takes top prize. Constructing a haunting, fantasy world filled with bubbly silhouettes dancing down the runway, and a collection comprising dresses and suits alluding to mermaids, angels and fantastical creatures, the atmosphere could not have been any more magical. At least that's what everybody thought until the finale of the show, when a unicorn gracefully marched down the runway (okay, so it wasn't a real unicorn, it was made of people, but still, it was a fairy tale come true).



Image: Moncler

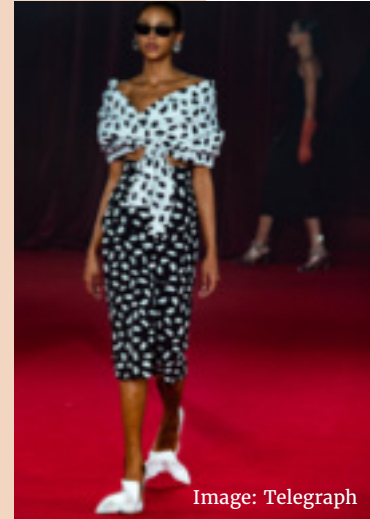


Image: Telegraph

Now to get to the good bit – the looks. Spotting a great look is like looking at a piece of art, only better because you can even attempt to replicate them in your own wardrobe. And then you can become that piece of art. Paris Fashion Week was full of such looks, starting (or ending, rather, as it was the closing show), with the whole entire collection at Louis Vuitton. And what a collection it was.

It took place on an excavated 12th century moat by the walls of the medieval castle that formed part of the foundation of the Louvre, but the setting wasn't the only thing that made us travel back in time. Nicolas Ghesquière combined 18th century frock coats with contemporary active-wear: trainers and shorts and sunglasses mixed with peasant shirts and embroidered coats. It's sporty-chic taken to the next level, and I could not be more for it.

If there is anything I took from this year's PFW, it's that anything goes. The message, for me, was this: yes, the world is being difficult right now, so let's have fun where we can. Let's be ourselves as much as we can, let's celebrate joy and fun and humour without any restraints.

And so, we saw fun prints, materials, and shapes in even the most conservative of brands. There were sparkles and glitter everywhere, with Paco Rabanne taking the lead with his party-girl inspired collection. At Chloé, however, what made my own eyes sparkle was a horse-print velvet pantsuit in terracotta paired with white cowboy boots and a snake-print V-neck. Off-White's black and white polka-dot co-ord put a smile to my face. And Loewe's extremely funky curl-toe trainers made me chuckle. This is what it's about: fun.

Bea Warleta

Is Paris Still the Fashion Capital of the World?



Image: Time Out

This year's Paris Fashion Week saw statement moments such as Saint Laurent's stunning show at the foot of the Eiffel Tower and the rise of Kaia Gerber – supermodel Cindy Crawford's offspring. Fashion culture has homed itself in the city of love for over 300 years with Parisians fashion orientation and trend setting. Paris isn't just a hub for everything couture; it's the domain for arts and culture as the city homes Musée de Arts (which currently holds an exhibition celebrating 70 years of Christian Dior) and of course the Mona Lisa in Musée de Louvre (which is surprisingly small in person). With other fashion giants like Milan, London and New York increasingly up to dates on trends, however, the competition between fashion capitals is fierce.

Paris is timeless; it remains relevant throughout history, and to this day. With Paris being fashion's beating heart for hundreds of years it's hard to imagine Paris not homing haute-couture or being ahead in street style. YSL made their mark in 1966 when they started prêt-à-porter which placed Paris ahead of any other fashion capital. With the architecture around Paris, fashion houses are promised the most jaw dropping settings with The House of Dior's commercial being shot in the Hall of Mirrors within the Palace of Versailles. The Independent has reported that in France 165,000 people are employed by the Luxury Fashion industry, this emphasises how important fashion is; not just to French cultural history but to the well-being and economy of Paris.

In the past it has been said that Haute Couture 'either stays in Paris or ceases to exist'. Paris embodies the glamour and city style that aspiring fashion hubs crave. Places such as the Champs-Élysées with amazing shops that are aesthetically stunning like Cartier allow Paris to maintain their status at the top. Right now, Paris is also birthing many new urban designers such as Demna Gvasalia; the Creative Director of Vetements.

Visiting Paris is an absolute must. It's not only the big brands that are worth it; it's the little citified boutiques such as 'Wasted Paris', that capture a unique sense of style and fashion movements within the capital. Paris as a whole is constantly moving forward, constantly exploring trends outside of their traditional fashion houses.

On the flip side, through the globalization of fashion and easy access to fashion forward trends, cities have been able to adopt and adapt environments from the most fashion magnetic cities; London, Paris, New York and Milan. London (especially London Fashion Week) covets some of fashion's biggest names like Vivienne Westwood and Tommy Hilfiger X Gigi, who held their first and only fashion show this season in London. Hong Kong is a growing clothing competitor with the country having over 650 businesses that accounted for over 4,500 jobs. Hong Kong is among leading production companies and now it even hosts clothing and garment fairs.



Image: Telegraph

Brands such as Calvin Klein, Tommy Hilfiger and Yves Saint Laurent source their clothing from Hong Kong and with fast fashion the demand is growing and growing every season.

For me, Paris is still where the heart of fashion lies and thrives and where it will for the foreseeable future. With leading fashion houses having their haute couture heels dug firmly into the French soil and Paris Fashion Week producing iconic moments every year it's hard to ignore the concrete reputation the French capital holds. Also, having been lucky enough to visit Paris and witness, experience and feel the charismatic atmosphere, rich cultural history and jaw dropping moments for myself, I am even more convinced that Paris is most definitely (for now) the fashion capital of the world.

Kirsten Williams- Lee

Outfit Of The Week

As we were greeted by grey skies and rain clouds last week, I've been wearing my brightest, boldest clothes on campus in the hope that the weather might take a leaf out of my book!

The Coat:

As anyone who knows me will know, I am OBSESSED with yellow. When I came across this saffron coat at a weigh and pay, it was love at first sight. I thought this coat was a perfect combination of fending off the rain, yet also radiating warmth and joyousness. I've been seeing a lot more people wearing yellow on campus recently and I am a big fan.

The Jumper:

It's safe to say that I wore this outfit on one of those 'chuck on anything that's clean days', but as Alexander Wang says, 'Anyone can get dressed up and glamorous, but it is how people dress on their days off that are the most intriguing.' This is one of my favourite jumpers as it's cosy, colourful and my friend once described me as looking as though 'a rainbow had thrown up on me', which I've always taken to be a compliment!

The Shoes:

Although these shoes are completely falling apart, I absolutely love them. I recently breathed new life into them by replacing the old black laces with these lemon yellow ones. I think laces are a great way to add just that little bit more colour into an outfit. Even if you're someone who loves to wear darker items of clothing, a tiny splash of colour can make it all just that little bit more interesting.



Darla Dryland

Darla Dryland

Not another Puffa!

Since it was buried by the cool-kids of the 80s, the puffer became a total no-go. A symbol of a dog walker. The perfect accessory to walking boots. Or, alternatively, the item channelling football coach vibes. Under no circumstances was this unflattering marshmallow an acceptable, let alone stylish, item. Yet it was practical. It was waterproof and warm. A jacket we wished we could wear but feared social suicide. But was the puffer always as bad as it seemed? Or had we just not yet learnt how to wear it?

Thanks to the bravery and creativity of modern designers Stella McCartney and Raf Simons in last year's AW collections, the puffer has risen from retirement and rid itself of its previous identity. Huge and oversized, the puffer generated a cool and relaxed style with its sheer size adding an essence of purposeful style. It didn't take long for this catwalk phenomenon to spread to the streets and campus, with brands such as Urban Outfitters grabbing at the opportunity for a heightened element of effortless street-style.

But this is last year's exaggerated trend. The same high-street replicas have circled the streets conforming rather than offering any insight of individual style. Perhaps the puffer has offered all it had? Had one

moment of wild freedom but has realised it finds true comfort hanging above a pair of Hunter wellies in the boot room? No. This is just the beginning for the much-favoured puffer as both designers and high-street brands have expanded the possibilities of the puffer with Zara offering futuristic metallic colours, Urban Outfitters opting for soft Teddy Bear material and, more affordably, New Look contributing an array of styles and colours of velvet puffers. These options may not be the most practical, yet, they symbolise that the potential of the puffer is far from redundant and can be used solely as a fashion statement regardless of practicality.

However, with students avoiding transport costs and braving the Yorkshire weather, never has there been a better time for the rival of the sensible puffer. We are fortunate now that fashion is becoming more and more practical. Designers are now taking inspiration from the worlds' biggest runway; the streets. Just like the trainer craze that arguably kicked off when Lagerfeld paired trainers with Chanel suits in 2014, it appears the love of comfort and practicality may also work in favour of the puffer, preserving it as timeless, yet evolving, classic.

Isabella Minns

Top 5 Trends This Fall

It's that time of year again that the leaves are dropping (and so are the temperatures), the essays are being set and it seems the only option for a little autumnal cheer is a shopping spree. With so much choice though, we've narrowed down our top five trends to keep your eyes peeled for this season.

The Statement Fur

Fall 2016 gave rise to the colourful and elaborate faux fur jacket, however for fall 2017 the trend is going back to basics. This year expect to see the colourful fur jackets sacked and replaced with brown or tan instead as the vintage inspired look makes a return. If you want to make a statement around campus, head to a vintage shop in and around Leeds (such as Blue Rinse) to grab yourself a cosy fur jacket.

Flares for Fall

Owning a pair of flares is an absolute essential for every University of Leeds student. Whether they're being paired with the beloved puffer jacket for a trip to Edward Boyle or being dressed up with a sequin halter neck for a night at Beaverworks, this 1970's trend is definitely something we're going to be seeing a lot more of this fall.

Lady in Red

From Versace dresses to Dolce and Gabbana coats, red was the colour which dominated the Autumn/Winter 2017 shows and will continue to dominate this year. This fiery shade is so hot at the moment that Givenchy has even decided to dedicate an entire collection to it – including coats, boots and even tights. Whether you add a pop of red to your outfit or you go full out dressing red-to-toe, you are sure to look bang on trend this fall.

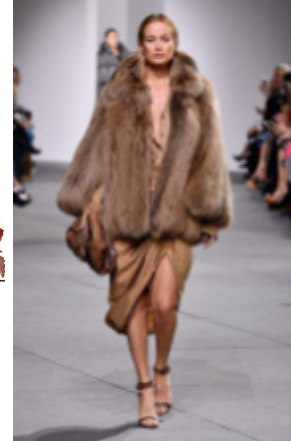
The Granny Knit

Who said grandmas don't have style? As seen by Miu Miu and Prada, chunky knit granny cardigans are making a comeback which is perfect timing as we head into the colder months. These cool and cosy cover-ups are the perfect item to throw over an outfit as you head to a lecture, making it look effortlessly chic. If you're unlucky enough to have a grandma that is not so stylish, Leeds is home to many charity shops where you are sure to find a similar bargain.

Corduroy Comeback

Moving away from the old geography teacher look, the 70's fabric corduroy has found its place on the catwalk this fall in the form of a burgundy jacket by Marc Jacobs, chestnut trousers by Mulberry and more. Corduroy is becoming the ubiquitous trend of the season as it can be seen flooding into every high street store in every kind of clothing form – be that jackets, dresses, skirts and even trousers. As there's so much choice and so many colours, you are sure to find something that you can work into your autumnal wardrobe this year.

Molly Alec



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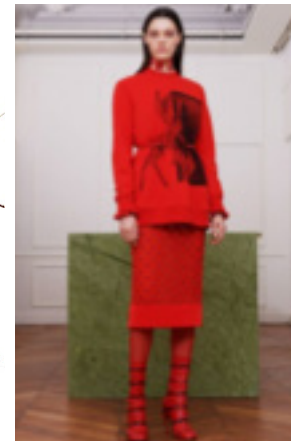


Image: Vogue.co.uk



Image: <https://vg-images.condecdn.net>

In Defence of 'Arty' Theatre



Image: Leeds Grand Theatre

When even the presenters of BBC's *Front Row* dislike theatre, it's beginning to look as though the art form has no place in mainstream culture. Yet, it always seems like more can be done to reinvigorate the art. Katherine Corcoran discusses this phenomenon.

The term 'arty' encompasses a range of cultural insults from pretentious, to confusing, to outright boring. Art that is 'too arty' is pushed from the mainstream and into the realms of the alternative non-commercial, and a simple glance at the highest grossing theatre will prove that spectacle song and dance numbers sell much better than poignant Beckett-esque comments on the human condition. But is theatre with plot themes more complex than the *Wicked Witch of the West's* life pre-Oz intrinsically inaccessible? Or is there potential for the drama enjoyed by art-literate theatregoers to be likewise appreciated by the masses?

The question arises as it has emerged that the presenting team for *Front Row*, the BBC's televised equivalent of the Radio Four arts show, prefer theatre that gives them "easier access to the loo" and "more intervals". Giles Coren, Amol Rajan and Niki Bedi are a dissatisfactory trio to channel the BBC's ability to provide representation for non-commercial art forms.

Televising *Front Row* was a decision made to "connect an even wider audience with the very best arts and culture right across the country", according to the BBC's Director of Arts Jonty Claypole. But when the presenters of the program fail to demonstrate any appreciation for theatre with less commercial recognition than Andrew Lloyd Webber's *School of Rock* (which, it should be noted, Amol Rajan saw in New York "a couple of years ago") experts are justifiably skeptical. After all, I would be concerned if the presenter of *Young Musician* cited their musical experience as a Taylor Swift concert in 2014. How will fringe theatre gain popularity in the mainstream when those employed to represent drama treat it with utter indifference?

Nonetheless, whilst the presenters' cultural ignorance is frustrating for theatre critics who could do a much better job, their reservations have roots in honesty. Giles Coren's comment that going to the theatre impedes his ability to get his children to bed and be out of the house for half past seven touches on the inaccessibility of theatre for busy people with a 9-5 job. The essence of drama as

a live medium that requires pre-planning and the purchase of a ticket makes it an inconvenient opponent to the accommodating, as-and-when forms of film, music and literature.

Perhaps that's why when we do make time to attend the theatre, a Disney or Lloyd Webber-affiliated show with meticulous choreography, a live orchestra and dramatic staging is what most people look for. *The Lion King* is the highest grossing show worldwide for its aesthetic encapsulation and loveable plot, not its depth as an art form. When theatre demands a lot from its audience, the audience demand a lot from theatre; small-scale productions by a newfound drama company sadly don't justify the time and effort they require to attend.

Another issue that drama faces is the divide between the mass-produced commercial and the 'arty'. Unlike with visual art and music, it's difficult to pinpoint a play with a level of notability somewhere in the middle of the most renowned productions and the domains of alternative, fringe theatre. This is because to find out what's on and what's good, you have to go looking: arts news isn't bombarded on the public like sports news. If the only readers of theatre criticism are those with previous interest in theatre, it will rarely be able to succeed in advertising the art form to the masses.

As long as the general public remain unexposed to arts news in their daily lives, we cannot expect the partition between commercial and 'arty' drama to get any smaller. Whilst musicals continue to dominate what's popular on stage and inadequate representation is given to shows outside the West End, fringe theatre will remain an alternative, 'arty' pastime. The presenters of *Front Row* are a controversial choice by the BBC, but I hope that somehow Coren, Rajan and Bedi's previous disassociation from the theatrical scene acts as an agent to persuade others of a similar mindset that 'arty' theatre is actually worth seeing.

Katherine Corcoran

Loneliness Through a Lens: An Examination of Loneliness

With the official submission of the Leeds bid for 2023 European Capital of Culture just weeks away, the city is teeming with events celebrating its diverse and rapidly transforming cultural landscape. It is interesting, therefore, that The Leeds Story Gallery at *The Leeds City Museum*, a space that prides itself on showcasing ‘the contemporary story of a talented a vibrant city’, has chosen to platform the sobering stories of a largely marginalised sector of the population – the socially isolated elderly.

In the rather understated space of the gallery’s *Community Corridor* are a series of provocative portrait photographs of Leeds residents over the age of fifty. Their backgrounds are infinitely diverse, with many coming to Leeds as first generation immigrants, and yet they all have one thing in common; the emotional toll of loneliness.

In 2017, the Jo Cox commission on loneliness found that nearly three quarters of older people in the UK experience loneliness, and, even more shockingly, over half of these individuals have never spoken to anyone about how they feel. This side of the city’s story is one that is uncomfortable to acknowledge, and even more so at a time when Leeds is so focused on celebrating its culturally diverse, united communities, yet the city museum has not shied away from the issue. Having spent over a year working closely with Leeds based charity *Time to Shine*, photographer Peter Howarth’s work uses portraiture to effectively capture the intimate moment a subject learns to open up about the much stigmatised and

ignored issue of social alienation. However, the work is in no way biographical. We get but a glimpse of their very different lifetimes spent as restaurant owners, golfers, widows, and parents. We are told the same story over and over again – that they are lonely, they are bored; they often have family close by, or try to get involved in community projects, or live in close proximity to others, but this is not enough to solve the problem. As one woman confesses; “I live lonely; not alone but very lonely”.

The monotonous and incomplete nature of these portraits would ordinarily be considered a weakness of a photographic interview (a genre usually employed to express individuality), and yet here it raises an important question: Why are all these people facing the same struggle? Why have all their very different lives reached such a similar point? Have we created a culture of isolation?

When Leeds City Council approved the recommendation to bid for European Capital of Culture 2023, they did so on the condition that the ‘bid must be for the benefit of the whole city [...] ensuring that discussions, events, exhibitions and activities take place in every community’, and by making space in the cultural landscape for the voices of marginalised individuals, *Leeds City Museum* have demonstrated their commitment to honouring this promise.

Connie Lawfull

Blade Runner 2049: A Worthy Sequel



[Warner Bros.]

Blade Runner 2049 has landed. Yes, this is the long-awaited sequel to that 1982 sci-fi cult behemoth, and Harrison Ford reprises his role as Decard. But, with contemporary revivals of classic cinematic worlds being the flavour of the decade, there was apprehension upon the announcement of this 35 year-late sequel; even the prospect of a *Blade Runner* successor suffering the same quasi-reboot pitfalls of franchise revitalisers *The Force Awakens* and *Jurassic World* felt sacrilegious. Right off the bat, however, it’s clear that this film was in the right hands, with the correct ethos behind its creation. As all great sequels do, Denis Villeneuve’s film understands and retroactively deepens its predecessor, blending the wondrous familiar with the ambitious unfamiliar. In this expansion, *Blade Runner 2049* in many ways surpasses its predecessor.

30 years on from the neo-noir detective tale of Ridley Scott’s original, we’re introduced to a new *Blade Runner*: Officer K. He inhabits a world now brimming with bio-engineered humanoids known as ‘replicants’. Once banned, they’ve

since been societally integrated: but K’s titular job requires him to find and put down the remaining older models. This may seem like a vague set-up, but I make no exaggeration when stating that this entire film is a spoiler. Within the first minutes it’s clear why *Blade Runner 2049*’s marketing has been almost exclusively devoid of plot details; go into the theatre knowing nothing but the original and you’re in for a ride.

Without corrupting that secrecy which appears almost sacred in the internet age, I can say that this sequel’s story is satisfyingly far from a re-tread. Familiar philosophical questions are asked; the concept of ‘humanity’ remains on a crumbling pedestal of exclusivity to humans themselves. Yet, *Blade Runner 2049* channels each thematic echo with a more visceral charge. What’s here is so: mething infinitely more personal to its titular *Blade Runner* (played equal parts stoic and vulnerable by Ryan Gosling), an emotionally charged mystery which unfolds on a wider geographical and emotional scale than the original. Director Denis Villeneuve invites us to experience a world that never began and ended with Los Angeles, and most certainly had more stories to tell than that which centred on Harrison Ford’s Decard.

And how beautifully that world is rendered. Veteran cinematographer Roger Deakins, Oscar nominated 13 times but never successful, has hopefully secured his long-deserved golden statue with what is one of the most visually arresting films of the modern era. Both a stunning recreation of Ridley Scott’s neon-soaked dystopia and a bold expansion of the world, *Blade Runner 2049* leaps from the murky LA streets of the original to the toxic-orange dust plains of a Las Vegas long-deserted. It’s a succulent visual buffet, courtesy of an industry heavyweight still at the top of his game.

Deakins’ wide-arching visuals amplifies how, at its essence, *Blade Runner 2049* is a cinematic colossus, its each step reverberating like thunder. It sometimes feels beyond belief that a Hollywood blockbuster of this scale is built so reliantly on the art of the slow-burn; Villeneuve never compromises in marinating every scene in the pure atmosphere, emotion and magnitude of the moment. Despite coming in at the cusp of 3 hours, I never wanted the film to end. My recommendation? See *Blade Runner 2049* in the biggest and loudest cinema you possibly can, marvel at the work of a filmmaker in searing command of his craft, and question whether we even deserve movies this good.

Elliot Gaynon

Seeing Leeds In A Whole New Light

Martha Sanders and Anya Loudon explore the best bits of Leeds Light Night Festival 2017

On the 5th and 6th of October Leeds was lit up for the thirteenth annual *Light Night Festival*. As the sun went down the city lit up and dozens of installations attracted intrigued crowds. From ethereal to extravagant, eerie to entertaining, there was a huge variety of events to satisfy all appetites. The festival was not only a visual treat but a delight for all the senses. The air was laced with smells of tantalising street food and the night was accompanied by atmospheric music from street artist, Lewis Crossley. Exhibitions ranged from the sublime, world-class acrobats in the Aerial circus to the slightly silly Light Benches on the Headrow, with much more in between.

Here are some of our highlights:

Illuminated Light Carnival Parade

The festival was kick-started by the *Leeds West Indian Carnival*. With feathers, lights and a multitude of colours they brought a taste of the Caribbean to the streets of Leeds in spectacular technicolour fashion. Although the northern winter is starting to set in here in Leeds, it was impossible to feel cold while watching the beautiful displays of explosive colour. In a festival designed to bring the city together this event in particular celebrated its diversity and multiteity. The carnival acted as the lifeblood of the festival, weaving its way through the veins of the city breathing colour and life into everything it touched.



Image: Welcome to Leeds

Museum of the Moon

One of the most mesmerising displays at the festival was undoubtedly the Museum of Moon. It is no exaggeration to say that artist Luke Jerram took me to the moon and back. Internally lit, seven metres in diameter, and designed using NASA images, the enormous spherical sculpture hung mysteriously over the river Aire for two nights. Despite the painstaking realism of the design, or perhaps because of it, there was something otherworldly about the way the giant orb cast its ethereal light across the humble banks of Leeds dock. I was transported from Leeds to a futuristic dreamlike world. This creative yet crazy design put the luna in lunacy.

Out of the Aire

The light projection that transformed the Civic Hall celebrated the history of Leeds and how it has become a city of great innovation. Beginning with projections of the River Aire, it moved through images of Leeds during the industrial era, circus acts, early cinema, historical figures and football teams. These projections were alongside music from contemporary Leeds artists and voice performers. This perfectly encapsulated the people who have shaped, and continue to shape, the city of Leeds.

Pop

An avant-garde installation of white mannequins with cube shaped heads was placed on Leeds town hall forecourt. A slow moving projection of flowers onto the mannequins gave the installation an ethereal feeling. This was accompanied by an experimental mix of soft electronic music coupled with the sound of a woman whispering, giving the piece an experimental and futuristic atmosphere. The Dutch artist wanted to convey how ideas that form in our heads replicate, evolve and spread, which creates cultural connection. However, I felt that the cuboid heads symbolised how society has become immersed in technology. This suggests the irony of interconnectedness is that people of the internet age frequently feel more disconnected and alienated than before.



Image: Rupert Lloyd Photography



Image: Rupert Lloyd Photography

Martha Sanders and Anya Loudon

Is Celebrity Theatre Good for the Art Form?

Owen Saunders and Georgia Hulkes argue for and against the casting of celebrities in both the West End and purist, highbrow theatre

Yes

‘Celebrity’ is a term that encompasses a broad range of well-known personalities, but, unlike in the realm of reality TV, the cogs of the acting industry are usually (though not unequivocally) kept turning by talent and ability. Though celeb actors in recent musicals, such as Strictly’s Joanne Clifton in *Flashdance*, have been subject to criticism, most ‘straight play’ companies manage to get the balance of celebrity status and genuine talent just right. A good example is the National Theatre, who have excelled for a long time in putting on productions like *Hamlet*, *Saint Joan*, *Angels in America* and *Frankenstein* (to name but a few), which not only star A-List actors like Benedict Cumberbatch, Gemma Arterton and Andrew Garfield, but also constitute some of the highest quality theatre there is.

Say what you will about these actors, but no one can deny that, under all of the art, theatre is an industry. Benedict Cumberbatch, for example, has become one of the greatest examples of gold dust – at least in a business sense – in modern theatre, cinema and television. While the business minds of film studios have done little good for artistic integrity in recent years, celebrity theatre is booming. Money must be made, and star-studded casts are a proven business tactic for generating it. However, another argument can be made; an argument that isn’t so cold and unfeeling, but in fact stays true to the very heart of theatre itself: appealing to the masses.

Despite its enormous success, theatre is still somewhat of a niche industry in comparison to the TV and film giants that dominate the world of modern entertainment. I would argue the theatre is not for drama snobs, but for the masses, and celebrities draw in the public. It is a fact of our modern age, and has arguably been so for all of human existence. Who are we to criticise the use of established actors in theatre, when they open up the industry to a mass of people who may otherwise have shrugged off the theatre as ‘artsy fartsy’ nonsense for ‘artsy fartsy’ people. The theatre is for everyone, and if celebrity actors with genuine talent help to keep this universal experience alive, then I say, so be it.

Owen Saunders



No

It was two summers ago when I first saw him, ‘him’ being Kit Harrington in a recent production of *Doctor Faustus* at the Duke of York Theatre, and just like many other eager, teenage theatregoers, I was very excited to see the real-life Jon Snow on stage. Yet, the avant-garde movement pieces, intricate set and stellar supporting cast seemed undercut by the fact that Game of Thrones royalty was on stage.

As talented as Harrington proved himself to be I couldn’t help thinking that the decision of his casting was a money making scheme. Was he placed in the titular role as a thought through creative choice or as a responsible business decision?

This inclusion of celebrities does attract a wider audience to the theatre and may increase ticket sales of NT and RSC Live, but there does seem to be a cost. Hollywood actress Rebel Wilson was cast in a brief run of *Guys and Dolls*, sitcom actress Miranda Hart — who has always dreamed of performing in a West End show — was cast in *Annie*. But is the confirmation that Freddie Flintoff is about the start a run on a London stage a step too far?

Benedict Cumberbatch’s performance as Hamlet has recently been rebroadcasted to cinemas across the nation and whilst this allows current access to one of Shakespeare’s most produced plays it seems that Cumberbatch’s name is the one that you remember. And whilst I do not wish for the undeniable talent of Cumberbatch to be questioned it does seem that the supporting cast become more of a forgettable starter to main course of the media frenzy that celebrity participation in theatre creates.

Celebrity has a place in theatre but not at the cost of theatrical and artistic integrity.

Georgia Hulkes



Does to Knock Your Socks Off

Hannah Simpson-Orlebar takes a look at some of the documentaries that we should be watching instead of trashy TV. Indulge in a form of procrastination that will make you smarter.

Fresher's week has come to a close, and awkwardness around halls, the queues for the medical centre and the ever-devastating Fresher's Flu are on the rise. Never has watching Netflix in bed seemed so appealing. However, when all the movies seem too cliché and starting a new series requires effort that you no longer possess, a documentary is the perfect option. Here are five of the best documentaries that Netflix has to offer.

Mortified Nation (2013) Mike Mayer

I do not think there will be anyone that does not relate to at least one moment in this documentary. This film presents a series of shows where adults read out excerpts from their childhood and teenage diaries, letters, plays and poetry. It is utterly hilarious and makes you want to find your old works of art detailing your own naïve escapades. If you like this, I also suggest you listen to 'Grownups Read Things They Wrote as Kids' which is a weekly podcast with very similar material.

Born into Brothels (2005) Zana Briski and Ross Kauffman

Whilst there are many documentaries detailing the sex trade, this is on another level. In the Red District of Calcutta, Zana Briski meets eight children born into brothels. Where many documentaries focus on the lives of the prostitutes, this showcases their children. Briski teaches them to use cameras, therefore allowing the audience to view the underworld of Calcutta, through their perspective. It is interesting to see the purpose of the documentary change, as the focus goes from the mothers to the children, and the hope of bettering their futures.

Chef's Table France (2016) Andrew Fried, Abigail Fuller, David Gelb, Clay Jeter, Brian McGinna

Watching this made me, well, firstly very hungry, but also wish that my fridge did not just contain hummus, ham and cheese. If you are a lover of food or art or want to impress someone by watching a whole documentary in French, this one is for you. Each episode, features a new chef and a new part of France. It is an unbiased biopic of each Chef's life, noting the highs and lows on their voyage to perfection.

The Keepers (2017) Ryan White

This series explores the unsolved murder of Sister Cathy Cesnik and delves into the corrupt nature of the Catholic church. It starts in a very similar style to 'Making a Murder' in being a single case, but swiftly grows in magnitude, to show the scope of sexual abuse and exploitation in the church. It is effortlessly gripping and demands further research of the watcher, which is always the best response to any truly good documentary.

Jack Whitehall: Travels with my Father (2017) Jack Whitehall

Jack and his father, Michael Whitehall, embark on the typical 'Gap Yah' route across South East Asia. It's a healthy balance of history, culture, dysfunctional relationships with fathers and comedy. If you have watched anything with Jack Whitehall in it, you will know what to expect, but Michael is really the star of the show in his blunt and honest commentary.

They differ in style and genre, but like any documentary, you will be talking about them long after you've logged off Netflix or until you get your friends to finally agree to watch it.

Hannah Simpson-Orlebar

American Gods: Omnipotent and Otherworldly



Image: YouTube

Neil Gaiman's equally visceral and intellectual novel, remade in eight, hour-long HBO episodes, is a dazzling on-screen delight for believers and non-believers alike. The formula: a rich amalgamation of worldwide mythologies, a cast with the likes of Ian McShane (*Blackbeard* from *Pirates of the Caribbean: On Stranger Tides*), Emily Browning (*Violet Baudelaire* from *A Series of Unfortunate Events*), and Pablo Schreiber (*Mendez* from *Orange is the New Black*), coupled with contemporary cinematography encapsulating the barren state of human civilization.

The narrative thrusts viewers into the incarcerated life of Shadow Moon, a prisoner on the verge of freedom, awaiting to be reunited with his wife, Laura Moon. A simple premise, until elements of magical realism (as if projected to life by Haruki Murakami himself) begin to consume Shadow's life into a plunging sequence of despair. An inscrutable figure, going by the name of Mr. Wednesday, charmingly—though not at first—hires Shadow for his services to aid him in his covert operations. While the dichotomy of life and death are explored in excruciating detail, both in a personally taxing way for Shadow, and in grandiose social commentary in general, it isn't at the heart of the programme. The most fundamental essence of such story-telling is in its ability to scrutinise external market-forces of technology, media, and ceaseless industrialization. In a highly anticipated war, subtly mentioned throughout, the diminishing, though historical potency of the Old Gods is being severely challenged by the rise of societal preoccupation with the New Gods. The culmination of this polarity, exercised through poignant dialogue and bright-red bloodshed, is flaunted marvellously in the season finale.

At times, *American Gods* seems to transcend the very nature of its content and embodies glimpses of *Django Unchained* and *Game of Thrones*, two mega-blockbuster creations. It provokes discourse even when it shouldn't, because there is far too much ground to cover when one taps into the canvas of the omniscient and the supernatural. And even if there's no revelatory insights to be gained, it's at least a very compelling and deliciously dark tale of fables, theology, and cyberpunk realities.

Varun Madan

Can You Go Vegan For A Week?

Somehow, one of the Lifestyle and Culture Editors miraculously persuaded Issie Sutherland to go vegan for a week, who in turn somehow got her housemates on board. Here is how she fared on the strictly no animal produce diet.

With over half a million vegans living in the UK alone, a steep increase of 360% from 2006, it is undeniable that veganism is one of the fastest growing lifestyle movements over the past decade. The plant-based diet not only boasts serious health benefits, but major ethical and environmental benefits too. As documentaries such as *Cowspiracy* (2014) direct the vegan discussion onto an increasingly accessible platform and put forth a very convincing argument as to why “we should all be vegans”, I have roped my flatmates, Katie and Abbie, into becoming vegan for a week. Doing all the hard work for you, we have challenged ourselves to see just how easy it is to go vegan at university on a student budget.

DAY 1: Reluctantly coming to terms with the prospect of a vegan diet, our first day as vegans was a little disappointing; particular low points included tea without milk, beans on toast without cheese and having to clingfilm Katie’s birthday cake in the hope it will last until the end of the week. Having not yet completed our “big vegan food shop”, dinner options were fairly limited, with Abbie opting for a delightful bowl of Weetabix (with almond milk, obviously) and Katie and I rustling up a meagre portion of stir-fried vegetables (on the up side, very healthy we told ourselves).

DAY 2: Having decided to get our act together we ventured to Morrison’s to discover what little Vegan gems they had to offer. Ground-breaking discoveries were vegan pesto (an absolute godsend), Oreo’s (which are actually vegan, who knew?) and Marmite (again, who knew?). Cost wise, the “free from” products did work out more expensive, vegan pesto came in at £2.50 whilst Morrison’s own comes in at a pound and a litre of almond milk costing £1.38 as opposed to a litre of cow’s milk costing just 45p, something to consider if you were going to go vegan full time. However, our ingredients for vegan chilli worked out much cheaper, substituting costly mincemeat with sweet potatoes and chickpeas. With the absence of cheese, we were a little sceptical, but much to our delight it turned out to be pretty tasty. We swapped cheese and sour cream for Katie’s home-made guacamole, which was incredible and to be honest a much healthier and tastier alternative.

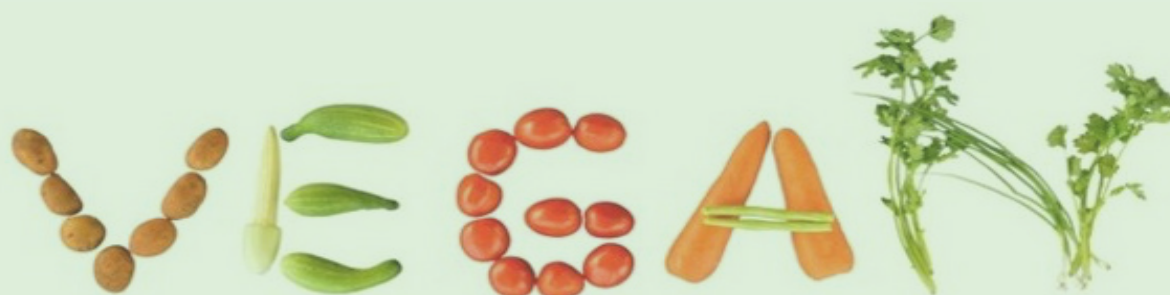
DAY 3: Three days in and veganism began to take its toll. Our consumption of hummus skyrocketed and Abbie lost her way, getting a latte with milk. Katie and I were still going strong however, aided by Katie discovering some banging vegan banana bread to settle our sweet, non-vegan cravings. This came in good time as the copious amounts of birthday cake in our flat (three) had become a source of temptation beyond no ends.

DAY 4: With two days to go the “glow” of the vegan diet hadn’t yet hit us and staving off temptations to demolish an entire pack of chocolate digestives was getting harder and harder. Despite the lack of physical benefits (honestly it had been four days, what were we expecting?) our diets had noticeably improved. With easy, processed food largely out of the question we found ourselves cooking from scratch and incorporating loads more veg into our meals. Preparation seemed to be key and being forced to think about everything we were eating meant instead of picking up a £3 meal deal from Tesco we were bringing our own lunch, saving money and ultimately eating more nutritiously – a win-win situation. Dare I say it we even began to find our inner culinary skills and enjoy cooking. A firm favourite was a vegetable and coconut milk curry we made that night and with nothing but veg, coconut milk, spices and rice that was both delicious and affordable.

DAY 5: Our final day as vegans and we were ready for a reintroduction to dairy, but being the troopers we are, we decided to see the project to an end. On reflection, cutting out animal products wasn’t as earth shattering as we anticipated, although we definitely felt the restrictions in what we could eat and exhausted the culinary variations of the chickpea. We also noticed just how much healthier we were eating, which ultimately felt better in addition to the unquestionable environmental benefits of a vegan diet in the current climate of mass meat/dairy production. I asked Abbie and Katie for any final reflections on the past week, their responses pretty much sum up the venture to a T.

Abbie: “It made me eat healthier but I miss cheese.”
Katie: “I didn’t snack as much, but I really want chocolate.”

Issie Sutherland



You Are Not Alone

‘At university, you’ll make friends for life’. Lifelong friendships seem to be synonymous with the university experience, according to many previous students. This causes a subconscious pressure on students arriving at university to find these other students who are destined to be lifelong friends. Although this rather clichéd statement may ring true for many, it is not definitive. The idea of loneliness at university is somewhat of a stigma. Those who experience this consuming emotion are perhaps ashamed or disappointed to feel this way when they feel as though they should be having the time of their lives. With over 31,000 students at the University of Leeds and over 320 clubs and societies, it is perhaps surprising that so many students find themselves struggling with this issue.

Why is it then that students feel so lonely? Perhaps the most obvious reason is that university provides significantly fewer contact hours than at school. Equally difficult is the adjustment to lectures and seminars instead of small classes, not to mention the fact that students may find themselves with different people in each lecture. Joining societies seems like a straight-forward solution, however, many societies meet up just once a week. Given these issues, perseverance is key; it may take longer than you would hope but you will eventually make friends with students in your lectures and at your chosen societies.

In the meantime, what can you do to battle loneliness? If you do not immediately have a particular group of friends, try not to worry about it. As frustrating as it is, time is both your enemy and your enabler, so try to exercise patience. There are a variety of ways to combat loneliness and although it is completely subjective to the individual, here are some suggestions to help you along the way:

Get a sense of purpose

Sitting in your room with nothing but your four walls to keep you company will not help you in the slightest. Try structuring your day: make a timetable, however loose or rigid it may be, and follow it.

Get out of the house and get some fresh air. This is beneficial both for your mental and physical health and will also provide you with a sense of purpose – action and activity do not go hand in hand with loneliness!

Talk to someone

This may be an obvious suggestion, but don’t suffer in silence. The University of Leeds has a ‘Nightline’ available for you to talk to someone anonymously and in complete confidence. Additionally, don’t be afraid to reach out to your personal tutor. They are there to help you in all aspects of university life and they will be glad you sought them out.

If you do not feel like talking to someone you’re not well acquainted with, try calling your family. Students often forget that parents are adjusting to a new way of life too and don’t realise how much a call home means. There are so many people willing to help, so let them.

Do something you love

What is something you really enjoyed doing in the past? Do it again.

Loneliness gets worse the more you think about it, so try your best not to. Distract yourself and pick up something you’ve previously enjoyed doing. Re-read all the Harry Potter books, go swimming, draw a picture. If it has made you happy before, why not do it again?

Get off social media

Social media like Instagram and Facebook is so second nature now that we don’t even realise how much it controls our lives. Looking at endless photos of groups of friends, family and celebrities may worsen your loneliness and make you feel detached.

It would be unreasonable to advise deleting social media, however, try and limit the time you spend on it. For example, try the old-fashioned approach; when walking to lectures keep your phone in your bag, look up and smile at people – happiness is contagious! When at home, listen to a podcast or an audiobook. Both are vastly underrated and listening to someone’s voice can really boost your mood.

Loneliness by its very essence is the feeling of being alone, but it is important to remember that it is not a unique nor permanent feeling. If you are experiencing loneliness it is essential to be proactive. Think positively and fight it!

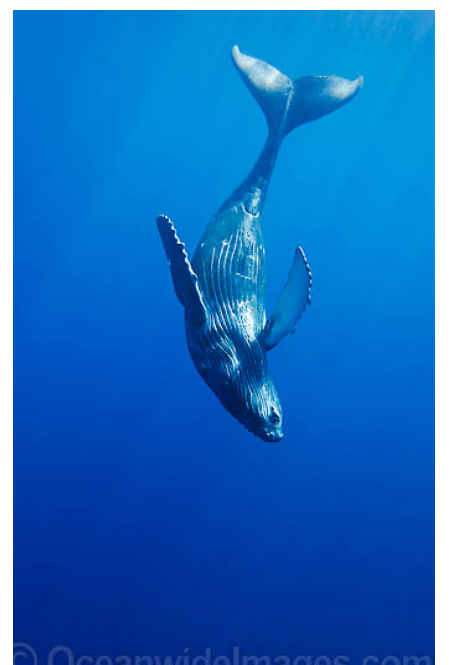
Emma Prentice

Blue Planet II

If you haven’t watched the trailer for the new release of Blue Planet II, you must be living under a rock. The seven-part documentary series comes 16 years after its predecessor and is set to be released on the 29th October 2017. The man, the myth, and the legend Sir David Attenborough will narrate the series that takes us deep beneath the waves. As you can imagine 16 years on, the science and technology advances mean that we know so much more about the big blue than we did, allowing us all to join Attenborough, voyaging deeper than ever before.

Four years in the making, the series will be accompanied by music by Hanz Zimmer and Radiohead. Crews have been travelling all over the planet to capture spellbinding imagery and scenery that is sure to take people’s breath away every Sunday evening. The big blue is still the largest area of the world that has so much still to be discovered, and the new five-minute trailer showcases that. I watched the trailer and was left with goose bumps. If you haven’t already then make sure you watch 5 minutes that will make you speechless, unless you are David (obviously)! So, if you are as excited as me then get ready to take a big breath, dive and delve deeper into uncharted territory where some of Earth’s best-kept secrets hide.

Bella Davis



What They Don't Tell You About Doing a Year Abroad

Everyone who has been on a year abroad has agreed with me when I say that it is a unique experience. From Australia to Japan, to the Netherlands and the USA, everyone comes back with an entirely different, and an (almost) entirely positive review.

When looking at your abroad schemes, facilities wow you with all the possibilities. What they don't tell you before you leave though, is that getting there is half the battle.

The administrative procedure is a nightmare and you will begin to question whether going to spend a year abroad is even worth it. Due to the need to apply to Leeds University, then to your new uni, then for a visa before you can book a flight; you will find waiting around at each of these stages. This is tedious at best, and nightmarish at worst. It seems that there are never-ending forms and hoops to jump through, with random steps thrown in for fun like having to send money abroad for student insurance, or taking last minute trips to London to have a privately paid doctor feel up your armpit so that your host country knows that you are fit and well to leave England.

Once you've got that sorted, you'll have to find somewhere to live! It sounds so simple, but it's not when you're moving to a country where they speak a different language, or don't have enough space in halls. This was by far the hardest challenge I faced when on my year abroad. Choosing not to live in halls because my uni was an hour out of the city meant finding a house in a big city, with people I didn't know, and applying to live in areas we had no idea about. This required an average of three house viewings a day across the city, writing many applications with different people, receiving continual rejections; whilst also attempting to sort out an Australian bank account, phone number and register at university. I eventually found a home with someone who, by chance, managed to message a man on Gumtree as soon as he posted about it online. Luckily, we ended up in the city centre (by some miracle) but a top-tip is to email people who have been to the same country already to find out what suburbs are great to live in. Trust me it will help you make a more educated house search.

Another thing people fail to mention is that most of your friends won't be from

your host country. Most likely, your friends will mainly be other international students. Whether it's the Icelandic girl you meet at the international fair in the first week, or Sophie from Sussex University; these people will be your friends. You will all have lots in common, and find yourselves at all the same events; not to mention want to go travelling around the country and continent with them on weekends. Face it, if someone came to Leeds and visited a different country in Europe every other week, it is unlikely you would be able to spend a lot of time with them.

The first week will feel like a month, the first month will feel like a year, and then the year will feel like a blurry dream you will long for on cold, Leeds winter days.

'The first week will feel like a month, the first month will feel like a year...'

For me, it was by far the best year of my life. Living in Melbourne, a city of seven million people, with all the bars, restaurants, theatre shows and international film festivals your heart could desire; it was also an amazingly peaceful place. From meeting the cute little 'fairy penguins', Kangaroos and Wallabies - to finding giant spiders and mice in our house, I became very well acquainted with a whole new way of living with nature. Not to mention my favourite spot: the beach; the perfect place to go surfing, de-stress after work, picnic with your hot Aussie tinder date or even find a rock to study on (something I did frequently to convince myself I was doing work).

Wherever you go, do your research before you leave and it will be amazing. I 100% recommend anyone going abroad for a year, because whatever happens, you will definitely not regret it.

Annabelle Toon

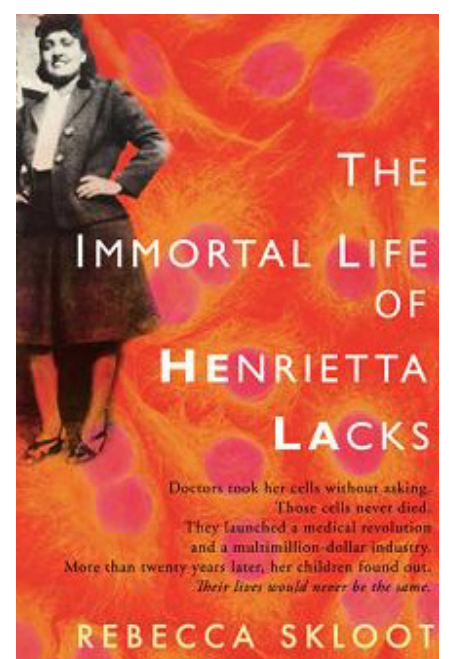
Treat Your Shelf

It's October! It's the month of Halloween, and more importantly it is Black History Month. It is so important to treat yourself and this week what better way to spoil both you and your shelf than to purchase a beautiful literary story celebrating black history.

Based on the true story of Henrietta Lacks, author Rebecca Skloot sheds light on a lady who unwittingly changed the course of medicine. *The Immortal Life of Henrietta Lacks* tells the story of the title character's impact following a diagnoses with cervical cancer at the age of 31 and her subsequent death in 1951. Little did her family and friends know that her cancerous cells were harvested without permission to be scientifically investigated.

Known to scientists as HeLa, her cells aided in advances in medicine for chemotherapy, the polio vaccine, cloning and gene mapping. This book is so important to read as it reinstates Henrietta Lacks as the kind, pretty and loving person she was. *The Immortal Life of Henrietta Lacks* deserves to be treated as a work of American history with its scope large, its prose intimate, and its deeper purpose to showcase scientific discovery and human consequences.

Bella Davis



Anorexia in the Modern Day

Halloween costumes, slogans, and the fallacy of self-control. Charlie denounces the 'Anorexia hoodie' and tackles misconceptions about the eating disorder.



Companies coming under fire for inappropriate clothing is nothing new. In 2011, the infamous Anna Rexia dress – possibly the world's most distasteful Halloween costume – was removed from retailers, yet it still makes a comeback every year. In 2010, Urban Outfitters were forced to pull their 'Eat Less' t-shirt from their website, and in 2012, a star strikingly similar to the Star of David appeared on a blue striped t-shirt before being withdrawn.

That a hoodie was being featured in the news last week for similar reasons therefore came as little surprise to me. I was not prepared, however, for how truly disgusting the slogan is. Sold on Amazon (but now taken down from their UK site), the shirt reads: "Anorexia: like Bulimia, except with self control".

Arguably a hoodie is simply a piece of fabric, and the uproar caused by one item of clothing is unjustified. But I argue that this hoodie goes much further than a distasteful joke. The existence of this slogan shows that, societally, bulimia is still cast aside as the 'lesser' eating disorder: the less 'impressive' illness, where the sufferer seemingly has no restraint and simply eats excessively. The idea that an anorexic achieves self-control is twisted. A 'pro-ana' mentality promotes a malnourished, frail body as a worthy outcome of years of torture.

Worst of all, however, is the fact that this slogan adds to the thousands of unnecessary voices telling us that we are not good enough. The control that we attribute to anorexia is seen as something to aspire to: an outsider may view an eating disorder as a sign of great restraint which they wish they could have over elements of their own life.

In reality, an eating disorder is not a show of self-mastery – it is the illness that has complete control over your body, mind and behaviours. At its worst, the illness makes your personality feels lost to a world of numbers, self-harm and obsession. And – as I cannot stress enough in my writing – eating disorders do not have a body type! Anorexia does not automatically result in drastic weight loss, just as bulimia does not have to mean weight gain.

This slogan incites further questions, namely why do we still see anorexia as an 'impressive' illness? And why do we see thinness as the ultimate goal, even if it means a lifetime of disordered eating and misery?

Susan Bordo, in her well-known literary text *Unbearable Weight*, reads the female body as a reflection of political and social pressures. Although written over 20 years ago, I argue that elements of this text are still applicable today. Bordo sees the anorexic body as a very

physical reflection of the feminine ideals of the time. Focusing on 1950s/60s culture and the rise of the hourglass figure, Bordo writes:

Through the exacting and normalizing disciplines of diet, makeup and dress [...] we are rendered less socially orientated and more centripetally focused on self-modification. Through these disciplines, we continue to memorize on our bodies the feel and conviction of lack, of insufficiency, of never being good enough. At the farthest extremes, the practices of femininity may lead us to utter demoralization, debilitation, and death. (1993, p. 166)

This concept of 'never being good enough' has not gone away. As the hoodie slogan reminds us, we are still encouraged to view our bodies as objects to control and manipulate according to what is societally pleasing.

Bordo talks about starvation 60 years ago as an unconscious form of self-restraint. In today's world, the prevalence of diet culture, exercise routines and body shaming means that we are told what our bodies should look like more blatantly than ever before.

The problem is not just the influence of 'body goals', which are spread left, right and centre online, it is also the media's interpretation of anorexia. Here it is worth clarifying that I do not believe diets and representations in popular culture directly cause eating disorders. Nevertheless, both spread the toxic myth that we are not good enough.

The media's definition of the condition – drastic weight loss, disordered eating and excessive exercise – is too generalised and does more harm than good.

Unfortunately, the tendency to associate anorexia with appearance and low body weight is becoming widespread due TV shows, such as Netflix's 'To The Bone', as well as news programmes. Compounding the problem are the stories plastered on magazines with headlines designed to shock, for instance, 'girl nearly dies at only X pounds', and chain stores which misinterpret the illness for their own economic gain.

Mainstream media's construal of the illness has meant that anorexia is still tied to the size of our waists, the clothes that we wear and the dieting regimes that we adopt, not the mental anguish, long term health problems or trauma that come with it.

Why do we continue to consume these very visual representations of anorexia? Because they sell, and because the shock of seeing an underweight photo makes the eating disorder seem more impressive. But looking deeper, the praising of physical damage comes back to this idea of self-control. We find it fascinating that people have the power to starve themselves, even if this 'power' truly belongs to the illness.

Amazon's hoodie slogan is a large-scale joke gone wrong. It reflects a consumerist society obsessed with weight loss, and only serves to further taint our attitudes towards anorexia and other eating disorders. We are people – not mannequins, newspaper headlines or symbols of societal pressure – and our bodies should not be viewed as blank canvases on which to show our mental anguish.

Charlie Collett



The Road to Equality



Rosie reflects on the recent victory for women's rights in Saudi Arabia, but reminds us that there is still a long way to go before true equality is achieved in the country.

On September 26th, the kingdom of Saudi Arabia lifted the ban on women driving. Women in Saudi can now legally drive for the first time since the Iranian revolution. This is as symbolically important as it is practical, for women are being trusted not only to drive, but also to go out without a male's permission. Women literally have access to a new form of mobility, which will enable them to expand previously isolated lives. This change is of course also positive for men, as many must have been frustrated about having to act as chauffeurs for their perfectly capable female counterparts.

Saudi had long been the only country in the world which wouldn't allow women to gain driving licences, a fact which Queen Elizabeth appeared to criticise in 1998 when she chose to personally chauffeur King Abdullah on a state visit. While it was easy for the Queen of England to flaunt her driving abilities in Abdullah's face, it was far more dangerous for regular Saudi women. Loujain Alhathloul was imprisoned in 2014 for defying the ban and many other women suffered arrests and the confiscation of their vehicles. Since 26th September, however, women are finally allowed to hit the roads.

While we must celebrate this recent move towards equality, it is necessary not to overlook the limitations which women in the country still face. In Saudi Arabia, women are still policed in almost every other aspect of their lives. The government dictates that in all spaces where they may be seen by an unrelated male, women must be fully covered. Furthermore, legally, women are still required to have a male guardian, from whom they need permission to travel abroad, to apply for passports and even to get married. A woman's right to make decisions in Saudi Arabia is still subject to the frankly ridiculous notion that 'men know best'.

So, why is Saudi so oppressive? Are they merely respecting their cultural heritage, and if so, is it Eurocentric of us to criticise?

Some women, such as Noura Abdularrahman, claim that the enforcement of male guardianship is a tradition of love, not control. While many men and women in

Saudi do undoubtedly see guardianship in a positive light, the system still perpetuates the idea that women require male protection and are therefore less capable beings.

In 2008, some Saudi women launched the petition *My Guardian Knows What's Best for Me*, reminding us of the complexity of a culture in which women have been systematically indoctrinated with the myth of male superiority.

Although it is unfair to criticise another culture without fully understanding it, I find it hard to believe that all my sisters in Saudi are satisfied with being legally unable to make even medical decisions alone. Indeed, the constant and untiring activism of Saudi women is a stark reminder that women refuse to accept an inferior status and remain submissive in the face of oppression.

The recent decision to allow women to drive in Saudi is an excellent (if long overdue) move towards equality. However, the women of Saudi deserve much more than just control over vehicles, they need to be allowed control over their lives, too.

Rosie Plummer

Agony Aunt



"I don't drink alcohol, but all my friends do, and whenever they're drunk I feel like I'm on the outside. I don't want to compromise on my beliefs, but I'm also tired of feeling like I'm missing out. Any advice?"

Nowadays, there seems to be a common misconception that all students do is drink alcohol and go out clubbing (aside from studying, of course). The important thing to remember is that there are tens of thousands of students at university, all with different experiences and preferences. Whether you have tried drinking alcohol in the past and have decided it isn't for you, or the lifestyle involved with drinking just doesn't appeal, you do not need to panic. I, for one, am in the same boat.

I would like to share with you one of my favourite quotes by Judy Garland: "Always be a first-rate version of yourself, instead of a second-rate version of somebody else." I try and stay as true to this belief as possible, but during Freshers' week I had the worry that if I didn't go out, people would think I was boring. With friends constantly asking you if you want get drinks and buy tickets for the next big night out, your head can easily start spinning.

That's why peer pressure when it comes to alcohol is one of the most unpleasant forms of the phenomenon. It's not that you don't want to have fun with your friends, but must every activity involve alcohol consumption? Even society meetings appear to end with a trip to the pub. Whatever happened to catching up over lunch or organising a day out with friends?

Without further ado, here is some advice for being yourself without missing the fun:

1) Look for alcohol-free events

When you hear of events through word of mouth, I often find they

are for nights out. So, recently, I have made a point of checking the University Union's website, as they list all the events going on around campus, and you can even put an alcohol-free filter on your search. The chance is that you will meet likeminded people at these events who share your feelings about alcohol. Who knows, these could be the people who become your friends for your entire time at university!

2) Sophisticated drinking

As a means of keeping the alcohol to a minimum, but not missing fun with friends, you can offer an alternative suggestion, such as having a meal out together in the evening. Your friends can have a drink or two if they want, but the environment is much more sophisticated, and there is less chance that they will get absolutely smashed. If they want to continue the night afterwards, that's fine, and you can go back home and curl up in bed knowing that you've had a good time socialising.

3) Don't be afraid to stand up for yourself

Though you may have to do a little bit of compromising at first, as it's to be expected that your flatmates or other friends at uni will want to go out drinking at some point, you should not have completely change who you are or pretend to have fun when you are unhappy. Honestly, if they do not respect your decisions, then they are not very nice people. You should be able to enjoy university no matter who you are. After all, university should be about finding yourself, not losing it.

Megan Harrison



“The first couple of days I didn’t have any time on my own,.and the first time I was on my own at night I got really upset and homesick and I facetimed my sister and had a little cry, which was quite sad. But like, you’re too busy to miss home most of the time. I think it’s been easier than I thought it was going to be, even though there are moments when I wish I was at home.”



Leeds Red-Light District: Safe or Sketchy?



Image: Konbini

Lyle Broom

The initiative by Leeds City Council to introduce a Red-Light District in Holbeck in 2014 has been hotly debated ever since its inception. Since the murder of a Polish sex worker in 2015, many legitimate questions and worries about the initiative have been raised as locals began to doubt its effectiveness and their worst apprehensions appeared to come to fruition.

The hours between 7pm and 7am have become the prime time for the prostitutes of Leeds to practice their

trade, completely legally, in the streets of Holbeck. Prostitution itself was never illegal in this country but soliciting and 'kerb-crawling' have always been against the law. A study by the Home Office this year discovered that 80,000 women in the UK are involved in prostitution, with at least 250 women working in Leeds right now. These are quite disconcerting figures considering the obvious dangers these women are putting themselves in merely to make money. However, what are the actual benefits to a Red-Light District? Does it actually have an impact on the safety of these women which is, obviously, the most important aspect of this debate?

In theory, a well-regulated Red-Light District is the best thing for those who are sex workers. They will have more protection from law enforcement in the event a client gets out of hand, and the legalisation of their trade allows them to avoid the unforgiving and unhelpful realm of the prison system.

Aside from the safety of all parties involved being more tightly secured, there is the issue of individual liberty and the right to do to oneself what one sees fit. As previously mentioned; the act of exchanging money for sex itself is not illegal, it is the act of

soliciting or kerb-crawling which is against the law.

Therefore, no personal freedoms are being impinged upon directly; instead, the current law outside the Red-Light District indirectly punishes those who sell their body for sex. This could be seen as sneaky legislation that really has no impact on the amount of sex workers in the country. It is merely a token legislation to appease those who complain about these women, who are actually just trying to make a living. Everybody in this country has the right to make a living; including sex workers.

I suppose the main argument against a Red-Light District in Leeds is the lack of impact it has had in reference to the murder of the Polish sex worker in 2015. However, we do have to question whether this heinous crime would have happened anyway? Would tighter regulation have prevented the actions of one, clearly unhinged man?

I don't think so. But, a safer environment which seeks to improve its protection for these women is a damn good place to start. Because everyone should have a safe work environment, no matter the trade.

Conservative Party Conference 2017: The End of May's Tenure?

Julien Yvon

Ever since the election on the 8th June, the Conservative party and its leader, Theresa May, have been on a downward spiral. A snap election, called by Mrs May herself, saw her party lose its parliamentary majority despite having a 21 point lead in the polls beforehand. From the renewal of fox hunting to the 'dementia tax', it is safe to say that May's campaign and manifesto was a complete disaster. Since the election, her incompetence shown in the Brexit negotiations has seen Jeremy Corbyn's Labour party leapfrog the Conservatives in the polls. The annual party conference was thus her opportunity to get the party back on track. However, she failed to deliver.

The first mistake the party made was holding the conference in Manchester, a city which is red through and through. Conservative MPs were met by a swarm of protestors voicing their discontent with Tory austerity. After speeches from various cabinet members such as Boris Johnson and Phillip Hammond, it was now time for the Prime Minister to speak.

It was clear that she had finally listened to voters. She announced a freeze in the cap on tuition fees at £9250 and a higher earnings repayment threshold of £25,000. This was May's way of appeasing young voters, who had turned out in record numbers and mostly voted Labour. Equally, she echoed Ed Milliband's 2014 promise of a "British dream" of home ownership for young people by making £2 billion available for council and social housing.

Nevertheless, May's speech was to be marred by several incidents. Comedian Simon Brodwin handed her a P45 as she continually coughed throughout her speech. To top it all off, several letters from her slogan 'a country that works for everyone' began to drop off, almost foreshadowing the prime minister's political demise. These events were to upstage May's policies in terms of media coverage.



Image: Daily Mirror

A positive that did come from the conference was a sense of unity that had been missing from the party for quite some time. Despite having undermined May's Brexit plan just several days beforehand, the foreign secretary, Boris Johnson, claimed that the Prime Minister would deliver "a great Brexit deal" and even

congratulated her on her election victory. His words were echoed by several other cabinet members who agreed that the party must unite.

However, Former UKIP leader, Nigel Farage, stated "I just hope that in Manchester the Conservative Party start to say in public what they are all saying to me in private – that she's a waste of space, and she needs to go". Like many other pro-Brexit Conservative MPs, Farage rejected May's 2 year 'transition' period following Britain's leaving of the EU in March 2019. If these comments are true, Theresa May appears to be on borrowed time.

"Since the election, [May's] incompetence shown in the Brexit negotiations has seen Jeremy Corbyn's Labour party leapfrog the Conservatives in the polls"

Fortunately for May, the triggering of article 50 means that the negotiating clock is ticking. Therefore, a Conservative leadership election would be suicidal for the country. Equally, Conservative MPs fear the fractions and instability caused by a leadership election would lead to a Jeremy Corbyn government.

For now, it appears that Theresa May is here to stay until at least March 2019. But after that? Only time will tell.

The Bleak and Bloody Reality of US Gun Control

Alexander Gibbon

Last week, Stephen Paddock carried out the deadliest shooting in modern U.S. history when he opened fire on a Las Vegas music festival, killing 58 people and injuring another 489. His motive remains unknown. Unfortunately, the focus of the debate surrounding the event has been derailed by calls to improve mental health awareness and educate the public on how to spot 'red flags' in a perpetrator's behaviour – a stance which, although important, fails to acknowledge the elephant in the room; the American psyche has been conditioned to see weapons as indispensable. In a country where there are more firearms than people, and gun violence has killed more of its citizens in the last 50 years than all of its wars combined, is it time to give up the notion that Americans will ever be free from a fetishized firearm culture that creates such a fatal cycle of death and destruction?

“The constitution is subject to change [...] Responsible governments tend to fix the problem rather than fix the blame”

After incidents like this it is usually the NRA – the US non-profit organisation that vehemently defends the right to bear arms – whom are left holding the

smoking gun. Their strategy of shutting down their social media and refusing to speak to the press after every mass shooting shows clear guilt over their part in such catastrophic events. Yet, they continue to hijack the second amendment to advance their agenda of corporate greed. As NRA's lobbying force is far too lucrative for the Republicans to lose, the right often pedal the pathetic argument of 'guns don't kill people, people do' in order to frighten the population into clutching onto their holsters for their lives.

“What is needed is a change in attitude. Although cited as ‘the champion of the free world,’ how cultured is a country whose society glorifies violence to the point that it is almost unpatriotic not to bear arms?”

Furthermore, the ideology of weaponry being the best tool to defend against the big, bad government is discounted by statistics that show that it is more dangerous to live in a house with guns than without. It is less the raw power of gun ownership that attracts Americans to the second amendment, but more the existential fear of attack.

What is needed is a change in attitude. Although cited as 'the champion of the free world', how cultured is a country whose society glorifies violence

to the point that it is almost unpatriotic not to bear arms? All across America, it is common for schools to run 'active shooter drills' in order to prepare their students for a possible attack, but few centre the discussion on what causes shootings to happen in the first place – namely the ease of buying a gun in a matter of minutes in certain states.

Gun violence is as part and parcel of being an American citizen as having an undying love for the constitution. Even so, when James Madison drafted the Second Amendment in 1789, the firing rate of a musket was three or four balls per minute; it would have been useless in a massacre. Despite being a key component of the American identity, it is often forgotten that the constitution is subject to change – to amendments even – and it seems high time for another revision.

It only took one fateful morning at Dunblane Primary School to change Britain forever, as responsible governments tend to fix the problem rather than fix the blame. Nevertheless, many lost all hope for gun control when Washington was able to stand by and do little after the massacre of 20 children at Sandy Hook Elementary School. To those who argue that the events in Las Vegas are too fresh for a discussion of gun laws I would say that it is not too soon, but rather too late.

LGBTQ+ Asylum Seeking: An Unrecognised Struggle

Eleanor Noyce

The rights afforded to us as citizens in one of the leading countries in the Western world, the UK, are often taken for granted. We forget that rights have not been afforded to us since the beginning of time; the battles for abortion rights, the right to vote, human rights and many more, were fought tirelessly, too often encompassing bloodshed and fatalities. As a whole, we owe everything to the fighters who came before us. For this, we salute you and we thank you unconditionally.

LGBTQ+ citizens know the fight for basic rights only too well. The right to love; the right to be liberated; the right to marry; the right to start a family – the list is eternal. As easily as we forget that it was once a crime to exist as a gay man and socially alienating to exist as any other identifiable member of the LGBTQ+ community, we forget that this form of discrimination continues both in our country and in others. As we know, it is legal to be LGBTQ+ in the UK. But in seventy-four countries, it is not legal, and this facilitates the need for LGBTQ+ citizens to flee to other countries in order to be safe from persecution.

In 2014, over one thousand people cited sexuality as a reason for seeking asylum in the UK. This marked

an increase by two-hundred since 2009. It is clear that LGBTQ+ people increasingly need the help of more liberal countries, such as ours, to live as their true, natural selves; and yet, it remains an ongoing challenge for LGBTQ+ citizens to seek asylum.



Image: Times Higher Education

One woman, originally from Nigeria, appeared on Victoria Derbyshire: it took thirteen years for her to “convince” the UK Home Office that she was a lesbian. Endangered each day by persecution, violence, and discrimination, she was reduced to an inhumane practice of trying to decipher whether or

not she was truly queer. This engendered a series of pervasive questions in which she was asked about her sexual history; when she “realised” that she was a lesbian, and suchlike. So, not only did she have the worry of physical persecution from whence she was fleeing, she had to endure mental persecution from the country she sought to save her.

In more conservative European countries, such as the Czech Republic, these practices worsen. At their worst, “arousal tests” are carried out to decide whether or not the person in question is queer. Humiliating and dehumanising are not sufficient adjectives.

The point is this: trying to decipher whether or not an individual is queer by carrying out “gay tests” is both inhumane and patronising. To come out as queer takes an immeasurable amount of courage. To then be interrogated on whether or not this is the truth is cruel. “I am gay” should translate into “okay, I understand”. Not “are you sure? Can you prove this? What is your sexual history?”. If someone tells the world who they truly are, then that very same world should believe them.

Fashion Week: It's Gone Too Fur

Amy Khan

In stark contrast to last month's London Fashion Week, Paris Fashion Week opened last week with minimal disruption from animal rights activists. Laws in France prohibit groups of more than five people from protesting without a permit, and do not grant permits for protests to happen within a few miles of Paris Fashion Week, leaving animal rights activists feeling that it would not be worthwhile. While fur is not common in the spring or summer lines that were being shown, there are still feelings of unrest for those that compare the cruelty of leather to that of fur.

Leather production is often misconceived as a byproduct of the meat industry. With the demand for leather being so high, it is a coproduct. High grade leather, or slink, is made from the skin of unborn calves, and can only be obtained by slaughtering a pregnant cow. Approximately 150,000 cows are slaughtered whilst pregnant in the UK every year. Calf leather is often sourced from the bovine calves that are the unwanted byproduct of the dairy industry. With most British

leather being sourced from China and India, campaigns for animal welfare have published footage of cows being walked hundred of miles in India, having chilli rubbed in their eyes and their tails pulled to get them to continue walking when collapsing of exhaustion. Sky News also published footage from a tanning company in Thailand that showed child workers being exposed to the harmful chemicals used in leather production.

The cruelty behind the fur industry has been a point of protest for animal rights activists since the 80s. Animals confined in small cages are bred and slaughtered during the winter when their coats are in their best state. Methods of slaughter for animals farmed for fur also cause controversy, being labeled as particularly inhumane. Animals are often anally electrocuted or gassed with carbon monoxide in order to maintain the standard of their fur.

British fashion designer Stella McCartney, daughter of famous vegetarian couple Paul and Linda McCartney, walked her cruelty-free line of 'skin-less skin', and consequently

received positive feedback on her faux fur, suede and alligator designs. Advocating animal free fashion, McCartney has said that she likes to work with "fabrics that don't bleed". However McCartney's looks were overshadowed by Dior's iconic leather jumpsuit, replicated from a 70s design. The jumpsuit received high praise from fashion critics, with little backlash from the public.

As fashion shows throughout the world continue to use animal products in their clothes, it seems the slow death of the fur industry is only a small victory for animal welfare campaigners. Fur is still legally sold in England, including by high street retailers, and leather is still seen as a desirable quality in comparison to pleather. As well as this, earlier this year, retailers fell under attack when it was found they were selling real fur as faux.

With most people wanting fur to be outlawed, it begs the question: will leather be the next fashion material under the spotlight?



Image: The Fur Insider

Britain's (Attempted) Attack On Acid Attacks

Aiden Wynn

A speech by Tory MP Amber Rudd last week announced a new – and long overdue – initiative, to try to rein in the acid attacks that have become endemic in London. The stipulations of the intended legislation would ban people carrying acid in public places “without good reason”, and stop the sale of acids to under 18 year olds.

While I do, to an extent, applaud these attempts on the part of the government to respond to the recent, frightening, and frankly horrific rise in acid attacks in the UK, there is a disturbing lack of severity in the terms of the proposed reforms. In fact, the very wording of Rudd's proposal begs a couple of vital questions: firstly, what exactly constitutes a ‘good reason’ to carry acid in a public setting?

“There is a disturbing lack of severity in the terms of the proposed reforms...what exactly constitutes a ‘good reason’ to carry acid in a public setting?”

The most obvious, everyday excuse I can think of is for cleaning purposes. But, with such a large range of common and effective household cleaning products

having little to no acidic content, there is no way that spring cleaning can be allowed to be a ‘good reason’.

Admittedly, there will be people out there who may need concentrated acidic substances for industrial purposes, or as part of their trade. This is not, however, an insurmountable obstacle. In fact a petition on change.org, started in response to the attack on 21-year-old Resham Khan and her cousin earlier this year, offers a fairly obvious and easy enough solution. Sarmad Ismail's petition pushes for the introduction of a registration system, stating that a person ‘should only be allowed to purchase corrosive substances with a licence to buy’.

The introduction of a system like this could stop people who don't have a ‘good reason’ to be in possession of acid from ever actually acquiring it. Considering the devastating potential of acidic substances, the introduction of such requirements makes perfect sense, and it's somewhat disturbing that this kind of legislation is not already in place.

A second question that should be asked in response to Rudd's announcement, is why should acids still be readily available for purchase by potential culprits who are over the age of 18? While there have been a

“Considering the devastating potential of acidic substances, the introduction of [a registration system] makes perfect sense, and it's somewhat disturbing that this kind of legislation is not already in place”

number of under 18 year olds charged with carrying out the recent attacks, they are by no means the only demographic in need of regulating.

Just a quick look through details of the attacks of the last few months shows that a large portion of attackers are in their early- to mid-twenties, well past the to-be-introduced age limit. Plus, with a lot of the attacks being gang-related, the fact that the younger perpetrators may not always be the ones purchasing the acid needs to be taken into consideration.

Unfortunately, despite tougher regulations being on the horizon, there are just too many holes to be able to feel at ease. Unless the government decides to step up their crackdown, the rapidly rising rates of acid attacks may slow, but they will by no means stop.

And that's just not good enough.



Why Do Gun Sales Rise After Mass Shootings?

Rachael Dillon

October 1st saw the worst mass shooting in US history, leaving 59 dead and over 500 injured. Whilst shocking, these events are increasingly perceived as routine; the shooting in Vegas was just one of 1,516 that took place in the preceding 1,735 days.

Perhaps more alarming is the fact that gun sales have subsequently increased, a common trend following high-profile mass shootings. Shares in major gun companies have risen in the past week: Sturm Ruger were up 4% and Olin rose 6%, a record high. This paints just a small part of a larger picture in the States, where forty-two percent of people either own a gun themselves or live in a house with one. Fifty-five percent of people would prefer stricter gun measures, but this number has fallen from over seventy percent in the 1990s – astonishing considering the negative attention gun crime has drawn in recent years.

So why is it that Americans are so reluctant to reconsider their gun laws, and why do mass shootings, like the one in Vegas, provoke such a seemingly irrational response? Many advocates of guns point to the Second Amendment which declares the necessity of “a well-regulated Militia”, thus guaranteeing “the right of the people to keep and bear arms”. It is

well-documented that many Americans view having a gun as their basic freedom. Putting aside the fact that the most frequently used argument in favour of this actually specifies the need for arms to be well-regulated, this still fails to account for the fact that gun sales have risen.

Whilst there is no clear response as to why this would be, we can speculate that the answer lies with some of the reasons that have given way to Trump’s populism. With the rise of Trump, it is apparent that large swathes of Americans are extremely discontent with the metropolitan elite, who they see as being out-of-touch with their lives. In retaliation, they have voted in a President who they view as more closely embodying their values and perhaps more importantly, sympathising with their resentments, despite a lot of his controversial behaviour.

The rise in gun sales following a mass shooting can be viewed in a similar way. An automatic response to these shootings from the more left-wing media is to advocate stricter gun laws, or propose getting rid of guns altogether. Once again, many see that as so-called ‘liberals’ pushing their ideals onto the population at large and perhaps it is the angered



reaction to this that prompts a rise in gun sales.

In Britain it is hard to relate to the idea that guns are a human right, and there is a tendency to mock Americans who cling firmly to that view. That being said, they make up a large contingent of American society and they, as well as others who wish to feel more protected against gun crime, need to be listened to. Gun crime is showing no signs of subsiding. Clearly there is a disconnect between various demographics in the US, and a new approach is necessary to work towards stopping these mass shootings.

Ryanair Controversy Reveals Internal and External Problems

Grace Ennis

Ryanair is renowned for dominating the budget airline market in the UK, but its reputation is by no means gleaming. In 2013, Which? magazine famously conducted a consumer survey on customer service, asking participants to rate companies on the staff’s attitude, ability and knowledge. This left Ryanair in last place within a table of 100 firms, scoring an average of 2 stars out of 5 over a range of categories, and an overall rating of 54%. By contrast, British Airways and Thomson scored 75% ratings, suggesting the divisions between these airlines run deeper than just their price-points.

In recent weeks, accusations against the airline have heated up, as the Civil Aviation Authority (CAA) has criticised Ryanair for ‘persistently misleading passengers’ through amassing a backlog of delays and cancelled flights. The CAA argued that Ryanair’s chief executive Michael O’Leary had displayed a strikingly blasé attitude to customer care, incorrectly informing passengers that Ryanair is not obligated to arrange new flights on their behalf or redirect them to alternative flights with other companies. This was the result of a string of cancellations that affected around 400,000 people, as the airline announced that it would be forced to cancel up to 50 flights per day until 31 st

October because of a scheduling mistake. The CAA has urged Ryanair to correct its series of misinformation and mistakes, and has invited the airline to discuss the issues at hand before legal action is taken.

On top of customer grievances, a Ryanair flight attendant anonymously revealed the working conditions that many employees are subjected to, telling the Irish Times about their experiences. The attendant alleged that cabin crew are only paid for ‘flying time’, thus making ground preparation an unpaid, yet involuntary task. What’s more, they were given unachievable in-flight sales targets, of which failure could come at the cost of a base airport transfer that staff would be expected to fund themselves. This was also linked to competition between staff for sales, encouraging infighting and hostility within the crew.

The anonymous employee concluded their piece on a revolutionary note, referring to a ‘manifesto’ of demands compiled by around 3000 cabin crew over social media. They warn of impending strike-type action, where the protestors will collectively ‘call in sick’.

Ryanair responded to both sets of complaints in a rather unconcerned manner, maintaining that it creates a positive atmosphere for its employees,

and outlining confidently that there will be no further winter cancellations due to the initial risk eliminated by the first batch. These incidents come at a time where the status of budget companies is in question, with the likes of Monarch collapsing into administration and Uber losing its license in London after accusations of malpractice. It is becoming increasingly apparent that the type of rapid growth these low-cost firms strive for leads to an unstable and seemingly untenable type of practice, both for paying customers and employees alike.



Image: konbini.com

How Do You Solve a Problem Like Maria?



Image: uk.businessinsider.com

India Daniel

When Storm Maria hit the headlines, the newscasters focused on the damage done to the states it had affected in the USA. People watched the destruction in horror, shocked by the sight of homes and lives not dissimilar to their own be swept away by a storm of biblical proportions. However, for Puerto Rico the damage was even more devastating. Storm Maria was categorised as a ‘catastrophic event’, a higher category of natural event than a disaster, characterised by the fact it has wiped out large swathes of infrastructure over a large area of land.

Puerto Rico was already struggling with financial difficulties before the storm, having defaulted on its debt to America in May which led to congress putting in place a debt recovery plan. The country’s financial problems were further exacerbated when the Puerto Rico Electric Power Authority (PREPA) went bankrupt in July following problems with maintenance, a shrinking workforce, and high management turnover. The company failed to prioritise maintaining the power grid and is currently \$8 billion in debt. The infrastructure was already old and poorly maintained, meaning it was vulnerable when the storm hit the country, resulting in 80% of the distribution system being destroyed. Hospitals and other emergency services have been forced to use generators powered by diesel in order to continue to operate, although the relief effort from the US has been unable to provide large quantities of fuel, depriving many back-up generators.

“The infrastructure was already old and poorly maintained, meaning it was vulnerable when the storm hit the country, resulting in 80% of the distribution system being destroyed.”

PREPA’s struggle to retain talented staff is also a problem facing Puerto Rico as a whole as the island faces an exodus of its inhabitants, losing 8% of its populace between 2010 and 2016. This is in part due to the problems with the power, and also the government’s inability to provide basic services to the island’s inhabitants.

Relief efforts have been strained. Puerto Rico is a small commonwealth of America but has not had much support from congress due to the lack of representation it has in the White House, meaning relief efforts and news focus has been largely on the US states also hit by the storm. Furthermore, the island’s debt has meant that it has struggled to borrow money to help repair the island in the aftermath of the hurricane.

Maria has also caused devastation to the island’s agriculture sector meaning that thousands of farmers are facing ruin with the prospect of no government support. Farmers are only paid \$3.25 per tree lost by insurance companies, and with the initial investment at \$6–\$7 per tree they will lose money. This insurance payout also does not cover the money farmers will lose whilst they are regrouping and replanting their plantations.

However, commentators have said that whilst the problems that Puerto Rico faces in the near term are likely to continue to have a destructive effect on the country and the economy, the influx of funds and aid needed to rebuild a country after a natural disaster can often help to kick start a country’s economy again. It could work as a pause and reset button on the country’s economy.

Puerto Rico had been working on a debt recovery plan with America’s federal authorities which was helping to slowly reduce their debt, and put a recovery package in place. However, how much does America need to support Puerto Rico? It is a small country and America has little vested interest in helping to bail it

“Donald Trump’s recent maverick decisions and hostility towards the southern American territories lead some people to speculate that he may look at reviewing the terms of Puerto Rico’s bail out.”

out, although the terms of the commonwealth mean that they have to continue to support the state.

However, Donald Trump’s recent maverick decisions and hostility towards the southern American territories lead some people to speculate that he may look at reviewing the terms of Puerto Rico’s bail out.

Puerto Rico has very few powerful friends able to support it, other than the USA, and faces complete collapse should it not continue to be supported by the American government. Puerto Rico is mainly an agricultural state known for its coffee, bananas, and citrus plantations and has few other natural resources which would make it an attractive investment. It will be a long road to recovery for the island, and it will take a careful and planned investment approach from the government in order to rectify the mistakes of previous governments.



Image: uk.businessinsider.com



Image: NASA/NOAA GOES Project

The Deadly Impact of Hurricanes

Kira Knowles

Over the summer, a stream of hurricanes have made their way through the Caribbean and contiguous US, causing devastation in their wake. These storms have given an unrelenting torrent of weather over some islands, and left many without homes or water. What has defined this hurricane season from previous ones is the intensity, as well as the number of Category 4 hurricanes. With what seems like a bad year for tropical storms, will this become the new norm as climate change continues?

Since 17th August 2017, there have been two Category 5 hurricanes, the highest category on the Saffir-Simpson scale. The tropical cyclone season of 2017 will potentially be the worst on record since 1893, as there have been eight consecutive hurricanes in the Atlantic Basin from August 9th to September 29th.

The eight biggest hurricanes this year include Franklin, Gert, Harvey, Irma, Jose, Katia, Lee, and Maria. Both Harvey, Irma and Maria made Category 4 or higher landfall in the US, marking the first time that has happened in a single hurricane season. Due to the volatility of these hurricanes, the names may be retired from future use.

Hurricane Harvey made landfall in the US from 25th August- 3rd September. Although it may not be as deadly as Hurricane Katrina back in 2005, it may

be as costly, if not more so, in damages to Houston, Texas. One estimate states an astonishing \$190 billion to repair the houses, infrastructure and the petrochemical plants around Houston. Hurricane Irma was even more destructive, with the path running through the Caribbean and destroying houses until it reached Florida and made its way to South Carolina. What was notable about the 800-mile-wide storm was that warm water at depth allowed the hurricane to maintain its speed and direction, allowing an unprecedented storm surge in Miami and several other major cities.

Hurricanes arise from the formation of a disturbance over a warm area of ocean which can then develop into a tropical depression. This depression can build up into a tropical storm which can then progress into a hurricane if the wind speeds reach 74 mph or more. The two main characteristics necessary for a hurricane to form are warm water and a consistent wind speed which doesn't alter with direction. Ocean water must be at least 26°C, which allows energy to build up. This, combined with a low vertical wind shear (how much the wind direction or speed changes with height), allows a hurricane to form.

The path of a hurricane relies upon

the global winds, such as trade winds from the East which move the hurricane from the Atlantic to make landfall in the south of the US, or in the Caribbean. The prevailing wind around a hurricane is known as the environmental wind field. This can determine whether the hurricane makes landfall or if it dissipates in the North Atlantic Ocean. High pressure systems such as the Bermuda High can alter the path of a hurricane and force it into a more northerly trajectory.

October may still see a large number of hurricanes, and with the season officially ending on November 30th, 2017 could be one of the most catastrophic years on record. Climate change is difficult to put into the context of hurricanes, but the US Climate Science Special Report acknowledged that if there are warmer global temperatures, this could lead to formations of more tropical cyclones, which could then potentially become hurricanes. A warmer global atmosphere will also allow more rainfall, just like what we have seen during hurricane Harvey. As hurricanes rely on warm water, this could be a key factor in determining the strength of future hurricanes. Surface water is becoming warmer, which allows storms to grow and maintain

the strength of wind. This means that a hurricane can hit landfall with a higher intensity, leading to more devastation to the Gulf of Mexico or the Caribbean islands. With an increase in the destruction that these hurricanes may cause, the building of sprawling, low-lying houses throughout cities in the Caribbean and US means that they will remain unprotected from hurricanes.

Climate change will lead to unfamiliar weather patterns and lead to an unpredictability of weather, especially in hurricanes, where the intensity may not be known. There could be many stronger tropical Atlantic storms in the future, which would rock the small islands of the Caribbean. The island of Barbuda was fully evacuated during hurricane Irma, leaving the island uninhabited for the first time in 300 years following the storm.

Although Donald Trump acknowledged the devastating power of Irma and Harvey, he has not changed his long-standing view on climate change. Trump argues that the US has had bigger storms than these and that storms of the 1930s and 40s were equally, if not more, devastating. If the Trump administration does not alter its viewpoint, the people living in US areas affected by hurricanes may just have to prepare for worsening weather in the future, as climate change is all a 'hoax' according to President Trump.

"One estimate states an astonishing \$190 billion to repair the houses, infrastructure and the petrochemical plants around Houston."



When You Wish Upon a Star

Image: NASA/ESA/JHU/R.Sankrit & W.Blair

James Deed

Have you ever heard someone say “when you look up at the night sky, you’re actually looking into the past”. Is it true? Well technically, yes. As we know, light travels at a speed of roughly 300,000 kilometres a second. Even the brightest star in our sky (Sirius A) is 8.6 light years away. This means that if it was to suddenly die and create a supernova, we wouldn’t be able to know about it for nearly a decade! This has led to the popular and quite satirical phrase being thrown around:

“When looking at stars, you’re actually looking into the past. Many of the stars we see at night have already died. Like your dreams.”

Supernovae are essentially colossal explosions due to an imbalance within the star’s core, which leads to some pretty spectacular visual displays. Once they have occurred, a nebula is left behind in its place – an assortment of dust and remnants shaped by shockwaves. There are two ways in which a supernova can form:

- When two stars orbit on the same axis, one star (a white dwarf) can often gain matter from its counterpart. Eventually, the star will gain too much mass to support itself and will subsequently explode.
- At the end of a massive star’s lifecycle. This occurs when there is insufficient nuclear fuel to power the core. Eventually some of the outer mass is pulled toward the core by gravity as the inner mass drifts upwards in the star structure. The gravity and pressure in the star can no longer balance and it explodes.

But will we actually ever see a supernova in our lifetime? In 1987 a group of scientists identified a supernova in a dwarf galaxy just outside the Milky Way (only 168,000 light years away!). This was the most recent and closest-observed supernova in recorded history. However, there are a few possible stars up for further contention, one of which being the Red Giant star Betelgeuse in the constellation “Orion.” This star is roughly 650 light years away, so could still be active but may have formed a supernova some centuries ago without us knowing. Statistics shows that on average, one or two stars per galaxy go supernova every century. One of the clearest galaxies to the naked eye is called Andromeda, which contains somewhere between 200 and 400 billion stars. Therefore, we can be almost certain that during the human existence on the Earth (100,000 years),

there will have been a good few visible supernovas in the sky. With a telescope, one is able to look at more distant galaxies, increasing the chance to identify a supernova.

But what about our Sun? How long will it last? Most small stars (around the size of the Sun) have a lifespan of roughly 10 billion years, with smaller stars lasting longer than the giants. The star in our solar system is 4.6 billion years old, therefore by that reasoning, our solar system is safe for another 6 billion years or so! In fact, our star is still getting brighter – 4 billion years ago the Sun was 75% dimmer than it is today! So, when the Sun finally decides to pop, it will firstly expand into a red giant. A 2008 study by astronomers Schröder and Connon-Smith estimated that the Sun will get so large that its surface layers will reach about 108 million miles out, covering Mercury, Venus and Earth. When this happens, the outlying planets will become too hot to be hospitable. The next planet to be suitable to live would be Pluto and the other dwarf objects in the Kuiper belt. The whole process of turning into a red giant should take about 5 million years, a relative blip in the sun’s lifetime. Just to put this timescale into perspective; if the age of the Earth was compressed into a 24-hour day, then humans would occupy the last second of the day. Hopefully by the time that our Sun becomes a supernova, we will have colonized a different planet/solar system – that is assuming that we get past the next few decades!

Cecilia Payne: Forgotten Stargazer

Leo Kindred
Science Editor

I still remember when someone told me back at college that there really weren’t any women in science, apart from Marie Curie. I remember thinking, “surely there are ‘no women’ because of the inherent patriarchal barriers faced by women historically”. Meet Cecilia Payne-Gaposchkin, a textbook example of such a case.

Cecilia Payne was born in England in 1900. She won a scholarship to attend Cambridge University in 1919, studying botany, physics and chemistry.

Whilst at Cambridge she heard the eminent astrophysicist Arthur Eddington give a talk on Einstein’s relativity theory and photographing stars. Cecilia was hooked, in fact it’s reported she wrote down verbatim

much of Eddington’s lecture later the same evening. This event is probably what started her on the path towards becoming one of the most important astronomers of the 20th century.

Bizarrely, the university rules of the time meant Payne could not get a degree. Women were not allowed to receive degrees from Cambridge until nearly 30 years later. Eventually, she was accepted to Harvard in the United States to study for a doctorate in astrophysics.

There, whilst writing her thesis, she made the major discovery that stars were composed of helium and hydrogen. One astronomer would later call her research “the most brilliant Ph.D. thesis ever written in astronomy”.

So why have you never heard of her? Her findings went against the grain of the time, the going theory

was stars were made of similar material to that of Earth. She was dissuaded from going public by her supervisor, Henry Norris Russell.

However, a few years later, Russell arrived at the same conclusion as Payne, and published the findings himself. Whilst he did mention her in his paper the credit for the discovery largely went to him.

Payne went on to study the brightness of stars, and made huge contributions to the understanding of our galaxy. She made millions of observations of stars, helped describe the development of the stellar life cycle, and published several books on astronomy. The patriarchal system meant she was nearly forgotten, but now Cecilia Payne-Gaposchkin’s story is a testimony to how extraordinary women have made large in-roads into science against such historic prejudices.



Society Gave It A Go: Yoga Soc

First term of the academic year marks a brilliant opportunity to get stuck in with all the Give It A Go events taking place in and around the union, and hopefully find something – be it sport, art or activity – that you really love. This week, Eleanor Smith tries her hand at experiencing mind-body cohesion with Yoga Society.

Eleanor Smith

At the beginning of the month, LUU Yoga Society ran two Give It a Go sessions, providing a free taste of the classes they offer. I attended one of these classes on the 2nd of October. The session provided us with an idea of the kind of classes the society has to offer and an introduction into the ideas of yoga and basic poses.

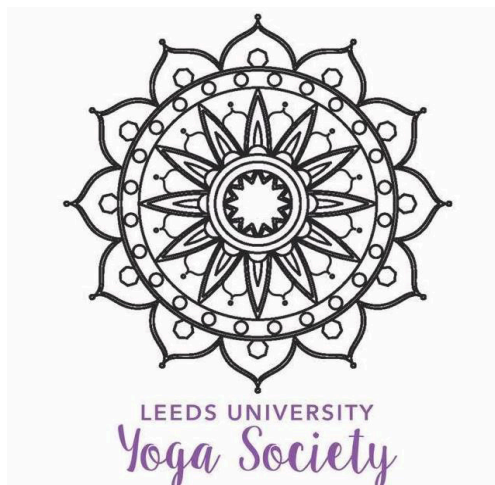
As someone who had never done yoga before, I approached the class with an excited apprehension. I had some idea of what yoga entailed but had not participated in a class or practiced it at all. Despite this, I remained open-minded and eager to give it a go; what did I have to lose?

Upon arrival, I was provided with a mat by one of the society's committee members (this, I found, is the norm for all classes, so don't worry about purchasing your own). I chose my spot and took up my position ready to begin.

The session was led by Jason, an instructor who leads several of the weekly classes organised by the society. He welcomed us all and began to explain to us the fundamentals of yoga, such as the importance of breathing. Never before had I concentrated so much on simply inhaling and exhaling. I found the breathing techniques really helped to relax me throughout the class. I felt calm despite the winds outside rattling the windows of the Union.

I was made to feel at ease by Jason as he encouraged us to focus on ourselves; the fact that the girl next to me could touch her toes and I was barely reaching my ankles felt less of a concern.

Jason took us through poses that I had heard of before such as Warrior, Downward Dog, and Cobra, as well as others I hadn't heard of, including Child's pose and Triangle. We learnt Sun Salutation which we repeated, each time attempting variations in the poses. Jason was effective in encouraging us to extend our poses to the point that stretched our bodies, without going beyond what was comfortable.



The class felt appropriate for my pace and capability, despite the mixed abilities of the participants that were also being catered to. I left the class feeling satisfied I had completed a fulfilling hour of light exercise and relaxation, which was needed after a morning of lectures.

As a basic introduction to yoga for a complete beginner, this Give It a Go was great. As well as classes, the society also offers socials for its members, such as The After Glow at the start of the semester, and a space to share all things yoga-related in their Facebook group. The society is also cheap to join, with membership at just £4 for students, which gives you a 50% discount on all classes. Whether you're a complete beginner like me, or a yogi with years of experience, the society has something for anyone willing to give it a go.

For more information on upcoming Give It A Go's for Term 1, pick up a GIAG Booklet from LUU Union Foyer.

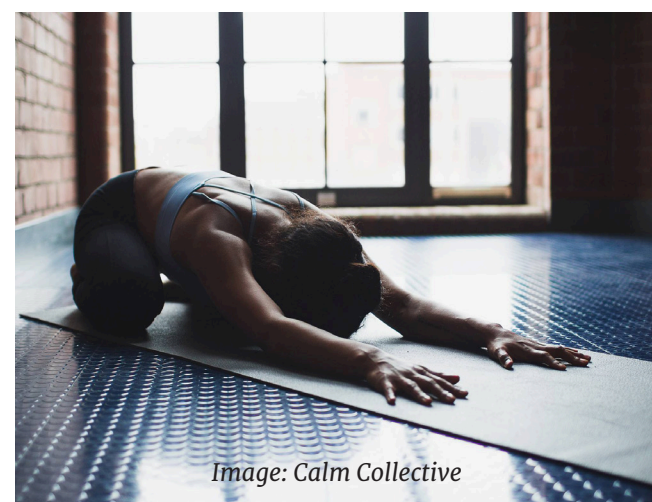


Image: Calm Collective

Wine Society's 'Wine of the Week'

LUU Wine Society President Coralie Strong returns to fill us in on what went down at their 'David vs. Goliath' wine event

Coralie Strong

The 'David vs. Goliath' event, everyone's favourite wine social of the year, was once again a huge success. With ten fantastic bottles on offer, the challenge was to tell whether you knew your classy £50 wine from your dirt-cheap £5 bottle. There were many wines to highlight, with stand outs in both the 'David' and 'Goliath' categories, showing that you really can drink well for under a tenner!

The 'Goliath', or expensive category, had an undisputable winner: Cardi Parej Barolo 2010. Bought from Ipsum Vinoteca in Leeds for £36.49, it sits at the higher end of the spectrum and certainly isn't a pre-drinks wine! The wine itself is perfectly harmonious, without any elements, such as the tannins or acidity, being over powering. The flavours consist of soft red fruits – particularly cherries and redcurrants – there's also a note of toasty spice which adds warmth and complexity to the wine and comes from the 3 years spent in French oak. Barolo and Nebbiolo go hand in hand, and the Northern Italian conditions suit the variety, allowing it to perfectly ripen in the best years. The wines are typically pale, similar to Pinot Noir, but have a denser palate. This Goliath was paired against a wine from the same producer, area and even grape variety, but spent less time in oak and therefore didn't have quite as well integrated tannins.

The 'David' (cheaper) category was more fiercely fought and won on the final vote. We could have been discussing a £3.49 Aldi steal, but instead it's a fantastic wine for just over £10. The winner: One Chain Vineyard's 'The Unforgettable'

Grenache, Shiraz, Mataro blend 2016. Bought from Latitude in Leeds city centre, this wine fought off a higher priced Chateuneuf-du-Pape and for many people came out on top. This bottle has a great flavour combination that makes it the perfect drinking companion for the winter season, bursting with rich red fruits and hints of toasty oak – and, not to mention, some subtle chocolate undertones! Australia is a great alternative from France for this blend of grapes and many other varieties in terms of price. The Australian focus tends to be on the wine's fruity flavours; a winner for typical UK consumers. The bottle's design is pretty cool too, perhaps why it took the vote right at the end!

Our next GIAG event is 'Around the world in 8 wines'. Have you ever drunk wine from Romania, Uruguay or China? Well, if not, now could be your chance. And, if you already have, why not consider drinking some more? Again, everyone is welcome, and tickets will be sold on the door (you can buy your membership online), so come along to find out more.

We also have a Sparkling Wine GIAG on the 24th October. Come and drink fizz all night long, because what else could be better on a (probably) cold Tuesday night?

We also have tasting events every Tuesday at 19:30 in Room 6 of the Union so come along and experience some great wine!



Marching Out Together – Leeds United's LGBT+ Support Group

Sports Editor Elliot van Barthold had a chance to speak to Leeds United LGBT+ support group, Marching Out Together, about the issue of homophobia in professional football.

With the group up and running for two months now, how has the general reaction from the Leeds fanbase, and other supporters, been so far?

We have had a great reaction from the overwhelming number of fans on social media, and have attracted members from as far away as Vietnam, USA, New Zealand, Malta, Denmark and Ireland.

Inevitably there have been a very small number of people who are hostile to the idea of an LGBT+ group, and a few who are unclear as to why it's needed.

A really positive aspect has been the number of straight fans and other Leeds United supporter groups (including the Leeds United Supporters Trust) who have joined the group or chosen to follow us. They fully recognise we are an inclusive group set up to help combat homophobia and other forms of discrimination throughout football.

To get a former Leeds player on board as a patron in Robbie Rogers is a big step for you guys. Do you feel this will help other players and even fans to feel comfortable coming out at Leeds?

We are obviously delighted that Robbie has offered his support as a patron; it will undoubtedly raise the profile of Marching Out Together, and that in turn will help us achieve our objectives as a group.

Robbie's decision to come out and re-enter the game was a brave and successful one. But he recognises that there are separate challenges in the USA to those facing European footballers.

We think it will take more than Robbie's bold move to persuade more players to come out. However, we believe the growth of LGBT+ fan groups around the country is one positive step towards this goal. The support Leeds United as a club have offered us is another sign of encouraging changes in the game.

In all probability the game still has a lot of challenges to overcome before we will see players coming out whilst playing. They need to know that the footballing authorities and clubs have structures in place to know that the players will be well supported and advised amid the inevitable media attention. It is very hard to predict when this will happen.

No male player has come out whilst playing in this country since Justin Fashanu 27 years ago (who tragically ended his life following extensive homophobic abuse). This more than anything highlights the challenge football still needs to overcome.

What are the aspirations for the supporters group and how facilitating has Leeds United been in making those happen?

Marching Out Together aims to make Elland Road a more welcoming place for LGBT+ fans and to play our role in the wider campaign against homophobia and other forms of discrimination in the game.

We will be talking to the club as to how we can achieve the desired positive changes at Elland Road. Amongst other initiatives we will be discussing what advice might be given to stewards, signage around the ground challenging all forms of discrimination, methods of reporting any offensive behaviour, and so on.

We aim to raise the profile of Leeds United amongst the LGBT+ community in Leeds and will be carrying the Marching Out Together flag at Leeds Pride next year.

We will be working with Pride In Football to participate in their campaigns and will be initiating our own campaigns and developing partnerships with other organisations as we seek to play our role in the wider footballing community.

We are very grateful for the support the club have offered us. They warmly welcomed our initiative to set up the group, and have offered us visibility through their media sites. We are finalising plans for our formal launch at Elland Road, and we are in the early stages of discussing other ideas with them. Significantly, Marching Out Together has two representatives on the newly formed Supporters Advisory Board, which will help us implement some of our plans, with the support of the entire Leeds United family.

When was the moment that you decided this group needed to be formed?

We have been going to games together for 25 years and have often discussed the idea of setting up a group – the need for all clubs to have a group is so obvious to us.

Robbie's return to Elland Road a few years ago, as an openly gay man, where he was applauded as he walked around the ground, was a powerful moment. We had some contact with the club in the lead up to that event, that resulted in the club launching a limited awareness initiative with Stonewall – but it wasn't followed up at the time with other ideas.

The final momentum came when we attended a Pride In Football conference in Manchester this summer, with other LGBT+ fan groups. Chatting to members of the group inspired us to contact the club in July and it's all happened rapidly from there.

How do you feel football as a whole is dealing with homophobic abuse? Is there enough awareness being raised about the issue?

Football has, quite rightly, invested substantial efforts in combatting racism in the game in recent years – with significant success. They now need to invest similar resources in fighting all forms of discrimination – including homophobia.

There are some limited initiatives in the game (such as Rainbow Laces and Fans For Diversity), but more needs to be done by the football authorities to combat homophobia and other forms of discrimination faced by players, officials and fans.

On Gareth Thomas' recent BBC documentary (Hate in the Beautiful Game) he sadly demonstrated how ill-informed and ill-prepared the Premier League, the FA and the PFA are in dealing with this challenge. It was depressing viewing.

It seems that the key driver for change is coming from the burgeoning number of LGBT+ groups being formed around the country. The response of many clubs to these groups, and the support they are offering groups, is generally very positive, and it offers significant hope that change may be arriving in the game.



Wikipedia

Rhinos Return to Winning Ways

Nathan Olsen
Rugby League

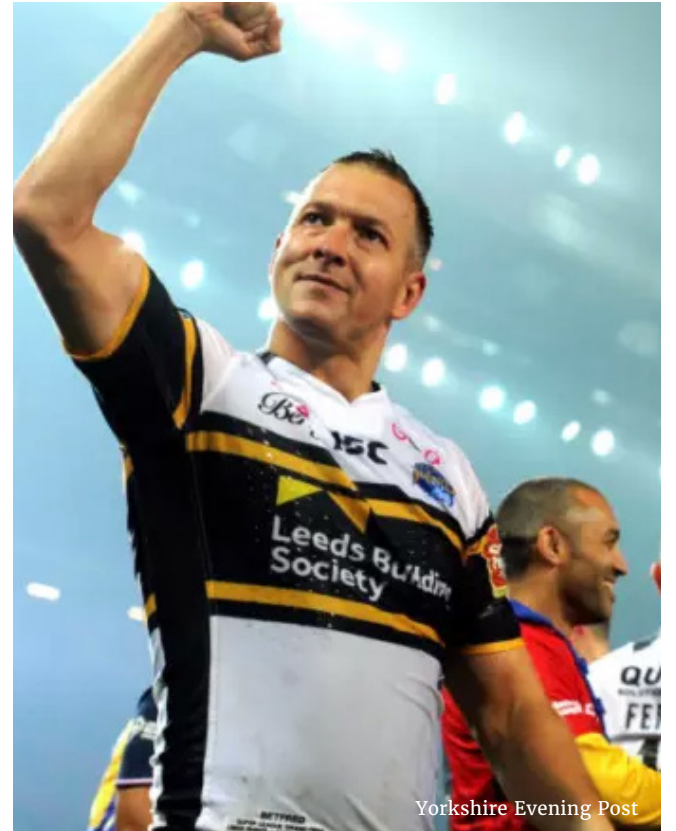
On a rainy Saturday night at Old Trafford, the Leeds Rhinos did what they tend to do in the Super League Grand Final; they won it. Leeds secured their eighth Grand Final victory in the last fourteen years through a dominant defensive display against league leaders Castleford Tigers.

The match can't truly be called a 'classic' as the showery conditions led to many ball-handling mistakes by both sides. The Tigers had the lion's share of these errors though, meaning that they never really had a grasp on this match. It was instead the kicking of Leeds legend Danny McGuire and an unbreakable Leeds defence which ensured Castleford were held scoreless until the final minute – by this point Leeds had put 24 points on the scoreboard, leaving the result in no doubt. Castleford's disappointing performance was overshadowed by what could have been had Zak Hardaker, a key player in the side, been allowed to play. It has recently been revealed that Hardaker had a positive drugs test for cocaine and has thus been banned from Rugby League for the moment.

The other headline of the game was the so-called 'fairytale ending' for Danny McGuire and Rob Burrows, with McGuire leaving for Hull Kingston Rovers next season and Burrows retiring. It seemed only fitting then, that McGuire scored two tries, two drop goals and won the Harry Sunderland Trophy for Man of the Match. It truly was McGuire's match.

The Rhinos' victory in the Super League Grand Final has seen them erase the memories of a difficult 2015/16 season and in their place, bring back the glory days of Leeds. Doubts about Leeds' chances after playmakers such as McGuire and Burrows have left should have been put to rest by the performances of 18-year-old Jack Walker and recent addition to the Leeds side Matt Parcell. Seasoned players like Ryan Hall, Jamie Jones-Buchanan and Kallum Watkins also showed their mettle and appeared to be very safe hands for the future of Leeds Rhinos.

For the Castleford Tigers, disappointment and a final match which did not reflect their outstanding performances throughout the season. For our very own Leeds Rhinos, however, positive signs for the future and a hard-earned victory which is sure to be savoured by the club and the city.



Yorkshire Evening Post

Uninspiring England Qualify for World Cup 2018

Two dull displays as Southgate's side limp to automatic qualification in Russia next year

Cian Fox
Football

England have once again qualified for the World Cup, with Thursday's 1-0 win against Slovenia confirming their place at next year's tournament as group winners. This marks England's fourth consecutive qualification for a major tournament without losing a match, and with such a young team, one would expect some optimism heading into Russia 2018. However the manner of performance against Slovenia and Lithuania, alongside the wider lack of progress under Gareth Southgate has left fans pessimistic about the side's chances in the summer.

The disparity in quality between England games and the Premier League becomes increasingly stark as every unwelcome international break comes around – especially considering many of the best sides have significant English contingents. England's predictability in attack is hard to accept when the side currently boast one of Europe's best strikers and Ballon d'Or nominee in Harry Kane, as well as the talented trio of Alli, Sterling and Rashford behind him – all in good form for their respective club sides. It seems that when players put on the Three Lions shirt they play with fear, rather than the freedom we see week in week out at club level.

Two 1-0 victories against Slovenia and Lithuania is about as uninspiring as possible, with England reliant on a last gasp Kane goal to overcome a Jan Oblak

inspired Slovenian side. Sunday's dreary win against Lithuania was made only slightly more interesting by the adoption of a 3-5-2 and the inclusion of Tottenham midfielder Harry Winks for his senior debut. Winks was arguably the best player on the pitch, offering some incisive movement and passing that England have missed in midfield since Jack Wilshere's decline. Of course, Lithuania are hardly stellar opposition and are currently ranked 120th in the world rankings, adding further context to England's dismal display.

England still struggle to break teams down, especially defensive oriented opposition. In such an easy qualification group, with Scotland and Slovakia battling for second place up till the last game, Gareth Southgate's side were rarely tested and this has negatively impacted the national team. Perhaps against better opponents England will be able to exploit space in behind the defence and free their best attacking options on the counter. However, as the games against Slovenia and Lithuania have shown, and the whole qualification process itself, England can be a hard watch when trying to open up resolute defences.

Despite the lack of enthusiasm, England have still qualified for another major tournament and optimism will likely increase as the summer approaches. Furthermore, England's untroubled qualification looks very successful in comparison to other big teams, with the likes of Argentina and the Netherlands struggling, and a Ronaldo brace needed



Keogh/FA/REX/Shutterstock

to save Portugal from embarrassment. England will therefore be competing in Russia after a relatively easy qualification campaign, yet massive improvements are needed between now and the summer if England want to challenge the best sides in the world.

Cam Newton, the NFL 2017 Offensive Player of the Year?

The Carolina Panthers' Cam Newton has come into controversy over his recent sexist remarks when responding to a female reporter



Scott W. Grau/Icon Sportswire/Getty Images

Ryan Wan
American Football

Last week Cam Newton, one of the league's leading quarterbacks, was widely condemned for his sexist comments towards Charlotte Observer reporter Jourdan Rodrigue. When she asked "Devin Funchess has really seemed to embrace the physicality of his routes and getting those extra yards, does that give you a little bit of enjoyment to see him kind of truck-sticking people out there?" Before actually replying to her question, Newton smirked and said "It's funny to hear a female talk about routes, it's funny."

Newton is one of the league's star players, having led the Carolina Panthers to Superbowl 50 in 2015, as well as being voted league MVP and Offensive Player of the Year in the same year. Even before his success professionally, many tipped him for greatness, having won the Heisman Trophy (given to the most outstanding collegiate player) and a national championship in college. He was then selected as the first overall draft pick in 2011 by the Carolina Panthers and broke multiple records for a rookie quarterback and ended his maiden year as the NFL Offensive Rookie of the Year.

His response came as a surprise to many, especially in a recorded press conference with 30 other journalists. Most people are very disappointed to hear this type of comment in the 21st century, with Scott Fowler, a colleague of Rodrigue's, saying "To state the obvious, this is 2017 and not 1967."

Rodrigue responded by tweeting "I don't think it's 'funny' to be a female and talk about routes. I think it's my job." This incident also highlights the ongoing problem that females face in an area that has traditionally been male dominated. Jenna Wolfe, an analyst for Fox Sports, elaborated on some of these problems, such as unease at women being in locker rooms after games and not being able to give players her phone number directly for stories because of a fear of it not seeming professional. Issues which her male counterparts do not have.

However, what is even more disappointing is the fact that Newton initially refused to apologise.

"I don't think it's 'funny' to be a female and talk about routes. I think it's my job"

Rodrigue said that she "sought Mr. Newton out as he left the locker room a few minutes later. He did not apologize for his comments." He did later

apologise saying "To the daughters, the sisters and the women all around the world, I sincerely apologize and hope you can find the kindness in your heart to forgive me." Despite this, he has already been dropped by one of his sponsors, Dannon, who issued a statement saying "It's simply not OK to belittle anyone based on gender. We have shared our concerns with Cam and will no longer work with him."

Newton is clearly looking draw a line under this incident and concentrate on the rest of the season saying "We're moving forward and just getting ready for Thursday now." Regardless, Newton's remarks show that the NFL and possibly sport in general has a long way to go before females are truly seen and treated as equals in sports journalism.



BUCS Fixtures 18th October

Badminton Womens 1st vs Liverpool 1st
2pm, The Edge

Basketball Mens 3rd vs Bradford 2nd
7pm, The Edge

Fencing Mens 1st vs Sheffield 1st
2pm, The Edge

Football Womens 1st vs Bangor 1st
2pm, Sports Park Weetwood
Football Mens 1st vs York 1st
2pm, Sports Park Weetwood
Football Mens 2nd vs Leeds University 3rd
1.30pm, Brownlee Centre

Golf Mixed 1st vs Hull Mixed 1st
11am, Leeds Golf Centre

Hockey Mens 2nd vs Northumbria 1st
4pm, Sports Park Weetwood
Hockey Womens 2nd vs Liverpool J.M 1st
2.30pm, Sports Park Weetwood

Lacrosse Mens 1st vs Newcastle 2nd
4pm, Sports Park Weetwood

Netball Womens 1st vs Newcastle 1st
3.30pm, Gryphon Sports Centre

Rugby League Mens 1st vs Hull 1st:
2pm, Brownlee Centre

Rugby Union Mens 1st vs Edinburgh 1st
2pm, Sports Park Weetwood
Rugby Union Mens 3rd vs Beckett 4th
2pm, West Park Rugby Club

Squash Womens 1st vs Newcastle 1st
3pm, Gryphon Sports Centre

Table Tennis Men's 1st vs York 1st
2pm, Cromer Terrace

Tennis Mens 1st vs Beckett 3rd
10.30am, Headingley Campus

Volleyball Womens 1st vs Northumbria 2nd
7.15pm, Gryphon Sports Centre

**Full Fixtures and Results at
bucs.org.uk**

Leeds University 6-2 Teesside University



Image: Nancy Gillen

Goals Galore in a Dominant Display by Leeds Womens 2s

Nancy Gillen
Football

After their narrow defeat on penalties at Varsity last week, the women's football 2s were looking to get their BUCS season off to a better start. First on the fixture list was Teesside 2s at home, in what turned out to be wet and windy conditions.

Leeds started off well, dominating possession early on. Teesside were playing a very high line, and Leeds took advantage of this, often playing the ball over their defence for strikers Ellie Richards and Courtney Jay-Dee to run on to. Unfortunately during the first 30 minutes of the game, they were unable to capitalise on these chances, either missing the target or forcing the Teesside goalkeeper into a good save.

The deadlock was finally broken as Ellie Richards was put through one-on-one with the 'keeper. This time her shot found its target, hitting the top left corner of the goal and leaving the 'keeper with no chance. After this the floodgates opened. After 10 minutes more of dominating play from Leeds, central midfielder Elsie Atkinson scored an excellent individual goal, cutting

past her defender on the left side and swinging a shot in which nestled in the back of the net. Immediately afterwards, Ellie Richards was let through on goal once again, scoring her second of the game. Leeds went into the 2nd half of the game 3-0 up, with all 3 goals coming in the last 15 minutes before the break.

The 2nd half began the same way as the 1st ended, with Courtney Jay-Dee immediately scoring a long distance lob over the keeper from 20 yards out, bringing the score to 4-0. However, this score line may have caused some complacency to creep into the Leeds team, as 5 minutes later Teesside had scored, breaking Leeds's clean sheet.

Nonetheless, the 2s hit back straight away. Their 5th goal came when Mica Jones, from around 35 yards out, saw the Teesside 'keeper off her line. The 'keeper managed to get a hand to it, but couldn't prevent the ball flying into net over her head.

After this, with the score at 5-1, the game settled and quietened down, although Leeds often had a few chances to extend their lead even further.

One of these chances led to a penalty when the Teesside 'keeper fouled striker Robyn Wrigley, not

getting anywhere near the ball. Last week's penalty taker Bronte Rapley stepped up, and once again confidently put the ball into the back of the net.

If 7 goals wasn't enough for one game, 5 minutes before time Teesside managed to get their second goal, yet another shot from far out which went beyond the 'keepers reach. However, this was merely a consolation for the team from Middlesbrough, as minutes later the final whistle went.

Although the Leeds 2s took a while to get going, once the first goal went in the team showed their superiority to demolish their opposition and get 3 points on the board from their first league game.

Captain Sian John-Baptiste had this to say about her team's performance: 'I was really pleased with the high level of play which resulted in an amazing result for our first match. I hope we can continue this success in the following weeks!'

In the other women's football fixtures, the 1s came from behind to defeat Sheffield Hallam 1s 2-1, while the 3s narrowly lost 2-1 to York 2s.