



THE GRYPHON

The official newspaper of Leeds University

www.thegryphon.co.uk

Twitter: @TheGryphonLeeds

Instagram: @thegryphon

Issue 1

04/10/19



Image: Ed Barnes

Rundown of the Labour Conference

At the Labour Party conference this year, News looks at Labour's Brexit plan and their new private school policy

Page 5



Feeling the Wheeze?

Science looks at whether asthmatic students are at higher risk of attacks when they move to Leeds

Page 23



Women's Rugby Team Make Varsity Herstory

During their match against Leeds Beckett, the Womens Rugby Union's First Team won 19-12 setting a first for Headingley Stadium.

Owen Ellicott
Sports Editor

The University of Leeds recorded a monumental win in the inaugural Women's Rugby Varsity match at Headingley Stadium and established a great foundation to the new annual fixture between the fierce rival universities.

For so long, the Women's rugby teams for each university have had to remain supportive of the Mens rugby team in the stands but this year they were given the opportunity to level the playing field.

Giving the Men a few pointers on Wednesday night on how to bring down the mighty Beckett rugby team, the Womens team won the match with a finishing score of 19-12 in Leeds University favour.

Emma Winstanley, captain of Womens First Team, described the result as "incredible, we worked so hard for three weeks for this game and it's pulled off exactly how we wanted it to". She went on to add "I'm so unbelievably proud [of my team]."

It was a brilliant first-half performance by all of the team, with tries coming from Anna Hamilton, Rosie Blount, and Melina Irawo.

Hannah Morton's performance really helped Leeds

University secure the victory by assisting Rosie Blount in her try and converting two out of the three conversion. However she was sadly injured at half time and was taken off the pitch. The score at the end of the first half was 19-0 to the University of Leeds.

The second half saw Leeds University bring a different character to their game, as they dug deep and attempted to limit Beckett's offence.

Anna Hamilton and Rosie Blount both made great last ditch challenges which prevented tries. Leeds University forwards also played their part by holding a solid line throughout, which limited the territory gains Beckett could make.

Elsa Hunter, captain of the Women's Second Team couldn't hide her jubilation when we interviewed her after the match: "I am absolutely ecstatic, the girls have worked so hard for this and we put it all on the pitch."

And when asked about next year's Varsity, she said "we're going to win every year, I feel so strongly about this team."

The men's outfit were not quite so successful, but were valiant in their performance pushing Beckett right to the end. This resulted in a try in the last

second of the match with the final score was Beckett University 25, Leeds University 16.

Luke White was superb in his kicking, bringing in nine points from penalties and a further two from converting Tom Guthrie's last second try.

Lydia Evans, Activities Officer at Leeds University Union, spoke to us after the match saying "it's been a wonderful day of sport for Leeds, I'm very proud of everyone".

When asked about the women's spectacular performance, she replied:

"They were really, really great and they're a fantastic society, and I couldn't be more proud of them. It's a testament to all the time and effort they put in"

Lydia also praised the men's team too calling it "one of the closest matches I've seen in my five years at Leeds, which is a testament to how hard they trained in the last year [...]"

She congratulated Tom Guthrie on his try in overtime saying "how it's great to see that with no minutes on the clock, they're still pushing. What a good team, what a good club."

Match report and more Varsity coverage on page 20.



Editor of the Week

Hannah Stokes

Spending all day in the office from 11-7 on Tuesday, Hannah has worked tirelessly this week to make a stunning first issue of In The Middle, our magazine. Check out the groovy shapes.

Quote of the Week

"12 friends. That's quite a flex"

Alex Gibbon, remarking on Terrace's offer of a Pizza and Prosecco party if you tagged three friends on Instagram. One girl had commented four times.

Credits

Editor-In-Chief ~ Ed Barnes

Associate Editors ~ Megan Ardis
Ian White

Social Media ~ Caitlin Tilley

Website ~ Milly Martin

Marketing ~ Clare Redman

News ~ Charly Loughlin, Amelia Cutting, Elliott Hodgkin, George Davis

Society ~ Tilly Judges

Features ~ Elena Sotelo, Michael Keating, Sagar Kar

Views ~ Eloise Barry, Charlotte Abbott, Alfie Coulstock-Couceram, Michael Turnbull

Science ~ Michelle Heinrich, Anna Davison

Business ~ Will Southall, Chloe Pryce

Sport ~ Millie Frain, Millie Warrilow, Owen Ellicott

Treasurer ~ Abby Drew

Secretary ~ Emma Ferguson

Editor's Letter:



Howdy readers,

Freshers is over. Whether you went out every night or didn't go out at all, I hope you had a wonderful time.

I was a little bit stuck this time around on what to write for this week's editorial letter. Varsity is coming up but I'm hardly the world's greatest expert on anything sport, especially rugby.

So, what am I an expert on? Tough question but one thing you could argue I feel I have some authoritative experience on is being a hoe, and specifically how to hoe safely. It's official. My little sister once thought my virginity was still intact but shockingly that is not the case.

I get it. Leeds is your first time properly away from home. You went to Fruity and like every straight person in the pit in Stylus, you ended up making out with a random stranger once it turned 3 in the morning. If you're one of the gays, it was probably Viaduct, Tunnel or Wharf. Your new friends might even have cheered you on and you took them home afterwards and had a great old time.

Now you might have not taken every precaution. The condom breaks, you got caught up in the heat of the moment or just couldn't be bothered. It happens. 47% of 18-24 year olds don't use contraception the first time they have sex with someone so you're not alone.

Sadly unlike yourselves, sexually transmitted diseases or STDs for short don't play around. Luckily there are some great sexual health services in Leeds and Leeds Sexual Health will become your new best friend.

If you need emergency contraceptives, you can get them from this clinic situated in the Merrion Centre. They also offer a full sexual health screenings – blood test, urine test and a couple of swabs and you're good to go.

Now I know no one wants to talk about this side of the bedroom discussion. It's much more fun to make a tally or know what questions will rat out your housemates during a game of Never Have I Ever. It's less fun to deal with the icky stuff.

However, the longer STDs stick around, the harder they are to get rid of. They don't give a shit about social stigma. While it's nice not having to worry about getting pregnant/ someone pregnant when you're gay, we're not completely off the hook either. It's easier to catch a whole host of STDs when you have anal sex (this applies to experimental heterosexuals too). That's why it's crucial to get tested.

I don't know how many times I've been to a sexual health clinic but I know it's been fairly regular. If you've been adding names to your list recently, you probably should make it a regular thing too. 6 in ten chlamydia diagnoses are with those who are under 25. That number

is pretty high.

STDs don't always let you know that they're there either (how rude). 70% and 50% of positive women and men respectively exhibited no symptoms. 25% of HIV+ people globally don't know their status. The one and only time I've caught something, gonorrhoea, it came as a surprise as all I felt was a mild sore throat.

Now don't panic. If you're feeling a bit ill after your one-night stand, that doesn't mean you've got something. It also doesn't matter whether you slept with 15 people (fair play) or one person. However if you didn't sleep with anyone this Freshers, you're probably fine

Most of my straight friends have never been tested and I always tell them they should. There's something about sexual health testing that turns people off and makes them feel awkward. I'm sure all of them have been to their doctors' surgery at least once this year.

There's no shame in knowing your status. Like the text telling you that your student loan will be in the bank in three days, you get a little text after you've been tested usually giving you the all clear. If you're not all clear, then it's usually a shot in the bum or a course of antibiotics. Then after a sex ban of a week or two, you're back at things again.

The Merrion Centre clinic offers walk-ins on Monday, Tuesday and Friday from 8am. You can also get a free testing kit sent to your door like your Dominos order. These aren't as thorough though as one done at the clinic. You can also book an appointment by calling 0113 392 0333. They have a Men's Night on a Tuesday from 5:15 too.

If you think you're showing symptoms, need emergency contraception or run out of it and need emergency HIV medication, there is a walk-in service on Saturdays and guys, you can get vaccinated for HPV now.

If that hasn't enticed you, then maybe hundreds of free condoms will. Free contraception is also available in LUU.

If you're a man who has sex with men, you can buy PrEP that prevents you from getting HIV if you take it properly. IwantPrEPnow.com is a good source of info about the best stuff. PrEP's sadly not cheap, especially when you're a student, but there are groups like Youth Stop AIDS campaigning to get this available on NHS England. A PrEP trial currently happening in England too and PrEP is finally available on the NHS Scotland, Northern Ireland.

If we don't get tested, we only make things worse for ourselves. This year, STI rates have increased by 5% so this is serious stuff. STIs like chlamydia and gonorrhoea can cause infertility if left untreated as well as other complications.

As the threats made against Gareth Thomas by a tabloid newspaper before he publicly announced he is HIV-positive show, we need to do much more to combat the misinformation and ignorance that we have surrounding STIs.

It's imperative that we do. Most of us will have sex at least once while at Uni with 51% of students having at least one one-night-stand and some of us have had plenty more than that.

No one is ever going to stop having sex. So get tested and stop ruining the fun for the rest of us.

Ed
Editor-In-Chief
editor@thegryphon.co.uk

Contents:

4-7
8-10
11-12
13-16
17-18
19-20
21-24

News
Features
Society
Views
Business
Science
Sport

Exec Columns:



Union Affairs Officer
Lauren Huxley
L.R.Huxley@leeds.ac.uk

What a week it's been! As well as attending University Council last week with Abiha, it has been so so lovely welcoming everyone back onto campus and getting to know some of our new members.

As an Exec we've been popping into welcome talks to let you know all about LUU and reiterate that it is completely normal to feel overwhelmed when you first come to Uni here, but that we've got loads going on to help you settle in and have an amazing time.

If you're new to Leeds, or a returning student, please remember that everyone is coming from a different place - whether that's geographically, a different

educational route or a different stage in their lives.

We have such a diverse student body and we can all do our bit to make one another feel welcome.

So if you see someone looking a bit lost or unsure, help them out, you never know how much of a difference it could make.



Education Officer
Abiha Khan
A.Khan1@leeds.ac.uk

Hi everyone,

I hope you all had a lovely Freshers' and didn't do what I did, which was survive off a diet of Dominos pizza for a week.

You'll all be starting your lectures and seminars this week. Don't be worried if you're feeling a bit overwhelmed - you've only just started so it's not surprising you might not have found your feet just yet.

The last two weeks have been very busy for me, working with the University to ensure you have the best educational experience.

On Tuesday, I gave a presentation at a Student

Success Forum attended by staff from all faculties of the University. In the presentation I highlighted the issues surrounding the BAME Awarding Gaps, and offered some solutions for how we can address these.

I've also met with and helped to train over thirty School Representatives. This year we'll be working together on how best to represent you in your different schools.

Keep an eye out for them in the coming weeks, and feel free to talk to them if you have any issues with your course, no matter what level of your programme you're on!



Community Officer
Cat Fairbairn
C.A.S.Fairbairn@leeds.ac.uk

My last week has been intense, but in the best way possible.

I have been over the moon getting to spend Freshers' Week meeting new students and attending society events. The best events I went to were the Feminist Society's intro meeting and an LGBT+ society social at Flamingo's and Wharf Chambers.

This week I am catching up on planning work for

Reclaim the Night, as well as putting together a big winter community event for the end of the semester.

I will also be attending an LUU Hyde Park community street fête on Sunday, proof that there are still plenty of welcome activities for you to come along to and enjoy!



Activities Officer
Lydia Evans
L.Evans1@leeds.ac.uk

And just like that Fresher's is over! I hope you had as much fun as I did meeting all our Clubs and Societies.

I had a great time chatting to all of your committees and hearing about their plans - you've certainly got a good bunch leading you.

If you didn't get the chance to pop down to the Fresher's Fairs don't worry, head over to the LUU website and have a look at what you can join, it's definitely not too late! If you feel like you might have missed the boat joining a society, my top tip would be to find them on Facebook and drop them a message, a

member of committee will get back to you.

We've also had the highlight that is Varsity - I've been overexcited for the whole week.

Mainly due to the fact that 2019 marked the very first year in Varsity history that our Women's Rugby team played at Headingley Stadium. I thought all of our Gryphon's put on an impressive show and were a testament to sport at Leeds.

Onto next year!



Equality & Diversity Officer
Chloé Elliott
C.Elliott@leeds.ac.uk

Hello lovelies,

It's great to see you all on campus! Whether you're new to Leeds or returning this year, the fun will continue beyond Freshers' Week because there's lots to look forward to and get involved with this month. October is Black History Month and the theme this year is "Black &". This means we will be exploring different dimensions of black identity from culture to history to politics. So, join us for a month of storytelling and celebration.

I'm really looking forward to bringing back and hosting the **Decolonising Gender and Sexuality panel talk on 9th October**, as well as a workshop centered around debunking myths and how to care for black hair on 16th October.

Please do check out the full list of events on the LUU website and I would love to see you there!



Welfare Officer
Matt Port
A.C.Wells@leeds.ac.uk

Well done on surviving Freshers week! Thinking back to my own Freshers in 2015 (yikes), it was such a mixed bag. I was so excited to get stuck into new things, but SO nervous about meeting new people and overwhelmed with all the information we were bombarded with.

Please don't worry if you're also feeling way out of your depth. Everyone is at this point, but I didn't find that out 'til I mentored Freshers as a second year.

So speak to your peers about how weird everything is - you're not alone - and come to an advisor/wellbeing

drop in at LUU Advice in the foyer for a confidential chat about anything you're really worried about.

I won't bang on, but in terms of what I'm up to this year - MENTAL HEALTH, DRUG HARM REDUCTION, SEXUAL HARASSMENT and PERIOD POVERTY are the headlines! If you want to know more about what I'm up to or if you're passionate about these issues and want to do a little bit of sweet sweet student activism, you can always pop me an email.

Love, peace and pride x



Campus Watch

1 University of Sheffield Students 'Breaking the Ice' on Climate Change

Sheffield University has become the first institution in the UK to introduce compulsory lectures about climate change, so students can learn to adapt their lifestyles to be more sustainable.

The course will be introduced over the next five years, as an urgent response to the current 'climate emergency'.

It will be a part of all undergraduate courses, so that no matter what path students decide to undertake, they will have the skills and knowledge necessary to live in the most sustainable way.

Sheffield is not the only UK university to introduce initiatives specifically aimed at tackling climate change.

Earlier this year, Goldsmiths, University of London, started removing beef products from sites on campus in a bid to fight climate change.

Animal agriculture contributes to 13-18% of greenhouse gas, ultimately having a huge impact on the environment, so changes like this could have a great impact on reducing human-caused emissions.

These initiatives show how committed Universities are about fighting against climate change, with the lives of current and future students at the heart of what they are doing.

Amy Gibson

2 University of Sussex Student Counselling Attendance at the University of Sussex has Quadrupled

In an effort to keep up with the increasing number of students coming forward with mental health issues, the University of Sussex have invested a further £1.3 million to their student wellbeing services- quadrupling the previous 3 in-house counsellors to 12.

According to wellbeing officer Nina Hallberg, the conversation about mental health with the new generation allows for preventative care action rather than curing at a later stage.

A Student Union poll taken this summer uncovered that only 2% of respondents do not suffer from any mental health issue. Academic stress, isolation and financial pressures were the main triggers for bad mental health among students, with Chinese and Asian students being disproportionately affected compared to white British students.

The high percentage of students admitting to mental health problems and requiring support, alongside minimal funding for NHS mental health services, could mean more universities will increase invest in their student wellbeing services.

As a University of Sussex spokeswoman aptly described student mental health as an absolute priority change, with the lives of current and future students at the heart of what they are doing.

Beatriz Casarrubios Lopez

3 University of Cambridge Student-Led Exhibition Celebrates Black Alumni

Cambridge University, one of the top universities in the world, has been ranked as the worst university for social inclusion alongside Oxford and St Andrews.

Research shows that the University of Cambridge is more likely to accept students from privileged backgrounds as opposed to applicants from other diverse backgrounds.

Only 41 per cent of the university's students come from non-selective state schools, a statistic similar to that of Oxford University, where less than 5 per cent of students are from impoverished areas and 85 per cent of student's parents are university graduates themselves.

Although most Russell Group universities receive students from non-selective schools based on proportion, most of them face the same issue of social inclusion, except Queen Mary who has managed to meet the standard.

According to Alastair McCall, the editor of The Sunday Times: Good University Guide, universities are more likely to admit a student from a prestigious private school than a state comprehensive family rather than others from other universities.

Jian Feng

4 University of Aberdeen Celebration as African ministry students graduate

A partnership between the University of Aberdeen and Zomba Theological College in Malawi was set up to allow students to study special masters degrees without having to travel to the United Kingdom.

Because of this, 11 ministers from Mozambique, Zimbabwe and Malawi were able to collect their degrees and 2 others received postgraduate diplomas.

The course, titled the Malawi Initiative, was supported by The Church of Scotland. In addition, the Aberdeen Presbytery supported the initiative financially by providing course textbooks and funded the transport of 18 laptops which were kindly donated by the University of Aberdeen for the students.

The students who have successfully completed the course began their part-time studies two years ago and were able to take courses including spiritual formation, leadership and preaching alongside a 20,000 word dissertation.

Ken Jeffrey, coordinator of the project, stated: "It has been a joy and privilege to have this opportunity of working with our friends in Malawi and to support the Church in the theological education and training of their leaders"

Charly Loughlin

5 University of Cambridge Nothing Better Than an Engaging Book, Even if it Takes 60 Years to Return!

Students today are able to access software which reminds them when their book is due to be returned; a perk which unfortunately did not exist in the middle of the twentieth century.

Older generations were reliant on pieces of paper attached to the books, which were filled out manually by librarians. This was evidently easily missed as a University of Cambridge alumnus has returned a library book nearly 60 years after borrowing it from the library at Gonville and Caius College. Cultures and Societies of Africa by Simon Ottenberg and Phoebe Ottenberg has been filed as missing on the system for over half a century.

The alumnus did not provide a reason for keeping the book for so long. The staff behind the Cambridge University Library's Twitter account could only guess that it was "a great book -or a very slow reader".

Fortunately for the alumnus, the library waved the fee of nearly £4700, as calculated by BBC News, a large sum for a single book.

The book has been moved to the main university library and will soon be put back on the shelf. Hopefully, it will not disappear for so long next time.

Karolina Glasek

Labour Promises to Promote Social Justice in Party Conference

Jessica Heath

Beginning in the wake of the proroguing of parliament, the 2019 Labour Party Conference took place as Britain's ongoing political crisis over Brexit reached new heights of animosity and unpredictability. But, although the conference was dogged by in-fighting over the party's Brexit policy and attempts to usurp deputy leader Tom Watson, there were also several important policy announcements.

Perhaps the main talking point at the conference in Brighton was the party's decision to endorse a policy to effectively abolish private schools by 'integrating' them into the state sector. Delegates agreed that the ongoing existence of private schools is "incompatible with Labour's pledge to promote social justice".

Much attention was paid to shadow Chancellor of the Exchequer, John McDonnell's, keynote speech which pledged to introduce a four-day working week if Labour come in to power. This would reduce average full-time hours from around 37.5 to 32 a week.

Labour have also promised to halve the use of food banks in its first year in government, and end the need for food banks within three years. Shadow Environment Secretary Sue Hayman unveiled the policy as part of a new Fair Food Act they plan to pass if the party takes office. A big talking point health-wise

was the announcement of plans to scrap prescription charges in England - bringing the country into line with Scotland, Wales and Northern Ireland.

Labour also pledged to commission an independent review into the rise of far-right extremism. The probe will look at areas such as language affecting public discourse, how the far-right is organising internationally to spread its message and how it is being funded and promoted. Recommendations will be made to government and relevant agencies into how to tackle the issue.

Further, Shadow Home Secretary Diane Abbott reiterated the party's commitment to recruit thousands of extra police officers. Importantly, the conference also approved a radical policy motion which advocates the extension of free movement, the closure of all detention centres and the awarding of equal voting rights to all United Kingdom residents. This latter point would mean that all non-EU and non-Commonwealth citizens are awarded the right to vote in all elections; a particular point of controversy following the 2016 Referendum vote.

With Climate Change and related activism never far from the news, it is unsurprising that policies relating to this were also on the agenda. Labour's 'Green New Deal', which aims to reach net-zero carbon emissions by 2030, appears to be one of their flagship

policies. The party has also pledged to nationalise the 'big six' energy companies and guarantee free or affordable green public transport.

Crucially, the Labour delegates did reject calls for the party to back Remain in all circumstances if a second referendum were to be called. Instead, Labour backed a compromise motion pledging to negotiate a new Brexit deal to be put to the people in a referendum; refusing to commit to a Leave or Remain stance until nearer the time.

However, the Shadow Brexit Secretary Keir Starmer still insisted it is very likely that members still want the party to campaign to Remain.



Credit: PA Images

Italian Constitutional Court Legalises Euthanasia in 'Extreme Cases'

Charlie Lewis-Jones

In a landmark case, the Italian Constitutional Court has made euthanasia (assisted dying) legal in extreme cases whereby the patient has 'physical and psychological suffering that he or she considers intolerable.'

The subject of the case was popular Italian DJ, Fabiano Antoniani, who elected to travel to Switzerland and die at a euthanasia clinic in 2017 after a car crash in 2014 left him blind and quadriplegic.

Antoniani required assistance eating and breathing and said in an audio message published on social media shortly before his death that he felt in constant 'physical and mental pain.'

The main debate around euthanasia is question of whether or not it is moral to help someone in ending their life.

The verdict has exacerbated long standing divisions in Italy, between those who support and argue against the legalisation of assisted dying.

The Roman Catholic Church, who carry a lot of influence in the country, are outspoken critics against legalisation and expressed its 'discontent' at the court's ruling.

Indeed, just less than a week before the ruling, Pope

Francis addressed an audience of health professionals at the Vatican, asking them to 'reject the temptation' as well as asking every doctor to 'commit himself to absolute respect for human life and its sacredness.'

However, Marco Cappato, an Italian euthanasia activist and politician who facilitated Antoniani's



suicide, argued that it is immoral to force someone to continue to live when they are in pain and have a low quality of life, such was the case of Antoniani.

Given the court's verdict, Cappato will now likely no longer face a conviction which could have seen him imprisoned him for up to twelve years.

It is not just in Italy where the debate is raging. Former headteacher Richard Selley travelled to Switzerland this month to die in a euthanasia clinic.

Selley, who suffered from motor neurone disease had written a letter to the Scottish parliament where he implored MSP's to pass an assisted dying bill.

Shortly before travelling to Switzerland, Selley stated that he hoped members of the Scottish Parliament would "support an assisted dying Bill in the future," and that "sometime soon people in my position will have the choice to have a peaceful death at a time of their choosing."

The case of Fabiano Antoniani and the ruling of the Italian constitutional court appears to be a significant step on the road of legalising euthanasia.

The move coming from predominantly Catholic country will likely add fuel to both sides of the debate ongoing around the world.

Euthanasia is currently legal in six countries and six US states.

Average Leeds Air Pollution Levels Could Lower Exam Results by 1.83%

Researchers discover a link between air pollution and slower cognitive development, which is bad news for students living in the UK's third most polluted city.

George Solano Davis
News Editor

A recent study has found that higher levels of air pollution can have a detrimental impact on students' exam results by decreasing their productivity.

The investigation, carried out by PLOS medicine and based on 3000 school children in Barcelona, found that kids exposed to higher levels of air pollution suffered from 'slower cognitive development'.

It was already known that particulate matter in the air such as carbon monoxide can incur damage to the heart and lungs, causing long term health problems like lung cancer and heart disease.

However, the results of the study by PLOS are especially significant as they focus on how air pollution also damages the brain and reduces productivity and human capital.

The study states that a one unit increase in particulate matter (PM10) reduces students' test results 0.055 points.

These revelations pose an obvious problem for the University of Leeds with the city being the third most polluted in the United Kingdom.

According to the European Environment Agency (EEA), in 2016 the average level of air pollution in Leeds was 33.27 µg/m³. This means that students' exam results on days where PM10 was at this level would be 1.83% lower.

Given that there is such intense competition between universities to attract undergraduates through promoting successful exam results, the university has already taken steps in order to try and reduce levels of air pollution around campus.

According to the Leeds Ecosystem, Atmosphere and Forest (LEAF) Centre, the university has 1,400 trees on campus which remove annually 540 tonnes of carbon, the equivalent to removing 1 million cars worth of pollution for a year.

Elliot Denvir, the co-founder of Bristol-based company Airhead and University of Leeds alum, is creating a pollution mask to protect people from inhaling toxic fumes.

He urges the university and its students to think up new ways of reducing air pollution. 'Students are incredible change-makers and I wondered if they may come up with novel ways to help the world reduce air pollution', he stated.

According to Denvir, such a policy could be banning cars around campus during exam times.

It seems Leeds City Council is also committed to reducing air pollution.

A report from the Leeds Climate Commission declared a climate emergency in April 2019 and pledged to make Leeds a carbon-neutral city, setting 2030 and 2050 as tentative dates, indicating a necessary 85% cut in carbon emissions.

These are bold promises, but the research carried out by the likes of PLOS will be crucial in pressuring

institutions and the government to act in order to prevent air quality posing a threat to human potential.

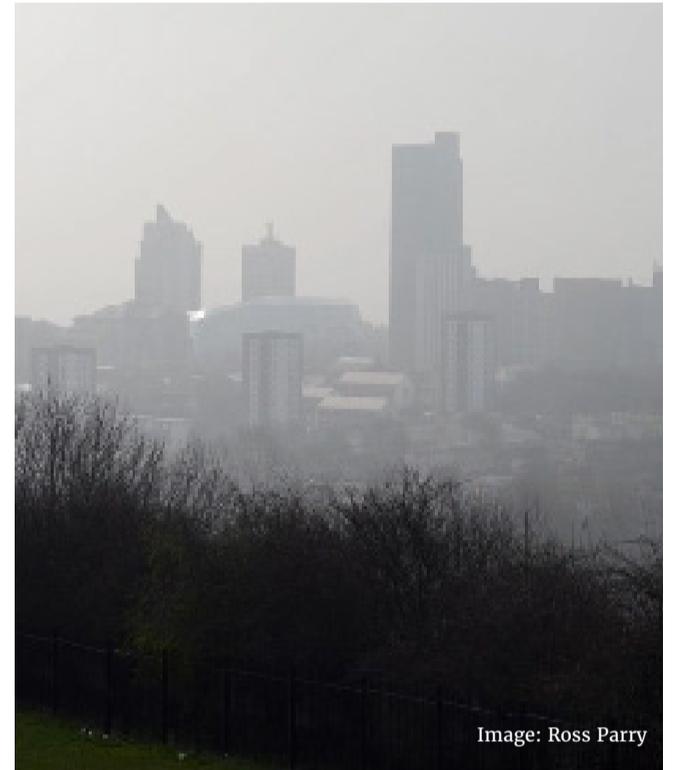


Image: Ross Parry

Barbie Manufacturer Takes Action to Stop Harmful Gender Stereotypes

The children's toy industry has recently come into the spotlight in a world that is increasingly celebrating the benefits of inclusivity.

Anna Matthews

In a bid to put an end to sexist gender stereotypes, Barbie manufacturer Mattel have launched a collection of gender inclusive dolls named 'Creatable World.'

The dolls will come with various styling options, allowing children to create custom looks using a combination of trousers, skirts and also interchangeable hairstyles with varying lengths.

The aim is that children will be able to play freely without feeling restricted by gender norms.

Kim Culmone, senior vice president of Mattel's doll design, says the company recognises the importance of children's toys which are "free of labels" and that the dolls are a "reflection of culture" in the increasingly progressive world we live in.

She explains how the company worked with both parents and, more importantly, children, to create six different doll kits, also in a variety of skin tones.

These dolls will allow children who may be questioning their gender identity to play more comfortably and without fear of judgement, while also encouraging inclusivity among children who are not.

The launch of this collection comes recently after Dutch Education Minister Ingrid van Engelshoven

called on toy manufacturers to examine carefully what they create in order to put a stop to harmful gender stereotypes. Her words came as a reaction to France's recent vow to get rid of toys which encourage such stereotypes.

French Economy Minister Agnès Pannier-Runacher has stated that the new charter for balanced (gender) representation in toys has the "intention of giving both girls and boys access to a world that opens up a range of possibilities."

She went on to tell French radio: "a little girl may want to be a doctor and not dress up in a nurse's uniform."

She might choose to be a knight riding into battle rather than be a princess. Let's give them a far richer world that doesn't stigmatise them."

Although French toymakers have stated it is too early to revise ranges before Christmas, there will be immediate changes to shop displays, as well as how staff treat children.

This conscious effort from France's toy industry, and Mattel's 'Creatable World' dolls also demonstrate the role that toys play in shaping a child's future. It is hoped that such actions will encourage companies in other countries to also incite changes that will put an end to stereotypes in an industry which has

traditionally been so black and white with regard to gender, or rather pink and blue.



Image: Mattel

“A Time for Boldness” - Climate Protests Strike London Fashion Week



Elena Sotelo

This year's London Fashion Week has once again been shadowed by protests - led by climate activism group Extinction Rebellion.

The event, which took place between the 13th and 17th of September, is one of the biggest showcases of high fashion in the world, saw disruption at some of its main events.

With the fashion industry being one of the major polluters worldwide, the environmentalist organisation tried to raise awareness about its negative impacts and the need to rethink how fashion is produced and consumed.

The most important and distinctive of the protests was a march from Trafalgar Square to 180 The Strand,

which ended with a major “funeral” for London Fashion Week.

Through social media, Extinction Rebellion had already called for the cancellation of the event.

Two coffins, one with “LFW 1983-2019” and the other with “Our Future” written on them, were laid outside of the venue, symbolising the need to put an end to this event, and also the potentially fatal consequences for the entire world should we fail to tackle the climate emergency.

In the same vein as Extinction Rebellion, London Fashion Week saw the ninth edition of PAUSE, a more sustainable alternative to the major events, with a focus on “the perfect mixture that recreates this legendary city full of life and history”.

The pop-up space hosted special collections

created by environmentally conscious designers, art exhibitions and performances.

Despite demanding the end of fast fashion and consumerism, Extinction Rebellion still celebrates creativity and supports new conceptions of fashion that can be compatible with respecting the environment.

“This is a time for boldness. We have to shift the conversation and you can't do that gently.”, argues Sara Arnold and Jessie Brinton to Vogue UK.

Market analysis reveals that, within 10 years, the thrift shop market will be 1.5 times the size of its competitor.

In addition, over 2019 alone, the secondhand fashion market has grown 3 times worldwide more than the fast fashion retailers.

Charity Declares Leeds as the First ‘Women-Friendly City’ in UK

Elliott Hodgkin
News Editor

Next year's International Women's Day will mark the beginning of Leeds becoming the UK's first Women Friendly City.

The announcement came earlier this week from Women's Lives Leeds who has spent the past 2 years getting the project off the ground.

Women's Lives Leeds (WLL) is an assembly of 11 Leeds-based organisations providing support systems to ensure safe and healthy lives for all women and girls in the city.

Through this new development, WLL will be able expand upon its existing work as well as cracking down on “the issues and challenges that can prevent women and girls realising their potential”.

WLL is planning to build upon the concept of a Women Friendly City, first introduced by the United Nations in 2006.

The programme was created with the express

purpose to make sure women are “supported and encouraged to participate in all areas of urban life on an equal basis with men.”

Following on from this model, WLL will ultimately aim to make Leeds a city in which gender cannot not impede access to education, employment, healthcare and social services in the community.

The initiative will roll out over the next four years thanks to funding pledged by Comic Relief.

The grant is a remarkable feat for the Leeds-based group, who were one of just seven organisations given backing by the ‘Power Up’ Initiative in the UK, out of a total 700 bids from all around the world.

The long-running charity has already awarded grants to a number of female-oriented organisations in Leeds. These include Getaway Girls, which seeks to empower young women in the community, and Support After Rape and Sexual Violence Leeds (SARSVL).

WLL is expected to flesh out its ambitious plans in greater detail before the end of the year.

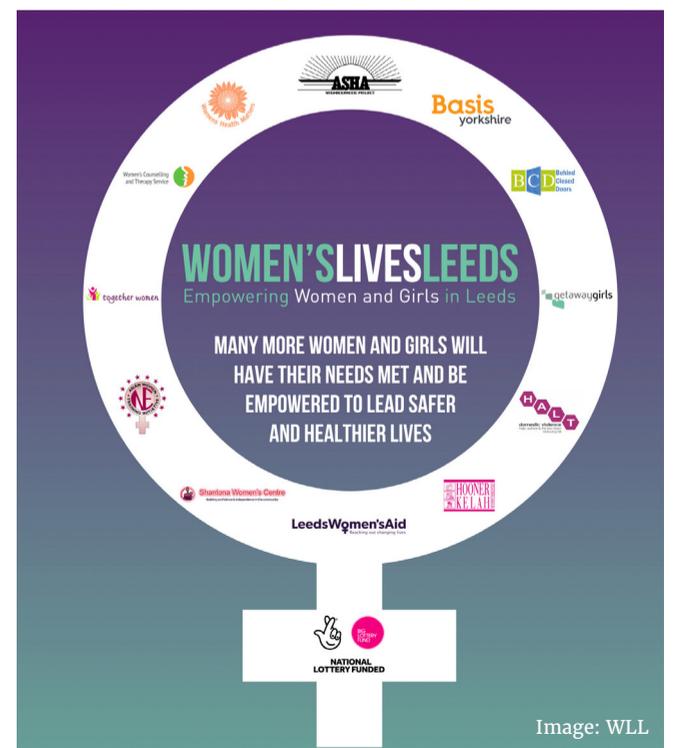


Image: WLL



Has the United Nations Security Council Failed its Mission?



Political analyst Dr. Irfan Raja discusses the need for the United Nations to ensure a fair future to Kashmir.

Dr. Irfan Raja

This year, the United Nations General Assembly has turned 74 years old. The General Assembly is a “world parliament, where all the UN’s 193 member states are represented”. As the world’s largest forum, it hosts Premiers and Presidents that gather to discuss and debate issues affecting their countries, hoping that the UN will help address those matters. But so far, it has failed to settle any conflicts.

So, the question then arises: has the United Nation’s Security Council failed in the very aim of its existence? If it could not exercise authority over nations, should it be abolished or restructured? To date, the two oldest and more pressing issues, Palestine and Kashmir, have not yet been solved despite numerous resolutions passed by the Security Council.

Last week, Imran Khan delivered a historic speech at the UN congregation, in which he warned that “two nuclear armed countries will come face to face” mainly because of a decades long Kashmir conflict for which the United Nations has passed 21 resolutions.

These resolutions urged India to allow Kashmiris to exercise their right of self-determination. Khan said that the Kashmir conflict is a test case for the United Nations because it was the United Nations themselves that guaranteed Kashmir’s ‘right to self-determination’.

The UNSC Resolution 47, which authorises the people of Kashmir to decide their destiny in a plebiscite, is a long-awaited UN promise. Will the United Nations reinstate its decades-old promise? What happens if it fails again? Can we

afford a nuclear war over Kashmir?

The 70-year-old Kashmir conflict is once again a part of the UN General Assembly’s agenda in New York. Since the “abrogation of Jammu and Kashmir’s special status” on August 5, millions of Kashmiris have been living in the world’s biggest concentration camp. One could call it genocide or a planned ethnic cleansing, and it must be stopped. But the question is, is this possible? What is the cost?

Might it be a full-scale nuclear war, or a limited conventional war? In any case, the consequence of the conflict will be rivers of bloodshed. Are international and regional powers serious in their intentions to halt this possible nuclear war between Pakistan and India? Only time will tell, but until now, the international community have been quiet on this front.

Too often, the West sees Kashmir as a territorial and bilateral issue between India and Pakistan. The fact of the matter is that it is not only a territorial issue, but rather a forgotten promise to the people of Kashmir that their destiny will go through a ballot, that their fate is not to be decided by India and Pakistan.

So far, the UNSC has disappointed many Muslims on several issues, including Palestine, Kashmir, Iraq and Syria. Tayyip Erdoğan, President of Turkey, has in the past criticised the role of the United Nations and the Security Council, particularly in regard to Muslim issues around the world.

Erdoğan has a valid point, because the United Nations was quick to respond to the East Timor and Rwanda crisis, but it is reluctant to retort to the humanitarian crisis in Kashmir, Myanmar,

Uighur and other Muslim territories. Erdoğan believes that there is not a single example to date of justice for Muslims. He has also raised concerns about the fact that there is not a single permanent Muslim member in the UN Security Council. This testifies a disparity in representation, when one considers there are 1.7 billion Muslims worldwide.

The organisation has in particular lost the trust of Muslims around the globe. Today, millions of Muslims are forced to live in concentration camps across India and China. The Indian government often reminds us that it is one of the world’s oldest democracies, yet it has stripped millions of Muslims in the State of Assam of their citizenship. What kind of supposed democracy would allow such discrimination to take place?

The UNSC that is supposed to prevail peace in the world is continuously failing. Carne Ross asks a pertinent question: “The UN is failing, is it heading the way of the League of Nations?”

Its past experience as a diplomat and political advisor shows that Ross could indeed be right, since it has mostly failed to halt wars and covert operations in the Middle East, Asia and Africa.

Think of the ongoing persecution of the Muslims in Myanmar and the Xinjiang Province of China, an event that is being called a ‘cultural genocide’.

The United Nations and international community need to act quickly to address Kashmir’s conflict before it turns into a full-scale war. It will not only threaten the masses of India, Pakistan and Kashmir but could also put global security and the UN’s already fragile reputation at stake.

5 Things I Wish I Knew Before Coming to the UK



Image: Robbie Cairns

An international student gives advice to all individuals coming to the United Kingdom for the first time.

Karolina Kudrjavceva

If you are reading this, you are most probably slightly terrified with the decision to move away from home and start a whole new university life in the UK. Don't worry! Most international students, including myself, have loved the university experience from A to Z.

Admittedly, in the beginning, a lot of us wished we had had some inside tips and a tiny bit more advice from experienced internationals. Therefore, here are 5 things I wish I was aware of before moving to study in the UK!

1. Beware your diet

Coming back home for the first time, my mum gave me an 'Oh My Days' look. I had spots all over my face, had gained an extra 7 kilos and - as it later turned out - gastritis.

The UK has a very multicultural society, and that is why the food here is so diverse. You are constantly tempted to try a wide variety of new-to-your-stomach meals. It turns out that radical changes in your diet can not only deteriorate your physical health, but also affect you mentally.

A taste of home is sometimes all you need to calm down after a bad day. Therefore, don't be ashamed to cook the food you used to have back at home, no matter what your flatmates might think of your mysterious meal. In this way you will keep your stomach happy by slowly introducing it to unknown food over a period of time, stay positive, and feel less homesick!

2. Learn how to manage your time

University always gives you more freedom than

you had at school, but the UK system is on the next level of freedom; this might seem shocking at the beginning. The small amount of contact hours allows you to find a part-time job or be professionally involved in sports, be an artist or entrepreneur and maybe even travel more than usual.

However, when getting involved in so many extra-curricular activities, you may forget you are enrolled in a course at university. You have to remember that the 'free time' you are given is also meant to be spent on independent studying!

Why not try balancing your life by taking your new friends not only to bars, but occasionally inviting them to have a library session? Going to study together in the library is a common practice and will help you to concentrate, and maybe even get some help to solve that problem for your next seminar!

3. Get used to how British people speak

Coming from anywhere else in the world, you will definitely realise just how polite the UK is. If you are coming from a part of the world where the culture implies being straight forward, not only will you realise the politeness, you will also have to make quite a big effort to fit in.

Appointments, negotiations, phone calls, coffee orders, even simple greetings should all be done with special care and attention! If not, people might consider you rude. It took me a while to understand why small talk is essential and how a simple discussion about the weather can disclose a person's mood.

You will hear people talk around you; all you need is to learn from them and then practice.

Don't forget to smile!

4. Open your social circle as much as possible

Making friends can be difficult, but making good friends and seeing them leave a year later is worse. Make sure you do not exclusively befriend Erasmus students coming to study for only a semester or two. If you do, this could mean that when you come back for your second year of university, all of your friends will be gone!

You will, of course, meet other people later, but you may also feel a little lonely for a while; that is exactly when you have to focus on studying hard. Try having a mixed group or several groups of friends. Some from your course, some from your accommodation or societies. It will allow you to expand your circle of friends and make sure you are not feeling 'alone' in your second year.

5. If you don't understand something, just ask!

Finally, when I first came to the UK, I thought I knew how to speak English. Leeds taught me the opposite. I struggled with the local accent, the local slang, the random 'Cheers' instead of 'Thank You' and 'You are welcome'.

I was lost at first, and spent evenings translating untranslatable words. I was worried until circumstances forced me to ask someone in my class to explain a word to me, and to my surprise he did! I've found that, for the most part, lecturers and students are always ready to help and explain if there is a word you don't know. All you need to do is ask!

Is It Time for a Complete Withdrawal in the Middle East?

Penelope Helbest examines the humanitarian, political and military consequences of Western countries' continued intervention in the Middle East.



Image: InternationalAffairs.Org.Au

Penelope Helbest

After the US's abandonment of the Iran nuclear deal in 2018, and the punishment of Iran for 'violating' a set of rules no longer in place, Trump has been increasing economic sanctions in a show of strongman diplomacy. The escalation of tensions between the two nations has been dubbed the '2019 Persian Gulf Crisis'.

The latest incident attributed to the Persian Gulf Crisis would be the Abqaiq-Khuras attack; on September 14th, drones attacked the state-owned Saudi Aramco oil processing facilities in Saudi Arabia.

Countries like Saudi Arabia, the US, France, the UK and Germany blamed Iran for the attack to some degree, with the former two asserting that they were funding and directing the operation. Saudi Arabia is letting the US do the talking, although the Houthis of Yemen took full responsibility and Iran denies the claims.

The strikes caused fires that led to the facilities to be shut down for repairs and won't be back to full functionality until the end of the month, the Saudi Arabian energy ministry reported. This cut the country's oil production by half, about 5% of global production, destabilising the international financial market.

Saudi Arabia would have reason to blame Iran, even when they weren't the ones taking responsibility. The Iran-Saudi Arabia proxy conflict has been going on since the late 70s, with the Cold War exacerbating religious differences – Iran is mostly Shia Muslim while Saudi Arabia sees itself as the big Sunni Muslim power.

Hassan Rouhani, Prime Minister of Iran, said that foreign forces had always brought "pain and misery" and should not be used in an arms' race. Trump has

responded to the attack on his friends by sending 200 new troops, a surface-to-air missile system and extra radar equipment, in addition to the 500 troops already there. This was the supposed 'de-escalation' from his initial tweet, which said that he was "locked and loaded", and had many worried that the US was on a path to war.

The US's inception was on imperialist genocide, and its existence since that hasn't changed much. It still stands on stolen land and it strives to pillage more – wars in the Middle East which they still haven't pulled troops out of (as Trump claimed he would have) and Afghanistan's conflict is as old as some of the first years reading this paper. CIA involvement in Iran was found as early as 1950s in declassified documents, as they overthrew Prime Minister Mosaddegh to replace him with a "pro-western" Zahedi in a coup.

It's important to remember exactly what's happening to Yemen right now. The Saudi-led intervention in Yemen, or the Arab Coalition, is an invasion led by a coalition of nice countries launched forthrightly by Saudi Arabia in 2015. It came into being after the previous Yemeni president, a known friend of the Kingdom, was ousted by the Houthi rebels for his corruption and fled to Saudi Arabia for help.

Though there are other "domestic" forces at work and vying for power, they can't do as much damage as a dozen countries and their salaried stooges all chipping in, or air-strikes paid by the American or British taxpayer. It has led to the worst famine in modern history, with more than 50,000 children dead only in 2017.

It's almost guaranteed that this scale of chaos would never even ensue if the coalition hadn't stepped in; new data from the ACLED shows that "Saudi-led coalition and its allies remains responsible for the

highest number of reported civilian fatalities from direct targeting, with over 8,000 since 2015", and that "67% of all reported civilian fatalities" over the Civil War have been from "coalition airstrikes".

Wars and civilian death are both terrible things, and multiple rich super-powers with endless supplies of weapons to kill and split the spoils of a country in ruins is undeniably upping the net "pain and misery", as President Rouhani referenced.

The Houthis have real grievances with the Saudis and decided to try to hit them where it hurt. Iran still denies any involvement; allegations were first started by the slighted Yemeni president. Japan's defence minister does take Iran's side on that, happy with the statement of Houthi responsibility instead of acting as an international guard dog to appease the Kingdom and the US.

In fact, back in April 2015, the United States National Security Council spokesperson Meehan said that it continued to be their "assessment" that Iran did not "exert command over the Houthis in Yemen" so it wouldn't make sense for it to be any different now.

The US's further involvement in the Middle East is just another unneeded factor in a destabilised and war-torn area. Instead of withdrawing from the Yemen Civil War, which is a move Trump veto-d against, he works to favour the profitable military industrial complex over human lives and peace.

Iran may very well have a part in supporting the Houthis, as there is debate about the missile's making and funding, but that still remains away from the US's oversight – they're not the world's overseers, and conflicts that may arise from all over the world can see their course without them. It's safe to say that at least fewer lives will be on the line that way.



Down In The Scrum With Women's Rugby Union

This week our Society Editor, Tilly Judges, speaks to First Rugby Union Women's Team captain Emma Winstanley about Varsity, stereotypes and what the rest of the year holds for the women's team.



Image: Clare Redman

Tilly Judges
Society Editor

This Varsity for the first time the Women's Rugby Union team play at Headingley Stadium. The team described it as "a huge move forward for not only our girls but for women in sports everywhere".

After female sporting achievements this year such as the Women's Football World Cup breaking television records these women playing at Headingley Stadium comes at perfect timing as the profile of women in sports is on the rise.

Team Captain Emma Winstanley emphasised that this had been "heavily pushed" for years, with various challenges along the way, as the women's team were told they'd have to rent out Headingley Stadium themselves by the University. Finally, after a year's delay, due to construction on the stadium last year, the Women's team have been given the opportunity to headline Varsity with the men.

A huge move forward for not only our girls but for women in sports everywhere

After the 51-5 defeat the men's Rugby Union faced last year, Emma thinks that the women's game will be much closer as the University of Leeds as they hope to beat Leeds Beckett again. Both teams are sure to be in fighting spirit as, if winning Varsity wasn't incentive enough, Emma reveals the teams know each other off the pitch as well as on, which increases the stakes of the competition every year.

With the women playing at Headingley Stadium this varsity this means that at least this year spectators will get their moneys worth, with the game being played at both ends. As we can hope to watch the girls achieve

the much-needed points this Varsity.

Team Captain Emma Winstanley arrived how you'd expect a rugby player to, with a black eye and tape covering a gash in her left eyebrow. Demonstrating how she and the entire society are bringing a whole

new meaning to 'playing like a girl'.

Unsurprisingly this isn't the only stereotype that these girls face when it comes to being a woman who plays rugby. Emma states that people either "look at you like you've got three heads and run away or laugh in your face".

As well as the popular belief we've probably all heard, that everyone woman who plays rugby is gay and butch. Emma laughed at these stereotypes, as she highlighted that Women's Rugby at Leeds is a place for everyone, with a mix of sexual orientations and different types of girls, like any other society at the University.



Image: Clare Redman

Emma told me about the main plan for Women's Rugby Union at Leeds this year which is to keep growing as a club and increasing interest in their sport. Their Facebook page is essential to this, as it is currently revealing the various values of the society, with empowerment as one of their key values.

They believe that rugby encourages their girls to be the best they can be through building their confidence and supporting each other.

“People either “look at you like you’ve got three heads and run away or laugh in your face””

These attitudes are vital in a male-dominated sport, as with increasing the profile of women's sports comes with greater visibility.

England Rugby Player Leanne Riley says that she rarely checks social media due to the various old-fashioned attitudes of people who think that women's rugby isn't a 'real' sport. These attitudes unsurprisingly aren't limited to Rugby as Megan Rapinoe, Captain of the United States Football Team, faced a flood of abuse following her team's World Cup win.

It is these attitudes that create the negative stereotypes that Emma and her teammates have experienced whilst playing rugby at university however, these girls and those around the world are playing an important role in fighting against these misconceptions.

From Leeds Varsity to worldwide competitions increasing the profile of women's sport is essential in order to increase the number of girls playing Rugby.

Although Captain Emma Winstanley has played rugby for four years, she is one of a handful as only thirteen out of the six Women's Rugby players at Leeds this year have played rugby before.

By increasing the audience that women's sports reach we can create more female sports players as role models for younger girls. Which will in turn hopefully increase the amount of those playing sports in the coming years.

For any girls that want to be involved in the sport, you don't need to worry about initiation being as the

For any girls that want to be involved in the sport, you don't need to worry about initiation being anything as wild as the stories you've heard about Men's Rugby. The Women's Rugby team caters for girls who like to drink and for those who don't, with classic Leeds socials such as Otley Runs, as well as socials that don't involve alcohol.

Emma herself enjoys a cider and black at the pub, which she calls a 'girly twist on a pint'. The wide range of orders from the team at the pub is reflective of the girls themselves.

The variety of girls and interests is evident, as the Leeds Women's Rugby Union Team refuse to be anything that we might expect them to be, except girls that love rugby. Keep an eye out for their various other events throughout the year such as their danceathon for charity. Not forgetting the Christie Cup where they'll battle against the University of Manchester and Liverpool in March to be the best female rugby players in the north.

If you're looking to get involved with the Rugby Union Women's team and the opportunity to play at Headingley Stadium in next year's Varsity attend their Give it a Try on the 7th October at Sports Park Weetwood and visit their Facebook page for updates throughout the year.



Image: Clare Redman

Korfball: What Is It Anyway?

As a sport that we're all likely to not have heard before, Korfball stands out in the Varsity fixtures. Korfball Committee explain all as they tell us about what Korfball is and why you should join their society!

Korfball is the only mixed-gender team sport in the world, as women and men work together on equal terms, it is unlike most sports you will have played before.

Don't worry if you have never heard of it, neither has anyone else, but it is fast-growing and becoming much more popular in the university and across the country.

The sport itself is very similar to sports like Netball and Basketball. Korfball however, is a much more relaxed game. Meaning that although it is exciting

and challenging, like so many other sports at Leeds, it is the perfect sport for athletes of all levels.

As well as training and weekly socials, including obligatory Otley Runs, we take part in various tournaments throughout the year, giving you the opportunity to show off your Korfball skills.

As well as making sure that after the hard work, each is accompanied by a huge night out in the city that the tournament takes place in. The biggest tournament and highlight of the Korfball calendar takes place in the Netherlands - where we stop off in

Amsterdam for a few days to see the sights.

No expensive equipment is required to play the game and we boast that we are one of the most affordable sports societies at the University, as membership is just £25! All you need is normal gym kit and the courage to try something new.

So why not come along and try out korfball with us! Our Give It A Go is on 9th October 5-7pm, and training is every Wednesday 5-7 and Thursday 7-8!



SPOTLIGHT ON TEACHER TRAINING

15 OCTOBER 2019

Thinking about a career in teaching? Join us to find out more about postgraduate routes into teaching with a series of workshops run by Red Kite Teacher Training and Teach First.

BOOK YOUR PLACE >
essl.leeds.ac.uk/spotlight-on-teaching

Bills are boring.

We'll do them for you.

Three minutes, one bill, zero fees.

£30 off
your bills
with the code
GIVE-30

helloacasa.com

âcasă
live better, together



Careers Centre

UNIVERSITY OF LEEDS

University of Leeds Enterprise Scholarship Scheme 2019

**Are you an
enterprising
student?**

Would you like a £3,000
Enterprise Scholarship to help
you develop your skills and
ideas during the 2019/2020
academic year?

Find out how to apply through
Spark at the University of
Leeds Careers Centre.

See careerweb.leeds.ac.uk/spark
for more details



In the Middle



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

04.10.19

Issue 1

Contents

Music & Clubs

- 4** In the Middle with Marika Hackman
 - 5** Holograms and Whitney: Morals of Posthumous Use of Artists
 - 6** Seasons and Timedance Club Reviews
 - 7** In the Middle with Charlie Sloth
-

Fashion

- 8** Meet the Editors
 - 9** Empowerment Above Exclusivity: The Changing Dialogue Surrounding Lingerie
 - 10** Gucci SS20: Utterly Insensitive or Genius Fashion Move?
 - 11** Think Green, Play Green: Varsity Fashion Picks
-

Arts & Culture

- 12** 'Artist and Activist': The Keith Haring Exhibition
 - 13** Peaky Blinders Season 5: Strutting on with Stunning Style
 - 14** FRUITS BASKET 2019: The Warmest Welcome Home
 - 15** Now is the Time to Rethink our 'Glorious' Past
-

Blogs & Lifestyle

- 17** Love Island: Trouble in Paradise?
 - 18** Five Steps to Self-Acceptance: A Guide to Inner Peace
 - 19** Game Again: Nostalgic DS'ing to Soften Your Stressing
-

Twitter

@ITM_Gryphon

Instagram

@itm_thegryphon

Credits

Editor-in-Chief

Ed Barnes
editor@thegryphon.co.uk

In the Middle Associate

Hannah Stokes
inthemiddle@thegryphon.co.uk



Music & Clubs

music@thegryphon.co.uk

Safi Bugel
Andrea Loftus
Jessica McCarrick
Neive McCarthy



Fashion

gryphon.fashion.leedsstudent@gmail.com

Sarah Mortimore
Iona Tompkins
Lydia Varney



Arts and Culture

arts@thegryphon.co.uk

Stephanie Bennett
Delphie Bond
Alex Gibbon
Tanika Lane
Emily Parry
Rory Yeates



Blogs & Lifestyle

blogs@thegryphon.co.uk

Georgie Fuhri
Lucie Phipps
Louisa Polack
Mary Yeh

Design

Nina Whitley-Jones

Front Cover

Keith Haring, photographed by
Jack Mitchell

Back Cover

Untitled (1982) by Keith Haring, courtesy of
MOMA

Ignorance = Fear (1989) by Keith Haring, courtes-
y of the Keith Haring Foundation

In the Middle with Marika Hackman



Credit: Jenn Five

Marika's Mixtape:

The influences behind her ever-evolving music:

- Laura Viers
- Joni Mitchell
- Simon & Garfunkel
- Brian Wilson
- Cat Power
- Warpaint
- Prince
- Fugazi
- Muna
- The Japanese House

Hollie Griss talks to Marika Hackman about her inspirations and the ever-evolving music industry that simultaneously fails to accept change. Self discovery and acceptance are at the forefront of Hackman's mind as she dives into her past drivers.

"I can do this thing that I like to call 'the upstanding worm,'" Marika Hackman says as she ripples around the backstage dressing room of the Brudenell Social Club. "It's like a body roll, but 'the upstanding worm' is the Marika Hackman trademark name for it."

On a rainy day in the midst of her UK tour, the 27-year-old singer/songwriter dropped by Leeds for a spot at Hyde Park's most treasured venue. Stepping out of the miserable outdoors and into the warmth of the Brudenell, I sat down with her to talk touring, the album, and 'otherness'.

Aside from her ability to do the worm, Marika is also an incredible musician, and has been touring following the release of her latest album, *Any Human Friend*. With more of a pop-rock edge to it than her previous work, Hackman speaks about how the album has utterly transformed her live experience.

"I wanted to write music that people could jump and dance along to"

"When I made the last record, I said I wanted to open up my live show," she said. "Part of the reason I wrote that record was because I wanted to write music that people could

jump and dance along to, and the live experience really shifted for me."

"Even more so now with this album, the crowds are just nuts and I love it. It gives you so much energy onstage when everyone is just bouncing around and having such a good time, and hearing everything you've written solo in your room sung back to you. It's just the most fantastic feeling."

Upbeat, witty and brazenly honest, *Any Human Friend* is quite a contrast from the early days of the stripped-back, mysterious *That Iron Taste* – but in some ways, Hackman explains, rather than change, she's simply returned to the original seeds of her music career.

"When as a kid I was thinking about myself as a musician, envisaging my future and that childhood dream that I had, it wasn't playing alone with an acoustic guitar. It was fronting a band and doing guitar solos and singing big choruses and having people singing it back and dancing. It was actually only when I got a bit older that I got into the darker, more acoustic side of music, at the same time as I started my music career."

"It's funny it's kind of come full circle

and I'm back, nearing what I envisioned I would be doing as a 7-year-old."

"I think it was a natural progression. I don't like sticking to a certain genre or even the idea of a genre existing and having to be defined by that. I'm not scared of making an album that sounds completely different and the people who have listened to my first albums being like, 'oh she's changed, I hate this new stuff.' I'd rather just plough on and do what I want to do," she continues, as we delve into the lyrical content of the album and the significance it has to both her and her fans.

"It was actually only when I got a bit older that I got into the darker, more acoustic side of music, at the same time as I started my music career."

Prior to her 2017 album *I'm Not Your Man*, Hackman kept her sexuality somewhat hidden. Now, with *Any Human Friend*, her sexual identity and an exploration of it lies at the forefront of her music. She discusses this progression and its impact on her relationship with fans.

"The switch happened when I wrote

'Boyfriend' on the last record and then touring that album and seeing the response to that song in particular. I had a lot of queer people coming up to me and saying that it had really helped them in their lives and helped them work out who they are and that they hadn't really heard it in that way before. I realised that being really honest and direct affects people a lot more. I then also realised that my own sexuality and my own personal experiences are potentially deemed sort of 'other', and that I should be using my voice to speak about that and hopefully open it up to being something that's more acceptable."

Hackman is calm and captivating as she discusses the intricacies and changes in her music, and glimmers of bashful joy shine in her eyes as she reflects on the incredible reaction to her latest work. Honest, expressive and enchantingly clever, the Marika Hackman of *Any Human Friend* is not afraid to put herself out there, touching the lives and loves of her listeners, and is set to continue her music career with an unwavering authenticity. In short, she's bossing it.

Hollie Griss

Holograms and Whitney: Morals of Posthumous Use of Artists

With the announcement of the brand-new Whitney Houston hologram tour titled 'An Evening with Whitney', Toni Stephenson gives her opinion about the remixing and re-use of artists' songs and images after they've passed.

In 1991, the wonderful Freddie Mercury announced that he had HIV just days before his death. During this announcement, he said that "You can do what you want with my music...but don't make me boring". Nowadays, we're coming up with more and more mind-boggling ways to use the material that artists have left us with after passing. Whilst hologram tours – one of the most bizarre uses of an artist's material – have been around for a few years now and I've had time to process their existence, I'm still undecided on whether or not going to one of these so-called 'concerts' would be a little bit uncomfortable – for lack of a better word. The idea of being in a concert hall full of people going crazy for a hologram of a dead singer – such as Elvis or Whitney Houston – doesn't really sit right with me.

Personally, if I saw that my favourite artist, David Bowie, was 'embarking on a worldwide hologram tour' then I think that I'd probably have to give it a miss. Whilst promoters are trying their hardest to make these gigs seem like 'live performances' worthy of your hard-earned cash, the simple fact is that the emotional connection and buzz that is created by the artist being there in the flesh is lost.

For me, this is what makes a concert worth the money you spend on it. If I wanted to experience an artist's material, then I could simply open up Spotify or put on one of their records, watch a documentary about their life or open YouTube and watch their live performances. Sure, you could argue that the artist is no longer alive, so seeing them via a hologram tour attended by a lorry-load of fans is a nice way to pay tribute to their legacy, but for me I would rather go and watch a tribute act with real people performing live, or listen to the original music as the artist intended.

That brings me to posthumous songs and albums. Often, these have been mixed and released by the family or friends of the artist in question. Most recently, the relatives of Leonard Cohen have announced a new album scheduled for release later this year, named 'Thanks for the Dance'. For me though, posthumous songs and albums are really tough to get right. More often than not you find that the final mixes of the songs have had little to no input from the artist themselves – besides the vocals – which takes away the personal touch that for me is essential, making the songs harder to connect with.

Of course, in the modern age of music where everything is systematically produced and algorithms rule, music is no longer just produced by a small, tight-knit group of people. Computers that understand the best-selling hooks or lyrics are now controlling the entire industry, desensitising many modern listeners to the emotion that music can hold and sucking the soul out of new releases. Personally, this is why I cannot get along with many posthumous releases. They have been put through the same process that many of the pop hits of today have been put through, ending up lathered with catchy hooks and funky beats. For many modern listeners this won't be an issue, but for me this is a no-go zone.

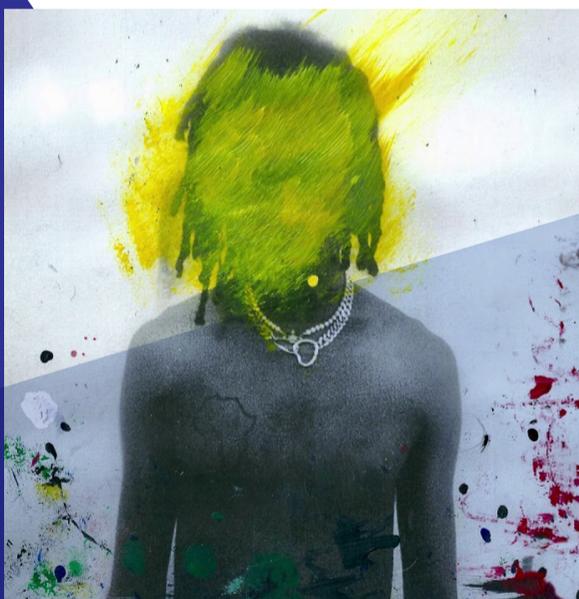
Even though I may seem against the fact that so many legendary artists are having new material released after death, it isn't like it's doing any harm. Sure, it could just be that relatives are trying to cash-in on the infamous post-death career boost that so many artists receive, and for me the Star Trek-style 'live performances' are a little freaky, but at the end of the day can we really complain about new material from some of the best artists in recent times? Probably not. I suppose it's up to you to decide how you feel for yourself; maybe try and go to a hologram concert and see what you think. For me though, I'm probably just going to stick to the classic albums and tribute acts.

Jack Whyles

Album Spotlight

Bakar

Will You Be My Yellow?



Bakar has consistently brought a breath of fresh air to the London rock scene and there is no denying that his new project **Will You Be My Yellow?** enters a new era for the Camden-native.

The project gives off a more relaxed, breezy aura in comparison to his heavier 2018 debut album **Badkid**, perhaps due to the non-stop touring this man has done over the last 2 years with over 40 shows across the UK. Bakar is exhausted but by no means has this affected the quality of his work.

The project title is referenced throughout the project stringing all the tracks together using Yellow to reference practically everything from his girl, drugs, sunlight and his dreams to literal stomach bile.

With tracks such as 'Ghosts' and 'Cashmere Tears', it's clear that Bakar has been through a rocky relationship with his 'Yellow' crooning lines such as "We had cracks in our pavement, never set in stone. Left alone, only see you at shows, and it shows". Here, it's blatant that Bakar has caught a glimpse of the dark side of the 'Big Dreams' that he once had providing a somewhat melancholic reminiscent feeling to the project.

Even the title of the project's ska and reggae influenced single track, 'Hell n Back', indicates that Bakar has been through some serious s**t over the past year.

However, we do see some of the, dare I say, old Bakar in 'Been A Minute' which provides some quality headbanging content which will no doubt go down well at the live shows.

Bakar's first feature track with Dominic Fike is an outstanding fusion of the LA and London scene which will no doubt jumpstart Bakar into the US scene. Bakar will be bringing his live show all the way to LA for his first ever US headline show in November after his sold-out Electric Brixton show.

Receiving praise from legends such as Virgil Abloh, Skepta and even Elton John, Bakar has been heralded as a shining light for the future of UK rock and indie with this new project only confirming these ambitions.

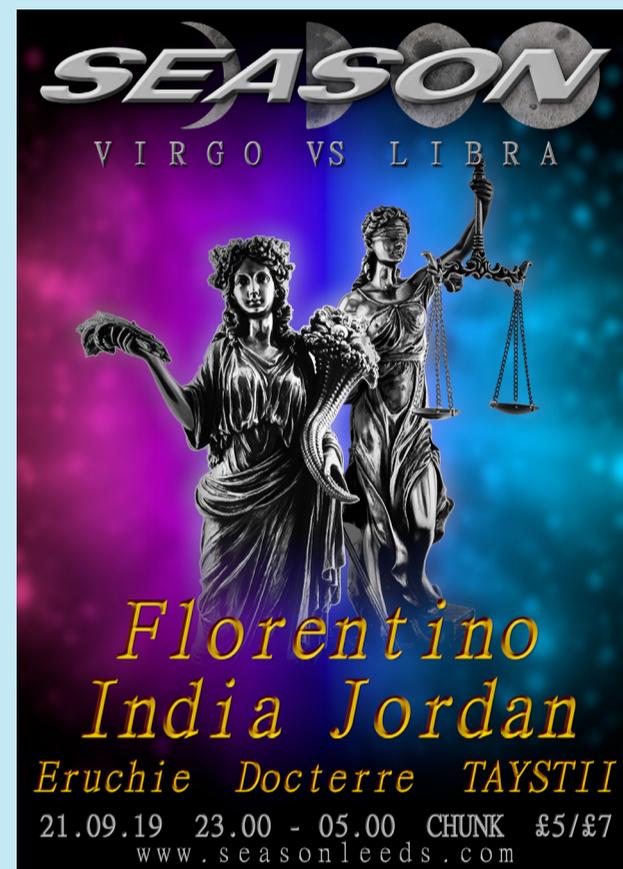
Tom Weatherill

Virgo vs Libra Season (S1E3): Florentino, India Jordan, Eruchie

Queenie Qureshi-Wales (21/09/19)

The third event from Season's astrology-themed club night made its Chunk debut last week, and it was a wonderfully intimate night. Season is the spiritual successor to the Come Thru parties and, just like its predecessor, it stands to be one of Leeds' most exciting and diverse parties. It's the sort of night out that doesn't really feel like a night out in the conventional sense. Often hosted in small, DIY venues, it attracts a wide range of partygoers and, while the sounds are heavy, frenetic and euphoric, it's never overwhelming or alienating. It's a club space that puts forward self-expression and true, joyful appreciation of music. And it's all so fun- something that seems to be forgotten on a lot of nights out these days. While the music is experimental at times, it never feels distant or intimidating. The experimentation is less ego-driven and self-indulgent and instead seems to come from a desire to transgress genre; a welcome change from the almost dogmatic dance scene at the moment,

where the idea of playing around on the decks involves the odd 'ironic' pop tune or hides under the guise of the pretentious 'deconstructed club music' label. Instead Season is wholeheartedly sincere in its celebration of all dance music and dancing itself. It benefits from its DIY venues as there is no (obvious) pressure to conform and turn a profit; instead, this is a communal event that makes even the reluctant clubber feel like they're just dancing in their bedroom with a couple of mates.



Timedance

Freya Smith (21/09/19)

Much like the previous time Batu brought his label Timedance to the Wire basement, he impressed the crowd with a set of songs that slowly increased in pace, intensity, and bass. However, unlike last time where Bruce played b2b with Batu all night long to a much smaller and more responsive crowd, this set was nothing unexpected; it felt as if he was playing it safe. While the music was good, it didn't leave me awe-struck – understandably, this could be more of a reflection of my own music taste as opposed to the DJs' performances. Leeds' very own Chekov started the night off well with some nice, chuggy tunes which progressed smoothly

into Danielle's more bass-driven techno, a style that can be traced back to her time spent in Bristol. Aside from the music, the crowd and atmosphere were on good form. Though the event sold out, it wasn't quite as squished-sardines as it could have been, and the room didn't feel like it was overrun with the intense nervous excitement of 18-year-old freshers. I ended up having a lot of fun, dancing to solid music whilst surrounded by great pals. Overall, Batu summed up the progression of the night pretty accurately, giving a meagre answer of "it's alright" at the start, and when asked again at the end, a slightly less apathetic answer of "yeh...it was pretty good".

Our October Club Picks

- PPG: Shanti Celeste, upsammy, Triple Point - Wire (05/10/19)
- Deptford Northern Soul Club - Headrow House (18/10/19)
- Equaliser x Slut Drop - Wire (19/10/19)
- Eclair Fifi - HiFi (24/10/19)
- Stretchy Dance Supply - Sheaf St (25/10/19)
- Nik Nak Presents Melanin - Wharf Chambers (26/10/19)

In The Middle with Charlie Sloth

With one of the most recognisable voices and styles of any UK radio DJ, Charlie Sloth is undoubtedly a mainstay of the hip-hop scene. Following many years on BBC 1xtra and Radio 1, Charlie moved to Beats 1 at the beginning of this year, taking his legendary 'Fire in the Booth' platform with him. We caught up with him at the Student Union during his Fresher's Week tour to ask about Fire in the Booth, the Mercury Awards, and his first experiences performing as a DJ.

To start with, can you tell me a bit about what's going on here today?

We're here with Backstage at Apple Music, to introduce Apple Music to the students, and just show them how exciting and accessible the brand is. Students can sign up and get 6 months free, and half price as well. We're here just to spread the message.

How has that move been for you, going to Apple Music?

It's been incredible, you know. For me, I'm always trying to challenge myself and grow as a person and as a talent, and I feel that working with Beats 1 and Apple Music is giving me an international platform. So, I go about my business and keep supporting the artists that I'm very passionate about and that I care about. For me, it's always about the artist first – what I can do for the artist – and I've always been a conduit for artists. I think that now the platform that I've got to help celebrate the music and the artists that I care about is just a lot bigger, and it's a lot more accessible for an international audience.

For any budding student radio DJs out there: do you remember your first radio appearances? Did they go smoothly, or was it a rocky start?

Of course. I started DJing when I was 13. By the time I was 14, I was on pirate radio and had a residency at Dingwalls in Camden. I remember my first live performance – it was a tragedy. I was playing on vinyl at the time, and one of the needles was broken, so for like 30 minutes of the set, I was playing with one deck. And in those days, you didn't have Serato! But it's those moments that shape who you are, as a DJ or as a talent. If you can get through those moments, then you know that the next time it happens, you're ready.

Drake's Fire in the Booth - how did it happen?

We were in conversation for years. I was always like, "What we saying? Fire in the Booth?" It was pretty much like every six months I'd hit him up. Then, we were speaking on Facetime, and he said, "Yeah, let's do it" – and then that was it. Literally 3 days later, we did it.

Which other artist do you feel have had notable Fire in the Booths?

There are so many that have really made full use of the platform. I feel like with Fire in the Booth, the thing that gives it credibility and makes it very official is the fact that if you can rap, if you can really rap, it's a great platform to showcase your ability, and people really appreciate that. Having people come through Fire in the Booth, especially in an early stage in their career, it's always nice to know you're a part of that journey and a part of that story. We've done over 500 Fire in the Booths, and each of them are special for different reasons. There're so many different sub-genres these days, and we're not just drill or just grime or just hip-hop – if you can rap, then you can come in, and that's it.



Credit: Sarina Clark

How is it playing student nights? Do you feel a different energy, especially during Freshers Week?

Do you know what, it's probably one of my favourite times of the year. Everyone's excited, it's new to everybody, and you're part of a memory that lives with someone forever. When I'm playing Freshers, I'm pretty much playing a different city every day until mid October. Still to this day, I'll be playing somewhere and someone will come up to me and be like, "I remember you; you were at my Freshers, it was the sickest party..." – that for me is priceless.

It was the Mercury Awards recently. What's your reaction to Dave's win and his rise to the top of the industry?

I think Dave is an incredible talent, and the beauty of Dave is that he's so young and he really is just getting started. I feel like he's going to go on to achieve some incredible things that people from this country couldn't even imagine, even two years ago. The opportunities for that guy are endless, obviously with his music performance and being in Top Boy as well, and how he nailed that. I played Dave's first ever record when he was 15, and watching the growth of Dave from then to now, and the person he's become, the artist he's become... He's like our modern-day Tupac, that's how I feel about Dave. All of his music has a message, he doesn't make a record for the sake of making a record. It's always so emotive and it's challenging. And then we get to see the acting side of him. He is a modern-day artist, and he's going to be an international superstar – I don't doubt that.

Finally, there are so many great female rappers and MCs at the moment. Right now, who would you pick as your Charlie's Angels?

I'd probably have Ms Banks, Megan Thee Stallion, and Stefflon Don.

Michael Keating

Meet the Editors...

Name: Lydia
Role: Print Editor
Course: Fashion Design

I joined the Gryphon because... I always wanted to write about fashion - I could never decide between designing clothes or describing them, and writing for the fashion section in my first year gave me the chance to do both! I've also always had strong opinions, and I love writing about fashion news and controversial fashion statements. The best bit about the section is that it combines both; there's some serious pieces where fashion influences lifestyle and interacts with huge issues, as well as fun, trend based articles that are easy to read and write. It's been the one society I've stuck out my whole time at uni, and that's saying something.

My favourite part of being in the fashion section is... Seeing my work in print! When I was a writer in first year, before I became an editor, I was always so proud to see my articles in The Gryphon. I've got a big stack at home starting from 2016 of all the pieces I ever wrote that made it into publication. I don't think I'll ever get rid of them!

I would describe my style as... Confused! I'm usually running late or going to the gym, so I barely put much effort into how I look on days like these, and I never have time for make-up. But once in a while I'm in the mood to dress up, and I end up looking completely out of place in a sea of students as most of my wardrobe is leftover workwear from my time in industry.

My advice for any first years would be... Join The Gryphon! Or, if not, join something else you're passionate about. We're so lucky at Leeds to have so many societies and clubs, and even though your halls friends might be your closest during Fresher's Week, you'll really appreciate knowing people in different places and having a wider social circle. It might make you busier, but you'll be making the most of your time here and you definitely won't regret that.

One last fashion quote to finish... Fashion changes, style endures - Coco Chanel



Credit: Lydia Varney



Credit: Iona Tompkins

Name: Iona
Role: Print editor
Course: History and Asia Pacific studies

I joined the Gryphon because... I love seeing my articles in print, no matter how many times it happens it gives me a real thrill. I was also (and still am) disappointed about the lack of critical commentary within the fashion industry. Whilst certain notable voices such as Robin Givhan and Diet Prada work hard to provide some much needed context and authority on current fashion and how it relates to fashion history, these voices remain few and far between. I love the fact that the Gryphon allows you to be completely unbiased and sincere and write from the heart.

My favourite part of being in the fashion section is... The fact that the section does what it says on the tin. Whether a writer is covering something local or reporting on an international news story, our focus is fashion and we're not ashamed of that. The people you meet writing in this section are always down to earth and have great ideas, and it's always nice being able to talk through your thoughts with people who share the same interests as you.

I would describe my style as... Experimental and generally a little eclectic. I like wearing short skirts and long jackets with doc martens or flatforms as I like rooting more feminine pieces with practical shoes and outerwear. Short dresses with tights and a t-shirt are another favourite. I love the way a well-cut dress can make me feel like a completely new person, especially if I'm feeling fragile after a night out.

My advice for any first years would be... Don't lose who you are in order to try and fit into some generic 'Leeds style'. In my first year I was terrified of sticking out, so I wore clothes I'd never liked before just to fit in. After six months of nondescript jeans and t shirts, I felt confident enough again to start experimenting with my style again, and I'm so happy I did. My short skirts and pinstripe trousers might not be everyone's cup of tea, but they make me feel happy and confident and that's all that matters in the end.

One last fashion quote to finish...
"When in doubt, wear red." - Bill Blass

Name: Sarah
Role: Online Editor
Course: Liberal Arts

I joined the Gryphon because... I've always loved writing, and even though I do lots on my degree, it's nice to do it for a non-academic purpose. I find it satisfying to see my articles in print or online, and it's nice to contribute to something that's at the centre of the university. I've always been interested in clothes, textiles and business, but never pursued this in my studies, so writing for the fashion section allows me to research and explore fashion-related news and opinions. Writing for the Gryphon is great because you can get involved as much as you like - you can contribute to every issue if you want to, or just send in articles when you have the time.

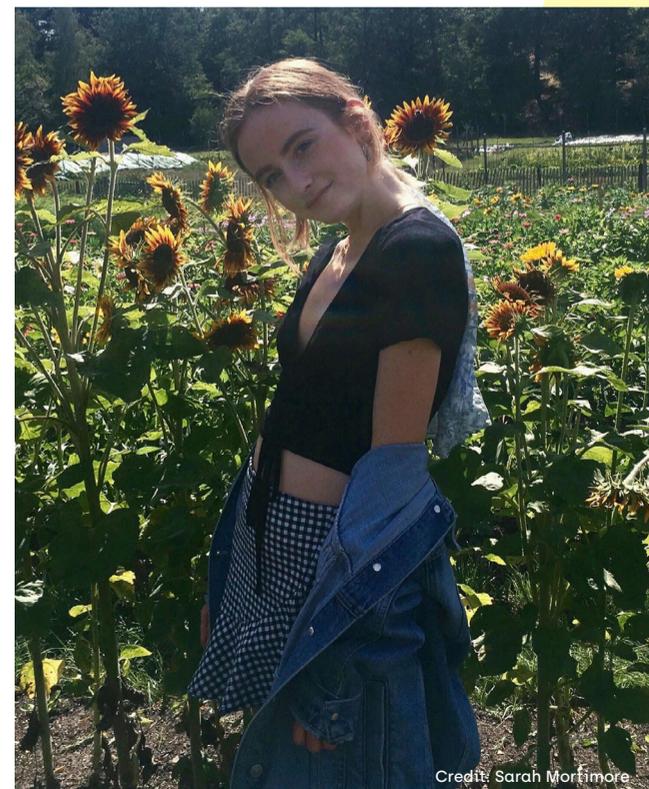
My favourite part of being in the fashion section is... Having a space to express my opinions and debate about interesting topics. Fashion is not just about shopping or the Kardashians and is an important part of our lives whether we realise or not, so it's great to have a platform

to explore this! Writing for the section is so easy and anyone can contribute; you don't have to be on a fashion course or super into clothes, but if you've got something to say then it's a great outlet. Also, it gives lots to talk about on CVs/in interviews.

I would describe my style as... Comfy. Usually it's trainers and anything loose, and I always need to be able to run because I'm late for everything!! I also love fur and anything fluffy.

My advice for any first years would be... Get stuck in, even if it scares you. There are lots of interesting societies and often it's never too late to join. If you can't find something for you then join something brand new, because all clubs begin from beginner level. The Gryphon is a great place to start because there are so many sections, so there is definitely something for everyone.

One last fashion quote to finish...
"Playing dress-up begins at age five and never truly ends."
- Kate Spade



Credit: Sarah Mortimore

Empowerment Above Exclusivity: the Changing Dialogue Surrounding Lingerie



Fashion Print Editor Iona Tompkins examines the recent shift in the landscape of the lingerie industry.

In 2012, Rihanna was the coveted performer at the Victoria's Secret fashion show, embodying the world's most famous lingerie brand's exclusive and unattainable beauty ideals. Fewer than ten years later, the pop star has turned from performer to designer, introducing her own collection of wildly successful lingerie, Savage x Fenty.

Whilst Victoria's Secret prides and distinguishes itself on the elusive selection process and high levels of competition associated with modelling in one of its shows, Fenty has been praised for its diverse casting in terms of both ethnicity and body type. Victoria's Secret has also recently come under fire for its former chief marketing officer Ed Razek stating in an interview in Vogue magazine that the company would never hire a transgender model as it is selling a fantasy, with Razek's transphobic comments immediately receiving widespread criticism. Whilst it is notable that since Razek's retirement the brand has been associated with transgender model Valentina Sampaio, this comes across as a mere reaction to public outrage rather than genuinely embodying principles that the brand stands for.

This lack of consistency in Victoria's Secret's policies of inclusivity make them appear disingenuous and inauthentic. This lack of authenticity becomes particularly apparent when the brand is contrasted with other players in the industry whose body positive messages have been far more consistent, most notably Aerie by American Eagle, Savage x Fenty and Agent Provocateur.

With all time low numbers watching the annual Victoria's Secret fashion show, this year for the first time the show which used to attract audiences of over 6.7 million will not be aired. Yet Savage x Fenty appears to be providing an alternative through the livestream of a new Fenty underwear show on Amazon, with the possibility of instantaneous buying as well as a variety of body types. The first ever Savage x Fenty show aired on YouTube in 2018 and has had over 1.4 million views, numbers which are highly likely to grow with the increased excitement surrounding this year's show.

Perhaps due to the sheer scale of the operation at Victoria's Secret, the brand has been far slower to adapt and modernise than its competitors. The company never rolled out a meaningful 'click to buy' scheme in conjunction with its fashion shows, whilst its stores have retained a boudoir decor which has become somewhat outdated in this day and age. Not only limiting itself to lingerie, the entire Fenty brand is going from strength to strength in every category, with Rihanna recently signing a prestigious deal with LVMH holding company to create her own fashion house.

One simply has to look at the names of these two dominant players in the world of lingerie to encapsulate how one is yearning for the past whilst the other gears itself for the future. Victoria's Secret was named after a Victorian boudoir, and its entire *raison d'être* is based on the premise of making men feel comfortable during the lingerie buying experience. Meanwhile Savage x Fenty puts Rihanna in collaboration rather than control with the 'savage' women she chooses to model for her. The brand chooses to portray women as Avant Garde and unsuited to any archetype. It is unsurprising that this breath of fresh air is proving to be fearsome competition for Victoria's Secret.

Iona Tompkins
Fashion Print Editor

Gucci SS20: Utterly Insensitive or Genius Fashion Move?

Lizzy Wright and Iona Tompkins discuss Gucci's controversial catwalk show, which sparked media attention across the globe.

The Gucci S/S show at Milan Fashion Week has been rocked with controversy after a model spoke up against the designs presented - which were designed to mimic straitjackets - while they were walking in the show. Ayesha Tan-Jones, who identifies as non-binary, held up their hands during their walk to display the words 'mental health is not fashion'. In a statement posted to Instagram, they explained their decision, saying:

“As an artist and a model who has my own struggles with mental health, as well as family members and loved ones who have been affected by depression, anxiety, bipolar and schizophrenia, it is hurtful and insensitive for a major fashion house such as Gucci to use this imagery as a concept for a fleeting fashion moment.”

Gucci have had a landmark year: creative director Alessandro Michele was on the committee for this year's Met Gala, and many of his designs were worn by celebrities such as Jared Leto, Florence Welch, and Harry Styles, who also became the new face for the brand. Gucci have long been revered for their signature designs and have enjoyed a recent emergence as a sought-after brand for young people thanks to the 90s trends. The fact that in 2019, when mental health has never been such a prevalent issue as it is today, Gucci chose to put out a runway show featuring models dressed in pieces clearly resembling straitjackets is not only disgusting, it is disappointing. This isn't their first brush with controversy however - in February a jumper said to resemble blackface was removed from sale after complaints. Gucci are a powerful presence, so to see them put out something so distasteful is a hit to their respected reputation; such a highly popular brand should have thought about the implications of what they present, especially at events like Milan Fashion Week where the whole fashion world is watching. Tan-Jones was right to protest about the designs, especially during the show, with the way the pieces were displayed - with the models standing motionless on a moving walkway - making the scene all the more concerning. Not only were the models themselves used as empty props (no more lifelike than mannequins, which defeats the purpose of the runway), but the human experience was exploited; straitjackets are not, and should never be, fashionable.

Gucci responded to the controversy on Instagram, saying: **'Uniforms, utilitarian clothes, normative dress, including straitjackets, were included in the #GucciSS20 fashion show as the most extreme version of a uniform dictated by society and those who control it. These clothes were a statement for the fashion show and will not be sold. @alessandro_michele designed these blank-styled clothes to represent how through fashion, power is exercised over life, to eliminate self-expression.'**

It is disappointing that a creative mind such as Alessandro Michele was unable to find any other way to express the idea of being controlled and turned to utilising a stark symbol of society's misunderstanding of the mental health struggle in order to sell clothes. Straitjackets were often used to torture or punish inmates in mental asylums, and it is shameful to see them being used in our capitalist culture to make money. Mental illness is everything fashion aims not to be; fashion labels want to appear beautiful and desirable. While provocativeness has long been a tactic used to entice buyers, Gucci failed to toe the line between shocking and downright offensive, choosing instead to jump straight across it.



Image: thenational.ae

Whilst Ayesha Tan-Jones' protest was poignant and extremely powerful, this issue raises a wider debate about whether Gucci should ever be allowed to send designs like these down their catwalks. Had the company perhaps gone about the subject matter in a different manner, the reaction might have been completely different. If the fashion house had spoken to their models and everyone else who worked on the collection before the show and explained why they thought it was a necessary statement to make, it is likely the models would have felt part of a wider conversation rather than simply being used for their hanger appeal.

However, if issues of mental health were personal to one of the collection's designers it is perhaps understandable that they may have wanted to iterate these feelings implicitly through art rather than in an explicit statement. Perhaps the individual feels they are able to convey greater nuance through fashion than they are in spoken word, and this collection is their medium for expressing themselves. Designers that are now lauded have generally had their fair share of controversy, and we must simply wait and see if this is to also be the case for Alessandro Michele. Alexander McQueen is most notable for this, with collections featuring women who deliberately looked as if they'd been raped (Highland Rape, A/W 1995) or having a black model walk down the catwalk in metal shackles strongly reminiscent of the slave trade (S/S 1997). Whilst at the time these were viewed critically by many, today McQueen's collections have formed the V&A's most successful exhibition to date, and his fashion house has dressed Kate Middleton for her wedding day. Controversy has long been the bread and butter of fashion, as boundaries are pushed in order to see if something new can be achieved. Only time will tell if this collection marks Gucci's downfall, or secures its place in fashion history.

Lizzy Wright

Iona Tompkins

Image: Mark Cross via Matches.com



Image: SEE by Chloe via matches.com



Image: ERDEM via matches.com



Image: Givenchy via matches.com



Image: SALONI via matches.com

Image: Fendi.com



Think Green, Play Green

Fashion editors Lydia and Sarah select top Varsity inspired pieces, including eco friendly sportswear to get you thinking green in every sense.



Image: Guppyfriend



Image: Peak and Flow



Image: Girlfriend Collective



Image: People tree, woman's Jeggings



Image: Sundried

'Artist and Activist': The Keith Haring Exhibition

Madeleine Gauci Green reviews the brilliant Keith Haring exhibition at the iconic Tate Liverpool.



The Keith Haring exhibition, at Tate Liverpool, appropriately launched in the month of Pride, demonstrating support for Haring as both an artist and an activist, whose artwork has consistently spoken out against urgent issues of the time including homophobia, racism, capitalism, drug addiction, AIDS awareness and the apartheid. The exhibition is Haring's first major exhibition in the UK, exhibiting over 85 works of Haring's art. These were all created over the ten years leading up to his death, from paintings and drawings to videos, most of which have never been viewed in the U.K before.

In addition to the highly recognisable, loud, radiant and colourful cartoon-like imagery of barking dogs, crawling babies and angels, the exhibition is complete with archival footage, videos, posters and photographs which evoke both the style and spirit of 1980s New York. It adds another dimension to Haring and the

performative nature of his work from live chalk drawings to a video which follows Haring drawing himself into a corner. The exhibition considers the important influences upon Haring and his work, from hip-hop music to the New York clubbing scene to other artists of the time such as Andy Warhol. The ultraviolet room, *Black Light*, is one of the most exciting parts of the exhibition; a dark room with neon lighting and Haring's work on the walls glowing in bright oranges and greens. Pumping dance and hip-hop music transports the spectator to a vibrant 80s, where the music, atmosphere and setting all become a part of the art.

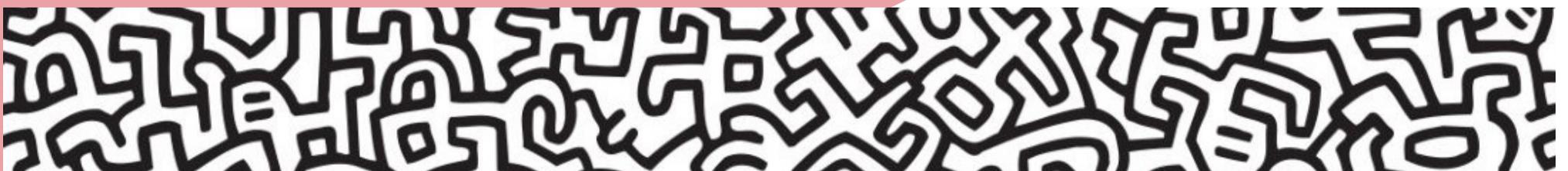
The *Matrix* covers an entire gallery wall, standing out and creating an unforgettable piece filled with black Haring style cartoon-like drawings on a stark white canvas, which you can sit down to take in or walk along to explore the huge piece and all its

images. However, Haring's work is more than just entertaining and appealing playful imagery; Tate draws a focus upon Haring's constant desire to bring relevant social and political issues to light through his accessible, fun work, clearly exhibited through work including *Crack is Wack* and pieces promoting safe sex and fighting the AIDS crisis, as well as videos of Haring at protests.

Accessibility has always been crucial within Haring's art; as he said himself, 'art is nothing if you don't reach every segment of the people'. Interviews with Haring show his desire for people to access his work not only in galleries but also through his 'Pop Shop' and his street art throughout the New York subway and streets, uniting both art and popular culture as well as creating communal works of art with residents in New York, consistently engaging with and captivating as many people as possible.

Ultimately, through the use of video footage and Haring's own art, this exhibition is highly successful in highlighting the importance of his work, not only for the recognisable, fun and approachable energetic use of line, colour and imagery, but also through the political and social messages displayed and their accessibility and ability to impact and inspire over a multitude of generations.

Madeleine Gauci Green





Peaky Blinders Season 5: Strutting on with Stunning Style

Despite this season's relative lack of narrative complexity in comparison with the precedent set by previous seasons, *Peaky Blinders* continues to stand out.

Picking up several years after we last saw the Shelbys, the latest season of *Peaky Blinders* remains as stylish and slick as ever. The clan negotiate their way through financial and political turmoil in the aftermath of the Wall Street Crash in 1929 in the form of new foes Oswald Mosley and Jimmy McCavern, while also contending with internal fractures and inner demons.

Core characters Tommy and Arthur particularly continue to struggle: Tommy sees visions of his dead wife calling him to join her, while Arthur becomes increasingly unstable as his marriage falls apart. Their already strained relationship with Michael is further tested as he has lost a great deal of the company's money when Wall Street crashed.

This friction puts Polly in an increasingly difficult position as she must contend with Michael's new pregnant wife on top of this, her love interest Aberama Gold's quest for revenge additionally conflicting with Tommy's grand scheme. Ada is also revealed to be pregnant, but this sub-plot is somewhat on the back burner for now. As always, the acting is sublime, with the standouts being Cillian Murphy and Paul Anderson as Tommy and Arthur respectively. Newcomer Sam Claflin perfectly plays the

evil fascist Oswald Mosley, and there is (slight spoiler alert) the return of an old favourite in the season finale.

“No-one is gonna hang you, Tommy. you're gonna hang yourself.”

Peaky Blinders has always been highly acclaimed for its strong sense of style, and season five is no exception. Of course the obligatory slow-motion Shelby-strut towards the camera is in full force, and despite it's perhaps cheesy nature it never ceases to be satisfying. The third episode has the season's most haunting shot: the silhouette of Arthur on his knees proclaiming that despite his good intentions, his "hands belong to the devil". It's moments like these, combined with the use of rock music more modern than the period setting, that continue to make *Peaky Blinders* one of the most visually appealing and unique shows out there.

Comparative to earlier seasons, the narrative seems relatively simple, especially considering that the previous season involved a full on war with Mafia mobster Luca Changretta and betrayals a-plenty. It's very true that the slow moving political mind games taking centre stage

make for a much more subdued showing this time around. However, this slower tempo isn't necessarily a bad thing. Whilst the season does end with a shocking bang, it increasingly feels like the calm before the storm for seasons yet to come. That brings us to the standout season finale, the final scenes building tension exquisitely through Tommy's 10 second countdown; every second passing with you knowing that something's coming, and the closer we get to zero the more we suspect that events won't go according to plan. A fairly major character is brutally killed off, reminding us of how high the stakes are, and we're left with the itching question of who was behind what transpired.

What the season lacks through the tempo it certainly makes up for in the finale. Yes, it's incredibly infuriating as a viewer to be left on such a cliffhanger, but you can't help but feel that the final two legs of the Shelby saga are going to be one hell of a ride.

Matthew Mooney

Image Credits: BBC



FRUITS BASKET 2019: The Warmest Welcome Home

Tanika Lane details the return of anime cult-classic 'Fruits Basket' as it is successfully revived for 2019

For those unfamiliar with 'Fruits Basket,' it concerns the journey of humble optimist Tohru Honda, who moves into her high-school classmate Yuki's Sohma's house with fellow family members, Shigure and Kyo, due to the maltreatment of some of her relatives after her mother passes away. What is soon unearthed however is that the Sohma family is haunted by a hereditary 'curse' in which certain members of the family are possessed by the members of the Chinese Zodiac, and are immediately transformed into their animal counterparts whenever they are embraced by those of the opposite sex. This inconvenience in itself may seem quite childish and far too fantastical perhaps for the western eye; the immediate assumption indeed being that such a storyline would be enjoyed best back in the innocence of childhood. Nevertheless, it is also true that this light-heartedness and hilarity only poses half of the crux of the narrative, for if 'Fruits Basket' had any depth back in 2001, having the completed manga has magnified its impact tenfold in 2019. For with every instance of fluffy shoujo romance, slapstick fight scene and self-deprecating humour, there are the burdens of abuse, the plague of superstition, and the crippling effects of isolation to amplify the action of the story.

For instance, whilst the rejuvenated animation style is undoubtedly adorable, the bubbly designs for the animal forms of the characters in 'Fruits Basket' are no mere joking matter. We can say that the choice of the zodiac and the folklore which surrounds it is in fact a revision and expansion of a narrative which is embedded within and more familiar with our own culture - the beauty and the beast dynamic. Despite being a typical trope of fairy-tale and romance - and this certainly is a hallmark of the anime with the burgeoning love triangle between Tohru, Yuki and Kyo - 'Fruits Basket' very elegantly heightens the idea to become about the more crucial matter of learning to love both the beauty and the bestial within ourselves rather than just as an external conflict.

Some of the most heart-rendering narratives include how the buoyant Momiji Sohma (the Rabbit) is rejected by his mother due to the fact that he transformed whenever she tried to hold him as a new-born, as well as doll-like Kisa being so intensely bullied for having such yellow hair and golden eyes (unknown to her classmates as being a side effect of being the Tiger) that she condemns herself to silence and even attempts to run away from home.

The most engaging narrative however has to be that of the impassioned and impulsive Kyo, as his alter-ego of the cat perhaps poses the most pronounced

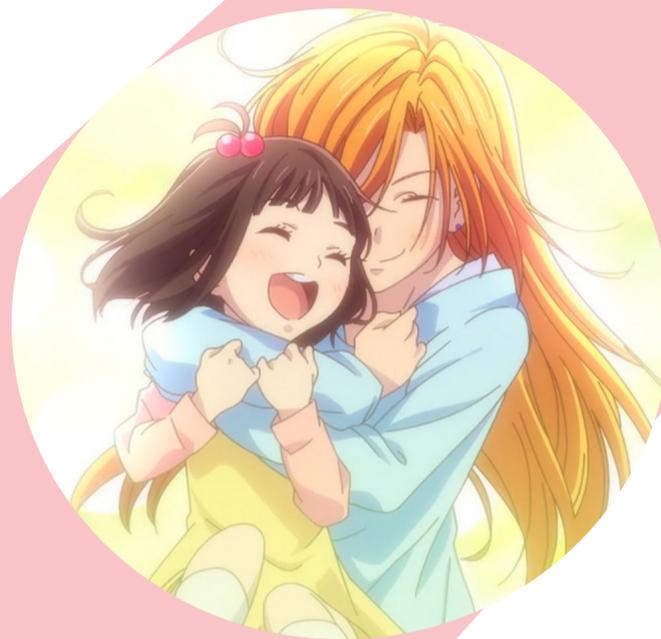


Image credit: Reddit, Redbubble, Lost in Anime



find some light in our darkest recesses, rather than cancelling on ourselves, people and relationships. Moreover, considering how much of Tohru's nature is garnered from the overwhelming compassion of her mother Kyoka, we can take away from the anime the importance of understanding familial relationships and the impact that this has on future generations. The decay within the extended branches of the Sohma family poses as an ominous metaphorical warning for how the results of poor parenting can poison the parameters of society.

It is truly exciting then to think that we have another season coming in 2020 which will wrap up the rest of the brilliant manga, especially as it will delve further into the heart of the parasite of the series, the Sohma family head Akito, with their rage and insecurities being the central threat to the love and humanity the Sohma family feels within themselves and for one another. Manga fans will additionally be thrilled to see beloved characters that have never made it to the screen before finally being given a voice, as we are teased with previews of the mysterious hospitalised Rin, alongside favourites Kakeru Manabe and Machi Kuragi. This then is conclusively an exquisite piece of artistry whose latest adaptation ingeniously taps into the rawness of human experience with unparalleled formidability. Anyone who struggles with finding their place within the world would greatly benefit from watching 'Fruits Basket'; investing in the wondrous aesthetics and delicate narratives, you, like the characters, will undoubtedly become more open, hopeful, and richer for it.

burden in the anime; the myth of the cat being alienated from the circle of the zodiac meaning that he lives under automatic threat of being discriminated against by the family through no fault of his own. This proves striking as we can easily apply such prejudice, superstition and fear to those that are treated similarly due to factors such as race, gender or sexuality from any moment in history to the present day. We can thus empathise with how the characters then are not only riddled by their bestial counterparts in terms of being a physical inconvenience, but also the spiritual and emotional difficulties that sprout from having to cope with situations beyond their control. This then is key to what makes the anime so sophisticated, it being all the more engaging as it uses the fantastical as a medium to venture into the relatable and universal.

'Fruits Basket' then teaches us not only that it is common for people to be plagued by their demons, but moreover that we should be loved for them. Just as Tohru is able to interpret aspects which many characters hate about themselves as elements which she finds warm and inspiring, the anime enlightens us to the importance of such compassion and trying to

Tanika Lane
Arts and Culture Print Editor



Now is the Time to Rethink Our 'Glorious' Past

After a recent spate of lavish historical dramas, it seems the public is lapping up the good old days. Delphie Bond and Alex Bray argue that our romanticised relationship with bygone eras hides a darker truth.



From *The Crown* to *Downton Abbey*, we appear to be looking for a dreamy, nostalgic view of the past for our on-screen down time. This would all be well and good if our idyllic ideas of yesteryear were as dramas such as *'Victoria'* suggest. Instead, sumptuous period pieces invite a nostalgia, or even a mourning for a world that never was. With the rise of nationalism tinged with far right ideology in the UK at present, surely we need to educate ourselves on what really happened under our glorious empire? It may not appease a Sunday night audience, but surely the dark side of colonial rule, the invisible victims that the empire was built upon, finally need some recognition?

Britain has many things to take pride in, but colonialism is not one of them. It is time we stop thinking about imperialism as an economic mission, and start seeing it as a dark light which drained colonies of their resources, culture and livelihood. It is hard to imagine Jenna Coleman (the title character of ITV's *Victoria*) as the monarch behind *The Jallianwala Bagh Massacre* where British soldiers killed over 1,000 indigenous civilians or the Indian famines. Arguably, television has a duty to debunk our Sunday night fantasies because our country is still rife with inequalities and prejudices that the Empire was built on.

However, perhaps it isn't just on screen where our morally bankrupt history has been glossed over with ideals of jewels and crowns; maybe it is closer to home. On Woodhouse Moor in Hyde Park Leeds, Queen Victoria reigns over the park in all her colonial grandeur. The monument, made of bronze and stone and boasting several symbols of the former British empire, is said to

celebrate a time in which Britain was quite literally on top of the world, having colonised a quarter of the entire surface of the globe. In actuality, the statue neglects to inform us of the ex-colonised people who were abused by the British government, and who laid the foundations for, and continued to be the facilitators of, the success of the British empire - similar to how period dramas simply overlook any bloodshed.

This whitewashing of Britain's imperial past, and Britain's failure to accept responsibility for violence caused by its hawkish and neglectful foreign policy as shown through statues such as this one, has led to calls for the demolition of such monuments. The counter argument to this is strong - if we demolish them are we then completely destroying memory? I'd say no, we are not. And I'd say, let's not demolish, instead educate our society on the atrocities Queen Victoria ruled over. We should look at the statue of Queen Victoria as a way of confronting our brutal imperial past and look at period dramas to expose the myths that our society is founded upon.

In our world, where Windrush immigrants are being sent back to 'homes' they have never been too, and legitimate political parties are campaigning for a 'white Britain again', it signals that we urgently need to face our history more head on. Sumptuous costume dramas are perhaps not the space for the brutal awakening that we need, and perhaps the demolition of Queen Victoria is not the answer. However, surely there are enough soporific Sunday night dramas that we could cut just one and learn about what really happened under Queen Victoria's rule and what is happening today. And perhaps, just teach what really happened?

Delphie Bond & Alex Bray

Unbelievable: An All Too Real Depiction of Failed Justice



Image Credit: Netflix

'Unbelievable' is a critically acclaimed drama series that portrays a true story of the system failing women. The gritty scenescape, understated acting and methodical pacing give the series a documentary feel. This is fitting as the drama is based on the true story of Marie Adler (Kaitlyn Dever), a young woman who was incorrectly charged for false rape reporting, and the series of rapes that followed. Karen Duvall (Merritt Wever) and Grace Rasmussen (Toni Collette) join forces as equally vigilant detectives from separate departments. They meet only by chance: a meeting that is the crucial catalyst in solving the crimes.

Duvall and Rasmussen are only introduced in the second episode of the series. The first episode focuses on 18 year old Marie, who has been raped in her new apartment after leaving the foster care system. The bleak colours of the scenes don't exactly make for spectacular cinematography but do add to the harrowing content of the series. Marie quickly undergoes invasive medical tests that are administered in a cold and clinical environment. She repeatedly recants her story but the detectives find inconsistencies within her tellings. Along with the clean crime scene and doubts expressed by Marie's former foster mother, this leads the detectives to assume she is lying so they pressure her into telling the 'truth'. In the interrogation the camera stifles Marie in close ups of her face and trembling knees.

There is a clunky transition between Marie's story and the perspectives of the female officers years later, however the contrast between their approaches as detectives and that of Marie's detective are apparent from the outset. Duvall is patient and empathetic when speaking to Amber, another one of the rapist's victims, and, as a result, Amber is cooperative and open in her recanting of the assault. Wever's understated acting means a glance or a sigh becomes immediately weighted.

Collette once more proves her versatility as an actor; donned in a leather jacket, she plays an experienced detective who Duvall has idolised from afar. Together, they are vigilant to the point of being unhealthily obsessed with the case, meaning their other obligations and relationships fall to the wayside.

The series does not need to rely on cliff hangers or other dramatic effects that are often abundant in crime dramas; instead, it unfolds in a methodical manner that works surprisingly well. Initially, it seems that the series might be a mystery regarding whether Marie has told the truth but it becomes evident through flashbacks of the rape that she is being entirely honest. It depicts how by mistakenly charging Marie with false rape reporting they allowed a rapist to rape other women, with this unfortunately occurring in the real life story also. The detectives who charge Marie are not painted as unjust characters and

at times it is easy for the viewer to see why they would believe Marie is lying. Rather, the blame is on the system's propensity to victim blaming and skepticism towards believing women. This is particularly evident in the scene where Marie's former foster mother states that Marie's history of being abused "makes for a very complicated young woman" with the implication being that this is partly why she has doubts about Marie's statement.

Ultimately, the series highlights the need for detectives to deal sensitively with rape victims and understand the nuances of their experiences.

Anya Loudon

Trouble in Paradise?

Tara Melia discusses the validity of Love Island's matchmaking techniques or if it's a desperate claim for fame.



Image Credit: Rex Features

Love Island 2019. With only three couples still together, just eight weeks following the finale, it seems to be the most unsuccessful series yet. It is also, interestingly, the first season where an 'OG' couple didn't win, though there weren't any to choose from. Where has it all gone wrong over the last five years? Obviously, we can't expect every relationship to be successful, but over recent years it seems fewer couples are going the distance.

Series one provided great success stories, including an on-show proposal from Jon to Hannah, and Luis and Cally's baby! Though neither couples stayed together, it excited us to see what could happen next, and series two did not disappoint. Nathan and Cara, our 'OG' couple of the season also welcomed a baby and tied the knot. We watched Alex and Olivia blossom to become an all-time favourite power couple, marrying in 2018. An argument in series one where Jess was called fake suggested some were acting, but nobody anticipated the potential for fame, so it seemed harmless.

In series three cracks began showing, as contestants were seemingly entering

with the goal of fame, utilising their year of relevance to impact the industry before being dwarfed by the next batch. Although Dom and Jess got married (on TV!), it seemed so staged nobody really cared. Montana was exposed for chasing the limelight by Alex, who claimed she wasn't willing to sacrifice her career for their relationship. Our 'OG' couple and winners, Amber and Kem, who split after just five months, attributed their break-up to demanding schedules, schedules gained by 'finding love' on television.

The trend from this series onwards was for couples to make it official and public after the show, so series four ended positively – 9 couples. But a year later, none are still together. It seems they became aware of their importance to the world as a couple, an opportunity for fame and attention. Jack and Dani, again the 'OG' winners, took advantage of their popularity, even recording a TV special, but split four months later. As Dani and her ex-boyfriend reconciled, rumours swirled, and we began questioning if it was fake all along.

Going into series five, the distrust lingered, but we remained hopeful,

watching the lovely Amy fall in love with Curtis. But her heart was broken as Curtis' eyes wandered. Yewande began to open up with Danny, only for him to choose Arabella instead, and Jordan decided just days after becoming official with Anna that he wanted to explore a connection with India. This year's theme was not love, but heartbreak.

The most shattering moment was Amber walking into the villa alone to find Michael standing with Joanna. She was heartbroken, and so were we. Michael continued playing games, pushing her away and then running right back after Joanna's dumping, but thankfully Greg came to save her from further heartbreak. Amber's new romance was well deserved, and they won the crown! But we were wrong about Greg. He dumped Amber by text five weeks after the show ended to focus on his career. Ironic, considering that the show, and his display of 'love', was what gave him his career in the first place.

Adding insult to injury was the revelation during the government inquiry that only four of the main cast of 2019 had applied, and the rest were scouted or came through

agents. We can guess that scouts aren't choosing contestants because they're lonely and need help finding love. Instead, it's because they see an opportunity for fame and fortune that ITV takes a cut of for three years. Everyone knew it was happening, but not to this extent. It now seems so manipulated it's almost impossible to relate and trust them.

But, maybe we're too cynical now? There was a public outpouring of hate towards Molly-Mae, who was branded as fake during her relationship with Tommy. Despite being the closest to an 'OG' couple this series, they lost their expected win, probably due to public perception. Yet, they seem to be the year's strongest couple, already planning to move in together. We've trusted some too much, and others not enough – this year has proved we really have no idea.

Tara Melia

Five Steps to Self-Acceptance: A Guide to Inner Peace

Amanda discusses finding your feet in a new situation and learning to love yourself in spite of doubts.



Amanda Boachie
Blogs and Lifestyle Writer

Self-acceptance is hard to come by. I'm no stranger to not feeling good enough sometimes. Particularly on bad days. It often feels like I cannot do a single thing right (despite this rarely being true). What about you? I thought so. For many, like myself, we struggle to accept ourselves as we are because we are overly self-critical. We create unrealistic expectations of how our reality should be, which may appear to differ dramatically from how it actually is. To be clear: **there is nothing wrong with wanting better for yourself, but that does not mean that what you have already is not good enough.**

Self-acceptance is ultimately a journey and it involves embracing where you currently are and leaving the past behind and all that we cannot control. Here are five essential steps that help us get back on track when we catch ourselves losing our way.

1: Recognise and understand your power

We have a greater ability to control our emotions and thoughts than we think. The most important thing to consider in difficult situations is how we choose to respond to them. Start by learning more about yourself and developing your emotional awareness. What emotions do you experience during moments of stress? How do you feel about experiencing these emotions? What actions do these feelings evoke? The more aware you are of your emotions, the easier it is to control them.

2: Celebrate your strengths

Focus on the positives. We often dwell on our shortcomings and overlook our merits and abilities. The more we focus on negative thoughts, the more ingrained and overbearing they become. Recognizing your strengths will help you to realise what you are capable of and the positive impact that you have. Create a list of things that you are good at, however small, and try to hone these skills and utilise them regularly.

3: Progress rather than perfection

We're all preoccupied with the need to "get it right".

When we fall short of perfection by not achieving our desired outcome, our self-esteem takes a hit. We as a society often forget that the journey counts as much as the result itself. Forget about self-loathing and beating yourself up about what you could have done differently. Hush your inner-critic. Focus on the progress you have made in coming as far as you have. It may not have been easy, and you may have stumbled along the way but here you are standing tall and ready to try again. That's got to count for something.

4. Stop comparing yourself to others

We all compare ourselves to others. We judge ourselves against the lives of countless others, most of whom who will, similarly, barely have their life together, but are just better at putting up a front. We're guilty of setting a standard for ourselves designed to perfectly fit someone else.

5: Forgive yourself

We're only human. Making mistakes is part of our perfectly imperfect nature, we shouldn't feel guilty or punish ourselves when they do occur. Try not being so hard on yourself when you make a mistake; realise, learn and move on, next chapter. Learn to make peace with your current situation. Where you are right now in life is necessary for you to reach where you want to be later. Trusting yourself and your instincts in this world will make you feel at ease on the rocky journey to accepting yourself.

Game Again: Nostalgic DS'ing to Soften Your Stressing

There are many ways in which first-year students can cope with the waves of nerves that come with settling in at University. But what is often overlooked is the irreplaceable sense of comfort that can be obtained from gaming. Instead of finding escapism in 90s cult classic movies and immersing yourself in rereading Harry Potter for the umpteenth time, freshers may find it beneficial to make their old Nintendo DS a priority on one's packing list. Rediscovering the pleasure of the graphics come alive at your fingertips (or stylus to be precise!) is an unbeatable way to unwind and feel homely in your temporarily alien surroundings. Understandably, some may argue that relying on games for company may be an isolating thing to do. However, the array of games with multi-playing features can prove a great way to socialise alongside what a book or movie can offer as well. While many then are bound to have a particular game close to their pixelated hearts, here are some universal favourites to help rekindle your DS'ing drive, like it's Christmas 2005!

Pokémon

With the customisable companionship that comes with crafting your team and the sense of voyaging out on your journey, it is unsurprising that the Pokemon franchise has become so deeply nestled in the hearts of gamers worldwide. Pokemon has garnished so much attraction as the game provides a unique experience for every player, allowing you to choose from the Pokemon by your side to customising everything from your Pokedex to the glasses you want your avatar to wear. This, of course, refers to the mainstream role-playing games which encourage you to explore different regions of the Pokemon world in the outside world. The Pokemon games range from Pokemon Diamond, Pearl and Platinum, Black and White and X and Y, to glorious remakes like Heartgold and Soulsilver and Omega Ruby and Alpha Sapphire. The journey doesn't stop there. There are multiple popular spin-off games like Pokemon Mystery Dungeon, Pokemon Ranger and even Pokemon Dash, providing you with plenty of possibilities to eradicate boredom, battle it out with friends and fuel the imagination.



Image Credit: Nerdist

Ace Attorney

Perhaps the most niche choice on the list, the Ace Attorney games follow the trials and tribulations of impassioned defence lawyer Phoenix Wright. This game remains one of the most rewarding gaming experiences to date. A more mature deviation from the explorative mystery-solving of the Professor Layton franchise (the two being so compatible however that they have a crossover game!), the stakes in Ace Attorney are considerably more dire as players follow Phoenix - and his resilient partner Maya - in their attempts to exonerate clients from situations both bizarre and sinister. This sounds like a simple enough premise, however what makes the games particularly addictive is the fascinating, even to the point of harrowing, artistry of the storytelling. The crimes range seamlessly from the comic to the unexpectedly tragic. The plots are interwoven between each game with such subtle clues and echoes, proving an impressive example of narratorial prowess. You find yourself bonding with and outright detesting characters the same as those in your favourite books or TV shows, making budding lawyers out of all of us regardless of whichever degree you're pursuing.



Tanika Lane
Arts and Culture Editor

Mario

Another franchise on par with Pokemon undoubtedly is the Mario games, especially as the ones designed for DS are probably the most sociable out of all the games on this list. Indeed, for many DS owners, Mario is perhaps the catalyst in their gaming obsession, as New Super Mario Bros. DS, Mario Kart DS and Super Mario 64 DS all invite an unparalleled sense of thrill and fierce competition. You fall in love with the vibrant, detailed designs in tandem with the sometimes more drastic storylines like Bowser's Castle, Ghost Valley and Rainbow Road, alongside the always enjoyable experience of squabbling over who gets to play Mario while the other is stuck with Toad.



Image Credit: MarioWiki

Professor Layton

One of the most unique and treasured gaming phenomenas, Professor Layton has become a timeless mystery sensation since the days when Holmes and Poirot had swept the nation. The unadulterated, romanticised Britishness of the series is enough to pull you into Hershel Layton's puzzle laden universe, inviting us all to become impeccable puzzle solvers and the paradigms of top-hatted, herbal-tea-brewing gentlemen. From the beautiful score to the tasteful animation, it is awe-inspiring how much care and attention is instilled not only into the puzzles themselves but each the plot and storytelling of each games. From Curious Village to Azran Legacy, the experience becomes more ingeniously shocking and emotive as the franchise evolves, the pathos being particularly poignant in Lost Future. You can either enjoy the games solo or invite your flatmates to furiously head-scratch with you, with Professor Layton being an excellent way to get the cogs in your brain churning.

Nintendogs

Nintendogs is the game that truly started it all; nothing can replace its magic and nostalgia. As the softest and most wholesome choice on the list, the game stands as mostly everyone's introduction to the DS. Nintendogs allowed us to become familiar with the device through activities such as training our adorable puppies, feeding, walking and playing with them - even encouraging them not to fight on occasion! Before Pokemon contests we were enamoured with participating in dog contests, the first multi-playing feature being to meet your mate on a dog walk before ever being able to swill them on the racetrack. Nintendogs additionally may prove beneficial if you're missing your real-life fluffy friends back home; perhaps your pixelated puppies can cure this homesickness.

From action-packed games to soft play there are then loads of options for some nostalgic DS gameplay! Other notable options also include The Cooking Mama, The Legend of Zelda and Animal Crossing franchises. These and the list above all remain popular and are evolving on different platforms to this day, providing the opportunity to tap into your inner child again while making some life-long companions and excelling onto this new, exciting level of life's gameplay.

In the Middle



"Art is nothing if you don't reach every segment of the people."

- Keith Haring

YOUR GYM YOUR MOVE

SWIM • GYM • 220 CLASSES PER WEEK • PERSONAL TRAINING • COURTS • SAUNA • STEAM • SQUASH • CLIMBING
THE BEST GYM IN LEEDS IS RIGHT HERE ON CAMPUS

www.leeds.ac.uk/theedge

*the***EDGE**



UNIVERSITY OF LEEDS

Bills are boring.

We'll do them for you.

Three minutes, one bill, zero fees.

£30 off
your bills
with the code
GIVE-30

helloacasa.com

âcasă
live better, together



Body Positivity Undermined by Social Media Giants

Olivia Frankland

Jameela Jamil is waging war on diet and weight loss product advertisements that persistently infiltrate our Instagram feeds via social media influencers. From detox teas, to magic tablets to super shakes, the promise of miraculous weight loss and the allure of perfectly airbrushed bodies draw in many hopeful buyers.

Jameela has campaigned for body positivity on social media after becoming fed up of people being judged by their bodies and weight. To combat the issue, she created the I Weigh page, which invites Instagram users to focus on character rather than body traits they admire about themselves. It has erupted into an online movement with an impressive 861K followers on Instagram.

Recently, Jameela and her followers celebrated a victory after Instagram changed its policy on advertisements and posts surrounding diet and weight loss products, as well as those promoting aesthetic and cosmetic procedures. Posts containing any such content will no longer be visible to users aged under 18, and any advertisements promoting unrealistic weight loss will also be removed.

Many social media influencers, such as the Kardashians and the stars of TOWIE, promote a certain specific body type rather than inclusive body confidence. They constantly bombard their followers

with airbrushed versions of the industry's standard of beauty. Unfortunately, this is having a negative impact, fostering a generation of young people plagued by low self esteem and feelings of inferiority to those who occupy their screens.

The impact that influencers have on young people is not to be underestimated; they're called influencers for a reason. They act as role models for

Social media giants have a responsibility to take more action on regulating the content posted

the thousands (if not millions) that follow them, yet many freely promote unhealthy eating habits and sell pills promising unfeasible weight loss. The effects of these posts often run even deeper. Low self esteem is often accompanied by anxiety and depression, potentially encouraging harmful behaviour such as yo-yo dieting, eating disorders and even self harm.

Although low confidence, low self esteem and poor body image can affect all ages, statistics have shown that this problem is significantly higher in those aged 18-24. A YouGov poll found that 57% of 18 to 24-year-olds admit to having felt anxious because of their body image, compared with 30% of 45 to 54-year-olds and 20% of over 55s.

Nonetheless, 2019 has seen the rise in body positivity

posts across social media platforms. Accounts such as I Weigh and Positively Perfect challenge the social media obsession with 'the perfect body', combat body shaming, and critique the unhealthy 'get thin quick' schemes advertised.

The I Weigh Instagram account encourage users to post the things that they value about themselves rather than how much they weigh or what size jeans they wear. The page promotes positive thinking, body confidence, and encourages people to focus on non-physical attributes that make them great.

These types of pages are on the rise, but more needs to be done to boycott harmful posts and advertisements. Social media giants have a responsibility to take more action on regulating the content posted on their platforms. Removing all posts which sell drastic weight loss products or promote negative body image will protect social media users from falling victim to self-hatred.



Is Everyone the “Nasty Party” Now?

Prime Minister under fire for dismissal of role of violent language in the murder of MP Jo Cox.

Mark Docherty

“Honour Jo Cox... Get Brexit done”. These were the words of the Prime Minister in the House of Commons on Wednesday, words that provoked outrage at the state of British politics. The husband and sister of Jo Cox are among those who have criticised Johnson for attempting to politicise the murder of the pro-Remain MP to push his Brexit agenda, while parliamentarians from all parties have raised concerns over the use of violent language in the House of Commons.

Aside from being distressing for Cox's family and the low likelihood that she would support the government's programme, Johnson's comments are a blatant attempt to use her murder for his own political ends. Far from being statesmanlike, the Prime Minister's behaviour is simply deplorable.

Hopefully this will prove to be a watershed moment for parliamentary procedure, with John Bercow, the Speaker of the House, confirming that he is considering calling an inquiry into the country's political culture. Politicians' behaviour in the House of Commons has long been immature and outdated, with the theatrics and vitriol lowering the quality of debate and, more seriously, risking inciting violence towards MPs.

In recent months we have seen Boris Johnson announce that he would rather be 'dead in a ditch'

than not deliver Brexit, Anna Soubry being hounded down a street by people calling her a Nazi, and Jo Swinson being forced to report a death threat against her child to the police. Yet, when the Prime Minister was asked to moderate his language by a Labour MP, he dismissed the idea that his inflammatory choice of words encouraged these disgusting incidents as 'humbug'.

Johnson's comments are a blatant attempt to use her murder for his own political ends

The use of needlessly exaggerated and violent language by our political representatives sets a terrible example for the public and can be seen by trolls as lending their actions legitimacy. Labour MP Jess Phillips revealed that Johnson's reference to the recent Benn Act as 'the Surrender Act' had been used in threats against her.

In a period when MPs are subject to extraordinary abuse both on social media and in person, this is evidence that the inflammatory language used in parliament has a direct effect on this taking place.

Given that the government must accept a portion of responsibility for creating the culture which resulted in Cox's murder, it is no surprise that Johnson's

attempt to politicise the tragedy has been met with disgust and condemnation from across the political spectrum.

While this is only the latest in a series of sorry tales of British political discourse, hopefully it will be the one which prompts lasting change to the system. An inquiry may be helpful, but before that the Prime Minister - and, indeed, all politicians - must reflect on the consequences of their behaviour to ensure that politics is conducted through reasoned debate rather than theatre.



Cinema's Half-hearted Queer Diversity

Benjamin Hulme

Diversity and representation in media are unbelievably important. Seeing people in media who reflect our own lived experience and personalities is vital in affirming our sense of self and allowing us to celebrate our differences and not feel bound to one way of being.

This is especially important for minorities such as people of colour, LGBT people, and disabled people. These groups exist in a society whose cultural context is largely informed and influenced by a history of discrimination and othering against them.

A cultural context such as this is evident through the patterns that emerge when examining the portrayals and themes of films and other media.

Film culture throughout history has centred around heteronormative themes with cisgender, white and able-bodied leading characters. This monolithic representation sets this collection of attributes as the default narrative, meaning the road to progress is slow and often in conflict with the sensibilities of audiences of these demographics.

There have been many strides when it comes to representation of people of colour in film. Marvel's *Black Panther* comes to mind, a film which showcases a society autonomously ruled and maintained by strong, three-dimensional black characters. Individuals in this film are free from systemic oppression on account of their race, and their culture thrives unburdened by white supremacy.

The inclusion of such a vast array of black characters exemplifies the rise (though by no means enough) of inclusion and diversity in the film industry, as an example of a film of mostly non-white characters feeling 'safe' enough to ensure profits for a huge corporation.

LGBTQ representation is not so clear cut. Although today you can readily see portrayals of gay and lesbian (the latter less so) characters and stories, these narratives are almost exclusively constrained to cisgender white men and women, reinforcing the same dynamics at play before.

Bisexual erasure is a prevalent theme in film. Even when characters are observed to have heterosexual romantic and sexual feelings as well as homosexual ones, the presence of the latter is taken to identify the person in question as gay or a lesbian. An example of this would be Sol from the hit show *Grace and Frankie*.

There is also a long history of transgender people being mocked and dehumanised in movies. Many films from the early 2000s to the present perpetuate the trope that trans women's existence is a kind of deception, whereby a man who falls for or has sex with a trans woman must now be homosexual. Trans people, trans women in particular, are very frequently played for laughs and spectated for their biology, with a theme of 'bodys shock' being used to ridicule and invoke feelings of discomfort amongst audiences.

The diversity of trans actors in films is no better.

Recently, there was public uproar over the casting of Scarlett Johansson, a cis woman, as a trans character. It was argued that while actors are meant to play roles that are challenging and outside of their own life. However, the decision to cast a cisgender woman in a role that could have increased the transgender diversity in the film industry shows a lack of integrity towards the very story at hand.

Then comes the issue of queerbaiting. Queerbaiting is the idea of alluding to the existence of LGBTQ characters and themes within a work for the positive response you will induce in the audience, without actually sustaining this in the narrative or making it definitive. A prime example of this is Lefou from 2017's live action remake of *Beauty in the Beast*, who was advertised as Disney's first openly gay character. How did they convey this in the film? It was when Lefou danced with another man for less than two seconds.

This scene offered no affirmative acknowledgment that this character was in fact gay, instead showing how queer representation was promised due to the feelings it effects in concept, rather than the social benefits it produces in practice.

This is the vacuous way in which most artists and corporations choose to approach representation: harbouring the aesthetics of progressivism without actually doing the work and ensuring the widest audience possible.

Is There Racism in Maternal Healthcare?

Ruby Fatimilehin

Black women in the UK are far more likely to die from complications surrounding pregnancy and childbirth than their white peers. Although death during pregnancy is still relatively rare in the UK, for black women the rate of maternal death is one in 2,500. An enquiry found that, between 2014 to 2016, this figure was five times higher than that of white women.

The outcome of the Maternal, Newborn and Infant Clinical Outcome Review Programme may shock some but for many black women the statistics confirm what they have always believed – they face a lower standard of medical treatment due to their race.

Some sceptics may try to rationalise these troubling statistics by citing the increased chance of certain pregnancy-related disorders amongst black women. One high-profile example is Beyoncé. During pregnancy she highlighted her struggle with pre-eclampsia, a disorder which affects black pregnant women more severely than white women. However, pre-eclampsia is very common in all women, affecting 2-6% of all pregnancies and is very unlikely to result in death.

Some may again refer to increased levels of poverty amongst black people as a contributing factor in the higher mortality rate. Certainly, social factors including poorer housing and less access to antenatal care may contribute to the disparity. However, a report from the US (where the rate of pregnancy-related deaths among black women is three to four times higher than among white women) found that although social factors could be behind some of the

figures, black middle-class women are still more likely to die in childbirth than white working-class women.

The least palatable explanation for the disproportionately high mortality rate for black women is racism. Medical professionals must face up to this reality if the imbalance of mortality in pregnancy is to be addressed.

Candice Brathwaite is the founder of *Make Motherhood Diverse* – an online initiative aiming to encourage a more accurately representative and diverse depiction of motherhood in the media. She believes she was the victim of racial bias during the time in which she gave birth to her daughter. When meeting with medical professionals Ms. Braithwaite said she was treated differently than other mothers of different races who were in the same position.

Braithwaite claims white mother's concerns were taken more seriously than hers and "seemed to be listened to in more depth and with a sense of empathy". When she told staff, she felt "worse than [she] should" after a Caesarean, she felt her concerns were not listened to, something she thinks could be due to racial bias within the NHS. Despite telling doctors that she was in pain, she was discharged but returned to hospital with septicaemia hours later.

The reasons behind the UK's black maternal death rate are being investigated by the NHS. However, due to stereotypes regarding black women and ingrained prejudices, it will be very difficult to implement change without directly confronting medical professionals' views on race.

Mars Lord, a birth doula trained in supporting

women through childbirth, says that certain pernicious societal biases exist. For example, the stereotypes of 'the angry black woman, the strong black woman' cloud medical professionals' judgement. As a consequence, black women are often dismissed when they say that they are struggling, instead told that it is 'just the way the system works.'

What these most recent statistics demonstrate is that the problem is not simply black mothers' paranoia. The NHS needs to work to confront the levels of racial bias in healthcare by delivering proper training to doctors and nurses regarding culture and race. If they continue to ignore the problem, the callousness and apathy of the system towards black women will continue to cost them their lives.





Why did Thomas Cook Collapse?

Sophie Wheeler

Last Monday, Thomas Cook – the 178-year-old travel company which had survived two world wars and the great depression – collapsed. This left 150,000 people stranded abroad and many more thousands of Thomas Cook staff facing job losses.

The Civil Aviation Authority has launched “the biggest repatriation effort during peacetime” in order to return holidaymakers. A deal to save Thomas Cook, wiping a total of £1.7 billion in existing debts the company had incurred and giving them a much-needed funding boost of £900 million, ultimately fell through at the eleventh hour.

A number of things have since been blamed for the collapse – from high petrol prices to Brexit. There may be some weight to this; external conditions in the industry have been unfavourable, given that Brexit has contributed to increasing level of uncertainty for holiday makers. This is in addition to a poorer exchange rate with the Euro, making holidays within the U.K relatively cheaper.

However many of these factors have been overexaggerated in attempt to absolve Thomas Cook of its responsibility in its own demise; the company had been recording losses for almost a decade prior to

any Brexit uncertainty.

The reality for the holiday industry as a whole isn't as bleak as portrayed. The number of people taking holidays has been increasing in recent years. Many savvy holiday goers have been able to pivot in the face of Brexit uncertainty by either stocking up on Euros earlier in 2018 with a much more favourable rate or choosing to travel to non-EU countries such as America and Turkey instead, according to Thomas Cook's annual report.

In addition to this, consumer confidence remains relatively high, and people still express overwhelmingly a desire to travel.

The problem is the way we book our holidays has changed, and Thomas Cook, given its bloated company structure, large debt burden from a number of poor acquisitions and lack of capital to invest in online, has rendered the company unable to adapt to changes in consumer behaviour and the market as a whole. Senior management failed to respond quickly enough to changing conditions in the market. Thomas Cook continued to fund around 560 expensive high street stores which no longer reflected the way holiday makers like to shop.

Furthermore, only 1 in 7 travellers now use travel agents to book their holiday, with many of the key

players in the holiday industry such as Ryanair and EasyJet adapting to this preference by adopting a predominantly online service, which is not only cheaper to run but also more convenient for customers to book in the comfort of their own homes.

In spite of continual poor performance by Thomas Cook and failure to meet targets, Chief Executives at the company received £35 million in bonuses over the past twelve years. Given the fact that many Thomas Cook staff will likely not be paid by the company for their vital role in helping to repatriate customers, it is not difficult to see who will be the villains and who will be the heroes in this piece.



Cannabis Should be Legalised Now

Charlotte Smith

What comes to mind when you think of weed? That's the image I want you to hold onto as you read this article.

I can't speak for each person individually, but for a lot of people it's the image of a 'stoner': Saul from Pineapple Express or Hyde from That 70s Show. But what is a 'stoner'? Someone who smokes regularly? If so there are countless other respected and intellectual characters who would be considered stoners – Steve Jobs, Carl Sagan and Jack Kerouac, to name a few.

Furthermore, what is considered 'regular' use of weed? Monthly? Weekly? Daily? Does this image of a stoner only exist in this country due to its being illegal? This article can't tell you yes or no to the question of legalisation, as – much like a political standing – it cannot be given – however I hope it will shed some light on an intricate and complex subject. As for my own standpoint, I came into this with little knowledge and the conclusion that it should remain illegal; however upon extensive research, I'm now a strong advocate for not only its legalisation in the UK, but worldwide.

Contrary to popular belief, you cannot die from cannabis. You can die from being 'on it' but not from the plant itself. Even in the (very rare) case that you are allergic to it, the reaction is incredibly mild comparably, simply resulting in an upset stomach. However, to leave the negatives here would be to gloss over some significant health impacts which cannabis can cause.

Short term, it is possible to feel faint, dizzy or

confused. This is generally worse for people on anti-depressants, alcohol or cigarettes. In extreme cases, this may lead to panic attacks or cause people to unknowingly put themselves in danger (crossing roads, falling, burning themselves). A few studies suggest that prolonged use of cannabis (particularly starting as a teenager) can lead to a heightened risk of developing schizophrenia by the age of 45.

Although there is very little evidence of this it is something to be considered. If smoked, then it can also cause damage to lungs, however, on its own is not known to lead to any cases of cancer or pulmonary issues. It is said that 10% of users can become addicted to and dependent upon cannabis, however this is actually less than the percentage of coffee drinkers who become addicted to caffeine, making it an underwhelming figure.

Much like legal drugs such as alcohol, tobacco and caffeine, there are significant risks associated with the use of cannabis, however these are often

Why is there a reluctance by doctors to use [cannabis] to treat severe illnesses such as epilepsy?

confused and exaggerated by the media.

Cannabis has recently been legalised in the UK to treat 2 rare forms of epilepsy, however the NHS doesn't recommend its use. If the medical repercussions of cannabis are so low, as demonstrated prior, then why is there a reluctance by doctors to use it to treat severe illnesses such as epilepsy?

'Sativex' is a cannabis-based pill containing THC and CBD, available for medical use in the UK in rare cases of chronic pain and now epilepsy. However, to get a prescription of 'medical cannabis', you either have to have considerable money for private healthcare, or be incredibly lucky. The NHS claims that the reluctance to prescribe medical cannabis is due to the lack of scientific study about the long-term effects.

Although the government itself may not have carried out this research, it has been carried out by a number of organisations. Research suggests that medical cannabis can be used to manage pain, strengthen your heart and eyes, reduce seizures and cancer risks and even help with weight management for those with eating disorders, as well as providing relief to those with extreme anxiety or insomnia. Therefore, one might suggest that the cost of the treatment prevents its legalisation in the UK rather than the impact to one's health.

Cannabis, much like many other drugs has its positives and negatives. There is the chance for significant long-term impacts, which have to be considered when using it for short term relief. Once one drug is legalised it opens a gateway to others. Furthermore, it is unlikely that everyone in the UK understands the impacts of cannabis; perhaps education surrounding its safe use is necessary before the legalisation.

Either way, it certainly is becoming more readily available for health conditions and via CBD oil; perhaps we are one step closer to legalisation in the UK.

Who Should be Responsible for Tackling Online Trolls?

Annabel Bowker

In her recent BBC documentary 'Odd One Out', Little Mix's Jesy Nelson has spoken for the first time about the online trolling and abuse she has faced over the past eight years.

Since winning the X-Factor back in 2011, she has been subjected to hundreds of messages and comments regarding her physical appearance, which have hugely affected her personal life as well as her career. In the documentary, Jesy opens up about the devastating effects that this has had on her mental health, to the point where she tried to take her own life.

Sadly, she is not the only one. A YouGov poll has found that nearly one in four adults have experienced cyberbullying at least once in their lives, and that young people are the worst affected; this figure rises to over 50% when looking at the eighteen to twenty-four age group. Over the past few years, there has been a huge rise in mental health problems within this age group; over 38% of young people feel that social media plays a key role in this.

At the moment, platforms such as Instagram, Twitter, YouTube and Facebook are clearly failing to tackle the issue fully. While not responsible for the trolling itself, they do have the ability to regulate comments and posts and block the offending users. They also have functions which allow users to report

or block others who are harassing them; however, once reported, these trolls are often simply allowed to continue. This also puts the responsibility on the victims to resolve the issue themselves. Unfortunately, many feel that not enough is being done, and over 80% of young people believe that these companies should do more.

In January, a parliamentary inquiry into social media declared that these companies have 'a duty of care' to young people and their mental health. Although Instagram has since committed to preventing bullying on their platform, this process is slow and challenging and is still failing countless victims around the world. More recently, another inquiry has been opened focussing on the effects of reality TV. This came as a result of the deaths of two Love Island stars, who tragically took their own lives after they endured trolling and bullying across social media following their appearance on the show.

However, it is not just the responsibility of the social media companies. It is important to educate young people about the severity of online bullying and the tragic consequences it can have. The documentary highlights some of the important work being done across the country by trolling victims who are using their own experiences to inform others. Hopefully, with more information, we can reduce the number of cases of online trolling and reduce its damaging effects.

Although resilience is an important characteristic, it is more important to ensure that young people do not have to deal with this kind of abuse at all. Clearly, trolling is a huge problem and one that is not going to go away by itself. It is high time that social media companies step up and take responsibility for the harmful content being posted on their platforms.



Labour's 32-Hour Week Isn't All it Seems

Harrison Sylvester

Do we all work too much? Is there anything we can do to work less? Labour's new policy commitment of a 32 hour week has the potential to reach right into the heart of working class communities across the country.

This policy is undoubtedly an honourable one, with John McDonnell arguing 'We should work to live, not live to work' at the Labour conference last week when putting forward Labour's radical agenda.

On average, the full-time working week is 42.5 hours in the UK, which is higher than the EU average of 41.2. The average hours worked per week by British full-time workers has barely fallen over three decades, which arguably indicates that a significant decrease of the average hours worked is long overdue.

Labour, unlike France with their 35-hour working week, do not intend to make the 32-hour week a legal requirement for businesses across the UK. Instead, an independent working time commission would be established in order to recommend increases in holiday entitlement if the reduction in working hours is not being met; the strengthening of trade unions and collective bargaining would allow workers to bargain with their employers in order to work shorter hours.

Yet this position still has much uncertainty surrounding it. The CBI's director general Carolyn

Fairbairn, for instance, has highlighted the need for productivity to increase on a massive scale in order to avoid pushing 'many businesses into loss'. This is made more difficult by the fact that the average output per worker has seen a very small increase over the last decade in the UK, leaving the question of just how a Labour government would stimulate the necessary increase in labour productivity in order to cut hours without harming both the public and private sector.

Indeed, Labour must achieve more than what any government in the last 60 years has been able to do in regard to cutting hours and improving wages, highlighting the monumental task on their hands.



Furthermore, there are also concerns that the rising wages that must come with less hours will lead to less jobs and an increase in the overall rate of unemployment. The BBC's economics editor Faisal

Islam also raised concerns:

"There could also be a significant effect on labour-intensive public services, such as social care and the NHS", where working more than 32 hours a week will be essential for maintaining the quality of public services.

The current unpredictability of the UK economy is also problematic for Labour in attempting to implement their agenda. Should the next general election take place during another extension period of Article 50, Labour will be faced with calling a second referendum and either remaining in the EU or leaving with a 'softer' Brexit than their Conservative counterparts. Such uncertainty would undoubtedly continue to hamper economic growth and potentially distract Labour from their more long-term agenda.

Yet a general election could also be called after the Conservative government take the UK out of the EU with a disastrous no-deal Brexit, leaving Labour with the responsibility of rebuilding the UK's economy from a worse state than it was in after the global financial crisis of 2008.

Such factors will undoubtedly hinder Labour in their attempts to implement such a radical and ambitious agenda, and, combined with the unpredictability of the 32-hour working week policy commitment itself, it appears as though this policy would be best placed in the dustbin of history.



It's Time to Start Talking About Mental Health in the Workplace



One in 4 people in the UK are affected by serious mental health issues at some point in their lives. It's time that businesses start taking some responsibility. *The Gryphon* investigates which companies are making strides towards a healthier work environment and those which are falling short of the mark.

Chloe Pryce
Business Editor

Mental health affects how we think, feel, and act. It impacts the decisions we make, the relationships we form and just about every nook and cranny of our life when it takes a toll for the worst.

One in four people in the UK are affected by mental health at some point in their life. And I imagine all of us will be indirectly impacted at some point.

Taking this into account, along with the fact that on average, around 12% of our life is spent at work, it's clear that employers have a responsibility to look after their employees' mental wellbeing. However, this responsibility isn't always fulfilled.

The 2017 Stevenson Farmer 'Thriving at Work' review found that in many workplaces, mental health is still a taboo subject and little is being done to support those struggling.

In the UK, only 11% of employees discussed a recent mental health problem with their line manager, and half of employees say they would not discuss mental health with their line managers.

This isn't surprising considering that 300,000 people with a long-term mental health problem lose their jobs each year.

Despite the often passive approach towards mental health at work, employers should have a vested interest in making mental health a priority. It is the leading cause of sickness absence in the UK and loses employers billions of pounds each year.

So, it's in everyone's interest to club together and move society forwards in the battle against mental health stigma.

But things are looking up, and we can look to businesses leading on mental health initiatives for inspiration.

The Equality Act 2010 protects people with a mental illness from unfair treatment and entitles them to reasonable adjustments to adapt their job or work. In addition, the Thriving at Work review outlines core standards – a framework which all organisations can implement.

These include a range of standards including routinely monitoring employees' mental health and wellbeing, developing awareness among employees and producing and communicating a mental health at work plan.

The review also outlines enhanced standards such as increasing transparency through internal and external reporting of mental health policies and improving the disclosure process regarding mental health issues.

Some companies are however going above and beyond on this front.

Innocent Drinks

Innocent offer flexible working hours, free breakfast and a free gym membership for all of their employees. They also offer a yoga club and mental health

resources such as a 100% confidential employee assistance programme. Finally, Innocent offer two training courses aimed at promoting better understanding of mental wellbeing

Aviva

Aviva has a well-being strategy which offers employees health checks, nutritional advice, a wellbeing app, mental health support and income protection provided free to all staff.

Sweaty Betty

Sweaty Betty operated a 'Reclaim Your Lunchbreak' campaign as well as offering lunchtime yoga classes and a running club.

Other companies leading the way on employee mental health frameworks include Unilever, Iceland, Adobe and Netflix.

Other policies suggested to improve employee mental health include offering a good work-life balance, supporting employees through major life events, offering flexible hours and considering both introverts and extroverts in office design; offering quiet spaces can offset the sometimes negative impacts of hot desking.

And finally, both employers and employees should work towards talking about mental health openly at work.

The Gryphon's Guide to the Top Graduate Schemes

Whether you're in your first or final year, it's never too early to start thinking about where you want to be when you graduate. Here we profile several of the country's top graduate schemes.

Chloe Pryce
Business Editor

PwC offered over 1300 graduate jobs in 2018 across a diverse range of areas including Actuarial, Deals, Tax, Legal and Consulting. With offices in 158 countries and more than 250,000 people, they are a leading professional services firm.

The Civil Service Fast Stream was voted Employer of the Year in the 2019 rankings. It's an award-winning leadership development programme offering a choice of 15 schemes, each within a profession. They offer a competitive minimum starting salary and value flexible working arrangements and the space to achieve a work-life balance.

Aldi offered 100 graduate jobs in 2018 in positions such as Area Manager. And if you're into cars you'll be intrigued to know that they give graduates a package

which includes an Audi A4 or a BMW 3 series!

Teach First ensures you get paid from day one in class. You will gain internationally recognised teacher training qualifications in the duration of the two year programme, including an optional third year to complete Master's.

Google offers programmes across Engineering & Technology, Finance, Sales, Marketing and more. They have no fixed quota on the number of graduate jobs they offer. They have a distinctive culture and are dedicated by the mantra 'find them, grow them, keep them'.

Deloitte's programmes offer graduates professional qualifications, endless opportunities to nourish curiosity and lots of support for development and progression. They offer programmes across Audit & Assurance, Cyber and Governance amongst many more.

The NHS Graduate Management Training Scheme offers the chance to develop the skills and confidence needed to lead the NHS through transformation into a more efficient, successful and professional health care service.

They offer the programme in various locations across the UK and in a diverse range of areas such as Finance Management or Policy and Strategy.



TeachFirst

NHS Google

Flying too Close to the Sun: Why Budget Airlines Fail

Following the collapse of iconic travel agents Thomas Cook, Business Editor Will Southall explains why more and more budget airlines are running into financial difficulty.

Will Southall
Business Editor

Thomas Cook has collapsed after 178 years of dominance in the travel and tourism sector. A badly managed merger in 2007 with a tourism company, MyTravel, left the brand with colossal debts that no bank was willing to take on.

Combine this with a change in demand from beach holidays towards city breaks, growing uncertainty over Brexit, and an internet revolution which has shaken up the market over the past few decades, the route to Thomas Cook's failure starts to appear a little clearer.

But whilst Thomas Cook may be the oldest travel company to go down, they are certainly not the first. Monarch, WOW, FlyBMI, Air Berlin, Cello...the list goes on. These are the names of just a few budget European airlines that have all recently ran out of gas.

Given the high frequency of failures, it would be logical to assume that running a budget airline must not be a very profitable business. At the very core of the budget-based business is being able to undercut traditional airline prices, to attract customers away from the more established competition.

So, budget airlines often fail because their profit margins are so low that they struggle to make a profit, right?

Wrong - the opposite can sometimes be true. Ryanair and EasyJet reportedly have higher profit

margins than both British Airways and Lufthansa. And yet I would probably bet money on Ryanair collapsing before BA or Lufthansa.

It seems that budget airlines are not failing because they are selling tickets too cheap to make a profit. Instead, the problem lies in the makeup of their customers.

British Airways and a lot of the bigger, more established non-budget airlines have consistent demand from people travelling for work. They pay more to fly into the main airports of big cities and in doing so will attract a steady stream of demand from businesspeople.

Ryanair's demand stems from tourists, which makes its business fundamentally different in two ways.

The first is that they can be more flexible in their destinations and the airports they use. They will run a flight from Leeds Bradford to Girona in Spain, charge £30, and we'll all start going there on holiday. We may have never considered going to Girona before, we may not even know where it is and yet we're still drawn in by the price.

In this respect, they have some influence on where we choose to take our holidays, as supposed to non-budget airlines whose customers are less flexible.

This explains how, if done right, budget airlines can rake in higher profits.

However, there is a drawback. Whilst budget airlines do benefit from the flexibility of their customers,

they are subject to volatility in demand for holidaying abroad.

One of the major factors that led to Monarch collapsing was the shock of a sharp decline in demand for Middle Eastern tourism following high profile terror attacks, the migrant crisis, and a war in Syria, all of which put Brits off from travelling to the likes of Turkey and Tunisia.

With further concerns over hotter domestic summers putting off holidaymakers from flying abroad, it seems unlikely that the market is going to become any more favourable for budget airlines. It is not a case of if another budget airline fails, but which will be next.





Communicating Obesity

Morwenna Davies
Science Writer

This year marked the sixth anniversary of the UK Congress on Obesity (UKCO), which was held at the University of Leeds from the 11th to the 13th September. The Congress featured numerous events under the theme 'Future Thinking and Innovation in Obesity' and kicked off with a light-hearted 'Show and Tell' event on the Wednesday evening hosted by Prof Anthony Leeds.

Six special guests - Dr Giles Yeo, Professor Janet Cade, Dr Dimitri Pournaras, Dr Pia Christiensen, Dr Abd Taharini and Maggie Clinton - made up the event's panel. They each put forward two objects or entities; the first had a negative influence on obesity, and the second had a positive impact on alleviating obesity.

for helping people to lose weight, and that discourse surrounding weight-loss needs to shift from condemning lack of willpower to understanding the complexities of the disease. Many people living with obesity are genetically susceptible to weight gain, or have lifestyles that hinder weight loss. The panel suggested that a multitude of contemporary entities such as modernised travel, screen-time and portion size are all significant influential factors driving rising obesity levels. New statistics state that one in three children and over two thirds of adults are classed as being overweight or obese; according to the World Health Organisation, this is nearly triple the levels observed in 1975.

The most popular methods of helping people with obesity lose weight, as voted by the audience, were diet, exercise, and communicating. Maggie Clinton gave an eloquent speech which suggested that medical professionals and the media should use more supportive language regarding obesity; again, this supported the idea that making people feel ashamed about their weight is a hindrance rather than a help.

In a complementary tweet by James Corden, the TV show host stated: "If making fun of fat people made them lose weight, then there'd be no fat kids in schools."

The conclusion to be made from this is that more supportive discourse surrounding obesity needs to be established in order to help people find the time and resources to have healthier diets and do more exercise.

Throughout the Congress, the panel and audience prompted links between proposed entities and maintained the strong unifying position that obesity is a highly complex disease with multiple contributing factors. The Congress also upheld the strong argument that, although medical procedures are becoming more prevalent and effective, the rival negative entities such as screen-time and unhealthy diets are still strongly counteracting positive ideas and hindering individuals' weight loss.



Image: Morwenna Davies

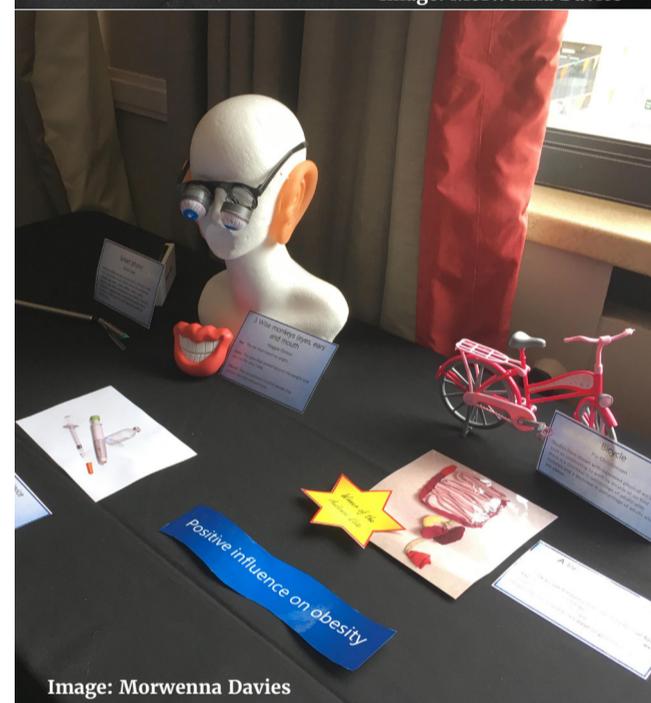


Image: Morwenna Davies

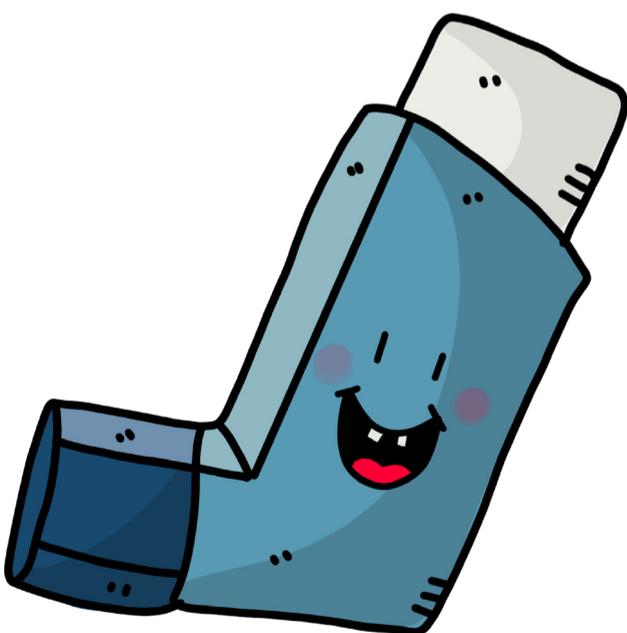
Obesity is a complex disease, not a life choice

Within the first few Congress speeches, it became clear that the complexity of factors attributed to causing obesity was going to become a prominent theme of the two hours. While the panel each only proposed one negative and one positive object influencing obesity in individuals, each item could be linked to a wide variety of ideas such as psychological hindrances, highlighting the complexity of the disease and how a multitude of factors can combine in individuals to cause it. A powerful video shown by Dr Maria Bryant at the beginning of the event ended on the statement: "Obesity is a complex disease, not a life choice."

The congress maintained that 'fat shaming' attitudes and language are unsuccessful strategies

Being Wheezy Isn't Always Easy

Anna Davison
Science Editor



Freshers flu may plague us all when starting university, but for those suffering from asthma, it may be the least of their worries. Asthma attacks are far more common in the first few months of term, and can be a significant point of concern for those suffering from the respiratory condition.

University exposes asthma sufferers to a wider variety of potential triggers and disengages them from their usual prevention routine, meaning the chances of an attack dramatically increase. Freshers flu, sleeping less, eating badly and falling out of preventer inhaler routines all contribute to asthma symptoms.

3 people in the UK die every day as a result of an asthma attack

According to Asthma UK, half of British adults with asthma have allergic triggers, but the majority of those with the condition have never been tested. Furthermore, only a quarter of 18-34 year-olds use a personalised action plan and are the age group least likely to attend their annual review. This is worrying as 3 people in the UK die every day as a result of an asthma attack.

Amazingly, 1 in 11 people still believe that asthma cannot kill. Understanding what triggers an individual's asthma attacks and forming routines to avoid them is essential to managing the condition.

In order to control your asthma at university, it is essential to let those around you know about your condition so that they are informed in case of an emergency.

Keeping your accommodation well ventilated to reduce mould spore accumulation, washing sheets on a high temperature to kill dust mites and regular hoovering can all help to reduce allergic triggers. Finally, getting tested for allergic triggers is an essential way forward in managing your asthma and is recommended by NICE guidelines.

Propelling Humanity into the Future

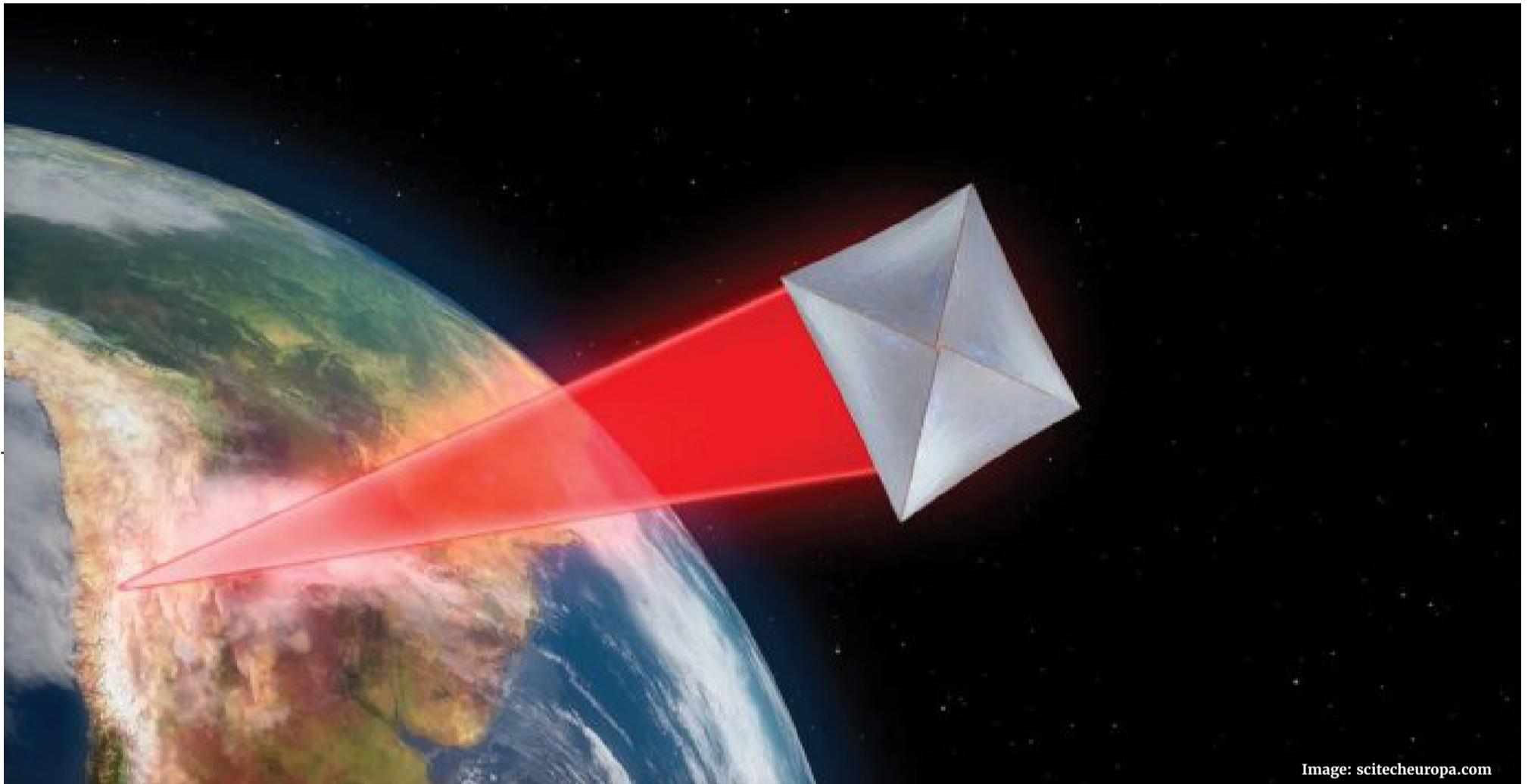


Image: scitecheuropa.com

Alec Sims
Science Writer

With the current UK and worldwide political and climate breakdown, it's more tempting than ever before to consider relocating to the distant stars. With this and international space week in mind, let's check in with some of our current interstellar travel options...

Solar sails have been bouncing around as a concept since the 1980s, but the only space vehicle to successfully use them as a primary propulsion method was the Japanese Aerospace Exploration Agency's IKAROS in 2010. This successfully completed a mission to Venus, before being allowed to roam free in the solar system to maximize data collection. Contact was intermittent over the following five years, with the last recorded speed captured in 2013 at 400m/s (though the craft was still accelerating). For context, that's 1.17 times the speed of sound or 58% of Concorde's top speed – not the most mind-boggling figure, though that's perhaps to be expected.

This would theoretically allow speeds between 15–20% of the speed of light to be reached

Solar sails use radiation pressure from the sun to accelerate; when light reflects off a surface it exerts a force due to a change in momentum, and the force correspondingly causes the surface (and anything attached) to accelerate.

Solar sails are essentially giant mirrors that take advantage of this by reflecting as much of the

sun's light as possible. However, as the momentum that light carries is so tiny, the force generated is miniscule – the IKAROS 196m² solar sail array produced 0.00112 Newtons of thrust. That's about the same force 1/10 of a stick of gum exerts on your hand under earth's gravity!

They're thinking about juicing these up with what can only be sensibly described as mega-space lasers

Given this, they're thinking about juicing solar sails up with what can only be sensibly described as mega-space lasers. In 2016 Yuri Milner, Stephen Hawking, and Mark Zuckerberg (you did read that correctly) founded operation Starshot Breakthrough, which proposes following NASA scientist Philip Lubin's idea to ditch the puny power of the sun in favor of a multi-kilometer 100 gigawatt (~18x the UK's peak electricity demand) array of lasers fired directly onto a spacecraft's reflective sails. This would theoretically allow speeds between 15–20% of the speed of light to be reached, albeit even then only on a spacecraft about the size of a paperclip. Unfortunately, it's probably unlikely we'll be solar (or laser) sailing anywhere exciting in the near future.

Ion drives are another form of propulsion and aim to tackle the classic 'rocket equation' – i.e. we need more fuel to fly further/faster, but more fuel means more mass and we need more fuel to fly that added mass...

Ion drives bombard their propellant with electrons, which are typically provided through an effect called thermionic emission, where a heated element releases electrons (this is also used in the process that produces X-rays in a hospital!). The electron

bombardment causes propellant particles to ionize (have a negative or positive charge). Some of these charged particles are then accelerated through a series of grids up to massive speeds (~40,000m/s!) before being ejected from the spacecraft to generate thrust.

The grids are charged which is why the propellant particles must be ionized in order to be accelerated by them (think opposites attract, like repel). As the most common propellant in ion engines is Xenon, which can be stored in high volumes with minimal difficulty, it begins to address some of the 'rocket equation' difficulties we face with other fuel.

However, the ion drive is still fundamentally limited by its electricity requirement. Both the ionization of particles and the charging of grids requires power, and while solar is appropriate over short range (ion drives are used to keep many of earth's satellites in position), the further away we get the less we have to work with.

Luckily for us, scientist at the Jet Propulsion Laboratory in the US are working on a different sort of mega-space laser – one focused on providing electricity to an ion drive solar array long after its left earth.

Much smaller than its Breakthrough counterpart, the proposed 100 megawatt system is still very much in the theoretical stages, and unlikely to provide us any transport out of the solar system in the near future, though could be appropriate for a martian excursion (per Andy Weir's novel).

In conclusion? I hate to say it, but unless you're a paper clip or a super-villain with a mega-space laser array at their disposal, you're likely stuck here for the time being. Better make the most of it, eh?



Brave Defeat for Women's Football Varsity



In a competitive fixture, the women's second football team suffered a narrow defeat to arch-rivals Leeds Beckett.

Millie Frain
Sports Editor

There was a nervy start for both sides, with University of Leeds retaining more possession, forcing Beckett defenders deep into their own half.

However, despite a few sloppy passes at the back from Beckett, we couldn't seem to break through on goal.

As the half hour mark approached, Beckett were able to catch Uni Of on the counter-attack and took the lead after their centre forward whipped the ball into the top right hand corner. Notably, this was their first shot on target of the game, despite 6 weeks of pre-season training in comparison to the University's sole week of training.

This was something centre back Ellie Waring pointed out to us, as she claimed that 'the University had gelled well on the pitch considering the small amount of time they'd had to train together.' This was proven in the 32nd minute, when two subs were made for Uni Of, in an attempt to drive forward. We then saw more encouraging play from the University of Leeds, as they continually pressed Beckett, restricting their threat in the final third.

As half time approached, both teams were looking to seize initiative. In the 42nd minute, captain Molly Rogan had the chance to break down the right wing and struck the ball into the top left-hand corner of the net.

This seemed to spur life into the Beckett side, who

hit the crossbar minutes before half-time. Following this was a superb strike that goalkeeper Jade Fakokunde couldn't keep out despite getting a hand to it, meaning our rivals had the upper hand going into the break.

As the second half commenced, Beckett had more chances and were enjoying more possession. Despite the University of Leeds being spurred on by the home ground, they couldn't prevent an 85th minute goal from Beckett, who now led 3-1.

The importance of the game was clear, with both sides battling fiercely right up to the final whistle. Although Beckett secured the victory, the fact the University Of Leeds are three leagues below our rivals in the Football League shows that even though we went into the game as underdogs, you wouldn't have

Beckett Preparation Proves Pivotal

Leeds Beckett claim victory a hard fought victory in tennis, with extra preparation and funding providing them with the edge.

Millie Frain
Sports Editor

With 24 fixtures taking place in one day, consisting of men and women's top three teams, it is safe to say the tennis at Varsity is one of the most competitive fixtures. With Beckett usually dominating, the University of Leeds were certainly underdogs heading into the day.

However, a win for 3rd team member Gemma Trodd over her opponent showed whilst we may not have the facilities, we certainly have courage and spirit.

The tennis grounds in itself shows the funding that has gone into tennis at Beckett, with the players utilising four courts at once.

This marks a stark comparison to our facilities here, as the University of Leeds tennis team train at a local gym.

When speaking to the operator of the tennis at Leeds Beckett, Steve Mcloughlin, he told us how his players have been pre-season training in Spain; adapting to the strenuous conditions. He claims his team are as 'best prepared as possible'.

He also acknowledges the importance of varsity, stating 'it is very significant as it is preparation for a tough BUCS campaign, whilst allowing myself to see how the new team members play in match conditions.

Not only this, but it's great to have the bragging rights.'

Whilst both teams certainly will view the fixture as one of the most important dates in the calendar, with Varsity occurring for 15 years now, perhaps the date being so early in the academic year is a hinder in regard to preparation, with the University of Leeds only having one training session beforehand.

However this is not to suggest we didn't play well. Notably, double amputee George Blackshaw, who

lost both his arm and leg in a lawn mower accident was neck in neck with his opponent throughout the entirety of the game. He played alongside his teammates

Ricardo Vafeas and Joe Donaldson, who all had their fair share of powerful serves and successful returns.

Such determination from our team, who even admit they're aware that 'Beckett are very talented at tennis', signifies how perhaps with the facilities, we could challenge Leeds Beckett more next year.



Men's Two's Too Good for Beckett

University of Leeds 2nd Men's Football Team triumph over Beckett in a seven goal thriller.

Millie Warrilow
Sports Editor

Derby day finally dawned – for the University of Leeds footy boys it was time for the short trip to the Leeds Beckett Campus in what was set to be a scintillating day of football. All 4 teams were to meet their rivals head to head in arguably the most competitive fixture of the year.

Despite the pressure of the competition, all teams showed up on the day and put on a performance for the onlooking fans.

The game of the day has to be given to our men's 2nd team which from kick-off was inevitably going to be the one to watch. Uni Of applied pressure from the get-go with no holding back, causing the Beckett defence to panic.

And it wasn't long until the pressure paid off and before we knew it, we were 1-0 up after just 5 minutes. Will Sewell fired one home into the bottom left hand corner from 20 yards out after a fantastic build up play down the left-hand side of the pitch.

The pressure did not stop there though as Uni Of came close again just 2 minutes later when Jordan Crossman's header is cleared right off the line.

Beckett retaliated and had their first shot on target, however it is just wide of the goal. As Beckett started to apply more pressure the game began to become more heated with harsher tackles and disagreements.

Eventually the referee imposed order and even sent former 2's manager Will Dowie to the stands. Free Dowie.

The Beckett keeper was forced to make an outstanding save as Charlie Kelly had a fantastic



strike on goal. This is then closely followed by our own Eliot Eaton also making a very important save in order to keep Uni Of in the lead. Unfortunately, this wasn't enough as Beckett equalized just 10 minutes before half time.

But Uni Of did not dwell. Will Sewell scored an absolute worldie of a goal to bring the score to 2-1, putting the boys in green back in the lead. This boy is just unstoppable.

Less than 2 minutes later Will Sewell set Cory Mears straight through on goal, he made no mistake – firing the ball low and hard under the legs of the miserable Beckett keeper and smashing the back of the net to ensure a 3-1 advantage at half time. The crowd are going wild.

Uni Of struggled to get going after half time and conceded a second goal early on making it 3-2. The game was now truly end to end as chances were taken and narrowly missed by the likes of Charlie Kelly and

Max Kennedy. Beckett also went close, forcing Eliot Eaton into a full length save.

As tensions rose a controversial penalty was awarded to Beckett with just over 15 minutes to go. Beckett converted – levelling the score once again.

BUT IT WAS NOT OVER YET!!! Uni Of instantly replied as Ross Turpin channelled Rory Delap with a phenomenal throw-in, finding the feet of Michael Mattimore who fired it home to take the lead once again.

No-one can believe it. Uni Of were in front for the fourth time with only 10 minutes left to play. The whistle blew and that was it. It was all over for Beckett.

The men's 2nd team had won 4-3 at Varsity. The boys went going crazy.

Congratulations to the 2nd men's football team, an incredible game and a fantastic win for The University of Leeds.

Loss for Basketball Team as a Shot at Glory slips through their Fingers

University of Leeds basketball team lose in the cruellest possible way in a tightly fought match against their bitter rivals.

Jian Feng
Basketball

The University of Leeds suffered a heartbreaking defeat to Leeds Beckett, the game finishing an extremely close 65-63.

As the match commenced, Leeds Beckett applied continuous pressure at every opportunity. This gave them a strong advantage, as they were able to steal the ball and break down the pitch.

Whilst the University of Leeds were not short of chances, they couldn't capitalise on their opportunities, which prevented them chasing the score.

During the second quarter, Yipeng Zhang had a brilliant layup which was blocked by Beckett, and the score line remained close.

The University of Leeds were 28-34 down to their rivals, with both sides counter-attacking fiercely. Both the home and away crowd were cheering on their

team, with both sides completely evenly matched.

The support seemed to ignite the Uni Of, who were now shooting more diversely, especially through jump shots.

Nevertheless, we missed a lot of free throws, which resulted in us only having 54% free throw percentage. This allowed Leeds Beckett, whom were more accurate throughout the game to secure the victory.

'It's the first time we have all played as a team this semester', the University of Leeds basketball president, Elliott acknowledged.

'We have a lot of freshers playing, along with returning students so we didn't have enough time to train. However I'm impressed with our performance today.'

The captain of our team also spoke to us, who claimed 'We will spend time to solve the mistakes we made during the game. But everyone already tried their best.'

Such enthusiasm to rectify the team's errors

suggests the University of Leeds basketball team are driven to succeed this year and will return next year for revenge.



Match Report: Leeds University

19-12 Leeds Beckett



Owen Ellicott
Sports Editor

The match started off with Leeds University on the back foot, with Leeds University fly-half, Hannah Morton, making a great tackle on Beckett's left-winger, Olivia Almond. After a slightly cautious first five minutes Leeds University eventually pushed Beckett back to their 22 metre line; following a few rucks, Leeds University were successful in putting some points on the board - with Leeds University left-wing, Anna Hamilton, scoring a try in the corner. The try was scored from some great team play which led to Anna Hamilton forcing herself through to make it 5-0; however, Hannah Morton was left with a difficult angle, and was unable to put any further points on the board.

Beckett, who are renowned for their great sporting teams, were not going to be shackled that easily, with a fantastic bit of passing between Olivia Almond and full-back, Ailish Clear, almost leading to Leeds University defence being split; nonetheless, the attack broke down once Beckett's outside centre, Celine Almond, spilt the ball for a knock on.

The pressure did not allay, as Beckett carried on pushing. Although a sudden change in possession, saw Leeds University's outside centre, Rosie Blount, intercept and push Leeds University forward 30 metres. Leeds University, again, had Beckett pinned back and Rosie Blount was rightfully rewarded for her hard work, as Hannah Morton kicked through with Rosie Blount juggling the ball on her thigh before her foot to get the ball over the line for a try. Hannah Morton, was also compensated for her brilliant assist, as she put a further two points on the board from the conversion.

In a matter of seconds after Leeds University second try, Leeds University managed to turnover a ruck giving the ball to Melina Irawo, inside-centre, who catapulted through Beckett's line - running 50 metres of the pitch - before scoring another try with ease. Hannah Morton collected another two points,

bringing the score to 19-0 only seconds from half-time. Although, through an unfortunate collision, Hannah Morton was caught in a challenge which led to her heading off injured at half-time.

The first few minutes of the second half started off far more cagey than the first-half had finished, with Beckett still finding their feet in the game. Although, after about five minutes Rosie Blount made a darting run through the Beckett defence, pinning them back on their own 10 metre line.

Despite the territory gains, some intelligent kicking from Beckett helped them escape from the increasing pressure from Leeds University. In turn, this gave way to an offensive chance for Beckett as Celine Almond broke through the Leeds University line, before Rosie Blount made a perfect last ditch challenge preventing Beckett putting points on the board. Nevertheless, the mounted pressure from Beckett did eventually lead to a break through - with a try, from inside-centre, Cara Cookland, scoring right between the posts. Cookland followed up by taking, and converting, the simple conversion to close the score to 19 - 7.

As the match drew to its later stages, the support for the men's outfit came and with them a louder - and a rather more vulgar vocal support came. All the usual chants of varsity were made loud and clear.

The game had began to stagnate, before Evie Tonkin broke through the Leeds University defence, before Anna Hamilton made a great last ditch challenge; and in scenes reminiscent of Beckett's first try, the accumulated pressure led to Beckett's number 8, and captain, Hannah Walton, breaking through - bringing a further five points. Due to the strong defensive line of Leeds University forwards, Hannah Walton was forced to put the ball down in the corner; which in turn, led to a far more difficult conversion for Cara Cookland.

With the clock now reaching zero the conversion would be the last kick of the game, Cara Cookland's kick fell short, and with the final whistle came the celebrations from the Leeds University terraces - a win in the Women's inaugural Varsity rugby match.

Varsity Results

Full Fixtures and Results at
leeds.varsity.co.uk

Badminton mens 1st
Uni of 8-0 Beckett

Basketball womens
Uni of 46-52 Beckett

Football mens 1st
Uni of 0-1 Beckett

Football womens 1st
Uni of 5-3 Beckett

Golf
Uni of 4.5-1.5 Beckett

Hockey womens first
Uni of 2-2 Beckett

Hockeys mens first
Uni of 1-3 Beckett

Indoor rowing 1
Uni of 3-0 Beckett

Lacrosse womens
Uni of 13-9 Beckett

Netball 1st
Uni of 41-41 Beckett

Rugby union 1st
Uni of 16-25 Beckett

Rugby union womens 1st
Uni of 19-12 Beckett

Squash men
Uni of 3-2 Beckett

Swimming womens
Uni of 4--0 Beckett



Photos by Clare Redman