

LUSU campaign aims to rekindle 'College spirit'

Jack Perry
News Editor



This week, Lancaster University Students' Union (LUSU) are running a campaign celebrating the collegiate system here at Lancaster. The College Spirit campaign aims to help students and staff engage with their colleges in a way which the union hopes will be both fun and interesting for anyone who gets involved. Several events are planned for the week, including a "Battle of the Bands" competition, and a campus bar crawl on Saturday, Week 2. There will

also be a talk about the history of the University's colleges by Lancaster University's honorary archivist Marion McClintock on October 16th.

Throughout the week there will also be a series of "pop-up Unions", which aim to bring the Union to the students. For four days of Spirit Week, LUSU officers will be stationed at different points on campus; including popular hotspots such as Alexandra Square, the Faculty of Arts and Social Sciences (FASS) building and George Fox.

Laurence Pullan, VP (Union Development), one of the officers spearheading the campaign, told SCAN "we are hoping that if we can bring ourselves closer to the student population near their colleges we can use the pop-up unions to showcase what the union

and the colleges can do in partnership in terms of events, activities and campaigns."

The pop-up Unions are also to be used as a means of gaining feedback from students. "We are going to be asking passers-by a few questions about the college system and the union and how they interact" Pullan enthused. "The best way to move forward with any future campaign is to get feedback directly from the students that we can act upon."

The College Spirit Campaign itself was borne out of the experience of Pullan and his brother, Joel, LUSU President. Both of the Pullan brothers held the position of President of their respective colleges during their time as undergraduate students at the University. "We believe very

strongly in the college system, as do our fellow officers" Pullan said. The spark for the campaign came with a LUSU training session over the summer period, in which the officers were asked to think of campaigns that could get as many people to become activists as possible, and the officers settled on the college system. Pullan said that the aim of the campaign is to "make a statement, because the colleges are so often overlooked and taken for granted." In an interview with SCAN, Pullan said he believed some members of University management were largely indifferent to Lancaster's college system, as evidenced by the last academic year's Senate Effectiveness Review.

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Photo by Mae Reddaway

SPINE by scan

Don't forget to check out our online-exclusive content:
scan.lusu.co.uk

Editor
Rachel May Quin
scan.editor@lusu.co.uk
07455 057733

Assistant Editor
Steff Brawn
scan.assistanteditor@lusu.co.uk

Carolynne Editors
Sophie Grace Barrett
Laura Dempster
scan.carolynne@lusu.co.uk

News Editors
Jack Perry
Steve Start
scan.news@lusu.co.uk

Comment Editors
Julia Molloy
Sam Smallridge
scan.comment@lusu.co.uk

Sports Editors
Erik Apter
Iain Beddow
scan.sports@lusu.co.uk

Features Editor
Jessica Kadel
scan.features@lusu.co.uk

Lifestyle Editor
Alice Young
scan.lifestyle@lusu.co.uk

Culture Editor
Lucy Smalley
scan.culture@lusu.co.uk

Fashion Editor
Heidi Nagaitis
scan.fashion@lusu.co.uk

Photography
Mae Reddaway
scan.photography@lusu.co.uk

Web & Mobile
Jay Theis
scan.website@lusu.co.uk

Production
Emma Cianchi
scan.production@lusu.co.uk

Publicity
Jess French
scan.publicity@lusu.co.uk

If you would like to write for SCAN, please contact the relevant section editor.

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Rachel May Quin & Jack Smith

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EDITORIAL



Rachel May Quin Editor

Happy Monday to you all! Welcome to Week 2. It's a bit like last week, except now we're that bit closer to Christmas and essay deadlines.

You may have noticed in the last issue, I certainly did, that there were a few of the infamous SCAN typos. I'd like to clarify that my reference to 'Vice present Rachel Harvey' was not a typo, I was simply trying to get across what an absolute treat she is. Honestly. Luckily, this time the internet

decided to be kind and not rip all our hard work to shreds on a Facebook group; however, the flaws in the last issue have led to myself and my team being even more thorough with regards to proof-reading and fine tuning the design of the paper. Mistakes are there to show you where you can improve after all.

You may have also spotted my wonderful team and I working hard during both Freshers' Fair on Thursday and the showcase on Friday. Unfortunately, due to a cock-up we were stashed around the corner, totally separated from the other medias, but I really hope you managed to find us and chat about what we do.

SCAN depends on the creativity and passion of students, we're also the perfect place for you to practice your photography, writing and design. As I've said a thousand times, it took me until my second year to get involved, and I regret wasting so much time. SCAN is the best thing I've done at university, possibly the best thing I've done so far with my life. Don't miss out.

In SCAN this issue, we're sad to report that during Freshers' week, a young woman was the victim of a serious sexual assault. As a student body, we should be working together to find the person responsible for the attack by sharing the CCTV images on Facebook, and by stepping forward with any information you may have. There were 1,400 people in Sugar that night: at least one person must have seen something and if that was you, I can't stress enough how important it is that you should come forward.

The reaction of the national press left something to be desired. The Daily Mail in particular (Should it even be categorised as a newspaper? Let's call a spade a spade, it's garbage). Anyway, it attempted to draw links between our police force running a safety campaign which involved Inspector Morph – a volunteer in blue spandex dressed in police garb – and the incident in Sugar. I'd like to give you my brutally honest thoughts on this so-called news story, but it involves a lot of expletives pronounced in an

exaggerated northern accent. Paper alone cannot adequately convey it.

I want to end this editorial on a less serious note, so I thought I'd share with you a life-changing discovery I made in the last week. The Pomsky. That's right, it's a cross of a Pomeranian and a Husky – it stays tiny and fluffy all of it's life. Or at least that's what Facebook tells me, knowing Facebook, it's probably one of those internet hoaxes, like that violet eye colour thing that went round a couple of years ago. Usually I'm a cat person, but seriously: just look at it.



Rachel. x

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News

News Editors: Jack Perry & Steve Start scan.news@lusu.co.uk

Lancaster's first Massive Online Open Course (MOOC) to be unveiled in 2014

- MOOC, an online course, will be available to students in January 2014, and can be studied alongside degrees
- The course is compiled of online seminars, forums, learning materials and video lectures; it follows the same structure as many typical higher education courses
- However, MOOCs are not yet recognised as on the same level as a university degree, due to security issues

Steve Start News Editor

The Department of Language and Linguistics will be hosting Lancaster University's first MOOC (Massive Open Online Course) in January 2014 on the subject of Corpus Linguistic.

Professor Tony McEnery will deliver the MOOC after the University hosted an international conference on the subject this summer.

A MOOC is essentially an online course with interactive participation from its users. Just like courses at brick and mortar universities, MOOCs have start and end dates, learning materials and end of course tests. The courses tendered vary in discipline and are contributed by over 200 global universities and institutes, from The University of Melbourne to HarvardX and now Lancaster University.

When speaking to University House, Professor McEnery said: "I am delighted to be working with the outstanding team in CASS to deliver a MOOC to introduce the students to corpus linguistics." The course offered by the Linguistics Department aims to give students basic skills of word and textual analysis through computer based comparison. Professor McEnery described how the course would help

students "gain insights of unprecedented scale and depth into the use and manipulation of language [that] should be applicable within their own studies".

MOOCs are undertaken through three different applications: direct presentation of information through video lecture, interactive discussion of information through forums, and assessment, such as exams and quizzes.

The tests are usually carried out through multiple choice questions or peer reviewed "rubrics". Rubrics are pre-scripted examples that when compared to a student's answer, determine its merit. The idea of a peer-reviewed examination is to give the student the perspective of both the pupil and the teacher.

The active participation of users will create an organic course that grows through the networks that its users create. Information about a subject will start to form in small clusters, developing a more thorough and creative argumentation.

Although MOOCs offer this engaging academic environment, the completion of the courses does not hold the same credit as those obtained through a standard education – though proof of completion is offered on request. This lack of serious accreditation is down to the security pitfalls associated with cyber identity and the potential for plagiarism. In the future this may be proctored using regional testing centers and more advanced monitoring of webcam and writing style.

Whilst the courses will follow the same sort of structure as usual courses, it is the their online presence and potential for perfect recall of discussion that entices both investors and consumers. However, there have been worries about what part MOOCs may play in the future of the higher education industry.

The educational packages that are currently sold through the university business model are likely to change in the future, as students require less paid services. These services include curriculum format and content; teaching, research and placement.

James Mazoue, Director of Online Programs at Wayne State

University writes how MOOCs threaten this business model: "The next disruptor (MOOC) will likely mark a tipping point: an entirely free online curriculum leading to a degree from an accredited institution. With this new business model, students might still have to pay to certify their credentials, but not for the process leading to their acquisition. If free access to a degree-granting curriculum were to occur, the business model of higher education would dramatically and irreversibly change."

Though a MOOC is currently an unaccredited qualification, it has the potential to open up the way for a more online based learning experience.

This may produce challenges

to the way degrees are distributed in the future.

There are valid concerns that whilst initially the MOOCs may seem attractive, it could be difficult and unrealistic for busy tutors and lecturers to give the input over discussion boards that the courses may warrant. This would involve massive investment and then recuperation of costs.

Other arguments suggest that with the courses being online, they will actually fuel greater discussion, as there will not be the same degree of diffidence that sometimes pervades university seminar rooms

Lancaster University's MOOC on Corpus Linguistic is set to begin on the 27th of January 2014 and will last for 8 weeks with a study plan of 3 hours per week. Students can sign up for the course for free at www.futurelearn.com/courses/corpus-linguistics.



SCAN would like to extend its apologies towards VP Education, Joe O'Neill (#FTj0e) for an article printed in the last edition (Monday 30th September, Freshers' Week), in which a quote provided was misinterpreted. We would like to clarify that in the article entitled, 'Role of the Department Reps are "invaluable" claims VP O'Neill as elections for position draw near', it was mistakenly stated that O'Neill intended to introduce a pilot scheme where "elections for future departmental representatives occur in a number of departments". The aforementioned scheme has been in place for quite some time and is not a proposal of O'Neill's, it has been used for many departmental elections. We apologise for this mistake.

“The college system provides students with a sense of community”

Continued from front page

colleges as a community.”

“There are a few changes going on where we need to remain vigilant and make sure the college system remains intact, and that [the colleges] maintain their own distinct identity.”

The College Spirit campaign is therefore as much about engaging staff with their colleges as it is about engaging students. “Staff are assigned to colleges as well, but often you’ll find that they have no affiliation or connection to their college. [We hope] anybody who has any sort of tie to a college gets involved and can reap the benefits of it.” Pullan is particularly excited for the lecture by Marion McClintock for this reason, saying “we have invited both students and staff to come along, and we have a few ‘big-hitters’ from the university who have already confirmed that they will be attending – it is a good statement from the University that they will show their support for the week.”

The timing of the College Spirit Campaign is very much with students in mind, however. “It is a very tight timeframe, but we’ve been planning it over summer” Pullan asserts. “After Freshers’ Week, students feel a little disengaged with their colleges. Using the college spirit campaign is another way for students to get together in their

Why is it important that students feel a connection to their college?

Pullan is adamant: “If you walk down the street and you met someone from Lancaster University, the first question you ask them is ‘what college are you in?’ The college system is great because it is multi-purpose, and unlike most other universities you get a much broader social experience: you have your college which has your college friends, and you have your course with your course friends.”

It seems that other LUSU officers agree, with Bowland President Patrick Somervell telling SCAN, “The college system provides Lancaster students with a sense of community and belonging. It also has the capacity over time to instil a sense of pride and commitment to a cause you might have never discovered at any other university.”

In addition to this, Pullan adds: “That diversity is something which is taken for granted quite often and something we should cherish. The colleges themselves have their own identity,

and in theory there is something for everyone: you’ve got Fylde with its sports, County with the comedy club, Pendle with the live music... you have a broader experience, a broader social experience, and the college system is the best way of doing that.”

Ultimately, Pullan wants the entire campaign to be enjoyable for every member of Lancaster, emphasising that the point is to “have fun”. Speaking passionately about the event, Pullan told SCAN, “I want them [students] to realise that the college system is a huge positive for the university. I also want the staff to acknowledge that the college system is a great positive. I know Amanda Chetwynde [Lancaster University’s Pro-Vice-Chancellor for colleges and the student experience] is a huge advocate of the college system, but there are those – students and staff – that don’t really choose to engage with their college, but if they do, it opens the door for so many opportunities that you wouldn’t realise. The aim of the campaign is to try to get as many people involved

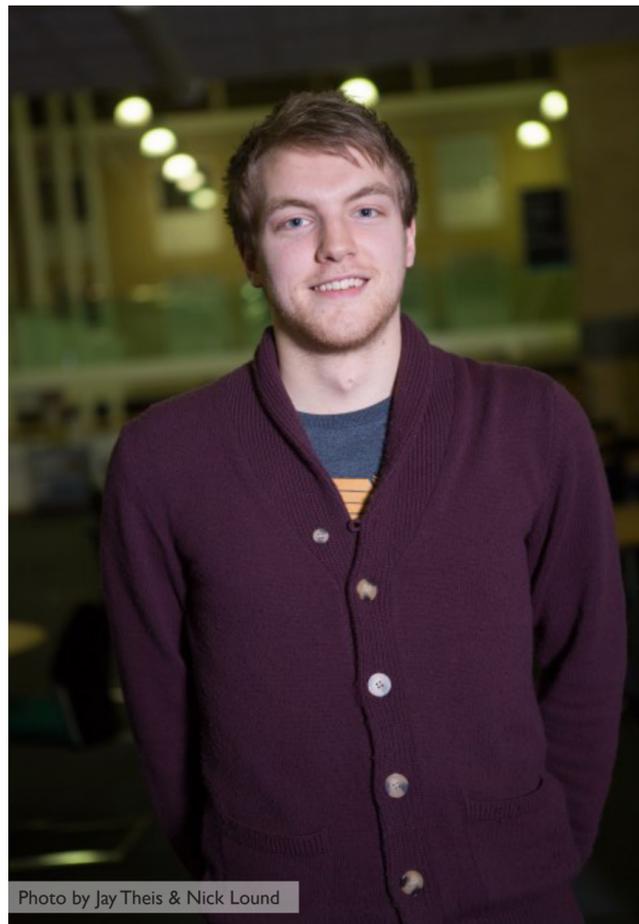


Photo by Jay Theis & Nick Lound

in the campaign and make a statement because the colleges are so often overlooked and taken for granted.”

“If you understand what went before then you can plan much better for the future”

Josh Walker

Lancaster University’s Honorary Archivist, Marion McClintock, is to present a talk detailing the history of the collegiate system. The talk will take place on October 9th, during LUSU’s College Spirit Week. Entitled ‘Identities and the Spirit of Lancaster’s Colleges’, McClintock will discuss why the colleges matter and the changes they have gone through, as well as making suggestions for the future.

Taking each college in turn, including the short-lived Charlotte Mason College

and the “college that never happened”, Rossendale, McClintock will give a brief history and overview, providing an insight into the factors that have shaped one of Lancaster’s collegiate system. The aim is to support students to understand the history of Lancaster University and learn lessons for the future.

Speaking to SCAN, McClintock acknowledged that the importance of the colleges was recognised from the very beginning. According to McClintock Sir Noel Hall, the head of the Academic

Planning Board at Lancaster University’s conception was “very clear that the colleges were important because... it enabled students to join a community...who would get to know each other, work together and have a measure of autonomy and self-governance.”

The collegiate system has developed substantially since its origin, especially during the creation of Alexandra Park, and McClintock generally believes this initial vision has been fulfilled. However McClintock also argues that the colleges were put at a disadvantage from the beginning “in terms

of resources and also their priority in the University ... and made to justify their existence before they’d really bedded in”, in addition to more recent issues such as the “bars wars”.

In terms of the current status of the colleges, McClintock is hopeful that the current LUSU officers will be supportive of the college system and lay groundwork for the future, noting that LUSU has a “tendency to go backwards and forwards”, also believing that the management “needs to be persuaded... and satisfied that there is something substantial there”.

The talk forms part of College Spirit Week, a week-long event that aims to celebrate and promote the collegiate system and encourage people to become involved with their college. McClintock is supportive of the week and firmly believes that it is important that students have an appreciation of the history of the University and its colleges. “If you understand what went before then you can plan much better for the future.”

‘Identities and the Spirit of Lancaster’s Colleges’ will take place at 1pm, Wednesday week 2 at Faraday Lecture Theatre.

Problems continue to plague Music as two members of staff resign

- Two members of teaching staff in the Music department have resigned as the Michaelmas term gets underway
- Subject scrapped last year, despite Emergency General Meeting called by students, degree is being “taught out”

Ronnie Rowlands

Two of the three remaining members of staff teaching Lancaster University’s Music degree scheme, which is currently in the process of being ‘taught out’ before its impending closure in 2015, have resigned from their posts, with one having left at the end of September and the other due to leave at the end of Michaelmas term.

In February 2013, SCAN reported on the decision to suspend further applications to study Music and Lancaster University and close the degree scheme upon the graduation of its remaining students.

Following the decision, the management committee of the Faculty of Arts and Social Sciences (FASS) created three posts within music; two lecturers and a two-year teaching only post, and existing Music staff were invited to apply for these roles, with the remainder being made redundant.

After the applications period, Dr. Alan Marsden and Dr. Nick Gebhardt were retained as lecturers, with scope to carry out teaching and research within other areas of the Lancaster Institute for Contemporary Arts (LICA) following the closure of Music, while Dr. Felipe Otondo took up the fixed term teaching only position.

However, in the past month, Dr. Gebhardt has resigned from his position, and left Lancaster University at the end of September. During Freshers’ week, Dr. Otondo handed in his notice and is due to leave at the end of Michaelmas term.

This information was conveyed to Music students in an email from the newly appointed Head of LICA, Dr. Martyn Evans, and prompted dissatisfaction from some students.

Final year Music student Abbie Bavester told SCAN;

“I feel completely let down by the university, pressures in third and final year are so high already and this is just a huge weight on our shoulders that we don’t need.”

In retaliation to Dr. Gebhardt’s departure, LICA have hired Dr. Helen Thomas as a 0.6 FTE Senior Teaching Associate, to take over his teaching duties. Furthermore, LICA are soon to begin the process of seeking out a replacement for Dr. Otondo, who has brought his Lent term teaching commitments to Michaelmas in order to oversee its completion.

On the 7th of October, Music students were invited to a meeting with Dr. Evans to discuss the changes. Also present at this meeting was LUSU Vice President (Education), Joe O’Neill, who reportedly was critical of LICA’s decision to permit Dr. Gebhardt’s resignation on a five week notice period, rather than obligating him to stay until the end of Michaelmas term in order to carry out his teaching commitments.

According to sources present at the meeting, it was only at this point that students were informed that Dr. Thomas would be overseeing students’ dissertations.

Third year Music student Steff Brawn, who was present at the meeting, told SCAN; “I feel very annoyed that a lot of us have been left in the dark about who our dissertation tutor is now that Nick [Gebhardt] has left. The dissertation itself is worth half of 3rd year for some of us, so it is very unnerving.”

She added: “although I am not due to be taught by Felipe [Otondo], I know that this will be a great loss to our Music Tech students who had to fight for him to stay as he is the only tutor in that field.”

In an interview with SCAN, Dr. Martyn Evans remained optimistic about the remainder of the Music degree at Lancaster University, stressing LICA’s commitment to “supporting students 100% in a professional manner.”

He also expressed a dedication to ensuring that the replacement of Dr. Otondo is not limited simply to one individual, but to “get people who are able to fulfil the specific re-

quirements of the Music modules.”

The controversial decision to close the degree scheme and the subsequent staff redundancies within the programme sparked campus-wide outrage. This included a quorate LUSU Emergency General Meeting in which students unanimously voted for a motion mandating officers to oppose the decision at committee levels; a minor student protest outside a meeting of the Senate (the University’s highest governing academic body); and many students accusing the University of withdrawing financial support and setting a predicating danger for other arts-based subjects at Lancaster University.

It had also come to light that, in closing Music, Faculty management had failed to follow the correct governance procedures, neglecting to consult the committees des-

ignated as mandatory to the process of closing a degree scheme, instead taking the decision to the Faculty Management Committee, which does not possess Senate-delegated powers to do so

In April, a series of meetings with Music students to consult on the creation of a new programme of modules for the remainder of their studies.

The discussions and subsequent modules available prompted some dissatisfaction from Music students.

One, who asked to remain anonymous, told SCAN;

“They almost unanimously ignored all of our module requests and we are left with a course that looks nothing like

what we signed up for.

“As a first year, the course seemed unique in that it had a strong academic focus... this is barely present in our module options for next year. 50% of the course is made up from 2 compulsory modules.”

In addition to the aforementioned resignations, Dr. Marsden is due to undertake sabbatical leave from January to April, a period which was agreed long before the issues surrounding the closure of the degree scheme arose. His teaching, which is arranged to take place across the entirety of the academic year, is to be shared with Mr. Frank Dawes, currently the director of LICA. Mr. Dawes will also take over Dr. Marsden’s supervision duties from Lent term.

SCAN will continue to report on further developments with the story as they occur.



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THE SUGARHOUSE, LANCASTER

Police appeal for witnesses after sexual assault in the Sugarhouse

- Lancashire police are appealing for witnesses after an 18 year old female student was raped in the ladies toilets of student club ,The Sugarhouse, in the early hours of Tuesday October 1st - CCTV image has been released

Jack Perry & Steve Start

Police are looking for witnesses after an 18 year old woman was raped in the ladies toilets at The Sugarhouse at around 12.30am on Tuesday October 1st.

The woman, who is now receiving support from specialist officers, managed to fight off her attacker before running out of the toilets to raise the alarm.

Police have released CCTV images of a man they would like to speak to in connection with the incident.

Detective Superintendent Paul Withers said: "I have a dedicated team of detectives working on this case as we continue to try and find the person responsible.

"We are keen to speak with a man captured on CCTV inside The Sugarhouse. I appreciate it isn't the best quality CCTV, but if anybody thinks they know who this person is then I would urge them to contact police. If you recall seeing

this person on the night in question, perhaps you saw him on the dance floor, or more importantly making his way towards and enter the ladies' toilets, then please come forward."

Detective Superintendent Withers said they were also keen to speak with a second year female student, believed to be studying law at Lancaster, who may have spoken to the victim in the ladies' toilets around the time of the incident.

Detective Inspector Andy Hulme, from the Force Major Investigation Team, said:

"There were around 1,400 people at the club that night and we are appealing for anybody with any information about this incident to come forward. I specifically want to speak to any women who remember a man walking into the ladies' toilets or who saw a man in there, or who heard any shouting. If any men were in the ladies' loos for any accidental reason we would also like them to come forward so we can speak to them."

The Detective Inspector went on to add that whilst he understood that "people may feel anxious and alarmed at this time" he wanted to reassure the student population that "sexual assaults of this nature were rare".

In a statement on its website, LUSU said that it takes any form of sexual assault and harassment extremely seriously. "We believe that 100% of the responsibility for any acts of these nature lies solely with the perpetrator. It can never be justified, it can



Image courtesy of Lancashire Constabulary

never be explained away and there is no context in which it is valid, understandable or acceptable. We are cooperating with Lancashire Police in their investigation."

Anybody with any information about the incident is urged to contact police on

101 quoting log number 0028 of October 1st or Crimestoppers anonymously in 0800 555 111 or online at Crimestoppers-uk.org.

No personal details will be taken, nor is the information traced or recorded and you will not have to go to court.

Police increase social media presence

- Outlets such as Twitter and Facebook have been used during Freshers' Week to promote safety



Photo by Lancaster Police



Jack Perry
News Editor

The Lancashire Constabulary increased their online and physical presence for this year's Freshers' Week, including a social media campaign which the police hope to sustain throughout the coming year.

Social media outlets such as Twitter and Facebook were used by the Constabulary to promote safety during Freshers' Week and to get other messages across regarding the Week.

The social media campaign was accompanied by a separate

campaign entitled "Inspector Morph", in which one of the officers dressed in a blue morphsuit gave out leaflets during the "Big Night Out" with the social media labels on. PC Ben Rooke told SCAN that the campaign was meant to be "a bit of fun" while also promoting the idea of staying safe on nights out.

PC Rooke said that the campaign had proved a success and that, on the whole, this year's Freshers' Week had proved a safe one.

"It was a really good, safe week," PC Rooke said, adding that the police successfully promoted their message of "stick together to stay safe." "Stuff happens when people are on their own," PC Rooke told SCAN.

Throughout the next year, the police hope to build on the success of this year's Freshers' Week by continuing to educate students about safety on nights out. The police are particularly concerned about Halloween, when many students go out and drink, and want to make sure that students drink responsibly on nights such as these.

While the online campaign has increased the presence of the police on campus, PC Rooke stressed that the best way to contact the police was still via direct channels. "It is best to report incidences using the 101 phone number or to [campus] security."

"The sooner we get to know about something, the sooner we get to deal with it."

Investigation: Graduate College

LUSU take steps to improve postgraduate engagement in Union

Jack Perry
News Editor



LUSU are taking several measures to improve postgraduate engagement with the Union. The measures include a reshuffling of the Postgraduate Board, as well as improving postgraduate involvement during Freshers' Week. The news comes with the arrival of the 2013-14 elections to the Postgraduate Board, which are to take place during Week 2 of Michaelmas Term.

Postgraduate engagement in the Union has traditionally been much lower than at undergraduate level, a problem which is inherent in many students unions.

LUSU's plans to improve postgraduate engagement include a restructuring of the Postgraduate Board, the student body responsible for postgraduate issues. The Board's positions are to be

redefined, while the Board itself will be given extra support from LUSU's Full-Time Officer team. While LUSU are ensuring that every JCR has a mentor to help support them, the postgraduate board will be given three Full-Time Officers to help them. "The Postgraduate Board will have three Full-Time Officers to help mentor Graduate College because we feel it is important to engage with them as much as possible," Laurence Pullan, LUSU's Vice President (Union Development) told SCAN.

The measures follow a sustained attempt by LUSU, the Postgraduate Board and Graduate College to make the 2013-14 Freshers' Week inclusive for postgraduate students.

A new Officer Engagement Intern has been assigned to Graduate College to help improve participation and engagement in the Union. The week has been considered a relative success by LUSU, with the turnout to Graduate College's "Big Night Out" much greater than in previous years.

Postgraduate engagement in the Union has traditionally been much lower than at undergraduate level – the number of Graduate College students who voted at last year's LUSU Full-Time Officer elections were a lot less than their counterparts in other colleges. "Postgraduate engagement is a common problem" Pullan told SCAN. "The NUS acknowledge it, other Unions acknowledge it. There is no one golden rule about how to engage with postgraduates unfortunately."

Sabrina lhaddaden, the chair of Lancaster's Postgraduate Board, said she believed there are two main reasons for the lack of postgraduate participation in the Union. The first of these is that most Postgraduate students are international students. "[Many

“Amazing photo board at @GradColl for arrivals weekend! Showing the diversity of our students here at Lancaster”



- @LUSUActivities (Emily Pollitt)

of these students] don't know what a college is and what the benefits of it are" lhaddaden said. "The collegiate system is not a common thing in foreign universities." Pullan added that there are further complications to consider when it comes to engaging postgraduate students in the Union. "You've got so many different strands: taught; research; mature; part-time; on-campus; off-campus; off-campus and live in Lancaster; off-campus but live miles away."

lhaddaden's second point is that a postgraduate's time at Lancaster is short compared to an undergraduate student, something which has also been noted by LUSU Trustee and postgraduate student Erica Lewis. "For first year undergraduate students, engagement comes through existing second and third years," Lewis told SCAN, acknowledging that the opportunity to engage through existing students is not really available for many postgraduates, most of whom are only in Lancaster for a year. "Most of us stay only for one year (Master students) and then leave the university," lhaddaden told SCAN. "Which means that we have only one year to build friendships... and to get involved in the college's life, whereas undergraduate students stay in their college for three years."

Questions have been raised previously over whether Graduate College as an institution is a hindrance to postgraduate participation in the Union, not

by Pullan, who raised the issue during the Full-Time Officer hustings last year. When SCAN raised the issue, however, Pullan was clear in his support for the college: "I think to be fair, for a short term quick fix, having an Officer Engagement Intern and three Full-Time Officers and having all the Postgraduate Board being filled... if we can do that we stand ourselves in really good stead. Would postgraduates be represented as well in other colleges?"

There is no way that in this year Grad College is going to disband."

Pullan is optimistic about the future of postgraduate engagement in LUSU: "with what we've got at the moment we're making some really good steps forward... I think the Graduate College and the staff and the Postgraduate Board have acknowledged the work the Union, the Union staff and the Postgraduate Board members themselves have put in. I think it's looking up – I'm feeling positive."

Postgraduate Board elections are taking place during Week 2 of Michaelmas Term.

New postgraduate space in the library confirmed

- Postgraduate study space will be added to the library as part of a £15 million refurbishment, will have provision to hold 30 students at any given time and can be increased depending on demand
- LUSU are also hoping to provide social space for postgrads and are looking into other areas of university life

Jack Perry

Postgraduates are set to have their own space in the library, LUSU's Vice President has told SCAN.

Joe O'Neill, the LUSU Vice President (Education) has revealed to SCAN that a postgraduate study space will be built into the library following its £15 million refurbishment. The current plans are for the space to have provision for 30 students at any given time,

though there is scope to expand this should demand require it.

There have also been discussions over undergraduate access to the study space during the exam period, though at the time SCAN went to print O'Neill was unable to confirm this. "It was felt that if it was sufficiently warranted, the space could be opened up for that period of time" O'Neill said. "Though it must be stressed nothing on that side of things has yet been 100%

decided."

Talks are also underway to try to gain a social space on main campus for postgraduate students, as well as plans for more "academically social" events specifically for postgraduates. Ideas include a "research student coffee morning" to allow postgraduate students to network and socialise with their peers.

With many postgraduate students living off campus, Grad Bar is not considered sufficient as it is so far from

where most postgraduates study.

Other areas under discussion by the Postgraduate Board, LUSU Council and Academic Council include allowing more postgraduate students to join sports clubs.

While efforts by LUSU have prevented the University from scheduling lectures or seminars for undergraduates on a Wednesday afternoon – allowing these students to take part in the sports clubs and societies which tend to regu-

larly meet or compete at this time – this is not the case for postgraduates. Sports clubs and societies are considered by the Union as a good way for students to get involved in University life.

Erica Lewis, who sits on the LUSU Trustee Board and is helping to work on several of these initiatives, told SCAN: "postgraduates cannot often join sports clubs, or go to [University] Senate if they want to, because classes get in the way."

LUGRAD

POST GRADUATE BOARD NOTICE OF ELECTIONS

NOMINATIONS WEEK 1

VOTING WEEK 2

Representing all areas of Post Graduate Life

lusu.co.uk



Photo by Mae Reddaway

Changing the face of Campaigning

Laurence Pullan
VP Union Development



Call me cynical, but from my experience in the Union, campaigns have always been a little limp. Standing out in Alex Square, holding a cardboard sign and having your picture

taken looking grumpy and sincere is something that has been over-used and over-relied upon. Yes, photo-boards have their uses; it's always nice to see visual opposition to something, and of course it gets people talking.

But it's not enough. The end-point of a campaign should never be having photos taken and looking angry about life.

It should be to make those that we are campaigning against notice.

The end point of any campaign should be to seriously attract the attention of those you are opposing. To make them realise that people do care and are actively standing in opposition. Call me cynical again, but actively opposing something, actively campaigning, does not amount to having a photo taken in the Square.

Therefore your Full Time Officer Team, led by your VP Education Joe O'Neill, have brought to the table a new campaigning tool that will serve well for years to come. In the last Executive Committee, £600 was granted to fund a project that would have longevity and long-term impact.

A new email system will be set up that will send emails to people we are campaigning against automatically once a threshold of petitions is set up. This means that people can actively campaign against something by signing a petition online, and the response will be noted and sent to those we campaign against. Imagine an email is sent every time 20 more people sign the petition. Imagine if 300 people sign the petition.

Imagine the possibilities.

The automated email system will be led by your Full Time Officers who will confirm pre-

written messages that can be sent to anyone that needs to know that many of our membership are in opposition.

To sign the petition, a new landing page on the Students' Union website will be set up to make it quick and easy for people to actively campaign – even from their own rooms.

It's an exciting prospect, isn't it; that we can campaign in the Square with our photo-boards like the old days – but we can also actively campaign online, to let people know we oppose them, to let the people we oppose know just how many of us are against them. Because nobody will take photo-boards seriously. Now is the time to make people notice us.

ESRC praises Management School initiatives for local businesses

- Lancaster University's triple-accredited, world-ranked Management School has received praise after its researchers have gone to great lengths to create "extensive links" with local Lancashire businesses
- The positive relationship between the Management School and businesses has allegedly increased productivity

Steve Start
News Editor

The Economic and Social Research Council (ESRC) have congratulated researchers and teachers at Lancaster University Management School for "extensive links" forged with local businesses.

The success of such ventures as Leading Enterprise and Development

(LEAD) has reportedly contributed to the increased productivity and sale at 250 companies in the Lancaster area.

The workshops, lectures and networking events hosted by the Management School regularly encouraged participants to relate their learning experi-

ences to their current business situation.

Ian Gordon, the school's senior teaching fellow and head of Leadership and Management programs said, "For the last 10 years the Institute for Entrepreneurship and Enterprise Development at Lancaster University has been deeply involved with production of research informed programs for businesses".

The initiatives that the Management School has provided for the local community comes partly due to the success of

its Entrepreneur In Residence (EIR) program that gives up to 20 local business people the chance to share their experience with the university.

Martin Moylan of Moylan Enterprises is one of these EIR's whose knowledge about the property and construction sector has proved useful to other small businesses in the program.

Moylan Homes, part of Moylan Enterprises, has been established for over 30 years and has won awards for Manchester Housebuilder of the

Year and recognition from Greater Manchester Police for their Secure By Design policy on all their developments.

Speaking to the University, Moylan commented: "I am hoping to bridge the gap between the academic understanding of small and family businesses and the actual practice and activities of people who run such firms."

The ESRC's survey found that of the companies approached, half of those have reported increases in turnover since signing up.

THE OFFICIAL MONDAY NIGHT VENUE!

THE LOFT
Bentleys
Lancaster

FRAGILE

LUSU

Monday 14th Oct
Smurf Party!



Monday 21st Oct
'Gaz' From

GEORDIE SHORE

Monday 28th Oct
Halloween Party



Monday 4th Nov
Onesie Party



FIND US ON FACEBOOK!

GAZ FROM GEORDIE SHORE

Brock Street, Lancaster, LA1 1US



Photo by Jay Theis

Lancaster's Edible Campus project gets the green light

Rachel May Quin
Editor



LUSU launched its brand new project, entitled 'Edible Campus', on September 24th, after receiving funding from the NUS, which will enable a two year programme designed to increase student engagement and encourage food sustainability. The project will be managed by Green Lancaster, the university's eco-friendly and volunteer focused group, with LUSU Facilities partnership.

Darren Axe, Environmental Projects Co-Ordinator, stated that "the project aims to scale up student and staff engagement with food growing and food sustainability on campus. Green Lancaster will host a programme of local food festivals, cooking demo's and volunteer planting days on campus." Not only this, but Axe added that the first workshop "brought together LUSU staff, officers and student volunteers, Facilities staff and key academics from across campus to investigate potential partnerships in order to realise success in the project".

LUSU President Joel Pullan is quoted as saying: "I'm so thrilled that we have been

successful in our Green Fund bid. Our edible campus project will engage our students on the importance of green issues on our campus. It's a fantastic project and we have worked tirelessly to produce what was ultimately a successful bid."

Students interested in getting involved with the project are being told that it will be formerly launched at the Campus Eco-Hub, which has been established since 2009. The funding from the NUS will enable Green Lancaster to transform their existing six acres into an area accessible to both staff and students. The aim of the project is to encourage both parties to engage with sustainable food produc-



tion and think more about the impact of their food choices. According to LUSU, growing

boxes will be available outside accommodation blocks for students.

Breaking news: UCU Says 'Yes' to Strike Action

Ronnie Rowlands

Members of the University and College Union have voted 'Yes' to nation industrial action consisting of strike action and action short of a strike (ASOS).

The ballot result, which was released on Thursday October 10th, indicates that 12,754 members voted in favour of strike action, accounting for 61.5% of the vote, while 15,967 members voted in favour of ASOS, accounting for 77% of the vote.

The ballot was instigated in response to successive years of cuts to academics' pay. Since 2009, Lancaster University staff have incurred a pay cut to an accumulated value of around 13%, while pension contributions into the Universities Superannuation Scheme (USS) and the Teachers' Pension Scheme (TPS) have increased.

Literature circulated by the UCU has accused Universities of being able to increase academics' pay, but choosing not to. A briefing document released by the UCU states: "Higher education has undergone rapid change as a result of the Coalition

government's policies. There's no doubt that universities are under pressure to compete with each other.

"But they are not poor. In fact, they have the money to start improving your pay again."

According to the most recent reported figures from the Higher Education Statistics Agency (HESA), the Higher Education sector has accumulated over £1 billion in operating surpluses, while many institutions have built up cash reserves in recent years. Figures from the same organisation also indicate that in 2011/12, only 55.5% of HE expenditure is committed to staff, compared with 58% in 2001/2.

In contrast, figures circulated by the UCU indicate that "around 2500 (senior) staff in HE now earn more than £100,000 a year", adding: "It's good to know that we're all in it together."

Lancaster University's current financial standing and wage levels are closely on par with national statistics. Lancaster University has achieved its targets of maintaining a financial surplus of 4% in 16 of the past

17 years. In the financial year 2012/13, Lancaster University outperformed its target by 3.9%, and retained a cash surplus of £15.6m, but payroll costs account for only 57.2% of expenditure, a rate lower than in the 2007/08 financial year.

At this stage, the Students' Union (LUSU) have not established official union policy in support of the strike, but individual Full Time Officers have expressed their support for the strike action.

In a statement to SCAN, LUSU President Joel Pullan stressed the importance of fairer pay for university staff. "If we are to remain a highly reputable university with strong research credentials, we must attract and keep the best academics possible, and value them during their employment at Lancaster University.

"Unfortunately, the fact that academics' pay has fallen consistently in the past three years demonstrates that they are undervalued, and I absolutely accept strike action as an appropriate and acceptable means of demonstrating their disappointment with their current pay."

LUSU Vice President

for Education, Joe O'Neill, expressed his agreement with Mr. Pullan, and was eager to stress that strike action will not incur negative effects on the "student experience."

"A short strike is not going to affect the student experience when you consider that the alternative is our lecturers beginning to leave for other universities. Do we want that? My answer would be no, and we need a pay offer for all staff at this university that reflects both their workload (remember, we've taken in a record number of new students this year) and the profit this institution makes."

Mr. O'Neill also informed SCAN that he has submitted a motion to LUSU Council supporting the strike and calling for Union policy to officially support the UCU industrial action.

"I really do hope the motion receives (LUSU Council's) backing. I want LUSU to show solidarity with a union that has been there to help us when we needed it. I can't predict the way the vote will go, but I'm optimistic."

The motion will be proposed at the next meeting of Union Council on Thursday 17th

October, 6pm, in Management School Lecture Theatre 3. While the body's membership consists of elected LUSU Officers, any member of LUSU is entitled to attend the meeting as an observer and contribute to discussions.

At this time, it is not yet known when the strike action will commence. Legal requirements dictate that action must begin within 4 weeks of the final day of voting. Furthermore, employers must be notified as soon as possible after the outcome of the ballot, and must also be informed of the number, category or workplaces of employees being called upon to take industrial action.

As well as the UCU, Unison members have also voted in favour of strike action. The results of the UCU ballot were released to SCAN less than one hour before the print deadline, and as such, we can only offer a brief overview of proceedings at this time. A comprehensive, detailed analysis will appear on the SCAN website (scan.lusu.co.uk) in the very near future.

Spot us during Freshers' Week?
Want to know how you can get involved?



It's never too late to be a part of it...

Freshers' week was an exciting, and hectic, time for everybody involved, and you might have spotted us flitting around campus in our delightful purple t-shirts, or attended the Media Summit. You might have not yet had chance to sign up to SCAN, or maybe you're not sure where to get started.

Well, there's certainly never been a better time to be a part of it. With 50th Roses coming up, the biggest inter-university sports tournament in Europe, our brand spanking new newspaper, our sleek new website and our online-

exclusive section Spine, there's so much going on that you'd be a fool to miss out.

Have a flick through the paper, take the time to browse our website, and find your niche in SCAN.

Are you the next savvy news journalist, searching for that big story? Have you got a dry sense of humour or an interesting scope on the latest political/campus hype? Do you know how to assemble seemingly ordinary items of clothing into a stunning everyday ensemble?

You don't need to send in an application, you don't need have the writing style of

a modern Shakespeare; all we want from you is some great ideas and enthusiasm.

SCAN is the perfect place to test your journalism skills, hone your writing/ photography/design and meet some amazing people along the way.

Contact one of our friendly section editors, submit an article via the website, or just pop by one of our writers meetings for a chat, it could well be the best thing you do during your time here at Lancaster.



SPINE by scan

This summer, we've been working on a **NEW** way for you to interact with your *oldest* student media.

Have you ever picked up a copy of SCAN and thought about writing for us, then realised that you write enough essays and coursework for your subject as it is?

Do you run your own blog, or spend a lot of time browsing around websites that give you short, snappy content: like BuzzFeed, Reddit or Huffington Post?

We've invested a lot of time and effort this summer, working hard not just to redesign the paper you're holding in your hands right now, but also to redesign our website.

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LUSU 

The scan archives

Taking a look back into Lancaster's history

21st May 2007

No. 1 this week: Olive - You're Not Alone

Pitch Invasion

Late last Sunday night a large group of travellers made their way onto Lancaster University rugby pitches where they proceeded to remain until the following Friday.

The travellers were reportedly on their way to Appleby Horse Fair at Appleby-in-Westmorland, Cumbria when they stopped at Lancaster. When asked to vacate University premises the travellers refused. They were then informed that they were trespassing and that appropriate action would be taken.

On Tuesday morning the University Secretary, Fiona Aiken, issued an email to all students regarding the matter and advising students not to approach the travellers and to contact Security if any difficulties arose.

University Security along with the police worked together to keep any disturbances to a minimal,

while the University sought to remove the travellers through legal means.

When contacted by SCAN, Lancaster and Wyre MP Ben Wallace, informed us that our email was the first he had heard of the issue.

He stressed that, "The travelling community are an important part of our culture and we should not unfairly discriminate against them. All of us have rights but we also have responsibilities."

He also stated that, "I shall today write to the Council, the police and the Vice-Chancellor asking them to take the appropriate action to ensure sports go ahead unimpeded and that student safety is safeguarded."

Early Friday afternoon the police were on campus to escort the travellers from the premises, however it is believed that they left of their own accord before any injunction could be brought against them.

While the majority of the student response was one of curiosity as to how long the travellers would frequent University property, there was also mass interest on the internet as literally thousands of students voiced their varying opinions on the website Facebook. While some students chose to support the travellers, various hate groups sprang up. This prompted rumours that the University were going to take disciplinary actions

against students who were abusing the travellers online.

The occupation of the rugby pitches has not only caused serious financial damage to the University's facilities, but has also interrupted the Carter Shield matches as well as threatening to jeopardise a charity 'Relay For Life' that had been scheduled.

"The travelling community are an important part of our culture and we should not unfairly discriminate against them."

The University is currently looking at increasing campus security, though emergency access must be taken into account.

LUSU President Sooz Palmer, said: "The events of this week are more than unexpected and I believe the University's reaction was both efficient and appropriate."

"There are however issues to be tackled and the Union intends to work with the University to resolve them."

and the Committee hope that ultimately the cover sheet print outs will be "limited to specific areas with high printing volumes, like the library."

The Green Committee estimate that the printing of cover sheets costs around £20,000 and requires about 96 trees every year. The issue was brought to the attention of the Green Committee by Tom Roberts, LUSU's Environmental Co-ordinator who is currently discussing the matter with members of the ISS team to see what action can be taken.

Building work begins in County College

On Wednesday 9th May, in the Norwest Holst compound down by County College, University officials, College members and the University Partnership Programme (UPP) gathered for the commencement ceremony of the Phase Four development project. The beginning of the reconstruction of County and Grizedale College accommodation.

Vice-Chancellor Paul Wellings commended Norwest Holst's previous builds and looked forward to the future of the relationship between the University and the development agency, as well of course as the completion of Phase Four itself.

Professor Wellings went on to say that the University had made great work in modernising campus over the last decade and believed that this new build pioneered a new path in construction.

UPP stated how pleased they were with the success of the partnership with the Uni-



Carolynne
Culture, Features, Fashion & Lifestyle

Protesting on paper

The Green Committee have launched a petition aiming to reduce the volume of cover sheet printing that is currently standard procedure for any printing job in all ISS labs on campus and the library.

On Thursday 17th May, the committee congregated in Alexandra Square to build a model tree using discarded cover sheets that had been collected from several labs across campus. They were encouraging passers by to sign a petition that advocated the reduction of printing cover sheets.

Ewan Gelling, the LUSU Non-Sabbatical Green Officer, told SCAN: "I hope that the event will encourage people to sign the petition and realise that the things they happen to leave and throw away cost money as well as the environment." Gelling also expressed his hopes that ultimately the printing of these cover sheets will be stopped in the College labs as most of these labs are small and their print outs are usually collected immediately and therefore the need for sheets identifying the owners of printing jobs is not really necessary. He



Carolynne



Laura Dempster
Carolynne Editor

If you're reading this then CONGRATS! You've most probably survived Freshers' and been to your first week of lectures (or missed a few but hey, who's counting).

If you're feeling lost after the madness of Freshers' week then this issue of Carolynne will give you a helping hand with keeping it real when trying to settle into somewhat of a routine.

After the summer when meals are placed in front of you and after the hit of Freshers' (Subway or Sultans

for every meal) it is easy to forget to look after yourself properly and to readjust to life without a constant hangover.

'How to deal with Freshers' Flu' in the Features section will certainly give you some handy tips on how to survive the inevitable epidemic.

You may notice that the author is the same girl who gave us all some valuable insight in to some people you will meet here in Lancaster if you haven't met them already, who doesn't have a 'Lad' and a 'Neatie' living in their flat? These people will be your best mates by the end of the year, you will learn to appreciate The Lad's funnelling and strawpedo expertise and as long as you don't let mould stew in your pans for weeks The Neatie is perfectly manageable and will make your home a sweeter place with shower mats, fresh dishcloths and a plentiful supply of washing

up liquid.

Aside from meeting your peers, acquainting yourself with the Lancaster lifestyle is also an important part of feeling settled. If you're a fresher and you're living on campus, it's quite easy not to leave the campus bubble for weeks (besides visits to Sugarhouse). 'You Know You're in Lancaster When...' gives you some more information about what you should really expect from Lancaster itself-rain, Greggs and awkward encounters on the spine.

If you want to get out of the aforementioned bubble however- go ahead and check the newest section of SCAN, Spine. An article lists '9 things to do in Lancaster' including the names of some fantastic grazing spots (you will NEVER regret a trip to Go Burrito) and other attractions such as Williamson Park and Dukes Playhouse.



Photo by Mae Reddaway

Photo of the Week

This week: *Freshers' Fair*, by Mae Reddaway

SCAN values creativity and not just that of the verbal sort, which is why we are giving the photographers amongst you a fantastic chance to showcase your talent; every two weeks, we will be choosing the best photographic submission to feature as our Carolynne cover.

All you need to do is attach your photo(s) in an email to scan.photography@lusu.co.uk, along with your name and a few words about the image(s) you've chosen. Make sure you send us the best quality version of your work so it looks superb on the front page, and good luck!

Flashback: James Bond

Kirsty Lee

In light of the news that a further James Bond continuation novel has been released, Kirsty Lee looks back on the success of this classically British franchise and explores why it has been so popular.

From humble beginnings back in 1953, little did Ian Fleming know that his series of James Bond novels would propel the secret agent film genre to produce the cultural legacy that is with us today. The news that a Bond continuation novel, 'Solo' by William Boyd, has been released shows how Bond doesn't just hold a place in the cultural history of Britain but has also infiltrated further into contemporary culture, not just in films but in literature. James Bond has become associated with England itself, and his suave, mysterious demeanor is one that is respected and sought after by men around the world, providing a role model for many of all ages.

The iconic earlier films of the 60s set the benchmark for future James Bond releases, including features such as 'Bond Girls' and vodka martini's that became recurrent throughout the Bond series and in turn became iconic in their own right. Bond's catchphrases have managed to enter into everyday language, with 'Bond.. James Bond' currently ranked the 22nd greatest movie quotation in cinema history according to AFI's 100 year series. Production designer Ken Adam created an elaborate visual style that was also repeated and became synonymous with the Bond films, making the franchise one that is a must-see at the cinema to take in the full visual effect and to make the most of the intense action



Image by astridula

sequences.

Fleming's creation has even gone on to influenced the music world, providing an unmistakable theme tune that uses a surf rock style guitar riff to either introduce Bond, or in later films to act as an auditory cue that an action scene is about to take place. Monty Norman first created the original score with others adding their own style and personal twists to the piece as the films progressed. The films are also known for taking leading singers and incorporating original songs into the films, for example Adele with 'Skyfall', which won an Academy Award for Best Original Score.

James Bond has also infiltrated another layer of society, the party scene. People are having more and

more themed parties, with a James Bond theme proving to be very popular. I recently experienced a 21st Birthday party that had a casino/James Bond theme that required formal attire. The music that played initially were all songs from the soundtracks of the James Bond films providing an atmosphere that made you think that you were in a Bond film yourself. Along with this there was the opportunity to play casino games to win cash prizes. The cake was made out of two dice with a gentleman dressed in a tuxedo sitting on top of the cake- most of the men at the party were also dressed in the same manner. There was a cardboard cut out of the shadow of Bond holding a gun in his iconic stance, which was used to take pictures so that his pose

could be imitated. But what was the most unique part was the use of the numbers 007 to create an ice sculptor that was later used as part of a shot drinking game.

Bond's cultural legacy is clearly ongoing in the form of 'Solo'. William Boyd's novel is said to contain the "classic ingredients" of a Bond novel, and he has tried to keep as close to the original characterization of Bond as possible. Boyd claims to respect the tradition of Bond, whilst still adding his own invention to the plot. It will be interesting to see how this will develop in the world of cinema, and indeed within the world of Bond. Hopefully Boyd will not let fans of Bond down and will provide a new and exciting story for readers old and new.

Culture Update: What's been going on?

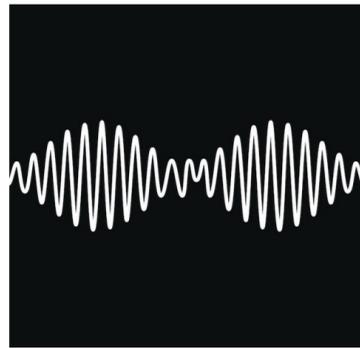
- Lancaster district have recently launched a new initiative to achieve international recognition for culture and the arts by 2020. '20:20 Vision' is a seven year framework that aims to put Lancaster and surrounding areas like Morecambe on the cultural map, with plans including a free outdoor event aimed to attract a total of 100,000 people!

- Journeying Together, a collaboration between Age UK and The Dukes that launched last year, has recently received a grant allowing it to continue for the foreseeable future. Attempting to combat the loneliness and social isolation that those with dementia suffer from, Journeying Together will put on events at The Dukes that are specially adapted for older people with dementia and their families.

- Pop/rock band Lostprophets have recently announced their split after a fifteen year long career following sex offence allegations. Lead singer Ian Watkin will prepare to stand trial for multiple sex offences including raping a baby, despite "furiously denying" all 24 charges.

- It has recently been announced that writers of all nationalities are now able to compete for the prestigious Man Booker Prize. This highly regarded literary award first given out in 1969 will go through the changes from 2014 in an attempt to enhance the prize's international appeal, however many fear that opposition to the changes from British writers will lead to a boycott.

Review: Arctic Monkeys, AM



Jonathan Eldridge

One would do well to remember Alex Turner's prophetic lyricism on the ironically titled EP 'Who The **** Are Arctic Monkeys?': "But we'll stick to the guns, Don't care if it's marketing suicidal, Won't crack or compromise." If they were well known back in 2006, their fame has now superseded all cautious estimations. Thus, each change in sound is even more risky, whether it disturbs the core of their fan-base or those on the periphery. 'AM' is another one of these changes, albeit not as drastic or frightening to synthetic fans

as 'Humbug' was –praised by critics, but loathed by some of my contemporaries.

This fifth embarkation mixes a concoction of various musical influences; from old, classic rock & roll (incidentally, Alex Turner is looking more and more like Elvis) to contemporary hip-hop. The latter sound is evident on songs such as 'Why'd Do You Only Call Me When You're High?' and 'One For The Road'. This expansive recipe serves up some tasty tracks, but the piece as a whole is held back by others which one might call analogous to a typically uninspiring university meal. 'I Want It All', 'Snap Out Of It' and 'Knee Socks' are the three which most criminally fall into this unfortunate category. How lucky we are that those final two are preceded by the wondrous 'I Wanna Be Yours' – a cover of John Cooper Clarke's beautiful poem.

One would expect a decent finished article to contain at least five very enjoyable tunes – this is something that AM achieves (just). Therefore, we can safely define it as a good album. But it falls short of being very good – an accolade I'd bestow on all previous albums. AM reaches melodic heights with the previously mentioned 'I Wanna Be Yours' and 'No. 1 Party Anthem', a song which sees Turner crooning like a truly genuine 1950s

American pop-rock sensation. 'Arabella' mixes elements of hip-hop and hard rock – watch out for the brief but most certainly not undiluted guitar solo. 'Fireside' is the charmer; a track which is sure to appeal to most ears. 'R U Mine?', however lazy it may have been to attach it to the album, rounds off my five-enjoyable-tracks requirement. 'Do I Wanna Know?', 'Mad Sounds' and 'Why'd You Only Call Me When You're High?' are tinged with mediocrity – though the latter may be a favourite because of its decidedly forthright chorus.

Turner has not lost much of his lyrical sharpness, choosing to merge the precocious witticism of their first two releases with the vagueness and maturity of 'Humbug' and 'Suck It And See'. To simply classify the lyrics in this way would be quite cheap; there has almost certainly been a marked change in the shy guy from Sheffield. The words pack more punch; there is a confidence here which has had to be careful not to slip towards the precipice of arrogance. Occasionally, as on 'Why'd You Only Call Me When You're High?', it seems as if Turner has given up on poetics, and instead is comforted by the spurious knowledge that he is now popular enough to be lazy. Never fear, the easily repeatable lines pop up frequently – "leather jacket, collar popped like an-

tenna" ('No.1 Party Anthem') as well as "And her lips are like the galaxy's edge, And her kiss the colour of a constellation falling into place" ('Arabella') are two of the best examples, in my opinion. Forgivingly, these moments of catchiness largely outweigh the descents into lethargy – but it is this cocky sluggishness which holds the entire album back.

One cannot doubt the artistry of Turner, Helder et al. The trouble with releasing several very good albums, is that, naturally, it becomes harder and harder to follow them up. These are no longer the new boys on the scene, therefore, our expectations have risen again and again – it would be a stretch to expect the Arctic Monkeys to surpass them every time. That is not to say that they fall far short; this is a good album, and it is a testament to their ingenuity that they have managed to constantly evolve. However, AM plainly does not contain enough good tracks to merit a higher rating out of ten. It's a sorry drop-down from their best, but at least it maintains a safe middle ground – it will not alienate too many fans, and may in fact attract a few who have yet to sample the delights of this effervescent foursome.

I'd give this 6 out of 10.

Review: Joe Kipling, 'Blinded by the Light'

Julia Molloy
Comment Editor

From Lancaster alumna Joe Kipling comes her debut novel *Blinded by the Light*, a dystopian fiction for young adults set in the near future when the world's population has been ravaged by disease. MaryAnn, a naive and spoilt girl of 15, lives in the Neighbourhood, where the rich and powerful follow the ruling of the Light and live in constant fear of infection and the Feral Echo outside the Boundary, those who have been driven mad by disease. When she attends a party with her do-good parents, however, her life will be irrevocably changed forever.

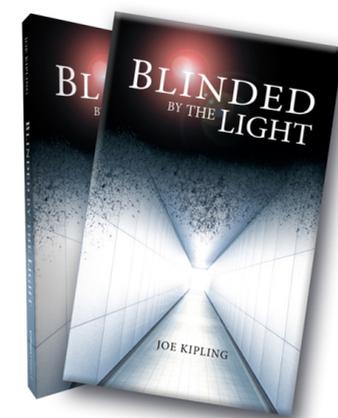
Blinded by the Light is certainly highly imaginative. The setting is well thought out and, despite some overloading of information at the beginning to aid us in navigating

our way through this world, it is easy to follow too. Dystopian fiction is something that has increased in popularity in recent years across all media with zombie apocalypses and the worry over increasingly antibiotic-resistant bacteria. What Kipling has done in her novel is not only to deal with this post-apocalyptic issue but also to make her novel realistic and current by taking ideological power relations into consideration as well. Speaking to SCAN on her choice of genre, Kipling exposed what has interested her about dystopian fiction, saying: "I am a long-time fan of post-apocalyptic and dystopian fiction. In this story I wanted to focus on discrimination and I thought that looking at how wealth impacted on the fate of people affected by a flu virus would be an interesting idea to explore."

Indeed, this is the most successful aspect of Kipling's debut. MaryAnn is confronted with the endless battle between good and evil but also the issue of power relations and prejudice very close to home. Despite being the first in a trilogy, *Blinded by the*

Light leaves us hopeful that such prejudices can be overcome no matter how ingrained something is in society – a message which is educational for the young audience this novel is aimed at.

The biggest issue with this book, however, is the main character. Perhaps this is just because I am slightly older than the age group this novel is aimed at, but despite the extremities that MaryAnn faces during the story she still remains an immature girl who is obsessively infatuated with every good-looking guy she meets. For me this undermines the very serious subject matter that *Blinded by the Light* deals with and I hope that over the course of the next two books in the series MaryAnn loses some of these irritating characteristics, particularly as she is the first person narrator. Whilst we can never know how we would react in such situations as MaryAnn faces, surely it is highly unlikely that we would consider how beautiful the man sat next to you is whilst in the midst of peril.



Blinded by the Light, however, fits easily and well into the dystopian fiction genre. It is a quick read for any dystopian fiction fans, but is definitely suited to younger teenagers. The novel is available to pre-order now, and for further discussion on this novel, see: <https://www.facebook.com/theuniontrilogy>

SCAN INTERVIEWS: Scouting for Girls

An English indie rock band, first formed in 2005 and signed by Epic Records two years later, Scouting for Girls are a London-born trio consisting of Roy Stride, Greg Churchouse and Peter Ellerd. Known for hits such as 'This Ain't a Love Song' and 'Elvis Ain't Dead', the band dominated UK charts and their first album went triple platinum. To date, Scouting for Girls have sold approximately two million records and in July of this year released a Greatest Hits album. In preparation for their upcoming tour, deputy Culture editor Simon James caught up with bassist Greg.

Tell me Greg, how long have you been playing the bass?

I started playing the bass when we started Scouting For Girls in 2005. Before that I played lead guitar in our bands when we were 15 years old. Like the other two, I am self-taught.

You were friends with the others before you started playing. Do you think one of the reasons for your success is because you've been playing together for so long?

It's been nothing but beneficial... We're friends before we're bandmates. Me and Roy met on the first day of senior school when we were 11, and Roy and Pete had met a few years before that when they were in the Cub Scouts. The band was a natural product of an already formed friendship.

Did you ever think back in the day that you would be as successful as you are?

Never. It's really weird thinking we used to go to our modest rehearsal studio on a Friday night with a couple of beers and now we play arenas. We always hoped we would make a living out of it, but we never thought we'd be as big as we turned out to be.

Can you tell me about the song writing process?

Roy is our main songwriter. He loves nothing more than to sit in the corner of a room with a piano or guitar and come up with melodies. His songs are sometimes based on personal experience but mainly just observational. For example *Elvis Ain't Dead* is based on a magazine he read about an Elvis fan in the States who was convinced the King was still alive and working in a burger bar in New Mexico. Roy will then come to us in a rehearsal and show us his ideas and we'll work on them as a threesome.

You've released a Greatest Hits album after just three albums. As a Scouting For Girls fan, should I be worried you're going to split

up anytime soon?

Never! The Greatest Hits is just the end of an era. We've got a body of work from the three albums that we absolutely adore, we've put all of the singles we had in a compilation. For the next album, we're going to come in with a new slant: "where can we go from here?" As a band, we don't want to stagnate and replicate *She's So Lovely* until we die – it'll be nice to experiment.

How do you make sure your albums are consistent?

Roy will come up with between 30 and 50 song ideas. We'll go through them, arrange them and let people who we trust have a listen (managers, producers, etc.) Then we'll take between 20 and 25 songs into the studio and start recording them, and at that stage you can get a feel for whether a song is working or not, so we're able to whittle it down into 10-12 songs that we adore. We've just been lucky enough that lots of other people adore them as well.

I've never seen you live before. What should I expect from the Greatest Hits tour?

We like to pride ourselves in not necessarily being the most proficient live band, but getting the crowd involved as much as possible. Roy is a brilliant frontman and will get you into a frenzy – expect to come out hoarse from joining in. This time we'll be doing all the hits, a couple of cheeky B-Sides and maybe a few covers.

How do you pick a set-list?

It's actually quite difficult. You don't want too many upbeat songs next to each other – you've got to give the crowd a rest. If they're jumping up and down the whole time, after 40 minutes they'll be knackered and won't enjoy the rest as much. I personally love playing the big hits the best because I get a great buzz off the crowd – once they hear the first four notes of *She's So Lovely* they turn into animals.



Photo by Phil McCaughan

Where's the best place you've been on tour?

Generally, we see lots of airports, hotel rooms, venues, radio stations and TV Studios and that's it – everything's such a rush! We were lucky enough to have a couple of days off in Berlin when we were touring Germany, and the history there was mindblowing. Usually we're in and out though – we did Australia and New Zealand in four days which was manic!

Who are your musical influences?

My personal favourite bands are Pearl Jam, Led Zeplin, the Stone Roses and the Foo Fighters. As a band, our influences are probably much more diverse. Roy is a big fan of melodies and harmonies in bands like R.E.M., the Beach Boys and the Beatles, and I think these pop influences are the ones that come through in our music the most. But we discovered music in the Britpop era so Blur and Oasis must have had an influence on us, and Suede were the first band we ever saw together, so a real mix!

What are your thoughts on talent shows like X Factor and The Voice?

I'm absolutely addicted to the X Factor, I think it makes for amazing television. Those programs are not

just about singing but the whole package – the most important thing is charisma. Last year, Rylan was my favourite. He didn't have a great voice, but he put on a really good show. Whether the program is a good thing in terms of popular music, who knows. I do think those shows could do with some more bands and genres of music to diversify everyone's taste in music a bit.

Unless you are on a program like the X-Factor, I'd imagine people don't tend to recognise pop artists' faces as much as they would have done back when everyone watched Top of the Pops. Do you get recognised from day to day?

Not at all. It's awesome. We're blessed that we've had a lot of songs that everyone recognises and yet we can go to have a pint without anyone saying anything. Once I've even been asked for directions from someone on the way to one of my shows!

Do you have any tips for our performance students on how to be successful?

It's an old cliché, but practice really does make perfect. We spent over a decade as an unsigned band and we needed that time to make ourselves as good as we are now. You've just got to knock down, keep at it and never give up – you don't know what could be round the corner.

Culture Clash: *Panel v Sketch Shows*

Sarah Dutton

Panel Shows

I've always found panel shows a lot funnier than sketch shows; it's something about the improvised nature of them which makes them feel so much more natural than the more contrived sketch show. I think it takes a lot more skill from the comedians that participate than it takes a load of people sitting around in a room carefully constructing a joke, and while I am aware that some panel shows are not as off the cuff as they first seem, I would say the majority of them are pretty improvised. You can tell by the way the comedians are sometimes caught off-guard by their own jokes, or the jokes of their colleagues, and crack up in the middle.

For me this is almost the best part of them, you never quite know what's round the corner and neither do the stars.

Scripted comedies usually leave this up to canned laughter, and while there is definitely a benefit to deadpan humour, for me it feels slightly more wooden, awkward sometimes.

I think it is hard to class sketch shows and panel shows in the same

part of 'comedy', because it takes a very different approach and set of people. We like things that happen naturally, why else do we have a million reruns of You've Been Framed on all the time, and spend hours watching YouTube clips? When scripted comedy goes wrong they usually take the scene out and film it again: if you are the sort of person who enjoys watching these out-takes then it is impossible to say you don't like panel shows.

If I'm trying to think of comedy shows, it's the panel shows that pop into my head: QI, Mock the Week, Would I Lie To You etc. I struggle to think of sketch shows where I laugh as much as I do at panel shows. Watching Lee Mack trying to pretend he used to be a flamenco dancer or whatever ridiculous lie he has to smuggle past the opposing team wins hands down to his own sketch show 'Not Going Out', which was all right for one series, but quickly got tired. The beauty of sketch shows is that they never get boring, most of the above mentioned shows are in some innumerable series, especially QI. Not only that, but the repeats are just as enjoyable.

There are programmes that bridge the gap, and manage to refresh both formats, and one of my favourites is Outnumbered. This is obviously not a panel show, but does combine scripting and improvisation successfully. In this programme, the children have no script, while the 'parents' do. I've always found the children far funnier than the adults, and this shows the merits of improvisation over scripting.

I've got nothing against scripted sketches, but I personally think making an audience laugh at the spur of the moment is a more impressive skill than spending hours coming up with scenes and sentences.



Tom Fitzgerald



Image by Paul Drummond

Sketch Shows

Much of the most iconic British comedy of the past century exists in sketch shows such as Monty Python and the Two Ronnies, which have both made national treasures of their stars.

Even in sitcoms it is scenes with sketch-like qualities that often provide the best entertainment, such as the relic scene in Blackadder's first series.

Indeed, much of Rowan Atkinson's craft was honed by performing sketches as part of the Cambridge Footlights, where his comedic talent was chiselled into its sculpted form. A bit like Michelangelo's David, except in the shape of Mr. Bean.

From a cultural perspective it could also be said that sketch shows are ideal for a modern audience, containing lots of short, quick segments, mirroring the increased pace of modern life. The existence of 'open source' sketch shows such as BBC4's Newsjack allows for the display of up-and-coming talent, which fits well with modern cultural tendencies toward individual opportunity and increased mobility within the arts. This is enabled solely by the fact that sketch shows are made up of small segments, meaning that comedy is no longer the esoteric last supper of a few select writers, but is

rather a feeding of the 40,000, but with laughter instead of fish sandwiches and a production company instead of that preachy bearded guy from the Old Testament's sequel. I can't remember its title.

Sketch shows seem to have an indelible influence on culture, whereas panel shows merely comment on culture and are more ephemeral, like a newspaper rather than a book. Much of their meaning depends on current affairs, so they won't be as lastingly funny as sketches based on physical or character humour. For example, What's My Line (1950-1967) is recognised as one of the greatest American panel shows, but when viewed by a modern audience most of the guests are unfamiliar and much of the humour has lost its original meaning. This sometimes leaves the modern viewer to wonder what the audience is laughing at, unless they happen to possess a degree in mid-20th century American pop culture.

Perhaps the greatest advantage that scripted sketch comedy has over panel show improvisation is that it allows the writers and comedians to perfect the performance before it is broadcasted, ensuring that the sketch is as funny as it can be.

But irrespective of all this reasoning, what I find most endearing about sketch shows is their capacity to make even the most mundane of everyday situations funny. It's this ability to find humour in the most dull things that can bring laughter and cheer to any part of an otherwise ordinary day.

Hopefully this will be something to bear in mind next time you try to buy four candles, or take a silly walk into town to return an ex-parrot.

Dukes Theatre Review - No Fat Juliets

Lucy Smalley
Culture Editor

For fans of musicals, pantomimes and the downright silly, No Fat Juliets was a play that you really shouldn't have missed. There was dancing with umbrellas, heart-shaped balloons, plenty of singing, albeit slightly off-key at times, and glittery confetti - you would have loved it. While the romantic musical genre unfortunately isn't entirely my thing (those who know me will know that this is a huge understatement), No Fat Juliets certainly had its merits as a light-hearted and lively play that could be enjoyed by people of all ages.

Written by and starring Sue McCormick, No Fat Juliets is the semi-autobiographical story of an aspiring actress trying her best to break into the wonderful world of theatre.

Beth Morrison has talent, determination and loves the stage, but is faced with quite a large problem (if you pardon the pun)

- she's a little bigger than the average Juliet. Throughout the play this stigma is explored in character relations and her frustrating experiences with theatre professionals that consistently turn her down for the main parts she applies for and instead offer her roles as maids and midwives to fit her 'cosy' personality. While waiting for her big break, Beth works as a barmaid in her father's failing pub business set in the Lake District, and throughout there is a clear sense that this is a home-grown play, with a host of broad Northern accents and plenty of cold, wet weather.

This seemingly ordinary story takes a peculiar turn as they are confronted with the ghost of none other than Percy Shelley. With a love interest already on the cards for Beth, the arrival of this extremely charming and un-ghostly ghost messes things up a little; after falling out with old flame Callum she ends up in bed with the classic poet - plunging this once reasonably believable story into complete delirium. If I was to have one major criticism of the play, aside from the fact that about a quarter of it was sung (although I know this is a matter of unusual personal taste) it would be that this silliness was intersected by moments of serious conversation, and tension music that played in the laboured changeover scenes between acts. More



sober discussions were quickly turned into farcical musical numbers with a host of ridiculous props that left me with a feeling akin to motion sickness after enduring a Grand Canyon simulation ride. This feeling was heightened by the performance of some of the characters, namely Beth's father Bill, who I'm sure was scripted to be a bit of a strange and loud character, but his performance was constantly fraught and so agonisingly intense that it was almost painful to watch. Nonetheless, he played the part of an eccentric pub

landlord very well, a little too well perhaps as we decided that the casting director may well have turned to their local pub in search for someone to play Bill.

For this and other reasons I can't help but feel that No Fat Juliets was confused in its identity. It is labelled as a 'romantic comedy' although could be described as a hundred and one other things, and I believe the play became tangled in trying to approach a serious matter that lies close to the writer's heart in a try-hard comedic manner.

Although I probably laughed most when one of the actors nearly tipped over a bench by accident, there were certainly one or two humorous moments throughout the play that the majority of the audience seemed to enjoy. If the writer intended No Fat Juliets to be a poignant and insightful play about the toils and troubles of the acting world then it wasn't particularly successful, but it was undoubtedly entertaining in one way or another, and for me its success lies in its amusing and bewildering perplexity.

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For information about taking part in our volunteering opportunities this year, come along to our information talks in Week 3. Here you can find out more information about the opportunities we have, as well as all the information you need to register. **All information talks will be taking place at 6pm in Cavendish Lecture Theatre.**

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Tuesday 22nd October

**COMMUNITY
VOLUNTEERING**

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How to tell if you're in Lancaster (without looking at a map, obviously)

Sophie Grace Barrett
Carolynne Editor

You know that you are in Lancaster when...

you learn to put down the useless umbrella and embrace the drowned rat dreadlocks; streaming mascara; torrents of mud that splatter your legs (which are nearly always covered by tights or jeans by the way, this is the North you know). C'est tres chic. Likewise, as a habitant of Lancaster, you soon learn that nobody will ever see your clothes. Your coat hugs you like glue - it does not part from you for lectures, seminars, coffee dates. It is all that people see. Therefore, you have a newfound respect for The Coat. Without it, you would be nothing.

You also know that you are in Lancaster when...

every five yards, you see a Greggs. Not only do you know the entire menu and price list, but also Greggs is a legitimate and common meeting point. And you thought the Greggs queues were extreme?

You know that you are in Lancaster when...

as soon as the sun rocks up (a rare occurrence - it surfaces for about one week a year), the queues outside the ice cream shop (which is magically open all year round come rain and snow), extends to the entire length of Alexandra Square. Likewise, as the sun emerges, and the temperature extends to about 3 degrees instead of minus numbers, the student body strips - shorts come out, jumpers come off and the flesh-showing student population sits clutching ice creams in the square.

You also know that you are in Lancaster when...

you wake, at 1pm, donning a sugar stamp, slept-on sprayed be-hive hair in an attempt to embrace Northern fashion, and a splitting headache. Your standard Big Bites take-out is on the floor. This state of consciousness has been achieved after exhausting the entirety of Lancaster's nightlife in one night. Yes, it only takes one night to tour the 'strip' of Lancaster's

three nightclubs. Perhaps two, if you pace yourself.

For those of you who happen to indulge in a romance in one of said clubs, you can rest assured that the next day, bleary eyed, and zombie-trance like, you will bump into said conquest on the university spine. The small microcosm that is Lancaster doesn't take any prisoners - its size provides the potential for awkward eye contact and surprise meetings. In extreme drunk situations on campus, you may decide to explore the university woods, and find that you call your friends at 4am from a bush of stinging nettles, with a sheep keeping you company. (Ahem).

You know that you are in Lancaster when...

you have 'Loud Bus Guy' on Facebook and you hold constant paranoia for the potential that your spine conversations will be quoted on 'Overheard at Lancaster.' You know what the words 'mardy' and 'barm-

cake' mean, or at least you pretend to. You question why Lancaster is termed a 'city', and some Southerners may indeed wonder whether the four-legged creatures roaming the neighboring fields are cows, horses or giraffes. You know that you are in Lancaster when the 'duck-crossing' road sign is held with reverence and respect - ducks are given the grass outside County Diner exclusively, are photographed continually beside a wide-grinning duck-tourist student, and are documented on Overheard and Lancaster (hell, they are so much loved that one student was hatching geese publically on the Facebook page). All hail the ducks.

You know roughly that Lancashire hot pot exists, but you have never actually tried it.

Your parents told you when you were a prospective fresher that it would probably be your staple diet, but you still have no f***** idea

what it is. Soup, sheep broth, Hamlet's witches' cauldron potion? It would probably help ward away the chain-colds that you suffer in Lancaster - you are ill just about every fortnight, and Lemsip is consumed more regularly than even a good old brew. A streaming nose and flushed cheeks become the norm, they literally define you. You might even come to realise that the hideous non-sexy thermal underwear that your Gran bought you for Christmas is actually the most comfortable and sensible garment that you have ever worn. In extreme Northern-local-convert situations, you might purchase some walking boots. And know that they make you look 'mint.'

Finally, you know that; when your parents drive you over the hill to Lancaster, the car temperature drops by six degrees immediately and you nearly run over a duck on the way to your accommodation, you are finally home. In the land of Sugar, brews, friendly people, Gregg pasties, and rain.



Photo by Mae Reddaway

How to be a more **productive** student

Rachel May Quin
Editor



Let me guess, this year is the year that you plan to buckle down and work hard. This year, you'll never miss a lecture, you'll attend all your seminars having thoroughly read all the suggested reading and made notes, and you'll be lugging books out of the library reading for your coursework research looking like you've just completed an elaborate heist. That was exactly what I planned last year. Yet somehow, I never managed to drag myself out of bed for that Wednesday morning seminar and my grades in Lent term were significantly lower in comparison to my Michaelmas term of pure academic enthusiasm.

Whilst I make absolutely no claims of being the best student in the world, I can share some of my third year wisdom with you to try and help you along the path of first class degrees, with a bit of what I learned.

First of all, come to your lectures prepared. It seems like a daft thing to say, but if you're rocking up to every single lecture hung over and/or exhausted because you found cat videos on YouTube or the Spine section of SCAN (*hint hint*) far too appealing, you'll almost certainly never learn a thing. Sadly, you cannot absorb knowledge simply by dragging your sorry arse into that lecture hall (I've hoped and prayed).

Start off by making sure that you have some form of note-taking equipment. I don't care if it's a crisp new notebook, a shiny tablet-style gadget (I'm an Apple girl) or the inside of your arm - I refuse to accept that you can remember absolutely everything the lecturer is saying and walk out of there wiser. Your elephant memory will quickly realise it knows nothing when you sit down to revise and have to beg all your mates to lend you their notes. In addition to this, nobody likes the idiot who sits bashing their keyboard for the full hour - type quietly or get used to wrist ache.

Secondly, please don't be that person that talks all the way through the lecture, thinking every little thought that pops into their head is absolutely hilarious. I know it's hard to concentrate, sometimes trying to

pay attention to what the lecturer is saying feels like you're trying to figure out the meaning of life. That's fine, we're not all perfect. But rather than wittering on for the whole hour to the poor sod who somehow ended up next to you, do what I do. Take a recorder to your lecture if you really can't focus, press 'Record', and do your best to absorb as much information as you can.

QUIETLY.

Another great way I've found of consolidating your knowledge is to type notes during your lecture, and when you've got the time later on, write them up for yourself.

It can be time consuming and annoying, especially when you want to come home from lectures and veg out on your sofa, but it's worth it in the long run.

This year should also be the year you actually think about doing some of your seminar reading. In first year, it's perfectly okay to not do the reading and fluke your way through the class, because let's face it, your tutors know you were probably in *Hustle* till 2am - they're hardly expecting you to have spent your evening actively reading a 20 page article and preparing for the seminar.

This changes in your second/third/fourth year. If you come to a seminar empty-handed, not only will your tutor add you to their mental blacklist, but if you're expected to take part in a group discussion, or share your thoughts on the reading with everyone, prepare to get on the nerves of your fellow students as well.

I'm not saying read every single thing on the list, but it doesn't hurt to have a good knowledge of one, maybe skim over another if you have the time. Overall, the seminar reading is there to further and consolidate the knowledge of your subject, as is any homework a maths, engineering or science subject might ask of you. Choosing not to do it only affects you in the long run.

Finally, and I feel extremely hypocritical for this, as I notoriously avoid doing it at all costs: start revision early. Exam season will creep up on you before you've had a chance to finish ripping the heads off your Malteser bunnies, I can't stress enough how important it is that you at least sit down and think about how you're going to approach revision.

That's pretty much all the advice I have for you. The chances of me following my own advice are slim, especially since I'm fated to spend at least 20 hours a week on this paper.



Hubble, Bubble, Toil & Trouble: *Freshers' Flu Remedies*

Bryony Seager

I'm guessing you've all heard that Dara O'Brien joke, right? The one where he dismisses natural health remedies as a "bunch of poperee"? Well, to an extent, it's safe to say that he's probably right, but in a lot of other ways he's wrong. No, chewing on a bunch of mint is highly unlikely to ward off heart disease of the bubonic plague - but actually, there are certain elements of mint which are actually proven to help relieve and even cure an upset tummy; hence why people sometimes choose to drink peppermint tea after a large meal.

Now when it comes to Freshers' flu, most students will tell you that no matter how hard you fight it, it is inevitable that you will catch it and I'm inclined to agree. Unless, of course, you're a gladiator with an immune system of iron that can easily shrug off the thousands of new bugs/viruses that you're exposed to when you come to university and begin meeting lots of new people from all over the UK, never mind the globe. I can attest to this, I was unfortunate enough to have Freshers' flu three times last year. Which is exactly why this year, I was determined to not make myself such an easy target, and also to know what to do once I had succumbed.

One of the most obvious ways to fortify yourself against Freshers' flu

is to eat well, sleep well and not drink too much alcohol. Obviously I realise that it's called "Freshers'" flu for a reason and none of those things are likely to happen. But if you do feel like trying out my first top tip, several immune-boosting foods to try are: mushrooms, oranges, yogurt, oats, tea, ginger, honey, spinach and fish. Sometimes it is difficult to eat well, especially if this is your first time truly away from home and having to cook for yourself. Remember though, your body is likely to thank you for the effort you make in the long run. Just do your best to eat plenty of fruit and vegetables, avoid too many processed meals (it really is better for you if you try to make that vegetable pasta yourself!) and drink lots of water. To some of you this might be like preaching to the choir, but to others - give it a go!

Okay, so you've tried to eat and sleep well, yet you've still managed to fall down with flu (curses, Bryony). However, this is not uncommon. What are the best ways to deal with it once you've got it? In terms of herbal remedies, rosemary is really good at dealing with a cough, cayenne peppers are good for congestion and curry powder is good for achy joints. There we go, I've basically given you the recipe for a homemade curry, and it'll help your flu! Another thing to remember is that once you've got the flu, please try and rest - I know it's tempting to continue going out



Photo by Mae Reddaway

and all the rest of it but that will just prolong your illness and make you feel crap for much longer than it would've done if you'd just refused that mad night in *Hustle* and stayed home in your duvet watching the *Breaking Bad* finale.

If you're not into trying too many natural remedies, there are many drug store options available and these things will help you out, but they'll probably be more expensive and less interesting with food (what recipe involves paracetamol?). When it comes to pharmaceuticals, one thing I can suggest is to head down

to the campus pharmacy as soon as possible. It's right down past County residences, and when you're about 90% sure you're knocking on death's door in a couple of weeks, you are probably not going to want to make that journey. Before I started doing my Freshers' flu research, I was convinced that anything other than shop bought drugs would be a waste of time; but upon examining the issue, I realised that if you look after your body naturally first, the flu will probably hit you less hard, less often and the drugs will have an easier job battling against it as well.

How it feels to be turning 20

An amusing insight into the infamous 'quarter' life crisis, and how SCAN Features Editor Jessica decided to deal with it.

Jessica Kadel
Features Editor

For those of you lucky folk who have not been within a five mile radius of me and therefore haven't heard me whinge all week; yesterday was my 20th birthday (although by the time you'll be reading this, I'll have been 20 for a couple of weeks - presents are still accepted). I know this is probably no reason to complain, especially for any older readers who will despise me for bitching about turning twenty. But despite previous excitement associated with this date, it has unfortunately changed from a cause for celebration to an annual reminder of my mother's taunts regarding my biological clock and the reality that "it all goes down-hill from here". So prior to the big day of entering adulthood, I embraced the angsty, reckless teen regime; arguing with my parents, sitting in a park circulating the WKD, and even experimenting with blue hair dye.

Needless to say, it hasn't been my proudest of weeks and to quote *Lethal Weapon*:

"I'm getting too old for this s*".**

This quarter life crisis has become a common inclination amongst unaccustomed twenty somethings. Drinking is no longer a fun past time with your friends but a necessity to get through a night out. The clubs you used to reign are now filled with the younglings you recognise from school who look at you with a degree of repugnance that only reflects reactions to Miley Cyrus' infamous VMA performance.

Then there's the looming trepidation for your future, as the life planning and eminent decisions can no longer be disregarded. A primary worry being the career crisis; you realise you're possibly wasting copious amounts of money and time drudg-

ing towards a goal you might not achieve and you're not even sure you want anymore. Graduation becomes a mere mirage amongst the demanding desert of exams, coursework and deadlines. Additionally, the prospect of budgeting is also finally taken seriously as you're a bill payer now. Bread becomes the priority above vodka on the weekly shop and despite your little money, you'll invest ridiculous amounts of money in a gym membership (that will never see the light of day) as you'll start becoming health conscious and develop a metabolism more sluggish than your work drive.

In your teens you unearth the shocking discovery that your parents are not the heroes and heroines of our modern age but are in fact average muddles who are not invincible. However as a twenty year old, this view becomes completely overturned. Through repeating the mundane daily chores of food shopping, washing up, going to work and cleaning, you develop a sincere sense of respect for your elders. How

they even did it all is beyond you and they reclaim their status as a 21st century Florence Nightingale. You also ominously start to adopt their traits, such as falling asleep half way through a film at nine o'clock or becoming a technophobe towards yet another new iPhone model.

Finally, as a twenty year old, you will realise that you have no free time whatsoever. Weekends become some sort of miraculous gift and you even get excited about cancelled plans or the prospect of an early night. The hangovers which never faded you as a teen will start to feel like a brick to the head and the most thrilling part of your day is the afternoon nap, which will become compulsory despite your preposterous work load. However despite the deadlines, the crippling hangovers and the recurrent urge for a siesta, remember all you wanted to do throughout your precious childhood was grow out of the flannel pyjamas, trowel on your mother's make up, ditch the crayons and grow up.

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Style Advice: Top tips for the opposite sex

Georgie: Girls on Guy's Style

The likelihood is, if you searched online for an article detailing "annoying fashion habits" then you'd be able to pull up thousands discussing women's fashion and the rise of "irritating hipster trends". These would feature at length the repetitive fashion habits of women and girls all wearing the same annoying thing at the same annoying time. Having said that, I'm personally more irritated and affected by men's fashion trends, and this is probably due to the fact that half my wardrobe is dedicated to men's t-shirts but that's neither here nor there. Unfortunately, there isn't very much written about these frustrating male trends.

I'm putting a stop to that, now.

Have you ever walked past a group of boys in the street and they all seem to be wearing the same t-shirt from Topman, just in a slightly different colour or pattern? Questionee number one (Q1) has. "I guess you can say the same about girls with Topshop, but we have a lot of style variation at least. Same Topman t-shirt with the sleeves rolled up, tight jeans and Nike Vortex or Air Max. Please make it stop."

Now, I am a big supporter of the Air Max trend, owning a pair myself, but when three boys out of four are wearing them in a group, something needs to be done. Another thing questionee 1 pointed out was the penchant for hats in clubs, especially the dreaded snapback: "This wearing hats in a club thing seems strange. I

know this is fashion but you must be hot wearing a beanie, and if you're going to wear a cap, alright, but why is it perched on top of your head like that?"

Questionee number two suggested that they're all taking pointers from the boys in *Geordie Shore*, and I'm not sure how many times I've seen the three male stars all wearing the same baseball jersey or v-neck t shirt.

Actually, don't get me started on the v-neck.

I'm not positive how or why the men's v-neck t-shirt trend began, but I have a feeling it had to do with *JLS*. There's just something I don't like about it. It might be that the mere notion of "men's cleavage" makes me feel a little nauseous. Why is that a thing?

My final questionee said she never really noticed anything irritating about boy's fashion (good for her) but she doesn't like when their bums are hanging out. Yes, the baggy jeans-bum syndrome. I'm not sure why that exists either. I could be wrong but I have a suspicion that if a girl walked around with the back of her knickers hanging out the top of her jeans then she'd be mortified. But we don't do this with men. Their boxers hang out, their bum silhouette is on show, and we act as if nothing is wrong.

That is the thing with fashion though – who am I to tell you that what you're wearing is wrong? I can't, and guys can wear what they want how they want, but I'm allowed to find it infuriating as hell. And I do. Every day.



Damian: Guys on Girl's Style



I'm a firm believer that when girls dress up for a night out most of the time they're not out to pull in the opposite sex but to impress each other.

That said I thought it would be a laugh to have a little insight into what they're thinking.

In this article we ask three 20-something Lancaster University boys what are their pet hates about girls fashion choices, or putting it like one of them, "what birds wear". We asked specifically about clothing choices on a typical night out at Sugarhouse, where you're most probably going to pull listening to Teenage Dirtbag (note to DJ, please no more Teenage Dirtbag, I beg you). We're keeping the identity of the boys anonymous, and in doing so we think they went hell for leather on a few of our questions. Oh by the way, they like a bit of leather, "those black leather bra things are cool" (thrilling, I know).

At first we asked about their thoughts on make up with one boy enthusiastically coming out with "sparkly golden", and another "not pale with no make-up like that Nicola Roberts". At this point we're starting to wonder whether they are really into girls at all. Thankfully our third lad gives a somewhat more constructive response of "don't look like a clown". We asked about hairstyles and the best answer was "not those f*****

bun hats like those girls in Peru". You can't make this stuff up.

Moving swiftly on we talked about colours with a mixed response of anger towards "dirty beige" and "none of that highlighter pen orange neon s****". I had to agree with one comment that girls should stay clear of "anything with writing on it". But then again I think by now we all know to stay away from 'JOCK' or 'GEEK' tees.

Honey, this isn't Glee.

Nothing really came from the topic of shoes but three very different off-tangent responses, "wedges make birds walk weird", "glittery shoes, like full glitter are bad, anything glitter" and "you cannot wear UGGs on a night out, that's tragic, they are comfy though". We can vouch for that, not that you'd ever see us out in them.

Finally, we briefly touched upon jewellery with a consensus of no "chunky gold jewellery... like something off Eastenders".

I'm not sure whether we got anything from these interviews, and perhaps it may have been better to ask them what they like on girls instead

Either way, it doesn't really matter as I hold firmly onto my belief that sisters are doing it for themselves.

The White Queen Wardrobe Inspiration

Amber Goodwin

If you are like me and you are a sucker for period drama (Colin Firth is optional!), you will have undoubtedly spent your Sunday evenings this summer engrossed in some other world, lazing around and dreaming of far-off glamour.

My guilty pleasure came in the form of a hopeless addiction to Philippa Gregory's *The White Queen*, turned into an astounding BBC drama; not least because of its rather daisy Richard III, but also in the splendour of the costume. Pearls, plaits and jewels were the order of the day.

After becoming so hooked on a show, it left me wondering - why not bring a little medieval glamour to rainy Lancaster, especially on a tight student budget?

Many fashion houses this season have concentrated their efforts on producing some wonderful, (albeit pricey) designs from glamorous baroque at Marchesa or an industry wide love of rich cobalt and other wonderfully decadent jewel tones.

But alas, as many of us have but a

meagre income during our time at university and finding such amazing looks on a budget is something of an art form.

Injecting a bit of the 1480's into your wardrobe is not only practical; with a great variety of faux fur on the high street there is no excuse not to be both warm and stylish

with a twist. Other retailers such as New Look have given their autumn/winter ranges echoes of days gone by with folk inspired prints and opulent jewelled statement necklaces, offering not only reasonable prices but also an instant nod towards the past.

Another stand out thing about many period dramas is elaborate hair creations that leave you lusting after simpler times. However, it needn't be difficult, popping down to your local haberdashers and threading some ribbon through a fishtail plait adds just enough medieval kudos to your look to dazzle at Sugar.

Be warned though - spending too many Sunday evenings in medieval England will leave you with a serious case of wardrobe envy!



Click Click, SNAP!

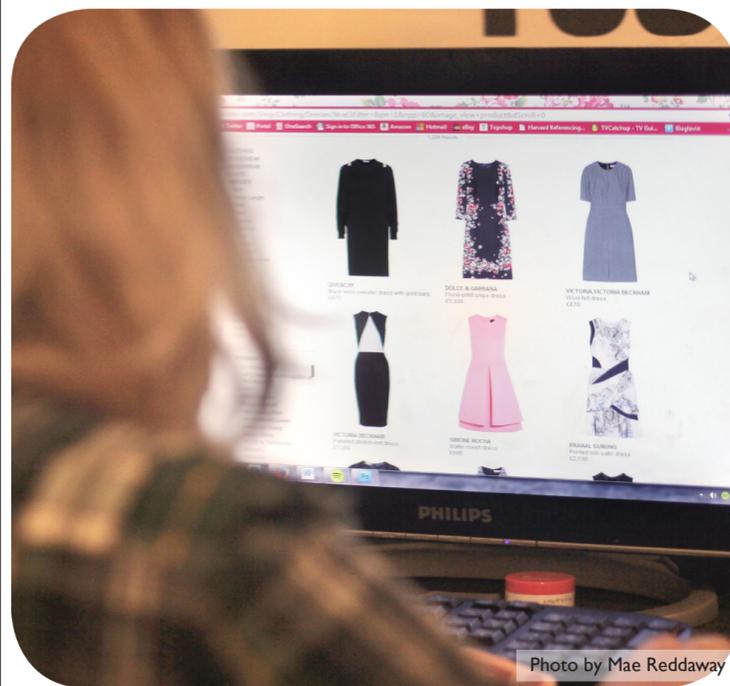


Photo by Mae Reddaway

Bryony Seager

Picking up a bargain is on the top of a lot of shopper's lists.

Whether that be heading to the end of summer sale at Topshop or seeing what you can find on the end of season racks at your local boutiques. I've always loved finding a good bargain; especially when it comes to designer and unique pieces.

Before the age of fast money and faster technology, designer outlets were generally the ways that people went about getting more affordable designer goods. Now there are several different ways to do it. I recently discovered all sorts of different websites that offer the potential to purchase designer goods.

There's hardlyeverwornit.com - a site that is a little like eBay in design, but is purely for designer fashion goods.

They have every designer brand you could think of from Balmain to Victoria Beckham; with prices differing dependent on how old the item is and what condition it's in (nothing is accepted in a grotty condition - don't

worry!). The next website to try is the well know net-a-porter.com; this differs vastly from hardlyeverwornit.com in that netaporter gets its goods directly from the designers - and the prices show it! It's still a great place to sift through all the different collections and really examine what you're getting for your money.

Other websites to try include theoutnet.com and of course, good old fashioned eBay.

I like to browse these websites for inspiration, generally because they provide something a little different to what's available on the high street. The other option to buying online, and something I've been lucky with, is finding a boutique that sells second hand designer clothes. I found my version of the lottery where I'm from and it's one of my go-to places to look for affordable designer clothes.



Versatile Style on a Student Budget

Steph Massheder

Making a style statement does not mean wearing the most outrageous outfit you can find!

In fact, being fashion-ready simply boils down to having a functional wardrobe. With Michaelmas term looming on our doorstep, it's time for some wardrobe rehab! This treasure chest of 10 all-purpose picks will guarantee you major style points without the need for feathers, frills, or an additional student loan!

1. Whenever you buy one white tee, buy two, for this is the most humble wardrobe essential which will prove to be the perfect segue into A/W, becoming your 'go-to' layering piece on a frosty Monday morning.
2. A quality pair of denim jeans to your wardrobe is like sugar to your cup of tea! Invest in an uncut, mid-wash pair that are sure to stand the

test of time.

3. No closet is ever complete without a black cotton cardigan - not just a fabulous layering piece, but a winter's coat alternative if you love your chunky knits! Lazy day? Girls, chuck on your boyfriend's, roll back the sleeves, and team with a slim tan waist belt to achieve instant slouch-cas wowness.

4. Denim is back with a vengeance, *cue celebratory dance* and with light, dark, and mid-wash styles, this versatile layering piece will not fail you in the fashion stakes. If you're feeling brave, why not dabble with the 'double denim' look? Be sure to contrast your shades, though, or you'll end up looking like JT and Brit Spears in that infamous red carpet disaster: matching outfits in head-to-toe denim ... er, what were they thinking?

5. No longer confined to the territory of the sophis-male, lace-up brogues lend an unparalleled versatility to your wardrobe. Team a black patent pair with tartan and neon dogtooth to complete this season's PUNK trend.

6. ¾ sleeves are a timeless, androgynous classic, and definitely a wardrobe must-have, proving perfect attire for those muggy autumn days. Pick one up in nautical print, a simple but oh so effective design that will boost your style factor within minutes of walking out of the door!

7. Sorry guys, but this next one is for girls only ... the dungaree dress! Don't shove summer's fave one-piece to the back of your wardrobe this Autumn/Winter. All you need is your brogues and a pair of woolly tights to continue rocking this major fashion comeback!

8. The elegant trench is a classic amongst fashion designers. Not only is it waterproof - an essential for those rainy Lancastrian days - but the perfect coat component for assessment centres and interviews! And with its belt-tie and sharp statement collar, this pick screams style wow-factor on its very own, so you can stick to neutral, go-with-everything colours such as black, navy, and beige. It's a win-win...win piece! Hurrah!

9. The blazer is the most hot-right-

now jacket, and your wardrobe won't be sorry for its addition! Been busting a gut over a summer-internship or part-time job recently? Then why not treat yourself to a printed, lined blazer? Just roll back the sleeves and await the compliments to come your way!

10. And finally, scarves ... the seasoning to any clothing recipe! With block colours and prints; silks, cottons, and knits, the scarf will never fail to add a warm glow to your day or evening attire.

Voila! There you have it - a simple wardrobe collection capable of inducing style envy!

DIY: Hair Inspiration

Sophie Grace Barrett
Carolynne Editor

Instructions:

1. Brush your hair out so that it sits long and flat.
2. Place the long tube roller at the base of your neck.
3. Gather pieces of hair; bring them back upward over the roller, and secure into places with hair-grips. Here you have a traditional chignon.
4. To modernize the look, I took a hairband, which is normally worn on top of the head, and turned it backwards, to sit upon the chignon.

Chignon up-dos radiate elegance; they serenely indicate the volume of your hair, as they do not attempt to scrape it back into a bun, but rather let it gather, loosely, and drape around the neck and face. Perhaps they seem old fashioned - but I like to see them as a glamorous alternative to the university study 'hair-out-of-face' necessity. By modernizing the style, with the introduction of some gothic Lana Del Rey inspired accessories, I feel that the look beautifully combines the past and present.

Here's a step-by-step guide of how to complete the look:

Needed:

- A hair bun roller, in a long tube rather than a round shape. Readily available online and in beauty stores.
- Hairrips
- A hair band accessory

This immediately adds drama - perfect for a glamorous night out, or even simply for the day. The dark gothic roses channel Lana Del Rey's headpieces, yet their positioning is original, unusual and marries past and present trends.



Wobbles on the cobbles: *The best shoes for Lancaster*

Rachel McHugh

Whether you're a fresher starting university for the first time or a student returning to for another year; coming back to Lancaster requires a lot of preparation.



We stock up on our stationery, renew our gym

membership and spend a good deal of time stood in the queue at the LUSU office to get our bus passes. And admittedly, put more effort than necessary into updating our new term wardrobe! But I'm not here to talk to you about the latest winter coats, jumpers and show stopping dresses. Instead I'm here to pass on my advice for purchasing footwear for your next big night out in Lancaster.



Firstly, do trade dainty stilettos for sturdier block heels.

The cobbles in Lancaster can

be unforgiving and crutches are most definitely not this season's must-accessory! So be sure to go for shoes that give you a bit better chance of staying on two feet. Chunky heels are everywhere right now so it shouldn't be difficult to find the perfect pair for you. This gorgeous pair from River Island may be heading towards the higher end of the budget at £60 but that doesn't take them off my lust-list.



Secondly, do consider the material of your new shoes.

Granted, suede is pretty. But after a Wednesday night battling a storm on the way to Sugar you may quickly find it isn't weatherproof! Remember, wearing your suede beauties in Hustle is a recipe for disaster, you'll end up with anything and everything stuck to your brand new shoes. Stay safe and avoid suede. Though leather is more expensive, I find it's worth the investment and will outlast at least a couple of suede pairs. However, if your student loan can't stretch that far then there's always puddle-friendly patent. Miss Selfridge is a winner for me with these show stopping but waterproof beauties.



On the other hand,

don't be afraid to ditch the heels and opt for a night out in some equally gorgeous (and a lot more comfortable) flat shoes.

Though you may have to deal with being a couple of inches shorter, it's worth the extra few hours you'll get on the dance floor! There's a great range of flats out there this season, and this sparkly pair of brogues from Bank are fabulous for injecting a bit of winter glamour.

Personally, the best wardrobe investment I've made since coming to university has been my shoe boots.

They've got me through many nights out over the last two years, and seem to go with whatever I look I put together. One of the best things, however, about a pair of shoe boots is that on those frosty winter nights you can discreetly pop on a pair of socks underneath to keep your feet toasty right through to the early hours.

If you're also in search of some heels that go with every outfit then look no further!

This gorgeous pair from Miss Selfridge throw a nod to this season's punk trend with the metal detail, and at only £59



Hopefully, you're all now armed with ideas so what are you

waiting for? Grab your purple card for that all important discount and get shopping!



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Backpacking 101



Alice Young
Lifestyle Editor

Wandering from country to country with nothing but a backpack is a form of travel that appeals to many people, particularly students. Backpacking typically involves a longer duration away, hostel accommodation, and of course, the backpack - towards which I have mixed feelings since my recent inter-rail trip around Europe. Students tend to be drawn to this nomadic adventure for three reasons: authenticity, independence and cheapness. Whilst staying away from those four star all-inclusive holiday packages, you get the opportunity to mix with locals and drink in the culture whenever and however you want and, if done right, without any sobs over your bank balance.

Since backpacking is all about experiences and personal development, I've constructed a list of things I've learnt whilst getting a knack for backpacking that might help if you're planning a similar journey.

Pack light

It's the archetypal piece of travel advice for a reason as the amount you lug across the continent is likely to affect your enjoyment of the experience and could be the difference between catching your train or not.

For someone who is notoriously high maintenance, I did relatively well with my packing - my bag weighing in at 9 kilos. But even then, I looked on my backpack with a mixture of fondness and pure loathing because although it represented freedom, it didn't half kill my back in the process. Your shoulders will thank you for the little things like taking travel-sized toiletries and lightweight clothing.

Ask for help

There are a lot of friendly people out there. I was often surprised by the willingness of locals to help me navigate the cities and labyrinthine metro lines just because they saw

that I looked a little lost (alright, very lost). There's no need to struggle hopelessly with your map when a kind stranger can point out the way with ease.

Likewise, many people love their cities and are more than happy to offer suggestions of ways to spend your time that might be off the beaten path, where the swarms of tourists don't tread.

Hostel staff and fellow backpackers are also a great source of knowledge for brilliant under-the-radar places. That's how I found myself with a group of friends clambering over a fence surrounding an abandoned amusement park in Berlin. I had to leave to catch a train before things got messy, but let's just say the 'Get Chased By A Guard's Alsatian Experience' is unlikely to be listed in many guide books; it's quite a story nonetheless.

'It's not the journey, but the destination that matters'

You're going to be spending a hell of a lot of time on trains. If you approach going from A to B with the right attitude, then it can be an enjoyable experience, and not a chore.

If you're travelling with friends, make the most of the chill out time to reflect on your experiences or strike up conversations with fellow passengers. Take books to read. Write in your journal. Travelling is so hectic and energy consuming, that the dreaded 12 hour train journey can be a welcome break.

Swat up on countries before you go

Prior research is a must if you want to be safe and fully enjoy the different cultures. Europe particularly is such



Photo by Rodrigo Fernandez

a hodgepodge of different styles and traditions. You don't need dissertation-worthy notes; just things like listing the local dishes and learning some basic language.

At the same time, leave some room for spontaneity.

Don't give yourself a rigid plan because often the things you look back on most fondly are those that were totally unexpected. I got given an unanticipated tour of Pere Lachaise

cemetery in Paris (Oscar Wilde's final resting place) by a wonderfully eccentric Frenchman, Gerard, who'd worked in the cemetery for decades. He had that poetic way of phrasing things that only comes to people speaking a language that's not your native tongue. When telling how he'd like his ashes to be sprinkled in the cemetery, he commented that when the wind blew them across the graves he'd be a 'guide eternal'.

Beautiful moments like that can't be pencilled into an itinerary.

Rise & Shine: Attending those 9am lectures

Emily Haigh

Whether you're entering first year of university and wondering how you ever made it to school for 8:30am every day, or you're a second or third year with a promise to attend more lectures than you did in your first, waking up for those dreaded 9am lectures can definitely seem like a challenge.

But, before you automatically hit that snooze button, check out the following tips on how to master an early get-up.

First thing's first.

Waking up early is not just about unwillingly managing to crawl out of your pit at an unearthly hour. The trick to feeling fresh in the morning is good preparation the night before.

One of the key ways in which you can survive an early morning is clean eating the previous evening. Try to avoid spicy foods, or meals that are high in fat as they will keep you toss-

ing and turning all night.

More importantly, on those quiet nights, try and avoid alcohol as although they'll help you fall to sleep quicker, it will be a struggle when the morning comes around.

However, it's highly probable that you had no control over what time your head eventually hit the pillow, and the 'avoid alcoholic beverages' tip went out of the window as you were out the night before... don't panic. There are still many simple steps you can take to ensure your early morning is a success.

Pour yourself a large glass of water to keep by your bedside. Not only will this be useful when early morning dehydration kicks in, but taking a sip of water first thing will make you increasingly alert.

Set your alarm clock not once, not twice but three times. This way, you'll give yourself an ambitious, a realis-

tic and a desperate time to clamber out of bed. In between alarms, as opposed to fighting sleep, browse through your phone to slowly break yourself into the day whether that be aimlessly scrolling through your Twitter feed or clicking through BuzzFeed. Just make sure you don't use this time to conjure up a great excuse why it is totally acceptable to write the morning off.

Albeit a little cheesy, tell yourself reasons why you are excited to start the day. If this fails, think of all the things you have to do and therefore why you couldn't possibly stay in bed a second longer.

Leave a gap in your curtains so when daylight arrives, it's shining straight through your window. Understandably, seeing a misty haze won't make you want to jump out of bed in a hurry, but I can guarantee seeing the light rolling in makes it much less easier to turn over and fall back to sleep.

Upon waking up, drag your tired self to the bathroom. If the harsh lighting itself isn't enough to bring you out of your sleepy state, taking a shower, splashing your face with cold water, or even brushing your teeth will perk you up straight away.

Breakfast really is the most important meal of the day. With this in mind, try and resist scoffing that big fat fry-up your delicate self is craving. Hangover cure? Yes, but in the long term it will leave you feeling sluggish and bloated. If you want to stay energetic for the whole day, opt for some fruit, yoghurt, wholegrain bread, or eggs in the morning.

Finally, if you can, arrange to meet course mates to walk to lectures with. You might not feel too guilty convincing yourself that a lay-in is totally acceptable, but you'll start to feel like a huge let down if you're having to send the 'sorry I can't make it' again.



Photo by Mae Reddaway

The best book bargains

Amy Coote

As an English Literature Student I have the same heavy heart every year I look at the seemingly endless lists of 'set texts', but don't fear, I have gathered together the best ways of getting your reading lists and not paying full price, because lets face it- students never want to! If the thought of forking out for all those books is so daunting you don't even know where to begin- this article should help. It is of course beneficial to have bought and

read the books beforehand, but as I know all too well, this is sometimes unavoidable and you end up scrambling a few days before your seminar looking for the book you should have bought months ago! So stay smart, stay savvy and use these tips to help guide you to a stress-free book buying experience:

Charity Shops:

This may seem obvious but it's somewhere many students just don't look, whether you think you're too 'posh' to get rummaging in a char-

ity shop or not, these can be the best ways to pick up some bargains. Charity shops, especially in student towns are a key way of finding those pre-loved books. In Lancaster, a personal favourite of mine is the Oxfam Book shop, and it includes academic titles too. I've bought many books for half the price of what they would be new, and even better- you are helping the charity along the way! Not only is there a range of charity shops in Lancaster town but there is one on campus: St Johns Hospice Shop. It may be tucked away, but this is another key shop to look in as it is convenient for past students to donate all their past books.

Online:

This seems to be the most popular way of getting books cheaper- so long as you shop around! eBay and Amazon are hugely popular when it comes to buying textbooks, just as always when buying online, make sure it is the right book you are after! And always compare prices across the two sites; it pays to be savvy! These sites can also be a good way to sell your previous books, as this can widen your audience because many students all over the country need the same books.

Past students:

Your degree subject's page on Facebook can be a great way of not only

advertising your old books, but you can also buy old books that other students are selling for very reasonable prices. So look out on these pages for past students selling/giving away their previously loved (or not so loved!) set texts. Again just beware that some courses change their set texts slightly so make sure you check to see that the books are still on the course!

FREE books:

Yes, that's right, I said free! If you own an e-Reader then this is also another great opportunity for you to grab some cheap books and even some freebies, a word that makes students' ears prick up and take note! Especially for English Literature students, many older books whose copyright has expired can be downloaded for FREE onto your device.

ALWAYS carry your reading list in your bag, there is nothing more annoying when you are trying to look out for books but can't for the life of you remember the author or the title! So just keep a copy in your bag, ready to whip out when you're hunting.

Finally, you can of course buy your books new from some good book retailers, but I would ALWAYS recommend looking elsewhere first- and along the way who knows what other hidden treasures you might find!



Photo by Mae Reddaway

Staying in touch with your loved ones whilst at university

Rowan Simpson

Moving into university and living away from home for the first time is extremely exciting, with that feeling of independence which comes with not having your rents nagging at you all the time. You can do what you want when you want, without anyone there to ask what time you're going to be home, or tell you to do the washing up. Despite this new found freedom, it can also feel daunting to not have your family close at hand. You've lived with them for the last eighteen years, and breaking the routine of talking to them and seeing them every day can often be difficult. Now that you are not living with your family you may fear that it will not be possible to sustain the relationship you had with them before.

The same goes for friends; you may question how you are possibly going

to keep in touch with them all when you're miles away. However, there are many ways in which you can maintain a good relationship with your family and friends back home whilst you're at university.

Twenty years ago it was much more difficult for students to keep in touch with their families, but the wonders of modern technology make it so much easier.

Skype is a great way to feel close to family by actually seeing them on the screen. Weekly Skype sessions are a good way to catch up and mean that several people can join in the conversation at once. A good old fashioned phone call doesn't go amiss every once in a while too. It doesn't have to be often, but by hearing the voice of someone familiar on the other end of the phone you will feel much closer to your loved ones.

Although Facebook isn't as person-

al as Skyping or a phone call, it can still be a brilliant way to talk to your friends. Group messages mean that you can easily keep up to date with all that is going on, and organise meet ups for when you are home.

Depending on the distance between you and your hometown, visiting for a weekend, or even just the day, can be a good way to keep in touch.

You don't even have to be the one who goes home; you could invite your family to come to Lancaster for the day, and hopefully secure some free food! When you do go home, it is a good idea to coincide visits with family birthdays or occasions when there will be lots of people around. You could even make a surprise visit home on Mother's day or Father's day if you are feeling homesick.

Inviting friends from home to visit you at university is also a great way to keep friendships healthy. You get

the best of both worlds, having both your friends from home, and your new friends at university with you, making for the perfect night out.

Of course, maintaining good relationships with family and friends from home is very important, but at the same time if you immerse yourself in university life, joining societies and getting involved with all that you can, you will be less likely to feel homesick.

However, don't immerse yourself so much you forget about everyone else! They have known you longer and are bound to be there for you if you need them.

You have the perfect situation now that you are living in Lancaster with friends both at university and at home – make the most of it!

Where is the Louvre?

Rachel May Quin & Jack Smith

Paris: perhaps every cliché that could be used to describe this city is well worn into your consciousness.

The thought of "Paris" conjures up images of beautifully dressed fashionistas, pavements crammed with two seater tables from the plethora of cafés, and lots of cigarettes. These images of Paris are absolutely right – but there is a lot more to the City of Light than meets the eye.

This summer, we decided to take the very short trip on the Eurostar not just because it, somewhat ridiculously, takes the same amount of time to get there from London as it does from Lancaster - but also because it seems like the capital of the land of frogs is just one of those places that you should make sure you visit at least one before you croak it. That's enough frog puns for now.

The Eurostar was surprisingly easy to deal with, every student knows just how dull and cramped a train journey can be. The Eurostar, however, clearly realise people don't want to be squashed like cattle on their way to the romantic capital of Europe.

Normally, there's not an awful lot good said about the French in England. However, after a perfect trip to Paris, it seems like the phrase 'nobody likes the French' is nothing more than 700 years of English conditioning and medieval territorial warfare.

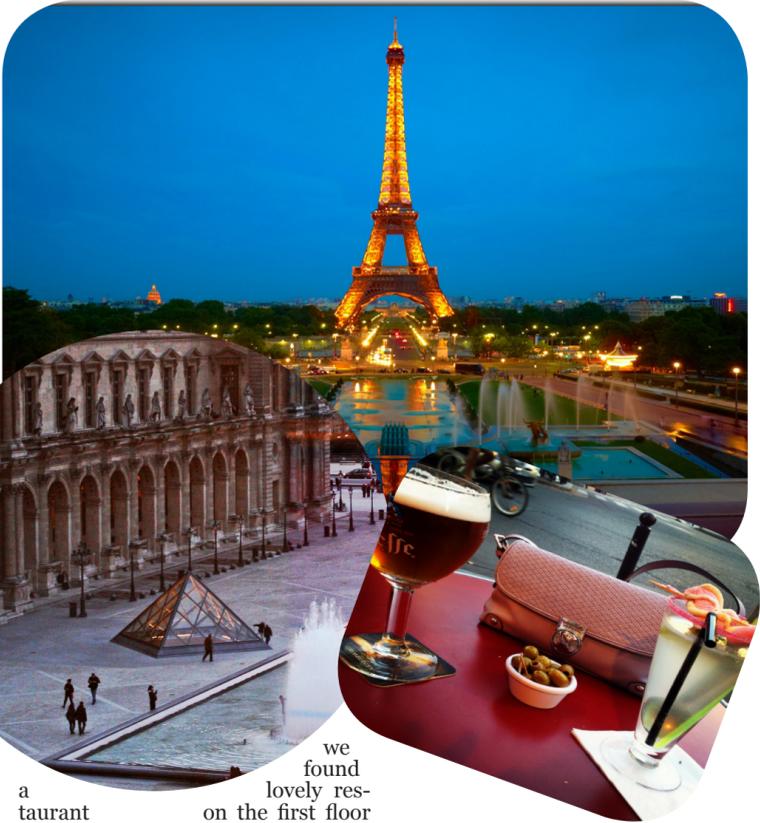
As you most certainly already know – Paris is beautiful. The Seine seemed pristine in the late Autumn sun, and the unspoiled architecture of the affluent Left Bank was a pleasure to behold. This is also the region where some of Paris' best restaurants are.

Ignore the apparent tourist traps of gimmicks such as the Armani and Ralph Lauren restaurants and head to some of the back streets, where you will find gastronomic delights; avoid the restaurants in the Latin Quarter at all costs.

€10 set menus in the heart of Paris are most certainly too good to be true, unless you want to eat meat that can only be described as "miscellaneous". The essential tips here, however, are book the good restaurants in advance – the small sizes of them mean they are consistently fully booked most nights – and make sure to brush up on your French or bring a phrase book.

English menus are generally, and perhaps obviously, reserved for the tourist traps.

You'll be amazed at the delights you can stumble across however, as



we found a lovely restaurant on the first floor of the Eiffel Tower. Not only did it provide stunning views of the entire city without needing to climb all the way to the top (which we did anyway), but also because the restaurant had a quaint picnic theme which meant all your dishes came out in Tupperware. It wasn't badly priced either. The beauty of Paris becomes especially apparent when you walk around it – the streets of the Latin Quarter and the Cité are much more favourable to feet than they are to wheels.

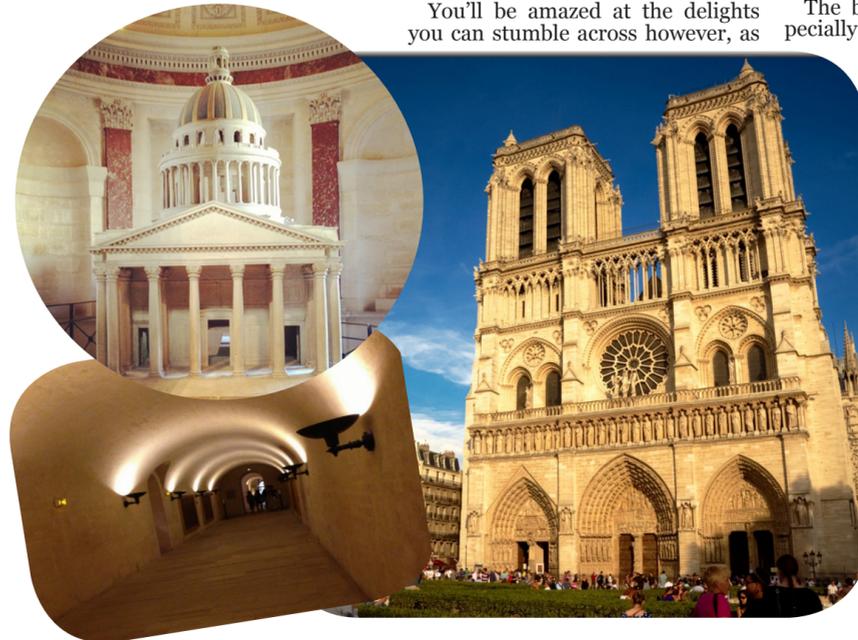
This was forced upon us – the abnormally hot weather for September made boiling to death on the Metro a last resort – but it is a decision that is not regretted.

Paris has far too many worthwhile attractions to see in a weekend. Clearly, the Eiffel Tower has to be seen – take the stairs rather than the lifts to beat the queues, it really isn't that bad – as well as the Notre Dame. Before entering the latter, however, take a trip below to the Crypt which, rather than housing dead bodies, shows off Paris' history through excavated lay-

ers of historical buildings. The crypt in the magnificent Panthéon, France's way of honouring its distinguished dead, is a very sombre – and breath-taking – affair.

Sadly, despite the title of this article: we never did find the Louvre. All we got was the pleasure of walking past it with tired, blistered feet in the evening sunshine.

Maybe next time, France.



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Comment

Comment Editors: Julia Molloy & Sam Smallridge ✉ scan.comment@lusu.co.uk

Who does the banning of 'Blurred Lines' benefit?

Sam Smallridge
 Comment Editor



At the time of writing six universities have now banned the infamous song 'Blurred Lines' from their establishments, ensuring that debate around the song continues for yet another tedious few months. The controversy around this song has persisted for far, far too long. You know when something's gone on too long when you're reading about the same thing in October that you did when you were finishing university for the summer. Furthermore, the hysteria caused has so far failed to dim Robin Thicke's success, who until this summer was relatively unknown in Britain despite having six previous albums to his name.

'Blurred Lines' and its grotesque accompanying video are completely distasteful and repellent but it is not the source of LAD culture. Instead, it's a symptom of a society which too often reveres the objectification and victimisation of women. I fear that by seeking to ban the playing of the song, rather than tackle the root of the problem, the debate is being trivialised. Laurie Penny echoed similar sentiments on the issues of online pornography in the summer saying: "There's nothing wrong with dirty movies in and of themselves – instead, we have to ask ourselves why there's a market for misogyny, and whether censorship is

really the answer."

Perhaps debate should be focused on why women are not properly respected in our society and what can be done to stop that. If that happened maybe then Robin Thicke would be shown for the seedy married father that he is and not revered, in some quarters, as a hero against an emerging wave of preaching puritans. Similarly, without rigid consistency the banning of 'Blurred Lines' would only come to symbolise bandwagon jumping and tokenism in support of the greater struggle to end objectification and abuse of women.

Dina Rickman asks a pertinent question in a fantastic article in the Telegraph: when did British feminism become the movement to "ban this sick filth"?

There are so many worthy causes to fight out there in the name of feminism; representation of women in senior management positions for example is dwindling, rates of pay remain staggeringly unequal and the amount of women in government and parliament is still deeply unrepresentative. So why is so much attention being focused on a sordid pop music video? These issues may not lend themselves to easy social networking messages or self-indulgent parody videos but perhaps feminism would be better putting even more effort into these departments rather than the eye-catching but ultimately ineffective attempts at censorship.

In the summer it was revealed by the Chartered Management Institute that



salary gaps between genders have increased and that male salaries are almost more than 25% higher than women's when taking bonuses into account. Perhaps more energy should be focused on transparency laws or greater support for employees who wish to challenge their bosses for their unequal pay, before turning fire on a pop song. Also the 1 Billion Rising for Justice Campaign against the physical abuse of women has risen remarkably in its two-year lifespan and as a tribute to Lancaster students fundraising for the cause, students were treated to a visit from Eve Ensler, author of 'The Vagina Monologues' and founder of

the campaign. It is issues like these that connect best with the majority of people and perhaps deserve even greater focus. However, I worry these campaigns seem to be forgotten about and maybe even in some ways tarnish the good work of feminists, when fire is turned upon comparatively trivial matters. People must not let this, in my opinion, misguided campaign for censorship be confused with the everyday struggle for female equality. Every time a female is called a bitch, referred to by their looks or paid less than their male counterparts they are victims of sexism. It was poignant to read David Cameron

squirming over whether he was a feminist last week. It's reflective of a country which has too readily patted itself on the back, because they think that now all women have the vote and laws are in place then females are treated equally. This is far from true. But in relation to this campaign, perhaps the most important question to be asked is this: is the feminist cause best served by railing against a song made by a group of seedy men? The answer I feel is no, and with more than 200 million views on YouTube and nearly nine million downloads of his single Robin Thicke will probably be the one most grateful for this prolonged campaign.



Greenpeace has forgotten about peace

Alasdair Bruce

Greenpeace is no stranger to controversy. Over the past 40 years since its formation, it has become well known for its 'direct action' policies in the name of protecting and conserving the Earth's environment.

The Klingsnorth Power station incident in 2007 best shows what Greenpeace intends to achieve from its direct actions: six members of Greenpeace broke into the power station, climbed the 200-metre smokestack and painted the word 'Gordon' on it, in a reference to Gordon Brown.

This caused approximately £30,000 worth of damage and yet the activists claimed in court that they were legally justified since they were trying to prevent climate change from affecting the rest of the world. The activists were later acquitted of their crimes, justifying in the eyes

of Greenpeace that its direct actions can work.

This then perhaps explains why 30 activists thought it right to board a Russian-owned Arctic drilling platform on September 19 in protest of the drilling that occurs there. Greenpeace itself released a picture of two of their activists scaling the Prirazlomnaya oilrig, evidently proud to show what they're doing to the world.

However, their actions have resulted in severe consequences, as members of the Russian Investigative Committee have seized the Greenpeace ship and taken all 30 activists prisoner.

The Russian authorities, however, including President Putin himself, claim that the Greenpeace protest was a clear

attempt to seize the drilling platform and therefore had to be dealt with appropriately, complying with Article 227 of the Russian Penal Code which defines piracy as "an attack on a ship at sea or on a river, with the aim of seizing someone else's property, using violence or the threat of violence".

This is where Greenpeace must surely come under some criticism. When planning this extreme protest, the activists must have been aware of the danger of climbing onto the platform and yet they continued regardless.

Similarly to the Klingsnorth Power station incident, Greenpeace has knowingly committed an illegal act in the name of protecting the environment. Yet the difference now is that the Russian authorities appear far less willing to use the prevention of climate change as a reason to acquit the activists. Greenpeace is now focusing on the release of the activists, claiming that Russian authorities are holding them

unfairly and without access to legal aid, yet this means that all the focus is taken off the risks of Arctic drilling, the whole point of this event.

This protest has backfired on Greenpeace, which is now under heavy criticism from the Russian authorities, who have referred to the activists as criminals attempting to capture the oilrig.

I do personally support many of Greenpeace's causes and a lot of work it does is helpful in drawing attention to the environment. However, in this case the organisation has gone too far. There is a big difference between a peaceful protest and committing a criminal act and, in this situation, Greenpeace has done its cause more harm than good. Although the response of the Russian authorities is perhaps a bit extreme, even Putin himself saying that the activists cannot really be classed as pirates, it is hard to understand what Greenpeace hoped to achieve with such a drastic action. It is not

exactly likely that President Putin would instantly cancel all Arctic drilling just because a few Greenpeace activists climbed a drilling platform. If Greenpeace's intention were simply to get people talking about the Arctic drilling, then the arrest of the activists has diverted both the world media's attention and the attention of Greenpeace itself onto that instead.

This time I'm afraid to say, similar to the Klingsnorth power station, Greenpeace has gone too far in its activism. Green activism can be a worthy cause to campaign for, but committing illegal acts such as this only serves to cast a highly negative light on the entire organisation and instead gets the activists branded as criminals causing mass disruption.

Only time will tell if Greenpeace learn from this, but I have a feeling it will continue to use audacious stunts such as this in order to get attention, be it positive or negative.



Photo by Greenpeacesuomi

Head to Head: Are degree points pointless?

YES: Steff Brawn

As the years have gone by, although you may not want to believe it, academic performance and achievement in higher education have come to matter less and less.

Two decades ago, a first or second class degree would pretty much have guaranteed you a job, even if your CV didn't contain much else. Unfortunately now, getting a degree is far from rare, and getting into university is nowhere near as difficult as it used to be. So to distinguish between those thousands of students that are leaving university with very similar grades, more than 20 universities are looking to introduce a points score for a more accurate reflection of academic performance. Although this may be useful feedback for you and the university, employers will still be saying "so what?"

It is understandable that when so many students leave with a 2:1, it is difficult to know how well a student has performed against another, but the result of one essay is not going to snatch you that career or internship you've been working towards for three years or more. Most employers are looking for people who can apply themselves to tasks that go beyond what is expected of you in a degree. Skills such as organising events, selling a product, public speaking or an eye for a good story are very often not, if at all, focused upon through your studies but are available for you to enhance through extra-curricular activities. The only way to get a job in this day and age is to demonstrate that you've got what it takes by getting involved.

This is what is really going to help employers to distinguish between students: those who have made the most of their time at university and those that haven't. There are hundreds of societies at Lancaster in sports, the arts, business, languages and many more that will begin to give you the specific expertise you need to tick the boxes on that job description. Experience in the job field or gaining transferable skills is invaluable to employers and puts you ahead of the game.

If you've had hands-on experience working with a publishing firm, it won't matter one bit if you've got a D in English exam. Employers will recognise that you have already worked with professionals and that you've been in a real situation that you would come across in a job, rather than caring about how high your 2:1

is. In fact, you'll probably find that when it comes to an interview for a graduate job your interviewer will be far more interested in your time spent as a member of an exec, rather than whether you got a high or low 2:1. Doing extra-curricular activities is the path to gaining a graduate job, as it is through these activities that you gain those all-important skills that employers love to see splashed across your CV.

A points score will really not prove anything about how good you will be at a job, and especially not at a time when employers hardly care what subject your degree is in, never mind how many A+s you have. Providing



Photo by Lucy Lamb

more detail for degree classifications is simply another load of information to wade through before employers see the real you that is shown through extra-curricular activities and work experience.

If you want to impress after you've worn your fancy hat and gown then get yourselves involved in societies and grab any opportunity you can in your desired industry. Lancaster has so many societies that you will always find one to suit you, no matter how niche you think your interests are. Extra-curricular pursuits is what will make your CV and cover letter shine, a desire to get involved in something new and to take on responsibility outside of your degree – not this new points system which will be a complete waste of time.

NO: Julia Molloy

It has been announced that 20 UK universities will be taking part in a new project, trialling a points system to go alongside current degree classifications. This would mean that graduates would not only have a classification of a 2:1 (or upper second) for example, but would also have a points score indicating whether it is a low, middle, or high 2:1. The main reason for such a project is to help employers to distinguish between the many students who leave university with a 2:1. Surely, this can only be a good thing.

For too long we have languished under a system that bundles together graduates who could have in fact

market. The fact is, however, that providing more information on how well you performed during your degree is there to aid rather than hinder you. For those students who perhaps shy away from doing the work, it should provide a better incentive to put the effort in now to avoid any heartache later. The prospect of having your degree modules laid bare on your CV should be enough to not only help employers in the tough decisions that they have to make, but to encourage students to do well in every single module to come out with a better average at the end.

Any education system of exams and qualifications will work against students who don't achieve as highly. It's perfectly conceivable that graduates who gain a low 2:1 are going to find it considerably harder to find a graduate job because of that extra information, but unfortunately the education system that we have can do nothing to alleviate that. It's the same principle as those achieving a 2:2 as opposed to a 2:1 will find it harder to get a graduate job because of their lower achievement. So what's wrong with a points system that helps to differentiate between graduates' abilities further?

The system as proposed probably won't be perfect. As it stands, the points would range from 0 (meaning a fail) to 4.25 (meaning a top first) – which if you ask me is a bit odd. However, Bob Burgess, chairman of Higher Education Academy advisory group, has pointed out that students want to know exactly how well they are doing and, if doing well, will have an incentive to work harder. Back in my college days, I remember it being very frustrating when exam boards dictated to teachers that they were not allowed to reveal coursework marks and as such it was very difficult to measure how well you were doing in comparison to others. With degrees it is the same principle – a points system would give us the opportunity to avoid that issue by clearly marking the record of our achievements.

It's clear that the current system of degree classifications does not work when it comes to the job market. Through the whole debate of whether exams are getting easier or students are getting cleverer lies the fact that more and more students are leaving university with very similar grades. Some sort of system is necessary to aid employers – and this points project could be the very thing to sort it out.

performed very differently throughout their courses. Obtaining a 2:1 in your degree only informs future employers that you have performed as well as the hundreds of other applicants who have also achieved a 2:1, as depressing as it is. With a points system, if you achieve a high 2:1 whereas another candidate only just scrapes through, in theory you would be much more employable. It's also satisfying for any who have just missed out on the grade above. If you have missed out on a first by a fraction, for example, wouldn't you want your employer to know that fact to differentiate you from other graduates who haven't done as well?

It may be that such a system will encourage even more competition and put even more pressure on today's students when it comes to the job



Mental health: are we living in the dark ages?

Bethan Evans

One in four of us experience some form of mental health difficulties in any given year. Yet “Mental Patient Fancy Dress” Halloween costumes, decorated with blood and completed by axes and chainsaws, have been on sale by multimillion-dollar retailers ASDA, Tesco and Amazon. As rates of self-harm in the UK are the highest in Europe, at 400 per 100,000, can these sales be justified as ‘a bit of fun’?

The outfits in question were pulled from sale after criticisms, most notably from the mental health charity Mind, claiming that these outfits were fuelling stigmatisation towards people suffering from a mental illness. While both ASDA and Tesco have offered to pay a charitable donation to Mind, ASDA’s donation totalling £25,000, the fact that these outfits even

went on sale demonstrates that stigmas about mental illness are entrenched into our society. You would not see a similar fancy dress costume for a cancer patient, or any other physical condition, so why is it OK to sell a costume depicting a sufferer of mental illness?

Costume retailers Escapade, currently still stocking similar outfits, blogged a justification for their actions: “Our ‘psycho-killer film’ products are merely an extension of that film’s own merchandising – its intention is not to promote the actions of its characters or the public reaction to them, but simply the piece of art itself.” Yet as these costumes are not an official part of any horror film merchandise, they serve to caricature the mentally ill, rather than illustrate the film character itself. Moreover, the description of these costumes, particularly ASDA’s “Mental Patient Fancy Dress Costume” is not a movie reference, but

a reference to a situation thousands of people within the UK are in, not because they are a “psycho-killer”, but because they are people with a mental illness.

The stigma associated with mental health does not end there.

Portrayals of mental health in the media and in television are equally offensive, with many depictions, or media coverage, showing people with mental health issues as violent to others or themselves. This is firstly grossly inaccurate, as people with mental health difficulties are far more likely to be the victim of violence rather than the perpetrator. In addition to this, around 95% of homicides are committed by people who have not been diagnosed with a mental

health problem, clearly showing that there is not a correlation in homicide and mental illness. So why do the media, television and film all emphasise, wherever possible, a correlation between mental illness and sensationalised violence?

The reality is that the perpetuation of these stereotypes is not only inaccurate but damaging to people recovering from mental illness. The Stigma Shout survey, run by the charity Time to Change, reported that 87% of people who took part in their survey found that stigmas about mental health had had a negative impact on their lives. Two-thirds have stopped doing things because of stigma and two-thirds have stopped doing things because of the fear of stigma and discrimination.

Sue Barker, from Mind, told BBC Radio 5 Live: “Some of the worst myths that fuel this stigma is the assumption that

we’re going to be dangerous, knife-wielding maniacs and that is simply not the case.”

She added: “The stigma can be life-limiting and life-threatening because people don’t think they can talk to anybody and sadly for some people they take the option of not being with us anymore.”

Clearly stigma, and fear of stigma, is an ever present threat to the livelihood of people suffering with mental health issues, whether it be mild depression or schizophrenia, and the perpetuation of negative stereotypes in our everyday lives helps to reinforce this stigma. By treating mental illness as something to be frightened of, only contradicted by homicidal maniacs, we are no better than our medieval counterparts. It seems Bedlam is still very much alive in our cultural imagination, and, as stated by Alastair Campbell, we may as well be living in the Dark Ages because of it.

Plebgate: A year on and Andrew Mitchell is better off than ever

Julia Molloy
 Comment Editor



So it’s been a whole year since my previous article in SCAN about Andrew Mitchell and what has now become plebgate. 365 days, dozens of SCAN articles, and a freshers’ year later and I’m back to the same issue again. You’d have thought that something that started out as name-calling would have gone away in that amount of time, but Mitchell’s case has re-emerged in recent months.

For any of you with a hazy memory of your first few weeks of the 2012–13 academic year (which is probably most of us), last September police officers refused to allow Andrew Mitchell to leave Downing Street on his bike, and Mitchell reportedly called the officers ‘plebs’. There was an uproar of

controversy against the insult, known as a derogatory term for someone who was state-educated, which resulted in Mitchell resigning from his job as Chief Whip after a media backlash.

However, since a concerning lack of punishment from the Conservative party who supported Mitchell despite police witnesses, there have been investigations into the officers who were on duty at the time, with claims that their testimonies were false and that they conspired to bring Mitchell down. Mitchell has consistently denied any use of the term ‘pleb’, but has since admitted to swearing at the officers involved.

Since my previous article which focused on the term ‘pleb’ itself and its inappropriateness in today’s society, I have to admit that my opinion of Mr Mitchell has softened somewhat.

As the former Guardian Editor C.P. Scott said, ‘Facts are sacred’ and the media would never have publicised the investigation into the case if Mitchell had been correctly

condemned.

It is looks like that, in the end, Mitchell probably did not use the term ‘pleb’. CCTV footage from that day has cast doubts over police testimonies, and three men, two of whom are (or were) police officers, have been arrested over the past year. The question is: why on earth were the testimonies given in the first place?

Perhaps the police are no longer to be trusted.

Not only are they in hot water over plebgate, but the Hillsborough controversy is still raging on and questions have been raised around the conduct of other undercover officers supposedly fathering children with people they were spying on. Since when did we become a nation where even the police are not to be trusted?

It’s easy to say that we don’t trust politicians because they debate and avoid answering

probing questions for a living, but the police are there to ensure that others keep to the law. Yet some officers are apparently more than willing to give questionable testimonies just to bring down an MP who, quite frankly, wasn’t the most well-known Cabinet member in the current government.

As ever with something negative in the press, it’s the minority who end up representing the majority. I am sure there are plenty of officers up and down the country who do a fantastic job at keeping Britain safe and these officers need to be congratulated. It’s such a shame that trust in such people is being marred by a couple of major debates caused by very few officers.

Part of me thinks though that such a distrust of the police is brought about merely by the nature of

the media in our society.

What started out as a minor issue over disrespecting the police has been completely overblown by the media into a scandal, hence the use of the suffix ‘gate’, and in some respects we only have ourselves to blame.

If the media didn’t sensationalise or if we weren’t interested in that sensationalism then surely we would have come to the conclusion that plebgate is simply a matter of a few rogue police officers rather than becoming representative of every single police officer in the country.

Perhaps the only positive to come out of the whole affair is that the bike that Mitchell tried to leave Downing Street on has been auctioned on eBay for over £10,000, with the money being donated to a charity fighting HIV and Aids in Kenya. If only all scandals could end with something as well as that.

Are big chains forcing out the independent stores on campus?

Hattie Webster

I’ve just returned to Lancaster following a year abroad in France. This has already entailed a slight culture shock, and I’m only a few days in. I recently popped onto campus to catch up with friends and was immediately struck by the changes made since I left last June, particularly the closure of the newsagents, whose replacement is WHSmith.

It’s a real shame in my opinion. The independent retailer defeated by the retailer which achieved a revenue of £1.2 million last year, a figure the newsagents could probably have only ever dreamed of. Likewise, Diggles has been replaced with another eatery and Subway has also opened providing competition to our Colleges. Campus is being invaded by the big names, and

I doubt much of a thought is being given to the poor independents who are suffering as a result.

While these changes are all great and provide a much more convenient lifestyle for the Lancaster student, I can’t help but question whether the big chains are really a good thing. Whenever possible, I would have always opted to buy stationary or cards from the newsagents or LUSU, because it was independent from the high-street contenders such as Spar or the larger brands in town.

Coming from a rural background, I’ve always tried to support local and individual businesses rather than heading to the big brands which nearly always offer cheaper prices; it’s almost engrained in me. Now, however, this isn’t an option on campus. There are next to no independent stores to support aside from

the hairdressers and ice cream parlour, which is a real disappointment.

I can understand the desire for big name brands to some extent; students are bound to go to the renowned retailer and can support their student budget far better instead of the independent and slightly out-of-date looking store, which only offers a more expensive and reduced selection of products. But I think there’s something quite quaint about that.

All of this follows the controversial closure of Waterstones back in 2011 which was thankfully not totally dented by the online giant, Amazon, and has been replaced by Blackwells (a very sad version of Blackwells, might I add.) While this is not a story of the independent bookshop being replaced, it is the story of the tornado of new-world retailing gradu-

ally picking off the old world, bit by bit. Not to mention the issue that Subway is posing against the College Bars, particularly Bowland because of Subway’s location.

The refreshing culture change I experienced when living in France was the fact independent shops have been maintained. Every corner had an independent bakery, butcher, grocery, bookshop etc. While the chains exist, the local shops around the corner are still supported by their locals – something we Brits are failing to do more and more.

Regardless of the reason, the big names are taking over. Long gone are the days of being able to support your locals; campus no longer offers that choice. So please, please, next time you’re peckish and fancy a sarny, don’t make a visit to Subway or Greggs. Represent the independents and grab a bite from a bar. You’ll regret it when they no longer offer it.



Photo by Mae Reddaway



Ronnie Rowlands

Postscript

Now that you're sober and alert...

Hiya hun, hope you're living comfortably and haven't blown your entire grant on tequilas and taxis within ten seconds of the loan being parachuted into your bank account. Freshers' week has now been committed, and you ought to now be alert enough to regard a few admonitions and signposts for all student collectives, be they arts or sciences, undergrad or postgrad, mature or immature.

In your first three weeks, everyone around you is going to be ill, and during this period your lecture theatres will audibly resemble a tuberculosis ward. You will also find that old father time is now a gin-flattened husk of his former self, and the ease with which you were able to be up at 8AM for school will be a fantasy for a good while.

But after these inadequacies have straightened themselves out, you'll be wondering where to drag yourselves by the bootstraps from there, and luckily for you, dear reader, the subject of today's prescriptive impertinence is the answer to that very question.

Work hard, set a rigid timetable and stick by it through thick and/or thin, read well in advance of your seminars and remember that you are here to learn.

As maxims they are

honourable enough, but like Grice's, they arguably were made to be broken.

For example, your cognitively devolv'd author reached his fourth year carrying out the bare minimum amount of work required to pass, stuffing his considerable face with fried chicken of a weekday evening(s) and poorly honouring his gym membership. And yet, reading that, you would suspect any follower of such grotesque commandments of living the life of a charlatan, sucking the blood from the student loan book to fund a three year glory period.

Well, how dare you be so rude as to think so lowly of me. Staying in step is following the boring maxims above, but staying out of step allows one to find the nooks and the crannies of university life that other people miss out on.

Staying in step also makes you one of those people who have been mis-sold university as an entirely consumerist exercise, focused purely on payment for services rendered. Well, guess what - the folly is in expecting the fulfilment of some kind of advanced entitlement over those paying the mere three grand fees. Well guess what - as you'll read elsewhere on this patchwork of a page, lecturers aren't getting any richer for your more draining custom, so you can throw that card into the bin before you try and pull it.

No, my dear, university should not at all be about the discovery of how to produce an essay in a different format and to different specifications, and it most certainly shouldn't be

about demanding it. It should be about the discovery of self, with venn-diagrammatic overlaps between who you are, what you study and what you do of an evening.

Drink with your lecturers (it's not inappropriate like it was back at school), join societies because you enjoy them, and involve yourself in union / university politics because they matter.

I reiterate - being a student at University is about the discovery of the self, rather than the serving of it, and it's a three year glory period in which you can progress without robotically going through the motions as though these years were merely stepping stones.

Ignore the above at your peril, but either way, make sure you have a great time here, and don't leave still recognising the person you were when you arrived.



Strike! Strike! Strike!

In News this fortnight, we unavoidably have an out of date story - the piece on potential UCU strike action against low lecturers' pay. By now, we'll all know if it's happening or not. For now, I must cover all bases.

Scenario 1: So, after a period of balloting following the rejection of a paltry 1% pay increase offer from the Universities and Colleges Employers Association (UCEA), the University and College Union (UCU) will be undertaking strike action and / or action short of a strike. Purely on a Lancaster-based scale, this University has cut the wages of staff to the value of 13% since 2009 to grow its cash surpluses year on year. Lancaster's 2012-2013 financial year ended to the tune of £15.6 million in **LEFTOVERS**.

And with a shudder of unfortunately realised expectation, I hear you ask why students should care about staff pay cuts and support the strike action. Well apart from the day off lectures (an important part of the 'student experience' if ever there was one), you only have to look at the crisis that is still ongoing within Music (see News and 'And Another Thing...') to see that an investment in staff is an investment in students.

And, if we're going to make a dart for the Achilles jugular of any anxious, 'satisfaction' conformist university such as our own, surely the University is failing to ignore the ever blaring klaxons of 'reputa-

tional damage'. The best staff comes to work for the best places, while new staff develop in the best conditions in the greatest comfort. I can hazard a guess as to where academic staff are gonna want the university to stuff their jobs when they realise that the pay of the highest paid members of senior management in the HE sector is such that the median clocks up to around £242,000 per annum.

It is all too often that the University looks to the indifference and / or ignorance of its student body as an indication that such matters matter not, and I'd like to use this humble corner to encourage you, dear reader, to seek solidarity with and consideration for the individuals into whom you are investing your futures. And while I'm at it, I do hope that our very own Students' Union, LUSU, will be near unanimous in its public support of UCU action.

Give and take is and always will be paramount and we as a Union

and a student body owe it to our chums in front of the Pow-erpoint slides to support them in their strike as they support us against fee increases.

Do you hear the people sing, singing the song of angry men and all that.

Scenario 2: Oh ARSE. Never mind.

And another thing:

If Postscript weren't the drooling barrage of rumour and rebellion that it attempts to be, one could easily mistake it for a horoscopes page. Your dedicated key-squasher seems to recall making the prediction that hanging the Sword of Damocles over the Music degree and expecting the staff lucky enough not to be made redundant to stick around for its savage collapse would turn out to be a shit idea. Well, whaddo you know? Of the three staff retained, one has left for pastures anywhere other than Lancaster, while another has handed in his notice. I believe Music students, low though their numbers are, have to find themselves a dissertation tutor at some point. Of course, lecturers leave and hand in their notices all the time, but when you think of in proportional proportions, losing anybody from Music at this stage is losing a soldier in an army of three, rather than of a thousand.

I would like to join the County College in wiping away many a tear, as we wave goodbye to Dave, Julia and Nick, now former proprietors of County Diner. Since 2006, the three of them worked just as hard (if not harder) as University run establishments to make their College a home, and always went out of their way to attend both staff and student based College events. Goodbye, guys. My thrice daily cheeseburger with no onions will lose its soul, I fear.

Long overdue diplomacy & the effect on America's international relations: Obama's first successful foreign policy?

Sam Smallridge
Comment Editor



For the first time in many of our lives direct communications between American and Iranian leaders have taken place. While not enough to simply end decades of hostility this is something which should be noted by everyone as a historically significant event. At the moment there may only be the 'basis for resolution', as Obama described, but it is still a promising start and an overdue recognition that something has to change in Iranian-American relations.

Relations between America

and Iran have been tense since the 1979 Iranian revolution which resulted in the overthrowing of Shah Mohammed Reza, a tyrannical despot whose revolution in 1956 and subsequent premiership was supported by America and Britain, after the popular President Mohammad Mosaddegh had nationalised oil supplies in the Middle Eastern country. Offering shelter to Reza after the revolution did not help the relationship and exacerbated the divisions between the two countries. Tensions worsened under Mahmoud Ahmadinejad's presidency from 2005 to 2013 however since the election of the more moderate Hassan Rouhani, this summer, relations have been in flux.

No longer led by the

unstable Ahmadinejad there are even fewer reasons against the renewal of Iranian and American talks. For too long some US officials hid behind human right abuses, scare-stories about nuclear weapons and Ahmadinejad's holocaust denial as reasons for crippling economic sanctions and military bravado.

Conveniently forgetting ripe hypocrisy as they have supported and propped up some of the most despotic and tyrannical regimes since the Second World War, while America prospered.

Iran has also been ignored when saying they don't want a nuclear weapon. In their 34 years of independence Iran, despite having decent cause to, has not developed a nuclear weapon. After being subjected to Chemical weapon attacks

from Saddam Hussein's Iraqi forces in the 80s, sponsored by Britain and America, the country did not respond with nuclear weapons. American officials have even ignored numerous religious edicts from Ayatollah Khameni which have forbid the use or even creation of nuclear weapons. Khameni himself even felt compelled to take a full page advert out in the New York Times in 2005 as the prospect of a US military attack grew under George W. Bush. However US hawks have still kept their sights on Iran, the country with the third largest oil supplies in the world.

Obama too looked to be treading a dangerous path towards military intervention in Iran. He offered what was described as 'peerless sanctimony', accusing

Ahmedinajd of rigging his victorious election in 2009. He too, was said to have launched the World's first cyberweapon aiming to cause physical and lasting damage to the Iranian nuclear program. Similarly in his first term in office Obama ruled over tougher economic sanctions on Iran than his 3 predecessors in the Presidency. Sanctions which have choked Iranians economically and strengthened hardliners positions in the country. However the election of Rouhani and his positive diplomacy have seemingly caught the hawks off guard and give an opportunity to help end not just the tension between America and Iran but the Syrian war.

As Shirley Williams has said, Iran remains President Assad's greatest ally and their abhorrence for chemical weapons which they suffered from so devastatingly in the 1980s can work in their favour. Equally, promises to raise economic sanctions were Iran to negotiate a ceasefire would help ease tensions in both Damascus and Tehran. It might take serious diplomacy but it seems a far more appealing option than sending bombs and guns in support of an opposition that has proved itself volatile in an already unpredictable region.

If followed through this could be one of Barack Obama's first foreign policy achievements where he hasn't sanctioned the unlawful killing of an unarmed, untried civilian. However credit should go to President Rouhani and the Iranian people for electing a more moderate leader, rather than Obama, whose macho posturing in his first term did little to ease tensions between the two countries. But for now it doesn't matter where the credit goes, egos have punctuated this acrimonious relationship far too much. Just a tweet will do.

Rather than remain history though, this tweet could be the first step towards even greater historical achievements.



Letters to the Editor & Puzzles

If you have any comments on our content or would like to write a letter to SCAN, please contact **Rachel May Quin** at the following address: ✉ scan.editor@lusu.co.uk

Dear SCAN,

I was disappointed to read in the last issue of Scan Peter Holley's inaccurate and unsubstantiated apologia for hydraulic fracking (SCAN< Monday 30th September, 'Fracking will benefit the UK economy'), a process also known as unconventional shale gas extraction.

There are a number of issues with this argument which I felt obliged to draw attention to. Firstly, the assertion that 'arguments against fracking' are part of an 'anti-change agenda' could not be further from the truth.

The so called 'left-wing, anti-capitalist green lobbies' are in-fact enthusiastic proponents of radical change; it is the wholly more powerful and well financed industrial and capitalist lobbies that are anti-change, being determined to carry on with a fossil fuel-based economy, which - whilst profitable for the few - will ultimately be the undoing of our civilization.

The sorry truth is that if crucial carbon targets are to be met, which they must be if we are to have any

hope of averting catastrophic climate change, we simply must leave the shale gas in the ground.

The point that shale gas produces less CO2 than coal is correct. However, it would be dubious to assume that the situation is that simple.

Not only is the fracking process very energy (i.e. carbon) intensive, but it is also reckoned that up to 8 percent of the natural gas is lost to the atmosphere during the process. Natural gas, or methane, is a potent greenhouse gas, perhaps 20 times more so than CO2.

So fracking is unlikely to save us from climate change, and furthermore, it is unlikely that it won't come with a high price in terms of water contamination. The words quoted from Daniel Hannan MEP are simply false.

According to Popular Mechanics, 'In the past two years alone, a series of surface spills, including two blowouts... and a spill of 8000 gallons of fracking fluid at a site in Dimock, PA, have contaminated groundwater in the Marcellus Shale region.' There are many other documented cases of groundwater contamination due to fracking.

It's also worth pointing out that the statement 'unlike renewables shale gas does not need public subsidies', is misleading and sloppy. Fracking is a means of acquiring a fuel, which is then burnt in a power station - a process that does require subsidies.

There is no subsidy involved in acquiring the fuel for renewables. The sun continues to shine and the wind to blow without our costly intervention. As for jobs, fracking may provide thousands of new jobs (although estimates are probably optimistic), but serious and necessary investment in renewables will create tens of thousands of new jobs.

The choice is clear, really.

Jack Filmore,
Lancaster University Greens

Dear SCAN,

I felt the need to write to you following the publication of your latest issue in response to the off-campus fresher issue. I was an off-

campus fresher in my 1st year but not through choice. However, we received absolutely no help from the university.

We received the email at 5 on a Saturday and the following Monday was a bank holiday. We then received absolutely no help in finding accommodation, and no perks such as free bus passes were even offered.

I know first hand how traumatic it is and receiving no help just compounded the issue.

When going into university house their advice was to defer and LUSU living just stated that they had no houses available.

I hope LUSU read this and realise that they can't treat off-campus freshers like that. Clearly they have learned from their mistakes but i don't feel that i will be the only one from my year who will be aggrieved when we received nothing.

Thanks and also love the paper,
Anonymous.

SCAN reserves the right to edit letters chosen for publication.

Fancy yourself a master of Sudoku?

Don't forget to tweet us @SCANLU and let us know if you managed to beat our SCAN puzzles. Also, if you have any suggestions for puzzles or ideas for crosswords, we'd love to hear more about it.



Sudoku

Easy

4		6	5			7		
		7		4	8	2		3
	9			7				1
7	5	4	2			8		1
3	2	9	1		4	6	5	7
6		1	7		5		2	4
9	4			1		5	7	6
	7		3	6		1	4	2
	6	2		5	7	9	3	8

Medium

7	8		1					5
9		3						7
			9	8		3		
				7			3	
2	7				5	4		1
	9	1						6
5		9		3	4			
		7		1				
1	3	8			2			

Hard

						9	3	
			6	4		7		1
		5			1			
1				2	6			
		3						5
		6		5				7
	4		8					
	2		3	6		4		
8							9	

Sport

Sports Editors: Erik Apter & Iain Beddow ✉ scan.sports@lusu.co.uk

Greg Dyke MISSES the point

Erik Apter
Sport Editor



Greg Dyke's appointment as the chairman of the Football Association came with an explosive message - English football needs to be fixed. Whilst few in the country would dispute this opinion due to the constant disappointments of our national team - was his solution the right one?

Dyke spoke passionately of the lack of quality in our national team and made reference to the hundreds of millions spent on foreigners. This is exactly the problem; not the foreign players, but our attitude towards them. The fact we'd rather blame clubs buying better players from other countries because we choose not to face the harsh truth; English players today just aren't very good.

Obviously that's not strictly true, it's more of a generalisation; that the standard of English players just do not compare to that coming through from Germany and Spain. The strength in depth of the German and Spanish international teams run so far deep that their squads packed with fabulous footballers quite frankly, puts England's to shame.

Whilst Dyke brought up the issues that matter, he seemed more intent on scoring points than offering solutions. The number of English players in the premier league at the moment lingers around 32%, a very low figure for a country aiming to compete at the highest international level. So here's the conundrum,

is English football's biggest strength also it's biggest weakness? Is the Premier League stifling our national side?

According to Dyke, the answer would be yes. Our beloved league is inundated with foreign players taking up positions that worse British players could be filling and there's too many foreign owners and managers too. All this, without properly mentioning the real problem that plagues English football.

The single most important sentence uttered in the speech simply touched on the most import problem with the English game: "We simply haven't got enough coaches trained to a high enough level."

This should have not only formed the basis of Dyke's speech but been built on even further, football needs to be fixed from the bottom. Not enough money is spent on children's grass roots football, on providing our nations youngsters with quality coaching and on ensuring the clubs in communities across the country get the funding they need.

Instead of setting foolish, media-friendly aims for England winning in 2022, Dyke should be leading the charge on changing the face of English football.

Coaches of youngsters should be prioritised because if the standard of coaching



improves then the standard of players improves. Moulding the future generations is key and by emphasising important factors in player development the way other countries do so well, will leave English football so much stronger in the long run.

Dyke to his credit did give shed some light on the differences between England, Spain and Germany in terms of coaching numbers: "The figures here are interesting. England has 1,161 coaches at UEFA 'A' level compared with 12,720 in Spain and 5,500 in Germany. At Pro Licence level England has 203 coaches, Spain has 2,140 and Germany has more than a thousand."

Whilst these numbers are disputed, the base statistics alone are troubling and show a startling difference in the importance that the other two nations put on youth coaches compared to England and this is surely where the problem lies. Yes, there are too many foreign players in the Premier

League. Yes, there are not enough English players playing regularly in the Premier League. Perhaps Dyke may be right in that clubs do not give English players enough opportunities, but there's much more to it than that. Premier League clubs buy foreign players not to ruin our national team, but because they're better than what they've got at the club.

If England produced more young players of a high calibre, trained and conditioned from a young age then there would be no need to shop abroad.

In recent weeks I've heard stories of England talking to Liverpool's Illori and Manchester United's Januzaj in the hope they could pledge their allegiance to the three lions, and never has English football filled me with more embarrassment. Januzaj in particular would be ineligible to play for England until at least 2015 which more than anything shows the pathetic state of affairs we now find

ourselves in.

The so called "golden generation" is almost over, as the remaining flag bearers such as Gerrard, Lampard and Cole have only one shot to turn around their failures.

We must move on and ahead if our national team is to ever achieve top honours, whilst the likes of Wilshire and Sturridge must step up to be leading lights in the years to come.

Ultimately however, it is up to the F.A to sort out the mess that we now find ourselves in. Money must be poured into the bottom of chain, before the top can ever succeed.

Can social media be damaging to an athlete's reputation?

James Benson

The presence of sports people on social media websites has indisputably been welcomed by fans across the globe. Through various platforms, most notably Twitter, fans are now closer than ever to their idols and this is one of the numerous reasons why this facet of modern society is positive. In spite of this though, there are other sports men and women for whom the decision to take to these sites has been unwise. It is thus clear that the use of social media by sports people is a grey area, something which has both positive and negative implications.

One of the most closely watched British sporting events of the last twelve months was; The 2013 Ashes Test Series from which England emerged victorious. As the sequence of matches went on and it looked increasingly likely that the home side would retain the prized urn, fans were able to keep up to date with the players' own emotions.

One of the men integral to England's victory, spin bowler Graeme Swann, reported on a daily basis on the goings on within the home squad. The day after the series success was sealed, at Durham's Chester-Le-Street, Swann posted:

"No better place to win the ashes than the North East, just 15 mins from the Toon! #howaythelads".

Contrary to the language used in official statements, Twitter acts as a medium through which athletes are able to express their true emotions and thus is as close to a conversation as most sports fans will have with their heroes.

Whilst Swann's tweets are often well received, a fellow England cricketer found himself in trouble following comments directed towards ex-international-turned-commentator Nick Knight in 2012.

Kevin Pietersen's post on the social media site questioned

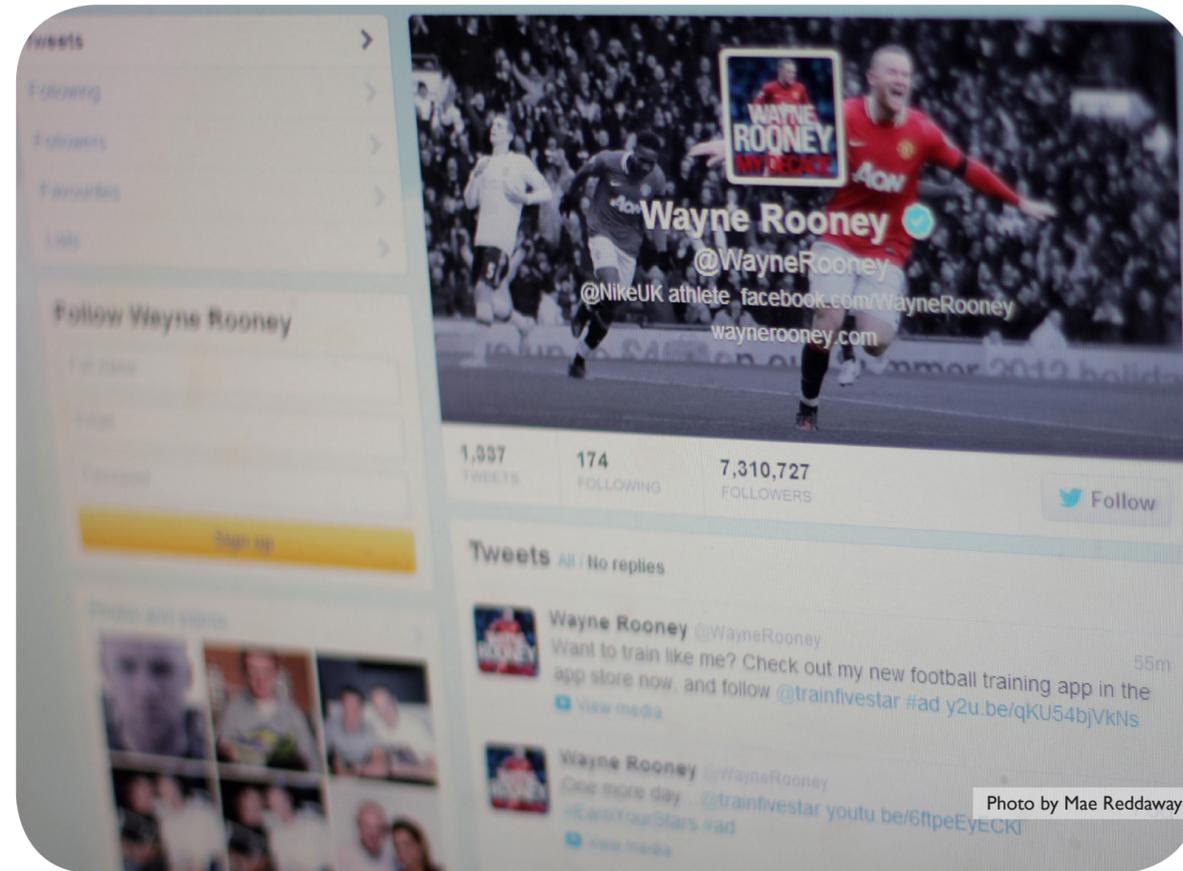


Photo by Mae Reddaway

Knight's position in the commentary box, branding his role as "Ridiculous". The England and Wales Cricket Board subsequently fined the batsman an undisclosed sum, a portion of which was suspended for 12 months based on his future conduct, as his comments had brought the board in to disrepute and contravened England players' "conditions of employment". This was not the first time Pietersen's remarks on Twitter had caused controversy and since, there have been further questions over whether or not he should continue to utilise the site. The cricketer is not the only sports person to have instigated discussion due to his use of social media though. Whilst Pietersen directed his comments towards a former sports personality, British Formula 1 Driver Lewis Hamilton focussed his outburst upon then McLaren colleague Jenson Button.

Just over a year ago Hamilton wrote:

"Just noticed @jensonbutton unfollowed, that's a shame. After 3 years as teammates, I thought we respected one another but clearly he doesn't."

The driver was soon forced to backtrack though upon the realisation that Button had never followed him in the first place. Hamilton has since removed the tweets, but it's unlikely that his compatriot Button will have forgotten the slur, whilst sports fans worldwide have once again been reminded of his sometimes reckless nature.

In spite of the fact that sports men and women's utilisation of various forms of social media have proven to

be problematic, nevertheless there are many more benefits to its usage. As Twitter is a digital source of information which can be updated instantaneously, it is possible for news to break, far quicker than it can be distributed by the world's media outlets.

Andy Murray's straight sets victory over Novak Djokovic at this year's Wimbledon was one of the most tweeted about events in history, with an average of 120,000 tweets per minute recorded in relation to the event, meaning anyone in the world could keep up with it.

Murray's own reaction to the win, like Swann's regarding The Ashes, gave an insight in to the athletes own feelings rather than an official statement delivered by a public relations expert. Once again Twitter's value was apparent and as such, it is evident that for sports people it can be a help as oppose to a hindrance.

Although anyone who was interested could keep up with Murray's Grand Slam winning performance via Twitter, an event which truly became breaking news on the site was Eden Hazard's announcement that he would be signing for the 2012 UEFA Champions League winners, Chelsea Football Club. Whilst there were no doubt discussions leading up to this for months, nothing concrete had been decided upon, until Hazard's announcement.

In this instance, a sports star's utilisation of social media was beneficial, even if it just put to rest rumours about his future.

Whilst the utilisation of social media has proven to be problematic for a number of athletes, it must be considered that their presence on such sites as Twitter enhances their careers, as well as bringing them closer to the fans that idolise them.

It's not the "Yid Army" we should be condemning

Alexander McKerrow

"Yiddo, yiddo, yiddo," they chant, amidst screeched hissing sounds.

The recent FA decision to criminalise Tottenham Hotspur fans who refer to themselves as the "Yid Army" must be seen as ludicrous. "Yid", literally the Yiddish for "Jew", is a broadly neutral term, with only Yiddish speakers actively using it. However, the term often takes a pejorative use, as Tottenham fans are taunted by it. We should not condemn Spurs fans who use it as a badge of pride, in defiance of their anti-Semitic abusers. We should instead focus on the true enemy: those whose extreme views would seek a world without the Jewish race.

The "Yid Army" itself is quite a peculiar phenomenon. Whilst the team is known for it's Jewish following, its fans

are still predominantly non-Jewish.

The term therefore shows one thing: pride. A pride in the team and its Jewish heritage in north London. The term "Yid Army" is about unity; a unity against anti-Semitism and a heroic defiance against those who wish to promote anti-Semitism. The emergence of the term itself was primarily reactive, as opposing teams started to use it to abuse Spurs' Jewish following. Thus the "Yid Army" came about as both Jewish and non-Jewish fans stood together in the face of anti-Semitic abuse.

The FA's decision is worrying in that it seems to place the onus on Spurs fans, not their abusers, for anti-Semitic abuse.

Punishing Tottenham supporters, given that many of them will have been subjected to the most heinous abuses

throughout their lives, is punishing those most in need of our help. As English football's governing body, the FA has a powerful position that is able to create and implement cultural change within the beautiful game. It is an affront to decency for them to not do this and instead focus on the victims of abuse. In abdicating its duty, the FA is side-lining anti-Semitism and distinguishing it from other forms of abuse. It is aggravating the problem, as Spurs fans will now be even more likely to use the term, to defend themselves against another source of condemnation. This has the potential to inflame the situation even further, which is surely not a desirable outcome for anyone.

Spurs fans are clearly not legitimising the abuse, in the same way that some black people do not legitimise rac-

ism by using the "N" word. The reclaiming of words has always occurred and is done in defiance, not approval. As with the "N" word, many may feel uncomfortable with people using the "Y" word as one of unity, but it is not their place to judge. The sorrow and terror of the Holocaust is not just a historical event for modern Jews, it is something which has shaped their world view and which they still have many questions about. This begs the question as to how their Jewish following are expected to react in the face of intense hissing from opposing fans, imitating the gas-sing which killed millions of Jewish people. Naturally, they cannot merely stand there in silence, impotent in the face of such abuse.

The "Yid Army" replaces that silence, as a call to arms against such terrible abuse,

and as a means of all Tottenham fans standing as one.

Anti-Semitism continues to march on in a seemingly interminable fashion, so we must ignore the distractions coming from this controversy. The ceaseless debate about the "Yid Army" cannot be seen as anything other than a dangerous distraction, especially when anti-Semitic jibes are still so widespread. Of course the use of the "Yid Army" term may be unsavory, but it must be stomached until opposing chants about Auschwitz stop, until anti-Semitic attacks on Spurs fans at European matches halt and the FA recognises its duty towards both Jewish and non-Jewish. When Jews and non-Jews alike stand side-by-side in the face of anti-Semitic abuse, chanting in unison, I feel we are moving forth towards greater cohesion, not backwards.

Panesar debacle proves cricket has moved on

Erik Apter
 Sport Editor



Turban clad as he stepped up to the crease, Monty Panesar has become an unmistakable figure in the world of cricket ever since he first put on the whites of the three lions in 2006.

The Sikh quickly became a cult hero amongst the Barmy Army and with his incredible enthusiasm, less than stellar batting and wicket taking prowess, there was an inevitability about Monty's popularity. A high quality bowler who always has a smile on his face, Monty embodied every cricket fan who'd love nothing more than to play for his country at Lords.

Panesar's spotlight was soon taken however, as the incredible Graeme Swann became England's first choice spinner and the lovable Sikh spinner had to settle for a bit-part role.

However in recent months things haven't quite been going to plan for Monty, after news broke of his fine for urinating on a bouncer outside a nightclub, he surely must have

feared for his career. Having said that you only imagine how his cult status would be intensified, drunken escapades will do nothing but endear him to the Barmy Army, but in a sport that prides itself on gentlemanly conduct and sportsmanship, what Monty did, just wasn't cricket.

This worry must have intensified after Panesar was released by Sussex following the incident and the subsequent media backlash that followed. Things however have brightened up slightly for Panesar over the last couple of weeks, to follow his signing by Essex it appears bouncer-gate has been forgotten and his ab-solution complete as he was called up to the Ashes squad for the tour of Australia.

This all poses interesting questions, does cricketing etiquette matter any more? Should Panesar be allowed to once again pull on the whites of England?

Plenty of other instances indicate that cricket's status is no longer revered in the same way it once was. David Warner is back into the Australian line up after his assault on Englishman Joe Root and of course there was the infamous incident with Flintoff and 'that' pedalo.

Even more recently was the divide amongst followers

of the sport regarding Stuart Broad's decision to stand his ground, when the umpire failed to give him out during the recent Ashes series. The purists argued Broad was bringing the game into disrepute, whilst what seems to be the modernist approach was that Broad was well in his right not to walk. The hysteria over the integrity of cricket with Broad however, is something that Panesar seems to have evaded.

Should on field perfor-

mances always take precedent over what happens in private then? In Panesar's case he was deeply apologetic about the whole incident and grateful for his second chance, stating: "It's an incredible boost I needed as a cricketer and as a person, after a chapter in my life I'm ashamed of."

Whilst I personally welcome Panesar's re-introduction into the international fold, one point must be raised; would the selectors have been so forgiving if there was another

international class spinner available? Or is Panesar the beneficiary of circumstance, in that the search for a decent alternative to the Sikh have fallen short?

Either way despite committing a stupid but ultimately forgivable offence, Monty has once and for all proven that English cricket no longer is ruled by gentlemanly conduct and that like most other sports, it's definitely a results business.



Preview: Inter College A League

Football

Pendle

League position last year: 1st

First game of season: County (16th Oct)



Having topped the table last year and finished runners up the year before, Pendle have become the college to beat. Despite not always playing the best kind of football, results are what matters and they know better than most how to secure all three points. Explosive winger Cyle Hunter provides a strong threat from the wide positions and he told SCAN: "after a successful unbeaten league last year, with new additions to the team we look to retain the league and win the cup, come-on Pendle!" With a tough opening fixture against Fylde, we will soon see what their title credentials are made of.

County

League position last year: 2nd

First game of season: Pendle (16th Oct)



County saw success in the LUSU cup last year, and look at this triumph to motivate them toward a similar success in the league. Guaranteed to have a huge following on the sidelines, the County boys will look to intimidate even the most resilient of opponents. Pipped at the post last year, County will put together a strong challenge, as last year's highest scorers will aim to win their first A league title for many years under the helm of new captain Joel Watson.

Lonsdale

League position last year: 3rd

First game of season: Bowland (23rd Oct)



Last year Lonnie were strong on all fronts, securing football victory over Bowland at Founders, finishing third in the league and agonisingly

losing out to County in the LUSU Cup. This year could be Lonsdale's time to make a sustained push for silverware, which was last acquired in 2011. Their set pieces are a big weapon in their artillery, whilst in open play they will look to start their attacks from the defence, aiming to retain possession throughout.

Fylde

League position last year: 4th

First game of season: Pendle (23rd Oct)



Although being dubbed Lancaster's 'Sporting College' the A team in recent years have struggled to feature amongst the Inter College elite. Despite some fine performances last season, late complacency let down the men in orange with a number of draws damaging their ascent up the league table. With a number of players returning and some helpful acquisitions at trials, this could be the year Fylde get back to their best. This year's captain Billy Crow told SCAN "I'm very excited for the new season. Having managed to keep hold of many first team players and with our record last year I feel we can really make a push for the title."

Furness

League position last year: 5th

First game of season: Grizedale (16th Oct)



Furness have shown improvement in league position in the last two seasons, becoming a team to reliably finish somewhere around the mid-table. Hard working and defensively sound; be ready for a good honest battle against this outfit, as they look to continue their own development up the table.

Grizedale

League position last year: 6th

First game of season: Furness (16th Oct)

Grizedale are a promising team and could feature as the league's biggest underdogs. With a strong squad at his beckoning, Captain Dan Rudnick told SCAN:



Bowland

League position last year: 7th

First game of season: Cartmel (16th Oct)



Ending the last two seasons in the bottom two Bowland have been in a bit of a trough of late. In spite of winning the LUSU Cup in 2012, their league position since has not improved. Their opening encounter will be against Cartmel and could define their season. Win and the only way is up, lose and another year of stagnation could be inevitable.

Cartmel

League position last year: 8th

First game of season: Bowland (16th Oct)



The topsy-turvy team of the division, winners of the league in 2011, Cartmel saw much of their championship winning team prized away to the University teams last year. This drain of talent significantly weakened a previously unbeaten team resulting in a complete contrast, as they finished bottom - without a win to their name. Current captain, Alex Taylor described last year as a "learning curve" bringing optimism to this year's campaign. Rooted to the bottom of the table last year, Taylor will have to sure up his defence if any improvement will be seen.

"we are optimistic for the season and will look to build on the promise we showed last year." This year Grizedale will surely surpass the mere 2 wins last time out, as they too look to finish as high as possible.

Netball

Fylde

League position last year: 1st

First game of season: County (15th Oct)



You have to go as far back as 2008 to see a different winner of the Inter College Netball A League. For over five years Fylde have grown into a netball force, dominating both Inter College Netball Leagues. Where the boys may have failed - in recent years - the Fylde women's netball teams have excelled in dominating their opposition. Unless a big upset is staged, it is difficult to see Fylde not retaining the trophy they have controlled for so long.

Furness

League position last year: 2nd

First game of season: Grizedale (15th Oct)



Finishing runner-up in two of the last three seasons, both times to Fylde, Furness have been within touching distance of their closest neighbours. Speaking to SCAN, A team captain Sarah Howarth said "we're looking forward to seeing the great potential our teams have shown." Hoping to go one better this year, Howarth will rally her troops as best as possible, heading into the opening game of the season against Grizedale.

Bowland

League position last year: 3rd

First game of season: Cartmel (18th Oct)



Bowland netball saw victory in the Founders series at the end of last year. They will go into the season with high confidence and with the second highest score difference in the league; they could be the best challenge to Fylde this year.

Lonsdale

League position last year: 4th

First game of season: Pendle (18th Oct)



For the second year in succession Sophie Millington captains Lonsdale's A team. Millington commended the influx of new players joining the team being quoted as saying "with a strong squad in place we should have some good wins this year." Lonsdale's ladies will hope to build on their top four finish last year ending the captain's time at Lancaster on a high.

County

League position last year: 5th

First game of season: Fylde (15th Oct)



The 2012-13 league season proved to be a slight anomaly on County's record, previously finishing consistently in the top 3 they dropped to 5th for the first time in six years. In doing so it was their first occasion in that time period to lose more games than they won. Tasked with removing last year's slight blemish from their record is captain, Caitlin Angell telling SCAN: "It's early days yet but we've got a really promising squad this year who are training really hard and are ready to come back a lot stronger to make sure last year was just a one off."

Cartmel

League position last year: 6th

First game of season: Bowland (18th Oct)



Similar to Pendle, Cartmel have struggled in recent years to get out of the bottom half of the league. Captain Lexi Lingwood, told SCAN "Cartmel look to be having some great talent coming through so fingers crossed for some fantastic results." Much like Cartmel's other A team - in football - they have been found lacking in consistency which ultimately has damaged their progression up the league.

Pendle

League position last year: 7th

First game of season: Lonsdale (18th Oct)

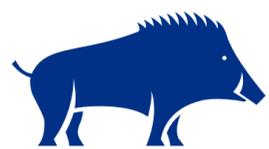


Despite finishing in the bottom three in the last six seasons, Pendle's "witches" will hope for a more consistent year on the netball court. Failure to score wasn't the issue for Pendle last year, only falling on the wrong side of close-scoring matches ended any chance of a top half finish. Captain, Jennifer Tatton told SCAN: "with some promising new players coming in, I think we'll finally be able to break our pattern of finishing in the bottom three!"

Grizedale

League position last year: 8th

First game of season: Furness (15th Oct)



Grizedale were only one of two teams to score double points in the league against Fylde last year. Nevertheless, they ended the season rock bottom with only 1 win in 14. Back in 2008, Grizedale were the last college to displace Fylde from the top spot, although that seems a far cry from the team's current ambitions, a year of steady development should see Grizedale rise from the foot of the league table.



Sport

Sports Editors: Erik Apter & Iain Beddow [✉ scan.sports@lusu.co.uk](mailto:scan.sports@lusu.co.uk)

Lancaster University Boat Club

Danny Gallagher

The term 'Boat Club', when used in conversation, often evokes connotations of Oxford and Cambridge and their annual 'Great Boat Race'. What some people are not aware of however, is that here at Lancaster we have our very own boat club, affectionately referred to as LUBC, which prides itself upon its claim of being the University's oldest competing society.

Newcomers to the University often find themselves intrigued by the possibility of joining the Boat Club, a curiousness perhaps heightened by the exclusivity of the sport itself and the limited areas nationwide that have the necessary physical conditions to host a rowing club. Lancaster itself has an almost perfect setup.

With the LUBC boathouse located just a short journey outside of town by the banks of the river Lune, the University is able to capitalise upon a picturesque and adequately sized waterway of which the Boat Club consistently use upon a weekly basis.

As with many other sporting societies, this time of year sees an intense period of planning and preparation for the upcoming regatta season, ensuring both new-coming novices are fully trained

and returning seniors are in peak physical condition. The beauty of the sport itself however is that very few people who join LUBC within their opening term at Lancaster have actually experienced rowing before. This results in the Boat Club being a very relaxed society to become a part of and instantly creates a sense of unity between groups of people who are collectively learning a new sport together.

Many changes have occurred within the boat club since the end of the last academic year regarding crew captains and personnel. Former novice captain Alex King has now stepped up to the role of club captain whilst former men's senior rower Tim Mitchell has now become the LUBC head coach. Both these changes have provided a steadfast way of ensuring the club's ethos and tradition stays within the heart of the boathouse, with familiar faces at the helm.

With the upcoming race season just around the corner, the LUBC crews will be hoping to be in pristine physical condition in order to hit the ground running. Monday mornings will see a challenging yet rewarding start to the week with early fitness circuits and interval training. Alongside this, weekly outings upon the Lune will take place each weekend,

enabling returning seniors to shake off the summer's rust and for LUBC newcomers to begin to hone the techniques of a new sport.

As the regatta season begins to unfold, LUBC will see itself competing in various locations across northern England. Major events include Head of River Race (HoRR) and its female counterpart – Women's Head of River Race (WeHoRR) along with a trip up to Durham for their prestigious and highly

competitive regatta; each of these respective events sees athletes compete in boat crews of 8, 4 and occasionally 2.

In addition to this, LUBC also take part in the annual Chester indoor BUCS championships, whereby rowers display their solo capabilities against competitors from other Universities across the country on the rowing machines, colloquially known as ergs.

With an action packed cal-

endar ahead, there is no better time to get involved with one of the Universities oldest sporting societies.

With weekly outdoor events and frequent training sessions, LUBC provides a vast array of opportunities to completely take up a new dimension of sport. For further enquiries see the official Facebook page 'Lancaster University Boat Club – LUBC Rowing' or visit the official club website at <http://boat-club.lusu.co.uk/>.



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