



CULTURE CLASH

Julia Molloy and Sarah Dutton go head to head on which is better: short stories or lengthy novels?

p. 24



GYM TRENDS

Georgia Shepheard is here to give advice on how to manoeuvre the mine-field of appropriate gym attire

p. 33



DEMON BIRD

Rachel May Quin talks about the latest app phenomenon, Flappy Bird

p. 50

Lancaster University's Goenka partnership may have hit the rocks

- Lancastrian links with the Goenka institution are being questioned again, after a report submitted to University Council claims the amount of students taking courses has "not grown" to the extent the University hoped it would
- The report acknowledges the "importance of India" and states that Lancaster's relationship with Goenka is subject to review and feedback meetings, the lack of student numbers is allegedly due to the "competitive market" in India

Photo by Jay Theis



Dan Allen

The future of Lancaster University's support for the GD Goenka World Institute is uncertain following a report from the University's Pro-Vice-Chancellor Steve Bradley. The Institute, located in northern India, will continue to be supported by Lancaster

University in the immediate future but question marks remain over the University's long-term support.

The University has been in partnership with the GD Goenka World Institute since 2009. It provides a range of programmes which allow Indian students to study locally for Lancaster University accredited degrees. These degrees cover both undergraduate and

postgraduate level and are taught by both Lancaster and Goenka staff. It had been hoped that the relationship with the Goenka Institute would help Lancaster University's continuing international presence, particularly in India's rapidly growing market.

The report to the University Council by Bradley has revealed that the University has called into question its ongoing relationship with the

Goenka Institute.

Bradley, described by the university as being "at the forefront of implementing the University's strategy with respect to international development," released a statement explaining the process of review that the partnership has gone through. He stated: "our relationship with GD Goenka World...

Continued on page 8

scan Fashion

Bryony Seager takes a look at up-and-coming supermodel Cara Delevigne and her career so far: Page 36

Twitter: @SCANfash
Instagram: @SCANfashion



scan Lifestyle

Eleanor Tankard reviews the latest restaurant to hit the streets of Lancaster - American diner Rocky Street: Page 40



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EDITORIAL



Rachel May Quin
Editor

Another issue of SCAN is upon us. During the design of this issue, I had to stop for a second when I opened the template to appreciate that we're now way over halfway through SCAN this year.

This week I'm very pleased to say that the SCAN banner is looking a lot more colourful than usual. This is because it's in honour of LGBT history month. I love a bit of history, and if you'd like to find out more about it, we have a lovely article in Features dedicated to

it – so take a look.

Other exciting news this issue includes SCAN successfully completing the Lancaster University Run Against Domestic Violence (LURADV) without any of us collapsing, and the library will now be open 24 hours; as you can see on the adjoining page.

Personally, I can't decide if a 24 hour library is a blessing or a curse – do I really need to know that the place I work so hard to avoid is now open all the time? Just kidding, I don't avoid it. Most of the time I find myself hopelessly lost in the purple zone searching for that mysterious history book with the reference MUK183DSNF (do the hokey cokey and clap three times) KX.P.

I'm also interested to see how the NUS get on with their petition to make student finance start paying us students in monthly instalments – you can read more about this in my article on page 10. It is something that our VP (Welfare and Community) Tom Fox has mentioned a few times now and will shortly be brought up on the LUSU Council agenda.

It seems like a good idea in theory, as I am one of

those people who gets the student loan, pays bills, debts and purchases books/bus passes/ all the other usual university stuff, then finds herself completely skint and attempting to live off one big ASDA shop a month..

However, the argument that students could manage a monthly loan better than a termly one – because it's more like the real world when you'll get a job and receive a monthly wages – perhaps does not work practically for students.

For example, if you live in campus accommodation, unless your university is willing to change the rules you'll be expected to pay your term's rent up front. Likewise, if you receive the bare minimum loan of £1,000 a term, it might become a struggle to receive a monthly payment of around £300; because let's face it, in the real world you'd (hopefully) earn a lot more than that.

It's worth coming along to LUSU Council if you can, it's open to more than just officers. Or you could always read the SCAN report on it. That's just as good.

Anyway, with the Valentine's Day weekend over and the couples that actually celebrate it returning to ignoring each other until next February 14th, the next big holiday to look forward to is Easter. Whilst I'm not particularly religious, it's that time of year where I will be annoyed by people claiming that they are giving things 'up for Lent' despite having never set foot in a church in their lives.

Easter vacation is still five weeks away though, so buy some Creme eggs and carry on with those essays. Here's a fluffy bunny to keep you motivated as we pass the Lent term halfway point.

Have a lovely fortnight!



Rachel. x

IN THIS SCAN

News

Library to open 24 hours permanently	3
Lancaster to employ 40 academics & Construction begins	4
Pay negotiations "closed" as strikes continue & LURADV	5
'Pink Day' makes lasting memories at Lancaster	6
Front page story & McEnery to exit FASS	8
Green Lancaster's Ecohub a success	9
NUS petition & Climbers Against Cancer raise £1,800	10
Lake Carter floods & Local businesses in need of support	11
Ruskin Library exhibition & Lancaster Scholarship	13
Wellbeing Day, Furness bar crawl & Love your self(ie)	15
Lancaster student starts petition & Vote-Fest	16
China-UK challenge & 'Time to Talk' day a success	17
The SCAN archives	18

Carolynne

Photo of the week & In this issue	20
Who's afraid of the Big Bad Wolf? & Culture News	21
Wu Chi-Tsung – 'Recalibrate'	22
Backstage with: The Blackout & You need to know...	23
Culture Clash: Short stories vs. Novels	24
Review: 'Weightless' & Cabaret Vérité @ LICA	25
SCAN Interviews: Bombay Bicycle Club	26
LGBT History Month	28
Why we love/loathe red carpet season & Nekominations	29
The war on privacy & Veganuary	30
Student Stereotypes	31
Tricky trends: Pastels & SCAN Fashion-0-Meter	32
Gym Wear: The Unwritten Rules	33

Men's Style Up: Spring/Summer 2014	33
Is Converse an immortal trend? & Accessories S/S14	34
Spotlight on: Cara Delevingne	35
The Girl with the Swallow Tattoo	36
Work hard, play hard & Reasons to... love Mondays	37
Healthy food myths & Restaurant Review: Rocky Street	39
Inexpensive ways to escape & 10 things I learned	40
Learning a new language & How to	41
Restaurant Review: Bella Italia & SCAN recipes	42
	43

Comment

Why the union is right to take Page 3 off the shelves	45
A revolution in sex ed & Government's 'gagging bill'	46
Challenge the myths of mental health and drug addiction	47
Answers from Alexandra Square	48 & 49
The curse of the very Flappy Bird	50
Cycling helmets & Reality TV: A problem for our country?	51
How can anyone trust the e-cigarette?	52
Justin Bieber & Jon Snow: The aspiring feminist?	53
Postscript, Letters to the Editor & Puzzles	54 & 55

Sport

What we've learned from Superbowl XLVIII	57
Has Financial Fair Play really levelled the playing field?	58
Depression: The toughest challenge in sport?	59
Davis Cup Delirium & Champions League	60
Should the Winter Olympics go ahead?	61
Bombers match report & 5 things to watch at Sochi	63
Roses 2014: The 50th Anniversary	64

News

Library to open 24 hours permanently

Calvin Judd

Lancaster University Library is now set to open its doors to students and staff 24 hours a day on a permanent basis. The new opening times will allow round the clock access to the library and its facilities until the end of term.

Having undergone a trial period of opening 24 hours, five days a week during exam period last year, University Management have decided to implement it on a more permanent basis. With many complaining of overcrowding in the Library during exam times, this trial period received a lot of positive feedback from students.

The pilot opening hours were taken advantage of by hundreds of students during the 2013 summer exams, with the trial as a whole being deemed very successful. Bailrigg FM celebrated the preliminary opening times last year by hosting a 24-hour library challenge to promote and encourage students to take advantage of the new opening hours.

VP (Education) Joe O'Neill – known during his campaign last year as #FTj0e – made the extended library opening times one of his main policies during his election campaign. Speaking to SCAN he said: "I'm delighted that Lancaster has taken the decision to finally pilot a 24 hour library. This is something students have been calling for for years and something I personally ran on as a key election pledge last year. I am personally very pleased to have been able to accomplish during my time in office."

It was also recently announced that large-scale renovations are to be made to the Library itself. O'Neill added: "Alongside the £15 million refurbishment of the library which I have been helping to move forward as the



Photo by Mae Reddaway

lead student representative, this shows that the university is committed to catering to the student experience. I'm very happy to have been able to successfully lobby to achieve this and it's exactly the sort of service our students deserve. A 24-hour library is something I think that if we are serious in cementing ourselves as both a leading UK & international university, is essential that we keep."

The 24/7 opening hours will ultimately give students choice when it comes to their study schedules.

It is important to remember that students do not all study in the same way, with each individual employing different techniques and approaches. Deputy Librarian David Summers said that: "Students will have more freedom to study at the times they choose. We recognise that many prefer to study in the late evening and early hours of the morning."

Speaking about the student demand for the new opening times Summers explained: "Like any University service we try to assess and respond to both stated and proven demand. There is a clear stated demand from students for overnight opening and the demand is proven for the examination period, but it is not yet proven for other periods."

There has been some debate

as to whether opening the library 24/7 on a permanent basis would affect a significant enough number of students to justify the expense. Summers responded to this saying that "There have been a few busy nights since we started round-the-clock opening at the start of December, but so far the overnight attendances have not been great. We fully expect take-up to increase as we progress through the Lent term."

As well as the new library opening times, the facilities department has been engaging with the student population to determine whether it would be desirable to introduce new furniture into the study spaces. The sample furniture has been displayed on A floor and consists of several variants of new chairs, tables and sofas

as well as more enclosed and private all-in-one study carrels.

Whilst the library will remain open 24/7, the staffed service hours will remain 10am to 8pm from Monday to Friday, and 1pm until 6pm during the weekend.

The Library is also considering opening on a 24/7 basis during the Easter vacation period, depending on popularity during term time.

Lancaster to employ 40 new academics

Danny Gallagher

In late 2014, Lancaster University will take on another 40 academics within various departments. £2.57 million will be spent on acquiring these academics, showcasing increasingly positive intent from the University to invest into its educational base and reinforce the University's reputation as a world-leading, educational establishment.

The Vice-Chancellor's report to the University council outlined the decision to hire the academics for their respective posts. The £2.7 million that has been released for this initiative is made up of £770,000 that has been already approved from previous years, and an additional £1.8 million

in new investment.

The University told SCAN: "This investment will improve staff-student ratios and contribute to student experience as well as research".

Last year Lancaster University invested £3.4 million into the recruitment of new resident academics, showing a long standing commitment of continuously improve teaching and education resources at the University. A spokesperson for University House told SCAN that "with the £2.5 million this year, we have invested £5 million in new academics over the last two years, which is a sizeable and important investment that indicates our continued growth as we attract the highest quality staff worldwide".

With the University currently standing at 145th worldwide and 11th in the

United Kingdom, this move of drafting in an exciting new coterie of academics at the top of their respective fields is part of an effort to enhance Lancaster's overall standings.

VP (Education), Joe O'Neill, also expressed his delight at the acquisition of new academics for the coming year, telling SCAN: "I'm always pleased to see the University investing in academia – an investment in staff is an investment in students. Lancaster has to continue to attract the best academics possible to cement our position as a top university."

However O'Neill hastened to add, "I hope the University's management realises that with the ongoing pay dispute still unresolved we will struggle to invest in academia in future. Only when we begin to address fair pay in higher education will we ensure the ability of



Photo by Jess French

our institution to compete globally."

These lasting remarks pose, from a student perspective, a slight concern with regards to the bigger picture. Whilst pay dispute stands as a popular point of debate in Universities

across the length and breadth of the country, Lancaster remains confident that this move will positively enrich student's education experience at Lancaster as well as improve the University's research output as a global institution.

Construction finally begins on 3G pitches

Erik Apter
Sport Editor



pitch at Lancaster University, after its original start date was delayed last year. Construction on the all-weather facility began in Week 4 and will be built over what was previously college pitch four, as the university attempts to combat the rough Lancastrian weather that has plagued sporting events so far this year.

The 3G pitch will allow sports such as football and both forms of Rugby to be played on it during treacherous weather

conditions, and the University hope it will ease the fixture congestion that currently exists due to the numerous match postponements.

3G pitches are a form of artificial pitch specifically designed to be a form of hybrid between grass and traditional Astroturf pitches. The 3G pitch will contain much longer blades of artificial grass than found on a traditional all-weather pitch and will be set with an 'infill' of rubber

crumb that allows for more sand to be held within the surface if needed. The longer blades combined with the shock absorbers found below the surface mean that full studs can be worn in the same way as on grass and allow for a similar feel. However unlike on Astroturf, these longer blades mean that the pitch will not be suitable to play hockey on.

By using a drainage system similar to that found on the campus Astroturf pitches, the surface will be able to absorb overnight rain and heavy downpours whilst still being playable. The pitch will also be floodlit and fenced; allowing for matches to be played in poor visibility during both day and night, further alleviating problems with mounting fixtures.

However, the development of the 3G pitch has caused some minor issues to be created regarding the other surrounding grass college pitches, for example pitches have had to be altered to compensate for its size. Pitch three has had to be made narrower, whilst pitch four has been made shorter, meaning that the already compressed football pitches will be made even smaller to make room. This could have a knock on affect for college teams playing on grass that week as

the football may suffer due to the pitches being overly narrow or too short.

The announcement of the 3G pitch finally being built will come as a great relief to a lot of Lancaster University's sporting community however, as the pushed back start date for construction combined with the bad weather have caused frustration at the lack of fixtures being played.

Originally planned to be built in time for the beginning of this academic year, the development of the pitch was pushed back to December and was expected to disrupt the collegiate football league throughout first term as it was being developed. This did not materialise, but the construction has now begun.

The pitch is expected to be completed by Week 4 of Summer term and will come as a big relief to the captains who simply want to get back to playing sport again. The build will inevitably effect proposed sports on the college pitches and will likely be the cause of even further fixture cancellation if the weather improves.

However, in the long run this will prove to be a positive step for the university's sport and will undoubtedly prove a good purchase as the weather at Lancaster becomes less of an issue.

Work has finally begun on a brand new, state-of-the-art third generation artificial outdoor



Photo by Jess French

Pay negotiations "closed" as strikes continue to cause student disruption

Josh Walker

The University and Colleges Employers Association (UCEA) has asserted that pay negotiations with trade unions are now "closed", claiming "there is nothing more to discuss with the unions." The announcement comes as further strike action takes place at Lancaster University, with a full day of strike action held on Thursday Week 4.

In a letter to the unions explaining their decision, Chief Executive of UCEA, Helen Fairfoul, described the 1% pay increase offered as "the limit of affordability" and said UCEA will advise all higher education institutions (HEIs) to implement this increase if they have not already done so.

UCU, which represents academic staff across the United Kingdom, held a joint strike with members of Unite and Unison during Thursday Week 4 and a further two hour strike on Monday Week 5. They claim their members pay has fallen by 13% in real terms since 2009, despite tuition fees for students trebling and a recent survey showing university 'top managers' saw an average 8% pay increase in 2013. However, UCEA claim pay last year actually rose by 3% in HEIs after incremental pay and merit awards are accounted for and that as the higher education sector faces a "very uncertain future" staffing costs must be controlled.

One member of the Lancaster branch of UCU (LUCU) told SCAN that despite this announcement the dispute is not settled. Further strike action has been warned, as well as a boycott on marking, despite the fact negotiations on next year's pay is set to begin in March. Members of UCU have been working to contract since November 2013, which involves not working beyond contractual hours or performing additional voluntary duties.

The LUCU member – who wanted to remain anonymous – suggested both UCEA and individual universities were abdicating responsibility, with vice chancellors saying the

matter has been delegated to UCEA and UCEA claiming it cannot place an improved offer because the vice chancellors will not let them. When SCAN contacted the University's Human Resources department they said "The University engages in national pay bargaining via UCEA and this approach is endorsed by the [University] Council on a year by year basis."

The position of UCU is supported by the National Union of Students (NUS) and LUSU. VP (Education) Joe O'Neill told SCAN he believes "negotiations shouldn't be over at all." "With vice chancellors up and down the country being granted generous pay increases, it seems completely astounding that UCEA feels comfortable cutting hard-pushed staff's pay down by 13%," O'Neill said. "I stand fully by the aims of the strike. This is about fundamental fairness in higher education."

While some students have felt frustrated that teaching time is being cancelled due to strike action, UCU believe students should support strike action. A flyer distributed across Lancaster University campus states that UCU campaigned against the increase in tuition fees to £9000 and that "students and staff should not allow themselves to be pitted against each other... but rather should find common ground and whenever possible, work together to defend education".

"If the pay cuts don't stop, the quality and reputation of our higher education system will suffer".

In a statement addressed to students and provided to LUCU members on behalf of LUSU, O'Neill expressed a similar sentiment: "I fully appreciate the anger students feel when they are now paying £9,000 a year to find lectures and seminars are cancelled, and I am sure the academics striking would too. It wasn't us as students who turned ourselves into consumers and customers, so universities shouldn't be surprised when we start acting like it."

"So with that in mind, I suggest you let the Vice Chancellor know you think he needs to use his influence to push for a fair deal for our teachers. Rather than be angry

at a postgraduate teaching you whose extensive workload pushes them below minimum wage, be angry at the senior management that are letting this all go on."

The LUCU member SCAN spoke to was of the opinion there may be an ulterior motive to UCEA's stance and that they want the dispute to continue. The member believes many top universities would like to break away from national pay bargaining, with negotiations being taken by either individual universities or groups of them, and predicts this may be suggested in the future. While this may allow top universities to retain and attract the best staff, the member warns it will weaken UCU and make it harder to negotiate on pay and conditions in the future.

The dispute between UCU and UCEA began in October when the union voted in favour of strike action. Since then, there have been strikes in both Michaelmas and Lent terms of this academic year.

UCEA claim that support for the strikes has dwindled and most institutions report a "no to low impact" of strikes.



Photo by Mae Reddaway

Lancaster University Run Against Domestic Violence raises over £6,000 for charity

Nathalie Farrugia
Deputy News Editor

On Saturday, Week 3, LUSU and Lancaster University's Vagina Monologue group (The Vagina Monologues) came together to host the first ever Lancaster University Run Against Domestic Violence (LURADV). Many individuals and groups participated in the 10 kilometre route around campus from college JCRS, sports teams, and a wide range of clubs and societies. Overall, the run has raised £6,405 for the two charities and is still accepting donations.

LUSU said the aim of the run was to raise awareness of domestic violence against all genders. The LURADV team voted that the proceeds from the race would go to the two

chosen charities supported by The Vagina Monologues. The first 10% of the money raised will go to the global activist campaign 'V-Day', which was set up by Eve Ensler to raise awareness of domestic violence and fights to end violence against girls and women around the world.

The second chosen charity, which will receive the other 90% of the fundraising, is the local Trust House: Central Lancashire Rape and Sexual Abuse Support Centre, which is based in Preston and only opened its services this January. The aim of the Centre is to provide women, men, young people and children with practical and emotional support if they have ever been affected by rape or sexual abuse. It provides special sexual violence counselling, a helpline and Young Person's

Independent Sexual Violence

Advisor service. Currently, the Centre is looking for more volunteers and donations such as decorations and furnishings to help them prepare with their opening.

Jess French, Assistant Editor of SCAN said that she put together the team of SCAN members for the race "to get SCAN more involved in the community and try and raise a bit of money for a really good cause." French also said: "Some of the team were really good at running and ran the whole thing, whereas some people like me hadn't run in three years. But despite the mixed abilities in the team we all had a lot of fun!"

As part of another Vagina Monologues campaign, Week 5, saw the return of Eve Ensler's The Vagina Monologues at Nuffield theatre, which also raises money for the two charities.

'Pink Day' makes lasting memories across the UK



Rachel May Quin
Editor

Founding member Elaine Pilcher passed away recently, and Chan described her as "the inspiration behind it all". "Since its establishment last year, Elaine worked and supported the charity – and the student branch – helping to raise funds and awareness. Elaine herself was a parent, suffering from a terminal illness, whilst still looking after her young child. Through passion and will during her struggle with lung cancer, [she] and her best friend Gail Neville... set up this charity to provide the help and support [for] people in a similar position." Chan also added that whilst Elaine never went on a holiday or a special trip during his illness, her legacy for her child will be the charity and the Pink Day held in her memory.

LU Making Memories is not strictly a student society and is not currently associated with Lancaster University Students' Union (LUSU) or any other student union, although they operate as many other societies with a board of student execs that run and overlook the work carried out. The branch was established in September 2013, and works with various groups and societies on campus and beyond. Gillings added that "a large chunk of our time is spent facilitating '1 in 100 challenges', where we ask volunteers to raise £70 each. Naturally, we are able to offer advice and publicity for these challenges... previous

participants have held skint sales, bake sales, and someone is even doing a Zumbathon in the next few weeks." Chan spoke about their recent event, Pink Day, telling SCAN it "was a national event that invited people to wear pink and raise awareness... it turned out to be a great success with over 300 people joining in all over the country... [it even had] supporters [in] Poland, Canada and India... [who sent] us photographs of themselves



Photo by Mathew Gillings

in their finest pink." Chan also added that Pink Day was not about fundraising, it was about raising awareness so that other people who needed help would know who to get in touch with – although they have released a charity single which can be downloaded for £1 on their website store. Chan was keen to emphasise that "Pink Day will be an annual event and we hope that it will get bigger and better each time!"

Gillings revealed "We'll be running workshops on the day and inviting people to participate in the 1 in 100 challenge. Students from Leeds Met University will be joining us, as they are currently doing a "Making Memories module" in their Project Management class." Gillings emphasised that the group are always looking for volunteers to help out at larger events, as well as participating in the smaller fundraising challenges. People interested in becoming a part of Making Memories are encouraged to get in touch, as "we'd be more than happy to discuss potential fundraisers and publicity." Information for Making Memories can be found on their Twitter page – @M_MemoriesLU – via their Facebook group or their website.

Last of all, Gillings also spoke of his team and his hopes for the future of LU Making Memories, telling SCAN: "Each day I'm reminded what a fantastic group of people I work with. They're always on the end of the telephone, ready to jump into action and help make a difference. The whole experience has been touching: Gail and Elaine helped to form a group of like-minded individuals who could work together to create something special. We're all incredibly proud of what Making Memories has become, but this is only just the beginning."

Upcoming events for LU Making Memories include the Zumbathon on March 22nd, a quiz night in Cleveleys on February 28th and founder Gail Neville speaking at the International Women's Day at the Winter Gardens in Blackpool on March 8th.

Gillings, elected President of the group, spoke fondly of his experiences so far and with the Director of the charity: "As soon as Gail Neville told me what her friend was going through... I realised that it was a very special cause that was incredibly close to her heart. Gail had always wanted to start her own charity, and when Elaine was unfortunately diagnosed with lung cancer, it seemed like an apt time to begin. Elaine's journey really inspired me to make a difference – she had been diagnosed with a terminal illness, yet still had the tenacity to power through and assist Gail in establishing Making Memories."

Upcoming events for LU Making Memories include the Zumbathon on March 22nd, a quiz night in Cleveleys on February 28th and founder Gail Neville speaking at the International Women's Day at the Winter Gardens in Blackpool on March 8th.



Photo by Mathew Gillings

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International partnerships are “constantly under review” to ensure course quality

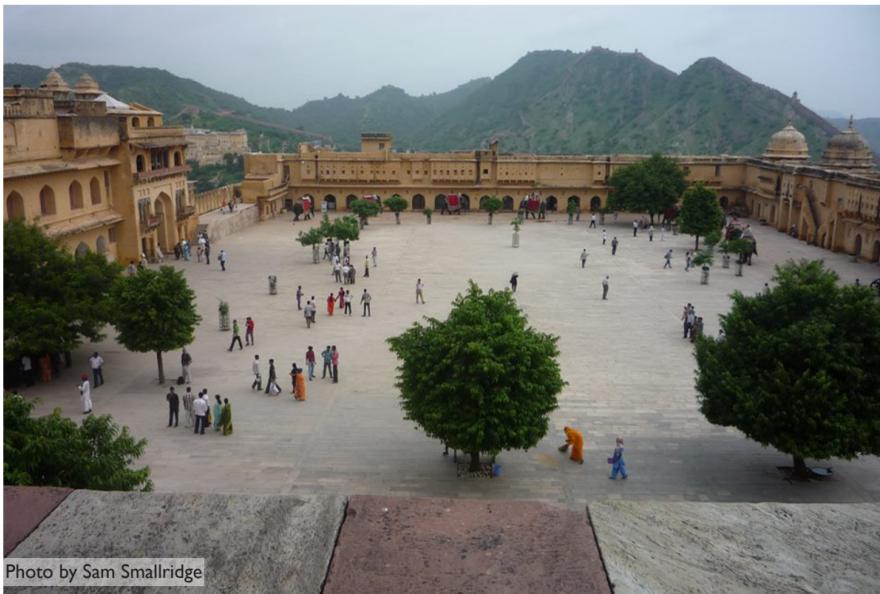


Photo by Sam Smallridge

McEnery to exit FASS

Henry Saker-Clark
Deputy Sport Editor

The Dean of the Faculty of Arts and Social Sciences, Professor Tony McEnery, has decided to stand down from his position at the end of this academic year. He has chosen to leave the position so that he can pursue academic projects whilst continuing his passion for teaching.

Speaking to SCAN, McEnery said: “The reason for stepping down is simple – I have a national research centre which demands a lot of time and attention.” After moving on from his deanship, McEnery’s main focus will be CASS, the ESRC Centre for Corpus Approach to Social Science. The centre designed to bring a new method in the study of corpus linguistics, to a range of social sciences. In addition to this the Professor told SCAN that he had “nearly £6 million pounds worth of grants to work on. That will keep me busy. I have projects working with government departments, civic organizations and major language learning providers, all of which should deliver tangible benefits to the UK and countries beyond.”

McEnery’s resignation was made clear through the Vice Chancellor’s report to Union Council on Friday, Week 3, when he said: “Following discussions with Professor Tony McEnery he has indicated to me that he would prefer to step down from his role as Dean of FASS at the end of this academic year because of his significant success and hence commitments in needing to deliver research. I have accepted his position and we have commenced a search for a replacement.”

McEnery stated that although a permanent replacement has not yet been made, interviews will be taking place in Easter in order to find a suitable new dean for the faculty. “I am standing down at the beginning of August 2014. A job advert has gone out to fill the post already and I believe interviews will be held, probably by Easter. So at the moment, I anticipate that the new post holder will be in place by the time I leave.”

McEnery was keen to make it clear that although he was leaving the role, he felt satisfied that the position will be filled adequately – “I am quite confident that we will have a strong field of candidates and that the Vice-Chancellor will appoint a

really outstanding candidate to this role...I am very happy with what I have achieved as Dean – I took a Faculty that was having financial difficulties and turned it into one which is strong financially and intellectually. That was my goal in taking the Deanship. I have delivered on that goal and am very proud of that. So, with a job done, I can safely step aside.”

Although McEnery is leaving Lancaster he is not leaving higher education entirely. “I am committed to continuing to deliver the highest quality teaching on my research specialism. At the moment I am teaching thousands of students worldwide to study and analyse language via Lancaster’s first MOOC (Massive Open Online Course).”

He went further to elaborate on his research, stating some of his hopes for the future. “In addition, in the last year alone in face to face teaching my team and I have trained over a hundred postgraduates in the analysis of language using corpus techniques. Who knows, with more time I may even be able to train tens of thousands of students in what is regarded worldwide as one of Lancaster’s key strengths – the use of computers in the study of language.”

Continued from front page

...Institute (GDGWI) has been reviewed through a two-stage process in February and July 2013, with a feedback meeting in November.”

Two key issues have called into question the ongoing relationship between Lancaster and the Goenka Institute. As Bradley’s report explains, the first of these is that the student numbers have “not grown to the extent that the university hoped.” The second relates to the “potential of confusion” between the Lancaster University supported GD Goenka World Institute and the new, separate GD Goenka University.

The report did not, however, state that the relationship would certainly end, acknowledging “the importance of India.” Bradley stated that “it has been agreed to extend the current Memorandum of Agreement by one year to December 2014 in the first instance.”

This will then be followed by a “longer term decision” about the future of the partnership which will depend on “progress relating to recruitment and differentiation.”

Despite the ongoing questions over the long-term future of the relationship between Lancaster and the Goenka Institute, the University was keen to stress the positives of the association.

In a statement to SCAN, the University stressed that Lancaster “values its relationship with GD Goenka

World Institute.” The University also emphasised that GDGWI was not considered a failure in the region, stressing that the University had “been successful in equipping students in India with the skills they need to contribute to India’s growing economy”. She said this had been achieved through an “emphasis on employability”.

The statement also expressed the importance that Lancaster University gives to relationships abroad, stating: “International partnerships, where high quality Lancaster degrees are delivered abroad, are a key component of Lancaster’s global outreach strategy”. The statement said that the University would continue to support the “development of institutions overseas” in order to help “build the capacity of local higher education.”

As well as highlighting the goals of international partnerships, the University’s statement to SCAN explained the methods that the University uses to ensure that they are not wasteful, expressing that they are “constantly under review” in order to “make sure they are delivering the best programmes for students.”

The statement went on to highlight the current support for the GDGWI while the University “review[s] the possibility of extending the degree programmes on offer.” The University pointed out the difficulties of “increasing student numbers in India in a very competitive market.”



Photo courtesy of Jay Theis fan club

Green Lancaster’s Ecohub a success despite the Lancastrian weather



Jack Perry
News Editor

LUSU’s Green Lancaster team held an event on Friday Week 4 to showcase the work it has done during the academic year so far, as well as promote its future projects. The event – held at Green Lancaster’s Ecohub, at the north of Alexandra Park – was attended by several high-profile guests, including the Lancaster University Vice Chancellor Professor Mark E. Smith.

The event included the planting of around 20 trees at the Ecohub. Pizzas were also made using the Ecohub’s new pizza oven. LUSU’s Environmental Projects Coordinator, Darren Axe, claimed that the event had “gone really well.”

“Everyone has... got stuck in to the tree planting event this morning,” Axe said. “Given the conditions I would give top marks to everyone.”

The morning of Friday Week 4 was marked by wet and windy weather, though despite this organisers said the event was well attended. Those involved in the event included the Vice Chancellor of Lancaster University, Professor Mark E. Smith, accompanied by several LUSU Full-Time Officers. Smith was shown around the Ecohub and took part in the tree planting exercise.

VP (Welfare and Community) and the Full-Time Officer responsible for environmental issues, Tom Fox said “we have also been planting some seeds and we also tested out the new pizza oven that we have got at the Ecohub, which is really great – the pizzas were very tasty.”

The organisation of the Ecohub is aided by around twenty student volunteers. Volunteers and student staff come along to the site every Wednesday and Friday during term time to manage the Ecohub. One volunteer, Paul

Cambre, said: “We are really hoping to have a big plant [of trees and vegetables] this year. We’ve actually doubled the growing space at the site, so we’re hoping to get lots of students involved and get them growing loads of vegetables.” Another student volunteer, Agne Rimkute, said she hoped to make staff and students at Lancaster “more aware of environmental issues.”

Fox commended the number of student volunteers that were at the event.

“It has been really good to see the impact it has had since when I saw it over the summer and this first term,” Fox said. “There is a difference to how [the Ecohub] looks and a difference in the number of volunteers we have got down here – this is the most volunteers we’ve ever had for Green Lancaster.”

The pizza oven was managed by Lancaster University’s Head Chef, Julian Ankers. Ankers is also helping with other Green Lancaster initiatives, including the Edible Campus project, which will see herbs and vegetables planted around campus. Ankers said “I think it is really important that we can show people what [the Ecohub] is growing and what we can do with what is grown. I think that is what people often struggle with – they grow things in their garden and then they don’t know what to do with it, so that is where my expertise will come in.”

Other members of University staff were in attendance. The University’s Landscape Manager Ian Sturzaker has said: “We have a biodiversity action plan for the landscape at the university and one of the actions within that is to look at increasing habitat potential and other items from a biodiversity point of view. Working with Green Lancaster has allowed us to do that: we’ve been planting trees and

taking part in some woodland management with them as well.”

The event at the Ecohub is one of several Green Lancaster events that have taken place this academic year, with events in Alexandra Square to celebrate Halloween and Christmas taking place in Michaelmas term.

As well as the Edible Campus venture, Axe hinted at other future projects in the pipeline. Such initiatives include the ‘chicken project’, which will see chickens introduced to a part of the Ecohub: “that’s going to need a lot of volunteers as [looking after the chickens] is a twice daily task,” Axe said. “That’s something we’ll be starting... at the end of Week 4 and we need a big team on that because we want to keep [the chickens] nice and healthy throughout the rest of this year.”

“We’ve also planted the initial stage of an orchard with twenty trees... we’re installing a further 40 this week and next – it’s really going from strength to strength.”



Photo by Jay Theis

NUS petition to make student loan instalments a monthly income



Rachel May Quin
Editor

The National Union of Students (NUS) have recently created a petition to make student finance payments monthly, as part of National Student Money week, which took place in Week 5. The NUS claim that they have teamed up with the National Association of Student Money Advisers to campaign for monthly student loan payments in England, Wales and Northern Ireland, by encouraging students to sign an online petition.

The NUS claim that their research has found students want to be paid more frequently than the current three termly instalments, and that the present system causes problems. "We know that many students find it difficult to budget and hardship funds

see a spike in applications at the end of each term. Most salaries are paid on a monthly or weekly basis, and most bills come in once a month – so it makes sense for student support to be paid more frequently."

Critics of the proposal have argued that a monthly payment would be impractical for many students who are expected to pay their accommodation rent at the start of each term; a criticism which the NUS have acknowledged and insist that accommodation providers will readjust to students' needs "as they did in Scotland". The NUS also argued that whilst the start of the year is often more expensive for many students "Scottish students also get a double payment in their first month to help pay for start-up costs."

VP (Welfare and Community) Tom Fox has mentioned this issue before, with the 'Pound in your Pocket' research, conducted by the NUS, being presented as an item in the Week 5 Union



Council papers. The concept is due to be discussed in Union Council, although its members anticipate that there could be initial problems with the switch. SCAN spoke to one undergraduate, who said "I think that the student loan is troublesome for many higher education students, not just because it is a termly payment, but because the sheer amount of paperwork that you have

to fill in to be eligible for the student loan goes wrong for many students. I think that a monthly payment might be useful, but I also think that if student finance occasionally struggle to make the termly payments, regular monthly payments could be asking for too much. Students would be in much more financial trouble if the payment of their student loan is unreliable –

because then they'll miss rent payments and won't be able to afford food."

Another student commented, "Perhaps the NUS should be campaigning for fairer loans, rather than assuming that students who come from reasonably well-off families will be supported by their parents and end up taking a part-time job at university just to survive."

Climbers Against Cancer raise £1,800

Marketa Lapackova
Deputy News Editor

The Lancaster University Mountaineering Club has celebrated a great turnout at The Climbers Against Cancer (CAC) event that took place in the Sport Centre on Monday, Week 4. It exceeded all the expectations regarding the number of participants with over 50 people attempting to defeat the height of Everest in order to raise funds for cancer-cure research.

The event was hosted by the club's social secretaries Jess Hawthorne and Sammi Potton. Hawthorne commented on the success of the event:

"We were really surprised with the turn-out on Monday – we got way more people turning up to climb than we had originally anticipated!" she said. "We guessed that most people would be members of the Mountaineering Club already, and maybe a few of our friends could be per-

suaded to join us," she continued, "we really didn't think that the response would be so great, we had people joining in who had never climbed before which was really cool."

"LUSU has been a huge help in making this whole thing possible," said Jess. "Everyone we have been in contact with have been incredibly co-operative and generous," she continued.

"The event wouldn't have gone ahead at all without the help of staff at LUSU Activities, and the cooperation of the sports centre."

Even those who don't feel up for climbing up Everest have an option to contribute by purchasing a T-shirt or a hoodie from their online shop, or simply by making a donation.

CAC is, in fact, a local charity, founded by a Lancashire-based climber John Ellison.



Photo by Lucy Lamb

Once diagnosed with cancer at terminal stage, Ellison decided

to dedicate himself to raising funds and awareness through this very special sport. CAC donates to five international research charities, one on each continent. It has only been running for a year, yet it has already gained a worldwide popularity, which is an unusual success for an independent charity.

CAC has many official supporters, such as the Workhouse Creative Marketing or the Planet Mountain.

On the CAC website, Ellison explains the link between climbing and charity. In climbing, people often depend on each other, which brings them closer together and makes them more supportive of each other.

Jess shares Ellison's view and commented to SCAN that "[Ellison]...he noticed that in the climbing community there is a mutual desire to support and encourage each other to succeed. Regardless of nationality, creed or colour we are in many ways an extended family," she described his inspiration, "We've noticed this attitude as a club too. No matter where we go, there are always friendly climbers willing to offer advice," she continued. "I think this community attitude definitely helps when it comes to rallying together support for a cause."

The Mountaineering Club Executives had a chance to meet Ellison personally and speak about his so unique views of life and all its attributes.

"John has adopted a great attitude towards his illness. He knows what he has is terminal," Jess explained. "But he says that with the work he is doing now and the people he is getting to meet, he has never been happier."

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Lake Carter floods campus path



Steve Start
News Editor

Due to the recent poor weather conditions one of the footpaths leading towards the Sports Centre has been submerged by water for over two weeks.

SCAN decided to contact Ian Sturzaker, Facilities Landscape Manager, to ask about the flooded area that has only recently undergone extensive drainage work.

"We are currently working on

the flooding of this path as a priority and additional drainage is to be installed to help alleviate the issue, which is being caused by the considerable amount of wet weather. A contractor will be on site in the next couple of weeks and in the meantime we would recommend using the alternative footpath that connects to the boardwalk across Lake Carter when the path is flooded."

Thankfully the University's decision to create additional access to the Sports Centre via the bridge across Lake Carter has meant that students can still access the facility safely. Nevertheless SCAN still advises its readers to take extra care when travelling in poor weather conditions.



Photo by Mae Reddaway

Local businesses in need of campus support

Bjorn Osen & Jenny Paxton

The difficulties that small businesses are facing in Lancaster should be of great concern to students. Lancaster's townscape is littered with empty run-down shop spaces and vacant opportunities once filled with the hopes of many SME's. Small towns like Lancaster have many large chain stores and therefore the dependence on these SME's to provide choice to the market is essential. Where variety and competition are necessary to maximise the living, working and studying conditions of the population, it is the closure of many of these small shops which is disconcerting.

Based on this premise, the project FORUM (ENACTUS) aims to help discover the

reasons for business failure and helps to address such issues within Lancaster city centre. Working with the small businesses of Lancaster it hopes to strengthen the relationship between students and such businesses by providing insightful information about the demand of students in particular sectors.

One such business is the Yard Coffee on King Street opposite Waterstones in Lancaster; this business is one which opened its doors to the Lancaster high street less than 12 months ago. Through their relationship with Rob (the owner) they hope to aid him in his connection with students and as a result promote the economy of SME's within Lancaster city centre.

In a recent interview on Bailrigg FM, Rob believes that competition from the bigger firms, such as Costa Coffee or

Starbucks is not the biggest challenge that he faces. Facing an absent central system from which to gain information about the town, its events, the university and its students Rob explained how SME's could benefit from being able to get in touch with the right people. Whilst efforts by Lancaster Bid and the Chamber of Commerce to energise the city centre have been successful, the fact remains that access to such a wonderful service is hindered by a fragmented system of notification. The opportunities provided by such organisations it appears would be more valuable to the promotion and development of business if it could be found in one place.

Making sure these independent firms are able to operate profitably is important in maintaining a thriving high street and a welcoming place

to live.

It is problems such as these which FORUM (ENACTUS) try to understand and combat.

Following their work with the Yard Coffee, FORUM (ENACTUS) aims to expand its influence and expertise to the entire network of SME's within Lancaster to involve as many businesses as possible. This particular focus is executed by a small team within forum, lead by Adrian, with an aim to rejuvenate the high street. "Through working with local business owners, at Enactus Forum, we have discovered that sometimes local business

start-ups struggle to gain the support and information that is available to them."

In addition to providing such support, FORUM (ENACTUS) also aims to create an online platform upon which businesses can connect with students and vice versa. Lead by Nicola, this particular team aims to remove the physical distance between Lancaster University and Lancaster town centre by providing an online space in which the needs of both students and businesses can be addressed. What is clear is that SME's are keen to connect with students and facilitation of that can only promote the economic environment described so appealingly earlier. The issue on this road to happiness is the information and support that it needs in order to prosper; something which FORUM aspire to provide.

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Ruskin Library exhibition to display the work of George Frederick Watts

Nathalie Farrugia
Deputy News Editor

In Week 4 of Lent Term, the Ruskin Library announced that they will be swapping exhibitions with the Watts Gallery in Compton, near Guildford.

The Watts Gallery's collection honours the works of the Victorian artist George Frederic Watts OM, RA (1817-1904) who is famous for addressing the most important issues of his time through his work. His paintings and sculptures are also closely related to the symbolist movement.

The exhibition at the Ruskin Library will consist of 40 of Watts' drawings, which will cover many different areas of his works, including the preparatory studies to some of his most famous paintings such as 'Love and Death' and 'The All-Pervading'. Some of the famous portraits include that of actress Ellen Terry, who married Watts in 1864 and also the mother of Virginia Woolf,

Mrs Leslie Stephen.

In return, the Watts Gallery will be home to the 'John Ruskin - Photographer and Draughtsmen exhibition', which features 20 drawings and 20 daguerreotype photographs on loan from the Ruskin Foundation. It explores how Ruskin used photography to develop his understanding of landscape and architecture which was to become very influential in Victorian Britain and beyond.

Stephen Wildman, Director at the Ruskin Library says the idea of the swap is 'to put two Victorian giants together'.

Wildman also said 'because both galleries have great collections, it makes sense to do the swap'.

Watts was a lifelong friend

of John Ruskin and has been described as 'England's Michelangelo'. His work varies in genre, from the history painting to symbolic representations of profound themes like 'Hope' and 'Love and life'. He is also known for his portraits of famous writers, artists and politicians, particularly in his collection 'Hall of Fame', as well as the sculptures 'Clytie' and 'Physical Energy'.

The Watts Gallery, which was set up in 1904, reached the final of the BBC Restoration series in 2006, a program following the owners of historic buildings as they restore them to 21st century dream houses. Since the show, the gallery has undergone major refurbishment works.

The Watts exhibition, entitled 'The Master's Hand: Drawings by G.F Watts' is featured from now until April 17th at the Ruskin Library Gallery, which is open from Monday to Friday 10am to 4pm. The Ruskin exhibition will run from Tuesday Week 4, Lent Term until Sunday Week 6, Summer Term.



Lancaster National Scholarship Programme students to get £2,000 cash due to changes



Jack Perry
News Editor

The University and LUSU have announced that Lancaster students on the National Scholarship Programme (NSP) will be entitled to a £2,000 cash bursary, replacing the old system of £1,000 bursary, £1,000 waiver of accommodation costs and £1,000 fee waiver. The announcement follows the government's cut to the NSP as part of the June 2013 spending review and changes at the Business, Innovation and Skills (BIS) governmental department. The changes will come into effect in the

2014/2015 academic year.

The changes to Lancaster's use of the NSP funding are believed to have been proposed by the University's Deputy Vice-Chancellor Professor Andrew Atherton, but are widely supported by several University bodies, as well as LUSU. While the government cut the amount of money given to each student as part of the NSP, the cuts also allowed for a more flexible use of the money, allowing Atherton to propose such a change.

In a statement to SCAN, the University said that "these changes were imposed on all universities as a result of a change by BIS to the NSP. We made sure we still give the most we can under the new arrangements, and wanted to change the scheme to give students 'cash in pocket' as this is what... students have been saying locally and nationally they want."

The National Scholarship Programme forms part of the Higher Education Funding Council for England's (HEFCE) strategy of Widening Participation, which aims to help students from low-income backgrounds as they enter higher education, something the University and LUSU both support.

President Joel Pullan told SCAN that he believed the change to a £2,000 cash bursary would help the University and the Union fulfil the Widening Participation aims more adequately. "Now that the money has been cut, we get to decide where the money should go... We've decided that money should go directly into students' pockets, because the whole point of Widening Participation funding is to make sure students get through university," Pullan said. "I don't think four grand, six grand less debt at the end

of their time at university is going to help them [students] get through university at all."

Pullan said that while more funding to help those students on lower incomes would be welcomed, he is happy with the change for the 2014/2015 academic year.

"Obviously it would be nice if the University filled the gap left by [the decreased government] funding," Pullan told SCAN.

"I don't think that's going to happen but I think it's good that [the University] are thinking about how best to

spend the money they've got, and I think they've gone with the best option in terms of helping students."

The government announced its cut to the NSP as part of its spending review in June 2013. The main change the government made was a decrease in the minimum award per student for 2014/2015 entrants, which is to reduce from £3,000 to £2,000, while also removing the amount of funding which could be awarded as cash. The Government also announced that the NSP will stop as an undergraduate programme from the 2015/2016 academic year and will instead be modified to support postgraduate students.

Currently, each student eligible for the NSP receives an award of at least £3,000, and no more than £1,000 of the overall award is provided as a cash bursary.

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University Mental Health and Wellbeing Day



Steve Start
News Editor

On Wednesday of Week 6, Lancaster University will host an array of events to promote University Mental Health and Wellbeing day. The annual event is aimed at promoting the mental health and wellbeing of people who study or work in further education. The day also aims to reduce the stigmatisation and discrimination associated with mental health issues. To boost awareness of the event, the University is working in partnership with LUSU to bring the students and employees of the University

an array of planned activities. These activities include complementary Shiatsu massage sessions by a trained therapist; a relaxation drop-in session to ease exam stress; a sleep specialist in the library giving tips for better sleep and a cake sale to raise money for a mental health charity. SCAN spoke to Tom Fox, VP Welfare and Community, who said that "Next Wednesday will be a great opportunity for students to drop into the square, ask for a range of advice from a selection of professionals within the Student Based Services, and walk away knowing where to go if they need help in the future." The event is running in Alexandra Square from 10am till 3pm, so feel free to come along and help end discrimination towards mental health.



Photo by Jess French

Furness College host 8th annual bar crawl

Henry Saker-Clark
Deputy Sport Editor

Furness College's well known 15 hour bar crawl took place on Saturday Week 5. The event, running from 11am on Saturday until 2am on Sunday saw students stumbling around the bars in Lancaster before ending the night in the Sugarhouse. The very length of the 15 hour bar crawl, in which cheap drinks deals are offered in many of the establishments has been suggested by some to encourage excessive drinking and anti-social behaviour. Ryan Jardine, Furness Vice President of Socials and Events, described the event to SCAN as a "Furness tradition going back about eight years in which Furnessians come together on a bar crawl around Lancaster, starting in Trevor and ending in Sugarhouse." The bar crawl has been seen as a possible endorsement of excessive drinking as there is no ulterior purpose to the

event other than as a social occasion. When asked whether their was a charity aspect to the event, Jardine replied, "whilst this year there is no specific charitable focus, I would like to think it is more about going out and enjoying the day with a group of friends than 'just getting pissed' ... although I'm sure many would disagree."

Regarding last year's Easy Tiger campaign, Jardine further stated, "we did look at getting Easy Tiger involved but thought about it too late to get anything concrete organised. Next time around this would definitely be a focus as I am all for advocating responsible

drinking."

Many however will see this as a key issue surrounding the Furness event which has been insufficiently considered and acted upon by the JCR for Saturday's bar crawl. However Jardine went on to say that "we will be giving out Easy Tiger leaflets with each t-shirt as another reminder to take it easy during the day." William Hedley, Furness President replied similarly and was eager to state that student safety was a major consideration of the event and that excessive drinking was not being encouraged. "We will be reminding people to pace themselves throughout the day and drink plenty of water to try and keep people in a reasonable state until the later venues such as Elements and Sugarhouse." As drinking can be assumed as an integral part of the event, Hedley was also keen to emphasise that "many of the other social events we are putting on this term will be perfectly accessible to non-drinkers."

Love your self(ie)



Rachel May Quin
Editor

Lancaster University Students' Union (LUSU) have announced a new event to support their positive body image campaign called 'Love your self(ie)', which will be taking place during Week 6. The campaign encourages students to complete a feel-good task every day of the week, with examples being: call someone you love and ask about their day, dance to your favourite song, find out a friend's favourite film and watch it with them, surprise somebody or even just take 30 minutes out of your day to do something for yourself. SCAN spoke to VP (Campaigns and Communications) Rachel Harvey, who said that the purpose of these tasks are to make you feel good, "much like a 'nice nomination.'" She also revealed there will be sticky notes appearing around campus with messages to make students feel good, with the idea being "to make people feel good about the way they look without changing

a thing... 'Love your self(ie)' comes from a study which showed that selfies are good for your self-esteem... being in control of the camera and the way you look allows you to feel empowered and in control of how people see you." There will also be a 'Safe Selfie Space' photo booth on Wednesday, Week 6, so that people can take selfies with their friends, or in fancy dress; and to tweet it with the hashtag #loveyourselfie. "We will be asking people to tweet a thing they like about one of their friends, for example, '@RachelMayQuin #loveyourhair', we'll then ask people to follow it up with something like they about themselves, as one of the hardest things to do is to say something positive about yourself... though people don't have to say anything about themselves if they don't want to", Harvey added. "There are statistics to show how people feel about the way they look, [feel they] should look and want to look, [as well as] about eating disorders etc. - but this week is not primarily an awareness raising campaign, it is a feel good campaign." "Love your self(ie)' is a week long campaign that will take place throughout Week 6, and more information about the schedule will be available on the Facebook event page.

Lancaster student starts petition to teach high school children about mental health



Rachel May Quin
Editor

Lancaster University student Becca Hall has created an online petition to lobby the government into teaching high school students about mental health, by making it a part of the curriculum.

Hall, a first year Psychology undergraduate, created the petition on popular website change.org, and wrote in the description "one in four people will suffer from a mental health problem. Despite this, a lack of mental health education amongst young people is causing increased social prejudice, leaving [them] too embarrassed and ashamed to ask for help."

The petition goes on to say that making mental health education obligatory in schools would go a long way to erasing social stigma and improving people's ability to recognise issues in order to get help as quickly as possible.

The letter addressed for Secretary of State Education, Michael Gove, is short but effective, simply stating:

**"To: Michael Gove,
Secretary of State
for Education.
Make mental
health a
compulsory part
of high school
curriculum.
Sincerely,
[Your name]"**

Hall spoke exclusively to SCAN about the petition and the motivation behind driving this campaign. She argued that the petition to teach children about mental health had the potential to save lives.

"It basically started because of my own struggles," Hall told SCAN. "I've struggled with mental illness for years and I've always been of the be-



lief that if it wasn't such a taboo subject, I would have been able to seek help and support sooner."

"I know a lot of people who also struggle and have faced a lot of discrimination and abuse... since knowledge is power I believe that educating people [at a high school level] about this topic could vastly reduce the stigma."

On the petition Hall claims that she has already been in touch with the Department of Education directly, to ask if it would be possible to talk to somebody about adding mental health to the science curriculum in schools. "I received a response which basically implied that the Government still did not consider mental health a serious issue, and that if schools wished to teach their students about the topic, then they would have to do so of their own accord in PSHE (Personal, Social and Health Education) lessons, which from my experience are never taken very seriously."

At the time of print the petition had 260 signatures, less than two days after Hall created the petition. It needs 10,000 signatures before it will be considered by Gove and the Government.

Hall also argued that "in England alone, mental health conditions cost [around] £105 billion a year, due to loss of earnings and the associated

treatment and welfare costs. Therefore, it would surely be in the Government's best interests to invest [in] educating people from an early age about the basics of mental health... which could allow for quicker recognition, diagnosis and treatment...", thus, an overall reduction in cost.

The petition has so far gained much support and has spread as far as Canada, with signatories sharing their reasons for joining the petition in the comments section. One comment says: "I believe in a world where people are fully aware of the impact of their words and actions on others... I believe that with an earlier exposure to these issues, one can be more able to provide help to those who need it when they show the signs. I know many people suffering from depression, and I wish they felt more comfortable with opening up about it...but the stigma surrounding mental illness is what makes them feel ostracised."

The petition is open for anybody to sign and upon receiving 10,000 signatures, will go straight to the office of Michael Gove. It can be found at: <http://www.change.org/en-GB/petitions/michael-gove-make-mental-health-a-compulsory-part-of-high-school-curriculum-in-the-uk>.

Vote-Fest

Jess French
Assistant Editor



On Thursday Week 8, V-Fest - or 'Vote-Fest' - will be taking place in Alexandra Square, a new event intended to highlight the importance of voting in the upcoming Full-Time Officer (FTO) elections.

It will provide the opportunity for voters to question candidates before casting their votes in confidential voting pods, a change from previous years where voters could only cast their vote online.

It will feature candidate questions, live music, food, and elections freebies, as well as the chance to win a pair of Kendal Calling festival tickets to those who vote in person. In addition, voters can have their picture with a photo-board saying they have voted in the election.

V-Fest has been put in place to help increase voter turnout, in particular because it will

be the second day of voting. "Voter turnout on the second day is historically low so we thought it appropriate to add emphasis to the day," VP (Union Development) Laurence Pullan explained, hoping that the benefits would include providing candidates a wider platform to promote their policies and manifestos, as well as increasing awareness of the importance of voting to the electorate.

According to Pullan, the voter turnout last year had fallen significantly compared to the year before, which he attributes to a lack of centralised promotion from LUSU and campaigns that were perhaps not as interesting as previous years, adding that "there is only so much reliance you can place on the LUSU Cow!"

Voting had increased steadily from 2009-2012, culminating in a record turnout of 3,331 voters, which then fell to 2,814 last year. Pullan is hopeful that V-Fest will help to set a new record this year, especially after the all-time high voter turnout of the winter JCR elections, with 35% of the student body casting a vote.

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China-UK challenge hopes to engage entrepreneurs



Steve Start
News Editor

Lancaster University are looking out for new entrepreneurs and their business ventures to compete in the 2014 China-UK Challenge.

Lancaster University, University College London, the University of Edinburgh, University of East Anglia and the China Innovation Development Association UK organise the annual event.

The well-supported initiative has been developed by a set of leading UK and Chinese universities to bring together ideas on business strategy and market position as well as the creativity of innovation.

The aim of the competition is to establish new business links between the two highly

advanced countries in the hope of promoting future and more widespread business relationships.

Sources suggest that there is a relatively high-level of entrepreneurial activity in both the UK and China. According to the official China-UK challenge website 24.5% of the Chinese population is in some way involved in some sort of entrepreneurial venture as well as 10.5% in the UK.

Mr. James Stewart added: "The Chinese teams are of extremely high quality, both in the perspective of the product, and the markets. The competition provide excellent opportunity for the UK and China to work together to support new business ideas that link the two countries".

Professor David Brown of the Lancaster China Management Centre and one of the speakers at the launch, said: "This competition is unique in highlighting the important opportunities of working with China, which is critical for the UK. The fact that the competition partners are

located in different regions is a big help. It means that anyone with new ideas has easy access to the competition."

Last year's winning team, Oxford University's Boxbio, took home the title by creating a multi-functional vegetable tablet with a patented formula and compound process. This tablet can trigger the recovery of human immune system.

To be eligible for entrance into the competition all participants must be final-year students from a UK or Chinese institution, or be a post-doctoral researcher. The competition also welcomes applicants who lead a start-up company of less than two years old with existing university links.

The teams selected to take part will be competing for the chance to win a £5,000 cash prize, and an investment opportunity of £250,000 for the best business plans. Initial registration, proposal submission and selection deadline is 5pm, April 14th 2014.

'Time to Talk' day a resounding success

Jasmine Chiu

National 'Time to Talk' day took place on Thursday, Week 4. LUSU Gives participated by organising an event in the County Bar with music, drinks and the reading of submitted poems about mental health issues. The nationwide initiative was organised by Mind, a national mental health support charity, collaborating with LUSU.

'Time to Talk' is a campaign held across England and Wales. It promotes the importance of talking about mental health issues, with its aim to change the general public's attitude towards such issues.

Students were invited to submit poems, short stories and monologues. The topic was dealing with mental health issues like depression rooted in pressure, anxiety and bipolar, as well as the stigma that is attached to these mental health issues. Students were also encouraged to read out their works during the event. Some

of them shared their personal experience, while some shared their experience of watching a loved one deal with mental health problems.

"I think it's a really good way to raise awareness...and to get rid of the stigma" said Faron Jones, one of the poets who read out her piece.

"I think a lot of people don't realize how many people are suffering from mental health problem," said one of the members of the audience in the event. Several audience members at the event told SCAN that there is still stigma attached to mental health, though several acknowledged that people are increasingly aware of the importance of talking about mental health issues.

Lizzie Morrison, Director of Nightline - a nationwide volunteer dependent hotline run by students for students which provides support - was also present at the event. Morrison spoke of the service, with particular emphasis on their new features: including extended phone hours, instant messaging and Skype calls.

The scan archives

Taking a look back into Lancaster's history

Monday 22nd May 2006 (Week 5, Summer)

No. 1 this week: **Gnarls Barkley – Crazy**

DENIED

Hundreds of students will be denied campus parking permits next year after LUSU failed to block a controversial new proposal by a University think tank.

with disabilities such as reduced mobility, those with dependents or children under 16 and those who have had their car ferried into the UK from an overseas home.

The more contentious condition is that students outside of these groups can only qualify if they live outside of an 'urban core area'.

The new Student Parking Policy was a paper put forward by the Transport Working Group chaired by Pro-Vice Chancellor Trevor McMillan. As many car-users complain of difficulty finding parking on campus, the policy aimed to help balance supply and demand for parking space as well as taking environmental concerns into account. It proposes that these objectives would be achieved by drastically reducing the number of students allowed parking permits in the 2006-07 academic year.

This is a region from which campus is deemed by the University to be reasonably accessible via bus routes. In essence, students judged to live within a ten-minute walk from a regular bus route will be refused permits. Documents obtained by SCAN indicate that the 'urban core area' covers most of Lancaster,

including virtually all of the major student population clusters.

A Student Travel Survey put out in March by the University saw over 2500 responses and is referenced within the policy. 56.8% of off-campus respondents agreed that 'students living in Lancaster close to direct bus routes do not normally need to be able to park on campus', a figure used to support the plan. The question failed to clarify, however, what distance was meant by the term 'close'.

This will have a negative effect on numerous students, particularly groups such as those who ferry equipment to campus for societies usage. It will also mean that campus residents will not be able to bring cars to University. One group who are omitted are those students in employment or who have regular course-related activity that requires them to be off-campus.

Holding the line

As the ongoing pay dispute between university employers and lecturer's unions continues to draw out, LUSU has reinforced their support while Lancaster University management announce contingency measures to reduce disruption.

The University and College's Employers Association (UCEA) in line with promises made two years ago.

In what they claimed was their 'best and final offer', UCEA offered an increase of 12.6% over two years. This offer was rejected by the Unions, who felt it to be insultingly low in light of their initial claim. UCEA have refused to increase this, claiming that no greater offer can be made unless some staff are laid off. NATFHE has condemned the

consequent shift in approach gleaned from a UCEA notice calling for a meeting of University Employers. It indicates employers' hope that students being negatively affected by the strike will turn against lecturers out of fear for their degrees. In what NATFHE calls a 'hands off an let it boil' approach, the notice suggests that refusing to negotiate further and allowing the action to continue will soon turn student and public opinion against the Unions completely.



Lancaster climbs League Table

Annual league tables recently published by The Guardian reveal that Lancaster University has upped its ranking from 58 in 2005 by a significant 25 places, to come in at number 33 on this year's list of top UK universities and colleges.

The majority of subjects at the university have also risen in position from last year's tables, and several courses entered the top 20 in their subject.

Previously, Lancaster University ranked at 51 in The Guardian's league tables in 2004, and in 2000 ranked in the top 10 at number 8. However, there has

been a change in methodology over the years which means that the means of grading universities has changed.

The Guardian's current means of compiling teaching scores in each subject is based on items of data such as a staff score, entry qualification required, how much the department spends on each student, the student to staff ratio, a value-added score for degree value, student graduate destinations and employability, and inclusiveness.

The Times has yet to publish their annual league tables, but in 2005 Lancaster University was placed at 25, indicating the publication's differing methodology to The Guardian.



Carolynne

Culture, Features, Fashion & Lifestyle

Photo of the Week

This week: 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!



Editor's Picks:

- Wu Chi-Tsung - 'Recalibrate'
- SCAN Interviews: Bombay Bicycle Club
- LGBT History Month
- Nekominations - the new craze
- Men's Style Up: Spring/Summer 2014
- The Girl with the Swallow Tattoo
- Reasons to... love Mondays
- 10 things I learned from travelling
- The importance of learning a new language
- SCAN recipes

Who's afraid of the *Big Bad Wolf*?

Jane Hodgkiss

After watching *The Wolf Of Wall Street*, I think I can say I've seen it all.

You name it, this film has it; from fight scenes to sex scenes to drug use to more swear words than I even knew existed, it's a fast-paced adrenaline rush from scene one. As for the expletives, I'll give you a hint: this film has the most uses of the word 'f**k' in a narrative film, with the total a whopping 569. Definitely not one to see with your parents.

The story centres on the wealthy stockbroker Jordan Belfort, played by the never-disappointing Leonardo DiCaprio and his rise through the fame and fortune of Wall Street. DiCaprio brings depth and insight to his character and real life to the film, and his breaking of the fourth wall to talk to the audience in particular really draws the viewer in. His deceptively bumbling sidekick Donnie Azoff is played by comedy favourite Jonah Hill, who aside from usual silly and goofy moments, brings a serious side to the occasionally serious and sinister Azoff. Other members of the cast include rom-com favourite Matthew McConaughey (here playing a foul-mouthed cut-throat stock broker) and the ever-glamorous Joanna Lumley, to name a few. A host of fairly new actors also make an appearance, such as Margot Robbie (who plays Belfort's second wife), Kyle Chandler (playing a FBI agent) and Jon Bernthal. It is an amazingly well-cast film, with a good enough mix of known and unknown actors to allow the

viewer to get lost in the action and drama. I'm firmly of the belief that if DiCaprio doesn't win an Oscar for this, there will be riots in the streets of Los Angeles.

Martin Scorsese's direction in the film also does not disappoint. It's not hard to see why he's recently been nominated for an Oscar for his outstanding directing. The chop-and-change camera style and Belfort's constant asides to the audience really captivate the viewer's attention and give a good insight into the character's motivation and thinking. Terence Winter's incredible writing skill is obvious in the insane dialogue, although the genius is sometimes masked by the amount of expletives per sentence.

The only criticism I have of this film (though minor) is its length.

At nearly three hours long, it is a lot to take in at once, and you do start to wonder when it's going to end after a while. While this shouldn't stop you from going to watch the film, I'd recommend wearing comfy clothes and you're going to be in the cinema for a while. All in the all, I would say *The Wolf of Wall Street* is a must-watch this year, especially considering its five Oscar nominations and Golden Globe win. Whether you're there for the comedy (and there a lot of moments where you're literally laughing out loud), the drama or the acting, there's something to entertain everyone. If that's not enough reason, it might be worth going just to say you've seen the film that Leonardo DiCaprio finally won an Oscar for.

LEONARDO DiCAPRIO

A MARTIN SCORSESE PICTURE

THE WOLF OF WALL STREET



Culture Update: What's been going on?

- One day micro festival 'Encounters' takes place this week on February 22nd. 'Encounters consists of playful public interactions throughout the day based in unusual and unexpected performance spaces in Lancaster, including market stalls and local coffee shops. It is our hope that people will stumble across something exciting and unexpected during their day.' Nothing like this has ever been tried before in Lancaster, so keep your eyes peeled!

- Actor Philip Seymour Hoffman died of a suspected drug overdose on February 2nd at the age of 46. Renowned for his Oscar-winning performance in *Capote*, Hoffman had also starred as Plutarch Heavensbee in *The Hunger Games* series and still had seven days worth of work left on *Mockingjay: Part 2*. British actor John Hurt told the BBC "He was a great actor, a great member of the film and theatre community. An extraordinary talent, directorially as well as an actor. He'll be greatly missed."

- The Dukes is playing its part in marking the centenary of World War One this spring with cinema showings of the National Theatre's *War Horse* and theatre performances of *An August Bank Holiday Lark* and *Your Country Needs You!* (But I don't need my country...) - a contemporary take on war. For more information go to the Dukes website.

Wu Chi-Tsung - 'Recalibrate'

Exhibition Review

Alice Hughes

The Lancaster edition of acclaimed Taiwanese artist Wu Chi-Tsung's exhibition 'Recalibrate' includes a unique split-site exhibition between the Peter Scott Gallery and the dramatic grade II listed gallery at The Storey.

In the Peter Scott Gallery a series of single-channel videos disclose the power of the natural world. Each video is entitled 'Still Life', but they are anything but static. Whether an orchid with intricate branches and petals caught between growth and decay, or a pine tree suddenly shrouded by mist; these installations are overwhelmingly alive. Everything and everyone becomes a part of their ongoing regenerative light-show as it twirls shadows across the gallery walls. Unlike photography which only ever captures fleeting images, these videos display minute movements, growths and changes in light which work between presence and ghostly absence. The natural content of each video tears away at the projection, not only evading capture by the eye, but also our extended technological senses. They encourage on-lookers to overcome the simultaneity fostered by the instant speed of electricity and information to attain the rewards of looking closely and contemplating an image.

There is also Tsung's 'Wrinkled Texture' series - photographs printed onto scrolls inspired by the texturing methods central to Chinese landscape painting. The cyanotype rice paper prints were covered in a photo sensitive solution and then continually reshaped while being exposed to sunlight. Like this painstaking process, the mountains which are built of paper-like creases work to blur the boundary between what is man-made and what is part of nature. Each photograph reveals the intricacy of natural world and the importance of spending time on the reproduction of its processes.

In the Manton Room, the traditional Chinese painting on display

has been taken from the permanent collection of the Peter Scott Gallery. Tsung is enthused by the values and meticulous techniques of traditional Chinese painters; every work in the room demands respect for nature, unveiling the callousness of its current destruction and the importance of recreating what is being lost. In oil and watercolour a 'Mountainous Landscape with Two Figures Conversing Mid Heaven and Earth' depicts two ant-like human figures beneath towering mountains. Shao-Ang Zhao's full-scale 'Punt Beyond Trees' shows a tiny man rowing a boat caught in the stormy movements of the water, under trees that resemble the deadly fading branches in Tsung's 'Landscape in the Mist'.

In the Storey there is the immense 'Crystal City' installation made of hundreds of transparent boxes which deceptively replicate the light to articulate a smoke-screen glass city. With each box having been constructed individually and arranged into urban architecture by hand, the work sets the importance of patient handcrafting against the invisible world of the post-modern city where mechanical production prevails and signs and images travel instantaneously. Once again the audience is asked to look beyond what is in front of them, and the play of light makes one question the societal structures at work underneath the exterior of neon signs, projected media images and sky-scrapers. 'Wire II' installation accompanies this; inspired by traditional Chinese scroll painting, it explores the doubled relationship between projected image and mechanism, revealed through the nature of the wire netting which is at once flexible and regular. This demonstrates that images are manufactured to be seen in a certain way and prompts audiences to enquire into those which they encounter every day.

If you want to see the world through a regenerative lens and learn about the symmetry between traditional and contemporary Chinese culture, 'Recalibrate' is open until March 21st.

Interview with the artist

Lucy Smalley
Culture Editor

What does 'Recalibrate' mean and what would you say are its aims?

I think 'Recalibrate' is a pretty good guide to understand my work, quite a lot of it is a discussion about how the image has been created and how we see, looking at different perspectives for using traditional media. The title is good because the show will hopefully give the audience a new focus of perspective, making them think differently about traditions.

What's your artistic background?

I'm from a very academic background, I started to do painting when I was very small - maybe seven or eight years old - I grew up in Taiwan in a very art-specific school where half of the teaching was painting. It was a very special programme, we did a lot of Chinese painting and drawing, calligraphy, pencil, charcoal drawing, watercolour, landscape and still life - both Western and Oriental. I changed direction quite a lot in college and started to do more video work and changed my thinking about art. Through these different medias I looked back on my background in traditional art and in turn started a different dialogue with tradition.

So would you say your work is a response to more traditional Oriental art?

I'm not satisfied with digital technologies as they've limited our thinking, so I've turned back to using quite an ancient Oriental technique. The link between calligraphy and art has become a big stereotype and is only ever reproduced, the 'Wrinkled Texture' series is about giving up painting and going back to the paper itself. Chinese landscape painting is rarely a reproduction of a particular place, it's about the imagination of the artist, the place they want to be, it's not reproducing anything; but this is more about conceptual process, having a different dialogue with the media.

What do you think the impact will be of bringing this show to the UK?

It's quite funny, in the 'Wrinkled Texture' series of work I use scrolls and in Taiwan people would question

it, saying "Why are you using this? It's so old", because nowadays in contemporary art it's become an issue. Chinese art is all based on paper, it's rice paper and is very soft and thin, it's always been flat and is never meant to give a visual illusion. The form is an issue in Taiwan and Asia, but in the West people think it's normal because it's Oriental, whereas in Asia it's not that common anymore. All these things are interesting as it allows us to re-think what is common and normal.

What would you say is the main context for your work?

Each work is different, the basic idea of Crystal City for example is to display the invisible world, cyberspace, the Internet, we are always there in our day to day lives but we can never see it physically. The light and shadow gives a different viewpoint; the shadow is a different world, another invisible world, and that's the fundamental idea about Crystal City. There are always ties to the environment, beyond our hi-tech city we create a different kind of reality. My work is very influenced by my environment and what I've grown up with.

What do you hope that the viewers will take away with them from your exhibition?

All of my work is based on very normal daily life things but we don't ever consider them as art; my work aims to change the way you see the mundane in a sense. It might be interesting to find that all these things around us offer new ways to think of the world around us, and the possibilities it has.

What would you say has been your main struggle as an artist?

[Laughs] I struggle with everything, lots of things - I would say there's always good and bad to a certain degree. Everything's quite uncertain, at the beginning of the year I may have no idea what I'm doing and then suddenly my schedule gets filled in a couple of weeks. When I get too busy I don't have time for my original plan to do work in the year; but your life is like this, it's out of your control and you can't expect what will happen. I've had a year when I've done nothing, I was focused on doing my work but I didn't feel productive. It's good and bad to be an artist.

Backstage with: The Blackout



Photo by Bryony Seager

Bryony Seager

Apparently sitting around and playing FIFA is not something that a rock band wants to be associated with. Sean Smith, one of the frontmen of Welsh post-hardcore The Blackout, asks - firmly tongue-in-cheek, mind - that I write of girls in the backstage area, along with substances more associated with Motley Crue and the Rolling Stones. Fortunately this was not the case as, once I got over my nerves, I found I was in the company of some really nice guys.

The Blackout were playing in Preston at 53 Degrees Club on January 24th, and I decided to try and get an interview with them. When it came to fruition I was pretty damn excited - before this point I'd seen this band seven times live and I did look up to them a lot. So it was with nerves abound that I headed to Preston, with my little notebook of interview questions - hoping I would neither bore them, irritate them or offend them. Obviously I had overthought this, as usual.

Upon arriving at the club, I was of course early and it took me a while to get hold of anyone who would let me inside. This was not good as I now had frostbitten nose, a wet hat draped on my head and my coat was starting to smell of drying dog - exactly what you want when you're going to interview

your first professional band. I got inside, however, and met their tour manager who took me through into the dressing room. A rack of coloured guitars were standing behind the door, a rider with nothing particularly extraordinary on it, a fridge full of beer, and a couple of sofas. Gavin Butler, who is the other singer in the band, stood up to greet me. It became apparent that I would conduct the interview with him and with Gareth Lawrence (better known as Snoz); the drummer in the band.

Once I got over my nerves the interview went swimmingly. I discovered that Snoz would like nothing more than to tour around the Caribbean, that he would jump off a cliff if he couldn't save his bandmates hanging off said cliff, and that his favourite sandwich is "all the meat". Gavin's is bacon and egg by the way - apparently it's good for the hangovers. Now, this was a pretty exciting day for me anyway but then I discovered that I was allowed to hang around the venue and that I would have a photo-pass - this day was just getting better! After watching the two support acts soundcheck (Lost Alone and Rat Attack respectively), I was invited back into the dressing room by Matthew (a guitarist).

I got to drink a beer and watch TV with one of my favourite bands. Pretty decent turn of events if you

ask me.

The show was brilliant as well. Rat Attack were good even though they were playing to a small crowd; they tried to get a mosh pit going and I managed to get elbowed in the face and split my lip - just my luck. Lost Alone were very good as well - much improved if I may say so from the last time I saw them three years ago; their crowd interaction has made leaps and bounds. And then The Blackout exploded onto stage as they always do, and for the next hour-and-a-half, despite Sean having a wicked sore throat, they tore the place up. They are a fantastic live band, and if you ever get the chance to see

them I strongly recommend you take it. You will not be disappointed. Their relationship with the crowd is amazing, their set is always diverse, the sing-alongs are great, the guitars are loud... I could go on for reasons why they're brilliant.

The Blackout is one of those bands that has a special relationship with their fans; people seem to support them to the end and with a live show like I saw in Preston, they absolutely deserve it.

You need to know... Dan Croll

Andrew Sharp

For my 'You Need to Know' feature this week I'm shining the spotlight on an extremely promising 22-year-old alternative singer-songwriter called Dan Croll.

Harbouring an old school vibe with a modern edge and a look to match - I wouldn't be surprised to find out he was styled by Spector frontman Fred MacPherson. He won the national Songwriter of the Year award from the Musicians Benevolent Fund whilst studying at Liverpool Institute for Performing Arts (LIPA) as well as being picked for a one-to-one tutorial with none other than a certain local legend and founder of LIPA Sir Paul McCartney. Dan also had his debut single From Nowhere added to BBC Radio 1's playlist, played last year's iTunes Festival, has a string of American dates and support slots with musical goliaths such as Bastille, Haim and Imagine Dragons... clearly this is a man you should really sit up and pay attention to.

Electronically-infused indie folk is the name of his game, and with four singles now out for your listening pleasure you get a great taste of what this young man is capable of. First up was From Nowhere, reminiscent of Metronomy's The Look, in September of last year. Good voice, great rhythms - the song was a cautious but nevertheless terrific introduction. Compliment Your Soul's ridiculously upbeat bop, warm brass flourishes and catchy nature made a particularly good impression on me as Dan began to put himself out there, and third single In / Out followed suit. Latest offering Home takes its inspiration from the title. It has a welcoming and familiar feel to it - simple yet effective. So far I can't point out much wrong. Supported by his backing band he is a much needed breath of fresh air from what seems like an endless conveyor belt of wannabe singer-songwriters with the same songs bashed out on the same acoustic guitar. Dan's music is a delight to listen to and he'll no doubt become a much spoken about name this year.



Photo courtesy of Dan Croll

Culture Clash: Short stories vs. Novels

Julia Molloy
Comment Editor

I never used to be a short story fan. As an English Literature student, I would always veer towards novels and - occasionally - poetry instead of something that's only going to hold my attention for an hour or so, depending on the length. Yet this year, the short story has really grabbed hold of me, and I don't want to let go.

I'm not saying, of course, that you shouldn't ever read a novel again – trust me, the amount of novels that I read is becoming obscene.

But often the novel, especially if it is 'pop fiction', lays out the bare facts for you, or reveals everything you could possibly want to know by the end of the book. The short story, however, allows us to focus on one moment in time, a "glimpse" as William Trevor calls it.

Studying the short story as part of my Creative Writing modules has opened my eyes to the possibilities of fiction beyond the novel. Before this year the only short stories I'd read came from Roald Dahl, and I'll be honest in saying they were a bit of shock to the system after having 'Fantastic Mr. Fox' as a childhood favourite (if you haven't read any of Dahl's adult fiction, they're a far cry from the innocent hilarity of his children's books). His funny and often quite rude tales, however, are startling and can be far more thought-provoking than a novel. "Lamb to the Slaughter" is particularly intriguing and entertaining without spelling everything out for us. Leaving the gaps forces us to want to read it again and stimulates the imagination, something that is often lacking in most popular novels.

The scope for the short story is simply immense.

With a novel you're almost guaranteed to follow a particular character for a long time, whether you like them or not; with the short story, you can sit in someone else's life for just

a moment, and often you'll experience an epiphany (the technical term for transformation) along with them. What is even more encouraging is the fact that the 2013 Nobel Prize for Literature went to Canadian writer Alice Munro for being the "master of the contemporary short story." Having just finished reading her award-winning collection "Dear Life", it's easy to see why. For Munro there are no high-speed chases or fantastical crimes; as the title of her collection suggests, her short stories deal with the ordinary, the day-to-day life that we all experience and that, in fact, is far more interesting than we realise.

If

you're the kind of person who is intrigued with how the marginalised experience their lives, or if you simply don't have the time to commit to a 700 page novel, I'd implore you to give the short story a go. Just pick up a collection from the library, or Google some famous short stories by Carver, Edgar Allen Poe or Hemingway. Though you may not understand or like everything you read, it's a fascinating form because of all its permutations. I guarantee that you'll find something to interest you.

Sarah Dutton

There is something of a sense of achievement when you get to the end of a 500 page novel (or a 1,000 if you're reading Ulysses. Although apparently the longest existing novel is over thirteen thousand pages long!). I fear that doesn't help my argument. What I'm trying to say is you invest in a novel: the length of it helps you to develop more of a relationship with the characters and therefore you have more interest in what

the details of very few short stories. There just isn't enough time to care in a short story, it's over before you really realise what's going on. Novels show a character's journey, and how a variety of events change their personality and outlook which allows the reader to follow this journey.

The structuring of a novel is usually more interesting and complex, often weaving multiple storylines and subplots with a wide range of different characters. While this is an impressive feat for the author it also keeps the story fresh and exciting, never allowing you to get bored. Although I find short stories good if you have a spare half an hour and want a quick narrative fix, I far prefer to follow the drawn out adventures of a novel's protagonist. If you like to know everything about a character and their world a novel is far more fleshed out, more detailed, introducing you to the protagonist's friends and family, their work life, pet hyena, phobia of bananas, undercover life as a spy for MI5 etc. Whereas in a shorter piece of fiction you would probably only see their Bond-style capers and know that they have a white cat called Felix. You would not be able to delve deeper into their lives, and get a sense of a rounded character.

Short stories sometimes leave you wanting more. This would be a good technique, except there is no more.

It's just 2,000 words and then that's it. A novel hooks you in at the end of every chapter, and then you can keep reading on, rather than merely getting an infuriating snippet of somebody's life and then never meeting them again. A short story is like overhearing an anecdote on the bus whereas you feel like you come to know a novel's main characters as if they were your flatmates or neighbours, and the prospect of a series heighten this even further. Novels are definitely more memorable. I'm sure there are some exceptions, but just think how many novels you can think of, and how many short stories? If you've got the choice and a bit more time, I strongly recommend picking up a novel.

far harder to care about the protagonist of a two-page short story with very little background information than a fully-fledged, three-dimensional character.

I think the longer a story is, the more we know about the characters and the more realistic they appear, which leads us to identify with them better. Therefore a novel is more likely to stay in your mind long after you finish it. The list of novels I could enthuse for hours about is pretty endless, whereas I can remember



Review: 'Weightless'

Sarah Dutton

'Weightless' is a show by Flexer and Sandiland which celebrates the company's 20th anniversary and combines the choreography of award winner Yael Flexer and the digital installations of Nic Sandiland. Using these techniques, the company set out to question the weight of its history.

The dancers in the company were all flawless and the live movement fitted

really well with the digital effects. The piece started with an unexpected monologue. The dancer speaking was off stage and his disembodied voice came through an illuminated loud-speaker in the centre. During this speech, the dancers milled around on stage, and the voice interacted with them, asking them to 'pick me up', so the dancers had to take it in turns to pick up the speaker. The voice interacted with one of the dancers, asking them 'can you do that again' to a particular move or 'can you do that more three-dimensionally'.

This technique gave us a feel for the kind of rehearsal processes that the show must have grown out of. The company was comprised of seven dancers, and the show was made up of a refreshing mixture of group dance, duets and solos. The style was very contemporary and almost acrobatic, involving a great deal of energy from its performers who were mostly on stage for the whole piece.

It was the digital installations that really heightened the show's impact on me. Several of the dances were caught on a camera at the front of the stage and relayed

to a huge screen on the back wall. This had an interesting effect because it was black and white and thus at times looked like the dancers were spectres or ghosts, which fitted neatly with the piece's title. The first use of this camera link to the screen was a dancer moving her arms in faster and faster circles, which on the screen gave the impression that she was flying and later on one of the company came on stage in a pair

of beautifully engineered moving wings, which again reinforced one of the many interpretations of the title.

Often there would be a time delay between the dance on stage and the presentation of the same on the screen. This really helped to explore the theme of the past working in the present. At one point the camera was carried on upside down, so we were privileged with a completely different perspective of the dancers' movements. It was odd to see the dancers' feet at the top of the screen as if they were dancing on the ceiling, again portraying a different kind of weightlessness. There was something strangely compelling about everything shown on the screen, and I think this addition really helped to set the piece apart from more conventional dance shows.

The performance ended with another speech section, the disembodied voice this time coming from the speaker suspended from the ceiling. While the speaker was lit up the rest of the stage was in darkness. One of the dancers set the speaker swinging in a circle and then danced within this circle, ducking and twisting into and out of its orbit around him. This connection between the dancer and the speech was really effective, showing how this company is capable of more than just dance, but really brought bigger ideas forward.

The final image was the speaker swinging around above an empty stage.

It was almost hypnotic, with speech such as 'you are feeling sleepy', and perhaps this was a final interactive attempt to make the audience feel weightless as well.



Preview: Cabaret Vérité @ LICA

Joanna Gresty

Cabaret Vérité, mixing new gems with classics from Piaf, Brel, Juliette Greco, Hot Club de France and Pink Martini, has been commended nation-wide by critics who call it "engaging", "glamorous" and "sophisticated".

The acclaimed Cabaret Vérité consists of the melodic Bethany Jameson, accompanied by accordionist Romano Viazzani, violinist Declan Daly and bassist Ben Hazleton. Gorgeous European compositions are performed from the very beginning of the show; chanteuse Jameson whisks you away on an uninhibited exploration of the romantic back streets of Paris and the daring Buenos Aires underground.

The performance features the quartet's signature cocktail of glorious French chansons, sultry Argentinian

tangos and their own award-winning comedy cabaret songs. These beautiful compositions and arrangements are written especially for the quartet by their popular and esteemed composer and musician, Mr Viazzani.

The original show itself has been described as a beautiful blend of experiences and themes: unrequited love, politics, economics, beauty, scandal, the elderly and flirtation with a younger man all feature, a combination perhaps never seen before through an alternative medium of music. A revolution of retro glitz and glamour, sharp lyrics and witty tunes, this old Parisian-style Cabaret with a sumptuous modern twist will make a delightful post-Valentine's Day treat for all ages.

So smooth on your thickest lipstick and jaunt on down to the Nuffield Theatre at 7pm on February 20th for what is sure to be an evening of fabulous music, irresistible passion and uncontrollable joie de vivre!





scan Interviews:

Bombay Bicycle Club

Just in time for the release of their fourth studio album **So Long, See You Tomorrow**, Lucy Smalley caught up with drummer **Suren de Saram** to find out more about the Bombay Bicycle Club adventure.

Lucy Smalley
Culture Editor



You guys formed at the early age of 15, what were your ambitions at the time and did you ever think you would have such success?

To be honest, when we were 15 and just starting out I don't think we had any grand ambitions. The band was something we just did for fun and it was only a couple of years after originally forming that things gradually got more serious. In the early days gigs were pretty few and far between because we were still at school! Back then I don't think any of us thought that we'd still be doing this now, not because we didn't believe in ourselves, but because it was simply something fun to do in our spare time and we just didn't think about it becoming our actual job at that point. If we'd known we would still be going now, I think we would have spent longer thinking of a better band name.

Have you ever had a 'master plan' as such, or were you instead fuelled only by the experience of making new music?

From an outsider's point of view I can see how it might look like that, seeing as we've almost changed genres with each album. But each album basically just reflects the music we were into at the time and our broad range of musical interests as a band. It keeps things interesting for us. We wouldn't want to keep churning out the same sort of music over and over again.

It's been a while now between the release of your last album A Different Kind of Fix and this new one that's just come out—do you feel under pressure for this album to be a success seeing as it's been so hugely anticipated or is it merely just another little step in the Bombay Bicycle Club journey?

The pressure has mainly come from ourselves. That's part of the reason why this album took longer to come together than previous ones - from the beginning our aim was to make this album our most consistent and fluent to date. There were a couple of very strong songs we recorded that would have easily made it onto previous albums but we ended up not including them on this one because we felt the bar had been set high quite early on and we wanted to maintain that standard throughout.

I know we're all very proud of the final product and this definitely feels like the album that best defines us.

us for beforehand, and I suppose it could be called experimental in that it's not something you'd expect from a band that started off as a guitar-driven indie band. I'm not seeing anything like this from bands that came from the same background as us.

Jack's travels while writing this album definitely played a big part in the experimental sound. Amongst other places, he spent a few weeks in Mumbai and bought a lot of old Bollywood soundtracks there which he ended up sampling. The most obvious example of this is on our song Feel, but Luna, Come To and Overdone were also all born in India

set version of the new album with two fantastic acoustic songs called To The Bone and Easier (what more incentive could you need?!)

What's your favourite song to perform live?

I'm very much enjoying playing a song off the new album called Overdone. It's got a huge, hip hop inspired groove. In fact when we were working on it, the working title was "Hindustan-ye West" - a reference to the Bollywood strings sample that it features and also the fact that before Jack added vocals to it, we could see the instrumental being the backing track for a Kanye West tune. Basically it's the closest I've ever come to feeling like a hip-hop drummer, so that's always a good thing.

If you could perform in any location, real or fictional, where would it be?

I would go to every country in the world where there is conflict to try and calm everyone down with our music. Flaws would probably be the ideal album to play but then there are a couple of tender moments from the new album as well that might bring people together.

What would be your main piece of advice for young musicians who are reluctant to drop everything for their music?

Well the sensible part of me would say don't immediately drop everything else! That would be quite naive. It's a very unpredictable profession so I would suggest making sure you have another source of income while you're finding your feet in the music world. Just try to get out there and play as much as you can. Make sure you're in amongst it all and meeting new people as you never know what that new contact might lead to. Also, don't get disheartened if things don't happen instantly. Give yourself time to grow.

Any chance you might fancy nipping into Lancaster as part of your cosmopolitan tour...?

I don't think it will happen on this tour unfortunately but maybe sometime in the future. I hear there is a cool castle and you like to party?



Beyond that there's not really much we can do - we can't force people to like it unfortunately!

Some tracks from So Long, See You Tomorrow seem to be a bit more experimental than what we've heard before, what were you inspired by to make this change?

With this new album we're kind of developing the electronics we introduced on our last album A Different Kind of Fix. We started playing around with samples then as well on songs like Shuffle, and samples are a big part of this album. I guess there are moments on the new album that might come as a shock to some people because of what they knew

which is definitely audible, although in some cases the Indian influence was watered down a bit as the song-writing process went on.

Your album Flaws took a much more folk-inspired path, and included a beautiful version of 'Dust on the Ground' that was previously released as part of indie/rock album I Had the Blues But I Shook Them Loose the year before. Do you think this acoustic style is something you'll return to in the future, given its popularity?

I'm not sure if we'll release another acoustic album, but Jack continues to write acoustic songs on the side. In fact there's a 7" included in the box

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LGBT History Month

Emily Nicholls

Have you seen the rainbow ribbons people are sporting on their lapels?

Whilst they are a rather fetching accessory, sure to inject a bit of colour into the dreary winter days, they are in fact so much more than that.

They represent solidarity, respect, peace and freedom for all. These are the LGBTQ* ally ribbons in honour of February's LGBT (Lesbian, Gay, Bisexual, Transgender) history month which this year couldn't be more important, so I met with CCO LGBTQ*, the lovely Anna Lee, to tell us more.

Although many students are familiar with LGBTQ*'s work, I asked Anna to give us a rundown of what the association has been up to and indeed, how they operate. "LGBTQ* is a sub-committee of LUSU and as it's an association, everyone is a member" Anna explains. "We don't work like a society and have a place on Union Council, so we have some political influence". Whilst there is no recorded date of establishment, the association has had a strong presence on campus for a long time, "longer than people remember", Anna confirms with a laugh. "I know people who were involved 16 years ago!" Anna was also keen to stress that the association, it's socials and

meetings are open to everyone, "it doesn't matter how you define, everyone is welcome".

At the moment the ally ribbons are available all over campus and if you haven't already got one, what are you waiting for?

"The ribbons aren't about what you define as, they are about showing support for LGBT friends, family, colleagues and a symbol for equal rights".

All the money goes to the charity Broken Rainbow (the leading charity for LGBTQ domestic violence and abuse) and showing such solidarity has never been more significant with the controversial Winter Games being held in Russia, which has notoriously homophobic laws. "What's happening is horrific", Anna agrees. "The games have changed the focus; if they weren't happening we wouldn't see this atrocity and we can't stand by and let it go on. When the bill was passed last June, no one was sure what would actually be enforced and now we have seen it and it's horrendous".

The reality is truly heartbreaking and although there is still a long way to go, there are steps in the right direction and even a small act of support can go a long way.

As well as the ally ribbons, LGBT history month is the perfect

way to acknowledge and celebrate everything that has been accomplished by LGBT people past and present.

"Phenomenal things have happened and are happening" Anna explains passionately, "There are LGBTQ people throughout the whole world in government, politics, media and sports who are in the public spotlight. People like Ellen DeGeneres, Laverne Cox and Laura Jane Grace have shown that being LGBT should never have any limitations". Tom Daley's recent video explaining his relationship status is also fresh in everyone's mind, "I think a lot of people teared up watching that," Anna agrees. "Such a high profile sporting individual coming out is a great step in the right direction. Unfortunately it also shows how messed up the Winter Olympics are going to be. Even wearing an ally ribbon at the games would get you arrested".

Anna is a fountain of fascinating knowledge so I was keen to pick her brain on the issues that currently face the LGBTQ community and discuss historical issues that are still relevant today. "Policies have changed" Anna muses, "policies are better but day-to-day homophobia is still an inevitable issue. Throughout history people have changed the way they air their grievances, it's not physical anymore but there other ways of being homophobic."

There's also the 'T' of the acronym that brings out very relevant and

serious issues, which Anna is keen to make people aware of. "There are no openly trans people in the Olympics and most sporting policies, even in BUCS, are outdated and transphobic. Unfortunately they know it's wrong but haven't done anything about it, so we must take a stand".

The issue of taking a stand is something the association is no stranger to and has hosted some brilliant campaigns with many more planned. "Last term we launched the biphobia video which was a brilliant piece of satire to show how stupid the myths actually are. There was also Trans Remembrance Day with a collection of workshops and a really moving event in the evening. The two minute silence turned into over 45 minutes as people kept coming to show support which was incredible. Next week we're launching the out in sport campaign - it will be big, definitely noticeable across campus!" With Roses fast approaching and the Winter Olympics in motion such campaigns couldn't be more important or relevant.

So good people of Lancaster, go and get that rainbow ribbon, stick it on your coat, your bag, or even your cat's collar- just get one and show your support. Show the world that you support equal rights, that you don't tolerate discrimination, and that you are an ally.

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Why we love and loath red carpet season

Philippa Hawley

So, red carpet season is upon us again.

Which means for the next month or so we are going to be bombarded with nominee lists, glamorous dresses and 'who won what'.

The award season always appeals to us and although we might wonder why, it's simply because of the entertainment it provides. Looking back over the years we can clearly see that the acceptance speeches are worth watching; someone's always bound to blubber uncontrollably and struggle to get 'thank you' out. Remember Gwyneth Paltrow's speech for Shakespeare in Love in 1999? 15 years later and she's still known for the most hysterical performance at the Oscars themselves. And let's not forget Jennifer Lawrence's fall last year when she was collecting her

Oscar for Silver Linings Playbook. You couldn't help feeling sorry for her, but she handled it very gracefully and with humour, and for someone who is a similar age to ourselves, we can't exactly say too much against her. She's 23 and nominated for her second Oscar, whilst here I am, 19 and struggling to get through my degree.

Of course, we can't forget that half of the entertainment comes with the build-up of the season. Trying to guess who'll win what, what people will wear and if there will be any special performances. Only last week at the Grammys we were treated to a special performance from Beyonce and husband Jay-Z, music's ultimate power couple. But, the most shocking show of the night was the mass marriages that took place on the stage. Whilst Macklemore and Madonna sang, Queen Latifah officiated the ceremony that saw 34 couples get married right there on the stage!

Awards have seen their surprising moments over the years but this does seem to take the top prize.

Furthermore, this particular stunt is in response to current debates regarding same sex marriages, showing us very publicly how the award season supports marriage equality. And let's not forget how much we love the shock factor; when have we seen any marriages at awards before?

However, not everyone is a fan of this season. Some claim that it is pointless, stating that any award is not going to make us like any films, or suddenly stop liking films that are not mentioned. Yet, even though these awards don't really have any bearing on us and our own tastes, is there any harm in recognising the hard work of the people in an industry that affects us all? I don't think so. Others believe that it is too focused on the

looks and dresses which in turn shapes our opinions of these people. But to be honest, it's really just about the dresses, which is a huge part of the entertainment! It's not awards season if we don't endlessly flick through all of the night's dresses and pray for a day when we can wear such a glamorous gown.

Award season might not be to everyone's taste, but with so many different award shows around there certainly are enough genres to please everyone. Everyone is a teeny bit interested to know if their favourite TV show or singer does well, it won't affect what we think about them, but it's entertaining to know who has been successful each year.

So prepare yourselves for the 86th Academy awards on March 2nd 2014, there's going to be a lot of hype around it. Will American Hustle clean up as it has done at other awards? Will Leonardo DiCaprio finally win his first Oscar? Who knows? But we'll all definitely be excited to find out.

Neknominations - the new craze

Erik Apter
Sport Editor



If something were to be referred to as "Going Viral" 20 years ago, people would be more likely to attribute it as a colloquialism for contracting a venereal disease than they would a string of popular videos. However the age of the internet is upon us and modern life is rife with the spreading of "viral" concepts that explode in popularity at first but soon fade out with a whimper as the next internet phenomenon is discovered. Whether it be the simple yet wacky idea of "planking" or the unmistakable lunacy of "The Harlem Shake", there is always at least one viral trend for the social media world to sink their teeth into, the latest chapter of which being "neknomination".

For those who still are yet to experience the latest offering from the depths of the Internet, "neknomination" entails filming oneself downing an alcoholic beverage and then uploading their achievements to Facebook with the goal of then nominating two or three friends to follow suit within twenty four hours.

The origins of the drinking game actually stretch as far back as 2010

when a group of bored friends came up with the concept of "neck and nominate" with the idea that it would provide each other with a bit of entertainment. The re-incarnation of the game was only forged after it was discovered by our friends

down under where it transformed into "neknominate" and the game it is today. Once the game became a huge craze in Australia it was only a matter of time before it was flooding newsfeeds all over the UK.

Like any other internet phenomenon however, it wasn't long before the inevitable competitiveness of the game took over; the simple concept of downing a pint and nominating your mates to do the same was no longer enough.

It was exactly from here that we get to the standard of video we see today, with friends trying to gazump either other by making said drink either more and more alcoholic or as vile as humanly possible. The former is self-explanatory in that some have

opted to mix high percentage drinks together to create an extremely potent cocktail; it is the latter however that really does push the boundaries of what people will do to show off.

Whilst one level of this sees people drinking concoctions of alcohol, condiments, foods and other things that should never be mixed together, some have gone much further by reportedly drinking mixtures including urine, saliva or even excrement. Yes, some people have even drank bits of poo.

Another approach to the game has been for people to do a regular drink but add their own comic effect or stunt to the process, this could be anything from re-creating a scene from a film to downing a drink in a strange or crowded place. This approach has allowed people to be a little more unique in their attempts and seems to be gathering popularity over doing a "dirty pint".

The game itself has come under

a lot of scrutiny recently after two deaths were linked to the game, the most recent being a teenager in Northern Ireland who drowned after jumping in a river following his "neknomination" in an attempt to trump his friends at the game. This has led to calls for the game to be banned from Facebook as well as various groups that protest against the concept and call it dangerous.

Although there have been claims that "neknominations" have promoted an unhealthy drinking culture through the medium of peer pressure, in truth they have only really given an insight to uninformed people of a culture that has existed for longer than I've even been alive and the criticism aimed at those involved in the game are simply part of the next media outrage that will fizzle out as quickly as the game will.

As with all things, "neknominations" should be done with a degree of common sense, if you're jumping in the lion enclosure after doing one pint of lager then it's probably more likely you're an idiot than drunk. The game was meant to be a bit of fun that allows friends from all over to connect with each other and have a laugh at each other's expense, not to get yourself hurt or make people assume you've been kicked out of the gene pool as you guzzle down your own urine.



The war on PRIVACY

Abigail Davis

52% of voters agree with the statement 'The house believes that governments must do far more to protect online privacy', which The Economist has put forward as a debate. Since the US Patriot Act of 2001, the debate over our privacy has become increasingly important.

In recent weeks it has come to light that the GCHQ (Government Communications Headquarters) have been using a legal loophole to spy on British citizens' text messages.

Alongside this, Cameron's online pornography restrictions and Facebook's invasive android app have made many people question the effects of surveillance culture on our privacy. Yet, the intrusive nature of these laws and databases are ostensibly justifiable.

The US Patriot Act was passed by George W. Bush in the wake of terrorism acts. At the time this act appeared justifiable by the catastrophic events of September the 11th. However, critics have highlighted that the act may invade privacy, although it is meant to protect American citizens. The act allows officers to search homes and businesses without the occupants' consent or knowledge, and the FBI are allowed to search telephone, email, and financial records without a court order.

The philosopher, Giorgio Agamben, made a point of not travelling to New York after the act was passed, as he did not want his biological data to be recorded by the US government. Agamben compares America to Auschwitz because of its 'bio-political tattooing'. He claims that by using terrorism as justification people accept that their biological data needs to be documented, when actually citizens are being treated like criminals without trial.

Yet this issue is not just restricted to America. In the UK more laws and companies are becoming intrusive. It is British law that before text message data can be accessed, approval must be given under the Regulation of Investigatory Powers Act. However, when you travel abroad, GCHQ can legally access your text messages without a RIPA, since GCHQ's access

to foreign agencies is not covered by law.

The database which snares these text messages is called Dishfire. It intercepts 200 million texts per day, which are sent between countries. These text messages include welcome messages when you enter a country, which allows Dishfire to track your movements. It also collects missed call alerts sent by text to find out who you have been in contact with, and has been used to find out credit card numbers when a text is sent from or to a bank. Critics of Dishfire are concerned that all information is recorded and stored indefinitely. Telecom companies, such as Vodafone, were unaware of Dishfire until recently.

The public expressed outrage during 2013 when David Cameron announced that web servers would now restrict the websites you can access, unless you turn the feature off. Cameron stated that this was a necessary step in stopping pornography 'corroding childhood'. However, again this becomes a double-edged sword as the restriction is on by default. This means that to access any of the banned sites the user must contact their provider. Many people have responded arguing that this is a removal of the right to privacy.

Yet, it goes further than what the government controls. Facebook, which has over a billion users, not only tracks your whereabouts when you upload data, but also wants to access personal information on your mobile. The Facebook android app has recently requested access to 'Read your text messages' (SMS and MMS) and 'Add or modify calendar events' on your phone. Facebook claims that they have requested this access to benefit users by adding events to the users' calendars, and automatically confirm a phone number when it is added to the account. However, many people who may disagree with Facebook's new terms and conditions are accepting them without reading them.

In spite of the growing number of ways our privacy is being invaded there are some critics, such as Jim Harper, director of information policy studies at Cato Institute, who believe that people should be more careful about what they agree to. Eric Schmidt, the chief executive of Google, has warned that people are leaving large amounts of information about themselves available online without thinking about or

understanding the implications. Yet, it is surely ridiculous for us to not enter the USA, not use our mobiles abroad, not download apps, etc. just to prevent our privacy being invaded.

Are we past the point of being able to keep anything private anymore?

Vegan-uary

Ceri Hall

From 5:2 to Master Cleanse, post-New Year diets are all the rage. One which has dramatically grown in popularity this year is "Veganuary". An unfamiliar term to most of us, Veganuary refers to a strict plant-based vegan diet for the month of January, often to "spiritually and physically cleanse" the body. With a demanding diet that rules out all meat, dairy and eggs, it leaves the question of why has it suddenly become so popular?

It may partly be down to the ultimate Superstar couple Beyoncé and Jay-Z. The loved-up duo embarked on the "22 Day Vegan Challenge" just one day before the renegade rapper's 44th birthday on December 3rd 2013. After receiving large amounts of publicity and praise for the restricting diet, both Beyoncé and her husband glowed in photographs, while sporting very trim figures. Some are even claiming that Beyoncé was a tiny US size 2 (UK 6) at the Grammys.

What came next appeared to be a surge in temporary vegans for the month January 2014, with the BBC stating an astonishing 40% increase on the year before. With many vegans concerned that the vegan lifestyle will be reduced to nothing more than a fad, I share their worry, but also see this as a remarkable achievement of modern society.

This is because, being a vegan myself, I have had some unpleasant encounters with people who have tried to challenge my beliefs and way of life. I understand that a couple of generations ago the common dish was characterised as any "meat and two veg", which may explain why people still find veganism strange. But since the vegan diet has been

catapulted into the limelight, I have met other vegans, something which I thought would be a very rare occurrence. It may be a coincidence but I think the

positive mediation of this ideology is finally becoming accepted, all thanks to a growing liberal Western world, celebrity endorsement, and being seen as a quick-fix health treatment.

Despite this, being a vegan is not always a walk in the park. Sometimes it is a very lonely adventure, not because of the experience of open discrimination or anything along those lines, but because it is awfully easy to be left out and feel like an outcast. This can best be illustrated when my friends and I went to an exciting 1950s-style American diner. The atmosphere was nothing less than electric. However, the only thing which was suitable for vegans was Orange juice or Coke! As I watched my friends chow down their amazing looking pancakes, my stomach growled with hunger. Sadly, vegans are often forgotten by a large section of society; it's just a fact that we will have to live with - for now at least.

Lastly, many people tend to believe that it is my choice to not eat food like fluffy pancakes, which it is, and I am proud of it. However, what most people never realise is that it is very easy to make a substitute for most things. Over the last 5 years I have discovered how to make vegan pancakes, cakes (which are better than the norm) and, more surprisingly, even an extraordinary roast dinner. Even though I am sure that many people take part in Veganuary for health benefits and to eat natural low fat and low calorie foods, I would highly advise them, and others, to at least try a vegan cake. You won't be sorry.



Photo by Jonathan Eldridge

Student Stereotypes

Bryony Seager

Stereotypes are a part of everyday life. As a student you often hear such gems as "all students are lazy", or "all students are champagne socialists".

Lots of people I know have preconceived ideas as to what other students get up to; whether it's those studying different subjects or just people in different years.

I asked a selection of students studying different things to answer a few questions about their degree/their daily life.

I often hear a lot of things about history students that make me roll my eyes, and not just history students, but those who study the humanities in general. We don't have a lot of contact hours in our degree, sometimes less than six a week as we get into third year; but this doesn't mean that we don't do any work.

This is one of the most common allegations I hear, that because we're required to be in lectures/seminars so little, then we must do no work. The other that's my favourite is more of a visual one; you see the girl in leggings, doc marten boots with socks and a whimsical t-shirt; oh she must be an English student! My friend gets this all the time, when in fact she studies biology. It's something we do naturally I think - categorise people on how they look, but it is interesting to note that once we start

to ask, how often we get it wrong. Another common stereotype that I think a lot of students get is to do with their careers. This links humanities and the next subject, Fine Art, together. Often when people ask what you're studying and you say something along the lines of "History, Art, English Literature, Religious Studies etc." you often get a response that usually ends with the person asking if you want to be a teacher. This usually makes me want to explode with rage and I know it does to other students as well. I know people mean well then ask about your career but please try and be a little bit more creative!

Just because someone is studying Art does not mean they want/have to be an art teacher.

There is a world of possibility out there when it comes to careers, so rather than asking someone if they're destined to "be a teacher", why not ask what they're planning to do? Leave the question open-ended and you'll probably avoid the eye roll.

I spoke to Jess Kadel about other things that are often misconceived about being a Fine Art student and she said the one that irks her the most is people telling her that it "isn't a real degree." Now I don't know about you, but if you've got any experience of studying art at any point, whether it be at GCSE level or degree level - there is a tonne of work.

It is definitely a real subject.



Photo courtesy of kayaker | 204

The art students at Lancaster all get their own studio space where they store their materials; apparently this is both an advantage and not. It means that all of your things are together and it gives you

a creative space, but Jess says it's also a pain when you live in town and get the sudden urge to be productive and have no choice but to go to campus to do work.

Moving across to the other side of campus, Lancaster University is famous for its management school, and a lot of students spend most of their time within this mythical building. Anna Meng said, when asked, that this often results in people lumping all the LUMS students together; and that people really have no idea what the difference between the degrees of Accounting & Finance, Marketing & Advertising, Business and Management actually is. She says that Marketing especially is often misunderstood.

One thing she says that other students do have right, however, is that the Management School does have excellent facilities (did you know there's a Costa Coffee in there?!).

She also said that whilst her degree is more on the creative side of what the Management school does there is excellent career support available for all. It's not all fun and games though, like most subjects there are parts that are deathly dull. Apparently something called Market Research isn't a huge amount of fun because it's all about the analysis of statistics. I don't know about you but anything where I'd have to consistently analyse statistics would have me running for the hills. One module in history where we have to analyse Medieval wool export figures

(more interesting in context!) is bad enough...

Finally, in an attempt to be inclusive, I approached a Physics and a Maths student. Now, this is worlds away from anything I would even contemplate doing and when friends discuss what they've been doing I just tend to smile and nod appreciatively, because I basically have no idea what they're talking about.

Callum, the Maths student says the hardest thing about his degree is that if you miss one thing then it's really difficult to catch up. This being one major difference between something like Maths and/or Physics to humanities. If one misses a history lecture, yeah okay it's not good, but it's not going to require you to do hours of catch up because some complicated theory was explained.

In terms of Physics, Seb said the common misconceptions about them are: firstly, they're all oddballs that enjoy electrocuting things; secondly, they're all ridiculously smart - apparently, some people in his friendship group can't even be relied upon to count properly - and finally, that they're extremely condescending to others who don't study physics.

I think we're all naturally protective of our own subjects. We don't want anyone to try and tell us that what we're studying is worthless/boring/useless. It's been interesting to see what people think others conceive about their subjects - I know I held some of these stereotypes before and I guess it's just a case of remembering that people's passions come in all shapes and sizes; much like the actual people.

Don't write it off just because it's not what you'd want to do.

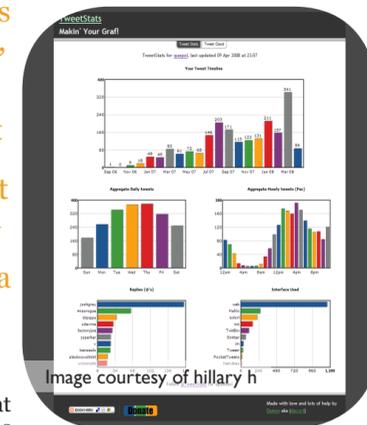
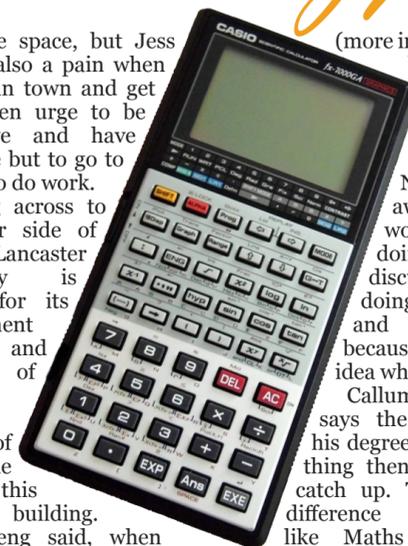


Image courtesy of hillary h

Tricky Trends: *Pastels*

Georgie Jones

In my last article, my New Year's Fashion Resolutions, I wrote about my keen desire to add more colour to my wardrobe. I'd definitely consider myself a somewhat colourless kind of gal, and if I do wear colour it tends to be muted, or a single bright piece teamed with an otherwise black outfit. Pastels are synonymous with femininity, and so if you wouldn't consider yourself a very 'feminine' dresser, you might think that pastels are a difficult trend for you to get started with. I thought this myself when I purchased a pale pink boyfriend sweater from ASOS last year. It was a risk because a baggy sweater that is also a pastel shade is a key piece that can't be worn without making a style statement.

Whenever I choose to wear it it's usually worked in as the focal point of my outfit. However, when I team it with dark skinny jeans and black trainers I feel perfectly at ease wearing such a feminine colour. However, if feminine is your favourite style then by all means, block colour your pastels! A lilac top with a pastel pink bottom can look fabulous as long as you have the confidence to pull it off. I'd suggest keeping hair and make-up minimalistic so that you aren't overdoing the drama. If you prefer a more androgynous or masculine look, then you can still

wear pastels, but consider trying one block pastel colour with contrasting darker elements. This way you'll feel like you haven't moved too far out of your comfort zone.

There are



Photo by Mae Reddaway

easier ways to bring some pastels into your life without forcing it on your wardrobe. Barry M brought out their 'matte nails' polish collection last year, and

it includes numerous beautiful pastel shades. I personally adore 'Nude Vanilla' and have been sporting it frequently. Otherwise, you can try brighter pastel shades, such as Model's Own shades

'Blueberry Muffin' or 'Banana Split'. In a similar vein as nail polish, lipstick is a daring but minimal way to bring some pastel into your look. Pastel pink or lilac

matte shades could look incredible if teamed with bronzed cheeks and a monochrome outfit. I would personally recommend 'Posture' by Illamasqua, which is my favourite matte lilac lipstick. It can be worn both as an all over colour or blurred into a lip stain for a less dramatic look.

Beyond make up we move into accessories and shoes. In the same way you can team intense make up with muted outfit shades, you can do this with your accessories. An oversized pastel blue tartan scarf would look incredible with grey and black shades underneath, and possibly a vintage denim jacket over the top.

My final advice for wearing pastel shades is definitely to be brave sometimes and go all out with your fashion choices.

A gorgeous trend I've had my eye on is PVC, or in particular the 'plastic skirt' as I like to call it. Topshop sold out of their pale pink PVC midi skirt, but there are miniskirt pale pink and blue options out there, and if you can imagine yourself in a black crop top and high-waisted PVC baby blue skirt then go for it. It's certainly not for everyone, but pastels are a shade that eyes are immediately drawn to, so get all eyes on you this season and try out a tricky trend.

Gym Wear: The Unwritten Rules

Georgia Shephard

Among others, two of the most common New Year's resolutions made each year are 'to get fit' and 'lose weight'. So, now a month into 2014, I predict that there has more than likely been an increase in the number of students signing up for gym memberships this term. On top of the membership costs is the expense of proper gym attire, something that can prove to be a minefield of disasters for many, so here are a few pointers on what to avoid.

'Fashion' Trainers

This isn't even a case of style; wearing 'fashion' trainers to lift weights in is dangerous. Don't get me wrong, 'fashion' trainers are perfectly acceptable outside the gym but in the weights room they are a no-go - New Balance trainers and Converse being the biggest offenders. There is a reason why proper running shoes are expensive and that's because of the science that goes into designing them so that they offer the correct support for your feet and thus, en-

hance your performance in the gym. If you are going to choose any piece of gym wear to invest in, invest in proper trainers, your body will thank you later.

Hats

I didn't even realise this was a problem until I asked a few of my male housemates, but apparently there's an increasing phenomenon of males wearing hats in the gym. Personally, I think it is unnecessary to wear a hat indoors at all, so for someone to wear one whilst on a treadmill or cross trainer the image seems even more bizarre. As far as I'm aware, it doesn't rain in the gym, so next time why not leave the snapbacks and beanies at home where they belong.

Shirts On!

When you're in the gym, despite whether you have a little beer belly or are even rocking a six pack, always wear a shirt. If you must take selfies of your biceps do it when you get home, other people use the gym to work out not to admire you; and no, a tight,

strappy, racer back vest does not count as a proper top.

Jogger Bottoms, Leggings, Shorts?

You know the sort, the type you pull on after a long day of lectures or when your only plan for the night is to demolish a large Domino's pizza.

They are the comfiest pair of bottoms you own, usually



three sizes too big, perfect for lounging in,

but within doors is where these bad boys stay. Witnessing someone try to work out in these is painful. What was once a comfortable cosy pair of joggers turns into an inferno that starts at the ankle and gradually consumes the wearer causing them to sweat profusely.

On the other hand, tight cotton leggings can also cause a multitude of problems. In contrast to baggy joggers, these are often so tight that they just reveal far too much, cotton isn't made to stretch so simply understand that yes, the whole gym does have a clear view of your underwear.

Men face a similar problem when it comes to shorts though - how short is too short? Your best bet is to buy a pair that falls just above the knee, that way when you're jumping, lunging and running you can be sure everything stays put and hidden!

Whatever you opt for, try and stick to breathable materials that will not only stretch with your body but also help you keep your cool whilst you work up a sweat.

scan Fashion-O-Meter

Because somebody needs to keep things stylish around here...

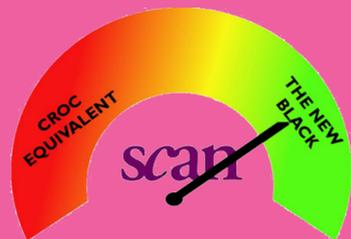
Damian Gray

The New Black

- Hate Blockers: We don't care if it's sunny enough or not. We're wearing our sunglasses and hell yes we're throwing shade.
- Raising Money: No not for that new handbag. For charity! Everyone is at it. The 'school cake sale' generation is finally showing us what they are made of. World peace we're coming for ya!
- Club Giveaways: We don't need an excuse at the best of times. But free money is as good an excuse as any.
- Final Clearance: You managed to get that dress for a fiver?! Somebody open the champagne! Your hours of surfing the net has paid off. Your dissertation? Non-existent.

Croc Equivalent

- NekNominations: Did the world just down a pint of stupidity?
- Paying with Card: The horror on a Saturday morning as you remember you bought a round of drinks of your card last night. Thrice.
- Easter Eggs: Why are they on sale so early? We've only just shifted our Christmas weight. And we're a sucker for a chocolate shaped egg.
- Spilt Drinks: Your 'Dry January' is no excuse for the array of stains down your top in last night's photos. Get a bloody straw.



MEN'S STYLE UP: Spring/Summer 2014

Heidi Nagaitis & Rhea Cairns
Fashion Editor & Deputy

Hey, boys! If you've been hiding under parkas and layering up in knitwear for the last few months, now's the time to step out of your comfort zone and embrace the new trends for spring and summer. Not sure what's hot and what's not? Have a read of our guide for the upcoming season to find out what your options are.

Colour

There's lots of choice when it comes to colour this season. Pastels are - of course - bang on trend and will be seen in abundance as soon as the collections start to hit high street stores. Think sky blue, soft mint green and yes... baby pink. If you're more of a 'stand out from the crowd' kind of guy, then pastels might not really be your thing. In this case, be bold and try strong, block colours like cobalt blue and even bright pink. It might seem like we're pushing pink a bit too hard here, but trust us, if you get pink right... well, you won't go wrong again. This season also sees the rise of colour coordination: yes, that means that the top and trousers are allowed to be the same colour! However, be logical with this: if you don't fancy looking like a baby marshmallow head-to-toe then maybe reconsider the pale pink trouser suit - but hey, it's just a suggestion. Just remember, if you don't want to get weird

looks as you're strutting down the spine, wear block and bright colours in moderation. Whilst it's great to be noticed, you might not want to be remembered as the 'Smurf lad' until you graduate (although third years, as we don't have long left, maybe you can go a bit wild with this). For the neutral colour lovers amongst you, nudes and light greys are still acceptable to see you through to the spring and summer months. Be adventurous this season and team your neutrals with a bright colour - although somewhat practical, the moth-grey look might not always be the most attractive. That may be a lot to take in for just one aspect of your wardrobe, but if you only take one thing from it then remember this: colour is key! The rise and fall of any outfit in the coming season will be down to colour, so make your choices carefully.

Shape

This year, Spring/Summer 2014 sees the rise of 'smasual': the perfect combination of smart and casual. Tailoring this season comes in the form of softer and fluid lines and says goodbye to the stiff power suits that were seen in Autumn/Winter 2013. Never again - well, at least for the next few months... - will you have to be afraid of going too far on either end of the scale; 'smasual' will let you get the balance perfectly right. Baggy, loose-fitted 90s-style shirts are also making a comeback this season, so start hunting in charity shops or search through your Dad's boxes of old clothes to avoid high street

mock-ups and find the real deal. Collars should be flat, sleeves should be elbow length and buttons should NOT be done up to your necks: guys, as the weather (hopefully) gets a bit warmer, let yourselves breathe a bit! If you're feeling brave (and all the hard work that you've been putting in at the gym has paid off) then it's even acceptable for you to get your arms out this season. Sleeveless shirts are back and are trying hard to make a name for themselves, so get on the trend and start flexing! The main thing to remember with shape for spring and summer is that it should be loose - so ditch the tight polos, skinny jeans and let the material flow.

Patterns and print

The words 'printed shirt' or 'patterned tie' strike fear into many a bloke, with visions of Louie Spence style ups and John McCririck tweed suits. Unfortunately boys, a whole range of prints hit the catwalk for Spring/Summer 2014 so patterns are here to stay. However, if you choose wisely from the plethora of prints on offer this season, you'll stay stylish and stand out from the room full of graphic tees and chinos on a Saturday night in Sugar. Four simple print styles stood out across the various men's shows for Spring/Summer 2014; checks, spots, stripes and camouflage. Checkerboard patterns reigned supreme on the Johnathan Saunders who harked back to classic sixties style, mixed with bold, punchy colours. His yellow and black check-

erboard shirts were teamed with stone-grey slim suits and contrasting striped ties for a statement look. Alas, canary yellow won't go down well with your Rugby team mates, so emulate this style with a slim fit checked shirt in black, grey or navy. If you're a bigger guy, brighter colours could look a little cowboy, so stick with more traditional tones, team with dark jeans and a formal pair of shoes. Spots and stripes are a safe choice for any guy. They've been on the high street for many a moon and come emblazoned on t-shirts, vests and shirts. Keep your style simple in a maroon spotted shirt or Breton stripe, but please don't pair chinos with your patterned piece; they tend to be a little too baggy for the overall look. Finally, the dreaded camouflage made a return for Spring/Summer 2014. Christopher Raeburn's catwalk was filled with the print, in the form of blazers and trousers. Never fear, I'm not asking you to channel Tom Hanks in Platoon, instead stick to camo t-shirts in neutral colours for a stylish look. Venture too far into G.I. Joe territory and you could look like you're out on a sport social... If you're feeling brave keep your eyes peeled for camo bomber jackets, preferably in black and grey, for a very cool spring summer look.

Shoes

A variety of styles, from Italian brogues at Gieves & Hawkes to oversized trainers at Christopher Raeburn, were spotted on the Spring/Summer 2014 catwalks last year. This season gives blokes an insatiable amount of choice in the shoe department as practically anything goes for Spring/Summer 2014! Boys, my advice is to stick to what you know best footwear-wise, but listen to your missus and throw away those Puma classics from 1998. Try something new and channel the Burberry show, taking Alan Bennett and David Hockney as your inspiration, in coloured, suede brogues. Alternatively slip on some black loafers in ode to the Nicole Farhi offerings of Spring/Summer 2014, a failsafe in footwear. Not feeling the smarter shoes? Everyone from James Long, Rag & Bone and Katie Eary had models in trainers this season which does mean that those New Balance beauts or Adidas originals you've been dying to wear can definitely make an appearance at the weekend. For something a little more original have a look at Saucony, a U.S brand which has sold pro running shoes since 1898. Still under the fashion radar, this label has become the new 'Superga'; a footwear brand on the verge of 'taking off' on this side of the Atlantic. Invest your pennies wisely and your footwear will see you through until Autumn/Winter 2014.

Spring/Summer 2014 can seem like a big leap style-wise, but embrace the new trends and venture out of your comfort zone for a more interesting look and better wardrobe for the New Year.

Is Converse an immortal trend?

Steff Brawn

I am no fashion journalist, nor am I that interested in doling up and looking prim and proper all of the time. T-shirt, jeans and a hoodie is my kind of get up. My only real addiction when it comes to trends is wearing Converse: the comfiest, most versatile shoes your feet will ever meet. Rising to fame as a basketball shoe in 1917, Converse trainers have survived through decades of trend changes; an achievement that not many fashion labels can boast. I'm sure you've all owned at least one pair of Converse trainers in your life and basked in their comfort and practicality. Few of us would stop to question though, why are these shoes so timeless? Why is it that at several points during the day, you see someone else wearing YOUR shoes? They're just lace up trainers, what's the big deal?

The deal is, these shoes, whatever you're wearing, will go with your outfit; it isn't all about the skinny jeans, hoodie and studded belt look - which by the way, I am a fan of and am not refuting. Whether they are hi-tops, low tops, patterned, coloured or knee high, you will find some way of adding Converse to your look. You can couple them with a dress, jeans, sweat pants, shorts, skirts, playsuits, chinos...the list goes on. It saves a job when you don't have to think about what shoes to wear when you go out,

or start panicking if you haven't got anything that goes with your outfit. Converse are your best friend in these situations.

Not only can they adapt to almost any look, they are extremely comfy and practical. Not all girls out there enjoy wearing heels on a night out and arriving back home with shredded feet and not all guys like to sport shiny shoes all the time. With Converse, you can be free and comfortable whilst looking fantastic at the same time. Nothing is worse than your shoes giving you a hard time, so trust your best shoe friends and go and have fun.

Lastly, and probably more importantly, Converse are YOUR shoes. I know what you're thinking, "No s*** Sherlock!" What I mean is, Converse come not just in many shapes and sizes, but in an incredible amount of designs and there's always new ones coming out. You can get them patterned, printed, tie-dyed and in every colour under the sun. You can even design your own on the Converse website! For all your money savers out there, you can draw on them if you so wish, as I have seen done many times before. However you want your feet to look, which can include the scruffy, well-worn look, Converse can serve you. So, don't worry too much if you get an embarrassing moment of wearing the same shoes as your best friend, just do them up how you want in your own special way; with laces, colours and patterns, make them YOURS!



Accessories: Spring/Summer 2014



Photo by Mae Reddaway

Hannah Hobson

midi rings when accessorising your pastel ensemble.

Let's have a party on your arm!

Whilst our eyes are darting from magazines to catwalk edits, stealing glances at what's hot for this approaching season, we find ourselves being ignorant to those little yet crucial details that hold and lifts an outfit. It's those accessories that can help an outfit express one's personal style. The spring and summer collections for 2014 invite us to let our vibrant voices shine through.

If delicate jewellery isn't your forte and blocks of bright colours shout out to you, then this accessory will appeal to you. Think chunky, think primary colours and think anything but minimal. Let your creative and imaginative minds flow and allow your brightly coloured items of clothing to work with your arm candy. Choose chunky stacked bangles for spring and summer 2014.

Pastel's favourite accessory

Pastel tones join us throughout spring and summer and the delicate looks created with these colours can be complimented with midi rings. Feel free to stack this accessory with several different shapes available, from the infinity sign to a wishbone shape. This accessory that helps to complete this colour palette can be found in various high street stores from Topshop to Urban Outfitters.

Beads and tassels galore

The warmer seasons are fast approaching and festival wear is back on the fashion radar. An event originally for the talented musicians and fans, we now welcome specific trends that have become uniform for a festival attire such as copious amounts of textures, materials and warm tones. This year, accessories with beads or tassels help to create that ideal festival ensemble. So don't leave the beads, tassels and warm tones behind, make sure they're part of your wardrobe and accessories collections.

How to tame your mane

Hair accessories always get lost and forgotten about, even though they have the ability to add that impact to an outfit that could originally lack creativity. Something so simple and affordable is a great styling tool. It started off with the old-school scrunchie last summer and this year we're seeing even more old-school hair accessories, such as a simple bow, either in the form of a grip or in the form of a head scarf, tied around to help tame our manes into an up do. These can be found in Accessorise or American Apparel and are again affordable and are ideal for one who doesn't want to stop with the

Practical and ideal: the rucksack

This industry enjoys a challenge and every year we see the industry challenging the traditional stereotypes of what is portrayed as feminine and masculine. Let the practical rucksack into your wardrobe to complete the sports luxe look this season. It might not scream feminine, but we cannot deny this trusty accessory as realistically, what other bag could offer such a chic way of being able to carry round our heavy folders for a day spent on campus?



Photo courtesy of Burberry

Spotlight on:

Cara Delevingne

Bryony Seager

Having been named on Debrett's list of the 500 most influential people in Britain, you could say that Cara Delevingne's year has already gotten off to a pretty good start. She's a little under a year older than me - 21 years old - and yet she's been making headlines for a while now. Justin Bieber is also roughly the same age and he's been making headlines for all the wrong reasons; so I guess fame and fortune at a young age isn't everything.

Cara, however, seems to be doing okay for herself.

As the younger sister of model Poppy Delevingne she's been well-versed and well prepared in what to expect. Her Storm model management profile denotes her as a tiny size six and a height of 5'9.5". The .5 on the end couldn't help but make me smile slightly - Delevingne is a little on the short side for a catwalk model, so clearly if the powers that be can round it up slightly then they might deign to do so. Being smaller doesn't seem to have done her any harm, however, as she walked no less than forty-seven catwalks in the Autumn/Winter 2013 shows in London. Her name was suddenly everywhere - you could barely open a fashion magazine without seeing her face in an ad campaign or on an editorial. I took to counting the ad campaigns with her in them in my monthly copy of Vogue. I think at a high point there were about six. Personally I always enjoy looking at Cara's shoots and campaigns because they're about far more than the clothes; of course this is also down to the director, but I always feel like she's telling a story within the still. She isn't just an interchangeable clothes hanger. When a shoot has been done by Cara, I tend to stop and flick back - take in the stance, the clothes, the make up, the scenery, the photograph. It interests me. More to the point she interests me as a model. It seems like she's done something pretty rare; made the speechless

face of modelling have a loud - and sometimes entirely unconventional - voice.

Even if you don't take much interest in fashion it's been a little difficult to dodge Delevingne as of late. Best pals with the likes of Rihanna and Georgia-May Jagger, if one goes anywhere near Twitter or Instagram there's usually a shot of Cara floating somewhere nearby. Her social media presence is exceedingly transparent for someone who moves in a world where everything is scrutinised. It's her Vines I'm drawn to the most however, because they reveal a Cara with no make-up, no stylist, no fabulous hair. The Cara who in reality could be "just like us". She's actually been fairly vocal in the past about not wanting to wear make-up unless she has to, dressing down on all occasions possible and generally being fairly

fairly



moving once more inside the fashion world, she has worked for countless names, seemingly having close and personal connections with houses such as Chanel, DKNY and Burberry. But whether Cara actually likes it has always been a question that's floated around. She's been quoted as saying that Fashion Week is her worst nightmare, and that her true passion has always been music and film. She seems to have been becoming more active in the latter things as well recently, moving from bit parts to supporting roles, and also a successful music video duet, she manages to find time for other talents as well. Whatever happens next for Cara, I think she's cemented herself as one of fashion's greats. Most models have a shelf life, but I think she'll long outlive hers and I think she deserves it. Without dusting off the cliché terms of "quirky", "inspirational" and "eye-catching", it's a little difficult to round up Cara Delevingne, because she is all of those things.

I'm just excited to see where she heads to next.

The Girl with the Swallow Tattoo

Chelsea Eddy

Consider this a forewarning - this piece may cause offence. Bold opening, I know, but we are discussing stereotypes, so these are truly just comic generalisations; unless you are a nihilistic hipster then I do apologise.

The inspiration for this piece arose at my netball social where I had sworn our Fashion Editor and Goal Shooter was an English student (she actually does History). How much can we really presume about a person just from simply looking at them?

The English Literature Student

Can be seen consistently hugging a book to them as if it was a life source. Specifically chosen, of course, to showcase their intelligence; for example War and Peace, cover folded back, so you definitely know it's Tolstoy. They favour heritage style clothing, sheepskin long coats, tweed, trenchies, imbuing an English patriotism through outerwear. There is often an underdog, someone who is pretty much a mute, and then they will come out with such an astounding statement that immediately refutes any kind of smartness you thought you had. The boys typically wear cable knit slouchy jump-

ers, checked shirts shyly creeping out underneath, with the staple black skinny jeans that have never seen a wash in their lifetime. The girls are either; dark, mysterious, and highly emotional depicted through band/slogan tees or the female equivalent of the heritage boy.

Biology/Medical Students

They are generally attuned to the outdoors, sharing both a love of nature and human physiology. Practicality and comfort is paramount for long hours in the lab often finishing their look with walking boots. Their outerwear is of the waterproof mountain warehouse variety, shielding their water-wicking fleece beneath. The bootleg jean still exists in their circle as does the Regatta fleece. Outdoor activists include equestrians, rowers, hill walkers, and skiers. They dress quite preppy; polo shirts under thick woollen jumpers with long leather boots, the timeless wax jacket, and the occasional tweed or tartan influence.

Art Students

Creative students are the most eclectic dressers, so if often you can't figure out what a guy does upon first glance, but if he has a single hoop in his ear; then it's art. Similarly if a girl approaches you and has a swal-

low tattoo - apply the same solution. There is the bohemian art student characterised by baggy clothing, gypsy skirts, and patchwork harem pants. Now if you hadn't discovered, there is quite a hippy vibe going on in Lancaster. Firstly there is an organic wholefood shop and café in town (quite a momentous thing considering the lack of anything in the centre) and secondly the sheer amount of infant children you see strapped to their mothers by some patterned piece of cloth knotted at the waist. Also I work with two different unrelated people who have hippy parents and both of their Christmas presents involved incense and some form of hemp clothing.

Sport Students

There is the hench gym guy who wears slogan tees even in your seminar, for example, 'release the beast,' 'train insane or remain the same,' 'sweat is your fat crying.' The girls are either ridiculously fit and showcase their Victoria's Secret physiques in the all-season crop top (or that horrifying moment when you see bare legs in January and instantly feel that throwback to watching Leonardo DiCaprio die in Titanic) or they are dedicated sport enthusiasts who can be seen in alternating sport society jumpers for every day of the week. Not forgetting the Jack Wills pro-

motional couple; matching JW gilet, joggers, hoodie combo.

Considering the harshness of this piece - and the fact that I used myself as the case study for English - my weathered copy of Tale of Two Cities could easily fit in my bag - some of you may be looking at yourselves with a swallow tattoo, harem pants, incense burning away, actively searching for me on Facebook to send me hate mail. If we think about the origin of stereotyping, how does it occur? They became generalisations because of a communal expression of particular interests. Simply put, they convey your interests and personality through visual means. It's how people formulate a first impression. It is how you made most of your friends at freshers. Showing who you are through your clothes is not a bad thing - regardless of whether it pulls you into a stereotype. Music taste, fashion interest, and common hobbies are depicted in your clothing, your hair, what you ink into your skin; a stereotype is an extension of yourself within a community of common selves. What I am aiming to say is being the stereotypical creative/humanities/sport personality is not something to run away from. Just because you reflect your personality for others to see is not generic - it's bold, creative in itself, and demonstrates that your style does have substance.



Photo by Jay Theis



#Roses2014 #lamlancaster



WE'RE
READY...
ARE YOU?



roseslive.co.uk

Work hard, Play hard

Catherine Yorke

The stench of booze-fuelled memories still lingers from first term, where social opportunities made it difficult to stop procrastinating and put pen to paper. However, the second term entails a busier academic timetable, which can hinder your social life. Nothing is going to take the party out of a student – unless you are in Lonsdale, perhaps* – so it is fortunate that there are plenty of things that you can do to maintain balance between work and play, demonstrated by the seven deadly sins.

1. Greed (excessive want for something)

You're a student, so it goes without saying that you like to socialise in some form. However, not knowing when enough is enough can affect your academic success. If you are still going out every other night, it's perhaps time to consider taking a step back. Working in the day and then socialising at night seems justified, yet being well-rested and sober the next day is never going to happen. Putting needs before wants can be difficult, but what exactly are you spending £9,000 a year on, again?

2. Gluttony (taking in too much)

It has been hammered into us that hangovers are not a valid excuse to skip seminars; likewise your social activities shouldn't infringe on study time. Perhaps next time you loosely claim that you won't drink too much, you should actually mean it. Inevitably, students being students eliminates this suggestion, so down water instead of that dirty pint, if you're capable of functioning by this point.

3. Lust (desires)

The ability to deny time with the closest ones can be commendable for some – you know the ones – yet with looming deadlines approaching, it's important to plan your time wisely. Therefore, limit social occasions in relation to your academic timetable, as time flies when you're having fun!

4. Envy (wanting what someone else has)

Everyone wants the best grade, while doing the least work possible. By managing your time, you won't need to envy that friend who turned down that night you can't even remember to study. As deadlines approach, increase the amount of time spent on work, but stay well rested and at least prove you're not in hibernation.

5. Sloth (idleness)

If most of your days are spent hungover or gossiping about menial topics, you know it's time to re-evaluate your priorities. Get into a routine of waking up earlier and working, allowing frequent breaks to chat and wind down. Write lists and reward your progress with social affairs, instead of planning work around them.

6. Wrath (opting for anger over love)

The initial passion for your degree can turn into a burning hatred by second term: by keeping on-top of work and being ahead of the game, a reduced work build-up allows you to enjoy the fun side of university.

7. Pride (self-satisfaction)

Once you have a more balanced lifestyle, take pride in your achievements and reap the benefits. Cheers to a more studious term!

Reasons to...



Photo by Mark Hillary

Amy Coote

I LOVE MONDAYS.
Yes, you read it right.
Mondays are the new
Fridays, well almost!

How can I love Mondays you ask? The weekend is over, the next dreary five days will drag until the weekend comes round again... but I've got some new reasons for you to really start loving your Monday mornings.

New Week, Fresh Start: So you made a fool of yourself over the weekend? Got too drunk and then didn't start that essay you were supposed to do so you can get ahead with all your work? Nah, me neither, well Mondays symbolise a fresh start and a fresh week so you can really throw yourself into all the things you needed to do.

Plan plan plan.

You can really make the most of your working week ahead if you plan your days to get the most out of them; it is truly possible to go to all your lectures, do your work AND have a cheeky cocktail at Spoons when life is getting you down, but only if you organise yourself! Want to start something new? Start on a Monday, a new day a new you, this could be from deciding you will get all your work done, to starting that new diet you keep meaning to do, get it started this Monday!

Monday Morning Gossip: That's right, you can't wait to huddle together with your best friends and tell them all about your weekend stories, or recount the bits of Saturday night you can't quite remember.

Monday morning is your chance, so grab a (much needed) coffee and get chatting! Even if it wasn't you that was making a fool out of yourself, it's always entertaining to listen to everyone else's shenanigans!

RELAX!

After the busy and hectic weekend, Monday nights can be just as good, grab yourself your favourite tea and catch up on your missed TV over the weekend. Pyjamas/slob-wear are compulsory!

As mentioned earlier, planning can be key on a Monday, if you don't fancy planning your working week, get planning your next weekend! Friday planning starts right here! And 5 days' notice is plenty enough for your friends to get their bums down to Sugar as soon as possible at the weekend. Or fancy something different than going out, get friends round to yours and have a good old school house party! The possibilities are endless and this will give you something to look forward to instead of the endless slog of hard work.

Finally, let's break the word down.

Well 'Mon' in French means 'my' so technically Monday is 'Myday' so do what YOU want and see where life takes you on this brand new day, at the start of a brand new week!

So, next Monday don't feel blue because the weekend is over, get your gear on and get ready to hit the week HAPPY!

Healthy food myths

Katrina Bane

It's that time of year again when we all promise ourselves that 2014 will be our healthiest year yet. In a bid to lose those Christmas calories people flock to the stores to buy healthy versions of their favourite foods. This is a much more difficult task than we anticipate when faced with all the lies and myths surrounding those supposedly "healthy" foods. This article aims to reveal the truth about those foods and lead the way to healthy happiness!

Going through school with bad skin, teenagers are constantly reminded of the consequences of eating chocolate and its effect on spots. You'll be glad to hear that chocolate can be as good for you as fruit – sometimes even better! This is excellent news for chocolate lovers everywhere. When compared to "super-fruits" such as blueberries and pomegranates, dark chocolate was found to contain more antioxidants and also helps battle wrinkles and disease.

All companies are aware of the power of advertising, and Activia are no different. Their misleading packaging has led consumers to believe that it is one of the healthiest yoghurts around, making claims that it helps with digestion and lowers cholesterol. This may be the case, but this "healthy option" contains two types of sugar, and to top it all off, they apparently boil insect wings to get the right colouring! The "light" version of Activia contains sugar but this style also contains two artificial



Photo courtesy of iateapie

sweeteners. There are a lot of unnecessarily unhealthy ingredients in Activia for a product that tells you to "look after yourself from within". However, there is evidence to suggest that yoghurt helps cure bad breath, so don't give up on other yoghurts just yet, just read the packaging carefully.

For years, the media has been informing us of the dangerously high levels of sugar in Coca Cola, but many

other drinks contain similar amounts or more sugar than Coke. Many fruit juices contain as much sugar as Coca Cola, and eating the actual fruit is ten times healthier than drinking



Photo courtesy of ontheflyrecipes

the juice. According to nutritionists, smoothies are also a new danger in the fight against obesity as they contain as much sugar as a large coke, whilst the juicing process removes fibre and nutrients that would be found in a fruit or vegetable. The natural fruit sugars in smoothies can also add hundreds of extra calories to your daily intake, making it one of the most unhealthy fruit drinks around. Similarly, the refreshing drink Sunny D is notorious for making headlines with its ingredients. The day-glo liquid presents itself as a natural alternative to orange juice,

but it turns out that this magical concoction is nothing more than sweetened water. The majority of the drink consists of water and corn syrup and, whilst the drink claims to have 100% of our daily Vitamin C allowance, it is much healthier to have a medium orange or a multivitamin.

It's easy to believe what it says on the packaging about the product having "no trans

fat" or "100% of your daily Vitamin C requirements" but remember there are always healthier alternatives and the packaging does not always tell the truth. It's easy to get caught up in the big writing and not read the small text. Hopefully, these truths have helped to abolish some of those healthy eating myths, but there are plenty more out there so keep your eyes peeled!

Restaurant review:

Rocky Street

Eleanor Tankard

When a new, flashy, 1950s American-style diner emerged in an often dull and rainy Lancaster this term, it was unsurprising that it attracted a few glances, and students, to its doors. After witnessing a fair few delectable pictures on various social media I thought it might be time to take a trip to this new diner in the centre of town, which is known by the name of Rocky Street.

On entrance, and even before, it is clear that Rocky Street dons a suitably garish colour palette of mostly yellow accompanied by quite authentic fifties furniture and décor; a jukebox near the entrance to the diner also complements the atmosphere with a variety of rock 'n' roll sounds.

In terms of the staff, I can grant them only praise, from the moment we stepped through the bright red doors we were greeted with smiles and polite instruction about placing our orders. Granted, our small group were the only customers in the establishment, but needless to say this great customer service was extended throughout our short but sweet stay. We were given "lucky number seven" with a flash of a smile as our order number and were made to feel incredibly comfortable at our table, with a speedy check-back and our desperate need to be warm, accommodated by closing the front door especially for us.

The food was expectedly overpriced but the menu hosted an array of sweet treats such as waffles, pancakes, frozen yogurt and, of course, milkshakes. Those looking for a savoury snack may however want to cross the walkway to Gregg's as Rocky Street only offered a cheese on toast variant,



Photo by Eleanor Tankard

and equally those with nut allergies should stay clear as the menu notes that all products on the menu could contain nuts. This aside, I ordered a "Mint Crunch" waffle and a vanilla milkshake, and when it arrived I was not disappointed. My warm waffle was drizzled in sauce and

accompanied with a tasty blob of vanilla ice cream, and the staff even brought a selection of other sweet sauces to the table (but whether you would need much more is debatable in my eyes). The only preference I would have would be for a little less topping and a little more waffle, but I cannot say I expected any different to what was presented to me.

Despite not catering for the student on a budget, which I guess is the typical student, I would definitely visit Rocky Street diner again. I'd therefore recommend saving a trip for a post-exam, or post-coursework treat rather than becoming a weekly regular, else your student loan could be flailing. But most of all if you plan to visit, I advise being prepared for a sickeningly sweet fifties themed sugar rush and a possible ice-cream headache.



Photo by Eleanor Tankard

Inexpensive ways to escape the Lent term blues

Rebekah Handley

Christmas is over, Lent term begins and it's work, work, and more work! With gloomy days and early dark nights, January felt much longer than 31 days and summer feels like a distant light at the end of a long tunnel! So why not cheer yourself up with a cheap midterm getaway before exam period begins?

Although described unflatteringly as 'buses of the sky', flights through budget airlines are cheap and cheerful. With cheap flights to cities all over Europe, including all the major cities such as Barcelona, Krakow, Dublin and many more, companies such as Ryanair, Easy Jet and Jet2 are your new best friends! Remember to plan ahead and shop around for the best deals. Prices can go up nearer to the depart dates so it can pay to be organised, and less money on flights means more to spend on what you like during your weekend retreat.

Save money by packing light and only taking hand luggage as most of the budget airlines don't charge to take one bag on board with you. However, remember to check that

it fits within the height and weight restrictions stated in the terms and conditions as they may check and it will ruin your cheap getaway if you have to pay the extra money (usually

If you're being organised you'll get them cheaper and also you don't want to risk getting fined for not having a ticket on board the train! It may seem cheaper to risk it, but it's not worth your holiday spends if you get caught.

alternative and you can look for hostels online in advance to make sure you get the best price. A few good sites to use when looking for a cheap place to stay include Hostel World, Hostel Bookers and Famous Hostels.

A tip to remember is always read the reviews and take some time to look for the best deals available, it may take a little longer but it's worth your time to choose a hostel bargain (minus cockroaches or bed bugs).

If you want to see the sights during your short weekend, do some research beforehand and make yourself an itinerary to get the most out of your mini break. If you're a bit more adventurous then why not go intrepid? There are sightseeing passes for most big cities which give you free or discounted entry to a variety of attractions and tours. Some passes also give you free or reduced travel on other public transport. These passes are definitely value for money if you're one for getting around!



Photo by Chen Zhao

around £40) for flights, but there's no point being over the top saving on your travel if you're going to blow your budget on pricey hotels. Staying in hostels is a cheaper

All in all, if you're booking on a budget then be organised, book in advance and feel secretly smug when you're enjoying your brilliant bargain getaway.

10 things I learned from travelling

Richard Cowley

1. Bring food

Unless you fancy being ripped off for a naff looking sandwich or some such, bring your own snacks. You don't want to be on a train for four hours with the rumblings, and you definitely don't want to awkwardly manoeuvre around other people so you can be extorted for a KitKat.

2. Don't miss your train

If anyone saw a 20 year old guy smacking his head against a ticket machine in Euston station sometime in August last year, muttering "fifty (unprintable) quid" softly to himself, it might've been me. Arrive at the station early, or watch your bank account get wiped out in one tap of a touch screen.

3. Bring headphones

They stop you from annoying other people with your music, and they

drown out all the annoying people who think it's cool to blare One Direction through the carriage!

4. Don't watch comedies near other people

"Daddy, why is that man laughing to himself really loudly? He looks silly. Now his face is really weird. Why is he wriggling in his seat so much? I don't like him."

5. If you can't speak the language, don't bother trying

Look, I'm all for integrating myself into another country's society in body and mind, and adopting their language as well, but I will never forget the look of disdain on the server's face at a McDonalds in Germany when I mangled my order of a McRib so badly that she just replied in English. Learn the phrase for "do you speak English?" and take your chances. It'll save you a lot of

time and embarrassment.

6. Milka is the greatest chocolate ever

Where can you get Milka in the UK? Nowhere, that's where. Book a ticket on a Megabus to Paris and hop over to grab some of that sweet chocolate-y goodness.

7. Don't run over your sister with a quad bike

Pretty good advice for every day life, really, but particularly handy if you're abroad.

8. Airports are a great place to pull pranks

Here's a classic: as soon as you get through baggage checks, loudly proclaim that you're glad no one gave you a cavity search, since you have horrendous amounts of illegal narcotics about your person. Watch

as security descends on you and your friends in a frenzy! Hours of fun.

9. Dinner parties with rich people are awesome

"So Giorgio here runs a chain of tourist shops throughout northern Italy and lives in this giant house on top of this hill. Antonio is his high-powered bilingual lawyer, and this is his incredibly attractive daughter. More wine?" Take me back there, please.

10. No one cares about your travel stories

You may have had a life-changing experience in a hut in Southeast Asia. You may have saved a whole family of kittens from tidal flooding. You may even have brought water to a tiny village in Africa. But we had to listen to that story twenty times already. Go travel some more and get some new stories.

The importance of learning a new language

Vojtech Cemus

The more languages you know, the more you are human –T. G. Masaryk

Although it is hard to believe, there are around seven thousand languages in the world, of which nearly 13% are dying or are close to extinction. The globalised lifestyle of today tries to simplify our lives and suppresses smaller cultures as well as our own. With the many translation tools available, the Internet, and the growing importance of English, people are forgetting about the value of studying foreign languages as well as maintaining their own. Not only do languages connect our thoughts with our expressions, they also form a bridge between people, their culture and cultures around them. Studying languages has been my hobby for many years and I will tell you why.

The first foreign language I encountered was French. I was around nine years old when I decided that I wanted to learn it. Even though I gave up quite soon because I was not motivated, I do not regret attempting it. It was the enthusiasm and stories of my teacher who had been living in the French countryside that gave me my initial understanding of what lies behind languages.

The second language I came across was Latin at grammar school. Even though I did not find the six years of

Latin classes particularly interesting, it introduced me to another important aspect of languages. I found out what the ancestor of other European languages looked like and how grammar works. After that, I was prepared to get down to Spanish – my favourite. When studying it I could appreciate all the amazing aspects that languages have to offer – passion, relatively easy vocabulary, its wide usage and the fascinating cultures of Spain and South America. This was a milestone for me.

Soon after, I started Mandarin, because I was really interested in Chinese culture. When I got an opportunity to study Mandarin in China, the last piece of the language puzzle was revealed to me. My experience showed me how big an advantage I had when I visited the city of Shanghai, where very few people speak English. My basic knowledge of Mandarin enabled me to explore the city with confidence and ease, and gave me the chance to experience life there. I understood the strong bond between every language and culture. Nowadays, my knowledge of foreign languages helps me get to know new people and broaden the possibilities of my life. I feel more welcomed when travelling, and happy when I make travellers feel the same when I'm able to give them advice.

When translating or studying languages from English textbooks,

rather than Czech, I realise how similar languages are and how they express thoughts in various ways. It is said that everyone can learn several foreign languages, so get down to it and find out more about the world. The new you will appreciate it.

Here are a few hints to begin learning a new language:

1. Choose a language that you really like or have a connection with. Don't just rely on its usefulness or on claims that it is easy to learn. Do you like spending holidays in Italy or enjoy eating Italian food? Go for Italian!

2. After you've chosen your language, visit the library and try to learn the first few chapters of textbooks, or browse the Internet and try out an online course to discover

whether this language suits you. Everybody masters various languages in different ways. When you think you have found the language that suits you, look for a recommended book that concentrates on useful phrases and everyday vocabulary. You could even start a language course!

3. Soon after learning the basics, get a simple book in this language for practice, and learn more about the culture. Why not try cooking original local recipes or watching local films with subtitles to practice your pronunciation? When you gain confidence in the language, you could visit the country for a language course or simply for travelling. This will help you practice more, as well as deepen your appreciation for the culture.



Photo by Tim Green

HOW TO: Get a good night's sleep

Hayley Schubert
Deputy Lifestyle Editor

who suffer from lack of sleep, seemed the best option.

I love almost everything about University. I say 'almost' because amidst the essay deadlines there lurks a personal sore point for me. Most nights, just as my head touches the pillow, cue a rowdy bunch of drunks deciding it is a prime opportunity to have a loud chat outside my bedroom window. From the hum of taxis rattling the window pain, to screams of delight as hungry clubbers visit the fast-food shop across the road, or even just my brain going into overdrive due to the pile up of work growing on my desk – not being able to sleep is excruciatingly frustrating.

Aside from drinking myself into oblivion every night just to get some shut eye, collecting a handful of tips to aid those like me

Ear plugs. So you might not like the thought of sticking a foreign object in your ears, but personally I have found this to be very effective. Just ensure that the alarm you set for 9am is loud enough to be heard through the ear plugs, unless you want to stay awake for a whole new reason – worrying that you will totally miss your wake up call. From foam, to wax, to silicon, the ear plug market is surprisingly large, ensuring you will find the perfect pair for a peaceful night's sleep.

Apparently thick curtains can also aid in acting as a barrier between the noise outside and your yearning to sleep inside (just ensure it is okay to start swapping your curtains around before doing so). Likewise, a layer of foam can act as an obstacle for sound and if you can find a clever way to decorate it, all the more reason. Or

one for the summer months: turn on a fan, effectively drowning out unwanted noise. As the latter option is not viable for this time of the year, noise machines act similarly, playing soothing sounds that successfully muffle unwanted noise pollution.

Do not nap. Students are notorious for their bad napping habits, often turning us into nocturnal beings, yet, as night-time looms, we have no desire whatsoever to sleep. Whilst it may sound somewhat unappealing, if you feel tired during the day, physically engaging in an activity such as going for a walk or making a start on those dirty dishes will benefit you in the long term.

Create the right frame of mind. Going to bed after an argument or stressing over an essay is a recipe for disaster. Winding down in the evening may be hard for students when the workload is heavy, but relaxation is key. I find writing a to-do list empties my thoughts onto paper and frees up my mind, ready for a good night's sleep. Others may

find reading a book, having a hot drink or listening to music equally as comforting.

Finally, a few tried and tested rules for that perfect night's sleep. Do not consume caffeine within six hours prior to bedtime; avoid strenuous physical exercise after 6 p.m.; if you are not asleep within 15 minutes, get up and do something else and never eat or watch television in bed.

Shouting out the window at noisy passers-by does not generally tend to work, as I have learnt from past experience. It does in fact only encourage them to be noisier.

Hopefully some of the above tips will prove fruitful in ensuring a quiet, peaceful slumber. Oh, and for the record, it's just an old wives tale that eating cheese before you go to bed gives you nightmares.

Restaurant review: *Bella Italia*

Kelly Bradshaw

Having been a lover of Italian food for as long as I can remember, I feel it necessary to provide a review of the enticing selection of food served at Lancaster's Bella Italia.

A few weeks ago, my friend and I decided to visit the restaurant for a relaxing evening meal, and I have to say the food was incredible. I've been to Bella Italia on a countless number of occasions, and in all honesty I have never been disappointed. The restaurant provides a wide variety of food, therefore catering to people with all sorts of tastes. From traditional Italian dishes such as Spaghetti Carbonara and Margherita Pizza, to delicious succulent burgers and salads, you can be sure that there's something for everyone to enjoy.

When my friend and I visited, we were warmly welcomed from waiters by the names of Tom and Chris, who were extremely helpful and patient at all times, despite our embarrassing

inability to correctly calculate the overall cost of the bill with 30% off, (it literally took us half an hour – maths isn't exactly our forte). Yes, you read correctly. During that week and after, Bella Italia



presented a promotional offer of 30% off the food bill, which is perfect for us students attempting to salvage every penny. In fact throughout the year, Bella Italia offers a regular student offer, which gives us the amazing offer of two

pizza/pasta dishes for £12. Anyhow, my friend and I took full advantage of the 30% offer of course, and both had a 3 course meal.

For the starter, we shared a garlic bread pizza, which was covered in garlic parsley butter with mozzarella and cherry tomato sauce. Both my friend and I agreed that this dish was literally cooked to perfection.

The main course was amazing too. I enjoyed a pasta dish named Pollo Limone Siciliana, (unsurprisingly, this proved rather difficult for me to pronounce when ordering). Needless to say, it was delicious, as I experienced the seductive combo of

cream and lemon sauce. As the menu perfectly describes, it consisted of 'chicken breast, roasted courgettes, baby spinach and casarecci pasta tubes in a creamy mascarpone, tarragon and lemon sauce'.

And the dessert. Oh, the dessert.

A Cookie Dough Lava Cake, which is basically an indulgent chocolate chip cookie cake with a melting chocolate middle, covered in caramel sauce. Like most desserts at Bella Italia, you have the option to enjoy this dessert with either cream or ice cream, (I on the other hand, often choose to have both). This dessert is honestly one of the best desserts I have ever had. To all the chocolate lovers out there: you really don't want to miss out on this dish!

Despite the fact that I ate my tea only a couple of hours ago, I think it's safe to say that writing this article has made me extremely hungry now. Take my advice: visit Bella Italia. I swear you won't be disappointed.

scan recipes: Comfort food

Skye King

The focus for this week is simple comfort food. I reckon that if food could give you a hug then these recipes surely would.

The Duffin

It was during a recent trek to Starbucks that I discovered the Duffin. The name itself was enough to intrigue me: a portmanteau of donut and muffin! I was hooked after my first bite – after I finished the last morsel of Duffin-y deliciousness I wanted to immediately bake them myself.

Ingredients:
 300 grams self-raising flour
 85 grams caster sugar, plus 65g extra to coat
 80 millilitres vegetable oil
 1 large egg
 175 millilitres buttermilk
 1 teaspoon vanilla extract
 3 teaspoon strawberry jam
 100 grams unsalted butter
 1 teaspoon ground cinnamon
 a pinch of salt

Method:
 1. Grease a 6-hole muffin tin and preheat the oven to 180 °C.
 2. In a bowl sieve the flour and then add a pinch of salt with 85g caster sugar.
 3. In a separate bowl, combine the buttermilk, egg, vanilla extract and vegetable oil.

4. Add the two bowl's ingredients together until they combine.
5. Place a spoonful of the mix into each muffin hole making sure to indent the centre of each one.
6. Fill each indent with 1/2 teaspoon of strawberry jam.
7. Top the jam with the remaining Duffin mix and bake for 20 minutes.
8. After the Duffins finish baking, remove them from the oven and leave the tray on a rack to cool down.
9. Melt the butter while the Duffins cool.
10. Meanwhile combine the extra 65g caster sugar and ground cinnamon in a bowl.
11. Once the Duffins have cooled, brush each with melted butter and then roll them in the cinnamon sugar.

Malaysian ABC Soup

Whenever I drink this soup I'm immediately transported back to my childhood in Malaysia. I have always wondered why the soup is named ABC soup. One explanation is the soup is high in nutritional benefits such as vitamin A, B and C. The other reasoning is that it is as simple to prepare as – well ABC. Therefore, even newbie cooks haven't got an excuse to delay attempting this recipe!

(This recipe serves 2)

Ingredients:
 400g chicken pieces (ideally with bones for more flavour)
 1 large carrot, cut into 1-inch pieces
 1 thickly sliced medium onion
 2 medium potatoes cut into 1-inch cubes
 1 quartered medium tomato
 1 teaspoon crushed peppercorn
 1 litre of water
 Salt to taste

Method:
 1. Fill a pot with 1 litre of water, add the chicken pieces and boil on a medium heat.
 2. Once the water starts to boil remove all impurities that are on the surface.
 3. Next turn the heat to low and add the carrots, onions, peppercorn and tomato segments.



Photo by Skye King

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BOOBS AREN'T NEWS:

Why the union is right to take Page 3 off the shelves

Elle Lund

I'm proud that LUSU has joined with other students' unions to ban the sale of page three newspapers however I know that others aren't. I guess I've gotten so used to seeing this campaign as the 'right thing' that I've forgotten that not everybody has been persuaded yet. There are a handful of responses which vary from constructive criticism to some classic devil's advocating.

'Sex sells.' - Or 'People want it,' something along those lines. I'm sceptical of this stance because it ignores the influence of consumerism on the consumer, but more importantly it is a huge generalisation which is repeatedly being proved untrue. For example (more on this can be found on the campaign website's 'About' page), out of all the men asked their opinion of page three, 'none' said they would stop buying the paper if the topless pictures were dropped. I'd imagine the reason for that lies in the fact that, as a newspaper, The Sun is generally purchased for its news.

The models are exercising their freedom/empowered. This campaign is not against glamour modelling or pornography neither is it attempting to shame the women who participate. Instead, it is advocating that pornographic material should only be located where those who want it can access it, and those who don't want it aren't incidentally exposed to it anyway.

'Freedom of speech/expression', the anti-censorship angle.



Photo courtesy of Trending Central

This is a particularly interesting argument, based on well-placed suspicion concerning government influence, corruption and human rights. Unfortunately it sounds quite petulant in this context. Whose freedom of speech is being censored here? The 'News in Briefs' bubbles aren't actually written by the models, you know. There are other publications which come with boobs. They're just on a higher shelf, in the same shop. Censorship becomes a political issue when a particular aspect of media is entirely eradicated from a society. Not when one irrelevant and offensive image is removed from a national family newspaper.

While these arguments can be interesting, and create debate around the wider issues which this campaign relates to, I don't see how they can be used to negate the validity of the entire campaign. Page three exists amongst a plethora of sexist media

content, and it is interesting how many people use this as a reason to knock the campaign. Apparently, if it's only focussing on one thing, it isn't worth it. These people have evidently never attempted to manage a campaign. Besides, LUSU has also been focusing on the wider issues, as proved by the recent 'Red Pill' event which explored the Miss Representation campaign, and the recent LURADV event run against domestic violence, which raised over £6,000.

Placing images of half-naked women in the context of a newspaper conditions people to see women in a certain way within society; as commodities, whose worth lies only in their appearance.

This is partly achieved by the relation between the images used of women and those used of men in the same publication, creating a pretty clear power hierarchy. Find the Miss Representation video if you're not convinced. This

doesn't only mess with girls' perceptions of themselves, but can also affect how boys see women, and serves to recycle old stereotypes to the younger generation who otherwise have a chance to escape such outdated ideas.

Page three is part of the culture which has caused a rise in eating disorders and body dysmorphia among young women, a culture which has only served to boost the diet, make-up and plastic surgery industries' coffers. This exploitation of low self-esteem has been working so well that in recent years we have seen a definite rise in the objectification of men's bodies too, which is directly linked to a corresponding rise in eating disorders and body image issues in young men.

Some people see this campaign as narrow, irrelevant and pointless when placed within the massive scale of the issues discussed above. But these issues are all linked,

and page three is an excellent starting point.

It's utterly irrelevant to have a purposefully titillating semi-nude image of a woman in a newspaper and it sends a damaging message those who are exposed to it.

By dismantling this long-standing, outdated, explicitly sexist page, we can express our dissatisfaction with sexism in the media, de-normalise the use of sexual objectification to sell products, and continue forward in the struggle against the more insidious aspects of media sexism.



We need a revolution in sex education

Eleanor Newton

At the end of last month, the House of Lords rejected a bill to introduce compulsory sex education within UK state schools with a convincing victory of 209 votes to 142. Despite teenage pregnancies dropping in recent years, we still have one of the highest rates in Western Europe; in some of the most deprived areas in the country levels have stayed the same and in some cases even increased. The lack of compulsory sex education or an effective non-legislative alternative means that the information many teenagers receive is at best insubstantial. At worst, it is non-existent.

In the sex-saturated 21st century, this is not merely a result of a lack of understanding of sex. Instead, it's a more dangerous situation – for many young people, pornography is the main source of sex education. With pornography having become increasingly more violent and explicit over the last few decades, many teens are left with a warped perspective of the realities of sex, what is expected of them and how to treat one another with respect. With the increase of sexual

violence and exploitation in Britain, it's time to come out of the dark ages and arrive at the twenty first century; it's time to go Dutch, to put aside our prudish ways and to tell teens what they need to know.

There are three main problems with teenage sex education in Britain – accuracy, utility and, above all, availability. As no formal sex education is required within British schools, most young people (dependent upon their school environment) receive a very basic overview of the technical aspects of sex in Personal Social Health Education (PSHE). Many of those attending faith schools often receive none at all. Whilst helpful in raising awareness of contraception and STIs, the information provided is danger-centric. Whilst it is useful and undoubtedly provides clarity on certain risks associated with consent and contraception, it is severely limited in terms of addressing the emotional and relationship based aspects of sex.

Whereas the “Long Live Love” programme in the Netherlands seems to successfully merge the two aspects of sex education, many British schoolchildren are left with more questions than they had

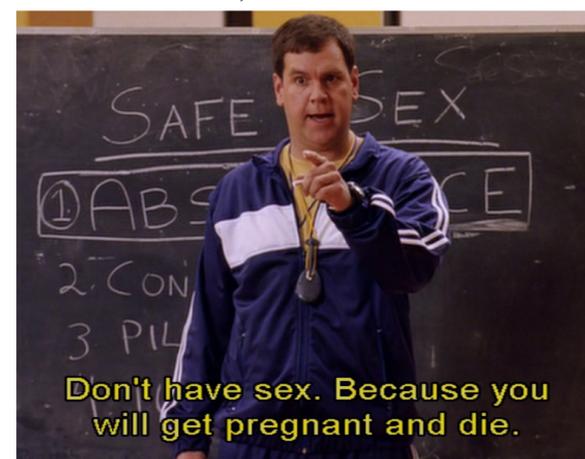
to begin with. Many questions regarding gender identity, sexuality and the reality of what sex really consists of are left unaddressed due to the lack of training given to teachers and the lack of coherence regarding what should be taught within schools and what should be left to the discretion of parents. As a result of this, the information given is often outdated or insufficient. The Long Live Love model is one we should aspire to follow as a country. With a more matter of fact and expansive approach to sex education, the Dutch have achieved teen pregnancy rates a fifth of the size of Britain's, a higher average age when people lose their virginity and a society in which sex is not the taboo subject it remains in the UK.

In the Netherlands's well-established and acclaimed education scheme, teens are given in-depth education alongside a safe environment, both at home and at school, in which to discuss sex openly and without fear of judgement, receiving answers that are honest and accurate. A lot of this comes down to our attitudes towards sex. Whilst those who seemingly want to protect children from exposure to sex may well be

well-intentioned, the effect of this is immeasurable. Without clear guidance, young people are instead influenced by potentially damaging materials, hearsay and peer pressure. Avoiding the topic of sex has itself led to a continued perception of sex as being somehow dirty or abnormal rather than a normal part of normal relationships between consenting adults.

Indeed, from the viewpoint of a random seventeen year old boy who feels he has learnt all he knows about sex (asides from how to put a condom on a cucumber) from

pornography and his peers, sex probably does look like a very deviant act. I dread to think what a female of the same age would expect from sex with the same low-level of education given. Educating the youth would really help to eliminate the problem by introducing some normalcy into the realm of teenage sexuality and allowing them to make informed choices. This would then enable them to have safe and enjoyable experiences of sex without the stigma that is far too often attached to it and continues to undermine sex education in Britain.



The government's “gagging bill” is no joke

Daniel Snape
Deputy Comment Editor

After almost seven months of detailed scrutiny, including 24 public debates and a dedicated “ping-pong” slot, Parliament has ratified the Lobbying Act. Some reporters and activists have chosen to rename it ‘the gagging bill’, and I certainly hope you aren't joining in. It doesn't do nearly enough gagging.

The act, which comes in thirds, is designed to make clear the interests a voter is up against during general elections. Part three enables the government to impose heavy fines on trade unions that do not regularly and completely update their membership lists, which is one way of doctoring the results in a constituency. Part two caps spending by large campaign groups that are not standing for election, or “third parties”, to £390,000 in the seven and a half months leading up to election day. Both

parts demonstrate some sound thinking. Self-regulation by trade unions and third parties is turning elections into contests over which sponsor has the most cash or which backer can fake the most members. Of course, in a true democracy, no organisation should have more influence than the individual voters they comprise.

Not everyone, however, is hearing reason. Unionists are complaining that new legal obligations to a membership list would inundate them with red tape. The act, however, has cut through the usual bureaucracy and asks only that, each year, the trade union puts one man or woman in charge of posting a complete list to Euston Road by June 1. Hardly confusing. Others complain that a list would threaten their members' anonymity. That may be, but anonymity in a trade union is about as helpful as invisibility in an auction house.

Surprisingly few people remember how this provision started out. Let me take you

back to March 2012. The Labour MP for Falkirk, Eric Joyce, was given an electronic tag for spontaneously beating up four other MPs in the private bar under Westminster. Instinctively, Labour went about finding a replacement. One candidate, though, claimed that representatives from the trade union Unite were signing people up to the Falkirk Labour Party without their knowledge in the hope that union favourite Karie Murphy would win. Because Scotland Police refused to investigate, only a supervised membership list would prevent other unions from trying the same stunt.

The spending cap, on the other hand, is least popular among charities. They are concerned that a limit on advertising, conferences, and market research during election time would stop the voluntary sector from making an impact. Stephen Bubb, the CEO of one leading charity group, declared that he would “continue to agitate... in light

of our evidence after the 2015 election.” This is more than a bit presumptuous. In actual fact, charities have nothing to fear. The cap concerns third parties trying to influence the electoral outcome by promoting a candidate, not by promoting a policy. For instance, Cancer Research would have to print plaques saying something like “vote BNP” before coming under the act.

Candidates promoted by third parties are becoming a menace to voters. In the last general election, the top tenth of patrons spent more than the remaining nine tenths combined. A more level playing field could prevent our system going the way of America's, where election day is dominated by over 2,000 “Super-PACs”. These elite organisations can raise unlimited funds for a future statesman, often on the condition that the statesman does or does not make a few specific laws.

What about part one, you

ask? That's where I find the government is wanting. Despite the parliamentary Code of Conduct, which forbids MPs to become “paid advocates”, there are some worryingly wealthy lobbyists that hang around Westminster long after elections are up. This first provision introduces a register containing the names of every consultant lobbyist in direct contact with a minister and their clients. That could come in handy, if it weren't for one monumental oversight: most lobbyists are not consultant lobbyists. Anyone deriving their income mainly from pushing policy for a particular corporation or industry is an “in-house” lobbyist, and can ignore the registrar altogether. Clearly, this act has not created a totalitarian regime. By gagging the trade unions and third parties, the government may have put some value back into the individual vote. Until they can find a proper gag for the lobbyists, however, I don't anticipate much peace and quiet in 2015.

We need to challenge the myths of mental health and drug addiction

Sam Smallridge
Comment Editor



As a country in the past 100 years, we've done a pretty good job of kicking prejudice and intolerance out of mainstream public discourse. When you consider that women did not have the vote 100 years ago and that homosexuality was illegal less than 50 years ago, we should be proud of our history in combatting homophobia and sexism. For our generation it's now unlikely for someone to utter a homophobic or sexist slur without some form of criticism directed at them and I'm proud to be part of that generation. Prejudice has not been totally eliminated from the public discourse though.

Pockets of racism still remain in the country, the battle for equality between genders is nowhere near finished yet, and homophobia still exists to a small extent. However, as a country we should be looking to combat new prejudices as well.

When it comes to how we treat victims of mental health and drug addiction, in many respects, we are still in the dark ages.

I hope that one day, just as a racist slur has become unacceptable at the dinner table, so will saying that you have no sympathy for drug addicts, that they've brought it on themselves, and that they should have sought help. The crass ignorance which comments like that

demonstrate is too common. Prominent writer Peter Hitchens has even declared that he doesn't believe in addiction, that it's a myth and only the full force of the law can prevent it. He's not alone in these beliefs, beliefs which ignore the fact that the American and British Medical Association have already diagnosed addiction as a disease.

We have grown up being told regularly that drugs are bad and that they should be avoided at all costs. However, somewhere in our short drug education we seemed to have missed out on talking about the victims. It's not a logical step but we seem to have ingrained in us as a society that just because drugs are bad then naturally drug takers are. This dangerous conflation exacerbates problems for users, heaping an unnecessary social shame on them. Russell Brand, who speaks importantly on drug

addiction, asked insightful questions after the death of Philip Seymour Hoffman when he said: “would Hoffman have died if this disease were not so enmeshed in stigma? If we weren't invited to believe that people who suffer from addiction deserve to suffer?” Hoffman was the victim of an environment which refuses to recognise addiction for what it is: a disease. Diseases like addiction are often genetic but people also turn to drug dependency when at low ebbs in their life. However, as people have failed to acknowledge, this British attitude to drugs has heaped unnecessary shame on victims which can often prevent those who need help the most from seeking it.

There is a similarly hostile attitude, from some, to people suffering from mental health issues as well. John Woodcock the MP for Barrow and Furness announced he had depression in December. He claimed he announced it to make it easier

for the next person, but surely we shouldn't have to wait, like football does, for a current player to announce they're gay to prove it's not a homophobic sport.

Instead, we should be taking more pro-active stances on mental health to fight the narrative that it is somehow because of weakness that people suffer from mental health issues. Mental health has afflicted some of our most prominent figures. Stephen Fry, probably as close to a national treasure as you can find, has bipolar disorder but this hasn't stopped him from being one of Britain's most popular broadcasters. Alastair Campbell, Vincent Van Gogh and Marilyn Monroe, people from incredibly different backgrounds and lifestyles, and who have all suffered from different forms of mental health, show that it can affect anyone at any time. It's just as random as someone picking up an injury running.

We should seek to educate people more about what is for many a taboo subject and then understanding would increase.

The biggest mistake people make when talking about mental health and people with drug issues is that it is some form of weakness, but it's devastatingly wrong. It takes strength to admit you're suffering from depression, it takes strength to continue leading your everyday life when gripped by anxiety, and it also takes strength to carry on when drug addiction is afflicting almost every thought inside of you. As a country we should reserve judgement and seek to change opinions which only serve stigmatise those whose suffering is not of their own doing, and in turn we would be continuing a proud tradition of challenging intolerance.



Philip Seymour Hoffman: Photo courtesy of LibertyVoice



Answers from Alexandra Square

What do you think about the banning of Page 3 in LUSU shops?

I think it's silly. University students are grown-ups and should make their own decisions. You can always do the same thing on the internet, so banning Page 3 won't change anything.

- **Romans Matulevics**, 2nd year: Politics and Economics

I don't really agree with the decision. I think it's a bit of a slippery slope, to be honest. If profanity on the airwaves offends you, just switch over.

- **Sam Birchall**, Multi-user Interface Programmer

Magazines created by women for young girls have done a lot worse. By giving them this unrealistic body image they end up completely destroying their self-esteem.

- **Sam George**, 3rd year: Politics and International Relations

Page 3 is kind of rude but all the students on campus are over 18. They have to use their own judgement. I don't buy them but it's not that fair on people who do.

- **Yan Sun**, 2nd year: Business Studies

I have no real opinion on Page 3. I mean, I don't look for that in a newspaper. It's not that bad, though, because people these days are desensitised to things like that what with the internet.

- **Mike Harding**, Senior Researcher

Yeah, absolutely. It's a good idea. I don't really buy papers but I definitely don't buy those ones. I don't want to encourage them or anything.

- **April Hamilton**, 1st year: English Literature

I think it's a good idea. When I read the news, I do it online. I never read the ones with a Page 3, though.

- **Rachel Gaffney**, 1st year: English Literature

I think it's a bit of an over-reaction, really. It's part of a bigger problem and I don't think this will solve it really.

- **Michael Drakard**, 1st year: Peace Studies



What long-term aims would you offer LUSU?

Well, I don't really know what they do. I suppose that means they should focus on more outreach.

- **Sam Birchall**, Multi-user Interface Programmer

I don't know what they do. Whenever I need something I just go to my faculty department. I know they have an expensive shop, though. That's not bad!

- **Sam George**, 3rd year: Politics and International Relations

I think they should continue to focus on students' basic needs. I lived on campus for my first year and it was always inconvenient to get my stuff sorted. Like, if I wanted to do some big shopping, I always had to go to town. Things like that.

- **Yan Sun**, 2nd year: Business Studies

Probably just raising awareness of whatever they're already doing. That would definitely help with elections, because whenever they have these votes they always end up with really low turnout, don't they?

- **Mike Harding**, Senior Researcher

I think the council where they make decisions like the Page 3 ban could be better advertised, maybe make it into a larger forum. Perhaps they can work with academic departments more as well.

- **Michael Drakard**, 1st year: Peace Studies

I think it needs to define itself better to students and perhaps advertise itself more as well. From my perspective as well we have one of the best business schools in the country so, while LUSU does work with student business, maybe we can expand on that even more.

- **Joshua Riddett**, 2nd year: Management and Entrepreneurship

I think we could invest more in sport, we're good at it already so we can build on it and hopefully get more people involved.

- **John Wallbank**, Physics Research Associate

Maybe more working with the Base in the careers section. I think the mental health campaigns are a really good idea so they could build on those as well.

- **Katie Gough**, 2nd year: German and Linguistics

Social networking is supposed to be fun, not about making important decisions! I wouldn't know what to put. I think half the problem is that many people don't really know what LUSU does on a day-to-day basis.

- **Joanne Greenhalgh**, 2nd year: Biology

Thank you!

We just want to say a big thank you to everyone who kindly let us disturb their lunch/fag break/personal reflection time. We are very grateful for your openness and articulacy.



Are we as a country too London-centric?

I'm not certain we are as a country. London-centricity is just a symptom of a centralised political system: a place for the democratic mob. Concentrating things like that is just another race to the bottom. Maybe there should be a slightly greater regional emphasis, but I don't think London is going to be a big problem up here.

- **Sam Birchall**, Multi-user Interface Programmer

Yes, yes, yes! Now they've got these stupid projects making the train journey from London to Manchester quicker by about 20 minutes or something. They should be investing that money into rail links up here that don't always end in London.

- **Sam George**, 3rd year: Politics and International Relations

Yes. I think we focus too much on the capital. They now have the ability, like a vampire, to suck the blood out of other areas in England. Taking up all the resources like that will cause an imbalance of growth in towns like Lancaster. Even though it's a big and important area, it's not leaving enough even for the areas around it.

- **Yan Sun**, 2nd year: Business Studies

There's obviously a clear economic divide with the North. Just look at housing prices in London. It's because of all the workers moving there. When I left university, about 90% of my friends went down there for the jobs.

- **Mike Harding**, Senior Researcher

Well, it is the capital. It's kind of always going to be that way. Perhaps they should focus a bit more on the North, though.

- **April Hamilton**, 1st year: English Literature

It's kind of hard to avoid that. When people from other countries think of the UK, they think of London and Big Ben and the Gherkin. That's where the visitors want to go. They could spread the limelight a bit, though!

- **Rachel Gaffney**, 1st year: English Literature

Yes I think so. Often statistics for grad jobs show a lot of them are in London and I don't think it's a good thing because we have lots of other good cities as well.

- **Joshua Riddett**, 2nd year: Management and Entrepreneurships

I think people abroad often associated Britain with London but I think most people in the country tend to appreciate all the different regions.

- **Katie Gough**, 2nd year: German and Linguistics

I think they are to an extent, but there are jobs in other cities. Everything is centralised in London, but I think it's short-sighted and naive to continue with that. It could have a detrimental effect for other cities.

- **Alex Croy**, Postgraduate Student

I know that most engineering jobs are in the South, so if people don't mind moving then it's fine. I think if companies were spread out across the country though, we could end all up living in places like London, which most people don't want.

- **Joanne Greenhalgh**, 2nd year: Biology

Should the library be open 24 hours permanently?

Yeah, definitely. This is a campus university so it would be silly not to.

- **Sam Birchall**, Multi-user Interface Programmer

I only come here to work in the mornings, so no. Opening much later would just be a drain on the University's resources, and there are lots of other things that need them.

- **Sam George**, 3rd year: Politics and International Relations

Yeah, absolutely. I think it should be open all the time. Now that I'm in my second year, I always have loads of work to do in there.

- **Yan Sun**, 2nd year: Business Studies

I work in the Computer Science Department, so I already have 24-hour access to the labs there. Also, given the whole online library thing, if you want to find a book at 4:00 in the morning, you can just go on the internet.

- **Mike Harding**, Senior Researcher

Don't they already do that at most other unis? I'm glad about the evenings, though. It's nice they're opening later.

- **Rachel Gaffney**, 1st year: English Literature

It's awesome. It may insinuate students are terrible at organising their work but I take it as an advantage.

- **Joshua Riddett**, 2nd year: Management and Entrepreneurships

It's a good idea and I think the fact that there's no time limit for work really suits students.

- **Katie Gough**, 2nd year: German and Linguistics

Yes, it's good for people who leave things to the last minute and for those who need access to particular resources. If it means employing more people then that would be great too.

- **Alex Croy**, Postgraduate Student



The curse of the very Flappy Bird



Rachel May Quin
Editor

enjoy that game – whether you make a profit or not. Surely a self-professed “indie game maker” would want the games he spends so much of his time working on to be enjoyed.

It also seems rather strange that Nguyen introduced a new update to the game prior to its removal from the App Store, which featured many things that reviewers had requested, such as making the game easier, making adverts appear less frequently and the option for Flappy’s colour to change.

However, Nguyen also seemed hard hit by the negative feedback the game received – most of which was a complete joke designed to exaggerate just how bad the bird is.

One reviewer wrote: “This [game] is... addictive. I haven’t slept. I used to sleep like a baby. Now I can’t. I lie in bed. I can hear Flappy Bird taunting me to try and beat my score again. When I close my eyes I see Flappy Bird. I haven’t eaten. I see Flappy Bird in the food on my plate. I hear him within the voices of those I love... I now understand that Flappy Bird is no bird. Flappy Bird is satan. Flappy Bird ruins your life.”

As well as this, there have been multiple videos dedicated to the game, including one where two men dressed up as the bird and sung a relatively catchy song.

Another video with a title

of “BEST WAY TO BEAT FLAPPY BIRD” showed a man playing a few levels, losing, and smashing his Android phone repeatedly up with a hammer – although whether that’s because Android phones are useless is another matter.

In other direct tweets to fans, Nguyen claimed that the success of Flappy Bird no longer made him an indie game maker – which begs the question: is this a case of a hipster game maker throwing a hissy fit because his game went mainstream, or is this a fabulous publicity stunt designed to make more people flock to Flappy Bird?

Perhaps I’m being cynical, but surely the point of developing a game is to make sure that people can play and

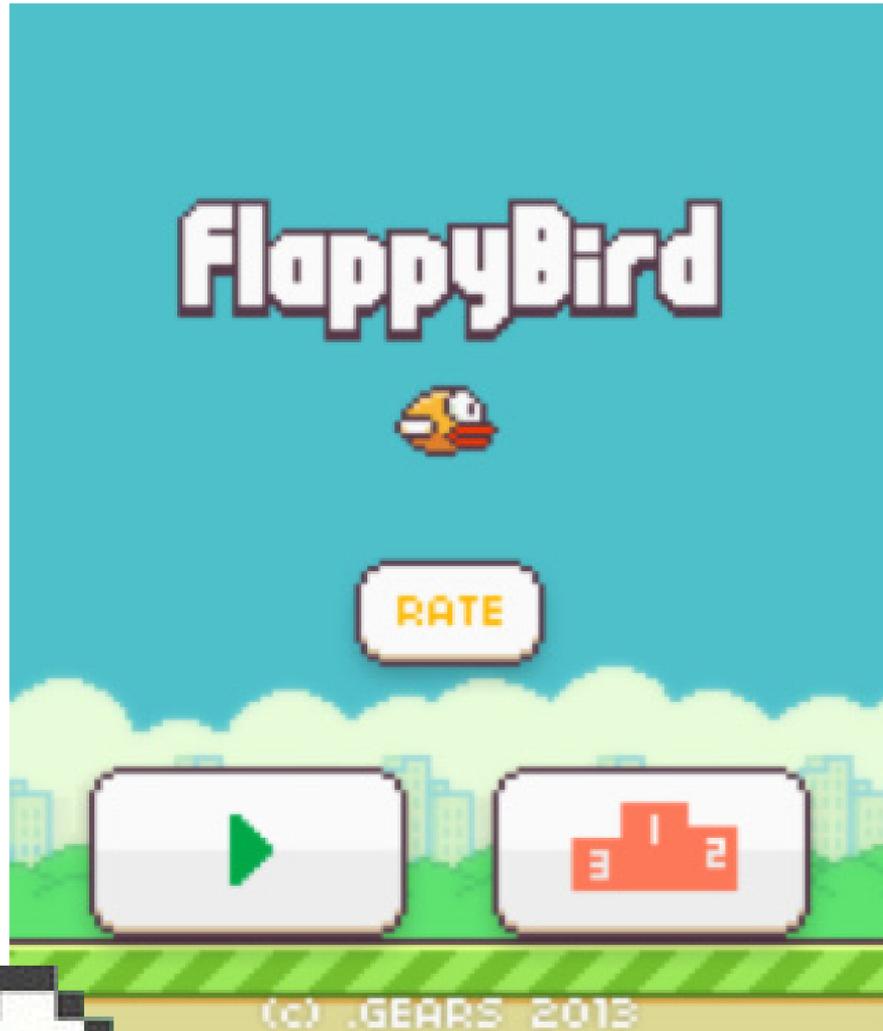
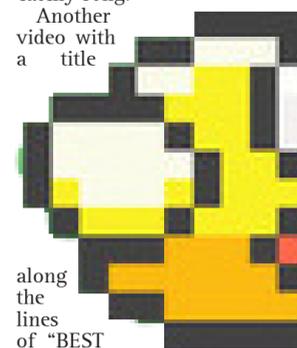


Photo by Rachel May Quin



gamers.

Nguyen claims that his decision to remove the game had nothing to do with legal issues and he was not willing to sell the game to somebody else as he did not want to profit from it. This hasn’t stopped other people from attempting to profit. Phones have been listed on eBay for ridiculously high prices simply because they have Flappy Bird installed – although it has been suggested this is a hoax perpetrated by Reddit users – whereas other people

have attempted to replicate the simple game. American band Fall Out Boy have recently released their own version named ‘Fall Out Bird’, so that people can drop members of Fall Out Boy on their face instead. Marvellous stuff.

The curse of Flappy Bird is one that will inevitably lose its strength in a few weeks. Much like other popular apps like Temple Run, Candy Crush and Farmville, Flappy Bird will soon be forgotten or replaced by another app that seizes people’s lives and time. The yellow bird of procrastination will haunt players no more.

However, there is a much darker side to the world of

Flappy Bird, after the creator received death threats and a rumour began to spread of his suicide. Angry Flappy Bird fans tweeted – ironically – Nguyen threatening all manner of horrible things if he proceeded in his decision to remove the game. Whilst some of these might only be exaggerated, sarcastic tweets intended to amuse those with a darker sense of humour, it is clear that Nguyen is affected deeply by hate and criticism.

We all need to be more careful about the things we say to others, what might seem like a harmless joke to you could very easily be misinterpreted over the medium of social networking.

Are debates over cycling helmets driving us up the wall?

Annie Underwood

A Scottish video promoting safe cycling was recently banned by the Advertising Standards Authority (ASA) as it shows a rider cycling on a road without a helmet, the advert being branded by the ASA as “socially irresponsible.” Many have reacted strongly to this censorship, arguing that as it is not a legal requirement to wear a helmet when cycling, it shouldn’t be mandatory to depict every cyclist wearing one. But should helmets be made compulsory?

It is currently mandatory to wear helmets when cycling in Australia, New Zealand and parts of the US, with many other countries considering the implementation of cycle helmet legislation. In the EU alone, road accidents kill approximately 2,000 cyclists every year, and many groups have used this to advocate mandatory helmets for cyclists.

There are heated debates, however, regarding the potential benefits and disadvantages of wearing a helmet when cycling. On

impact in an accident, a well fitted, good quality cycle helmet acts as a shock absorber, dissipating the shock of the impact into the soft lining of the helmet. Analysis of a number of studies has shown that wearing a helmet reduces the risk of head injury by 45%, brain injury by 33%, facial injury by 27% and fatal injury by as much as 29%.

However, it has been suggested that motorists take less care of and drive much closer to helmeted cyclists than non-helmet wearing cyclists when overtaking. Others have suggested that wearing a helmet makes cyclists ride faster and take more risks, increasing the number of injuries from accidents. While a helmet may protect the head, it doesn’t protect the rest of the body; indeed, a large number of cycling fatalities result from crush injuries to the pelvis, legs and chest. Cycling incidents involving large motor vehicles, such as vans or lorries, are more likely than accidents involving cars and



Photo by Matthew Fleming

that helmets do little to prevent head injuries in major crashes.

Some cycling advocates have suggested enforcing helmet wearing by law may reduce the number of cyclists, resulting in obvious negative health consequences such as decreased cardio-respiratory fitness, as well as detrimental environmental impacts due to

cyclists, due to the vehicles’ greater blind spots. Often, the forces involved in crashes with larger motor vehicles are far greater than the force a helmet can withstand before splitting, in turn suggesting

increased pollution as cyclists return to their cars. However, this supposed reduction in the number of cyclists if helmet laws are enforced is debated – the numbers of cyclists have actually grown in Australia for example since the implementation of such laws in 1991.

Few cycling campaign groups support calls for mandatory cycle helmets, as they believe it will detract awareness from the fact that a major cause of cycling casualties in the UK is due to poorly designed roads which force cyclists and motorists into conflict.

Similarly, many motorists don’t understand aspects of safe cycling and how and why cyclists position themselves on the road – evidenced by

Jeremy Clarkson’s obnoxious tweet at the start of January. Many motorists hold the mistaken belief that cyclists should hug the kerb, but cycle safety advice is to “ride towards the middle of the lane to prevent dangerous overtaking by other vehicles if the road is too narrow for vehicles to pass you safely.”

This want of understanding

on the part of motorists has led to a significant number of accidents between bikes and motor vehicles. The majority of cyclists in the Netherlands, the most cycling aware country in the world, do not wear helmets, and yet they have the best record of cycling safety – because motorists understand and are more aware of cyclists.

The absence of any compelling evidence showing whether helmets cause cyclists and other road users to take more risks suggests it is up to individuals to decide whether to wear a helmet. Helmet laws won’t make motorists drive more sensibly around cyclists.

They won’t fix the design flaws on roads that force cyclists and motorists into conflict. And they won’t save you from any injury below your head.

It is much more important to develop better cycling infrastructure, such as cycle lanes, and increase motorists’ awareness of cyclists and the way they cycle, rather than implementing another law that will change very little. But personally, I’ll always wear a helmet – I’d rather have one and not need it than need it and not have it.

Reality TV: A problem for our country?

Mary Balogun

“Reality TV rots people’s brains.” Strong words from Georgia Jagger, a girl whose fame is based entirely upon the notoriety of her father’s rampant drug taking, philandering antics and occasional music – those aspects which indeed make up a lot of today’s sordid celebrity culture. But that is all there is to it: uninformed and prejudiced sensationalism. Reality television thrives on these aspects as well as a shameless indulgence of excess. I am a sucker for reality television and I am not afraid to say so, because I know that it is nothing more than pure entertainment and people who see it as otherwise should lighten up.

Recently, criticism has been volleyed at reality television and its voyeuristic tendencies.

Although I would like to think that the UK public has not become a nation of voyeurs, reality television taps into the crevices of an innate human desire that the British public are traditionally conservative about: sex. Reality television allows the public to indulge in such illicitness with very little shame. With a plethora of shows having the word “sex” plastered on the title, sex has become extremely hard to miss – Sex Box, The Sex Education Show and More Sex Please, We’re British, to name just a few. These shows immediately spring to mind and they all seem to seduce viewers and cater to the sex lives (or maybe fantasies) of ordinary people. Reality television has provided a realm that has made this candid issue more comfortable to address and talk about in the general British public.

Saturday nights have become the regular destination for many reality TV shows.

From Strictly Come Dancing to the infamous X Factor, such programmes continue to be the bedrock of family entertainment. Many nights have been spent chilling with my family laughing at those who truly believe that they will be the next Michael Jackson, Britney Spears or, more humorously, David Blaine. Such shows not only epitomise entertainment but they give us something to laugh at, which is much-needed, light-hearted relief. This is not limited to Saturday night television; reality shows also provides us with a level of artifice that never fails to surprise. The Apprentice annually leaves you wondering why some of the candidates ever made it through the selection process, whereas Top Gear is never short of quality banter to keep you entertained.

My position on reality television should not be viewed as a naive stance. We are all too

aware of programmes that tap into the fears and insecurities held by some in our society. Channel 4’s Benefits Street, which is nothing more than a 45-minute extension of the “two minutes of hate” from George Orwell’s 1984 novel, is a recent example of this anxiety and how TV producers have sought to earn more viewers and more money as a result of it. With a growing emphasis on the activities of those who are on the fringes of society, we run the risk of believing that the minority represents entire communities.

Reality television thrives on the portrayal of extreme caricatures, so we must be reminded that such shows are created to merely gain the most

viewers.

They are seldom a true reflection of what actually happens in the world and no one should think otherwise.

From the outright salacious to the downright obnoxious, reality television will continue to be dominate our screens. Judging by the viewing figures and newspapers columns reality TV shows gain, it’s certainly not going to go away any time soon. People will continue to comment on its sometimes crass and structured nature, but this does nothing more than take the enjoyment out of it. Columnist Jenny Eclair said it right in her statement: “I can’t stand folk who are all snobby about reality television.” It’s simple and popular and people would be far better off just enjoying it rather than attacking something which gives so much entertainment to many people across the country.



How can anyone trust the e-cigarette?

Julia Molloy
Comment Editor



I don't smoke. I never have – not even a drag – and I never will. But this isn't me getting on a high horse and pointing and laughing at all the smokers out there. This is me trying to make a plausible case for the necessity of scepticism when it comes to the e-cigarette.

Commonly described as the best way to quit an addiction to tobacco, the e-cigarette provides a hit of nicotine to users and emits water vapour, created from the nicotine, to simulate the effect of smoking.

The e-cigarette currently has around 1.3 million users in Britain, but concerns about the lack of knowledge of its health effects have prompted the EU and the British government to interrogate current laws surrounding the device, resulting in a ban on e-cigarettes for under-18s in the UK.

Most have welcomed this, with the president of the Electronic Cigarette Industry Trade Association, Katherine Delvin, saying that the association had been asking for this change “for years”.

From 2016, however, the Medicines and Healthcare Products Regulatory Agency will most likely be licensing the e-cigarette as a medicine in the UK. What mystifies me is how this can be the case when there is virtually no proof, and certainly no official evidence, that the e-cigarette actually helps smokers to quit. Whilst figureheads such as Stephanie Rafanelli and Lionel Shriver, both writing for the



Photo by Ramsey Mohsen

Guardian, may describe the device as a godsend when it comes to quitting tobacco, there is absolutely no public data to prove this.

No matter how many former tobacco users push for the advantages of using an e-cigarette instead of other quitting methods such as nicotine patches, until we have access to some hardcore data, no-one can say for certain what the advantages of the e-cigarette are. They may simulate the action of smoking (though I would question what part of this action Nick Green sees as “classy or sophisticated”), but they still leave users hooked on nicotine, the addictive part of a tobacco cigarette.

It's even more concerning when we delve further into this unknown phenomenon.

Because of the lack of regulations over the amount of nicotine that can be inhaled from a single e-cigarette, users risk taking far more nicotine

than they would if they were smoking tobacco.

The health effects of nicotine addiction are questionable, with most arguing that there is no detrimental effect. Again, however, we are faced with the relative unknown. Though nicotine is by no means the most harmful component of traditional cigarettes, a study published in 2006 in the Journal for Obstetrics and Gynaecology found that nicotine can increase the risk of birth defects for pregnant women, and there are claims that nicotine can increase sugar levels in the blood – a common cause of type 2 diabetes. E-cigarettes do emit water vapour, but nicotine can also be found in this, which can lead to passive inhalation – particularly given that e-cigarettes can currently be used in all public places, whether open or enclosed.

The point is that e-cigarettes simply cannot be trusted until we are clear about their health implications and their ability to aid quitting tobacco use. The move to ban e-cigarettes for under-18s is certainly a

positive given young people's susceptibility to the harmful effects of drugs, but the possibility of e-cigarettes becoming a licensed medicine is absurd. Even if it were proved that the current-level technology of e-cigarettes aided smokers to quit, surely the lack of regulating nicotine inhalation is a cause for deep concern.

Whilst it's true that e-cigarettes with 0% nicotine are available, for most, “vaping” is a means of obtaining their nicotine hit without the smell and harmful toxins found in cigarette smoke. In fact, users of e-cigarettes containing nicotine haven't really moved on that far at all; they've simply stopped using tobacco.

The drug itself, nicotine, is still a problem – in the same way that caffeine addiction is a problem that much of the public wrongly dismiss as inconsequential.

Moreover, as many objectors

to the e-cigarette have pointed out, vaping reintroduces the image of the cigarette into our everyday lives. If there's one thing that my literary theory module has taught me, it's that ideology is inescapable.

The e-cigarette, with its flashing light and sleek design, makes nicotine addiction look cool, just as alcohol adverts make alcoholic drinks look cool.

This creates a subconscious image where smoking real tobacco is the “in” thing to do again.

E-cigarettes are the crest of a dangerously slippery slope into nicotine addiction. Without extensive research, no-one can comprehend the true effect that this device will have on its users. Quitting nicotine is the best option for everyone concerned and, until proper research is conducted, other quitting methods should be advertised as far more attractive.

Is this the end of the line for Justin Bieber?



Photo courtesy of Miami-Dade Police Department

Danny Gallagher

It's 2010 and a fresh-faced youngster, standing no taller than 5ft 6, at the tender age of fifteen years has just emerged on the global music scene in some style with his first major hit “Baby”. Teenage girls around the world are starting to take notice and form an almost cult-like following for this young man.

This individual is none other than Justin Bieber, of course. Fast-forward to the present day and, four years later, here he is with a plethora of “best artist” awards and Grammy nominations, as well as a

trail of broken records lying in his wake. Coupled with an estimated net worth of \$58 million and Forbes officially naming him as the “third most influential celebrity in the world”, it seems like life couldn't be sweeter for young Justin.

A lengthy list of grievances, however, is building up around the young pop icon, with a string of alleged assaults; one for himself and others for his security team who have been forcefully combatting persistent photographers anxious to snap his day-to-day activities. With popularity comes the heavy burden of

constant media demand, something which Bieber has seemingly failed to prepare for.

The assault charges are merely the tip of the iceberg at the minute, as at the end of January the world's media became fixated on the story of the arrest of the pop-star sensation in Miami under the uncompromising laws of drink-driving, drug influence and resisting arrest. Standard jurisdiction would suggest that any “average person” would be looking at hefty time spent in jail, though 24 hours later Bieber was returning home minus \$2,500 which the judge had set bail charges at. Mere pocket-money for a musical maestro selling out entire arenas at \$50 a ticket for months on end.

We have now been pushed, by some, into deciding – popstar or criminal? Some people say it's about time to brandish and question that age old cliché, “too much too young”. We shouldn't cross any wires here; child superstars have been going off the rails for years, so to speak.

Miley Cyrus is another of those who, like Bieber, catches the headlines for her unruly antics just as much as she does for her world famous music.

“Sex, drugs and rock and roll” is a phrase fiercely associated with the emerging rock music culture in America during the 1960s and 1970s. This mantra has long since existed and is regularly exercised by the media as a convenient way of condemning celebrity antics. Of course, Bieber himself in recent weeks has once again drawn comparisons to this type of lifestyle, with disapproving commentators eager to position him under the spotlight as a young boy simply trying to emulate a despicable lifestyle because of his endless supply of luxuries.

Macaulay Culkin would be a much more adequate candidate for this mould; he stood as a child-star in the acting industry with the world at his feet. However, the winds of eminence carried him into the abyss, with a generous helping-hand from drug abuse and an incomprehensible new-found wealth. It would

be painfully premature to suggest that Bieber is already going the same way as Culkin, with upcoming singles from his new “Journals” album to be released and yet another film to hit the big screens. 2014 has plenty enough to keep the teen star preoccupied and subsequently out of trouble.

Collectively, it will simply be the overall decision of Justin Bieber as to whether he goes down the same fateful path as the child-sensations before him. The sad reality is that his record label and all affiliated sponsors will steer his ship throughout high tides for as long as he can make them money, and let's face it, that will not be coming to an end any time soon. Nevertheless, there will come a time when Bieber senses his career coming down the return side of its “peak”. One can only hope that he will then look back proudly upon his many positive achievements and not a scarred blotch of negative events which have may led to him becoming just another long-term casualty of child stardom.

Jon Snow: The aspiring feminist or not?

Jonathan Eldridge

First impressions are always important, and according to Channel 4 News reporter Jon Snow, the initial impact that women make on the male mind is sexual.

In a candid interview with The Independent, Snow stated: “sex comes into every evaluation of a woman.”

Is this a generalisation? Possibly. But how accurate is this statement? And what does it say about a man who declares that he “aspire[s] to be a feminist”?

According to Edward Laumann, Professor of Sociology at the University of Chicago, “the majority of adult men under 60 think about sex

at least once a day.” Confirming the common conception about the male libido might seem to attach some credibility to Snow's words. His sentiment may seem crass, sexist and Neanderthal to some, but he does hit honestly upon an issue which few men in a position such as his would be willing to discuss. Snow expanded on this by expressing his belief that “once you've established a friendship or a working relationship with a woman, it's parked.” A dangerous comment from a rusting mind now begins to appear as evidence of a refreshingly straight-forward celebrity.

However, Snow doesn't seem to have offered himself the chance to clarify the statement. Yes, we might know what he means once we've taken a second look at his statement, but there's still some wiggle room in which absolute lucidity escapes us. What does he mean by “every evaluation”? Surely he

can't be suggesting that male interviewers have a tick or cross box for a requirement marked “possibility of a sexual relationship” when screening female applicants for a particular job? Obviously not, but unfortunately it's not unthinkable. We can safely assume – with no thanks to Snow – that he implies (almost) every mental evaluation, regardless of the social situation.

This still leaves us with the problem of his generalisation. If Professor Laumann regards the “majority” of men under 60 as having sexual thoughts at least once a day, this leaves the door open for the possibility that there are men out there who think about sex less frequently, meaning some heterosexual or bisexual men may therefore not be as likely to regard a woman as a sexual object on first meeting. Given that – prepare for another generalisation (I apologise) – we are relatively highly sexed,

I'd guess that this is unlikely.

However, even if it were true that all men fell into Laumann's category, the most disturbing thing about Snow's statement is the fact that he conflates mere passing thought with a personality evaluation. I am male, and from first hand experience I can pronounce that a) I do not sexually evaluate each woman I meet, and b) on the occasions that I do, I almost always dismiss the thought equally as quickly as I entertain it, for I am consciously aware that this piece of information says less about her character than it does about mine.

I would instead offer a slight adjustment to Snow's statement: sex comes into a lot of thought about women, but it is important that it is excluded from the evaluation. I fear the ageing broadcaster may simply be reinforcing that oft used criticism: that we men “think with our balls.” Though, as mentioned, Snow

states that he wants to be a feminist, he does confess that he is “guilty of just as many failings in terms of supporting women's equality...I couldn't say I'd really fought for women to enjoy many of the fantastic benefits I've enjoyed.” This conclusion rather compounds what he has said previously. The link between his prior sentiment and this statement may be tenuous, but it wouldn't be a hard thing to do to recognise that bringing sex into “every evaluation of a woman” could hamper their chances of matching male professional progression. However welcomed his honesty might be, Jon Snow is partly guilty of failing women precisely because of his attitude towards them. Whilst his exposition of sexual animalism may garner him some praise, his failure to observe that this might be the cause of sexual inequality makes Snow's position seem slightly ludicrous.



Ronnie Rowlands Postscript

STRIKING OUT

Hello you. Did you miss me? Unless this is your first ever peek into the cavernous dimples of SCAN's back passage that is Postscript, in which case; I'm Ronnie Rowlands, the janitor of this tumbling abode. But before we send this vast Titanic once again into the iceberg of inconsequence, I apologise for my absence last week. Blame the Editor – she's so inflexible in her refusal to accept submissions after the paper has already gone to print. [Sorry, Rachel. Don't hit me.]

Anyway, you'll all be pleased to know that the main thrust of this edition's tentative argument is, once again, the ongoing strike action on campus.

The word on the street is that Lancaster University intends to press ahead with the recommendations of the Universities and Colleges Employers Association (UCEA), and offer a meagre

1% pay increase to counterbalance the 13% pay cut levied over University staff over the past few years.

So you may well ask – how, when there are further days of strike action planned and potential marking boycotts to come, does the University intend to resolve the industrial dispute?

Well, you needn't worry about asking. I happen to know that this question WAS asked, in a constituted University meeting, of a senior manager on a number of occasions. Apparently no real answer consisting of active verbs, sense or closure was forthcoming.

So for now, we can assume that no resolve of fair pair is forthcoming. We can assume that our University intends to be complacent in complete disconnect from the notion of fair pay not only for the full time teaching staff into whom we have invested £9000, but the fellow Postgraduate students who are expected to forgo their personal academic development in exchange for a paltry, insecure and unsafeguarded 'wage' to prepare, teach and mark the

work of, students. We can assume that our University would rather keep hold of its 16 MILLION POUND surplus to blow on Facilities vanity projects which stay intact for the full five minutes of the photo-op before the roof caves in on itself and requires further thousands of pounds worth of repairs, on a pay increase for the Vice-Chancellor, and on God knows what else but I'll bloody well find out and let you know next week.

It's not only a throbbing great middle finger to the staff who provide our education, but also to the students who have invested in the purveyors, and I urge all students reading this to direct their ire not at the staff and students exercising their right to withdraw their labour, but to the University House that doesn't even seem to have the common courtesy to denounce the strike action, instead choosing to put its fingers in its ears and shout **"LA LA LA LA LA"** in the face of growing resentment, disgruntlement and disruption.

An investment in staff is an investment in students, and in refusing to offer that investment, they are refusing to ensure that staff are working in conditions where the educational needs of paying students can be met.

And another thing...

- Nominations for the six LUSU Full Time Officer positions are now open. Do be sure to forgive campus's gradual transformation into a refugee camp with its cardboard boxes and sheets everywhere while democracy works its magic.
- Congratulations to Vice-Chancellor Smith on his 2% pay increase, and for his continued work to ensure a comparable wage increase for Lancaster University staff. NOT. A recent letter sent out by David Willetts and Vince Cable of the Department for Business, Innovation and Skills criticised the pay increases afforded to senior managers in Higher Education, so I guess in some ways you have to admire Professor Smith's middle-finger to those Fatter Cats in City Hall.
- Just under one month ago: Immigration Minister Mark Harper MP visits Lancaster University, is protested by members of LUSU and Lancaster University Anti-Capitalists (LUAC). A few days later: LUSU releases article critical of his policies. Just last week: Mark Harper resigns from his post. COINCIDENCE?!?!?! I THINK NOT!!!!



Read more online at
scan.lusu.co.uk/comment

Hustle

By the time this small block of text finds its way into Postscript, the jointly promoted (by Lounge and Hustle) 'Heaven & Hell Official LUSU Tuesday' will have already been committed. Nevertheless, your author feels it necessary to note the guffawing he woke the house up with when a Facebook acquaintance directed his attention to the scantily clad angels and "she-devils" emblazoned across the promotional materials for this event, especially as it fell so soon after the Students' Union Council (quite rightly) voted to Do A Liverpool and lobby for a ban on the sale of The Sun newspaper in campus outlets.

While rather ironic and farcical in nature, the materials were created by Hustle folk, and your author is confident that LUSU will ensure that affiliated establishments will stay on message forthwith.

As an aside, there was more head-scratching to be had upon reading the description of this event's theme. "HELL: THE LOUNGE" and "HEAVEN: HUSTLE" is what they went with. That Lounge deems it at all necessary to offer "Hellish Flaming Shooters" and "Fire Breathers" to get across the "HELL" gimmick springs the phrase "belt and braces" to mind, while Hustle's offer of "Heavenly Frozen Shots" isn't enough to salvage its "Heaven" theme from its oxymoronic plunge.

Neknominations

Speaking of bizarre alcoholic concoctions, What's The Deal with this new fangled 'neknomination' craze? If I wanted to see videos of cheery students downing a pint of triple vodka-Jager-Bleach and Diet Coke I'd watch SugarTV. If I wanted to see videos of people subverting our expectations and taking their nominations as a prompt to do a Serious Face to camera and commit an act of kindness for attention, I'd find myself drinking copious amounts of vodka-Jager-Bleach and wondering just what the bloody hell went wrong with me.

What's On?

But it's not all doom and gloom in Postscript, the dimly lit and daunting back-passage of SCAN. Occasionally I am moved to take off my rot-tinted spectacles and remember that there's a lot to love about campus happenings, some of it undiscovered. It's been a while since I finished my term as SCAN's Deputy Culture Editor, and since then I never really got back into promoting on-campus arts and societies. So, allow me to blast a random scattering of promotion at you all.

The Lancaster University Comedy Institute (LUCI) is still going strong, and holds a FREE night of NEW stand-up every other Thursday in County Bar. There's nothing quite akin to seeing raw, talented individuals learning their craft, improving it and being funny as hell, and County Comedy Club is the place to experience it. It's a great evening out, it keeps the bar busy and, might I reiterate, it's FREE. Go and see it.

Lancaster University Theatre Group (LUTG) puts on three or four plays a term, and they're all about to happen in quick succession. First up is David Auburn's 'Proof', happening this weekend in the Nuffield Complex. Then the following week it's Edward Bond's 'Jackets', taking place in St. John the Evangelist's Church. Also look out for Martin Crimp's 'Fewer Emergencies' and Steven Berkoff's 'Decadence', details of which shall doubtless appear on posters across campus nearer their opening nights. LUTG regularly churns out a lot of creative and innovative stuff, and I'd thoroughly recommend any or all of the above shows; if not to enjoy professional standard theatre, then at least to enjoy watching yours truly trying to act.

The College Bar quiz evenings are always good value, both to the establishments and the College spirit. Might I however particularly recommend the Wednesday night quiz in Furness Bar. Yours truly rocked up a couple of weeks ago and drunkenly shouted out rude answers to the questions, which on reflection was probably a disservice to a really well attended and very creative, taxing and intelligently written quiz. Achieving a busy weeknight in your College Bar is no easy feat – kudos to Furness JCR for achieving just that.

News
3 - 18

Carolynne
19 - 44

Comment
45 - 56

Sport
57 - 64

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 Editor,

I have been looking at your recent article in SCAN about the Time To Talk event that took place.

As part of a quote from Mia Scott it says "Also, of course, the cuts to the Counselling service played a huge part". I just wanted to clarify that there have not been any cuts to the counselling service in terms of staffing or resource allocation so this is inaccurate.

Obviously in general we are very pleased that LUSU are raising awareness of mental health stigma and this event is very positive for the University. I don't want to detract from the success of this event and the good work that is being done. I just wanted to bring it to your attention.

Regards,
Fay.

(Student Wellbeing Services Manager)

Dear Editor,

With the Full-Time Officer (FTO) elections approaching, which I am sure will be covered in the upcoming edition of SCAN, it's time for potential candidates to start thinking about what they want to bring to the table – and for students to think about the right kind of person for the role.

FTOs have the potential to make a difference for students of the University, and will be expected to address campus-wide issues rather

than focusing on a small minority. As a result, it would be fantastic to see candidates for the roles making themselves available to the entire body, rather than a select few.

The role of Vice President Activities, for example, is one to which sport societies flock. Every year, we see Activities candidates singing the praises of how they will do X, Y, and Z for sporting societies, rather than embracing the notion that their role is 'Activities' and therefore they should be thinking about EVERY student society – not just the most well-funded ones.

It's a feeling that I would argue is shared by many, after witnessing several people in my seminar recently claiming that their respective societies were largely ignored by LUSU, and preferred not

to vote in FTO elections at all.

Sport is an extremely important part of Lancaster University life, and many people engage in it – it's becoming increasingly important as we approach the 50th Roses – however, it is worth bearing in mind it is only, a part.

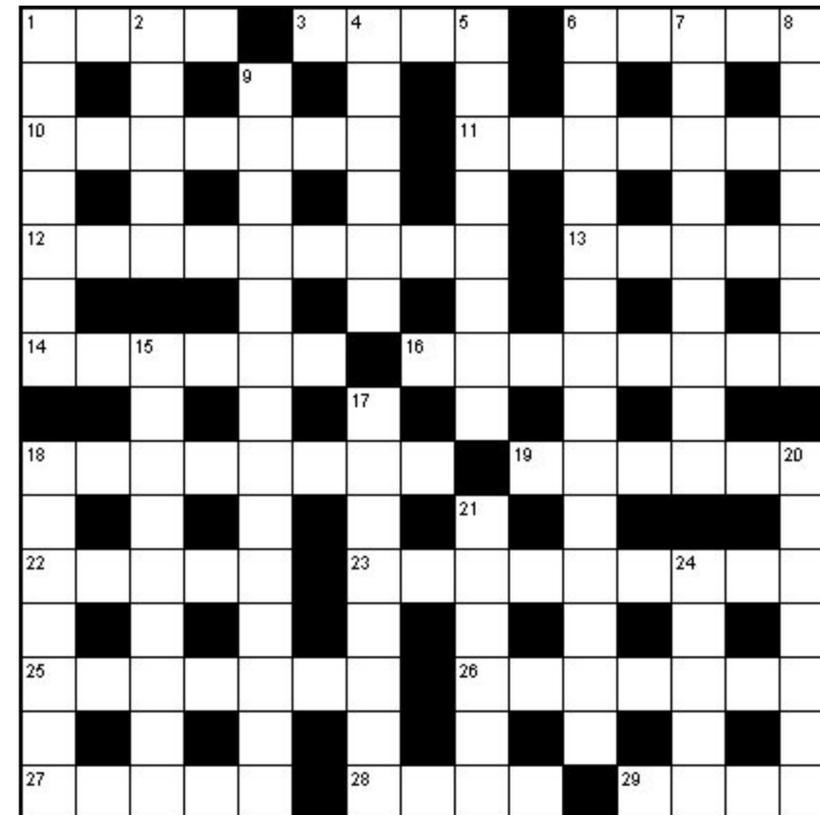
There are many other societies and groups on campus who need an Officer to represent their interests and provide support. This should be considered by anybody thinking of running for an FTO position.

Regards,
Sophie Howard.

SCAN reserves the right to edit letters chosen for publication.

Fancy yourself a master of puzzles?

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.



ACROSS

- 1 Rob a philosopher (4)
- 3 One crosses river to find some land (4)
- 6 Fool locks copper in cell (5)
- 10 Test ground after some radiation displacement (7)
- 11 Nominal union leader is involved in tense criminal trial (7)
- 12 Concentrated, finding Einstein very complex? (9)
- 13 Jelly, say, mostly produced with one kitchen device (5)
- 14 Modelled in nude, representing water-spirit (6)
- 16 Duke has daughter that's outgoing – it's a disadvantage (8)
- 18 Bike featured in red was green (8)
- 19 Decorated band of woollen cloth (6)
- 22 Serpent-witch depicted in plate (no name given) (5)
- 23 Swift horse's whinny heard by maiden (9)
- 25 Checks decisions involving head of state (7)
- 26 Unfriendly landlord's lazy without a hint of doubt (7)
- 27 Garments about to leave African city (5)
- 28 Ship from past? That's about right (4)
- 29 Smack is a fishing boat (4)

DOWN

- 1 Czech composer is a high flier at university (7)
- 2 Bound to upset militant, having dismissed worker (5)
- 4 Football side gets the axe, I see in report (6)
- 5 Rent out English vessel in port (8)
- 6 Republican element largely opposed to authority ousted two leaders (14)
- 7 Lucille ate without a worry, becoming fat (9)
- 8 Tree maintenance (7)
- 9 Where one learns to do the ironing? (7,7)
- 15 Once, millions read new version of Boccaccio's tales (9)
- 17 Nonconformist church building a healing pool in Jerusalem (8)
- 18 Depending on artisan to turn up about one (7)
- 20 European alliance with West America has Homeric character (7)
- 21 Edible clam from Ohio raised in boggy area (6)
- 24 Poem telling of journey to Uruguay (5)

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What we've learned from Superbowl XLVIII

Ben Clay

When beginning to look at writing this article, it became quickly apparent that it would be dominated with content about the Seattle Seahawks, just as they dominated the game itself, but there were two teams which contested the no-contest that was Superbowl XLVIII.

The majority of the build-up to this season's Superbowl was about Peyton Manning being able to dissect the defence of the Seattle Seahawks with a receiving arsenal that cannot be matched within the current NFL landscape, going on to solidify his legacy as the greatest quarterback the game has ever seen. Of course it didn't quite happen like that. In fact, despite going against the views of 'experts', the opposite happened.

Manning's legacy has now been altered, not necessarily damaged, but you can look at his career from a much different perspective. With his five MVP awards as evidence alone, it can be said that Peyton Manning is the greatest regular season quarterback there has ever been.

However, his record in the playoff season is mediocre at best. With the loss in this year's Superbowl, Manning has now lost more playoff games than any other quarterback in the history of the game. Three Superbowl appearances and just one win, a win in which the quarterback opposing him was Rex Grossman, known for his ability to throw interceptions rather than touchdowns.

Peyton Manning is a player who deserves a lot of admiration, but does not deserve to be placed in any discussions regarding who the NFL's greatest quarterback is.

With their performance in the Superbowl, it is clear that the Seahawks are a great team and a scary thought for everyone else is that they are



also a young team. The way their roster is constructed means they have the potential to continue at this high level for some time to come.

With the NFL changing the rules with rookie contracts, it means the team can stockpile young players with relatively small contracts; for instance, Russell Wilson is the lowest paid starting quarterback in the NFL. The effect this has had gives the Seahawks enough room within the salary cap to bring in game-changing players like Cliff Avril and Percy Harvin, who both played major roles within the victory against the Broncos.

With the core group of players set to stick around in Seattle, it is not hard to see the team being able to repeat the same level of success next year but as we know, every year in the NFL is different. The team will have a massive target on their back next year, and the San Francisco 49ers

will be the first team to pounce should they falter in any way.

It does not matter what team sport you compete in, probably the most important key to success is the consistency and stability in which an organisation or team is run.

The process with which the Seahawks have just completed with winning the Superbowl began four years ago when both John Schneider and Pete Carroll came into the organisation, in the General Manager and Head Coach

positions respectively.

Right from day one the message that was put to the team was 'Always compete', a mantra which brought Carroll almost unmatched success while the Head Coach of USC. It wasn't easy to begin with, but the organisation knew they were heading in the right direction, it was just a matter of time. The team's draft class of 2012 which included players like Russell Wilson and influential linebacker Bobby Wagner, was the catalyst which propelled the team to new heights.

On the other end of the spectrum The Cleveland Browns are a team which epitomises the concept of instability. They sacked their head coach Rob Chudzinski after only one season; a season which saw the team develop into a squad which could be moulded into a contender in the AFC North. Have you seen their name in

any Superbowl contest that you can remember?

With the way the Superbowl went this year, this armchair critic can firmly say that the defence is a much more potent tool to have on your team than a high flying offence, especially in the playoffs. The Denver Broncos had statistically the best offence of all-time during the regular season and could easily take apart the average defences which the Chargers and Patriots fielded against them.

The Seahawks on the other hand scraped through the end of the regular season and playoffs with an offence which was seen as lacking, but a defence which stopped everyone who they faced them. This year's Superbowl was 'the irresistible force against the immovable object', and we know who came out on top.

In short, as the line goes, Offences win games, Defences win Championships.

Has Financial Fair Play really levelled the playing field?

Ollie Orton

Financial Fair Play was first brought onto the footballing landscape back in 2009, with Michel Platini and the rest of UEFA keen to avoid the biggest clubs in Europe from spending vastly beyond their means. The crux of the idea appeared both relevant and justifiable – the measures would encourage sustainable spending and, amongst other things, would prevent owners from injecting large sums of cash into clubs. Clubs would no longer be permitted to spend far more than they earned in revenue – caps would be placed on spending and sanctions imposed if they were not complied with. These plans were intended to create a level playing field across European football – but, now into its third season after being implemented in 2011–12, has there been any change to the footballing financial

landscape?

As previously indicated, one of the crucial factors of the financial fair play regulations was the prevention of cash injections by owners of clubs – it was felt that whilst this benefited the bigger clubs in Europe, it would create an unequal playing field particularly for the smaller clubs. Furthermore, it was suggested by UEFA that such cash boosts would lead to a procession not dissimilar to Formula One, where smaller teams have absolutely no chance of winning and instead focus on simply maximising their sponsorship opportunities.

Unfortunately, it appears that this aspect of financial fair play has not been as successful as hoped.



Photo by Matt Botham

In 2011, Manchester City signed a new £400 million deal to rename their home ground as the 'Etihad Stadium'. Notwithstanding the vast sums of money involved in such a deal, eyebrows were raised at the validity of such a transaction. Etihad Airways, as a form of comparison, were, at the time, a third of the size of British Airways, had only been in business since 2004 and had never made a profit.

To suddenly make such a bold advertising purchase was almost inconceivable, however, it was later recognised that the chairman of Etihad Airways was the half-brother of the owner of Manchester City, Sheik Mansour. This caused great suspicion around the footballing world – it appeared to many, including Arsenal manager Arsene Wenger, that Manchester City were attempting to circumvent the regulations being brought in by UEFA. Manchester City were never penalised for

this deal, and the argument remains that they simply played the system to allow more of the owner's money into the club without having to deal with the Financial Fair Play ramifications.

In June 2012, a new television deal was signed which threatened to widen the gap significantly between the Premier League and the Championship in England. Sky and BT signed a deal with the Premier League to pay £3.018 billion for the television rights, covering the period 2013–2016. This deal represented a cost increase of 71% over the previous rights deal. In short, this deal confirmed an extra £14 million for every Premier League club on top of what they were already earning per season in TV rights alone.

With such large sums of money suddenly in their pockets, smaller clubs began spending sums of money that only 5 years ago would have seemed inconceivable – Southampton spent £15 million on Dani Osvaldo, Norwich with £9 million on Ricky van Wolfswinkel.

Despite the seemingly unfair nature of both the TV rights deal and the extravagant purchasing of players, Financial Fair Play could do nothing about it – as an outside sponsorship deal, it was beyond the scope of the regulations. Therefore, a rights deal that will irreversibly change the face of English football has been permitted – instead of sustainable growth for the future, clubs will now focus on spending vast sums of money on big name players in the hope that they can secure Premier League status for another year. At the same time, the gap between the Premier League widens evermore – Championship clubs will now be encouraged to spend recklessly beyond their means in an attempt to reach the Premier League. Not only will this create even greater economic disparity between the two leagues, it perpetuates the danger of more and more clubs sinking into liquidation when their efforts to reach the Premier League do not succeed. It is difficult to see anything remotely 'fair'

about this.

Arguments were made by UEFA towards the end of 2013 that Financial Fair Play measures were in fact working. It was announced that, in the year 2012–2013, wages had gone up but, crucially, overall losses had been reduced by 6.9%. Yet the bigger picture must be considered before hailing the measures as driving football in the right direction.

The biggest clubs, such as Chelsea and Manchester City, still operated at a vast loss (£49 million and £46.95 million respectively for the year 2012–13). AS Monaco spent £110 million on three players in the summer window, bankrolled entirely by their new owners – it remains to be seen quite how Monaco's spending will be able to match up to their revenue. AS Monaco have the second lowest attendance record in League One and a wage bill higher than most Premier League clubs – yet still they are freely spending money. The financial side of football awaits their latest set of published accounts.

In 2012, previously free spending Malaga, a club bought by Sheikh Abdullah bin Nasser Al-Thani in 2010, suddenly went into liquidation when he decided to remove any future investment of his in the club – without it, the club could not function. This was meant to be an occurrence that Financial Fair play would prevent, indeed, the measures were brought in to stop clubs being so reliant on owners; clearly, once again, those measures failed.

Financial Fair Play, has, so far at least, failed to make any meaningful inroads into the mass economic disparity that surrounds football. Whilst 'Champions League' clubs still continue to spend money in vast quantities because of inflated television deals, smaller clubs continue to struggle to make ends meet. UEFA may point to minimally falling losses in European football as a victory, but this simply misses the bigger picture – spending in football is spiraling out of control, and, at present, Financial Fair Play measures can do little to prevent it.

Depression: The toughest challenge in sport?

Vikesh Gosai

In 1999, Aston Villa striker Stan Collymore confessed to his manager John Gregory about his battles with depression. Gregory's response? "What has he got to be depressed about earning £20,000 per week?"

We live in a society that immortalises our heroes, who are adored by, and earn millions; surely the last thing on these superstars' minds is mental illness. How can they be depressed? This dehumanisation of sports stars propels them onto a stage in which every decision they make is analysed and reanalysed under the microscopic glare of the public eye, which undoubtedly leads to unparalleled degrees of pressure.

Considering all of their mistakes and failures are magnified within the public arena, this surely must place pressure on notable names in sport.

Examples of Collymore, Neil Lennon, Gary Speed, Freddie Flintoff and Ian Thorpe to name a few, have all succumbed to the pressures of the industry they are involved in. The constant stresses of travelling, being separate from their families and the pressure of performance correlating to their income all must cause worry. The results of which can lead to bouts of depression which are usually hidden away for no one to see.

Conversely having the opportunity that most have dreamed about; scoring the winning runs in an Ashes series, smashing a forehand winner to win Wimbledon or even having the privilege to simply play for your country would surely far outweigh any problems you may be feeling, right? In my opinion not – mental illness is a problem within sport and until we understand the problem and provide the necessary guidance, it will stay hidden forever. By elevating our idols to something more than they are, we fail to recognise that

in reality, sport stars in crude terms are no different to me or you. When completely stripped down, no matter the differences in money or success we all feel the same emotions, pains and stresses – we are all humans.

In John Kirwan's (an All Black rugby league and union legend) inspirational book 'All Blacks Don't Cry' he underlined the need for him, to live up to the stereotype of what an "All Black" player is perceived to be – strong, manly, unforgiving. While trying to imitate this ideal he covered up his depression until finally seeking the necessary help to overcome his troubles. Once he did he felt 'liberated' and 'at peace'. However taking that first step in admitting something was wrong, was unfortunately, incredibly difficult in the environment he found himself in.

This is something that rings true in a number of cases. Gary Speed, an iconic Welsh footballer and successful manager tragically took his own life in 2011 less than 24 hrs after appearing on national television. Appearing jovial on camera, enthusing about his children and talking about playing golf next week no one could have foreseen the shocking events that followed. Here lies an inherent problem, depression has developed into a taboo subject in sport. An illness that rots the mind and if not treated can have devastating consequences. The need for sports stars to perform consistently at the highest possible level while needing to talk openly about their emotions can at times be detrimental to mental clarity.

The ignorance of the topic itself arises in sports as depression is often falsely perceived as a sign of weakness or failure. It becomes something very hard to admit to, as to seek the help and guidance would be to admit defeat. Consequently the taboo of depression seriously cripples the quality of life of those who are affected.

Ian Thorpe, better known as the 'Thorpedo' is another example of the illustrious names to appear to be effected. Thorpe who entered the limelight at the age of just 14, went on to become the first man to win "The World Swimmer of the Year" four times and set the 2000 Summer Olympics ablaze with a haul of 3 gold medals aged 17. Having retired at 26, the



medals soon diminished and following failed attempts of a comeback toward the build-up of London 2012, he turned to being behind the camera as a pundit of the sport he once dominated.

Despite his obvious successes Ian was recently administered to rehab to treat his depression head-on.

People were shocked; however perhaps his depression had plagued him for some years but due to not seeking help he was never able to receive the support he needed. Just imagine being in the public eye at such a young age, the inspiration of a nation, having such levels of popularity, not to mention the riches. The rapid decline of his sporting achievement, teamed with failed enterprises couldn't emulate the level of

fulfillment he once obtained. A once sound mind and great athlete slowly declined, his depression ultimately having a severe effect on his day-to-day life and career.

Although there has been so many high profile cases of depression caused suicides and tragic cases of turbulent careers as a result of depression. There are signs that progress is being made. Looking into the sport of rugby league in more detail, around a third of Super League players admitted they have struggled with depression. The high profile suicide of Terry Newton a former rugby league hooker, who was capped for England in 2010, highlighted the need for the sport to break down the barriers of depression. This led to the use of psychologists in many clubs and higher levels of education helping with depression from youth levels being installed.

Both Freddie Flintoff and Neil Lennon have brought increased publicity to the subject. The former developing a real cutting-edge documentary to attempt to relieve the taboo of depression

off sporting shoulders. He as well as the Celtic manager Lennon, has publicly stated his 'door as always open' for players seeking help on the matter – showing a change in response from what may have been seen 10 years ago.

While guidebooks, education, psychologists and figureheads like Lennon and Flintoff who have publicised the subject all serve as ample deterrents, the heightened pressures created by media and the public eye push depression out of sight. Increased levels of support and guidance for professionals to obtain can only help to tackle the problem in a more efficient manner. Sports stars are like butterflies – so beautiful and effortless in the way they perform but we sometimes forget how delicate and fragile they are too. In rugby league head waves are being made and an example is there to follow. While depression in sport has a long way to go, areas of development are increasing to initiate a conversation to how the taboo can eventually be dismantled.

Davis Cup Delirium: Can we expect more?

Caspar Law

The Great Britain (GB) tennis team surprised the nation by beating 32-time Davis Cup champions – the USA – in the first round of the world group tie at the end of January. Crucially this is the first time Team GB has found their place in the quarterfinals of tennis' premier team event, for nearly 30 years. Remarkable performances from James Ward and (as expected) Andy Murray secured history, sealing a 3-1 away victory.

With a couple of months to prepare for Italy, at the start of April, attention turns to the possibility of unparalleled further achievement in a tournament that is slowly developing as a realistic opportunity for Team GB. However, history is not on their side having last clinched the trophy in 1936 – not that that will phase record breaker Murray.

Italy have won nine of the last ten meetings with GB's side but having not met each

other for 20 years, perhaps now is the time for the record books to be re-wrote.

Murray, who is currently the World No.6 ranked player, is somebody who is heavily relied upon to initiate the team's success.

Without him they are significantly weakened, obviously by losing an outstanding player as well as the inevitable knock-

on mental effects his absence would have on his compatriots. Behind him Ward who is currently ranked 137th has held the responsibility on his shoulders after defeating Querrey in the first rubber. However the distinct lack of ability to prop Murray up

is something to be worried about.

In contrast the

of the world. Fabio Fognini (World No. 14) and Andreas Seppi (World No. 31) notably will provide a challenge to GB's lower order in particular.

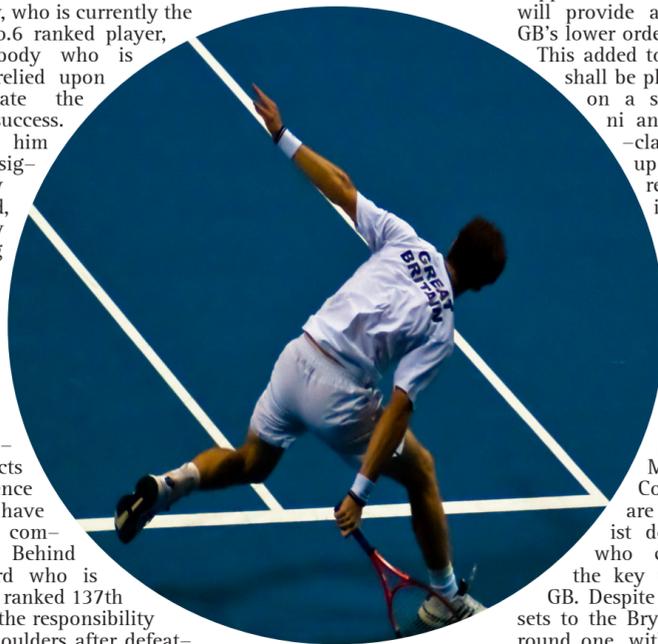
This added to the fact Italy shall be playing at home on a surface Fognini and Seppi enjoy – clay – all stack up against the resurgent British side.

A reliance on the GB doubles could come to the forefront should Ward struggle in his singles event. Dominic Inglot, Jamie Murray and Colin Fleming are all specialist doubles players who could provide the key to success for GB. Despite a loss in four sets to the Bryan brothers in round one, without J.Murray, the doubles pairing can expect to face weaker opponents in Italy. Therefore the doubles

tie could prove very important, as scheduled as the middle fixture could provide the lift for the singles to carry GB through to the semifinals.

In conclusion, the fans and team GB should be proud of their performances up to this stage of the competition. It is important to remember the fact that they were still playing in the Europe/African Zone group II three years ago and now they are in contention in the World Group. As the saying goes, Rome was not built in a day; it will take time for team GB to rebuild to a position of real threat. Should they defeat Italy in April an even tougher tie against one of the competition's contenders, Switzerland, would probably stand in their way of success this year. What is for sure is that the leading figure of the team – Murray – will need to be involved this April to propel the team to further success. Crucially, the responsibility of Murray to be able to build the team around gives a great boost to everyone involved in team GB on top of making the team a real force to be reckoned with.

Italian team they shall face comprises of players all within the top 50



Champions League: Final 16 preview

James Benson

As the world's premier club competition resumes, 16 teams remain, all of which will be hopeful that they can go on to be crowned champions of Europe. With just six former winners represented in the draw though, the chances that the trophy is destined for a new home are reasonably high. However there are only a handful of sides that seem likely to be contenders in the Lisbon final but, with four English sides left in the competition, the possibility remains that the trophy could return to the birthplace of football this May.

High-flying Arsenal's chances of reaching the Quarter-Finals were dealt a blow when they were drawn against reigning European champions Bayern Munich, although the Gunners will not be perturbed by the prospect of facing the team they met at the same stage last season. Whilst the Bundesliga leaders

have carried on the form that saw them secure five trophies in 2013, Arsène Wenger's side will be hopeful that they can build upon their second-leg victory over Pep Guardiola's men a year ago. However, the five-time champions of Europe seem all too powerful and whilst the North London team will not be easily swept aside, their passage to the next round seems unlikely.

Meanwhile, fellow capital club Chelsea face Galatasaray in the last sixteen and start the two-legged affair with a trip to Istanbul on February 26th. Like their opponents, Roberto Mancini's men remain well placed to challenge for the league title domestically; nevertheless, the chances of the Turkish club coming out on top in this tie seem remote. Although they have quality in their ranks, most notably Wesley Sneijder, who won the competition in 2010, their opposition have greater strength in depth and should overpower Mancini's men over two legs. José Mourinho will be desperate for his side to regain the trophy they won for

the first time in 2012 and with progress in this round likely, the chances of it happening are greater.

It is not just the London clubs that are holding aspirations of Champions League success though, with the two Manchester clubs still in contention. Manchester United were drawn against Olympiakos and arguably face the feeblest opponent of all the English sides. The Greek club have been weakened in the January transfer window having seen key player Konstantinos Mitroglou depart for Fulham, whilst David Moyes' side have been buoyed by the arrival of Juan Mata from Chelsea. Whilst their domestic form has been sporadic, the Old Trafford club finished top of Group A and are one of only three sides to have not yet lost in this season's competition. A pair of victories look likely and the Red Devils will be hopeful of another favourable draw at the Quarter Final stage.

On the other side of Manchester, Manuel Pellegrini will have found himself in a

similar position to Wenger following the draw that saw his side pitted against Barcelona, although there is no reason why his free-scoring team cannot overcome Gerardo Martino's men. Whilst the Catalan club have proven to be a formidable force in recent years, Pellegrini is at the helm of juggernaut that looks increasingly unstoppable. If Manchester City can secure a narrow win, or merely not concede, in the home tie they will be in a strong position ahead of the return tie at the Camp Nou on the March 12th. Ex-Barça man Yaya Touré embodies the marriage of natural ability and physical prowess that the Manchester club excels in and will be key if his current side are to topple his old employers.

Elsewhere in the round of 16, Cristiano Ronaldo's Real Madrid face Schalke and will be hoping to replicate the performances that have made them the competition's top scorers thus far. The nine time winners will be hopeful that the FIFA Ballon d'Or holder will lead his side to victory

and bring the trophy back to the Bernabéu for the first time since 2002.

In addition Borussia Dortmund, last season's beaten finalists, take on Zenit St. Petersburg whilst fellow German side Bayer Leverkusen entertain nouveau riche Paris Saint Germain at the BayArena on Tuesday night. On Wednesday night, Clarence Seedorf makes his managerial bow in European competition, as AC Milan host Atlético de Madrid, who have been the surprise package in La Liga this season.

With a plethora of competitive ties in prospect, the last 16 stage of this season's Champions League looks set to be as hard-fought and exciting as ever. Whilst the results of the two legs will see eight teams fall away, there already seem to be certain clubs most likely to advance to the final. Smart money should be placed on Bayern Munich retaining their crown, though Manchester City, despite their lack of European pedigree, could be this year's dark horses.

Should the Winter Olympics go ahead?

Matt Lines

Russia should not have been allowed to host the Winter Olympics; that is the truth of the matter. The International Olympic Committee (IOC) has argued that it cannot enter into a political debate about Sochi 2014, and that sport and politics should not mix. Yet despite this, principle six of the Olympic Charter states:

“Sport does not discriminate on grounds of race, religion, politics, gender or otherwise.”

Surely the politics of the nation hosting the sporting event should also abide by those rules. Allowing Russia to host the Winter Olympics in spite of this is complying to and giving approval to the politics of that particular nation.

I am, of course, alluding to the oppression of homosexuals in Russia, and in particular the propaganda law which was brought into effect in June of last year. The law is veiled as a “child protection” law, which in turn appears to equate homosexuality to paedophilia and hopes to prevent the promotion of “non-traditional sexual relations” to under 18s. As part of this law, fines can be given to those who are deemed to promote “illegal” information, which range from 4,000 rubles (£70) for individuals to one million rubles (£17,551) for organisations. The principal issue with the law is that it is far too open to interpretation, and what constitutes “propaganda” is not clearly defined. The notion of “gay propaganda” is ludicrous; it suggests that a child, on hearing about homosexuality, would suddenly fancy giving it a try as though they were trying out at a local sports team.

Homosexuality is not a criminal offence, and the age of consent is 16 as with heterosexual relationships. However, in the face of this lies research by the likes of Iliga-

Europe, an International Gay Watchdog, which rated Russia to be the hardest nation in Europe for homosexuals to live in as there is no law enforced to prevent discrimination. This has been attributed in part to conservative religious values, in particular within the Orthodox Christian population.

Russia claims that it is protecting its religious traditions, but I would argue that a nation's traditions do not legitimise discrimination.

This is a human rights issue, not an issue involving the misunderstanding of culture.

There have been assurances from the IOC that the legislation won't affect those attending or partaking in the games, but if a foreigner is found guilty under the child protection law, they can be fined, jailed for 15 days, and deported. The

athletes themselves could face punishment if they express contradicting opinions or protest during the competition or its opening ceremonies. They are, however, allowed to protest in press conferences or in special “protest zones” eleven miles away from the Olympic village – the parts of the winter Olympics everyone is going to be watching, of course.

Team GB should not, however, boycott the Winter Olympics. The issue with boycotting is that it is such a political act, which could disrupt diplomacy with Russia on other issues, particularly as Russia is one of the only nations to have maintained constructive relations with Syria. By all means allow individual athletes to boycott the games, but do not force them to. To do so feels like the athletes are being punished for something out of their control. Some of them are at the prime of their career, and these games represent their best chance of winning a gold medal, something they have been working their entire life to achieve. They are there to compete at the Olympics; the politics of the nation shouldn't

be their concern. Stephen Fry for example has said that we should challenge prejudice, and along with Obama, has suggested that at these games we should encourage “Jessie Owens” characters – winning gold medals in the face of discrimination. Obama has set a great example by naming prominent LGBT athletes in the US Olympic delegation such as Billie Jean King and Caitlin Cahow.

The IOC has bottled it by allowing the games to go ahead in the face of huge protests. Their claim that sport and politics don't mix is nonsense. In 1964 Apartheid South Africa was banned from participating at the Tokyo Summer Olympics, and did not participate in any international sport competition until 1992. For a more contemporary example, at the London 2012 games, pressure from various parties, including the IOC, led to Saudi Arabia performing a U-turn and taking female athletes in their team. Hopefully, the lack of intervention in this case will serve only to highlight the importance of the IOC to abide by its own principles in the future.





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For particular queries please contact Professor David Brown. Director Lancaster China Management Centre d.brown@lancaster.ac.uk

Scoreline compliments Sheffield, as Bombers bow out of play-off contention: Score 70-8

Iain Beddow
Sport Editor



From what can best be described as a moderate year for the Lancaster Bombers, 3 wins 3 losses going into the game against Sheffield Hallam Warriors illustrated a fairly average season. Sitting just above the mid-table, Lancaster's only American Football team were in need of points quickly – if their slim playoff hopes were to remain active.

Following the perhaps unpredictable obliteration of the Broncos at the Superbowl, here due to a weakened team and big difference in form, a certain air of inevitability reined heavy upon Bomber's

shoulders.

Sheffield Hallam before the match, stood second in the league, their only loss coming at the hands of the team above them and last year's conference champions Derby. Hallam defeated the Bombers in Sheffield last year in a resounding 24-0 victory making Lancaster underdogs going into the fixture. Already hampered by a number of injuries and playing against one of the league's elite performers, the Bombers chances were evaporating quickly before the first play had begun.

Hallam proved to be just as tough as the form guide suggested. A disheartening 70-8 victory proved to be the biggest defeat for some time for Lancaster's men. However it has to be said, the substantial score line definitely flattered the opposition due to the numerous constraints that damaged Lancaster's chances from the outset. As mentioned a

number of injuries crucially in key areas, following the tough encounter with UCLAN last week, resulted in a wide range of players having to play out of position for long periods of the game. Lancaster points came from the defence, when Connor Monaghan recovered a fumble and returned it for a touchdown.

Whilst offence and defence are usually separated, many players were working double time and were unable to gain breathing space as they were deployed in both intense departments. This left little time for breaks to replenish and evaluate where they could potentially improve.

The depletion of a jaded squad definitely hurt Lancaster, but take nothing away from a strong Sheffield Hallam side that were that bit better than the Bombers in most areas. A well rigged side, which made few mistakes, playing ruthlessly from the get-go became

a cocktail of components that saw the touchdown count rise exponentially in their favour. Aided by a worn-out Lancaster team, by the 4th quarter the score became irrelevant as the Bombers sought the final whistle.

Positives to take from the clash would be that Lancaster aren't going to play teams like that every week.

The fact that 20 men were still left battling by the end, in the difficult conditions against a very strong team, can be best seen as testament to the teams never say die attitude, regardless of how

much they were down by. But still while a definite learning curve, all match practice on the pitch allows for the squads development right in time for the teams headline end-of-year event – Roses.

What was already a difficult task for the travelling Bombers, they can be proud of their effort, even if the score suggests otherwise!

President Matthew spoke to SCAN after the game to review their season "Our fixtures after Christmas were always going to be tough but we have taken a lot from the games despite the results. Our attention now turns to Roses. It's always the biggest game of any season and we can't wait!"

Now three months away and creeping closer by the day, preparation for the showcase fixture at Roses shall now commence, with Lancaster's red rose looking for nothing less than a victory to end the year on a high.

Top 5 things to watch at the Sochi Winter Olympics

Henry Saker-Clark
Deputy Sport Editor

Short Track Speed Skating

To new viewers of winter sports, short track speed skating is a must watch; it's high octane and lightning paced as competitors battle out to win four to six person races around a tight oval circuit of the rink. Races are held over 500, 1,000 and 1,500 metres, in what is essentially a sprint on skates. It is brilliant viewing as the fast paced nature of the sport makes for great entertainment as do the collisions that inevitably take place. Crashes and wipe-outs are very common, and in 2002 led to the bizarre situation where the last placed skater, Australian Stephen Bradbury, watched all his competition collide on the last bend to skate past and claim gold. One of team GB's biggest medal prospects at Sochi is 23 year old Scotswoman Elise Christie, who took world championship bronze and retained her European gold in the 1,000 metre race. You'll also be able to see the equally engaging relay events, whereby competitors

pass over to team mates by essentially skating into them and shoving their posterior to slide them into motion. Watch out for Christie's attempts to stand on the medal podium and for all the thrills and spills on the way.

Skeleton

Perhaps Great Britain's greatest hope for a gold medal sit on the shoulders of Lizzy Yarnold, who in January took world cup gold in the skeleton. Having won this title just two weeks prior to the games, expectations will be high and form in her favour although she will have tough competition on the form of American Noelle Pikus Pace who Yarnold just pipped to victory in the world cup event. Yarnold however, does not bear the entire brunt of GB medal hopes as Shelley Rudman also stands a good chance of finishing with medal around her neck. Skeleton is a vivid visual spectacle as competitors slide around an ice track, head first on a tea tray, moving their shoulders and feet slightly to ensure they don't crash straight into the large walls of ice ahead of them. Each competitor completes four runs, and the

person with the best combined time will take gold. Not only is exciting throughout, but it's a winter sport that Great Britain is actually quite good at. We are the only nation to have won a medal in every Winter Olympics that the event has been held, including Amy Williams' gold four years ago.

Ice Hockey

Ice hockey is always one of the blue ribbon events at any Winter Olympics, but even more so with the event being held in Russia. A hugely popular sport in Russia, Sochi is bound to see fierce competition between Russia, Canada, 2013 men's world champions Sweden, and the ever present USA. Although having immense popularity and a very well funded league, the USA have yet to win men's Winter Olympic gold since the "Miracle on Ice" in 1980 against Russia during the turbulence of the cold war. Many will be hoping for an equally iconic showdown between America and 2012's world champion's Russia, although many see the likely gold medal winners as either Russia, Sweden or possibly even Canada. Despite no British ice hockey teams taking

part in Sochi that does not stop it being a must-see, and many will tune in to witness the aggression and ferocity of the only contact sport of the Winter Olympics.

Freestyle skiing slope-style

Although taking various different forms, freestyle skiing is consistently entertaining, as well as holding some genuine medal prospects for team GB. For those who witnessed the sublime thrills of the snowboard slope-style when Jenny Jones won Great Britain's first Olympic medal on snow, they will be aware how exhilarating and enthralling slope-style is. Not only will you have the opportunity to hear some more superb commentary – such as "it's like being chased by a flock of seagulls wearing a chip hat – viewers will be hoping that James Woods can continue his form that led to him being the first Briton to win a freestyle skiing world championship medal when he took silver last year. The complicated tricks and big risks bring awe to the slopes, as competitors attempt to score more judges' points than each other. Katie Summerhayes will also be hoping to continue

Great British success on Sochi's slope-style course as she too has the potential to come with a medal, having last year become the first British female skier to make a world cup podium, with a silver in Switzerland last year.

Snowboard cross

Snowboard cross is to the Winter Olympics what BMX is to the Summer Olympics: it's fast, aggressive and dangerous. Although you might tell people you want to see how well we do in the curling or slalom, you know very well that you'd much rather watch a group of 18 year olds flashing around a track on snowboards, bashing into each other and jumping over large bumps and rollers. If you witnessed the adrenaline of the sport four years ago at the Vancouver games, you should prepare yourself for more excitement; races are now between six competitors rather than four, giving more opportunity for risky overtakes and subsequent crashes. Despite having no strong British presence in the event, it is still one to watch due to it's high octane nature and potential for collisions, making it strikingly similar to short-track speed skating.



Sport

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Roses 2014: The 50th Anniversary

Erik Apter
Sport Editor

Photo by Jay Theis



Well, it's once again that time of year for the countdown to the pinnacle of University sport, the ultimate rivalry and the biggest show of university pride. Yes, Roses will soon be upon us and 2014 should prove to be the best one yet, as the biggest varsity in Europe has its fiftieth anniversary right here at Lancaster University.

The Wars of the Roses have been etched in British history since 1455 when the houses of Lancaster and York fought hard for the throne of England until Henry VII united the houses to begin the Tudor reign.

Just as passionate although certainly less bloody, the war of the roses between Lancaster and York Universities carries on the mantle of this historic event and creates a weekend of thrilling sporting contests. As the red and white roses compete across a plethora of sports to win the title for that year, only the university with the most well balanced standard across all sports can win the contest.

The event started out in 1965 as an idea from the York Vice-Chancellor who suggested that the two universities compete in a yearly boat race, with the winner being awarded a trophy. This was soon expanded by the students and the

contest gradually added more and more sports until it eventually became the competition that exists today. Roses' remarkable growth doesn't stop there however, as every year since the competition's formation, a new sport has been added to the roster.

The fact that Roses in 2014 is now approaching its half century of contests adds another extra incentive to win for the teams on both sides, giving the varsity an added edge. Teams around Lancaster will be looking to retain the title following a valiant but ultimately unfruitful journey to York last year, de-

spite some eye catching team and individual performances. York's 180.5 to 105.5 home victory followed a familiar pattern of the contest being dominated by the home side, with York's away win in 2008 being the only time in the last 10 years an away side has gone home with the spoils.

For those who are new to this prestigious tournament, Roses is the by far the biggest sporting event of the year for

both Lancaster and York students. Almost all university sports teams will compete against their York counterparts in the hope of securing victory, bragging rights and valuable points towards the total. Points are weighted accordingly depending on the sport and the score of the match; as the weekend progresses and scores arrive, the totals of the two universities increase until all events are concluded.

Roses isn't just a big deal for the sports teams on campus however, it's a whole university event that will undoubtedly spark up all the university pride possible for each student who embraces it. For anyone who doubts the sheer size of Roses and its position as the biggest varsity in Europe, just wait until the strews of red and white shirts are

seen around campus as both Lancaster and York students soak in the atmosphere. Singing, drinking and meeting new people are all great social aspects of Roses that mean not just sports teams get involved in the event. Simply put, when Roses fever hits, you won't be able to escape it.

Another great thing about Roses is broad spectrum of sport it covers, giving everyone a chance to go and watch something they enjoy. The willingness from students not usually enthused by sport to get involved with Roses brings a positive energy amongst all the sports teams, for example last year's footballing white-wash was overseen by huge gathering of Lancaster support. Whether it be the traditional Saturday afternoon rugby match, the all day enjoyment of 50 over cricket or the absolute bedlam from supporters during the darts, there really is something for everyone.

ROSES