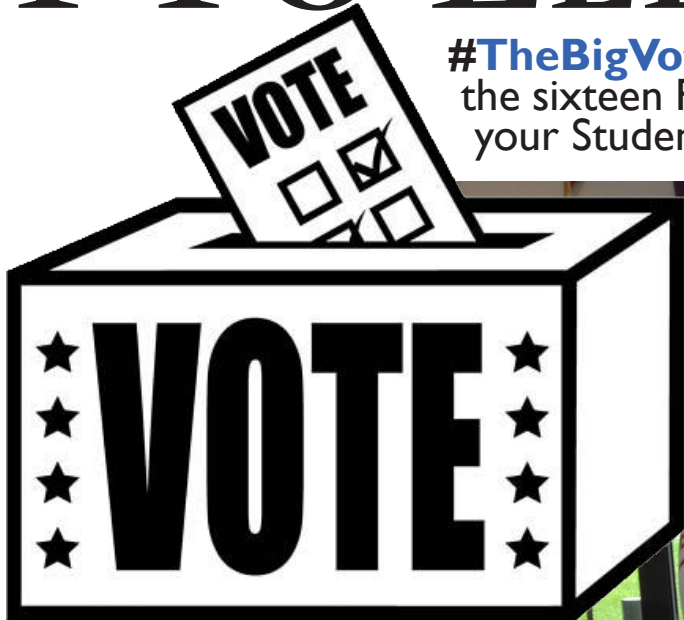


## FTO ELECTIONS SPECIAL

**#TheBigVote** is upon us, and SCAN is pleased to bring you exclusive interviews with the sixteen Full Time Officer candidates competing for your vote and a chance to run your Students' Union in 2014/2015: Interviews, photos and more on pages 10 to 19



Rachel May Quin  
Editor



Photo by Rachel Harvey

Week 8 marks the beginning of voting for this year's Full Time Officer (FTO) elections, after a hectic week of campaigning for the sixteen candidates running for the positions of LUSU President, VP (Union Development), VP (Welfare and Community), VP (Campaigns and Communications), VP (Education) and VP (Activities).

An annual election open to all students, the FTO elections began in Week 6 with nominations, Week 7 was dedicated to candidates engaging with students and

actively campaigning, and Week 8 is the time for students to vote. Every student will receive a voter code via email over the course of the week.

There will be one final opportunity to quiz the candidates at Vote Fest on Thursday, Week 8, which will take place all day in Alexandra

Square – which will feature confidential voting booths, live music and a chance to win festival tickets.

Hustings took place yesterday in Barker House Farm, where candidates were expected to give a brief speech, then face questions for the public. If you missed them,

you can catch up on the events on the SCAN website, where our live bloggers recorded the whole event.

Despite the flurry of activity over the last couple of weeks, Julia Molloy and Sam Smallridge discovered in their Comment feature – Answers from Alex Square – that not

all students are as engaged as hoped. Second year Psychology student Gloria claimed that the event was not publicised and students don't have time to vote, adding "where do we vote anyway?". Other students claimed...

**Continued on page 5**



scan.lusu.co.uk



scan Culture

Jane Hodgkiss went to see the talented Taylor Swift on her 'Red' tour at the O2 Arena in London.

**Read more on page 26**



ROSES  
2014

scan Sport

Sport Editors Erik & Iain are currently recruiting writers to cover Roses fixtures, find out more by contacting:  
[scan.sports@lusu.co.uk](mailto:scan.sports@lusu.co.uk)

**Editor**  
Rachel May Quin  
scan.editor@lusu.co.uk

**Assistant Editor**  
Jess French  
scan.assistanteditor@lusu.co.uk

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

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

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

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

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

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

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

**Spine Editor**  
Chloe Taylor  
scan.spine@lusu.co.uk

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

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

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

**For publicity team:**  
scan.publicity@lusu.co.uk

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

**Designed by:**  
Rachel May Quin & Jack Smith

Printed by Trinity Mirror.

EDITORIAL



Rachel May Quin  
Editor

Welcome to the lovely Full Time Officer coverage edition of SCAN, the issue that we here at the SCAN hub have been strategising for, planning, and panicking about since the beginning of Lent term. The SCAN journalists have been hard at work chasing down candidates with dictaphones in hand, and you can see the fruits of our collective labour in this edition, with lengthy candidate interviews, stunning

photographs and small biographies of what college they call home and what they've studied/are studying. If you flick through to the latter end of SCAN, you'll find Answers from Alex Square, and this week we've been asking people what they think of the FTO elections and whether they'll vote. One passerby commented that LUSU is a clique, and elections are a popularity contest. During my time producing and running SCAN, I've been accused a couple of times of being part of LUSU and therefore not representing students – I tend to laugh at these comments, because as you may notice, I am not running for a LUSU position. Mostly because I personally don't see myself at all as a part of, or an instrument of, LUSU; no matter what my technical position in the Union is. I ran for this position because I wanted to produce a beautiful paper, edit articles, and do something amazing in my final year at Lancaster, rather than being too shy and letting the opportunity pass me by. Therefore, I guess I don't know enough about the inner workings of LUSU to comment on whether I think it is a clique, but I can say that there

are other people like me that run for a position because they are passionate about the job at hand and they believe they will be the best person for the role – not necessarily because they are part of a LUSU clique. Just a thought for those of you that may be indifferent to voting: take your time, leaf through our interviews, and believe me when I say that if enough of you cast your vote for the person that you think is best suited for the job, your vote WILL count – it is mass indifference and not voting that won't change things. Anyway, best of luck to all the candidates, and if reading SCAN helped you to make an informed decision, then I am very happy indeed. In more upsetting news, we've reached the final edition of SCAN for Lent term – which means you'll have to endure the final few weeks of term (including the strange summer bonus week) without us. As I said at the end of Michaelmas though, we'll still be publishing articles on our website throughout the Easter break, so be sure to check regularly. In the spirit of reaching our ninth issue of the year and completing our second term, I've included a bonus cute

animal picture: Cat of the Week. The closer we get to the end of the year, the more excited I get about moving out of student accommodation and into a place that will let me start my own mini zoo. During the production of this issue, I sent out a desperate plea via Facebook for people to send kittens in order to remain calm as the deadline loomed, so my cute animal(s) of the week are courtesy of my old boss, Kate Healing, who sent me this lovely photo of three of her kittens. Hopefully this triple dose of cute will be of comfort to those of you, like me, who have dissertations to finish off and essays to write. Have a lovely Easter break, see you for Roses in May!



Rachel. x

IN THIS SCAN

News

WANTED: 50 year old colleges seek principals.	3
UniEntrepreneurs aim for £100,000	4
FASS start academic writing workshops & Voting	5
University appeals to donors in attempt to boost funding	6
SCAN Investigations: The real cost of student living	8 & 9
FTO Elections Special	10
LUSU President interviews	11 & 12
VP Union Development interviews	13
VP Welfare & Community interviews	14
VP Campaigns & Communications interviews	15
VP Activities interviews	16 & 17
VP Education interviews	18
Careers alumni event deemed a success	21
The SCAN Archives	22

Hair trends for the Spring season	36
Powder pink coats & Love or hate silk joggers?	37
The secret to getting a first	38
Start your summer plans & Alternatives to going out	39
Super-easy breakfast ideas & Starting a blog	40
At the gym: Yoga, Pilates & Mixed Martial Arts	41
What is love & Beginner's Guide to Photography	42
How to get over your ex & SCAN Recipes	43

Comment

Self-run lectures should be congratulated	45
Miserable travelling to work? A commute point	46
Head to Head: Is climate change manmade?	47
Answers from Alexandra Square	48 & 49
Student voice: That's what #iwantLUSUto think & UKIP	50
British politics must give sense a chance	51
Colin is eleven : Story that provides hope for disabled	52
For Scotland, price of freedom is £1 & Are we bored?	53
What is wrong with Generation Y & Etiquette	54
Letters to the Editor & Puzzles	55

Sport

Stalemate for Fylde and Bowland: College football	57
Open letter to LU/LUSU & Lent term: Carter Shield	58
2014 Sochi Winter Olympics: A great success after all?	59
LU water sports enjoy a swimming success	61
Fylde A's finally fall & LU Running Club Review	63
Lancaster Rugby Union XV Firsts:	
Undefeated and undeterred	64

News

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

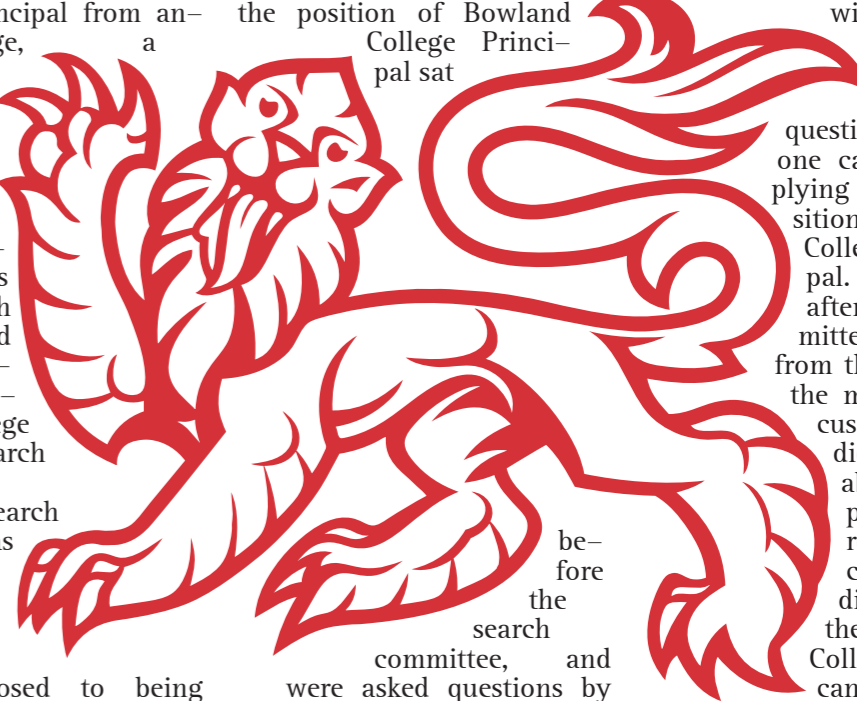
WANTED: 50 year old colleges seek hardworking principals. Must be able to gain a unanimous “yes” vote from the University’s search committee.



Bowland and Lonsdale colleges were left without principals for the 2014/2015 academic year this week, after peculiarities in the appointment process led to none of the candidates being recommended by the University's search committee. The debacle could prove embarrassing for the University's Pro-Vice-Chancellor for the colleges and student experience, Professor Amanda Chetwynd. SCAN believes that three candidates put their name forward for the position of Bowland College Principal, and one candidate put their name forward for the position of Lonsdale College Principal. Due to an allegedly unprecedented need for unanimity in the search committee's decision, all four candidates' applications were rejected. The three-year terms of the principals of Bowland and Lonsdale colleges come to an end at the close of the 2013/2014 academic year. Each college principal is allowed two terms in office if the college is satisfied with their performance, and can apply for a third term by going through the selection process. The current Lonsdale College principal, Keith Davidson, has served three terms in office; the current Bowland College principal, Joe Thornberry, has served two. After applying for the position of college principal, candidates must go in front of a search committee. The search committee is made up of six voting members and one non-voting member of the college's JCR, a college principal from another college, a College Principal sat member of University Council and a member of University Senate. Professor Chetwynd sat as chair of both the Bowland College principal search committees. The search committee, as opposed to being an appointment panel, proposes the candidate it believes suitable for the position to each College's syndicate, which in turn makes a recommendation. Each syndicate meets once each academic term, and is responsible for the governance of each college. Once a recommendation has been made by the College Syndicate, the appointment is sent to University Council to be approved.

Thus far, however, no appointment can be made because the search committee was unable to recommend a single candidate.

On the morning of Tuesday Week 7, the three can-



didates who had applied for the position of Bowland College Principal sat committee met again – with largely different members – to give questions to the one candidate applying for the position of Lonsdale College Principal. Once again, after the committee had heard from the candidate, the members discussed the candidate's suitability for the position. In a repeat of the committee's discussion of the Bowland College Principal candidates, Professor Chetwynd were asked questions by different members of that committee. Afterwards, the members of the committee discussed the candidates' suitability for the position of Principal. It is believed that it was during this meeting that members were told that the decision had to be unanimous before a recommendation could be made. This was allegedly unknown to the other members of the committee beforehand. As a result of the apparent need for unanimity and the inability of the committee to meet it, no recommendation was made. The position will be re-advertised. The Bowland College syndicate held an emergency meeting on Thursday Week 7 to discuss the results of the search committee in an attempt to gauge why the committee failed to recommend a single candidate. The outcome of the emergency meeting was unknown when SCAN went to print. On the afternoon of Tuesday Week 7, several hours after the Bowland College Principal decision was made, the search

# UniEntrepreneurs aim for £100,000



Steve Start  
News Editor

Two Lancaster University students, James Flynn and Ze Macedo are aiming to raise £100,000 by the end of this year with their website UniEntrepreneur.com. The website represents their own enterprises as well as serving as a “platform to find great student businesses to invest in and encourage more student Entrepreneurs.”

**UniEntrepreneur was started last October and in the last few months the project has been gathering momentum.**



Photo courtesy of UniEntrepreneur.com

On their blog the pair talk about their love for business and entrepreneurship: “it allows us to focus on the thing we actually want to do rather than have someone else dictate our time.”

So far Flynn and Macedo have been successful in raising £9,200 with ventures that include Kitchpack, a

business selling kitchenware to incoming students, which “started as a weekend business and is in the process of expanding to over 20 Universities next year”. As well as the popular on-campus student employer BTM cleaning which offers students the opportunity to have their rooms cleaned by other students throughout

the year. BTM Cleaning has also grown substantially in the last few months and now has “contracts with real estate companies and hotel chains” as well as being in the process of being sold as a franchise to Scottish Universities.

These are not the only exciting projects that the pair has been working on. There has also been talk of an App they

have been developing which has pulled in “purchase offers in the region of \$200,000”. When SCAN asked Macedo if he could give any details about the App he responded, “Due to investment we have to keep our lips sealed about our Apps. What we will say is... in a few months expect everyone in Sugarhouse to be using our App on their phones!”

As well as their own personal successes, James and Ze feel that UniEntrepreneur can not only document their own successes but also inspire others to embark on ventures themselves: “We’re creating a community of individuals with unique skill-sets united by their desire to succeed”. UniEntrepreneur.com offers guides on how to go about starting up your own business, how to acquire funding and how to execute a deal. The site is also populated by forums including various blogs for ‘collaborations’, ‘action logs’, ‘successes’ and ‘mess ups’ to both inspire and assist other University students who are interested in Entrepreneurship.

As well as their online presence, Flynn and Macedo have also hosted talks for the “Business and sustainable development society” at the University and plan to hold a “one hour presentation for the

Entrepreneurship society in Week 9 about the businesses [they’ve] created”. This talk will focus on all aspects of their journey to success. The pair has also reportedly been talks with “NACUE/ESTA to do some bigger conferences around the UK and may also be doing a TED talk in Lancaster in May.”

SCAN asked Macedo what he felt was most valuable skills that his experiences in Entrepreneurship had taught him, he responded: “Entrepreneurship teaches you a lot of invaluable skills as you have to fulfil every role that a big company would normally delegate to specialists – designer, marketer, programmer etc. However, the main thing I feel I’ve learnt through Entrepreneurship is how to sell yourself and your business.”

Macedo went on to sum up, “For now our main goal is to get as many students with an interest in Entrepreneurship involved in the UniEntrepreneur community as possible.”

For more information please visit UniEntrepreneur.com or visit Lancaster University’s Entrepreneurship Society Facebook page to book your place for their talk on Thursday, Week 9, at 6pm.



Photo courtesy of UniEntrepreneur.com

# FASS start academic writing workshops

Dan Rudnick

The Faculty of Arts and Social Sciences (FASS) has implemented a new scheme this year aimed at helping students across the faculty with their academic writing. The FASS Academic Writing Workshop allows undergraduate and postgraduate students studying across the faculty to seek advice and solutions to any writing problems they may be having with their coursework or dissertations.

Students can book hour-long appointments with a trained writing tutor, most of whom are second or third year PhD students. Students can use this hour to discuss any aspect of their academic writing.

Harris Kaloudis, one of the writing tutors involved with the workshop, told SCAN: “The FASS Writing Space is open every week (on Tuesdays, Wednesdays and Thursdays) for students to discuss ways of improving their academic writing. We have a team of Writing Mentors who can help them improve the style and structure of their essays and coursework. For more details and to book a slot, students can go to the FASS Effective Learning Moodle page.”

When asked to give some examples of issues which students can seek help for, Kaloudis told SCAN: “Undergraduates and postgraduates can use the workshop to discuss any questions, issues or concerns they have about academic writing; for example, organising their preparatory work for an essay, finding ways of improving their writing, how to structure an essay, gaining in confidence or feeling less stressed about writing and thinking through the feedback they’ve received on coursework and essays.”

Kaloudis acknowledged the fact that academic writing can be daunting to students who are new to it; “Academic study can be complex and difficult because it is a new social situation that can seem bewildering at the beginning and also because it can be emotionally charged.

“Students feel that



Photo by Orin Zebest

**they are evaluated and judged and the expectations of academic success can be very stressful.”**

“Sometimes issues around academic writing do not have to do with the knowledge and abilities of the students but with the student being familiar with the conventions and rules of academic writing or with dealing with the emotions that the writing process generates.”

“As an example, a lot of students are very critical of their own writing and they self-censor excessively when they write,” Kaloudis added. “Academic writing tutors understand this and do not present themselves as experts to students, but rather they draw on their experiences of writing to discuss these issues with the students and

help the students to find their own solutions to any issues they feel they have. Tutors are happy to talk about their own difficulties with writing which can be quite reassuring for students as they can see that finding writing difficult is normal and that there are ways of becoming better at it.”

Kaloudis also shared with SCAN the feedback the tutors have received so far, and their hopes for the continuing success of the workshop: “My impression is that students in general find that the workshop is helping them. The workshop has been well attended but there have been spaces left unbooked at times. Seminar tutors in FASS have told me that a lot of their students were not aware of its existence.

“The workshop is a new venture but it seems to have responded to an unmet need among students to discuss writing at university level with someone outside their department who is not a seminar tutor or a lecturer or a course director. I think a lot

of them have appreciated the opportunity to have another source of feedback on their writing and coursework.”

He added: “I definitely think that there is potential for the workshop to be used more often

by FASS students. Writing is a big part of university particularly for FASS students and the Academic Writing Space is a friendly, informal and hopefully helpful resource available to them.”

## Voting gets underway for the Full Time Officer elections

**Continued from front page**

... they did not know what an FTO was or what their job was, stating that the election are a “popularity content” with the tendency to form cliques; second year student Caitlin agreed, stating “my vote would be useless... it only matters to a very small number of people who have put themselves up for election

to have something good on their CVs.”

The overall consensus was a lack of knowledge about elections and a need for more information, hopefully the current FTO team’s efforts to publicise the event more will have an impact on students and encourage voters. If you are unsure about who to vote for, or would like to find out more about the candidates, you can see all our interviews and biographies on page 10.



# University appeals to alumni donors in attempt to boost funding

Josh Walker

The University has produced a video appealing to donors in order to increase the amount of funding coming from philanthropic support. Produced by the Alumni and Development Office, the video, entitled 'Help Us Make a Difference', claims that "fundraising is vital" and aims to complement the University's ongoing fundraising activities.

**Since 2001 Friends of Lancaster University have donated or pledged £24 million.**

This has funded over 220 projects, and the video claimed "this philanthropic

support gives us a financial space to think outside the box". Jon Moulton, Chairman of Better Capital LLP and a Lancaster alumnus, stressed the importance of fundraising for research and furthering the University's work: "Philanthropy brings in more resources to enable them [Lancaster University] to do more things that are interesting and not on the government's agenda. That's good for the University and its good for the country".

The video also features Sir Chris Bonington, Chancellor of Lancaster University, who in a similar vein to Moulton says, "Lancaster University itself is helping to turn out and develop people who can actually face the challenges of the next 20, 30, 50 years." The University is now turning to those people more than ever to provide a source of funding.

SCAN spoke to Nick Fragel, Director of the Alumni and Development Office, who

believes the video "reflects the way we are using different channels to engage with our alumni and friends" and "aims to complement our other existing forms of contact with potential donors to highlight the value of philanthropic support for Lancaster University...it gives a very brief taste of our fundraising activities and their importance to Lancaster University".

Appealing to donors is not an unfamiliar funding source for the University, with the Alumni and Development Office being set up in 2001 and a long-running initiative, The Friends Programme, using telephone campaigns to raise funds. The Bowland Trust has in the past donated £5 million, while overall 1,300 charitable trusts, foundations and alumni give regularly.

However, with the video coinciding "with increased traffic to the University website during Lancaster's 50th anniversary" and when

"other sources of funding are being squeezed", as Fragel notes, the University is now trying to further increase donor funds. "Philanthropic funding is an area we can expand", adds Fragel, although he asserts it is not a specific response to the uncertainties regarding University funding on a national level.

SCAN also spoke with Professor Cary Cooper, Distinguished Professor of Organisational Psychology and Health, who features in the video. Cooper claimed similar appeals "are taking part in all British universities, mainly because we don't get enough from government. The government claim they are still spending a lot of money on research, and they are, but not in every field. The government resources are not enough to meet the demand... particularly [in] medical science, the environment, food security, water and certainly not in the social sciences

either."

Cooper said it is not just about research, however. "Universities have to raise money to support students. That is another angle of it." Furthermore, Cooper said that "the Americans have been doing this for 50 years...The US has always raised money from the private sector and alumni to carry on its research and giving student support for things such as studentships. In Britain it is only in relatively recent times that we have tried to engage with our alumni."

LUSU President Joel Pullan told SCAN that "donor funds are important in helping the university's purse, and it's clever to target specific projects to be funded by donors."

The video, which can be found on the University's YouTube channel, ended with the message "it's wonderful if people will help the University because we can help so many more people".



Photo by Mae Reddaway

# CAMPUS FESTIVAL

## LANCASTER SQUARE WEEK 9 SATURDAY 15<sup>TH</sup> MARCH 1PM-11PM

lusu.co.uk

scan

Investigations:

The real cost of student living

Nathalie Farrugia  
Deputy News Editor

SCAN investigates the high costs of living for the average Lancaster student and questions whether the current government support schemes are enough. With the recent news of the cuts to both the Student Opportunity and Access to Learning funds, the current difficulties facing students has the potential to become even worse.

In Week 5, a Union Council meeting also addressed the issue of the cost of living for students at Lancaster in a discussion, which was led by LUSU Counsellor Liz Houghton. In a document presented to Union Council, Houghton used a budget provided by the University of York of the estimated costs of maintaining a student lifestyle. Their ‘average student’ is based on the typical able bodied undergraduate student aged 18–21 with no caring responsibilities. While excluding rent, they estimate that this average student can expect to spend a total of £3,960 per year on food, toiletries, course related costs, insurance, laundry, social and sporting activities, and mobile and TV costs.

Similarly the National Union of Students (NUS) has estimated how much a full-time higher education undergraduate in England spends on average in an academic year (a standard 39 week period). These estimates are based on a number of sources, such as the government’s Student Income and Expenditure Survey and the NUS/Unipol Accommodation Costs Survey.

Excluding the cost of rent, the NUS predicts that students will spend a total of £1,956 for food, £316 for household goods, £42 for insurance, £2,074 for personal items, £1,524 for travel and £1,310 for leisure, coming to total of £7,222.

The NUS Cost of Living supporting document from Houghton’s report also points out that it is important to consider that estimating ‘average’ costs is difficult because there are many factors

such as the institution, course and part of the UK the student lives in, as well as their personal circumstances, which can influence the grants, loans and benefits they are entitled to.

When looking specifically at accommodation on Lancaster’s campus, it is possible to put living costs of the ‘average’ Lancaster student into perspective. Houghton reports that when excluding catered accommodation and studio flats, the cheapest accommodation on campus is £86.10 per week for a 40 week rent, which comes to £3,456. Using York’s estimated cost of living then this takes the estimated annual cost of living for this student to £7,416. At the other end of the spectrum, the most expensive accommodation on campus is £131.25 per week for a 40 week rent, which comes to £5,250 a year. Again taking York’s budget, the estimated annual cost of living for this student to £9,210.

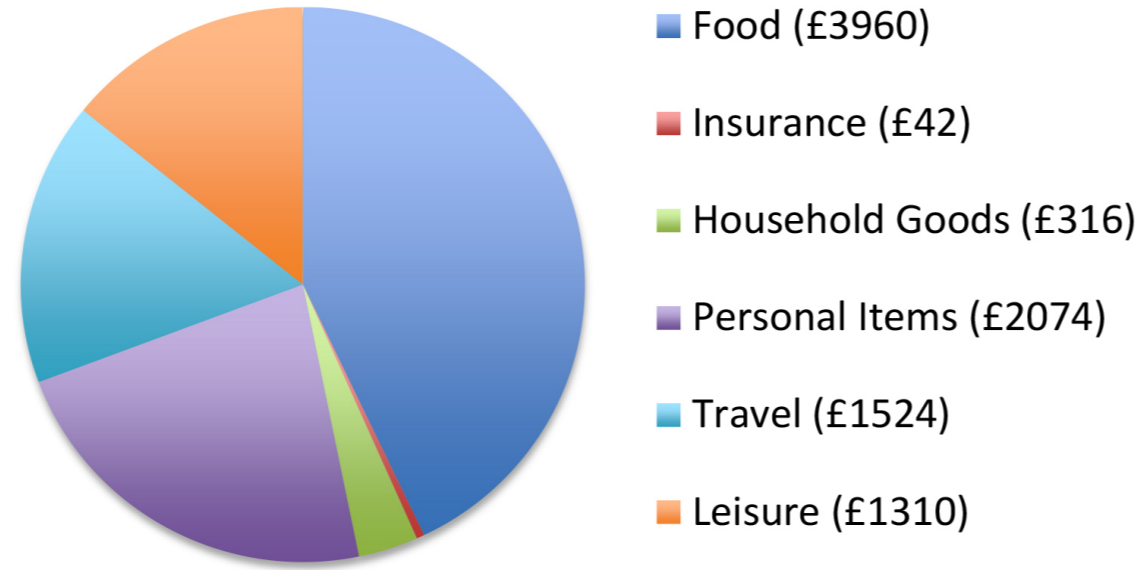
Members of Union Council also highlighted how York do not have many arts courses, and that these types of courses can substantially increase living costs due to the extra materials required.

The issue facing students is how they will cover these fees. Students eligible to apply for Student Finance in England and can receive a maintenance loan, however you must be a full-time English student. Part-time students, EU students, and students aged 60 or over can’t apply. Some students can also receive grants but again, they must be a full-time English student.

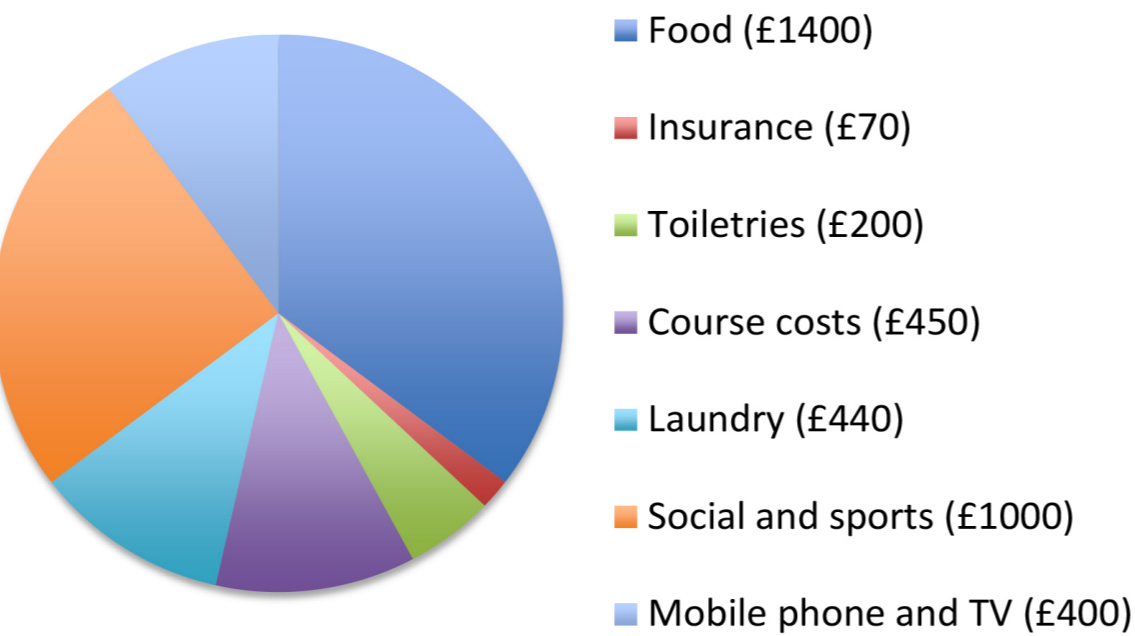
Maintenance loans are linked to household income and the maximum amount that can be received is £5,500 for a student living on campus at Lancaster. Therefore this loan will just about cover the cost of the most expensive accommodation rent on campus.

In some circumstances, students can also receive a maintenance grant. However, this then has a knock-on effect on the amount of a maintenance loan they can receive, reducing the amount. As a result, the largest support package anyone can receive from the Student Loan

NUS estimate of average cost of living for a student in a year, excluding rent (£7222)



York estimate of average cost of living for a student in a year, excluding rent (£3960)



Graphics by Jess French

Company for this academic year is £7,177. Therefore complying with Houghton’s earlier figures, this shows that even the largest government support package does not cover the cost of living for either the student living in the most expensive accommodation, or the one living in the cheapest; it only covers the rent.

Currently, there are very

few options to cover these remaining living costs, aside from family support, or a part time job. The National Minimum Wage for anyone between 18–21 years old is £5.03 and the National Association of Student Employment Services recommends that full-time students do not work any more than 16 hours a week.

So, if a student were to work the maximum amount of hours at minimum wage they would potentially earn £80.48 a week.

However Houghton points out that if students are working flat out doing the maximum 16 hours a week to support themselves financially, they will have less time to spend on their

actual degree, less time to get involved in clubs and societies or representative roles as well as any of the other activities deemed an important part of the university experience. She suggests that this will in turn damage their employment prospects and even their emotional wellbeing.

Furthermore, she points out the problem of there being more students than there are part-time jobs. In a small city such as Lancaster, this makes the opportunity even more difficult.

The other option she suggests are the bursaries offered by Lancaster. For example:

– An Academic Scholarship of £2,000 for the first year of study to any student from the UK entering with A\*,A\*,A or equivalent academic qualifications.

– An Access Scholarship of £1,000 per year for all UK students from households with an income of less than £42,600 who achieve grades of A\*,A, A or the equivalent academic qualifications.

– A Lancaster Bursary of £1,000 per annum for all students from England with a household income of more than £25,000 but less than £42,600.

As part of the National Scholarship Programme, a £2,000 Bursary in the first year of study, for students from England with a household income of less than £25,000. Plus a Lancaster Bursary of £1,000 in subsequent years. The NSP is currently subject to approval from the Office for Fair Access.

With these in mind, a student on the maximum support package would get a bursary of £2000, taking their total income in their first year to £9,177 and a student in the middle would receive

between £7,708–6,770. If a student were to receive the full support package, work a part-time job and receive a bursary but didn’t get top grades, they would receive around £12,396.20. However there are a lot of requirements a student has to qualify for in order to receive the full package and of course, not everyone will be entitled to one of these bursaries

Linked closely to this problem of the cost of living for students is The NUS ‘Pound in Your Pocket Survey’. It surveys students across both further and higher education to find out about their experiences of and attitudes to the financial support system. The aims of the report are to examine key issues around experience and attitude. The NUS wanted “to find out how people value and perceive the student support system, its usefulness, its accessibility, and its capacity.”

The NUS’ report highlights the recent research by the Money Advice Service which suggests that being able to manage money and being in

better control of one’s money makes a greater contribution to psychological well-being than an increase in income. In the survey, respondents were asked the extent to which they felt in control of their financial situation, by responding to the following statement: ‘I feel I have little control of my financial situation’.

The respondents most likely to report feeling a lack of control in terms of their financial situation were disabled students, more than half of which agreed or strongly agreed with the statement (53%), NHS students (52%) and full-time, young and adult further education students (both 51%). This last group reported the strongest feeling with just over one in five (23%) strongly agreeing that they feel that they have little control of their financial situation.

Similarly in response to the statement ‘I regularly worry about not having enough money to meet my basic living expenses such as rent and utility bills’, over half of adult

FE students, student parents, NHS students, mature HE students and disabled students agreed or strongly agreed that they regularly worry about not having enough money to cover their basic living expenses. The group that expressed the least concern were full-time FE students, 37 per cent of whom stated that they agreed or strongly agreed that they regularly worry about covering basic living costs. However, every subgroup had more respondents reporting regular worry than not.

Closely related to this issue is how money anxieties are affecting students’ study. Respondents who considered themselves to be the most distracted by financial worry in relation to their studies were undergraduates in the 21–24 category, more than half of them indicated that they did not feel able to concentrate because of financial concerns (53 % disagreed or strongly disagreed). This figure includes approximately one in five who selected the strongest negative response in this category

(21%). Also strongly affected were student parents and NHS respondents, where almost half reported that they felt unable to concentrate on their studies because of financial worries (both 49% cent disagreeing or strongly agreeing with the statement)

From just a snapshot of the full survey the results show that being able to afford the costs of living is something that worries a wide spectrum of students.

In turn, these worries could be affecting the main reason for going to university: to study. It also has the potential to affect other parts of the overall university experience too, such as the participation in social activities, clubs and even employment and career opportunities.



Photo by Marie-Sophie Klingenbrunner

# FTO ELECTIONS SPECIAL



It's that special time of year again where the campus is buzzing with campaigning, posters and hopeful candidates trying to interact with the student body in the hopes of securing that all important vote by littering the spine with pictures of their faces, pieces of cardboard and bedsheets.

It's an honoured tradition and a pleasure that SCAN has the opportunity to talk to our potential Full Time Officer (FTO) team for next year; over the next eight pages you'll find photographs of each candidate, biography boxes in the candidate's college colour and an insight into who they are, what they study, what they want to achieve and why they think you should vote for them.

SCAN would like to thank all the candidates for making time to speak to us and the SCAN members involved with recording, transcribing, writing, editing, proofing, blogging and preparing the



FTO coverage.

SCAN would also like to thank the current FTO team – particularly Rachel Harvey and Laurence Pullan – and Robin Hughes for their assistance with organising elections coverage. We would like to wish the outgoing members of the FTO team the best of luck with their future endeavours.

The candidates this year come from a broad range of colleges, and all have experience inside and out of LUSU. Our interviews for each position are in the following order: President, VP (Union Development), VP (Welfare & Community), VP (Campaigns & Communications), VP (Activities) and VP (Education).

Voting opens Wednesday, Week 8, at 10am and will close Friday, Week 8, at 4pm. Results will take place in the Sugarhouse on Friday, Week 8.

## CANDIDATE INTERVIEWS COURTESY OF:

	Rachel May Quin Editor
	Jess French Assistant Editor
	Jack Perry & Steve Start News Editors
	Julia Molloy Comment Editor
	Josh Walker
	Emily Jayne-Nicholls
	Henry Saker-Clark
	Markéta Lapáckova & Jasmine Chiu
	Photos courtesy of: Jay Theis & Sammie Caine

# LUSU President

## Laura Clayson



Bowland College  
Politics with International Relations

Currently President of the People and Planet society and the Amnesty International society, Laura Clayson aims to take a fresh approach to the LUSU President position. She stated: "I feel I'm quite confident about [LUSU's new strategy] if we've got a good representation of all the people at university."

Her manifesto contains six key aims and she is aiming to be only the sixth female LUSU President with her hashtag: [#6forthe6th.](#)

She pointed to her presidential experience as making her a viable candidate. "I'm quite good at delegating but at the same time being aware that other people have got a lot of time constraints as well, so obviously not pressuring them to do it. I am quite willing to pick up the slack where it needs to happen."

When asked about how she would approach relationships with the University and the student body, Clayson said: "I would ensure that I was approachable. I would also ensure that even though I was friendly towards the University management and the individuals that are higher up [...] I'd want them to know that I was there to represent students and I wasn't just there to be another part of their committee."

A friendly, face-to-face approach is key to Clayson's campaign. "I definitely want increased dialogue. I want LUSU to be more known around campus, what they're up to, so that we can improve representation and democracy. I would definitely look forward to meeting up with lots of societies and clubs... forming ties with JCRs, finding out what their students have been saying to them."

"I also want to move my office downstairs if I can so that if people need to find me or ask me something then I'm approachable."

When asked about LUSU's current relationship with its student body, Clayson was quick to point out the positives. "I would say that I think LUSU is doing a lot of really good stuff this year like talking to UMAG [University Management Advisory Group] about rent increases and counselling." Yet Clayson identified that improvements need to be made as students do not necessarily know what LUSU is doing. "There's a bit of detachment between the students' union and the students unless you make yourself get involved and find out what they're doing."

"I'd like to have an online presence so that people are aware of what's going on, what we're up to."

When asked about improving support for international students, Clayson referred to the NHS fees. "International students are facing having to pay NHS fees to use our health service which I really think is so ridiculous. They're a really important part of our campus and they shouldn't be being made into the 'other'. That's definitely something that needs to be addressed."

Clayson emphasised that she wants to embrace diversity on campus. "There hasn't been a female president at the Union for 10 years. That's so long; I was so shocked when I heard that. I think just generally empowering

girls to feel like they can do it too, and not just girls but self-defining women and other minority groups, the people that are underrepresented. That's really important to me."

Another of Clayson's key aims is to improve LUSU's environmental impact. "We're 85th in the Green League Tables and that's largely down to our investments because 14.13% of our investments [are] in the fossil fuel industry. It doesn't look good on the University. I think we should be a progressive university and should be looking seriously at what we're supporting – because if we don't, we're just no better than the other people that aren't doing anything either." She also pointed out LUSU's current support on an ethical investment policy that she is fronting with the People and Planet society.

Her overall vision for LUSU has students at heart. When asked about the counselling queues, Clayson pointed out the £16.2 million profit that the University has made. "I think we need to start investing a lot more in people as opposed to just the University buildings."

"My overall vision would be a more unified campus community that has lots of diversity and lots of different stories within it but one where we can be like 'Yes, we're Lancaster University students!'"

## Luke Parchment



Cartmel College  
Politics with International Relations

Luke Parchment is currently the President of the Debating Union, and he cites his experience there as preparing him well for the LUSU President position. "We're one of the largest student societies on campus. We have done a variety of activities and we liaise constantly with the Politics, Philosophy and Religion department and with senior members of the University."

"I think I manage one of the most complicated student societies and I've led it fairly well during my time."

His approach when it comes to dealing with the University is one of student representation. When asked about his overall vision for

LUSU, Parchment said: "I don't think it's about party politics, I don't think it's about campaigning on nationwide issues, I think it's just about what the students care about and therefore what can we do to improve that."

If elected, Parchment would seek to compromise more with the University. "There'll always be times when they have other interests they want to try to put forward but I think I would try to compromise with them, try to get the best overall outcome rather than picking a fight about everything."

Parchment emphasised that he wants students to have more of a say. When asked about LUSU's current relationship with the student body, he praised the current FTOs but pointed out that "there's always been black spots, thinking of international students and postgraduates where they don't really feel that they're a part of the student community."

"I've got a manifesto promise to have student-led referenda on issues. If we have enough signatures then you can basically launch a referendum on issues that you feel passionate about and I think that's a very good way of creating a wider student engagement of what we do at LUSU."

Parchment also wants to focus on improving student counselling, but when asked

about what LUSU could improve on, he said: "I think what I'd improve is that the campaigning of the students' union needs to be more focused. There's often a scattergun approach where we try and do everything."

"Student counselling has been such a massive issue that if you're suffering from depression or anxiety and you see someone with a six week waiting list, that's what we should be focusing most of our attention on really."

Parchment's experience with the Activities office has also led him to try to improve support for societies and clubs on campus. "I work quite closely with the Activities office on a great many things and they've done a wonderful work on their Sports Development Strategy, so helping sports clubs to attain that extra level of competitiveness."

However, Parchment pointed out a divide between sports clubs and other societies. "What we've come across quite frequently is the fact that even though we are competitive societies and we compete like sports teams, we're not treated equally as the sports teams, so I think we could level the playing field a bit more there."

"Also, I think room booking can be quite restrictive for societies particularly given how even on a Wednesday afternoon you can't book anything before six o'clock when there's lots of free space

available."

Parchment emphasised in particular his focus on establishing good relationships with Freshers and new exec members. "I think the new executive committees very often just ask for the names and purple card numbers and don't really treat you as if you are a new set of people."

"Very often if you are in a society that hasn't engaged with LUSU very much, you don't get that initial welcome into LUSU that you really should do. I think LUSU takes a bit of a back foot sometimes in terms of introducing itself to Freshers." He suggested having introductory talks, like JCR members give, as well as providing Freshers with a physical copy of a LUSU booklet rather than just pointing them to the website.

"Ultimately I think, for me at least, people waste their first year not knowing what's on offer to them then they regret that in their second and third years very often and far too much. We need to try and change that and get them involved earlier I think."

# LUSU President (Continued)

Adam Holt



Pendle College  
Engineering

Presidential candidate Adam Holt, a final year Engineering student and President of the Public Speaking Society, admits that “I haven’t [had] much experience in a huge amount of areas”, but is full of ideas. Holt told SCAN that whilst he may not have plans after graduation, he knows that he wants “to do something that

benefits and makes a difference to people’s lives.” He revealed that he chose to run for President after struggling to choose between the VP positions as he had an “interest in them all, especially Activities and Education, thought I don’t think I have enough specialised knowledge... to run for them.” Unfortunately, when asked about LUSU’s new strategy

– an initiative rolled out by current President Joel Pullan at a recent Union Council, Holt was unable to answer. Holt does however have plans to engage better with the student body in order to create a relationship, stating “social media [...] is how people are kept in the know and kept in contact. Communication is two ways and I think the trouble is that the students aren’t bothered about learning about LUSU.” He claimed that this lack of interest in the Union came from a lack of motivation to find out, and suggested that students needed to be “baby fed” policy.

**He also suggested that the LUSU website should become more interactive, with an easier format for students to find relevant information and with the aid of “video blogs” – presumably from members of the Full Time Officer team – to keep students informed.**

In his manifesto, Holt claims that his experiences studying abroad in America made him “stand out” from the other candidates – although when

questioned about the influence his experiences abroad would have on being LUSU President and what they would do to benefit the student body if he were elected, he was unable to answer. Holt was keen to emphasise that his experience as a President of his Residential Hall whilst abroad was a positive one, which enhanced his teamwork and leadership skills. Holt was unable to comment on what LUSU has done well this academic year and what he would improve on, nor was he able to express what his overall vision of LUSU would be if he were elected.

Holt also mentions in his manifesto his desire to improve the student experience and highlights the importance of the college system and how it could be improved. He also speaks of the International Officers, and claims that “international students should... meet with a personal advisor when they arrive.” He argues that the International Officers should “step up”, and when asked as to how he would ensure International Officers would engage more with students and fight for their issues – such as the rising NHS fees – Holt stated that he would be strict with the: “No lazing about, you will have to do a proper officer job and not just wear a badge.”

In reference to his desire to engage students more with LUSU,

Read more online at  
[scan.lusu.co.uk/news](http://scan.lusu.co.uk/news)



# VP Union Development

Damon Fairley



Furness College  
Politics with International Relations

Damon Fairley, former president of Furness, has a lot of experience on college executive committees. He has “always been a strong supporter of the college system”, and thinks the colleges are one of the most important parts of the Lancaster experience, providing everything from welfare to social events.

Fairley believes the most important part of officer training is working together “to encourage more cross-campus [events]”, and has strong opinions towards governance documents. “I think we need better training around our bye-laws [...] I think for an officer who’s not a college chair-person or [similar], they might not have much of an idea about governance documents, so I want to make bite-size versions of them for training.”

Fairley has been “at the forefront of discussions” about introducing new liberations CCOs, “to represent those groups that have been underrepresented in the Students’ Union,” however he believes that “every single students’ union officer is a liberations officer” and they should all be encouraged to involve as many underrepresented groups as possible, “not just certain officers”.

**Regarding commercial services, Fairley believes that the cloakroom charge in the Students’ Union club the Sugarhouse is unnecessary: “In winter especially, I don’t think students should be charged for wearing a coat... so I’d like to get rid of that.”**

He would also “continue getting more

acts in... but make sure we can carry on selling the tickets at good prices.” With LUSU Living, he would “ensure there would be a Full Time Officer [...] myself if elected and the VP (Welfare and Community), essentially just have our details out there in each house, so if there was an issue they could write to us” in order to ensure better communication and response times.

Fairley prioritises “getting out there to all the students and asking all students about their feedback”. He thinks that “far too many of our activities are in Alexandra Square” and would prefer to expand across campus, including South-West. He would “have a set policy of how we deal with feedback and complaints and make sure that as a students’ union we’re providing the very best response we can do to feedback”.

**One of the challenges Fairley sees is “trying to change the mindset [...] all too often in LUSU we expect students to come to us,” while he envisages engaging more fully with students.**

“Every month I want to have... joint drop-in sessions in each of the college spaces with myself, potentially some of the other full-time officers and the college exec”, in order to be more aware of the opinion amongst the student body.

Another challenge Fairley expects to come across is “financial constraints”, as he thinks “it’s very easy to come up with really big ideas [...] but they often need a lot of funding [...] so I think we need to be careful about money, think of new ways about using lots of money to host more socials and events”.

Natalie Collins



Grizedale College  
Geography

Natalie Collins has a wealth of experience in the Union, which she believes has informed the array of ideas she can bring to the role of Union Development. “My main experience has been in my roles as a student officer, Grizedale Social Secretary, Grizedale President and Cross Campus Socials officer, where I have led and worked in teams of JCR officers and Fresher reps. In these roles I have also had the opportunity to sit on both LUSU Council and LUSU Executive, and have had experience in the democratic and financial workings of the union which are key to the Union Development role.”

**For Collins, the colleges are the most important aspect of the Union and Lancaster life in general, and she would like to “reinvigorate the college system, and bring back the identity.”**

**Indeed, being receptive to student feedback is something which Collins appears to take seriously.**

She has a range of ideas in order to achieve this, including supporting college-specific events and schemes. “Fylde was sold to me as a sporty college, and I would like to see more of a push for a massive Fylde college sports day, or something like that,” Natalie says. “I feel college-specific activities will give the colleges identity and bring the community feel, and that’s how I would go about it first of all.”

Much of Collins’ experience is in events coordination, and this is reflected in her idea for a Freshers’ carnival, in order to commemorate the University’s 50th Anniversary. “There is potential there that we could bring it in in Freshers’ Week as a massive 50th [Anniversary] thing, and

This is particularly the case regarding the Sugarhouse, where Collins aims to diversify the music played in the nightclub to appeal to “make the nights a lot more unique.” “I still get a lot of feedback from people saying, ‘it’s the same music every single night’, and I would like to just look into what people want and diversify it to please everyone’s tastes.” Collins also wants to introduce new ways of getting feedback from students, one of her ideas being “to offer incentives to get feedback, because a lot of the time people just complain, but they’re not giving feedback properly. So, if you want feedback on the Sugarhouse, say ‘if you answer this survey it will be put into a draw and you can win free Sugarhouse entry for a year’ – I think that would get quite a bit of feedback!”

# VP Welfare & Community

Ellen Hedley



Furness College  
Film & Cultural Studies

CO Welfare and former Furness Equal Opportunities Officer Ellen Hedley aims to help students become more aware of the “welfare facilities that we actually already have in university”. Hedley wants to ensure support for students by creating a “central document”, containing information of all the welfare facilities which should be included in the Freshers’ pack to raise the awareness of the existing welfare systems on campus, such as Nightline and the LUSU educational support team who can “help students with wide range of issues”. In terms of supporting international students, Hedley proposed to engage them on a society level, where she believes “there is quite a lot of involvement from international students”. She suggested that it was the best way to understand how international students wish to engage.

Hedley claimed the most pressing concern for students at the moment is “the rise in cost of living”, specifically the rise of rent on campus. She told SCAN that she believed the solution was “getting the message out there about the support available financially to people” and providing more “access to information” of financial sources such as student loans. She also spoke of various mental health campaigns, such as the national ‘Time to Talk’ day which took place on campus, and welfare systems available. She believes that more people are becoming concerned about and aware of mental health issues. However, she believed that “more campaigns” should be launched in order to “get [it] out there that people aren’t alone and they can talk to someone”. She believed campaigns to raise awareness should “get as far as across campus

and [attract] as diverse [a] range of students as possible”. She also told SCAN that a campaign in which “colleges work together to promote them (the awareness of mental health issues)” would be effective. “Because there maybe people who need help with something but they haven’t seen the campaigns because it’s limited to one college”. When asked about the “ethical investment policy”, she claimed there should be a finalised one to ensure that the university is investing money in the right places”. As a member of a women’s rights group “with the main aim of getting more women to run in elections” and part of a working group looking at the implementation of CCO Liberations positions, she believes it is important to have an FTO that can provide support for students in liberations groups.

Read more online at  
[scan.lusu.co.uk/news](http://scan.lusu.co.uk/news)

Harvey Snape



Cartmel College  
Philosophy, Politics & Economics

Harvey Snape – currently serving his second year as Oxfam society President, alongside being Treasurer of Amnesty International Society and People & Planet society – is passionate about welfare and claims mental illness and lad culture are the two greatest problems he would like to deal with if he were to be elected. “I’ve been involved with the Feminist Society, as a member and as part of their Consent Week Committee,” Snape told SCAN. “I fully support the reintroduction of... liberation officers, I think they never should have got rid of them [...] they will help give these underrepresented [...] a voice.” Tackling lad culture is an issue close to Snape’s heart, and he was extremely praising of current VP Tom Fox’s actions this year. Snape told SCAN he would build on this by continuing to

lobby WHSmith on campus to stop selling lad mags. However, he also believes lad culture should be dealt with at the root: “A lot of students don’t see lad culture as an issue, that’s quite possibly because they haven’t [experienced it] themselves.” Snape would like to see more campaigning to ensure every student is perceived as “equally valid and important.” He would also like to have Freshers’ Week talks about “sexual consent and sex education, because... it is something that LUSU hasn’t really [done before]”. The counselling services are a hot topic, and Snape believes “it is a case of lobbying the university in order to allocate greater funding... if they can spend £8,000 on something for the 50th anniversary and can give £40,000 to JCRs... then I think they can certainly put greater funding into the counselling services.” Snape revealed that he has used these

services before, and six to eight weeks is far too long to wait for students in need. He would also like to make students more aware of the available services such as Nightline, or simply talking to friends and family about the problem – as well as organising more events like the recent ‘Time to Talk’ day. Snape believes that rent prices for students are an issue, and that “[they] have spiralled out of control... 80% of the accommodation on campus is owned by UPP, which is a private company” and prices have inflated to the point where students cannot afford them. He would like to lobby the University to have them lowered, but acknowledges “it would be quite difficult for me as an individual to tackle this issue.” Instead, he would encourage student activism and try to garner support from as many students as possible.

achieve.” When asked about the eight week counselling waiting list and what she planned to do to reduce the queues, Scott believed that by that LUSU should be “putting other things in place alternative to the counselling service for now, but also pushing and lobbying the university to fund the counselling service more.” When asked about what she would do to ensure that international students would get adequate support from the Students’ Union whilst at Lancaster, Scott believed that it was a good idea to “create a student forum for international representatives”, as the discussions could be more “focused on international issues.” Scott also mentioned that she would be very interested in pursuing “heavy disciplinary procedures” for students on campus who make racist or

derogatory comments, in order to promote equality, fairness and a safe environment for every student on campus. The main body of Scott’s campaign centres around plans to encompass all charitable societies under the LUSU Gives “umbrella”. Scott believes that with more of a cohesive structure, charities around campus would be able to come together and raise greater awareness for a wider range of issues. Scott would also like to see “a full time member of staff solely for charity... [who] would eventually team up with the LUSU Community Engagement member of staff to work together and create more volunteering opportunities for students.” “If I was elected... a big part of that job is working with LUSU Gives, and I’d like the opportunity to have another year [working] full time to try and make LUSU Gives the best that it could be.”

Mia Scott



County College  
Psychology in Education

Former VP Events of County and this year’s CCO Charity (automatically making her President of LUSU Gives) Mia Scott is running for VP (Community and Welfare) because she feels that there needs to be more campaigning on the issues that are “relevant to the study body”, who she believes have otherwise been “neglected and let down by LUSU.” Scott claimed that she wants to see greater “investment in the counselling service” as well as more of a focus on issues that she feels have “been brushed under the carpet”, such as the modification of more of the university’s facilities for use by disabled students. Scott revealed that she spent her gap year volunteering with disabled adults and has spent the last five years volunteering with disabled children, so she feels that “this is something that [she] could

# VP Campaigns & Communications

Ronnie Rowlands



County College  
English Language

Ronnie Rowlands is a candidate with a wealth of experience, a firm understanding of LUSU and is someone who is not afraid to stand up for what he believes is right for the Lancaster students. Having chaired LUSU council for two terms, acted as a CCO for two terms, sat on the University’s Senate and written over 100 articles for SCAN, Rowlands knows his way around the University and understands the issues students face today.

Rowlands was also instrumental in two recent high profile campaigns, the business process review and the ‘Save the Arts’ campaign, both stemming from Rowlands’ lobbying of the University and the Union.

“I believe that the loudest possible voice for students is vital to ensuring that they are at the heart of all decisions the University makes,” Rowlands explains, “I’ve always been outspoken with how I feel about the decisions this university has made which leave students worse off.” The ‘Save the Arts’ led to an Emergency General Meeting (EGM) which over 500 students attended, where the motion to go against any further cuts to the arts was passed. Wider issues are also something Rowlands is passionate about and he feels it is essential to focus on national issues that affect students as well as campus based ones. “You have to look at stigma around mental health, homophobia, transphobia, LGBTQ+ issues, these are issues that

people go through on our campus but also nationally.” He is also passionate about lad culture, having written an article for SCAN about it last year which crashed the LUSU website and was retweeted by Stephen Fry and Tom Watson MP. Turning the focus on media Rowland has a clear opinion on the long standing idea of a joint media stating, “I feel it is actually detrimental to [SCAN, Bailrigg and LA1:TV’s] individual identities. I would also say the job [of the VP (Campaigns and Communication)] is not to be the boss of media, rather I want students to view the student media as a conduit for their voices.” The idea of collaborating is also apparent in Rowlands’ ideas about campaigns, “[I feel this job is] about giving students advice on how to run an effective campaign and a bit of endorsing here and there. Or even better someone comes to me and says I feel strongly about this, I could write a motion to LUSU council on your behalf and us mandate the campaign on your behalf.” Whilst vocal about standing up to the University, Rowlands is quick to stress that he has and will continue to work alongside the University on key issues. “It’s all about information, for example when students found about the music degree closure all of a sudden it appeared as an item on Senate, all of a sudden a high-ranking manager was explaining himself. [...] I think it is more effective to raise it as an issue to the students and say to the University that students have an issue with this so maybe you should reconsider the policy.” The essence of Rowlands’ campaign stems around empowering students and listening to their voice, “no amount of committee busy-bodying is of use without the support of student voice. [The University and the students] must work together.”

Anna Lee



Pendle College  
Mathematics

Campaigns and Communications candidate, Anna Lee, comes to the election with experience and the desire to “develop activism within LUSU by turning it into a body capable of large-scale campaigns.” The current CCO LGBTQ+ claims to be both a “facilitator and an activist” and has been “involved in five campaigns this month, ranging from helping raise £10,000 for the Vagina Monologues and raising awareness for Consent Week and LGBTQ+ history week.” After running campaigns that have been “both proactive and reactive”, Lee believes that her experience “across a spectrum of issues, serves as an excellent foundation for working on large-scale campaigns” should she be elected into the role of VP (Campaigns and Communications). Lee also added that she has had “experience of working as part of a team when sitting on committees such as LUSU Council, University Court, LUSU Exec and Equality Welfare and Diversity (EWD) Council” and believes that this gives her the “capability to act as an intermediary, communicating with different teams within LUSU.” For Lee, “campaigns should be solid enough to stand for themselves, backed by a team of campaigners that have been empowered by their students’ union” and are successful through “negotiation and collaboration.”

When asked by SCAN about her opinion of the ways in which the Union could communicate better to the student population, Lee believed that the Union should make their website “a lot clearer... [and] more functional.” Lee was also adamant that “public policy should be made public and you should not have to fight to find it.” When questioned on her attitude towards “a joint media”, Lee claimed that she strongly believed “in total autonomy for each part of the student media, however if they want to work together the CCO (Media and Communications) should be there to help.” Lee also recognised that it is sometimes difficult for the members of the student media to quickly get a response from their FTO representative and suggested the introduction of a “simple online form” that could be used to contact an FTO and where response times would monitored.

Two of the main issues that Lee wishes to pursue if she were to reach office would be “further training” for JCR communications officers as well campaigns for greater coverage of nationwide elections.

She emphasised that “campaigns are often won in the boardrooms as well as through protests, and I have the ability to work in many different ways to get the best results for Lancaster students”.

Lee went on to tell SCAN that she felt that past elections for “council delegates and NUS representatives were really low key.” To rectify this Lee believed that “putting information out there, and putting it out there early” was essential, as “if we vote in numbers they have to listen to us and our campaigns will be even stronger and the changes we want will happen.”

# VP Activities

Andy Ainscough



Furness College  
English Literature

Andy Ainscough spoke to SCAN about his candidacy for the VP (Activities) position. Ainscough, who is President of Lancaster University Theatre Group, declared that he was “ running for this position to ensure that all students have the means and the support to enjoy and excel in what they feel passionate about.”

**He believes that he can achieve this by focusing on areas such as efficient communication between societies/clubs and LUSU: “ I think it is about faster responses, and that should gain sports teams more trust in LUSU [and] a bit more trust in the FTO.”**

Visibility is also an aspect of the position Ainscough is keen to try and improve. He said he will be “working to ensure that all groups know what LUSU can do for them and support their goals,” including making societies and teams available of funding and schemes they can become involved in. “The sports development scheme, one of the points in my campaign, is to expand that, which is another way of a sports team getting support, getting funding, so there are schemes like that at work and I seek to expand those and further that fight.”

**Ainscough also eagerly stated that fair representation was key to his aims for the role.**

He believes the current Activities

Executive is successful and something he aims to pursue, having stated that “I think it is making sure that the immediate needs of every group are met and fairly assessing if they want to do anything bigger to expand and I think that body does work.” He still, however, was keen not to treat all societies the same, “I’ll approach it on a case by case basis which I think is fairer” and will be the best way in ensuring everyone’s needs are catered for as much as possible.

Ensuring that sports teams and non-sports societies were treated equally was also important according to Ainscough. “I think for non-sport societies it’s tricky, because there is that divide and it does feel among some people the stigma of ‘we’re not a sports team so LUSU don’t care’. I’ve never found it the case being the president of a society and I think it is just essentially a case of treating each case as it comes rather than thinking, ‘is it sports? Is it not sports?’”

**His experience as President of LUTG is something that Ainscough believes makes him a good candidate.**

He told SCAN that it gave him valuable experience in events management: “ As the president of the theatre group, we do four shows a term, and these are big events for us, hundreds of people come to watch these.” He further stated, “Sweeney Todd was a massive, massive event. 450 people came and watched it I think, we made quite a lot of money on it as well and it involved around 60 active people in the actual running of the show itself.” Ainscough believes his management experience and proposals across all areas of Activities make him worthy of the position.

Colin Mang



Graduate College  
Economics

VP (Activities) candidate Colin Mang spoke to SCAN discussing why he believes he deserves to be voted into the full time officer position. Mang said his motivation for running for VP (Activities) is “I truly believe that the purpose of the Union is to give back to students, and the clearest way that we can do that is through activities, sports, clubs, societies, and events.” Describing his current heavy involvement in student activities Mang stated over that the last year “I have been the most active LUSU Council member in passing policies to improve the student experience.”

**He has been involved in a wide range of societies during his time at Lancaster and feels this makes him a strong candidate for the position.**

“I have been a part of two BUCS sports clubs and served on the Exec of one of them. I also sing for LUGC and play percussion in ULMS so I have an understanding of both the sports and the arts side of Activities, and as a LUSU Faculty Rep I also understand and appreciate what academic societies bring to student life as well.” Mang also said that one of his major concerns for societies and clubs is communication and this a key focus of some of his policy ideas: “In order to improve relations and good communication I’m proposing to split Activities Council into groups for BUCS Sports, Recreational Sports teams, Performance Societies, Cultural Societies, Academic Societies, and Activities-based Societies.”

Another proposition made by Mang in his campaign is to gain more funding for activities from avenues other than LUSU

Living and the Sugarhouse. “We need to look at external granting agencies, we need to look at art grants for clubs and societies that want to put on arts shows and performances. We need to look at external donations and external sponsorships – right now, much of the Union’s funding comes from LUSU Living, the Sugarhouse, and grants we’ve received from the uni. I don’t think this is a sustainable system.”

Mang proposes to gain external donations and sponsorships through an Activities specific version of the Friends Fund. “I think we need to actively solicit donations in the same way the uni does [...] It’s just a pound to make sure that activity keeps going and to make sure that the next generation of students has the same opportunities that you did.”

**He also stated to SCAN that he has plenty of experience managing events as social secretary of the Fencing Society, including organising “a national competition just about three weeks ago where we had competitors from all across the country come here to Lancaster.”**

Mang also believes that one of his greatest assets is his experience in the Union, “my detailed knowledge of the current workings of the Union, including what is going well and what needs improvement, as well as my experience in various Union roles, Councils, and committees, would be a tremendous asset for an incoming FTO because I could start the job from the very first day without needing months to settle in and learn all about how the Union operates.”

# VP Activities (Continued)

Katherine Windsor



Bowland College  
Conservation Biology

Katherine Windsor is full of ideas and ambitious in her aims. One of her manifesto objectives is to help Lancaster achieve their first away win at Roses. “Lancaster always has the most support over York, even when we’re there. Last year, I was just blown away by the amount of Lancaster people that were there and how few York people were there, so even when we’re at their home ground, we have a lot of support.”

With her experience on a range of sports team execs, including the water polo society and the boat club, sport is going to be her grounding going into this position. “I have organised a tour for a trip abroad for water polo last year... I was novice captain of the boat club this year: I pretty much organised all of [their] freshers’ week and helped in the recruitment of them. The recruitment we got was over 250 people signing up, and we’ve maintained about maybe 90 of them,” Windsor says, illustrating her abilities in event management.

**Windsor is keen to stress that her experience in sports clubs does not mean other societies will get ignored, and this is reflected in her policies.**

“Like the sports clubs have got this year, I want to set up a development funding programme for them [societies] so that they can try to develop to be the best they can be.

“I think it is important for both [types of] clubs to get that sort of funding that the sports clubs get so that they can develop properly, because sport isn’t everybody’s game – I know that from people I’ve worked with in the past.”

Another of Windsor’s initiatives is a cultures fair, celebrating the diverse range of cultural societies that are on offer at Lancaster University. “There are just so many different cultures and cultural societies within the Uni, and I just feel people are unaware of them.” She believes that a culture fair would also help societies: “I think it would help increase the numbers within the societies as well: if these people are quite shy then we might not know they’re there. It’s good for people to meet and greet people as well.”


Windsor is also keen to improve communication between LUSU and societies. “I want to set up a forum between the activities council and the presidents and captains of societies so that there’s a good platform for interaction between the Activities Council and LUSU with the clubs and societies... I just think that’s a really good way of getting information out because although everybody checks their emails sometimes the information doesn’t get properly digested.”

In addition, Windsor wants to set up “a minimum time frame where emails have to be responded within, because I know that for a lot of clubs this year, because the weather’s been so bad over the past few months, they’re having to cancel fixtures and they’re not getting a response within a couple of days.”

Most of all, Windsor wants to get as many people as possible involved in sports and societies at Lancaster.

**“I want to encourage participation in all clubs and societies. I think it’s important for people to be involved in things to help them develop.”**

Salman Rukhsar



Cartmel College  
Management & Organisation

Former President of Cartmel College, Salman Rukhsar, is looking to “continue the changes that have been seen in the last three years in Activities” by focusing on three key areas: “funding, communication and participation”.

**Rukhsar believes that he is the best candidate as he has the “experience needed” to be successful in “all parts of the role”.**

Rukhsar believed that he has this through his past experiences of “sit[ting] on University Council and University Exec” whilst also being involved in the University’s Handball and Korfball team, the latter for which he has served as Captain and Publicity Officer.

One of Rukhsar’s main ambitions were he to be elected into the position would be to ensure greater funding for “societies who compete but aren’t technically BUCS sports”, as well as providing more funding for non-sporting societies to “keep up their fantastic work”.

However, Rukhsar recognises that “it is very unlikely that we will see Activities’ budget increase... as there are reports that LUSU is set to make another loss this year”. Because of this, he believes that we “have to look at other ways to fund our sports teams.” Rukhsar plans on achieving this by what he calls “tiered sponsorship”. Whilst he believes that sponsorship from “venues and establishments in town is fine” he also believes that it should be “secondary sponsorship” and “not everyone’s main source of income” – instead, “university based sponsorship” should be their primary source of income. To achieve this Rukhsar wants to encourage outside

investment from “organisations such as graduate employers” who would relish the opportunity to “get their names out there” whilst also providing extra funding for University teams.

Concerning new societies, Rukhsar thought it was essential to inform them of existing “funding opportunities, because LUSU is fantastic when it comes to helping societies out.” He wants to do this by “send[ing] out newsletters to new society execs just to tell them what is going on at the university and what funding opportunities there are and when the deadlines are and just to make sure that everyone knows what is happening and that everyone is in the loop.”

**Rukhsar also claims that he would be capable of organising larger scale events such as Grad Ball and Campus Fest because of his recent experience in event management.**

“I was privileged enough to sit on the Extrav Committee last year and I learnt a great deal from my vice-presidency. I learnt to organise an event not just around the music but the whole event by learning how to publicise it and ensuring we had different types of acts going on at the same time to make sure that we catered for everyone.”

When asked about what he personally hoped to get out of the role, Rukhsar responded that he’d “like to be that person who goes out there and speaks to all of these teams and makes sure that all their needs are met”, he also added that he’d love to be the first VP (Activities) who “oversees our first ever York away win at Roses.”

# VP Education

Caroline Arnold



Furness College  
Politics with International Relations

Caroline Arnold believes additional and hidden course costs is the most important education issue students face. She explains that “We need to lobby the University to publish course costs and to reduce some of the ones which are currently provided.”

“Students shouldn’t be paying for field trips, they shouldn’t be paying for compulsory plays they need to see and the library loan system doesn’t reflect this either. We often force people to buy textbooks racking up costs of over £100.”

Arnold has held a number of positions across campus, including Representative for the Faculty of Arts and Social Sciences, Education and Welfare Officer at Furness College and currently CCO Education.

She stresses the need for video lecture capture, allowing students to catch-up on missed lectures. “We do have facilities to do lecture capture...but it needs to be across courses. We need to have a resource that can be created for everyone to use. But also so that if people do have other responsibilities or disabilities that they can go back and see those lectures if they’ve been missed.”

Alongside tackling additional costs and video lecture capture, Arnold’s third priority is improving employability opportunities. “I don’t think we offer enough, I think careers fairs and careers workshops and that kind of thing aren’t specific enough to students a lot of the time.”

Arnold would address this by offering “an alternative to a careers fair and flip

the tables and showcase our students to employers”. The benefits of this, Arnold says, would be “students get the chance to display their work and have experience in presenting it, building up those skills but also so that they are interacting with people in their area. I’d want to embed it in the careers service... [and] make it more specific in the departments.”

Library facilities are also on Arnold’s agenda.

“We have 24 [opening] hours which is great but that makes the library open, it doesn’t make it better... it needs a lot of work still. We don’t have resources available to students that we should.” Furthermore, Arnold believes “We need to revise the loan system”

Current assessment and feedback systems are “not as good as they should be” and Arnold says “I’ve led campaigns last year on assessment and feedback and we’ve got a good amount of feedback from students on the quality and identified areas of issue that we need to address but it hasn’t properly been taken to the University yet.”

Furthermore, “I don’t feel that LUSU has always had academic experience at the top of its agenda”, claims Arnold, “For me it would be keeping the resources up, lobbying for more...and keeping the academic issues at the forefront of people’s minds so that even when people are dealing with other issues they are looking at the academic impact of it.”

Arnold says she has “passion and drive” and believes her unique selling point is that “it’s taking things back to student issues. It’s not me coming in and saying that is what I believe students’ issues are, I’ve gone out and spoken with people.”

Joe O’Neill



County College  
Politics

Given he is re-running for the position of VP (Education), naturally a lot of the debate will be placed on Joe O'Neill's performance in office so far. This is something he embraces, pointing to his achievements with the 24 hour library, getting better careers advice and workshops for students and securing funding for a Union Conference in the next academic year, believing 2013/14 to be a “successful year.”

O'Neill believes that his experience in the role would be an asset next year, particularly given the next General Election sits within the 2014/15 academic year.

“I think it’s a case of making sure that we have a candidate who is experienced enough to know the big issues facing higher education,” O'Neill explains, giving the sale of the student loan book and tuition fees as areas which “need to be kept at the front of our mind.” O'Neill also believes that if he were re-elected he would be able to provide some continuity to the Union, at a time when LUSU are going through their strategic review.

In terms of what he would like to tackle next year, O'Neill believes cost of living will be the biggest issue and while “the University have taken the right decision in my view by awarding the highest amount they can in terms of scholarships and bursaries in the future of £2000... we also need to ensure that there are things like caps on rent inflation on campus, so that the £2000 students are going to get isn’t just swallowed as soon as it comes in on

rent inflation.”

Policies O'Neill would like to implement in the future are centred on the provision of more learning and teaching space. “I think there is going to be a need to build bigger lecture theatres at the University – they plan on increasing numbers by around a thousand over the course of the next few years, so that’s going to put a real strain on what’s already an issue.” Another such space is a learning zone in town, which O'Neill believes can be achieved by using the University’s space at the Storey Institute. “My view is that it should be a learning zone available to all students, with printing facilities, but the University are pushing towards making it a postgraduate taught area. To me that doesn’t make sense – the majority of postgraduate taught students live on campus anyway.” Instead, O'Neill would like to see more postgraduate learning space on campus, such as a new reading room in the library.

Perhaps most of all, O'Neill is quite open about making controversial decisions. He has been quite outspoken in support of the strikes by the UCU, Unison and Unite unions, despite some student opinion to the contrary. “Taking decisions like supporting industrial action is a difficult one to take,” O'Neill believes. “There are postgraduate members who are affected by the issues brought up in the strike and we have to stand up for them. It’s not always politically convenient but morally right to stand up for a minority sometimes, even when it’s the majority that elect you in.”

And what would O'Neill have done differently in this past year of controversial decisions?

“Taken a holiday. I’ve not taken one day off so far, and I’m exhausted, but it’s been a really rewarding experience.”



**VOTE FEST**

**THURSDAY 6TH MARCH**  
**WEEK 8 11AM-3:30PM**  
**ALEXANDRA SQUARE**

**Hear the Music, Hear the Candidates**  
**Make yourself heard!**

**LIVE CANDIDATE QUESTIONS ☆ LIVE ACTS**  
**FREE Election Goodies**  
**FREE Festival Ticket Draw**  
**Hot Food & Drink**

[lusu.co.uk/thebigvote](http://lusu.co.uk/thebigvote)

**thebigvote**

# SPINE by scan

Our online exclusive section:  
 a **NEW** way for you to interact  
 with your *oldest* student media.

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

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

We have a brand new website with a whole new section, and we need creative individuals to write funny, snappy articles to fill it.

Find out more via Facebook, or email [scan.carolynne@lusu.co.uk](mailto:scan.carolynne@lusu.co.uk).

This is the year that **scan** goes viral.



## Careers alumni event deemed a success



Jack Perry  
News Editor

A careers event for students of the Faculty of Arts and Social Sciences has been hailed as a "very, very, good event," by the students who attended. The event took place on Wednesday, Week 5 in George Fox Lecture Theatre 1 and was attended by 50 students from the faculty. The event was intended to give career inspiration to students through a series of talks by Lancaster alumni.

10 speakers attended the event, and came from a range of backgrounds and professions. Those alumni from high-profile companies and businesses included history graduate Helen Schofield, who works as a business development executive for Kellogg's, and History and Politics graduate Victoria Kirby, who is a producer for

the BBC Breakfast show.

Other members of the alumni in attendance were now in professions much more closely related to the degrees they had studied has undergraduates. Politics graduate Paul Bristow now works as a managing director for PB Political Consulting, while history graduate Joseph Payne is now the assistant curator at the royal mint museum.

The views from the speakers were varied, and one student noted how there were "so many different perspectives." Investigator for the Parliamentary and Health Service Ombudsman Elanor McCombe gave insight not only into her work, but also into what life is like in the workplace for those with a disability. Politics graduate David Watson, meanwhile, spoke of how he did not know what he wanted to do once he left university. Watson now works as a strategic communications and campaigns director for the Prime Minister David Cameron.

In addition to the ten speakers in attendance, politics, international relations



Photo by Mae Reddaway

and French graduate Claire Yorke recorded a youtube video of herself especially for the event. In the video, Yorke discussed her time as manager at the international security department, while also offering advice for students about how to go about looking for a career.

The event – entitled "Career Inspiration for history, politics, philosophy and religious studies" – was organised by

careers consultants Agnes Finley and Heather Tomlinson. Finley told SCAN that she hoped the event had proved useful for students. "When you are focused on your next assignment it's difficult to lift your head up and view what is over the mountain," Finley told SCAN. "I hope students will... see that what they are doing now is creating their future. Small steps in the right direction at the right time can

lead to a giant leap in career prospects."

After the event, students were given time to network with the alumni and gain further information about a certain career path. Students were also asked to give feedback about the event. One student wrote anonymously: "Fantastic speakers, brilliant to have so many different perspectives, great variety a very, very, good event."



The **scan** archives

Taking a look back into Lancaster's history

Friday 23rd March 1984 (Lent Term)  
No. 1 this week: **Nena – 99 Red Balloons**

# Radioactive Bungle

Following the recent goings on with radioactive waste on campus, last week saw another accident involving a radioactive isotope, this time in biology. Though an official accident report has not yet been submitted, sources have revealed to Scan that the latest accident occurred when University Safety and Radiation Officer, Dr. Bowker, was disposing of some radioactive caesium when the container slipped and fell to the ground. The laboratory was temporarily contaminated as was Dr. Bowker's clothing. Scan contacted the head of the Biology Department Dr. Whittaker, who confirmed reports that the radioactive caesium was not from Biology (even though it was being disposed there) but originated from Environmental Sciences. When pushed he said that this

was not particularly unusual behaviour in itself as the laboratory was equipped to handle such chemicals. He continued to say that though he expected the laboratory to open up very shortly he could not speculate until he had received a full report. When asked to confirm a report that the Biology Department had not known about this disposal of radioactive waste he said that every event that occurs with isotopes in the department is not brought to his attention. He could not comment on whether anyone else knew about it in the department until he had received an accident report. Scan also contacted the departmental Radiation Officer for Biology, Dr. Smith and asked whether pouring radioactive waste down the sink was a normal disposal

method. Dr. Smith replied that disposing of such radioactive isotopes in a dilute aqueous form was the safest method of disposal as the chemical was immediately diluted until it was no longer dangerous. He continued saying that there were strictly prescribed limits on what could be disposed and the resulting diluted isotope was no more radioactive "than anything floating in the Irish Sea".

Not much comfort  
for those living near  
Windscale.

Meanwhile everyone awaits Dr. Bowker's accident report on this latest accident which will either clarify some very odd aspects of this accident or reveal some very strange goings on.

# Good news for Colleges

The Committee for Colleges met on Wednesday 14th March to discuss, amongst other things, allocation of students to colleges for the next academic year (1984/5). The results have direct bearing on final year places and also the Post-Grad to Under-Grad mix in each college. The S.U. brought up two ammendments for Furness and County JCRs respectively. Furness was concerned about having the highest Post-Grad concentration in the University at 29%, as well as having their bottom position in the undergraduate number table being increased to housing 54 undergrads less than Pendle. County was concerned about having to find places for

12 more post-grads than was agreed last year. The overflow would, it was argued, be housed in the main building, thus affecting final year places. Clearly both colleges had a case which the S.U. had to respond to. Morton Geppert came up with two amendments to achieve the best compromise. Furness to swap two post-grads in residence for two new first years guaranteed places with the five non-concentrated colleges. This would boost the first year intake for Furness and reduce the Post-Grad domination. All eight JCR Presidents agreed to the amendment in principle as it not only helped Furness but also had no effect on final year chances of returning to campus.

The County amendment was a last ditch stand. Simply twelve less Post-Grads on campus because Colin Adams's expectations were exaggerated. County wanted the overall expected Post Grad number to be reduced by twelve and those twelve places given to County final year students. The Committee, recognising all eight JCR support for the Furness proposal accepted it. The County amendment caused much argument and resulted finally in a vote, where it was lost six votes to five. County were very bitter since no County member, senior or junior could vote! Colin Adams promised that the discussion would carry over for future years.



# Licence Clampdown

A big push is due to take place in the Lancaster and Morecambe areas to detect television licence evaders. The Spring offensive is due to start in the last week of March and to continue for at least a month. The campaign will be three-pronged:

1. There will be a pre-campaign postal combing of households which do not have licences using the computerised records system.
2. There will be spot checks on unlicensed premises again using information from the records system.
3. There will be a detector van surveillance.

A spokeswoman at the Post Office Television Licence Department told Scan: "We

will be concentrating in certain areas but our van will be covering the whole area at different times." She told Scan that students are covered by their parents television licences only if "the set in use is solely battery operated and not connected to the mains", this covers students living away from home. If the set is not battery operated and is unlicensed then the viewer would be committing an illegal act and would be subject to prosecution and a fine of up to £200. The spokeswoman said that the detector vans could detect which program is being watched as well as the location of the set. Records show that in the last year 242 people have been prosecuted in this area for unlicensed use of television sets resulting in £11,500 of fines.



# Carolynne

Culture, Features, Fashion & Lifestyle

## Photo of the Week

This week: Anna Meng

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!



### SCAN Editor's Picks:

- *The curse of typesetting*
- *Review: Taylor Swift @ The O2 Arena*
- *Review: Blue Is The Warmest Colour*
- *SCAN Mogshot*
- *How to: Avoid temptation*
- *Attack of the Trolls*
- *Tattoos: Fashion's latest love?*
- *Achieving that 9am lecture chic*
- *Hair trends for the Spring season*
- *How and why you should start a blog*
- *Super-easy breakfast ideas*

# Flashback: Shirley Temple

Rory Mellon

In today's social media obsessed society it's become an all too frequent sight to watch a young child rise to stardom before an ungraceful spiral from favour. Shirley Temple, who passed away on February 10th, stands as a rare example of a child who had fame thrust upon them and grew up to be an truly influential role model.

Born on April 23rd 1928 in Santa Monica, California, her mother Gertrude Amelia Temple encouraged her from an early age and helped foster a passion for dance. At age three she was enrolled in a Los Angeles dance school. Even from a young age her talent was evident, it didn't take long for talent spotters to be knocking on her door.

Unfortunately Shirley Temple was exploited by a group called Educational Pictures who used her for a series of short films entitled Baby Burlesks. She would later describe these short films, known at the time as one-reelers, as "a cynical exploitation of our childish innocence that occasionally were racist or sexist".

In 1933 Educational Pictures went bankrupt and Shirley signed with Fox Films in February 1934. Her breakout would come a few month later in April 1934 in a film called Stand Up and Cheer!. Fox executives were so impressed that they raised her salary even before the film was released. In June of that year she featured in the Paramount picture Little Miss Marker.

Bright Eyes was Shirley's next film and marked the start of Shirley mania throughout America. Released in December 1934 the movie featured Shirley's iconic song "On the Good Ship Lollipop" which would go on to sell hundreds of thousands of copies. In February 1935, Temple became the first child star to be awarded the Juvenile Oscar; she added her foot-and handprints to the forecourt at Grauman's Chinese Theatre a month



Photo courtesy of Boston Public Library

later.

Fox Film merged with Twentieth Century Pictures to become 20th Century Fox, the whole studio was focused around Shirley Temple with a team of writers solely writing films for the young star. A bungalow was built on the studio lot for Temple and her family. Temple was a huge box office draw and continued to be so throughout the 1930s.

Many critics have weighed in on why she was such a break out star and perhaps the main reason is that 1930s America was a country locked in a tough depression. Cinema was used as an escape during this time and Temple's youth and joyful face was described as: "The kind of daughter all of America wanted".

In 1940 Shirley starred in two box office flops The Blue Bird and Young

People. Shirley's parent's bought her out of the remainder of her contract with 20th Century Fox and at age 12 sent her to Westlake School for Girls in LA. Throughout the 1940s Shirley appeared in several films, none of which recaptured the magic of her early work. She announced her official retirement from films on December 16th, 1950. She ventured into TV work with The Shirley Temple Show throughout the 1950s and the early 1960s, after which Shirley decided to use her fame and considerable wealth to enter into politics and became an active member of the Republican Party in 1967. She ran unsuccessfully in an election for California's 11th congressional district later that year.

Temple became an ambassador for women when she was diagnosed with breast cancer in 1972. She

became one of the first women in the public eye to speak openly about the illness. In 1945 she married her first husband John Agar, who she had one child with. She divorced him in 1950 and was remarried the same year to Charles Alden Black, who she had two children with. He passed away in 2005.

Despite moving away from the limelight in her later years Shirley never resented her fame describing it as "a great advantage, I've been most fortunate". She passed away at the grand old age of 85 at her home in Woodside, California; her bedside adorned by her many friends and family. She was known as America's "Little Princess" throughout her childhood and her one piece of advice to anyone hoping to take up the mantle "start early".

## Culture Update: What's been going on?

- David Bowie cemented his musical comeback by winning best British male at the Brit awards on February 19th; other winners included One Direction, winning the award for the best British video with their hit 'Best Song Ever' and the Brit Global Success, while the Arctic Monkeys took away two awards for British Group and British Album of the Year - the third time the band have won the award.

- An artist in Florida has been charged for deliberately dropping a vase worth \$1 million by the Chinese artist Ai Weiwei. The vase was one of 15 and part of a floor installation at the Perez Art Museum Miami (PAMM). Before the installation are a series of monochrome photographs of Weiwei holding a vase and letting it smash to the ground; the accused Mr. Caminero said in his defence "I saw it as a provocation by Weiwei to join him in an act of performance protest."

- Producers of the recent box office hit The Wolf of Wall Street are being sued for £15 million by a former stockbroker who claims that he has been depicted in the film as a drug-fueled criminal. Andrew Greene worked at the brokerage house founded by Jordan Belfort - played by DiCaprio - featured in the film, and his name was mentioned in Belfort's memoirs on which the film was based. He claims he did not consent to his likeness and characterisation being used in the film. Paramount and Red Granite Pictures have not yet commented on the case.

- It has been confirmed that a spin-off of the acclaimed series 'Heroes' will be released next year. Called 'Heroes Reborn', the NBC show is said to be 13 episodes in length, but is currently 'shrouded in secrecy' as to what the plot will be or who will star in it.

# The curse of *typecasting*

Dessita Petrova

It's catch-22: Sometimes an actor's first film can put them straight into the spotlight, but then they become associated with no other role. Many of us may tried to watch Daniel Radcliffe in The Woman In Black without picturing him holding a wand, but most of us failed. We became so used to seeing his face in the Hogwarts context that it was almost impossible to detach ourselves from this image. Many actors fall under this curse, where their most distinctive role obscures whatever came before or after.

Linda Blair is an actress who has become victim to this association, famous for her role as the possessed child Regan in The Exorcist. Her role had such an impact on people's psyche that for a long time people were afraid to even approach her. In an interview she said: "I think people seemed to believe when they saw me that they might be becoming possessed. That is the look in their eyes. They were frightened of me. And no matter what I said or did, it didn't change. They couldn't get their heads around how it was just an acting job to me." As a consequence, big roles in movies such as Blue Lagoon and Taxi Driver have slipped through her fingers despite her great efforts to break through.

Arguably a sufferer of the same fate is Sean Connery, known for his role as James Bond. Despite his acting success later on, many viewers continue to associate his name with the suave secret agent - an image never complete if you don't portray him drinking a shak-

martini. Connery has received little recognition outside of MI6, which he says is "a problem in a way and a bit of a bore, but one has just got to live with it."

Way before Christopher Reeve and Henry Cavill, the first actor to play Superman was George Reeve in the 1950s TV series, but was it the privilege we might expect? He grew to hate the role as it was the only one he received recognition for throughout his career.

Rumour has it



that during the film preview of From Here to Eternity the audience kept screaming 'there's Superman!' every time he appeared on the screen, perhaps an explanation for why he was only given a few lines.

His successor Christopher Reeves also tried very hard to escape Superman's cape. Only time will tell whether Henry Cavill will be seen as just another Clark Kent through his career.

It would be wrong not to mention the stars in The Twilight Saga. Robert Pattinson has never hidden his dislike of playing Edward Cullen (he asks why anyone would want to be remembered for 'sparkling like My Little Pony') - no one hates Twilight more than him. People say the best way to tell the truth is to joke about it, and Rob certainly manages this in interviews: 'When I read it, it seemed like a book that wasn't supposed to be published' he laughs. At the moment, he is trying to concentrate more on his music career hoping to stop living under the shadow of Twilight. As for the co-star Taylor Lautner, he is to replace Andy Samberg and take on his role in the BBC 3 comedy show Cuckoo, but can audiences see him without thinking he might turn into a werewolf at any point? I wonder whether ladies would bear the thought of not seeing him shirtless running across the woods.

Could it be that once an actor becomes a character of a certain scale, it is impossible to break out of the associations that go with it? Well Harrison Ford's iconic roles as Han Solo in Star Wars and Indiana Jones didn't at all hinder his successful six-decade acting career. Robert Downey Jr managed to concurrently play the larger than life roles of both Tony Stark and Sherlock Holmes. And Gary Oldman has his finger in more franchise-pies than anyone. Unfortunately, it seems the typecasting curse only applies to some actors, and it is impossible to predict which ones.

Read more online at [scan.lusu.co.uk/carolynne](http://scan.lusu.co.uk/carolynne)

# Is 'Outnumbered' out of time?



Doug Medland

As with any TV Series that follows the lives of young children, 'Outnumbered' has fallen prey to the incredible speed with which modern kids change over a short period of time; a change which has left it missing much of the magic and laughter of the earlier series'.

When we first met the Brockman children in 2007, Jake, Ben and Karen were aged 11, 7 and 5 respectively. Now, in what writers Andy Hamilton and Guy Jenkin claim to be their final series, the kids, aged 17, 13 and 11, are virtually unrecognisable, their characters having inevitably matured along with their bodies, and not for the better. Indeed, much of the innocent curiosity that made the children so funny in the first series has vanished.

Jake (Tyger Drew-Honey) remains much as he was, a reckless teenager, this time foolishly getting a tattoo in Camden Market that the others are convinced is a 'dead spider'.

In fact Jake's more prominent role in the latest series, as the know-it-all teenager, dispensing parenting advice to his despairing mum and dad, 'who let it all slip after him', is a hilariously realistic portrayal of family life and still leaves us smirking at one another with recognition on our couches at home.

Physically, Ben too looks much the same, with the usual untameable mop of curls and cheeky expression. He has, however, shot up by about two feet and now towers over his petite mother, who he lifts comically into the air as if she were a pillow in the second episode. His incredible impish energy and childish insanity has

been lost unfortunately, along with the stories of his outrageous exploits which used to leave us in stitches. Indeed in the latest series the loveable but dangerous little scamp is a distant memory, and in place of burning the house down or giving his teacher a heart attack, Ben's naughtiness seems to extend to slamming the front door, a joke that while recognisable to audiences, soon becomes repetitive. There is no doubt that age mellows children, but Ben's intense curiosity and roguish spark seems to have been extinguished altogether in this series. His main storyline, as a singing Spartacus in the new school musical, although holding potential for a comic climax is frankly dull, and draws little laughs compared to his mischievous shenanigans in previous series'.

But the major disappointment in the series comes from the youngest Brockman, Karen, who has transformed from a cute but confrontational extrovert to a sultry, dark haired teenager and as such has lost the distinctive freshness that made her so delightful to watch. As an audience we roared with laughter as the ingenious young Karen dismantled each and every adult she encountered, rendering them speechless with scathing insults and knowledge far beyond her years, particularly in the field of Law. Now those piercing brown eyes are concealed behind a fringe of dark hair, and the fierce, precocious girl has been replaced by a predictable listless teenager who struggles to fit in at her new school. Though she still maintains a ruthless attitude of being top dog, the confidence and audacity has been lost in the one woman whirlwind that was Karen Brockman, who instead of challenging adult authority, now avoids it by hiding in her room.

It seems then that like most children, the Brockman's innocence, charm and uniqueness has been swallowed up by their unpreventable entry into adolescence and with it that which made them so hilarious in the earlier series' has been lost. Although Jake's character has been developed

well, without Ben's mischief and Karen's wonderful ability to question everything and everyone around her, the show has lost its humorous edge and has become just another predictable sitcom. Whilst the woebegone expressions and exhausted responses of the

Brockman parents, played by Hugh Dennis and Claire Skinner, make Outnumbered still largely unmissable for its accurate portrayal of modern family life, there is no doubt that it is not as funny as it once was, a fact which is largely down to the age of the kids.

## You need to know... Circa Waves

Andrew Sharp

Potential is always a key thought when I am deciding who to write about for this feature. In this week's issue I have chosen a band who have potential beyond doubt. Think The Libertines and The Strokes meets the grungey goings on of Blackpool trio Darlia (a band I considering writing about for this week's issue so thought I'd name check them at least) with an upbeat dash of rock seen in The Vaccines and I guess you end up in Circa Waves territory.

Hotly tipped by industry giants such as NME who have booked the band for their popular awards tour in March as well as alternative radio station XFM, the Liverpool quartet have a lot of support behind them. The band began life less than a year ago after frontman Keiran Shuddall became increasingly disillusioned following a stint with various dead-end bands over the course of a few years. After meeting bassist Sam Rourke and drummer Sian Plummer through mutual friends and guitarist Joe Falconer whilst he was stage managing, Shuddall decided to give a career in music one last shot. Aspiring to create "indie-pop classics", the band's debut double A-side single Get Away/Good For Me was picked up by Radio 1 DJ

Zane Lowe as one of his hottest records last November. The two tracks made a good impression and highlighted the band's knack for solid chorus lines, jangly guitars, wild percussion and all round rowdiness. Second single Stuck In My Teeth, released earlier this month, confirmed their signature sound with the chorus remaining just as delicious and not let-up in terms of noise.

With shows booked for Germany, France, Holland, Belgium and Sweden, it looks like Circa Waves are making a name for themselves and I hope with all this travelling and growing notoriety will come inspiration, experience and wisdom which will help push them on. Although it seems as though I'm describing a band lacking that clinical edge when it comes to writing and performing, the apparent noise I described does actually come across as well thought out, but it would be nice to see how they will go about developing their sound and moving out of their established comfort zone. The band, now in their mid-20s, seem like a group of lads with a lot of energy to give to both live performances and in the studio, so I'm expecting them to go all out this year. Coming so far in under 12 months is a promising sign, so keep your eyes peeled and fingers crossed that they'll be making waves soon.



Photo courtesy of Circa Waves

# Review: Taylor Swift @ The O2 Arena

Jane Hodgkiss

By this point, Swift had the 20,000-person crowd eating out of the palm of her hand.

On February 10th, Taylor Swift played her fourth out of five sold out shows at the O2 arena in London. The 24 year old singer finally brought the highly anticipated Red tour to the UK after a whirlwind and worldwide journey that started in March 2013 and is carrying on until mid-June this year. No one could argue that Miss Swift isn't dedicated to her fans all around the world.

This was my third time seeing Taylor Swift, having seen her previously on her Fearless and Speak Now tours in Manchester, and I was extremely excited to see her again.

She kicked off with an energetic rendition of 'State of Grace', filling with choreographed dancing and fist-pumping. It was quickly followed by 'Holy Ground', complete with a heart-pounding drum solo, with musicians on wires swooping above Swift and her band.

Highlights of the show included a 50s style rework of 'You Belong With Me', complete with a full dance routine with Swift's back-up singers and gorgeous sequined red dresses. Another highlight was an extremely heartfelt rendition of 'All Too Well', which was performed after Swift gave a speech about her song writing habits, and how they



usually centre around forgetting someone. There's something about seeing a multi-millionaire superstar sitting on her own at the piano completely lost in a song so haunting and beautiful. Most of the crowd, including the thirty-odd year old man sitting in front of me, were in tears by the end of the first verse.

In L.A. and London there has usually been a mysterious special guest that comes on to sing one of their own songs with Taylor. So far in London fans had been treated to duets with Ed Sheeran, Sam Smith and Danny O'Donoghue from The Script, so

there was much anticipation when Taylor teased early on the show that she had a few surprises for her fans. After being flown above the audience in a suspended platform for a sparkling version of 'Sparks Fly', Taylor introduced Emeli Sandé, who she had met at the Brit Awards last year. The two gave an incredible duet version of Sande's hit song 'Next To Me', in which the vocals were truly astounding. A girl who can hold her own against Sande's powerful voice is truly a girl to be reckoned with.

After finishing with a circus-themed 'We Are Never Ever Getting Back Together', in which Swift dressed as the ringmaster, the crowd were left with a promise of a return to London as the singer descended below the stage.

There were a lot of happy fans in London that night, as I'm sure there will be for years to come.

# Review: The LEGO Movie

Hannah Brady

It looks like a cross between a standard kid's movie and the longest ad for Lego in history, but The Lego Movie is an absolute treat for all ages - not just for children. In recent years films based upon toys have become more and more common, with the unfortunate Transformers movies or the truly unfortunate Battleship - but this film is nothing like that. If you've ever picked up a piece of Lego, built a higgledy piggedly structure from mismatched blocks, or even just stepped on a piece in your bare feet (the agony!) then this film is for you. Even if Lego was never your thing, this film still has lots to offer you: it's consistently hilarious, clever, witty and fun, and there are enough pop culture references to keep anyone interested.

The Lego Movie tells the story of Emmet, voiced by the adorable Chris Pratt from Parks and Recreation.

Emmet is the most nondescript every guy in the history of every guys: he follows the official instructions to the letter, from drinking hilariously overpriced coffee to loving everyone's favourite song, 'Everything is Awesome'.

**A warning though: this is literally the catchiest song you will ever hear, and you will be humming it for a week after seeing the film.**

Please, take this warning seriously for the sake of your nearest and dearest. Emmet's life changes when he finds the mysterious 'Piece of Resistance', and discovers that he is the chosen one destined to defeat the evil Lord Business from making the universe constantly ordered, efficient and dull! With the help of characters like tough-girl Wyldstyle,

the hilarious Good Cop/Bad Cop and Morgan Freeman's slightly daffy wizard Vitruvius, the film keeps up a frenetic pace that never drops, and it's all the better for it. From the second Batman appears in the Batplane, blasting a song about how being dark and brooding is awesome, demanding everything be bat-themed, you know you're in for a fun ride.

The film trips through the Wild West, the hilariously-named fantasy realm Middle Zealand and the wacky Cloudcuckooland, where we meet characters like Princess Unikitty - as cute and slightly demented as she sounds - and cameos from everyone from Dumbledore to Wonder Woman and Abraham Lincoln, with celebrity voices like Channing Tatum and Liam Neeson in wacky environments made wholly from Lego bricks. The animation is stunning: a seamless blend of CGI that looks like stop-motion, with Lego figurines that look like the real thing even as they're hurtling across fantastical

landscapes. Despite the film's main characters being plastic, there's real emotion in their little yellow faces, and at the movie's core it's got just as much heart as any Pixar movie, with a heartfelt message about imagination and the importance of having fun together.

You can imagine that the Lego Movie could have been a very different thing: a soulless endorsement of a toy line, an empty money-spinner. And while you know it's going to help to sell a lot of Lego tie-in sets, it never lets that overtake the sheer joy of the film: it's a fun, hilarious, heartwarming movie, with one of the best twists I can remember seeing in a film for a long time.

**It might sound like I'm over-praising this film, but it's honestly fantastic from start to end, and I thoroughly recommend it - it's not just for kids.**



# Twelfth Night @ The Dukes Theatre

Sarah Dutton

We arrived for Filter Theatre's performance of Twelfth Night at The Dukes to find the stage in a state of disarray and filled with the actors milling about chatting to each other. The play was billed as being in association with the Royal Shakespeare Company and had received many positive reviews, so I was expecting good things. Although it was probably one of the most bizarre Shakespeare adaptations I've seen, I was not disappointed.

The stage was set to look like a music-studio/rehearsal room, with musical instruments and bric-a-brac surrounded by wires and amps and microphones. This will give you a taste of the musical side of the performance, which the cast presented with talent and a riotous energy that was strangely infectious. The technical side of the show was impressive, using a variety of music and sound effects, and a 'drunk' Toby playing with the microphone-amp set. Although at times it was hard to understand the words when they were obscured by sounds, the idea of using technology worked well overall. I particularly enjoyed the shipping-forecast style radio announcement that Viola interacted with, answering her questions while continuing to inform of the storm and state of affairs.

The play was condensed to 90 minutes, and much of this was taken up with music and shenanigans, however, the storyline was still conveyed and it was easy to tell what was going on. For the most part the lines were from the original text, which added to the comedy of it all as this was held in tension with the modern twist. I thought the doubling up of Viola and her twin brother Sebastian (played by the same actress) was a little bit confusing because there was no real mark of differentiation between them. I think without prior knowledge of the play, this would have been confusing.

The actors were all very engaging, particularly Jonathan Broadbent, as Duke of Orsino, and Fergus O'Donnell as the hilarious but slightly creepy Malvolio who pranced around the stage for the second half of the show in nothing but a pair of very tight gold boxers and yellow socks. Geoffrey Lumb showed off his



Photo courtesy of the Dukes theatre

impeccable comic timing as the constantly drunk Toby Belch.

I think it was the audience participation that really caught us off-guard. It began on a small scale, with Viola requesting a man's jacket and hat from the audience for her cunning disguise as Cesario, and built up to us throwing balls onto the main actor's Velcro hat to make them stick, and one man even did a Tequila shot on stage with one of the actors. My friend and I found ourselves urged up on stage and were led on a conga line weaving around the instruments, only to find that there was pizza being passed around

the rest of the audience. Although we wondered where Shakespeare had written a stage direction 'Now Feste passeth Dominoes around the audience', Twelfth Night is a comedy and the performance delivered laugh after laugh, particularly when Malvolio pointed into the audience and exclaimed 'Pizza! Is there no respect...?'

Although Shakespeare's Twelfth Night has been thoroughly whittled down to the bare bones, we couldn't help but come out of the theatre with a grin on our faces, and felt that the performance had given us a satisfactory storyline and an hour and a half of pure entertainment.

# Review: Blue Is The Warmest Colour

Benjamin Brown

Orson Welles said that 'only through our love and friendship can we create the illusion that we are not alone'. In Abdellatif Kechiche's arresting new film Blue is the Warmest Colour, one the main protagonists Adele arguably fabricates just such an illusion for herself when embarking on a lustful lesbian relationship with the film's other lead Emma. Adele is seen to undergo almost a rite of passage into adulthood through scenes of sexual exploration. There is an almost gauzy feel to many of the earlier scenes between the two and the cinematography is tremulous with beauty; almost every shot filmed with a soft and shallow focus lens and a predominance of intimate close-ups in romantic loca-

tions. Whilst some have found such scenes idealised, I find them justified as they reflect Adele's naïve, rose-tinted outlook upon life in light of meeting her capricious new lover.

The film's French title translates as 'The life of Adele chapters 1 & 2', and there is a definite watermark where it is split into two halves. In the first half Adele is still going through pube-escence and is a restless figure with an insatiable appetite for all life has to offer. As Adele says so herself in the film she is 'voracious', and food remains a constant throughout. Early on she is shown to devour her food with glee, where it is familiarly synonymous with sex.

It is a carnal craving for sex which comes to define the relationship between the two protagonists in the film's second chapter, and is also where food is again used metaphori-

cally, this time to reflect systemic class divisions. Whilst Adele is associated repeatedly with the somewhat understated staple of bolognaise, Emma's bohemian family dynamic displays an altogether more sophisticated palette as a meal of oysters. Though a little clunky, such a device nonetheless fires an early warning flare as to the potential incompatibility of the two worlds the characters each inhabit.

Whilst structured into two distinct halves, overall the narrative is loose and elliptical, eschewing the tight Hollywood narrative, attempting to capture the nuanced ebbs and flows of real life. The camera is seen to perambulate, with Kechiche often holding on the action instead of cutting to allow events to play out uninterrupted, such as scenes following Emma and Adele as they engage garrulously

in seemingly arbitrary dialogue. Recalling the sprawling conversations in a film like Before Sunrise there is a conscious attempt being made to embody raw, unscripted reality.

The sex scenes too are protracted: exquisitely sensual and boldly explicit. Through it's measured, naturalistic and at times a granular portrayal of a lesbian affair, the film is endearingly progressive in comparisons to past evocations in cinema where lesbianism is often rather shallowly and two-dimensionally presented to the audience for mere titillation.

**Both sensationally sensual yet also intellectually compelling and thought provoking, this is pure cinema.**

# How to: *Avoid temptation*

**Philippa Hawley**

Lent. That time of year where Christians prepare for Easter by giving something up or doing something extra for a period of 40 days. Almost everyone seems to recognise Lent as a time to try something different. But it's not always so easy...

Every year I religiously tell myself that I'm giving up all things sweet. Chocolate, cakes, sweets, biscuits, you name it. Everything that I essentially love to eat I vow to give up for Lent. When you were younger this was an easier task as you constantly had your Mum reminding you what you've given up; the sad puppy dog eyes didn't even work!

It's always good having that little extra push reminding you that you've given something up for a good reason, whether it's preparing for Easter for religious reasons, doing it to remind ourselves how lucky we are to have such luxuries or just because you want to prove to yourself that you can live without chocolate for 40 days... I haven't quite managed this one yet.

As you get older and live on your own, temptation suddenly surrounds you. It's not quite so easy to

give something up when there's no one there to help you. It's all about will power I'm afraid. Do not, I repeat, do not go into that sweet shop if you know you're too



Photo by Nadine Ong

weak to resist chocolate's calling. Remember why you wanted to give it up in the first place and use that as your motivation to carry on. Over the years, I have heard some bizarre (in my opinion) things to give up, like

tomato sauce. Don't get me wrong, I like tomato sauce on my chips just like any other person, but how much are you having that you feel that it's become hard-ship to

Whilst Lent is traditionally a season where people give up something, I think that doing something extra might be more worthwhile. If giving up certain food isn't a hardship for you, then perhaps pledging to get more involved in charity work is the way to go. You might not shed the few pounds that you would from giving up treats, but doing this is definitely something more valuable, and not to mention, I'm pretty sure it will have the same positive effect on your wellbeing that looking a little trimmer will.

So Lent may appear to be a daunting task ahead of you, but it doesn't have to be. After the first week or so you'll surprise yourself with how easy it is to give something up or do something extra. If it's giving something up don't put yourself in temptation's way, also doing it with a friend certainly makes it a lot easier - you could always have a competition of who lasts the longest! If it's doing something extra then make sure you've got the time to do it, don't do it just to show that you're a good person, do it because you believe in the cause you're supporting and give as much as time as you can.

That said, good luck to everyone and be sure to avoid three for a pound Crème Eggs in Home Bargains.

Each to their own I suppose. Yet, it goes to show that everyone falls victim to something and if you can pluck up the motivation to give this something up, then I'm sure you won't regret it.

# Have texts replaced love letters?

**Rebekah Hendley**

Valentine's Day has just been and gone and don't we all know it? It was plastered in shop windows, all over the television and if you've got a Twitter or Facebook account you most definitely had to endure the cringey updates from loved-up couples confessing their love for one another to the whole wide world! Don't get me wrong, I'm a sucker for romance, but there's a time and a place to show someone how you feel about them. But, with ever advancing technologies intruding into all areas of our lives and replacing most other forms of communication, the question arises as to whether we are losing the true meaning behind romance?

Before the internet and social networking, it took much more time, effort and thought to show someone how you felt, with hand written love letters, romantic nights out and spontaneous gestures. It was about getting to know one another, building trust and spending time

together, 'courting' as my mum still calls it. But as social networking takes over our lives, it's all too easy to know everything about everyone with a quick browse of their profile, and these days it seems more important to have a Facebook official relationship than a steady courtship.

**As we all know "it's not official until it's Facebook official!" and everyone knows everything about it.**

It's not just Facebook that's ruining the romance; studies have shown that a quarter of couples text one another when both in the same house! Are we really becoming this lazy in our efforts to keep the romance alive? We've replaced love letters with inboxes and tweets and now talking with texting?!

**It seems to me like love's being lost amongst the keyboards of our new gadgets.**

I'm not denying that technology

provides great advantages for relationships, especially for those in long distance relationships, with social networking and programs such as Skype. It's much easier, cheaper and faster to communicate with whoever you like wherever they are in the world. You can share pictures, make a call, video chat all within a few clicks of a button and now apparently you can even take things further... if you know what I mean? Research has found that sexting is on the rise with 44% of young people receiving these naughty texts. I guess it spices things up, in particular for those who spend long periods of times apart. But with sexting figures rising alongside the increase in smart-phone sales, is this 'naughty new trend' set to replace the real thing? It may seem exciting and adventurous now, but will we soon be replacing real passion with a few saucy texts?

Another sad thought is that with everyone declaring their undying love for one another via the internet, the formerly special three little words "I love you" are now becoming an everyday figure of speech, thrown around all over social media, being used colloquially and sometimes

meaninglessly.

**We all say it, but do we all mean it?**

Maybe it's time we rethink romance before it's too late and we lose the spark.

Next time you're thinking of expressing your love for someone don't just write a soppy status. If we're all being truthful no one else really wants to read them; it's nearly as bad as overpowering public displays of affection!

**Okay, maybe I sound a bit sour, but it's true.**

So instead of showing you care through love heart emoticons, why not take your loved one out, spend some time together and show them how you feel? Or be an old fashioned romantic and hand-write your feelings in a love letter; it shows that you've taken time and thought to express yourself and surely that replaces a thousand soppy statuses or tweets.

# Attack of the TROLLS

**Joanna Gresty**

I know we're in the 21st century and thus are far too sophisticated to believe in mythical creatures, but I am here to relay to you the real threat of today's society.

**Lurking beneath the digital highway there be trolls.**

For as long as there have been blogs, there have been trolls. A troll is a commenter who hangs around your blog for the sheer purpose of annoying and goading you and your other readers.

Trolling is quite different from merely being critical. Obviously, not all of your readers are going to agree with you about everything, but a troll's comments will rarely have anything to do with the topic at hand. For example, say you review the film

'Avatar'. Someone might comment that she thinks it is an overrated work and doesn't understand why people like it so much. That's not trolling. Even a comment as abrupt as "I've always hated that film" isn't trolling, because, while it's not particularly progressive, it's at least an honest response to what you've written.

There is no blog that can't benefit from a little debate. If a commenter disagrees, take a moment to really understand what they are saying and why. Sometimes you might be surprised at how much sense they make. Blogs thrive and die every day due to the kind of relationship one has with their readers. A troll, on the other hand, is not actually trying to debate anything. Their comments are entirely for provocation purposes. The target? Your work and anyone who supports it.

A troll might comment that he/she thinks films are stupid altogether and anyone who watches them is responsible for 9/11. They might comment that you yourself are a published idiot and it's incredible

anyone takes the time out of their lives to read what you write at all. This abuse and irrelevant comments may go on for days on end, derailing any discussion you are having at the time and perhaps even putting off people responding to your comment thread.

For these reasons, it's best to simply delete comments by trolls. Sometimes it might be extremely tempting to get into an argument with one, as you think you have the vocabulary and finesse to embarrass them into silence, but any response will simply encourage them.

**Hence the popular advice: "Don't feed the troll."**

Sometimes disagreements between regular readers can turn into trolling. For example, say that Rachael is a vegan who often comments on your recipe site. Say that Sam is another commenter, and in one comment thread he and Rachael get into a quarrel about the morality of eating

things produced from animals. While this is not trolling, if Sam continues to pop up in the thread of every post Rachael comments on to try and pick a fight with her, then he's turned to trolling. Ultimately, it's your blog, so it's up to you to decide when a particular commenter has become a bully.

Recently, the youth volunteering charity vInspired has launched a "lolz not trolls" campaign, asking young people to make a pledge not to troll after a survey reported that almost a third of respondents said that online trolling caused them to lose confidence in themselves.

The survey follows the publication of a US study that found that children who are bullied at school are at a higher risk of anxiety disorders, depression and suicidal thoughts as adults. This means that bullying during childhood has a profound effect on people's ability to function as an adult. And in 2014, the majority of abuse and bullying takes place via the internet.

So, how can one respond to a troll without addressing it? Here are some suggested ways to combat online abuse from faceless aggressors:

**1.** Take action. Report the aggressor. Inform and urge the website owner to block any hateful or offensive comments coming from a certain account.

**2.** Change your passwords regularly. If you feel like prying eyes are watching your every move, you might want to choose stronger passwords to avoid someone hacking into your PC.

**3.** Temporarily deactivate your social media accounts. Exposing your life on social media has its risks. When trolls start commenting on your profile page you can choose to shut down the channels they use to contact you.

**4.** Ignore provocative comments. Don't fuel the conversation the troll starts, it will make things worse. We've all tried it but, in the end, replying will only feed the bully's hunger for attention.

**5.** Silence makes you look like an accomplice, or at the very least a coward, so contact the authorities. Whether you're a victim or you know someone who is, don't be afraid to tell your story to people who have the authority to ban such aggressive behaviour.



Photo by Sakib Rahman



# scan Mogshot.

Photo by Jay Theis.

Because cats are for life, not just for Instagram.

Culture25 - 29

Features30 - 32

Fashion33 - 37

Lifestyle38 - 44

33

# Tattoos: Fashion’s latest love?



Heidi Nagaitis  
Fashion Editor

Tattoos - whether you love them or hate them, they are still a talking point. Although culturally more acceptable than they were in the 70s, tattoos can still cause a lot of tension around the dinner table. A friend of mine moved out in order to get a twine of ivy on her thigh – her mother gave her the option of a home or a tattoo. She chose the latter. However, views towards inkings aren’t always as traditional as those with tattoos are becoming part and parcel of high fashion.

Initially the choice of sailors wishing to document their travels and tribespeople across the globe, tattoos soon became a fashion statement rather than solely a cultural or religious choice.

1930s America reported on the increasingly disturbing trend of women having stockings ‘tattooed’ onto their legs to combat the difficulty in attaining highly-desirable nylon

stockings. Although this is dramatically different from the tattoos we see today, the swallows, symbols and anchors that grace people’s bodies stem from this style of tattooing.

But how does fashion really feel about tattoos?

Are they still ques-

tioned by the fashion conscious or accepted as part and parcel of modern society? It can’t be denied that a whole host of models and celebrities choose to have tattoos. Johnny Depp is rumoured to have 15 different inkings, including a native American to symbolise his links to his American Indian ancestors, whilst pop princess Taylor Swift has sworn off tattoos due to her fear of needles. In contrast, Cara Del-

evingne’s increasingly tattooed body caused controversy before last year’s Autumn/Winter London Fashion Week. Some modelling agencies suggested she was too heavily tattooed to model on the catwalk; her intricate inks would put designers off and take the focus away from the garments. However,

Cara’s presence at the 2014 shows proved how irrelevant her tattoos are with regard to her performance on the catwalk.

She walked for Burberry, Giles and a number of other designers, however her starring role was at Mulberry, which introduced the fashionistas to ‘the Cara’, their newest handbag. The handbag was designed in honour of Queen Delevingne, with style inspiration taken directly from Cara’s beloved tats. The limited edition version of the rucksack/handbag features rivets with lion designs, copied from Miss Delevingne’s signature

ink; the lion head on her right index finger. The inside of these bags also includes a heart patch and a ‘Made in England’ stamp, both direct references to other Delevingne tattoos. This interesting move by Mulberry, a traditional English brand, loved by ladies of leisure since the seventies, to attract a more dynamic and youthful consumer highlights high fashion’s recognition of the beauty of tattoos. This attitude is slowly becoming evident in high street fashion with Billy, the heavily tattooed ASOS and Burtons model becoming hot property in the fashion world and increasingly popular with shoppers.

Now I could say that this definitely means an end to the stigma surrounding tattoos, but unfortunately I’d be lying.

Since the late 19th century, the controversy of the humble tatt has been a regular theme in newspapers, with New York newspapers in 1926 proclaiming the increasing popularity of artistic inks. Granted, tattoos seem to have been welcomed into the high fashion fold, but the peaks and troughs of acceptance and disapproval surrounding tattoos is a recurring theme which is unlikely to go away. Even though they could fall out of favour, right now tattoos are hot and in some ways, their ever-changing status makes them more appealing.

scan

Fashion-O-Meter

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

Damian Gray

### The New Black

- Homosexuals: After the Winter Olympics it seems everyone is going a little bit gay. Rainbows all round.
- Our Onesie: It’s become a staple. And we’re sorry for that. But it’s the only thing that will keep us warm. (Note: We’d never sink low enough to wear it outside. Honest!)
- Hot Pink: We want our pink shirt back!
- Pizza: Need we say more. It’s even started texting us its deals. **And we can’t resist anymore.**

### Croc Equivalent

- Online Shopping: Nothing is ever the right size/colour/fit. Let’s shut the Internet down, go all Mary Portas and bring back the high street.
- Summer Beach Bod: This layer of fat is to protect us from the current cold weather. We’ll cut out carbs soon. Maybe.
- Festival Tickets: With no money in our bank accounts the closest we are going to get to a weekend of live music and suspicious substances is an ancient folk band and a gooseberry jam at our local Village Fete.
- Wind: We thought life in Lancaster would be a breeze but with these hurricane force winds we are starting to reconsider! #AwfulPun #SorryNotSorry



# scan *Style Diaries*

Mae Reddaway & Gema Liutkevičiūtė

Gema is a second year marketing student and fashion blogger from Lithuania. After weeks of admiring her fashion sense, I decided to ask her if I could photograph her outfits every day for a week, and thus, ‘**Style Diaries**’ was born. Having braved torrential rain and blustering winds, we captured Gema’s style throughout the course of the week in some of our favourite locations in town and on campus. Gema explains her fashion choices.

Monday:

To kick Monday off, I was sporting my New Balance trainers and Isabel Marant for H&M coat. This coat is a go-to piece almost everyday as it so versatile, but has its own vibe on the boyfriend cut which is really on trend at the moment. My favourite piece in this outfit however, is my snake print Zara bag that you could wear as an evening clutch, but it is quite spacious so I love it for adding a bit of glamour to my day-to-day uni looks. The sunny weather is hard to come by in Lancaster, so my Ray-Ban-esque ASOS sunglasses were obligatory.

Tuesday:

As the weather was really miserable, I decided to wear my ‘sunny’ trousers a.k.a. daisy print Topshop Leigh jeans and red lips in order to

make it a little bit happier. As for the colours, I wanted to keep them muted with my H&M shirt being light blue (gotta have one of those for a little change from the usual white) and extremely warm grey Zara cardigan. Since Tuesday is the busiest day for me, my black Zara tote came in very handy as well as my Topshop ankle boots, which kept my feet really toasty.

Wednesday:

I don’t tend to wear heels on a day-to-day basis - mostly because I have to walk slower in order to keep my balance and let’s be honest here, ain’t nobody got time for that! However, Wednesday is my day off uni, which means that I can indulge in lots of treats in my favourite café in town... and that’s exactly what I did. My outfit of choice for Wednesday was kind

of smart casual with a classic white shirt, a navy sweater and leggings, and my favourite Isabel Marant for H&M fringe boots which I should wear more often. With only a few gold accessories and my hair tied back, I felt really comfortable and started my day off with great food and endless conversations.

Thursday:

When I’m feeling under the weather, I really can’t be bothered with wearing button-ups and blazers, I just want to feel comfortable. That kind of outfit, unfortunately, doesn’t always look very fashionable (unless you are Cara Delevingne). Well, as you probably realise I’m not Cara, so I have to find my way through ‘cosy yet stylish’. On this occasion I decided to wear a wool sweater instead of a hoodie (still – warm and cosy, but

looks more put together) and added a statement necklace. This one is an old one from H&M, but brightens and glams up every outfit. Finishing off with some Topshop Jamie jeans I was ready to face the day.

Friday:

On Friday, which was also Valentine’s Day, I wanted to wear something a little bit out of my comfort zone. First, I decided to sport my denim shorts as I’m not very keen on skirts, and also wore my leather jacket which I don’t get to wear that often as I’m always freezing. This time however, I chose to wear the warmest sweater I have, which is from Massimo Dutti under it and it worked – I didn’t freeze to death! I also wore my River Island satchel, which fitted the same colour scheme as my outfit, and I finished everything off with my tiny golden heart necklace.



Photos by Mae Reddaway

# Achieving that 9am lecture chic

Rhea Cairns  
Deputy Fashion Editor

Everyone’s experienced the trauma of waking up in time for a 9am lecture. This applies especially to second and third years who live off campus and so have to wake up even earlier than the lucky first years who can simply roll out of bed at 8:50am and have a swift jog to Bowland North. Waking up is difficult enough, but your morning is complicated with the task of finding something acceptable to wear. Turning up to a 9am lecture too glamorous either usually signals that you fancy the lecturer (or someone on your course) or that you haven’t actually been home yet – let’s not lie, we’ve all been there on a Thursday morning. So the trick is managing to strike a balance; whilst we don’t want to look like we’re expecting to be scouted by Storm modelling agency, we’re also not quite sure that the pyjamas/onesie combination is completely acceptable (even if it’s the comfiest and most appealing option for first thing in the morning). But how can this look be achieved? Simply add one item to your usual 9am throw-on outfit and take your outfit from looking drab to fab in no time at all.

First we have the humble beanie hat. I personally believe that it’s a myth that not everyone can get away with wearing a hat: those who say “oh, I’m not a hat person” are simply usually too afraid of the dreaded hat-hair. If you look at a beanie hat objectively, it’s the most simple (and possibly unstylish) accessories out there: it’s pretty much a large knitted sock. Whether you like them or not, shoving one of these on your head just before you leave the house can save you the horror of remembering that you didn’t brush your hair this morning, as well as protecting your mane from the wind and rain which we have to battle basically everyday in Lancaster. Trust me; this will be your new style saviour.

Thrown over leggings or a slouchy t-shirt dress, an oversized jumper can rescue you from the “what do I wear?” panic that everyone (deny it if you wish) experiences on a regular basis. These knitted beauties

also have the benefit of keeping you that extra bit warmer in the freezing winds of Lancaster – what a bonus! Whether gloriously patterned (no Christmas prints or 3D bobbles please) or simply plain, one or two oversized jumpers in your wardrobe will definitely help to diffuse the 9am panic. Remember that with jumpers, bigger is usually better – the more oversized your jumper is the more you can usually get away with the “I stole this from my boyfriend” look.

A budding best friend of the oversized jumper, the chunky necklace can help to take your outfit from “I’m slouching around my flat” to “I’ve got a lecture to go to” in a second. Coloured and jewelled or a plain gold chain, quickly adding a necklace to your outfit can make it look a lot more thought through, even if



you did only

add the necklace just before you walked out of the door. If you’re looking to buy two or three lovely necklaces to keep you going for the rest of the year, head to New Look – there’s plenty to choose from and the prices are low enough to be an acceptable addition to your wardrobe even on your student budget.

Whether you go for the classic ankle boots or the newer over-the-knee boots that have graced the high street stores, a staple pair of boots is a must-have for your 9am wardrobe. Either teamed with ankle-grazer jeans or zipped over leggings, a good pair of boots can be worn with pretty

much any outfit. This is something I’d advise you to invest in; if you find the perfect pair, boots can last for years and be worn throughout the year. Waking up for a 9am lecture knowing that at least you don’t have to think about what shoes you’re going to wear will be such a relief – so choose wisely and buy a pair of boots that you can wear with anything and everything.

Next up is the classic black leather biker jacket: something that you really shouldn’t have to suffer without. Like the items that I’ve already mentioned, a classic leather jacket will pretty much go with anything and can be thrown over your outfit just before you walk out of the door, giving your outfit an instant edge. If you’re an avid ebayer like myself, have a search for the traditionally more expensive Miss Selfridge and Topshop ones – you’ll be surprised at what you might find! If you’re feeling daring, feel free to add some studs or a bit of fringing, but don’t go over-

board as you have to remember that this has to be a staple item that can be worn with your whole wardrobe.

So, there you go! 9am lectures don’t seem as scary anymore do they? In fact... are you actually a little bit excited now? (Okay, maybe that’s too far...) Just remember, it’s all about getting the balance right: don’t try too hard, and don’t go too far into the “I don’t care” spectrum – you’ll run the risk of looking a bit too slobbish. Other things like scarves, frilly ankle socks under boots and an abundance of rings won’t hurt either; getting the 9am lecture look just right is all about adding the little things to an otherwise plain outfit that make it look like you’ve put just the acceptable amount of effort in. Another handy tip: getting your bag ready and printing out lecture slides the night before your 9am will save you at LEAST 10 minutes in the morning, which would allow you to snooze your alarm at least one more time... It’s all about the little things.



Photo courtesy of Hedgehog Fibres

# Hair trends for the Spring season

Chelsea Eddy

## Age Ignorant Hair; Playful Pastels, Bobs & Braids

The dip-dye/ombre craze of 2013 is still very much clinging to the ends of everyone’s hair. To revive this trend and avoid catching on to the back of another one - go different. Rather than the traditional blonde fade-out, I’m loving the copper burnout, slightly biased, as this is my current hair colour. For some celebrity inspiration look to Salma Hayek, Demi Lovato and Ashley Greene.

Dipdye so much warmer than the cooler tones of last year, so it has the positive effect of brightening your winter washed-out pallor, preparing your hair for the warmer months, gives you a bit of a change and allows you to go light again once summer shows up. For darker hair tones go for red or more subtle mahogany tones. For already red-heads fade the tips to a shiny copper, and for blondes try streaking through warm strawberry blonde tones.

## Braids

They are a spring essential, but if you’re like me and struggle to even plait a friendship bracelet then never fear! Practicing is the best form of procrastination. I have tried and tested a few different beauty bloggers, and found the perfect ones that instruct with ease on how to get Lauren Conrad/Nicole Richie bohemian Californian hair. Try incorporating a single plait into wavy hair or work a different style, like the fishtail braid.

For serious braiding advice my favourite bloggers are here to help!

Heidi Marie Garrett of hairandmakeupgirl.com is a professional hair and make-up artist so her posts are really varied. She’s worth checking out in her own right due to her purple mermaid mane – it is AWESOME!

Another favourite is thesmallthingsblog.com. This blog consists of concise video tutorials which are really easy to follow, and include some lovely simple styles which have always evaded me!

Theconfessionsofahairstylist.com is my final go-to hair read. As an ex-Toni and Guy stylist this blog is full of insider tips and up to the nanosecond trends in beauty, making it a great source for hair ideas and inspo.

## Hair Chalk



Photo by Zoella

Alexa Chung, being the face of L’Oreal Professional Hair, is currently the spokesgal of hair chalk. In my opinion she’s the best ‘My Little Pony’ you ever did see. Hair chalks are so versatile, they wash out, can be as subtle or bold as you wish, you can position them wherever you want in your hair and best-of-all completely inexpensive. You can try and test a multitude of different colours, updating your hair with a rainbow of shades. They look especially cute teamed with the braid trend of spring.

## Heatless Waves

So I will trust ANYONE who promises me good hair devoid of heat and the subsequent split ends. Heidi Marie Garrett’s method is to wrap small sections of hair around two fingers away from your face forming a little pin curl and securing with a pin; sleep on it and wake up like a legit mermaid.

You could try Velcro rollers, which are super easy, simply wrap equal sections of hair in your preferred direction and again, sleep on them. Spray your hair brush with hairspray

before loosening your ringlets to smooth frizz and hold the shape.

## The Low Ponytail

Hair for this season is conditioned and sleek, so after putting that much effort into your hair, the low pony is an ideal way to exploit it. If you feel simply putting a bobble in your hair is boring, there are so many options to dress up your pony. I like plaiting a strand of loose hair within the pony and wrapping it around my bobble. You can leave your hair in a plait overnight so it is nice and tousled to add a bit of texture, or substitute a hair bobble for an embellished hair band instead. Try something a little more difficult and tie your pony at the nape, as you would usually, then part the hair above the bobble into two sections to create a hole that you can then loop your pony tail through. This makes a twisted-in effect at the top of your ponytail for something a little different.

## The Middle Parting

For the lucky faced few that can

pull this off, you pretty much have spring sussed without having to do much. The style is effortless off-duty model, simply put; blow-dry your hair instead of straightening so there is a slight body to straight hair without over-polishing. Condition has to be on point: I recommend anything with argon oil in it, SO good!

## Bob is Back

My favourite IGrammers; We The People Style, Garypeppergirl, Trop Rouge - all boss the variations of the bob. From beautiful retro curls, effortless choppiness, to sleek shoulder-length crop, they almost tempt me to give mine the axe. If you’re swaying towards a chop or already have shorter length hair, then now is totally the time to do it. It’s so much more manageable for the warmer months and despite the stigma, this cut has so much versatility, as is demonstrated by the plethora of beautiful cuts seen on all the capital’s runways. Although, the single length bobs are pushing first for me. The icy blonde hue for this spring looks great combined with the bob length full of texture.

# How to wear: Powder pink coats

Hannah Hobson

The powder pink coat can be intimidating. However, as one of Spring/Summer 2014’s key pieces we shouldn’t get disheartened. Three trends have addressed this issue, giving us the ability to make this coat become just as versatile as any black or other neutral coloured coat. So stop settling for the conventional coats that you buy every year and pop some life into your outfits with the help of this pretty, pastel, pink coat.

## The Go-To

No outfit planning is included

in scheduled library stints, as we unconsciously piece together trusty items that are hidden at the back of our wardrobe, like our black skinny jeans and our boyfriend tee with a logo or punchy mantra illustrated on it. So, why not throw on this pink coat? It has the ability to pick up the ultimate casual attire, making an outfit that was once only a go-to and mundane, become so much more. Something so statement, but so affordable, who knew?

## Gingham

We have to face it; black has no limitations and can be worn with anything from printed pieces to another block colour. Team your

powder pink coat with a monochrome print, such as the popular gingham one for an instant on trend ensemble. If you are more a trouser type girl or one who finds the oversized shirt appealing, it doesn’t matter, gingham print features on a whole variety of items that designers could get their hands on. However, if comfort is a necessity, then opt for the gingham printed smock dress. The powdered pink coat and smock dress are a match made in comfort and fashion heaven.

## Fondant favourites

When some of us open our wardrobe, we are welcomed to a choice of something quite similar to

an ice cream parlour, with choices from a mint to a bubblegum flavour. This is due to our love affair with pastel tones which has continued for a good few years. Dressing head to toe in this particular colour palette shouldn’t stop you from buying and wearing this specific coat. Fashion is always about making a statement, it is about making people stare at you in style envy, achieved by teaming different pastel pieces together. For the perfect pastel number, opt for some mint coloured cigarette trousers from Topshop with a white boxy blouse and white pouch clutch bag, before finishing off the look with your pale pink coloured coat. Undoubtedly, the finishing touch will ensure that you become a vision in such soft tones.

# Marmite of legwear: Love or hate silk joggers?

Chelsea Eddy

When Topshop suddenly releases an item of clothing in a variety of colours you know it’s going to be big. I know what you’re thinking, the oxymoron of luxurious silk and Sunday post-sugar sweatpants; aren’t exactly the disco pant of the future. I totally agree with you, the sport luxe trend of mesh baseball tops and heeled trainers makes me feel physically ill, but there is a je ne sais quoi about my new trousers that have me wearing them, stroking my thighs and not giving a damn over how many disturbed people are watching.

## What exactly are they, you may ask?

They have the fit of a cuffed jogging bottom; relaxed leg, loose waist, cinched in cuffs. Yet, the silk material of the bottoms - in an array of colours - immediately transcends the loungewear garment into an everyday essential.

## Where can I get me some?

Topshop are the first I have seen to release affordable ones. Other than that Whistles, French Connection, Zara and The White Company, all do versions of them.

## How can I wear this idiosyncratic legwear?

This is the thing. These pants are quite difficult to style. They lack structure, so you can only go in two directions, there is no middle

## The casual variation

There are a variety of colours from khaki (mine), cream, white, and black. Contrast fabrics with cotton, jersey, or wool. Even the new neoprene-style materials would look great. I prefer to layer mine to make it extra casual, so I think, WWFPD (What Would Free People Do). Free People would team a long line, loose white tee under a v-neck or crew neck jumper in a dark colour - think greys, black, burgundies, navy. The trousers are usually high-waisted so I have been wearing mine with striped crop tops; the print keeps it casual while the cropped structure adds an element of tailoring. For your footsie it completely depends on the individual and the rest of the outfit obviously, but I wear mine with the simplicity of Converse or to make it look a tad sophisticated \*insert mocking raise of the eyebrows\* I will wear loafers, moccasins or boat shoes. This is the only down side I suppose, because you can’t really wear them with boots, it’s still a bit chilly and wet to reveal the topside of your vulnerable feet. Thus it’s a commitment issue, if you cannot resist wearing your silk pantaloons until April - just do it. Don the joggers and go rub your thighs immediately.

## The dressed-up variation

I’m not usually one to accessorise, but I find a few key pieces of jewellery add an element of thoughtfulness to an otherwise unstructured outfit. For finger bling I usually prefer one statement ring - Topshop’s



Photo by Hannah Louise

new in rings that have a gemstone centre piece are just divine – and then a multitude of understated minimalist bands. Other optional items are necklaces, wrist action, and earrings, but I do insist that you go chunky; geometrical necklaces, chunky watches, and quirky angular earrings. For the actual clothing part, you need to add some form of tailoring and shape to the trousers. Crisp white is the best for colour blocking; try a structured crop like the asymmetrical dipped hem crops in Zara, or the zig-zag hem crops from ASOS. Alternatively, you can go for a bold patterned shirt or top to add a little zing. The prints for spring seem to have an arty inspired theme; water-colour flowers with blurred ethereal edges, or bold brush strokes creating

more abstract flowers, or heightened realism with super sharp definition. Whatever they are going for, this is one style of girly prints that I can encourage as it is bold, different, and uber versatile. A blazer immediately heightens structure and formality, I personally prefer the slightly longer line boyfriend blazers with rolled up sleeves, but feel free to experiment with your own. To round off your outfit you have two options; firstly you can go for the ‘barely there’ sandal, au contraire, the pointed court shoe looks equally as good.

I hope that I have unlocked the potential of these paradoxical pants to you, my fellow SCAN readers. If anyone should care to seek further advice, consult the loner caressing her legs on campus.

# The secret to getting a first



Julia Molloy  
Comment Editor

When you're lying in bed on a Monday morning and debating whether to get up for your nine o'clock lecture, it can be difficult to keep the larger scheme of things in your mind. For most of us at the moment, we're juggling mountains of coursework or dissertation deadlines as well as gearing up to dive head first into the exam period, so I think I'm right in saying that getting that elusive first seems impossible. Yet, with these tips in mind, having a first glowing on your interactive transcript could be easier than you think.

First off, going to all your lectures and seminars is the best thing you can do, even if you have to drag yourself out of bed with a hangover the size of Britain. If you do English Literature like me, you'll know that PowerPoint

slides can be close to meaningless if you haven't been in the lecture!

**If you're finding it difficult to motivate yourself, try giving yourself rewards when you make it to all of your 9ams (and yes, it can be in the form of a Subway).**

You'll certainly be putting yourself in the best position to do well. The main tip I can give you, however, is to plan, plan, plan. The secret to getting a first is often about preparation, so if you know that you've got five pieces of work to hand in in the space of a week (lucky me!), start early and plan out your time to avoid late night cramming sessions. If you're writing an essay, set yourself deadlines for when you need to have a plan, a first draft, and a final draft written by, and stick to them.

**Personally, I swear by my diary and to-do lists, but however you choose to do it, planning and preparation are essential.**

Essays, however, are also not just about regurgitating lecture notes. If you really want a first, the key is to read everything and be critical. Markers love it when they see original or refreshing takes on questions and when students critically assess the secondary material that they've read. Poke holes in whatever you read and try to incorporate it into your exam, essay, discussion, or whatever else you have to hand in. University is about individual learning and development instead of being spoon-fed, so be brave and put your opinion out there. So long as you can back it up, or it's based on solid facts, you could be on the way to boosting your

grade. Finally, the secret to getting a first is making the right choices. If, like me, you get given a vast amount of choice for both exams and coursework, you're far more likely to do well if you choose something that interests you rather than plumping for the easy option. Doing what you want to do will also help you to be critical as well as turning what could be long, dull hours of research in the library into something far more enjoyable.

**Studying at university isn't meant to be a chore; put some love, thought and effort into it and firsts will be rolling your way!**

We can all achieve what we want to achieve if we put our minds to it. Be determined, get out of bed on a Monday morning, and getting a first won't be nearly so impossible.



Photo by Mae Reddaway

# Start your summer plans now

Catherine Yorke

Faking a smile is exhausting when everyone other than you is boasting about their fun-packed summer, which they have already planned. Although it is only just the end of winter, our social networking feeds are already brimming with hashtags, updates and generally annoying reminders of everyone else's social life. Yawn. At excruciating lengths for an idle student, it is perhaps a good time to start making your own plans: here are some ideas!

If you're a music lover with a high tolerance to grossly drunk people – which is expected as a student – festivals are concentrated with like-wise people, as they are categorised by genre. Although daunting for some, if you're more cider than champagne, brave it and slum it for an unforgettable weekend. For the full experience, it is definitely worth the weekend ticket. If your endurance doesn't span so far, perhaps organise a barbecue garden party with the closest ones, as no one can turn down overcooked food and the glorious British weather. If your back garden doesn't cut it, a trip down to the nearest beach – perhaps avoiding Morecambe – allows you to wind down, if you can gloss over the inevitable screaming children. If you're feeling extra adventurous, a clichéd Aussie-style (disposable) beach barbecue followed by drinks as the sun sets may be an option. Although, getting too drunk wouldn't be the cleverest idea when you're so close to the sea!

Alternatively, make the most of the not-so-classy British nightlife and organise a city crawl over a few nights; for the less tame, try Liverpool,

Manchester and Birmingham. If you aren't a night owl, day trips can be equally as thrilling. For an adrenaline packed day, visit a theme park with your friends; or if you can't bear a day of queuing, have a much less frantic visit to a museum or national park. Picnics are fantastic for those who primarily think with their stomach (aka every student, ever) as food and friends equals the perfect combination. You could also throw in a countryside walk; lucky for us Lancaster students, the Lake District is conveniently nearby.

For the hardcore, breaks and holidays offer perfect socialising opportunities in the summer. Friends holidays are notorious for being a messy blur, yet choosing a location which suits your lifestyle can make the holiday fly by. Perhaps you would like a cultural holiday (try Italy or Greece) or predictably, a clubbing holiday to help you forget those horrifying exams you're yet to take – cue the sad face. Holidays abroad are stressful, so make sure a responsible friend is going; if not, stick to the British Isles!

Alternatively, shorter city breaks allow you to experience culture through sightseeing and the nightlife – get the best of both worlds! Amsterdam or Berlin are ideal for friends, yet a romantic trip to Paris may heat up your summer with that special somebody. Ooh la la! To exhibit the Bear Grylls in you, camping is a cheaper option to enjoy an exciting new location, while also adding the element of challenge. Ideal places for this are coastal areas, like Cornwall or Wales.

Instead of waiting for plans to materialise, be proactive and don't sleep your summer away! Whatever you decide to do, if your dignity fully intact by the end of the summer, you're doing it wrong.



Photo by Alice Southern

# Alternatives to going out four times a week

Rowan Simpson

Most of us love a good night out in Lancaster with our friends. However, as you're all bound to have noticed by now, nights out are never cheap! Whether you're a fresher who is just getting the party started, or a final year student who is trying to rekindle some of their lost youth, a night out can hit your bank balance pretty hard.

**Believe it or not, there are plenty of ways that you can have fun in and around Lancaster without entering Sugar.**

Firstly, pub quizzes. Not only are quizzes cheap, but they also mean you can spend the evening with a group of friends having fun and getting into the competitive spirit. Most pub quizzes will also offer a cash prize – who knows, you could leave £100 richer! Try the White Cross, which hosts a pub quiz every Tuesday evening from 8:30pm.

Also in town, the Vue Cinema on Orange Wednesdays guarantees a fun evening without breaking the bank. 2 for 1 on cinema tickets every Wednesday means that you can see the latest films with a friend, and still have money left over to spend on refreshments. If you don't fancy going into town, the campus 'Take 2 Cinema' is an even cheaper alternative to Vue.

There are also many other facilities

available on campus to add variety to your evenings. Personally, I think the eating establishments on campus are underrated. Why not try the Wobbly Burger Bar or the Chinese restaurant one evening? Or you could even grab food at one of the campus bars, which have student friendly prices. In terms of staying in, there are plenty of ways to have a fun filled evening with your flatmates. Film/takeaway nights are always a big hit, but if you're looking for something a little different set up your very own 'Come Dine with Me' competition, where each member of the house takes it in turns to cook for the others and provides entertainment. This means you can have several nights off cooking for yourself – when will you ever get a better excuse to get someone else to cook for you?

Board game nights have proven to be a big hit in my house, so gather a variety of games, plenty of snacks, and settle down for an evening of surprising competitiveness. Whether it is Cluedo, Monopoly or even Boggle, an enjoyable evening will be in store.

Something you may never have considered before is a home spa evening. Superdrug can provide you with a variety of facemasks and relaxing oils to set up your very own spa in your living room. Light some candles and kick back and relax whilst having a long chat with your housemates.

Whichever way you choose to spend your Sugar free evenings, make sure you have fun, and most importantly, make sure you keep it cheap!



Photo by William Warby

# Super-easy breakfast ideas

Amy Coote

You're late getting up for that 9am AGAIN and just don't have the time for breakfast... well think again! Organisation is key for us students, so planning what you will have for breakfast is all part and parcel, especially if you are trying to keep up with your ever fading healthy eating resolution this year. I'm here to help you on your way to getting the best, quickest and most important meal of the day, whilst staying away from those boring breakfast bars!

1.Yoghurts: These are both healthy and versatile and you can grab a pot of natural yoghurt for as little as 50p at some supermarkets. Add one to your weekly shop as this is a super easy way of getting some good, quick food into your brekkie. Because of the versatility of natural yoghurt, you can literally add in anything you want. Grab some of your favourite berries, apples, raisins, (the list could be endless) and chuck a handful into your yoghurt for a tasty, sweet

breakfast to eat when you're in a rush - no waiting time required! If you're often running super late and don't have time to make it in the mornings, prepare it the night before in a small Tupperware, or buy smaller pots of yoghurt to chuck in your bag to eat en route! Yoghurt choice is literally endless in supermarkets so you can have whatever floats your boat: fruit, oats or even chocolate!

2.Smoothies: These literally take two minutes to whip up with a hand blender or electric blender (if you're lucky enough to own one!). Cut up your favourite fruit, add a splash of milk or a spoonful of natural yoghurt and simply whizz until smooth, or chunky, whatever takes your fancy. You can get plenty of vitamins and nutrients whilst making it a sweet, filling start to the day and yet again, the potential flavours are endless. If you don't have time to drink it at home, put it in an empty bottle and slurp on your way to Uni!

3.EGGS! I'm here to ask you, how do you like your eggs in the morning? They are so versatile that if you do

have an extra half an hour to make breakfast, then have eggs: eggs on toast, with muffins, or bagels - the list is endless. Differing ways to make eggs can range from poached, fried, scrambled or even an omelette with

your favourite cheeses, ham or vegetables. Eggs are a great source of protein and will also leave you feeling much fuller and ready for your day ahead in the midst of Uni life. They are also quite cheap and have a long shelf life - perfect for us students!

Everyone deserves a weekly treat

though, so indulge yourself on a Friday or on your hardest day and get a croissant or Danish pastry and a coffee. They may not be the healthiest, but they are definitely the yummiest! Happy Breakfast-ing!



Photo by Stephan Rosger

# How and why you should start a blog

Anna Meng

I recently read an interesting quote from Ira Glass. Everyone who gets into creative work, he argues, gets into it because they have good taste. But then, for a while, there is this 'gap.' Your work has lots of creative potential, but because of your killer taste - the thing that got you into this in the first place - your work is never as good as your ambitions. And this is the point where a lot of people quit. The only way to avoid this, to close this gap, is to go through a large volume of work. 'Nobody tells this to beginners,' Glass said, 'I wish someone had told me.'

If there is one piece of advice for blogging I'd like you to take away from this article: it's to just do it.

Set yourself deadlines, and do it. It took me - no joke - several years to come to this conclusion. I was reading inspiring blogs, taking a lot of photographs, and I always thought: I could do this. I want to do this. But, somehow, I never started blogging. I didn't have a title, or the

layout wasn't perfect. And then last summer I finally did it. I sat down, uploaded a few pictures, typed a few lines - and then, over the next few months, I kept at it. And now I have a blog.

For me, it's a fun form of self-expression and a way to keep track of my life - an online journal, of sorts. It's an opportunity for me to share bits of my life, travels, current creative endeavours and things that inspire me with friends, family and even a few strangers.

The way I see it, everyone has opinions and everyone is passionate about something. The internet gives us the freedom to share it, so why not take

it?

It's free, and there's nothing to lose but so much to gain.

On a personal level, it'll help you become a better writer and give you the chance to connect with people that have similar interests.

A frequently updated, professionally presented blog is also an incredibly lucrative thing to add to your CV. That being said, remember that like with any creative work, if your aim is solely to please others, it won't be good. Originality, as I'm sure you've heard, is dead. The only thing that's left is authenticity.

Content-wise, be true to yourself - that's what people will identify with.

# At the gym

Rebekah Hendley and Bryony Seager give us their verdict on some of the classes available at the sports centre.

## Yoga & Pilates

Rebekah Hendley

After weeks of stuffing our faces with Christmas goodies and the beginning of term boozing, the vast majority of us have already blown our 'New year, new me' New Year's resolution. We start the year with good intentions to get fit and shed the pounds before the summer sun but why do we feel we need to wait for a reason to start getting fit? You can start your new healthier lifestyle today and what better way than a beginner's class at the Gym. Gym membership at Lancaster University is extremely good value for money and, with silver membership, you get full access to the swimming pool and gym at any time.

However, if the gym isn't for you and the thought of treadmills and cross trainers makes you feel queasy, then a beginner's class is definitely worth a try. With the stress of deadlines and exams fast approaching, I would definitely recommend a Pilates

or yoga class. Not only will it help you beat the bulge, both of these classes will clear your mind, get you away from the computer screen and relax your muscles during the stressful months that lie ahead. Now you might be thinking what's the difference between Pilates and yoga? I definitely was before I tried both of them.

In short, yoga focuses more on health and relaxation and includes exercises such as breath control, meditation and adopting different bodily postures to enhance flexibility. It's definitely the more relaxing of the two and helps to clear your mind and stretch any of those nagging aches and pains. Afterwards, I definitely felt more at ease and focused. Pilates

is similar in some respects, however it was a little more strenuous than I first expected. I was definitely in shock when the press-ups started! As a press-up virgin, I couldn't help but dread the following exercises. However, the class as a whole was still an enjoyable workout including a series of exercises using different apparatus designed to focus on improving physical strength, flexibility, posture and finishing with some peaceful meditation designed to enhance mental awareness. I came out feeling refreshed, if not a little sore from the stretches; my flexibility is minimal but you know what they say - no pain no gain!

I personally enjoyed both of these classes, the atmosphere was relaxing

and welcoming and the instructor, Laura Daglish, was easy to talk to and friendly. It was a nice change from the usual gym routine and I will definitely be trying these again or maybe the Pilate and yoga mix class also run by Laura. It's my aim to get back into shape but not just for summer. It's going to be vital for all of us to look after ourselves in the next few months, leading up to and during summer term, when being healthy and having a clear mind will be crucial to surviving the dreaded exam period. Classes are only £3.70 for students, or free for anyone with platinum gym membership, so it won't break the bank either, you're working hard so treat yourself, you're definitely worth it.



Photo by Ian Taylor

## Mixed Martial Arts

Bryony Seager

Exercise puts you in touch with your body; it makes you healthier, stronger and fitter. You can't ignore your body; if you do there are generally consequences. Okay, that's the serious bit over with!

MMA (standing for mixed martial arts) and kickboxing are just two of the multitude of classes that the campus gym offers. I started both MMA and kickboxing last year, thinking that I should try out the different things at the gym - now I'm pretty much addicted. It's a high energy, full-contact sport, but it's a huge amount of fun, whilst also learning self-defence and lots of aspects of martial arts - certainly better than slogging away on a treadmill going nowhere for half an hour.

The classes are split into two: beginners and advanced, each lasting roughly fifty minutes. Any levels of abilities are welcome to the beginner's class, and then it's up

to you as to when you feel ready to attend the advanced classes. Martial arts is something that has always interested me, but that I've never taken part in and in that sense MMA is great because as instructor Kieran O'Brien says, MMA "is whatever you bring it... a mix of styles." So in that respect people who come along to the classes come from all sorts of backgrounds; no martial arts (me), taekwondo, boxing, ju-jitsu... so whatever your level there's definitely something to learn.

The lessons themselves are quite diverse. Beginner's classes are usually concerned with drilling

new techniques or combinations. In the MMA classes this is usually grappling/take-downs, in kickboxing it's exactly what it says on the tin - kicking or boxing; learning how to engage someone whilst on your feet. Now with this sport comes something of an issue, I don't necessarily want to give credence to the side of the argument that this sport can be horribly violent - of course, in a ring, I guess it can be. But when we practice there is absolutely no malice or violence behind it, people are there to learn, and are extremely friendly, helping each other out and being conscious of the abilities of the

person they're fighting. O'Brien calls it a "friendly struggle... a simulation" - the intention is not to hurt but to learn something and increase your skills whilst doing it. Of course the gym is well equipped with mats, boxing gloves and muay thai pads, so everyone has the opportunity to practice safely. It's not all about the physical either; when sparring with other people who practice it takes a lot of thought as well. It's a "bodily-involved chess match"; except unlike real chess, if you miscalculate your move you might get kicked in the butt. I guess it's like wizard's chess in that respect... even better.

# What is LOVE

Philippa Hawley

What is love? Everybody loves certain things; people, pets, food. But is this the same type of love? If not, how many different types of love are there? So many boggling questions, which let us be honest, we'll never really understand, but we can at least make a good start.

Certainly with the rise of social media the term love is used to describe almost anything and everything. Whether it's confessing our infatuations with celebrities or declaring our admiration for clothes, why do we feel the need to tell the whole world that we love them? We consider love to be an extremely

powerful emotion, and to some this definition may describe how they feel about a said celebrity. As we are told constantly, love is subjective, certain people are attracted to and only love certain people; we don't know what love feels like to others or why in fact people love anyone at all.

With that being said, is the term love thrown around too loosely? Surely it should be reserved for when it actually means something special, rather than just telling every Tom, Dick and Harry. Yet, whilst it is used in a lot of senses now, we do know that there is difference in what we mean when we say love. Whilst I fully understand that you love Harry Styles, I don't for a moment actually think that you are in love with Harry Styles in the same way that you love

your boyfriend. Although I'm sure some girls would disagree. I can't offer you a concrete definition of love, but I would hazard a guess that you will have had to have met them in person.

So what is the definition of love? Type into Google and the first thing you get is "A strong feeling of affection" and the second is "A great interest and pleasure in something". Whilst these are categorised as separate descriptions, they do go hand in hand and I think this is the easiest way to describe the different versions of love. Sometimes you think it would be easier if there were different terms for everything, but personally I don't see the harm in using love to describe our affections for things other than people. As long as we understand the differences in our meanings and don't read too much into it, then I'm sure there won't be too much confusion.

But our obsession with love is not just refined to the different meanings, we do all love to take part in the latest gossiping sesh about how much such and such is totally in love with what's her face. Whilst we can never know what someone else is really feeling, we can pick up on signs – stalking their Facebook, constantly bringing them up and asking about their whereabouts; it's not surprising people jump to the conclusion that they're in love. And then of course there's the prominent question of "so do you love them, or are you in love with them?" Do we really need to go into this much detail about our love lives? As long as we're content and know what's going on, I think it's best left alone. Meddling in people's love lives doesn't tend to have the best results. Just think Romeo and Juliet. Okay perhaps a tad dramatic.

Love is hard to define and it's way harder to try and find out why we love things, but we do know the differences when we say it in various contexts. Just don't waste it on Harry Styles!

# Beginner's guide to photography

Anna Meng

Or, to be more specific: digital photography. Though analogue photography undoubtedly has more character, film and developing it (unless you do it yourself) is incredibly expensive and time-consuming. Save that for later - it's not the best thing when all you're trying to do is learn.

## THE KIT

This might come as a surprise to you, but the type of camera body you get is not important. Not at this stage, anyway. Go online, read some reviews, and buy a decently priced entry level DSLR. I'm a Nikon girl (I started with a D90) but Canon is an equally viable option. Until you know what even half the settings can do on that, it's not worth upgrading

What is important - and what makes a good photograph - are the lenses. These are also a good investment over time since you can keep them as you upgrade camera bodies. Besides the kit-lens, the first lens I bought was a 50mm f1.5 primer lens (no zoom), which is great for portraits, along with some macro extension rings (the effect of a macro lens for one tenth of the price.) Also, make sure you get a UV protector. When you temporarily misplace your lens cap (and you will) this £2 replaceable bit of plastic is what will prevent irreversible scratches to your

£200 lens.

Also important (but optional): a tripod, an external flash and a remote for self-portraits. There are also a lot of great tutorials out there for things like DIY reflectors.

## SHOOTING MANUAL

Your DSLR's automatic settings may be good for quick snapshots, but it's a waste of your camera's potential. If that's all you want, you might as well use your iPhone. I'm a huge advocate of manual since I love the control it gives me. Once you get the hang of it, you'll never go back. Here are the three main things to remember:

ISO: how light sensitive your camera is. Higher ISO means more light but also more noise (grainier images). In general, in daylight, you should aim to be shooting with the lowest possible ISO in order to minimise noise, since it becomes an absolute pain especially in post-processing.

APERTURE: how wide the lens opens. For lots of light, you want a low aperture (f/1.4) which also means a shallow depth of field (lots of background blurring.) If you want less blurring, increase the aperture (up to f/22) but you will get darker images.

SHUTTER SPEED: the faster the shutter speed (1/1000) the less likely you are to end up with shaky pictures and the darker the image will be. If

you're going for something like those artsy waterfall shots or fireflies in the dark, go all the way down to 'bulb' where you can keep the shutter open as long as you need to.

## POST PROCESSING

Not just great for correcting small errors: this is what will take your photography to the next level. I shoot RAW and edit in Photoshop, but Lightroom is another viable option. There are many brilliant resources to learn online: Tutsplus is a great place to start.

## GET ONLINE

Sites like Squarespace and Behance make creating professional

portfolios ridiculously easy. It's a great way to showcase your skills, for instance to potential employers. Starting a more informal blog is also an option - when I began I started a blog with a friend that involved weekly photo challenges. It kept me getting my camera out and trying new things.

## PRACTICE

Stay inspired. Go to exhibits, browse the web. Keep trying new things - light painting, macro water drop shots, motion blurring. Grab someone you know and practice portraits. Take your camera everywhere and shoot as much as you can. Most of all, enjoy it. Good luck!



Photo by Sammie Caine

# How to get over your ex (*and yourself*)

Richard Cowley

So you just got dumped, or you just broke up. Hooray for being single! There's so much to look forward to, such as being able to do whatever you want without worrying about what your other half thinks. You can wear that t-shirt they hate! You can hang out with all your friends they didn't like! You can sit in your room, alone, staring at the wall, wondering if you'll ever find love again! OK, so maybe you shouldn't do that last part. Whoever ended it, readjusting to being single again can be difficult, and you may feel yourself clinging to the past, since nothing else feels as good anymore. Don't! Take heed of some advice from someone who's been in this situation before and you'll be feeling great in no time.

## Have a good cry

Stick a sad movie on, curl up under a blanket, and let it all out. Or whatever it is that normal people do to cry (I cut onions and shove them into my eyes. True story). There's probably a really good science reason for crying, but for social science students like myself, it just feels damn good to let all those emotions out in one big wail of angst and sadness. There's no shame in it. Unless you're in, like, McDonald's.

## Get drunk

"This doesn't sound very responsible/this only works in the short-term" I hear you cry. Valid points, for sure, but sometimes you just need to let yourself go. Grab some friends, grab some drinks and stop thinking for a night. If there's anything that'll take your mind off

everything, it's a tasty mixture of vodka, sambuca and that nasty cola you can get at Spar. Just be wary of becoming an emotional wreck and sobbing into your buddy's lap before you even get out the door. And try not to make a habit of it – people start to worry about you, and that gets really annoying, really quickly.

## Have a one night stand

What my mother actually said is perhaps a little too vulgar for publication, but this is about the long and short of it. You've been sleeping with the same person for a while (unless you were sleeping with more than one and that's why you're now single), so get yourself back out on the scene and go home with someone new. Who knows, maybe they're better in bed than your ex? Just, please, don't be stupid. Use

protection, be aware of what you're doing and who you're with, and let a friend know where you are. I love you guys. Don't go getting hurt because of things I said.

## Don't expect to be over them in an instant

This gets truer the longer you've been with a person. I'd roughly estimate, from personal experience, that it takes at least a third of the amount of time you were together to properly get over someone. So if you were only dating for a week, good news! You'll have moved on in a few days. You long-term cats though, you're stuck with being a mess for a while. Sorry about that. Just remember you'll be OK eventually, and you'll meet the next "one" soon enough.

# scan recipes: Student inspired lunches

Skye King

Are you stumped for what to eat for lunch? Subway and Greggs no longer tickle your fancy? Your bored taste buds need jumpstarting pronto! My gentle on the pocket, easy to follow and, most importantly, nutritious recipes are the perfect solution to your problem.

### Spring-Shine Minestrone

This incredibly easy to make soup is green and light, hence the name Spring-Shine. As a student I know how difficult it is to ensure vegetables get used before they expire. Therefore, I have not specified vegetables to use for this recipe. Feel free to chuck anything green into your soup. Well within reason, boogers probably won't be of much nutritional benefit...

**Ingredients:**  
50g mixed green vegetables (asparagus, broad beans and spring onions are great)  
175ml vegetable stock  
35 grams cooked pasta  
50 grams butter beans

**Method:**  
1. Cook the pasta in salted boiling water.  
2. Meanwhile, put the green vegetables in a saucepan with the vegetable stock.  
3. Bring the saucepan to the boil and then adjust the heat to a lower temperature.  
4. Simmer the vegetables till they are cooked thoroughly.  
5. Drain the pasta in a colander over the sink.  
6. Stir in the cooked pasta and beans with the vegetables.

Photo by Robert Judge

### Ultimate Sweet Mash

I call it the Ultimate Sweet Mash because it's the yummiest mash recipe I have created ever. It is super filling, a great source of fibre and potassium and it's scrummy, (if I do say so myself). Seriously, what's not to love about it?

**Ingredients:**  
1 medium parsnip, peeled and chopped  
1 medium sweet potato, peeled and chopped  
4 tablespoons milk  
2 tablespoons maple syrup  
15 grams butter

**Method:**  
1. Cook the parsnip and sweet potato in boiling water for 20 minutes (or until they're soft).  
2. Drain the water.  
3. Mash the parsnip and sweet potato together until the mash is smooth.  
4. Add the maple syrup, milk and butter until the mixture is mashed to a desirable consistency.

### Yoghurt Fruit Punch

This recipe is especially great for cheeky party animals that have just rolled out of bed, in the afternoon, after a night-out! A refreshing fruity, fibre- and vitamin-infused, healthy treat that will re-invigorate you.

**Ingredients:**  
a handful of seedless grapes  
1 medium melon, chopped  
150g pot yoghurt  
2 tablespoons muesli fruit cereal  
1 tablespoon honey

**Method:**  
1. Wash grapes and chop melon into bite size chunks.  
2. Pour melon and grapes with yoghurt.  
3. Add the muesli on top.  
4. Lastly drizzle honey all over.

# shop & central

## Outstanding Value Every Day

### WEEKS 8-9 purple<sup>®</sup> OFFERS



each  
**75p**

Lucozade Energy/Pink Lemonade 380ml 24th Feb - 11th April



**2 FOR  
£1.40**

Volvic Juiced 500ml 24th Feb - 11th April



**JUST  
99p**

Oasis 500ml 24th Feb - 11th April



**2 FOR  
£1.29**

Doritos 55g 24th Feb - 11th April



**2 FOR  
£1**

Kettle Chips 40g 24th Feb - 11th April



### Opening Times

shop: Monday-Friday 8.30am-7pm, Weekends 11am-5pm  
central: 8.30am-Midnight, Weekends 9am - Midnight

all prices and promotions accurate at time of print

shop.lusu.co.uk

LUSU

News  
3 - 22

Carolynne  
23 - 44

Comment  
45 - 56

Sport  
57 - 64

45

## Comment

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

### Self-run lectures should be congratulated

Sian Bradley

As many will already know, a dispute between university staff and their employers has been ongoing for several months. As a result, there has been disruption to teaching at universities throughout the country. Recently, to combat the strikes, students at the University of Warwick arranged self-taught lectures in place of cancelled ones.

**They defended their actions as merely helping one another with their studies, but some say they are undermining the point of the strikes.**

Now, I see where the lecturers and union members that oppose the students are coming from. The whole point of a strike is to cause disruption to the system in order to be noticed and have your voices heard. The situation with staff pay is harmful (a cut of around 13% since 2008, according to the University and College Union) and definitely needs to be addressed: but the dispute is between the staff and the employers, not the students. So why should we become victims? We have paid thousands of pounds to come here and learn and the number of disruptions we've had to our lectures and seminars are beginning to annoy many people. If students want to carry on learning and helping each other to learn rather than spending an extra day in bed or on the picket line with staff, then we should be able to do

so without being condemned for it. At the end of the day, it's our money and students want to spend it on the full education that they were promised in September.

Not only is the "automatic lecture" value for money but it also shows solidarity in the students and a willingness to help others, which should be encouraged in young people. Let's face it, we're never going to survive in the working world without asking for help or working in a group, so it is important to acknowledge that rather than damning the students for trying. However, you do have to wonder just how good these self-taught lectures were. Sure, students can read straight off the PowerPoints and make the links to what they covered yesterday, but lecturers often add in extra information that the students may not necessarily already

know. They are experienced in teaching and students aren't, so the quality is bound to be lower.

Yet surely a bad lecture is better than no lecture at all. You can't blame the students for taking matters in their own hands though, when there have been so many strikes and disruptions to learning. Since the start of this year, I personally have missed four classes due to the union members striking, and I know others have missed more. With so many instances, you really have to wonder whether they have an effective way of getting their point across.

**If nothing has been done so far, are people even taking note of the strikes?**

Usually when people strike, the employer loses money as production dries up and customers start leaving. However, as universities are mostly state funded and only paid for by students in advance, no money is really being lost and the employers aren't really facing any disruption through lack of workers. They get their money whether lectures happen or not. The only real victims currently seem to be the students, and we're expected to just deal with it. These student-run lectures are exactly our way of dealing with it, so why are they seen as such a negative thing?

By all means, side with the university staff and support their argument – it is certainly a battle worth fighting – but if you start believing that students shouldn't receive their full education due to your industrial dispute, there's a chance that you will lose their backing and will be worse off in the long run.

**Students know that they are not being made victims on purpose, and no-one is specifically targeting them to get their point across, but we are still victims of collateral damage.**



Photo by Jay Theis

We should be allowed to take matters into our own hands and fix that. No-one is suffering when a group of students get together and try to learn. If I organised a study group in my flat, especially coming up to exams, no one would bat an eyelid; it really isn't any different if I hold that session in a lecture theatre.

# Miserable travelling to work? Something of a commute point

**Jonathan Eldridge**

This won't come as a shock to most people, but a study undertaken by the Office of National Statistics (ONS) and reported by the Guardian has concluded that commuting makes you "unhappy and anxious." I've been there. As a Londoner, I've had to endure many cramped tube journeys with someone's excessively sweaty armpit quivering a little too close to my face, a mystery hand uncomfortably near my crotch, and another person's elbow unintentionally jammed into my ribs. All these things do clamber on top of one another to create a truly miserable travelling experience. The study doesn't tell us much that we don't already know.

**It reveals: "commuters have a lower life satisfaction, a lower sense that their daily activities are worthwhile, lower levels of happiness and higher anxiety on average than non-commuters."**

The ONS went on to emphasise that "factors such as higher income or better housing may not fully compensate the individual commuter for the negative effects associated with travelling to work." That old adage, "money can't buy happiness", immediately seems all the more apposite. Does this, however, have any bearing on the life-satisfaction of Lancaster students or staff? I would presume that very few students face a commuting time between an hour and ninety minutes – which is apparently the threshold at which adverse effects peak. Members of university staff who travel in from as far as Manchester may indeed feel a

bit more stressed out than their colleagues who live locally, though I suspect many local commuters travel to work by bus, and thus, according to the study, have a lower sense that what they are doing is worthwhile than those who travel by car. Dr Daniel Newman, from Cardiff University's Sustainable Places Research Institute, said: "research has shown civic identity in decline, especially in urban areas where commuting leads to alienating social atomisation." Newman goes on to categorise these communities as ones in which "neighbours simply pass by one another as they travel back and fore to work," which would account for the distinguishable lack of spirit in some heavily populated city zones. Clearly, the report reveals more about those working in large cities than others existing in small towns

(and yes, I know Lancaster is technically a city). He also points to previous studies which display the effects of commuting on physical health: those travelling long distances are "less likely to take exercise or eat home-cooked meals, and more likely to suffer from insomnia and joint pain." With the travelling time from Lancaster probably a paltry 20 to 25 minutes on average – 45 minutes at most – for the majority of staff and students, anxiety, stress and physical dilapidation are unlikely to be of epidemic proportions thanks to commuting. Nevertheless, after a day scurrying around to various lecture theatres and seminar rooms, one can hardly place all the blame on the shoulders of the student/lecturer/tutor if they come home, punch a few holes in the shiny plastic sheeting of a microwave meal, and slump in front of a screen. Working

from home – for both students and the self-employed – frees up a whole lump of time, and moreover, doesn't weigh one down with the fatigue of travel.

**It's not a total misery for commuters however, with the Guardian article stating that those "who reported travelling 'some other way', which would include cycling to work, had higher satisfaction levels and were less anxious than those who travelled in cars."**

Moreover, those with an extremely lengthy commute – three hours or more – tended to display higher satisfaction levels, possibly because they found they could make more use of the time. It may be our addiction to work which, coupled with the commute, blights our happiness. How many times have you travelled home from a day at the University, only to continue working fervidly when you arrive? Compulsion or necessity – the cause of our incessant drive to be "usefully" occupied may be debated, but one can see how it aggravates our anxieties. What is to be taken from the report, then? Well, work from home. Unfortunately, as students, we're going to have to go in at some point, so, failing that first option, take work less seriously or get a bike.



Photo by Mae Reddaway

# HEAD TO HEAD: Is climate change manmade?

**YES: Julia Molloy**

Buzzword of the 21st century, 'climate change' has become a hot topic for debate following the extensive flooding in Britain. The prime minister has pointed to climate change as the probable cause for this extreme weather. The Green Party has called for a purge of government ministers who refuse to acknowledge climate change and its effects and Lord Stern, the author of a 2006 report on the economics of climate change, has said that the floods show that Britain needs to act now. There are still plenty of climate change sceptics out there, however – not least our secretary of state for environment, food and rural affairs Owen Paterson, who has publicly played down the effects of climate change on farming. Yet with all this devastation and flooding around us, can anyone truly deny that climate change is manmade?

The central debate to climate change is whether it is a natural occurrence or whether it is happening because of humanity's increased use of energy sources which in turn increase our output of greenhouse gases. For those who don't know, greenhouse gases such as methane become part of the ozone layer, in effect insulating us with the warmth from the sun and leading in turn to warmer and inherently wetter atmospheres, which increases adverse weather conditions and raises sea levels.

It is clear that our greenhouse gas emissions are rising. The constantly increasing demands for energy, as well as rigorous farming methods, are leading a global meltdown. Even climate change sceptics cannot deny the evidence. Since 2000, the UK has experienced its seven warmest and five wettest years (with 2014 no doubt raising the total to six), and whilst governments are working to cut global greenhouse gas emissions, we are by no means achieving this quickly enough.

**The fundamental issue at hand is that no one can deny we are experiencing more and more adverse weather conditions, making it difficult for farmers to grow the crops that we need to survive.**

Flooding, heatwaves, and water shortages have become much more common occurrences, and it is now unacceptable for anyone to bury their heads in the sand and call this a natural turn of events that we will soon overcome. The Green

Party, though rather ruthless in its approach, has identified the issue more straightforwardly than any other political party: climate change sceptics in government no longer have any place there. Though some may argue that a government minister being forced out of their jobs for not agreeing to climate change policies is extreme, the crisis is at such a level that extreme measures are necessary.

How can we begin to tackle the immense problems ahead of us if the people in power are completely blind to the situation at hand? To argue that climate change is a natural turn in the Earth's cycle is to wholly discount the hard work that many scientists have been doing to root out the cause and the solution to climate change issues. Only a few have the ability to truly examine whether climate change is manmade or natural, and those few tend to agree that it is probably manmade. The Intergovernmental Panel on Climate Change, an organisation backed by the UN, said it was 95% certain that humans are "the dominant cause" of climate change – so how can we discount the experts?

Recent flooding has proven that Britain is not acting quick enough to change. It is all very well to have a Climate Change Act which commits the UK to reducing its emissions by 80% by 2050, but unless we actually stick to it, the government's efforts risk becoming futile. Austerity or not, money needs to be invested in cutting greenhouse emissions, however brutal those changes need to be, as well as investing in protective measures against flooding, water shortages, and unreliable farm crops.

The future of Earth and its people, if nothing concrete is done to try to tackle climate change, is doubtful. As Lord Stern argues, "the shift to such a world could cause mass migrations of hundreds of millions of people away from the worst-affected areas. That would lead to conflict and war, not peace and prosperity." The only way we can truly avoid natural catastrophes is to wake up and realise that climate change is upon us and we must act now.



Photo courtesy of Johndal

**NO: Daniel Snape & Eleanor Newton**

Not long before Christmas in 1703, Britain was pulverised by a Great Storm – the first ever to make national news. Livestock were washed away, houses were blown over, and hundreds drowned on the Somerset Levels. Undoubtedly, a few aspiring evangelical ministers blamed the storm on sodomy. First on the scene, however, were the scientists. One physician rode 20 miles to establish a cause by tasting the splintered hedges. Together, they concluded that the storm came from clouds of sweat in the Earth's bowels.

When disaster strikes, a scientific opinion is never far behind. Thanks to the latest downpour in Somerset, climatologists were given another chance to investigate. They concluded after a short bicker that the storm came from clouds of smoke in your car's bowels. This time, though, they definitely think they're onto something.

Ideas like these used to be termed 'global warming', but climate scientists now prefer the phrase 'climate change'. Consider those two words for a moment. With this new and much more specific definition, they were able to incorporate any statistic that wasn't global or warming. Now, you can prove climate change yourself. Check the sky outside Sainsbury's each time you do the big shop, for a decade. Are the clouds not identical every time? Climate change.

Though easier to prove, climate change is a lot harder to interpret. When we had global warming, the problem was that something on Earth was heating up. With climate change, we can only be sure that something somewhere is somehow changing. Then factor in how uncertain we are about what climate change precisely is and what half the things on Earth do. Astounding, how scientists managed to consider absolutely everything that moves before discovering the true cause – without even knowing the consequence!

Unfortunately, long before the sea does or does not reclaim our island, the climate change debate is going to drown in evidence. For every

geological deposit showing that sea levels used to be lower, there is a deposit that does not. For every core dating method showing that snow used to be heavier, there is a method that does not. For every YouTube clip of sea ice crumbling thunderously around the North Pole, there is a much more mundane clip of sea ice steadily growing around the South Pole. Nobody can make a tidy case either way.

However, come rain or shine, science has already picked a side. The dogmatic debate we hear today probably has something to do with the way research is reviewed. Nothing on environmental trends is published until the Intergovernmental Panel on Climate Change says so. Unfortunately, when the UN set up this leading meteorological muckraker, not a single climate change sceptic was put on the panel. For anyone who believes in academic integrity, this is a disgrace and says a lot about confidence in their data. No science is beyond scrutiny.

By and large, we can let scientists have out their obscure arguments in the caves beneath Switzerland. This time, however, the advice governments are taking from them is plain dangerous. Forcing cleaner but costlier power onto farmers and motorists, among others, would push up basic food prices and plunge more and more people into fuel poverty. Developing countries that depend on oil and coal would be left even higher and drier.

What's more, renewables are an incredibly unreliable source. Wind farms are first on the list, but right now, an estimated one in five wind turbines in the UK is broken. Tests have even shown that, by interfering with atmospherics, wind farms heat up the local microclimate by 2C (3.6F). Also, without wanting to state the obvious, solar panels are no help on a cloudy day and the only way to make enough space for biofuel plants is a bit more deforestation. Clearly, intervention would only make things worse. And what would we get in return for these noble risks? If every country met every condition on the Kyoto Protocol, they could only promise that temperatures would be 0.2C more stable.

On the whole, grand 'scientific' statements about the distant future should not be taken for granted. If the climate is changing, we aren't sure how and we don't know why. We certainly shouldn't be eyeing up the most fundamental part of civilisation, our energy, on the basis of an unreserved stab in the dark. To paraphrase Orwell, it takes a qualified scientist to make a mistake as big as that.

# Answers from Alexandra Square

## Are you going to vote in the upcoming FTO elections?

No, because it's not publicised and we don't really have the time. Where do we vote, anyway?

- Gloria Ratsakatika, 2nd year: Psychology

I don't really vote much. Most of the time, to be honest, I just forget about it. I'm like, "ugh".

- Abbie Lees, 2nd year: Psychology

I know they're happening, but I don't think I'll vote. My vote would be useless, and I think it only matters to a very small number of people who have put themselves up for election to have something good on their CVs.

- Caitlin Hunter, 2nd year: English Literature

I didn't know that elections were happening, I don't know who the FTOs are or what they do. I think it's more of a popularity contest. It can be very cliquey.

- Beckie Bellingham, 2nd year: English Literature

I don't really know much about it. I might vote when people start their campaigns.

- Katie Gough, 2nd year: German and Linguistics

If I knew more about it, I think I'd vote.

- Karis Gardiner, 2nd year: French, Italian, and German

I only really know about it because of SCAN and because I know some of the people who have put themselves up for election. If I wasn't a part of SCAN I don't think I'd know much about it.

- Mae Reddaway, 2nd year: Marketing Management

No I don't know anything about it really so I don't feel informed to vote on any of it.

- Sofia Guimaraes, 2nd year: Management BBA

Maybe, yeah I think so. I don't really know anything necessarily but I suppose I should. I'll look for someone that is organised and seems to genuinely care.

- Ashley Antonia Jones, 1st year: Natural Sciences

I don't know. I'm not really into student politics, probably because I don't know much about it. I think whoever is elected should definitely work on making it more popular with the students. They could also improve contacts between academics..

- Jacapo Scarumi, 2nd year: European and American BBA



## What has your experience been with Student Finance?

It's been fine. I haven't really had any problems. To be fair, I keep forgetting my customer reference number and details, and then it takes sixty years to get to it, but then, that's my fault.

- Gloria Ratsakatika, 2nd year: Psychology

It's been okay. The website is a bit confusing sometimes. When I go on it, I never know where to look for a specific thing. I find it really difficult to do with my Mum and Dad, when you have to log in and stuff.

- Abbie Lees, 2nd year: Psychology

For me the university registration process was the issue as I was registered as not being here and so I didn't get my loan on time. It's also an inadequate amount of money. It's not enough to pay my rent and I have to supplement my loan.

- Caitlin Hunter, 2nd year: English Literature

It's been fine for me, but I know a few people last year who didn't get their loans until second or third term. The amount of money though has been difficult. I've had a massive reduction in my loan this year because of my dad's small salary increase.

- Beckie Bellingham, 2nd year: English Literature

I think it's been good. I've always got my loan on time though I know some people's loans have been late. The new website is definitely better as well now that you can log in with your email address rather than the customer reference number.

- Karis Gardiner, 2nd year: French, Italian, and German

Good on the whole. I think it can be supportive when you need it. However sometimes it can be difficult to access so they may need to work on that.

- Sofia Guimaraes, 2nd year: Management BBA

Yeah I've definitely had positive experiences with it. It's easy enough but the website can be a bit confusing so it's good they're working on that.

- Ashley Antonia Jones, 1st year: Natural Sciences

## 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.



## The UCU have threatened to not mark exams if a pay settlement isn't reached by the end of April. What do you think of that?

What?! Wait, why? They're going to stop marking exams?! Well, we're still paying nine grand. That's very selfish of them. No, no I'm not pleased, I feel sad that they have to resort to this pay-wise. They must be desperate if they're threatening to not mark our exams!

- Gloria Ratsakatika, 2nd year: Psychology

How is it fair that we're affected by this when we're not even involved? It's a big enough thing to get them a raise, I think. But then, it's not like they really need to get paid more. It's probably a bit greedy. I don't think that's very fair on anyone.

- Abbie Lees, 2nd year: Psychology

I think that's too far. I was initially sympathetic to the cause, but it's only ever going to be students that are affected.

- Caitlin Hunter, 2nd year: English Literature

I agree that they should be entitled to strike, but it's money out of our pockets and it affects us.

- Beckie Bellingham, 2nd year: English Literature

That's ridiculous. I understand that they have the right to strike but they also have the responsibility to teach. Their priorities shouldn't come above ours. It's selfish when we're paying £9000 for tuition.

- Karis Gardiner, 2nd year: French, Italian, and German

It's definitely unfair considering the amount of money we pay.

- Katie Gough, 2nd year: German and Linguistics

I think it's a bad thing, but I don't really get affected as much because I'm part of the Management school.

- Mae Reddaway, 2nd year: Marketing Management

I understand that they've received a really raw deal from the university but I'm not sure whether it is sensible. It may be too far.

- Sofia Guimaraes, 2nd year: Management BBA

Kind of annoying really. I understand their cause, they work hard and deserve more. However it seems like its harming the students more than anyone else.

- Ashley Antonia Jones, 1st year: Natural Sciences

I don't know what strikes are for but it kind of feels like they are making students pay for it. I wonder if it takes the rights of the students away.

- Jacapo Scarumi, 2nd year: European and American BBA

## Do you worry about how negative stereotypes of students and teenagers could affect you?

I think, if you believe it's affecting us negatively, you're probably not looking hard enough. Obviously you can find people who are like, "I'm not going to hire you because of what I read in the newspaper", but not everyone is like that. I think if you go to an interview and you are a genuinely nice person, then the interviewer will notice that.

- Gloria Ratsakatika, 2nd year: Psychology

I always think these things are related to us even more because of where we're from. We've had it because of our accents and stuff. It makes me quite angry, the way people do that. To be honest, teenagers are getting worse and worse, even if I look at my sister's year compared to when I was that age. They're so much meaner than the people in my year were.

- Abbie Lees, 2nd year: Psychology

We definitely get given a bad press. Teenagers never have good representation in the news.

- Caitlin Hunter, 2nd year: English Literature

I think this could be true. When I get the train home I have my ticket checked about five times because people assume that I'm a teenager trying to get away without paying. The media give young people a bad reputation.

- Beckie Bellingham, 2nd year: English Literature

No I don't think so really. Obviously there is a stereotype but I think many people will be able to see that there are lots of different people who aren't like the stereotypes.

- Sofia Guimaraes, 2nd year: Management BBA

No I think there's a stereotype but I think they tend to apply to people who don't go to uni which is still wrong but wouldn't affect me personally really.

- Ashley Antonia Jones, 1st year: Natural Sciences

I think we have a lot more competition for jobs these days which makes us worry more about these stereotypes and means people tell us we should be more scared. However it's really not everyone, so I don't worry too much.

- Jacapo Scarumi, 2nd year: European and American BBA



Photos by Marie-Sophie Klingenbrunner

# Student voice? That’s what #iwantLUSUto think

Daniel Snape  
Deputy Comment Editor

When the Comment team was gathering Answers from Alex Square for the Week 6 edition of SCAN, we asked students what they would advise the Union to put in their new long-term strategy. Those who hadn't heard about #iwantLUSUto (the Union's media campaign to get advice for this strategy) responded with an incurious surprise. As the lunch hour went on and people finished their pastries, another answer became almost unanimous: "I don't know what LUSU does."

That was frightening enough to watch even without being particularly tied to student politics. For our president and vice-presidents, an uninvolved student is second only to an abandoned plastic cow. In truth, though, we had predicted this many empty answers when we wrote the

question. I think there are two fundamental problems with LUSU's campaign. In short, one is them and the other is us.

Like the students said, the first snag is that not many people know what the Union does. Having a student union is a given; so does every other university. We know they dish out money because society treasurers are always complaining that some other club got more, and we know they have something to do with the LUSU stickers you find on windows or old posters. The more observant students are able to recite something like: "the Union is devoted to providing representation, activities, and services to improve student welfare." That's all very well, but many people simply have trouble imagining what a LUSU person does during the day. Among other things, they wake up, have breakfast, do their hair, drive to campus, walk into the LUSU building, and then they, uh...?

I'm sure that whatever they do is very hard work. Right now, though, the elections are proving that FTO's titles don't help much. How does somebody demonstrate competence in "union development"? I'd be more confident with roles plucked from a Discworld novel. Where is the Senior Wrangler, the Head of the River, and the Chair of Indefinite Studies? If students don't understand what the Union does, they won't have a clue about what the Union can do.

To find out about union organisation, most students would go online. The website, though, is designed for someone browsing local news, not for someone with a specific question in mind. Say I'd like to help LUSU distribute leaflets around campus instead. Do I click on "represent", "services", or "get involved"? The most important information is often kept further down, concealed amongst the adverts in colourful, twirling squares.

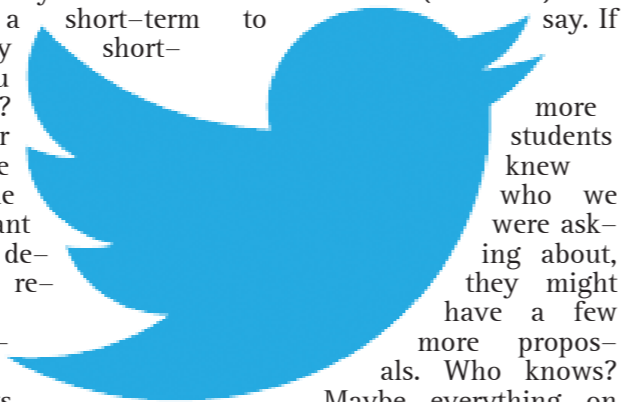
The second problem with

consulting the "student voice" on a long-term strategy – and this is definitely not the Union's fault – is that students have no long-term voice. They can barely envisage their coursework a year from now, let alone their entire student union. I would be very surprised if anything LUSU received this far in advance was more than a vague statement about comfortable living. They certainly wouldn't be able to get a quantifiable target out of anyone. They should ask students for a short-term strategy. Very short-term. You know what? Just wait for them to give you a ring the day they want something denounced or re-decorated.

Any long-term goals the students do think up can probably go somewhere else. A few told me that, when they

want something to do with residence, they go to their principal, or when they want something to do with lectures, they go to their dean. There probably aren't many students who ask for other major structural changes in the average year. Only after the Council, Court, and Senate refuse to listen would they ask the Union to take up their cause.

However critical these points may sound, I am pleased that the Union wants to know what we do (or do not) have to say. If



more students knew who we were asking about, they might have a few more proposals. Who knows? Maybe everything on campus is perfect. I just hope LUSU isn't upset if nobody else replies.

Read more online at  
[scan.lusu.co.uk/comment](http://scan.lusu.co.uk/comment)

# UKIP: Rage against the party machine?

Liam Stott

In the recent Wythenshawe and Sale East by-election, Labour comfortably held the seat with an increased majority; the main talking point, however, was UKIP obtaining 18% of the vote and taking second place from the Conservatives. Although the result has been described in the media as a 'surge', turnout at this by-election was only 28.2%, which means that UKIP's percentage of the vote in proportion with the total of the electorate was just 5%. Such a result therefore has been misconstrued, particularly

as the party has previously received higher percentages of the vote in other safe Labour constituencies in recent elections. UKIP's rise from obscurity in recent years has been impressive, especially as until recently the party had been perceived as a one-issue political party, campaigning for Britain's withdrawal from the European Union.

At present they are viewed by a section of the electorate as the anti-establishment party, who are not restricted by the party machine like the major parties in Britain. This is why the party has been successful in attracting support from a significant proportion of the electorate

who choose to withhold their vote in an election. According to a poll in the Guardian, which investigated the reasons behind low turnout among the under 30s, it found that 47% of respondents were "angry" with politics and politicians, while 25% said they were mainly bored. The rise of the party machine has disenchanted a major proportion of the electorate, who perceive the Conservatives, Labour and even the Liberal Democrats as being out of touch with the concerns of ordinary voters.

UKIP's appeal therefore is not simply limited to a proportion of the electorate who are Right of the Conservatives, despite the party being widely seen in this position on the political spectrum. According to a YouGov survey from 2013, the percentage of UKIP voters who see themselves as being right-of-centre stands at 46%, while the percentage of those who claim to be in the centre, or even left-of-centre, is 36%. As a result the majority of the party's supporters have tended to vote Tory in the past, while a minority have voted either Labour or Lib Dem. While UKIP have undoubtedly made significant gains in Labour

heartlands, most recently in the South Shields by-election where they won almost a quarter of the vote, their more prominent support is found in the south east of England. The majority of UKIP's voters tend to be individuals who either strongly support reducing immigration, or believe that the EU undermines British sovereignty, yet there is a substantial minority who vote for the party because of the profound lack of trust in British politicians.

It is however unfortunate that the rise in support of UKIP is based on the ignorance of an unsatisfied section of the electorate. Obviously the party's primary objective is for a referendum to be held on Britain's membership of the EU, with the public voting in favour of a withdrawal. However, such a political move has been met with criticism, notably from the governor of the Bank of England, Mark Carney. In a recent interview with Andrew Marr, Carney stated that the prospect of a referendum will create uncertainty for businesses and mean that they "hold off" on investment – investment that the UK economy is in urgent

need of in order to create a balanced economic recovery. Nevertheless, in an effort to dispel the potential threat that UKIP poses to the Conservative vote, David Cameron has pledged to a renegotiation of Britain's relationship with the EU, followed by a referendum in 2017. Of course, this is a political move that seeks to strengthen Conservative fortunes at the next general election, although whether such a commitment is worth its weight in votes remains uncertain.

UKIP's chance of winning a seat at the 2015 election however remains slim, especially while the British electoral system of 'first-past-the-post' is known to work against minority parties. Regardless, the party's recent electoral results have pressurised the major parties, particularly the Conservatives, into listening to the concerns of a proportion of the electorate. So whatever we may think of UKIP's views, from a philosophical perspective, the party has been of benefit to democracy. Whether UKIP's views in practice are in the national interest is another question entirely.



# British politics must give sense a chance

Sam Smallridge  
Comment Editor



There is a serious problem with the level of topical debate in Britain. It has become facile, childish and in many ways irrelevant.

**Rather than sharp, fact-based discussions, we are now regularly presented with two people of completely opposing views who feel content to talk until someone tells them to stop, changing no one's opinion in the process.**

Politically engaged people often wonder why so many do not even bother with politics,

yet for an outsider the thought of watching one of our many current affairs programmes fills them with dread and I can quite understand why.

Question Time, almost a national institution in itself, has become tired and boring. I speak from the perspective of a Politics student who used to live for 10.35 on a Thursday night. I'm not exactly proud of that fact, though. Question Time has become too predictable and formulaic as the guests are habitually recycled. David Starkey, whose intelligence is matched only by his ignorance, appears every now and then to get Twitter foaming with outrage and increase iPlayer views. Similarly, George Galloway is given a lot of airtime for someone whose party received less than 1% of the vote at the last general election. And don't even get me started on Nigel Farage – a veritable fountain of uninformed opinion – who has appeared on the program a whole 16 times since 2009: far more than any other MP. I'll admit that Question Time does have its moments. Mehdi Hasan gave the Daily Mail a gruesome going-over for their disrespect at the height of

the Ralph Miliband saga last year. That same year, when an audience member asked whether political parties were dying, it was treated with insight and impartiality by some, if not all, of the panel. However, these rare bouts of passion do nothing for the bog-standard debate which is now too predictable and has turned this unashamed fan-boy off the plodding panel show.

A reduction in quality of debate is also seen in Parliament.

**Prime Minister's Questions, as many people have protested, is not fit for purpose.**

It's almost comical that our forum for holding people to democratic account is treated like a pantomime or a place to execute some genuinely appalling jokes, but instead it's just sad that the most important moment in the Commons turns into a farce nearly every week. Parties appear tribal and end up trivialising their own discussions. The debates reached their nadir

in the chamber last month when Rachel Reeves, shadow work and pensions secretary, used part of her speech to try to shame Vince Cable for not voting in the National Minimum Wage Act almost 16 years ago. After politely declining to answer why he wasn't present for the vote, Cable was forced to reveal that he was actually with his wife at the time, who was terminally ill in hospital. Reeves' attempt to play politics with a debate that changed the lives of millions of people in the country was an illustration of how far political discourse has been removed from the very point of the subjects people are talking about. Cases like these are neglectful of an MP's duties and they should be made to confront those non-voters disgusted with their faux-adversary so that politics can regain some respect.

**An even more potent illustration of the degradation of debate is the fact that so many people know and care who**

**Katie Hopkins is.**

The former reality TV star is becoming a worryingly frequent appearance on political chat shows and debates, giving her opinion on the 'Big Benefits Row' despite having no obvious experience in pros and cons of social security.

**Important discussions like this should not be carried out on television by people with neither the facts nor the willpower to engage in reasonable debate.**

It is the responsibility of the media to seek out as many diverse and informed opinions as possible, something they are clearly failing to do. It might be too much to ask but, before TV executives decide to hire Hopkins, or before Cameron feels like telling another one of his awful jokes instead of actually answering the question, it would be refreshing to see them give sense a chance.



Photo courtesy of theblogofmedia

# COLIN IS ELEVEN.

## The story that provides hope for disabled children

Melissa Parker

by its very nature.

One little boy's tale of solitary anguish has culminated in a beautiful and potent message. This little boy, who believed he had no friends, will be shown thousands of pieces of evidence to the contrary on March 9th 2014. It will certainly be a poignant moment and one which will hopefully remain indelibly with Colin.

Personally I can, to some degree, relate to Colin's experience.

Having a disability, whether physical or psychological, differentiates you

didn't get to Italy, you may never be free to enjoy the very special, the very lovely things...about Holland." The fact that Colin has inspired such support and friendship is one of those "lovely things." Virtual strangers have demonstrated great benevolence and compassion. It is certainly this humanity, this sentiment, which will be of the greatest importance to the little boy who will no longer feel companionless.

As someone who felt similarly socially ostracised at the same age, I found Colin's experience intensely relatable. His mother's aspiration to have a few people respond to such a campaign has evidently gone far beyond her own expectations.

At the time of writing, Colin's Facebook page "Happy Birthday Colin" has 2.9 million followers with contributions and involvement from all

over the world. It has been suggested that when Colin opens some of the thousands of cards and gifts he has received, a world map should be used so that he can fully visualise and understand the impact and scope of people's kindness toward a truly "wonderful" little boy. I hope that Colin will act as a symbol for children who feel similarly isolated.

Perhaps the most enduring legacy of this social network campaign is the fact that it has increased awareness of the social isolation many children experience as a consequence of the negative attitudes which hinder them

Having been bullied myself, I believe it stems not from malice, but from

ignorance.

That experience was character building, a baptism of fire, into "mainstream" life. I would not change a single thing about it; it has built quite a character and moulded me, I hope, into a good person. However, I had hoped, perhaps rather naively, that the next generation of disabled children would not have to be burnt by such a baptism.

A recent survey by Mum-snet and Scope revealed that six in ten parents of disabled children are of the opinion that their children cannot access activities which would improve their socialisation as a direct consequence of their disabilities. Furthermore, 40% of children with disabilities do not have the opportunity to socialise with children who are not disabled.

It is difficult to see how the situation can be improved for those with disabilities when parents of disabled children still feel that there has been little dis-integration of the very real, very significant, obstacles for children, which are both a product of societal attitudes as well as preconceptions. Colin is a symbol, an example of a much wider problem which needs to be addressed. Colin's story has allowed people to understand such issues on a human level. He is more than the statistic; he is a little boy who feels "friendless" and isolated; he is tangible evidence of loneliness; and one can only imagine his feelings upon having to eat his meals alone. However, this is an unambiguous reality for Colin. I want to wish Colin a Happy 11th Birthday - a truly wonderful little boy whose story transcends language and culture.



# For Scotland, the price of freedom is a pound

Matt Lines

Hopefully, by the morning of September 19, the protracted, heated, and let's be honest, somewhat tiresome debate over Scottish independence will be over. Done and dusted, thank you and good night. But until then we have months of political grandstanding and pot shots to endure. I can't wait, can you? The political slugging match appears to have already started, long before the allocated date of May 18 when the referendum campaign is due to start; seriously guys, wait until then, please! Cameron has labelled first minister Salmond "a man without a plan", Osborne has been accused of "bluffing" by the deputy first minister, and so it will continue for the next seven months. As you can see, the very significant issue of whether Scotland does become an independent nation or not is on its way, as all political votes are these days, to becoming a battle of personalities; it wouldn't surprise me if between now and the time of the referendum, a TV debate was threatened.

The latest stop on the "Scottish Independence Debate Train" (sounds awful doesn't it?!) is currency. Can and will Scotland be allowed to keep sterling? Or be forced to join the Euro? Or make up its own currency, that may or may not look suspiciously like the pound, but is not the same; seriously, it's not, please drop it already. Cameron and Osborne are sceptical about establishing a currency union with Scotland after the whole Euro omnishambles, which is, to be fair to them, understandable. In any case, as the former UK

Chancellor Alistair Darling has stated: "a currency union can only work if you have increased economic and political union - the very thing that nationalism is dead against."

However, Salmond, and in particular his deputy, Nicola Sturgeon, have thrown the proverbial spanner in the works. They have claimed that if a currency union is refused, then Scotland will be forced to default on its share of the UK debt (£81 billion, to be precise), and therefore, in the words of Ms Sturgeon, "would leave [Westminster] to pick up the entirety." Not cool, guys, not cool. This appears to be their ace card at the moment, hence Cameron accusing Salmond of having no plan B. If Scotland are kicked out of the sterling party, and then do default, the markets will lose confidence faster than Begbie can start a pub fight. In fact, many banks may be forced to just move to south of the border, which would be awkward now, wouldn't it?

There are a few arguments in favour of an independent currency for Scotland. The first is the Irish pound, which existed for 91 years until 1999, and was separate but in most senses identical to sterling. Following on from this, Dominic Frisby has made the case that Scotland's economic successes came under a separate system of money to sterling, during the 18th, 19th and 20th centuries, so why wouldn't this happen again? It's a risky gamble, but it could pay off.

The third possibility, and one Salmond appears to be relying on, is staying in the EU and joining the Eurozone. However this week the President of the European

Commission, Jose Manuel Barroso, has stated that it would be "very difficult, if not impossible" for Scotland to get the agreement of all EU states to join the bloc. Salmond, confident as ever, has disregarded this, stating that exclusion flies in the face of the fundamental principles of the EU. The main problem Barroso sees is Spain's opposition, as Kosovo learned the hard way, because allowing Scotland independence

would give encouragement to separatists in Catalonia and the Basque country. In any case, if Scotland does join the Euro, it would be forsaking the independent monetary policy Salmond claims it desires. Orders would come from Frankfurt, not London: a welcome change perhaps.

The currency issue is just one stop on the long track (I'm sticking with this analogy) to the final destination of the Referendum. Clearly,

currency is complicated enough, but at the same time is being made to seem too simplistic by politicians who are sloganeering and by doing so are resting their campaigns on their personalities, not the issues at hand. It's a long trip ahead, and no doubt we'll all be exhausted by the end of it. I just wish the Debate Train would arrive sooner than predicted. Maybe we should have gone by car.

# Are we bored with bodies on television?

Alasdair Bruce

The screenwriter Sir David Hare has vowed to bring Hitchcock-style tension back to our screens, accusing modern TV and film of being too quick to kill off characters and ruin any dramatic tension. Writing in the Guardian, Anne Perkins has taken to his idea and says dramas such as Midsomer Murders are killing off so many characters that death has become unrealistic and almost laughable. The question is whether or not we have become too desensitized to death, with international dramas like Game of Thrones and The Walking Dead not hesitating to brutally slay major characters on a regular basis.

With regard to Midsomer Murders, Hare does have a point. The sheer number of people who have met a grisly end in the county of Midsomer is frankly ridiculous, and viewers now know from the moment they switch on that someone will have a chalk outline in the next five minutes. This is true of all crime dramas. Longstanding programs like Poirot, Marple, and Law and Order always feature death within the first few scenes, but the focus of each series is for the detectives to solve the crime. A murder obviously has to occur at some point in the episode.

These dramas never pretend

to be masters of tension in that regard; it is much more fun trying to figure out who the victim will be and then trying to identify the criminal. Unlike films or weekly soaps which have the luxury of a multi-episode season and developing storylines, Midsomer Murders usually has 90 minutes at most to introduce a set of characters, kill one, work out a motive, and neatly solve the crime by the end. To wrap up the entire investigation into a short space of time, the bodies must pile up quickly.

David Hare also has missed the point of other TV shows such as Game of Thrones and the Walking Dead. He claims to be angered by the amount of "unrealistic" violence he sees in films and television today. However, if used correctly, violence and death can be a highly effective tool for shocking audiences. As viewers of Game of Thrones and The Walking Dead will know, some of their greatest moments come from the terror of witnessing a once major character being pitilessly removed from the picture. This heightens the tension in later episodes, not just because a killer is on the loose, but also because nobody is safe. They could be integral to the plot in one episode and gone the next.

Although some characters are quietly introduced and killed straight away, this does not ruin all tension as Hare suggests. If anything, it's a

supplement. The commonness of death in certain shows makes them difficult viewing at times, but the thought that your favourite character can be killed in the next hour creates a great deal of anxiety. True, certain film series can suffer from what Hare describes. The James Bond franchise, for instance, has followed the same formula for years and every viewer knows for a fact that Bond cannot die. However, the latest Bond film, Skyfall, did change the formula in one key regard: namely that it featured the death of a main character. This twist in the plot was unexpected in a Bond film but ramped up the level of danger that the viewer felt. This idea is something seen in the Hitchcock films as well, most famously in the infamous shower curtain scene of "Psycho", when the killing of the main character left the rest of the film with an unpredictable vibe.

Hare is correct in that the use of dead bodies in television and film has increased in the last few years. However, this is only because of the impact it can have on a viewer. The killing of a main character (and, if done well, a minor one) in a film or TV show keeps us on the edge of our seat and proves that it is impossible, or at least very difficult, to simply guess what is going to happen next - surely a good thing and reminiscent of the Hitchcock style that Hare is so keen to get back.



Alex Salmond: Photo courtesy of The Scottish Parliament

# What is wrong with Generation Y?

Harriet Stone

Is our generation the first to run out of ideas? The 50s, 60s, 70s, and 80s all hold some golden idea of a better time, richer in culture,

with something to fight for and someone to be – especially for the young. But we, as the first technology-native generation, seem to have lost our way. Subculture and music appear to go hand-in-hand in a brand

new way. 50s rock’n’roll-ers, 60s hippies, 70s punks, 80s skinheads, to name but a few, are all with their own style, music and reason to be. But what have we got to show for ourselves in the 00s

and onwards? Perhaps each generation independently ends up thinking that their era is boring, broken, and ultimately rubbish. Somehow, though, I can’t help but feel like we have drawn the short straw.

Perhaps it is technology that ruined what could have been yet another feisty group of young rage-fuelled adolescents, fighting for freedom or equality. Never mind run a society or finish a degree: most of us couldn’t live without some sort of computer. Or maybe we are feisty and rage-fuelled, but just in a different way. Are we fighting against the homophobia now seen in Russia with just the same enthusiasm as protesters fought against racism in the 60s? Is a Facebook page simply our form of revolt from oppression? I would certainly like to think so. However, that is not how the older generations would see us.

Recently dubbed “Generation Y”, we have been branded as the first “lost” generation by the media far too many times: lazy, unemployed, and looking for hand-outs; living with our parents well into our twenties; wayward hooligans with a culture of binge drinking and drug abuse; uneducated, self-centred layabouts; always the “me generation”. Is this really an accurate picture? There are many times when I wonder what on earth things have come to, and yet still join the mindless frivolities that have become normal for those of us lucky enough to be young in this day and age. For us, being able to remember a night out means that it was probably a bit of a letdown, and it is almost tradition to spend the entire day after recovering in bed.



Photo by Lucy Lamb

# Has etiquette become far too familiar?

Emily-Jayne Nicholls

Let’s be clear. Nine times out of ten, “y’all right, mate” is just a colloquial, non-committal greeting you generically say to an acquaintance you pass on the Spine. Of course, there’s usually some awkward eye contact that you’re never sure how long to hold for, and then the worry about when to begin the exchange or when to avoid the situation entirely. But unless it’s an actual friend who you will physically stop walking for in order to converse with, the chances are you don’t really care how they are, they’re not your mate, and the feeling is undoubtedly mutual.

This and the like have become fairly standard sayings; it’s a harmless acknowledgment of someone you know, a social norm if you will. However, Stuart G. Millar, writing for The Guardian’s Comment is Free section, recently argued that this familiarised culture we live in could lead to inappropriate conversations and lack of politeness and formal boundaries. Do you really want your gynaecologist to call you “love”? Should you really address the scary headmaster as “mate”? It’s certainly true that such terms have become the norm and could be transgressing older, more established social codes.

Now, I may be rather biased because I came from a grammar school, but for me the normal social code was the kind where the teachers wore robes and we stood up whenever the head teacher came into the

classroom. To demonstrate forms of cultural norm, this exercise was attempted in one of my seminars recently, the result being that my entirely international classmates thought this particular etiquette was the epitome of bizarre. To be fair, five years later it does seem bizarre standing up when your lecturer, who you address by their first name and talk about your assignment over coffee with, comes into the room.

However, for many this was the norm of one’s schools days. Even if you didn’t stand up for your teachers you called them Mr, maybe answered “yes Sir/ Ma’am”. It’s essentially the same as not swearing at your lecturer or giving that annoying waitress a polite smile when she gets your order wrong again, just in a different situation with different social codes. It’s simply what you do, especially if you’re British. We are a country known for our over-politeness and awkwardness in social encounters. I genuinely worry about running into a mild acquaintance on the bus nowadays. Do we sit there making uncomfortable small talk when we both actually want to listen to our iPods or do we pretend we haven’t seen each other and spend the journey craning our neck to look out the window to avoid the inevitable eye contact?

However, social awkwardness aside, is formality becoming a thing of the past? Should it become a thing of the past because it’s outdated? This may be marginally hypocritical, but it ever so slightly annoys me when people I don’t know

call me “love”. In fact, I find it rather patronizing. Yet when the sweet little man at the coffee shop serves me, I will almost definitely say “thanks mate” without much thought. When they engage you in mindless conversation, you want to affirm that 50 second bond between you and the barista. It just happens to be the way things are in this country. Whilst there are some people who may use colloquialisms such as “love” and “duck” purely to patronize, the majority are harmless and are just engaging in friendly social norms.

As well as the “loves” and “huns” of the world, however, there is also the other end of the spectrum with people who carry on using “sirs” and “madams.” Stuart G Millar also discusses whether such salutations are becoming obsolete, even pretentious. Coming from a grammar school, I certainly found it very strange calling the lecturers by their first name when I came to university. Wearing jeans to an exam was practically a novelty! Regardless, over time it became normal, just like seven years of “yes sir” at school became normal.

The way we address and talk to people is and must be situation-dependant. Both ends of the conversational spectrum are necessary; they are merely examples of social situations that we may deal with on a daily basis. As long as we as individuals and as a society don’t stray too far from the social conventions, as far as I’m concerned the “sirs”, “loves”, and “babes” can stay firmly and appropriately in place.

Another example is the recent plague-like spread of the infamous “neknominations”. For those of you who don’t know – perhaps you have been living in a cave or something similar – “neknominations” are a global drinking craze in which participants are nominated to inventively down a pint and then nominate their friends to do the same. I thought it was stupid and yet somehow still brilliant, but it must say something about the youth of today if it was able to spread so fast and so wide. I am not saying I disapprove. I am simply imagining the viewpoint of the older generations looking on. They must surely be baffled.

But we can’t be any worse than the drug-addled youth of the 60s and 70s, when cannabis was new, exciting, and everywhere in the Age of Aquarius, or the ecstasy-induced madness of the 80s and 90s with the Hacienda and rave music. Back then, new drugs meant new culture, and they remain a large part of the memories (or lack thereof) of our parents. Yet these times are all held with a sort of unashamed reverence. Maybe the truth is that each generation is inherently the same. We all unwittingly seek to outdo what has gone before, and rebel against our elders for some kind of (often misguided) youth identity. 50s parents thought rock’n’roll caused juvenile delinquency, and those “juvenile delinquents” thought that heavy metal caused juvenile delinquency in their children. Perhaps our era will only seem broken until we finally settle down, as each generation has done before us, into the monotony of post-teen work and life.

# 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



No letters this week, so here are some tortoises pretending to be dinosaurs.

## 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.



## Sudoku

Easy									Medium									Hard								
			1			5												2							7	1
	5		9	8	4	7	6	2		1	5	4				3	8	6								
	4	9	7	2	5	3		1			9	6	2		7	1		3	1				4	2	8	
4	8	3	5	1		2		6					8				1	7			2	6				
	9	5		6		4		3				6		8	5				2						3	
1	2	6	4			8	7		3	8			4	1	9									1		5
	3		8	7	1	6	5		8	4		1			6				7			3	5			4
8	1		6	5	2		3	7		9	2			4	1										1	
		7	3			1		8			1	8	9					9		5	1					2



#Roses2014 #IamLancaster

WE'RE  
READY...  
ARE YOU?



LANCASTER  
UNIVERSITY



upp  
University Partnerships  
Programme



# Sport

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

## Stalemate for Fylde and Bowland as College football returns: 2-2

**Danny Gallagher**

After weeks of being deferred by relentless adverse weather conditions, college football finally returned as Week 6, Lent term, saw Fylde lock horns with Bowland.

On paper, the tie stood as an enticing prospect with both teams tied in fourth position in the College A-league, having each won two and lost once respectively. With both teams therefore eager to make up ground upon joint second placed Lonsdale and County, three points seemed a paramount prerequisite for either side coming into the 2pm kick off.

The usual college pitches had a slightly different feel as the match approached. With the latest construction foundations of the artificial pitch now in place, metal fencing lined each neighbouring side of the field, creating a cage-like feel and considerably narrowing the pitch dimensions.

As anticipated, the game got off to a raucous and high-tempo start, with both sides striving to implement their dominance upon a difficult surface. It was an industrious Bowland who struck first, inside the opening five minutes, after a sustained attack saw a blocked shot, fall to the feet of winger Taj Suhail who had a simple tap-in with which to open the scoring.

This early strike proved to be a catalyst as a smarting Fylde side crafted an instant response, a long and precise kick from the goalkeeper fell neatly into the path of chasing striker and Fylde captain Billy Crow, who was able to outpace his last man and finish calmly when presented in a one-on-one situation with an

advancing Bowland keeper.

Now square at 1-1 and with everything to play for, the gauntlet had certainly now been thrown down for either side to seize the impetus and begin to control the game.

Minutes later, this call appeared to have been answered by a confident Fylde, who worked a throw-in deep in the opposition half, with a flick-on from centre back James Lester finding an unmarked Zach Holyoake at the back post to drill his close-range shot past a hapless Bowland defence.

**A mere 15 minutes in and Fylde had already come from a goal behind and were unquestionably deserving of their 2-1 lead.**

The following patch of play saw the game fall into an anonymous lull of risk-free football, with both sides seemingly eager to remove an element of the fast-paced nature of which the game had begun.

A spurt of play around the 20 minute mark saw a burst of activity, as miscommunication within the Bowland defensive line saw a Fylde free-kick awarded 20 yards out, firmly within the danger area. Fylde piled men forward, seeking an opportunity to put daylight between themselves and the opposition. Nevertheless, the over-hit free-kick beat everyone and lightly shaved the crossbar as it travelled over a thankful Bowland goalkeeper.

Further Fylde build up forced Bowland midfielder Ben Finch into making a reckless



Photo by Danny Gallagher

tackle upon the oppositions Iain Beddow on the edge of the area. With the resulting free-kick poorly executed and hastily cleared by the Bowland defence, the whistle blew with Fylde going into the half-time interval 2-1 to the good.

As the second half got underway, the swift tempo of the first 45 appeared to have evaporated. After several attempts of attacking play, Bowland were finally able to threaten goal, a low-driven free-kick on the hour mark catching the Fylde back-line off guard only for Andy

Gamble to see his attempt hit the post.

This near chance evidently spurred a resurgent Bowland back into action as minutes later a weighted through-ball down the right wing saw midfielder Taj Suhail beat the Fylde centre back for pace and drill a near post effort past a diving goalkeeper to bring the game back level at 2-2.

Late Fylde attacks ensued with winger Zach Holyoake displaying excellent work-rate, even in the latter stages, linking well with his supporting left-back. The attack however

only developed as far as a Fylde corner, as the game lost its final few seconds. With the referee harshly declaring that time was up, the resulting corner never materialised as the curtain fell down upon a hard-fought 2-2 draw.

Both sides will undoubtedly be aggrieved that they could not steal a march upon their rivals and claim victory, nevertheless the shared points sees Fylde and Bowland continue to stand dead level in the league placings, keeping an ever watchful eye upon those above.

# Open letter to Lancaster University & LUSU

Sam Carney

I'm writing this letter in order to voice the concerns that myself and several other college football captains currently have in regards to the running of the college leagues. I personally feel that the college system at Lancaster is one of the major selling points of the university, yet, in the three years I have been here, it seems as if the system has fallen into a slow and steady decline. Bars are never full, college spirit is rarely collectively channelled outside of the Freshers and Extrav events that bookend the year and, for me, college sport, and in particular, college football, is increasingly being undermined by the university.

When I first joined my college side, I baulked at hearing that we only play eight league games a season. Of course, this was before I'd realised the extent of Lancaster's apocalyptic weather, but still, eight games to decide a College Champion didn't sound much. However, this season, as you know, we are struggling to fulfil even this small amount of fixtures. Whilst we acknowledge that we are never going to get Wembley-style pitches in the cold, wet Northern outpost that is Lancaster, we feel that

more could be done by the university and LUSU Activities to prevent the reading of the last rites for college football.

The building of the 3G pitch is a welcome addition, don't get me wrong, I play on a similar style surface back home, and it is nice to see the university splashing out the funds in order to provide students with the best facilities. I'm sure when the 3G is finished, it will serve its purpose in alleviating the fixture backlog we constantly face. However, at this moment in time, the implementation of this new facility appears to be nothing short of a shambles, directly impacting our college sides.

First and foremost, the decision to build the new surface now, in February, seems a ludicrous one to make. We were told in first term, after the project had already been delayed from its initial summer 2013 start date, that the facility would be completed and in use in time for Roses in May. We now know that this will not be the case; it appears that work on the artificial pitch will not be finalised until at least midway through Summer term. Taking this into account, it seems nonsensical to get the contractors in during February.

Why not delay the project until this summer, when all the students have gone home? Do the university enjoy interrupting their students' pastimes? Do the university even realise that they are interrupting anything? After all, none of the colleges, to my knowledge, were ever



Photo by Mae Reddaway

consulted about these new developments.

The building work, which commenced in Week 4, has had a knock-on effect on our games, which were already under threat due to the weather. Pitch four, which the captains agree was the best surface, has gone, making way for the 3G, whilst pitch six, which I can

only be described as a farmers field, remains. The other two college playing fields, pitches three and five, have been narrowed and shortened respectively. No-one who watched Bowland A's battle out a 2-2 draw with Fylde A's recently would admit that the downsizing of the playing areas has been anything other than a catastrophe. With space at a premium, what could have been a great spectacle became little more than a farce.

What really rubbed it in though, was seeing one of the pitches, the one which the VP Activities had actually allocated to us, go unused.

It would be ridiculous of me to say that university fixtures shouldn't be prioritised. At the end of the day, Lancaster's sporting reputation is a direct consequence of the results of the university sides, and it is refreshing to see the men's rugby and women's basketball teams doing so well in the BUCS competition. Roses is a unique event, and the 50th tournament will, I'm sure, be a defining event for the University as a whole. But don't forget those of us who aren't good enough to feature

at Roses. Don't forget those of us who just can't commit to representing the university on a weekly basis - we want to play too.

However, at the moment, college sides are being charged extortionate amounts even to train. One captain I spoke to said that he and his players had spent nearly £2,000 on astroturf booking fees, whilst we ourselves have spent over a grand in total. We don't ever expect the university to waive our fees, or LUSU to pay for them, but a little discount, or contribution, from either side, would be a nice gesture. After all, we're all students here.

The glory days of college participation at Lancaster are probably over. However, I still take pride in being a member of Fylde College. Being voted Captain was one of the best moments I've had at Lancaster, and it's a feeling I want future students to enjoy. Further steps are being taken to improve college participation, with the introduction of college rugby and basketball next year. I hope they work out.

But, at the moment, we feel like we are being ignored and undervalued.

Read more online at [scan.lusu.co.uk/sports](http://scan.lusu.co.uk/sports)

# The 2014 Sochi Winter Olympics: A great success after all?

Ollie Orton

The build-up to the 2014 Winter Olympics in Sochi was fraught with worries about political unrest, uninhabitable athlete accommodation and conditions that quite simply did not lend themselves to the Winter Olympics. Team GB had also set themselves a target of three medals at the games - when considered alongside the fact that their all-time record was four at the 1924 Olympics, the scale of their ambition, and the subsequent potential for failure, was abundantly clear.

There were fears, even from before the opening ceremony, that Sochi simply was not capable of hosting an event of such a grand scale. Pictures of toilets without cubicle doors quickly went viral, a member of the American team had to smash his way through his jammed-shut bathroom door, and, perhaps more pertinently, the temperature appeared to be too high to host any kind of winter sport, with the mercury regularly reaching minus 10 degrees Celsius on the slopes.

These fears were not allayed at the Opening Ceremony, when one of the Olympic Rings (the one that represents America incidentally) failed to open, creating a myriad of conspiracy theories and rumours that Russian President Vladimir Putin was using the Olympics to make a political point. And yet, when the competition finally started, these problems fell out of focus, as the world enjoyed a two week feast of sporting prowess.

The drama on the final morning of competition summed up the fortnight at Sochi perfectly - three Russian skiers lunging for

the line after the 50km ski-cross country race in the beautifully picturesque Caucasus Mountains; fantastic sporting competition matched only by the wondrous location. The feelings of sportsmanship, drama and fantastic competition are what the Olympic spirit intends to invoke - they were not only abundantly present here,

claiming the support of the nation. Lizzy Yarnold in the Skeleton, Jenny Jones in the snowboard and the two GB curling teams have, after the success of 2012, once again inspired a nation to get up and try a new sport, shown

to increase in athlete funding and the number of medals potentially available at the 2018 Games in PyeongChang, South Korea. Sochi was a great success for Team GB, and they will be looking to build on this in the coming years.

As a purely sporting event, Sochi had everything. Unfortunately when hosting such a global event, the focus can't not

around the world.

Members of Olympic teams were silenced by the International Olympic Committee, who were keen to avoid any form of controversy involving athletes. It could be argued that the result of this embargo was a passive acceptance of Russia's homophobic and anti-protest laws by the athletes; more likely, the athletes were focused on maximising their chances of a medal rather than rocking the boat. When all is considered, this was an aspect of Sochi that was not successful, and simply reinforced the worldwide view that Russia is still far behind when it comes to citizens' Human Rights and Freedom of Speech.

In adjudging the success of such a global event, the legacy of the Games must always be considered - in 4 years, what will we think of when considering the Sochi Games? The creation of such an impressive sporting complex allows Russia to enter the mainstream tourism market and also gives Russia's elite athletes a designated training base, something which has been unavailable since the break-up of the Soviet Union in 1991. It has also been argued that, despite the apathy shown during the Games, the scrutiny placed by the world on Russia's under-fire policies will open the door to reform in the coming years. This could only be a success.

As the flame is extinguished in Sochi and the athletes return home, Russia, as well as Team GB, can reflect on a successful Games. When setting aside the political considerations, it is clear that the sporting events on show in Sochi were of the highest calibre, complete with moments of high drama and intense intrigue. When the PyeongChang Games come round in 2018 they will certainly have a tough job matching up to Sochi 2014.



Photo by Sochi Archives

but across all of the Games. The pain, and then elation, etched on Dutch Speed-Skater Michel Mulder's face when he thought he had lost the Gold Medal in the 500m (before subsequently winning it on a photo-finish) was as pertinent and raw a moment as you are likely to observe in any Games.

Team GB also did themselves immensely proud, winning four medals, surpassing their own expectations and

perfectly by #lovecurling trending on Twitter for much of the two week programme. The achievements of this team cannot be overstated: the equal best performance ever by a Great British team at the Winter Olympic Games. Thanks to such a performance, the team will have greater sponsorship potential, leading

# Lent term: Carter Shield Round-Up

Henry Saker-Clark  
Deputy Sport Editor

by the end of the year.

The latest sport for each college to sink their teeth into was handball.

Sunday, Week 6, saw the fifth and penultimate sport take place as each college aims over six different sports, to gain the most number of points and be victors of the 2013/2014 Carter Shield. The Carter Shield has seen all the colleges compete in a wide variety of sports, from hockey to handball, playing fixtures every three weeks, to get as many people involved in college sport as possible. Although largely variable, this year has seen generally strong levels of participation in the competition which highlights the more casual and social aspect of Lancaster University sport, but nevertheless does not take away from each colleges' desire to top the table

One of the Carter Shield's best aspects is the ability to get more people at university playing and experiencing fringe sports, such as handball and sports that have already taken place like dodgeball and indoor frisbee. This was evident as most of the colleges were represented by strong teams, competing to win the handball competition and take advantage of the tightly contested league table. Bowland and Pendle dominated the handball

competition winning most of their respective matches, whilst both Furness and County were not far behind, leaving them to finish third and fourth respectively. In the deciding match, Bowland proved to be superior winning by two goals to nil over Pendle, moving both Bowland and Pendle up in the overall standings.

Despite their victory in the handball, Bowland still stay reasonably far from the top of the table unlike Pendle, who with a strong performance in the final sport could retain the title which they won last year. They are not the only college able to win the Carter Shield however, as Lonsdale and Fylde are also in good positions going into the final competition. Fylde had been looking likely victors after leading the competition following their victory in the indoor Frisbee, but lost their

substantial advantage by only finishing seventh in the handball.

Lonsdale Sports Officer James Pender spoke to SCAN regarding his college's performance throughout the competition. "Having won Volleyball and coming second in hockey alongside a couple of 4th place finishes, I think Lonsdale are doing well." Pender, however, was also eager to point that participation is vitally important to the carter shield, stating that "our participation has been up and down, we've always managed to get a team together but when some colleges can't its a shame because they have to forfeit." He stated his personal desire to ensure, not just that Lonsdale perform well but more importantly, that as many students as possible take part in the tournament. "And I'd want to encourage as many

people to get involved as they can because it is a really fun event. Each time I get someone to play one week, they always want to play again in the next sport.

Lonsdale have not been the only college to state their hopes of success this year and encourage student involvement. Pendle Female Sports Rep Beth Hart said "I'm very pleased with the Pendle Carter Shield team's increased turnout and I am confident that if numbers stay high another win for Pendle is on the cards. I want to thank all those who have come and had a go so far, you have been awesome." Week 9 will see the Carter Shield sewn up as all the colleges take part in basketball to see if they can win the last event and try to replicate Pendle last year by being crowned Carter Shield champions.

**JUNKED** EVERY WEDNESDAY

**£200 CASH**

**GIVE AWAY EVERY WEEK!**

**SHA-TING!**

WITH YOUR HOST :

**BARRY LEMON**

LANCASTER'S BEST

**INDIE NIGHT** IN THE CLUB ROOM

with a twist!

purple\* £2 BEFORE 12 / £3 AFTER

**DJ MELO**

IN THE FRONT ROOM PLAYING THE BEST INDIE, ALTERNATIVE & BRITPOP

**THEsugarhouse**

# LU water sports enjoy swimming success



Erik Apter  
Sport Editor

field performances this season have been good and should encourage fellow students to sit up and take note.

Lancaster's Water Polo Men's Firsts have been in good form and find themselves finishing the season second place in the Northern 2A BUCS Water Polo league, behind an excellent Manchester Met side.

The Sports Centre is home to a whole host of Lancaster's finest sports teams; whether it be racket sports like badminton and squash or team sports like basketball, there are plenty of matches that don't fear falling victim to the perilous climate of the north. Another set of teams that reside within the walls of the Sports Centre that prefer the warm – but not dry – indoors are the University's resident Water Polo and Swimming teams.

Lancaster's Water Polo team may be occasionally recognised around campus and town sporting little else than their Speedos, but on-

Lancaster finish on 16 points, four points ahead of third placed Manchester Met's Cheshire team. Despite Chester being unable to field a team in either of their fixtures, Lancaster have had some eye

catching results elsewhere, such as their comfortable 7–3 and 8–2 Victories over the University of Liverpool. With the league season now over, Lancaster now turn their attentions to the cup and an away trip to Newcastle University, before beginning preparation for the big one: Roses.

The University's women's team have also seen similar successes in the league season, also finishing second in the Northern 2A BUCS Water Polo league. It was goal difference that proved pivotal for Lancaster as they pipped Manchester to second place despite finishing on the same number of points. Like the in the men's competition, Lancaster now turn their attentions the BUCS Northern Conference Cup and more specifically an away tie against the Manchester side who they narrowly edged in the league. Roses preparation will also be firmly on the minds of the team as they aim

to exact revenge against big rivals York who won all six of their games in the league this season.

Even more impressive has been the form of Lancaster's swimming team, who competed in the BUCS swimming competition at the weekend of Week 6.

A highly successful competition from Lancaster's swimming team saw two teams make their respective finals: the men's medley relay and men's freestyle relay teams. Both finals were reached by a team of Jim Patterson, Elliot Bloor, Tom Pope and Andrew Weston, whilst the freestyle relay team also included

Jonathan Prince.

Lancaster swimmer Jim Patterson spoke to SCAN: "It was a brilliant performance from everyone involved, we're extremely happy with how it all went and it's probably the team's strongest BUCS performance for a long time".

Patterson also revealed how throughout the competition the team managed to break a huge 17 university records and has meant they come back to Lancaster with a massive amount of confidence. One record to be broken was that of the Women's relay, with fantastic performances from Eleanor Cantwell, Lydia Jamieson, Sophie Jones and Emma Lishman during their swims. With Roses now to prepare for, Patterson stated that the confidence gained during BUCS would be used going forward into May, and would ensure that Lancaster had every chance of beating the White Rose and securing bragging rights for another year.



Photo courtesy of society

# GET YOUR PURPLE CARD NOW

FOR ONLY

# £9.95

Valid until October 2014

# card.lusu.co.uk



CAFFÈ  
**NERO**

O<sub>2</sub>



The Plough  
COUNTRY PUB & DININGROOM

THE **sugarhouse**

get  
**purple**  
SAVE BIG!

CHECK OUT THE FULL  
RANGE OF OFFERS

purple.lusu.co.uk



## Fylde A's finally fall: 25-26 Lonsdale

Iain Beddow  
Sport Editor



In recent netball college years, one thing has become a certainty – Fylde A's always win. For 4 straight years and nearly 50 league games unbeaten, Fylde's netballers have dominated and destroyed the seven colleges that have stood in their path to victory – until Week 6 of Lent term, that is. Fylde's autonomous grip on proceedings slipped slightly, losing in a close 26–25 tie at the hands of Lonsdale's ladies. On the surface a trivial one-point loss doesn't raise

mountains, but delve deeper and the longevity of Fylde's reign at the summit of the A league and Lonsdale's victory does create shockwaves reverberating through the inter-college netball leagues.

**Despite success here, due to Lonsdale's loss to Pendle a week earlier, the title still looks destined for another year shrouded in orange.**

But the implications of the victory shall air a certain confidence among the remaining colleges that Fylde can, in fact, be

beaten. The game itself was incredibly tight, as the score line suggested, with the lead toying between each side – even when the final whistle blew no one knew who had clinched the decisive three points. Following the referee's announcement of a Lonsdale victory, the court erupted with roars of jubilation from Lonsdale.

The games toss up started with the same intensity which featured throughout, ending with the ball disappearing into the building site to the side of the courts. The first quarter saw Fylde take a lead 5–3, a lead which they would rarely see again as Lonsdale breached the Fylde juggernaut keeping ahead 12–11 at half time. Heading into the third quarter they were still ahead 21–19, with 15 minutes to go.

Lonsdale through their ever-present centre – and captain – Sophie Millington possessed the passing ability to release goal attacker Gabi Wilson and shooter Shannon Connaghan, which duly created a pivotal four point buffer between Lonsdale and the champions. However Fylde weren't ready to give up just yet, pushing Lonnie to the last minute, making up the difference to a solitary point, which was unfortunately not enough. Lonsdale's first win over Fylde in years was complete: 25–26.

The tie proved to be a great advert for college netball, two of the league's titans scrapping it out to produce a thoroughly entertaining encounter. Fylde's humbling defeat was down played by Captain Katie Mitton who told SCAN "it wasn't really too unexpected to be

honest" echoing the league's challenging high standard this year. Speaking of her own team Mitton expressed "we gave a really good fight despite a relatively new team and some recent injuries, having said that Lonsdale were deserving winners".

However Fylde's attention now shall turn to the last game of the year against Cartmel on Tuesday, Week 7, win and the title is theirs, along with a noteworthy slot in this year's Roses.

With the season shortly coming to a close the netball A league has shown excitement, grit and great competitiveness. While Fylde may yet again be crowned champions the shift in momentum may slowly be turning, giving perhaps greater room for another outside challenge next year.

## LU Running Club BUCS Review

Nicholas Barton

Lancaster University Running Club set off in high spirits towards Stirling to compete in the most difficult inter-university running event of the year, BUCS cross country. There were great performances from the whole team to make this a particularly good event.

**After making their way up the previous evening, Saturday dawned cool and crisp as the team made their way to Stirling University.**

student athletes. Lancaster had a strong team of six runners competing on the 11.1km route. First home was Phil Robertson in an impressive 115th position in 39:38. There was a close battle for 2nd position within the club between Tom Roethenbaugh and Ryan Stevenson, the latter hitting trouble in the second lap when his shoe came loose, but continued running before kicking it off in the final lap and continuing to run a strong race finishing in 42:20, 10 seconds behind his team mate up the final muddy straight.

Ho Hin Henry Chan was the next Lancaster runner to finish, completing the team of four that were eligible to score, finishing in 43:01 in 193rd place. Matthew Hamer was next back finishing in 45:03 and followed in by Stuart McLeod's tough performance completing the overall Lancaster effort. This put Lancaster in 31st place out of the 49 competing universities, importantly beating York and remaining the number one university in Lancashire, putting the team in a strong position before the 50th anniversary of Roses.

Next up was the women's race with a field of 442 competing in the 6.4km race, but only three mattered for Lancaster. First back in 140th place and a great time of 27:11 was Lauren Gowland, who put



Photo courtesy of society

in a sterling performance to finish really strongly; Laura Sullivan ran well too and was next to finish for Lancaster with a time of 30:24. The team was completed by Jenny Watts running particularly well, considering her late joining of the team and the fact she was making her cross country debut. Overall the women's team came 42nd out of the 48 universities fielding a team.

**The final race of the**

**day was the Men's B race.**

Primarily a triathlete, Sam Walsh was the first home on the increasingly churned up 7.9km course, finishing in 169th position with a time of 31:53. Next to finish was Daniel Preston, running a great race to finish 302nd; Nicholas Barton finished 16 places behind in a time of

37:12 whilst Toby Hecht was the next to cross the finishing line for Lancaster University in a time of 40:11. This placed the B team in 66th out of the 77 teams competing in this race.

Overall then, an impressive performance at BUCS from Lancaster when compared with the results of local rivals and a great culmination of the cross country season for the University heading into a hotly anticipated Roses.



# Sport

Sports Editors: Erik Apter &amp; Iain Beddow

✉ scan.sports@lusu.co.uk

## Lancaster Rugby Union XV Firsts: Undefeated and undeterred

Iain Beddow  
Sport Editor

The Lancaster Rugby Union first XV have hit their optimum peak at the perfect time. With Roses less than three months away, the Cats will quietly have one eye on the headline slot against long-term rivals York, while the other remains transfixed upon a prospective league and cup double. Following a comfortable victory over struggling Liverpool thirds and a cup quarter-final win over Bangor, Lancaster are currently six games away from completing an unprecedented trophy double. With that in mind the mood in Lancaster's camp is verging on the euphoric as their season reaches its climax. Compare to last year's form of six wins seven losses (in the league) and this year's campaign of 10-0, and the reality of just how well the first XV are performing becomes vastly illuminating.

The crux of Lancaster's successes can in-part be rewarded to their newly acquired coach, Fergus Owens. By enlisting a much-needed coach into the set-up all of the indirect needs; dietary, fitness, and tactics were able to develop under Owens's astute gaze. Speaking to the returning player and now Captain of the first team, Ollie Vidgeon, he commended the impact the new coach has made telling SCAN "the results are reflected not only in our fully structured and re-organised training schedule, but our pre-match preparations, nutrition and general attitude towards being

a rugby player." All practices instilled by the new coach.

Vidgeon went on to another of the main factors behind the rugby clubs present form, the squads change in mind-set – "we no longer see ourselves as just a social rugby club, we see ourselves as professional sportsmen who are proud to represent the university." Going on to evoke Owens as an "invaluable asset to the club" Vidgeon spoke of the squad's tireless work ethic in regards to fitness, which has ultimately been reflected in some huge scores across the board – evidenced by a point difference of 244, over double that of the first XV's closest rivals!

Chairman of the Rugby Club Arthur Haynes further told SCAN of the desire and hunger for rugby at the start of September which gave "depth in the club providing healthy competition for each and every position, encouraging everyone to work for their place from the outset." This improved depth has put a

value on starting positions which has made for a very competitive group of players.

While a structure and a more focused attitude to proceedings were definitely needed, the players too should be commended for their efforts. Vidgeon heralded the fresher intake as being "one of the best" speaking of Elliot Burton, Tomas Moreira, Sam Ackers and Lewis Cornelius as first years who "really made their mark and will be fantastic, future leaders." The dominance in certain key areas also provides a convincing indicator of the team's achievements; Haynes spoke of the "solidity of a strong pack growing in confidence as well as blooming partnerships throughout the team" – all aspects which have tightened an already close-knit group of players, which have been able to reap the rewards in the process.

Despite Lancaster not having the biggest of teams the strength and fitness has enabled the Cats to play some

fantastic, exciting rugby throughout the entirety of matches – an area which captain Vidgeon specifically earmarked as an ambition at the beginning of the season. The firsts have definitely profited from a greater focus, attitude and desire exemplified by their current league and cup standings, which will prove invaluable momentum-wise as the impending York, Roses fixture draws nearer.

Throughout the squad, all three teams have stepped up a level. Their commitment, capacity to train harder than ever while accomplishing the results to match, has been helped greatly by the squad's incessant belief and determination to not settle for second best. All three XV's have gained varying successes this year; the firsts top, the seconds third and the thirds fourth – all improvements from last year's positions. With the results to follow this year's increased development, the whole club have become a unit, a wrecking ball of

destruction – something to be feared.

It's certainly refreshing to hear the intensity and commitment from notable members of the Rugby Club, to back-up the club's recent run of form. Following the questionable events in 2011 which shone a detrimental light on the club, it is no question in my mind where their focus now lies. As Roses and the potential for silverware approaches, mark their words, the Lancaster Cats will be ready. Haynes encapsulated the mood of where the Rugby Union Club currently is at – as they look ahead to the showdown at Roses – with a resonant analogy: "At present we're simmering nicely, but make no mistake: by kick off on the May 3rd we'll be boiling." While heartache has plagued the rugby club's recent Roses endeavours, let's hope this is the year for the Men's Rugby Union Club to re-write the record books – they certainly have the spirit, attitude and form to do so.



Photo courtesy of LUSU