

LUSU considering online referenda after negative feedback from students

- Lancaster University Students' Union's criticised for using traditional methods of engagement
- Feedback from recent #iwantLUSUto campaign has led to re-assessment of how LUSU communicate and bridge the widening divide between students and their Union



Photo by LUSU



Jack Perry
News Editor

VP (Union Development) Laurence Pullan has announced the Union will continue to look into new forms of engagement and communication, after some students called into question the more traditional methods LUSU have used over the past academic year.

Speaking to SCAN, Pullan said that the Full-Time Officer team intended to look into using digi-

tal referenda to consult students directly about issues related to them. "I think if there is quite a hot topic of debate we could send an email to all our students asking them a question that they can vote on," Pullan said.

The announcement follows a series of high-profile incidents where the direction taken by LUSU has appeared to go against the sentiment of much of the student body. 52 percent of those who responded to a SCAN poll over the Easter break said that they did not feel the decisions taken by LUSU are in Lancaster students' best interests, while only 10 percent answered...

Continued on page 5



SOCIAL MEDIA OBSESSED?

Sian Bradley discusses sharing too much on the internet
p. 43



FRESH FLAWLESS SKIN

Anna Meng is on hand to help you achieve a fresh look
p. 35



DIDN'T PREPARE?

Lifestyle Editor Alice explains the inner monologue of blagging a seminar
p. 37

Proposed UCU marking boycott hangs in the balance as lecturers go to the ballot

Henry Saker-Clark
Deputy Sport Editor

The UCU (University and College Union) have announced that a ballot will take place on Friday, Week 2, to decide whether or not the Union's proposed marking boycott will go ahead. This is in reaction to the University and Colleges Association's (UCEA) offer of a two percent pay

increase during the latest series of negotiations between the UCU and UCEA.

The UCU has delayed the start of the boycott until Tuesday, Week 23, in order to allow for the ballot to take place following UCEA's offer. This marking boycott is set to be the next step in the UCU's attempts to improve the wages of university staff, which had seen a 13 percent real money decrease over the last five years, whilst many university vice-chancellors had simultaneously seen their own wages increase

drastically just over the last year. The two percent wage increase that has been offered by UCEA is seen as a substantial figure, but nevertheless would still see a decrease in university staff wages by over 10 percent over those five years.

The marking boycott, which is currently suspended, is, to quote the UCU, "intended to be a comprehensive boycott of all marking, course work assignments, examinations and therefore includes all formal student work submitted for

assessment."

Previous industrial action – the last instalment to date being on Monday Week 5 of Lent term – saw UCU members take part in walk-outs, forcing the cancellation of lectures, seminars and meetings. Following those strikes, UCU member Julie Hearn heralded their success – "large picket lines and rallies, carnival atmosphere – despite the weather in some places – and strong support from students have featured in the...

Continued on page 4



SPINE scan

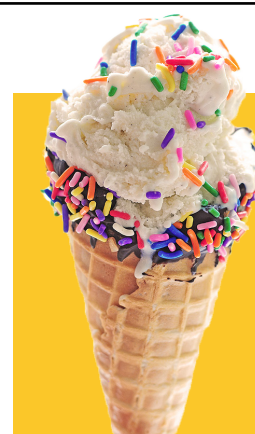
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scan Culture

Rory Mellon reviews the return of epic TV fantasy: Game of Thrones.

Read more on p. 23



scan Features

Assistant Editor Jess French takes you through the vital signs that summer is coming.

Read more on p. 28

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EDITORIAL



Rachel May Quin
Editor

Related Happy Easter to you readers, I hope that you all got at least a few days rest over the four week break – unfortunately the reality of ‘holidays’ for University students is that you spend most of the time playing catch-up with course work or revision. But either way, at least the weather was relatively nice!

The biggest news affecting every single one of us at the moment – and which could have big consequences for final years – is the proposed marking boycott. We’ve got plenty of coverage on the potential boycott to keep you up-to-date. The latest news at the moment is that

the boycott has been delayed – it was supposed to be in effect today. This is good news, in the sense that hopefully the staff and the University will come to some agreement quickly. It can only be hoped that this conflict between the staff and the University can be resolved, without resorting to using students as a bargaining chip.

Bearing in mind we’ve only got nine weeks of term – thanks to the additional week at the end of Lent term to make sure we didn’t come back to uni over Easter – there’s a lot going on!

Roses is this weekend and it’s set to be massive. SCAN, alongside the other student medias, will be bringing you thorough coverage and live scores on the Roses Live website. Luckily, for those of you that want to access regular non-sport content, the SCAN website will still be accessible over the weekend. Extravs and Grad Ball are all lined up for the end of term, which are always a fantastic way to relax after the stress of exams.

Another great story we’ve covered this issue is to do with the ‘Living below the Line’ challenge which members of LUSU Gives are participating in. The general gist of the challenge – which you can read more about on page six – is to live on less than £1 a day for five days and fund-raise for people who are forced into that situation every single day. If my memory serves me right, last year’s wonderful Carolynne Editor Joe Henthorn participated in the

event and wrote a lovely article for us describing his experience. We’re hoping to bring you a blog this year, with daily updates from a participant in order to find out what it’s like to live below the line first-hand. Well done in advance to everybody participating!

Whilst the circumstances students are forced to deal with may not be as dramatic as the ‘Living below the Line’ challenge – since we can usually find the funds for the odd drink and a social life – Nathalie Farrugia has written a follow-up piece to the investigation in to the ‘Cost of Living’ that we printed in the final issue of last term. In a SCAN survey conducted over the Easter holidays, we found that a startling amount of students are often concerned about their finances.

University staff are not the only people concerned with the cost of living and a failure to increase their wages in terms of inflation. Whilst undergraduates are undoubtedly in a better position than postgraduates, as postgrads do not receive any sort of Student Finance loan, it cannot be ignored that undergraduates are also struggling.

I may be wrong here, but it seems Student Finance have failed to increase loans for students on the bare minimum – leaving many genuinely struggling to meet the costs of rent, living and hidden course costs such as textbooks or materials. I’m sure we’ve all been in a situation where you’ve

received your loan (anywhere between £1,000 – £3,000) and as soon as you’ve paid your rent, or even paid the debt you’ve spiralled into over the course of the three years, you find yourself with no more than a couple of hundred pounds that is expected to sustain you for a ten week term and a four week vacation until the next instalment.

Seems a little unrealistic to me.

Maybe it’s time for students of all degree courses and level to make a fuss about our financial circumstances. After all, nobody should be priced out of higher education – it should not be a privilege to study further.

Cute animal of the week is my other half’s dog, Fred. Enjoy!



Rachel. x

IN THIS SCAN

News

LUSU hosts bike ride to accompany 50th Roses	3
Percentage of international students coming to UK drops	4
Front page story continued: LUSU engagement	5
LUSU Gives plan to live on under £1 per day & Spine redesign	6
What are LUSU doing to tackle the ‘cost of living’ problem?	7
Bowland Principle to be made redundant & 50th lecture series	10
NUS Conference Report & LEC lead the way with 2nd MOOC	11
First LU World Cup & Student designs landlord rating website	13
Aitchison resignation sparks by-election & Student radio	14
The SCAN archives	16

Carolynne

Carolynne & Photo of the Week	18
Flashback: Kurt Cobain, the 20th anniversary & Culture News	19
SCAN Interviews: Andy Jordan	20
Game of Thrones: Season Four & You need to know...	21
Lancaster Fine Art Degree Show: Artist Profiles	22 & 23
Film Review: 20 Feet from Stardom	24
Compiling the perfect revision playlist	25
SCAN Mogshot	26
The summer library survival guide	27
Signs that summer is appearing	28
The rise of the ‘selfie’ & How to: Revise efficiently	29
Is controversy the best promotional tool? #FUCKTHEPOOR	30
Top transitional trends & SCAN Fashion–O–Meter	32
Club Tropicana: Hot jungle style	33
Sugarhouse style on a budget & Socks and Sandals	34
How to achieve fresh flawless skin	35

Inner monologue of blagging a seminar you didn’t prepare for	37
How to improve your memory	38
The other side of Prague & SCAN recipes: Classic Asian feast	39
Beginner’s guide to meditation & Natural Health Care Centre	40
Long-distance relationships: Do they work?	41

Comment

People are sharing too much online	43
Can televised trials bring order in court & Goodbye apathy?	44
Politicians should end rape culture not anonymise defendants	45
Woes of the working world & The Arms Trade Treaty	46
Illegal downloads: Frugality or moral bankruptcy?	47
Vice Chancellor or Chancellor of vice?	48
Head to Head : Will democracy succeed worldwide?	49
Postscript	50
Letters to the Editor & Puzzles	51

Sport

Roses 2014: York scouting report	53
LU Cricketers travel to Pakistan	54
Lancaster lacrosse & Liverpool’s title charge	55
Results summary: Inter College A League	56 & 57
Roses fixtures	58
Roses 2014: They’re ready, are you?	60

News

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LUSU hosts bike ride to accompany 50th inter-varsity sports tournament

Jessica Wallace

Organised in partnership with British Cycling, Lancaster University Students’ Union (LUSU) are hosting a free bike ride open to all on Saturday Week 2 to promote cycling and celebrate the 50th anniversary of the Roses inter-varsity tournament. Olympic gold medallist Jason Queally will open the ride, which is the first of its kind in Roses history, and will allow participants to cycle alongside the Olympian in a once in a lifetime opportunity.

Designed to suit people of all abilities, three different route

options with various mileage are available: an easy-going 1.8 miles for children and beginners, a 6 mile gentle ride for intermediates, and an 18 mile cycle for those seeking a challenge. The start time depends on the route chosen, but it is expected that the 18 mile steady ride will begin at 10am, the six mile at 10.45am and the 1.8 ride to begin from 11am.

The rides will take place around campus and surrounding local areas, including the River Lune, and Lancaster city centre, along designated cycle tracks and road routes that will be marshalled by volunteers until approximately 2pm. Participants will ride in groups led by experienced guides from Lancaster University Cycling Club and all riders must adhere to

the Highway Code, and wear a cycle helmet, and under 16s must be accompanied by an adult. Visitor’s parking is available on campus in Alexandra Park. The ride will support St John’s Hospice through fundraising, and participants are encouraged to actively help raise sponsorship money.

Anyone interested in participating must register via Eventbrite, which can be accessed through the official

Roses Ride 2014 event Facebook page.

Roses 2014 will take place from Friday to Sunday of Week 2, with tickets for the Opening Ceremony now completely sold out. The ceremony will be accompanied by live music and performances, before the Mens first football teams kick off the tournament on Friday evening at the Roses stadium. The current score stands at York 25 – Lancaster 23, with one draw in 1974, and Lancaster hopes for a home victory during the 50th anniversary of both the University, and of the Roses

tournament. For up to date information from SCAN, LA1:TV and Bailrigg FM, visit the Roses Live and tweet your support using #IAmLancaster.

LUSU are also looking for volunteers to help support registration, marshalling, and other important tasks key to the success of the day.

Anyone looking to volunteer or simply for further information can email Kate Jackson (k.jackson@lancaster.ac.uk).



Photo by Matthew Fleming

Percentage of international students coming to UK drops for the first time in three decades



Photo by Jay Theis

Danny Gallagher

Numbers of International students studying in UK Universities are down for the first time in a sustained period, according to recent reports. The decline in numbers has not been seen for almost three decades, with figures published showing a dramatic 25 percent slump in the number of full time EU undergraduates alone.

Experts claim this decline is due to the introduction of the new fees system, with charges up to £9,000 a year.

Statistically, the numbers across the UK are down from 23,440 to 17,890. The divisions arrive regarding EU students in

that, although they are on the same footing as UK students with regards to tuition, they do not have the same entitlement to loans, thus potentially greatly escalating their overall cost in coming to undertake study upon English shores. This is not helped by the fact that a vast majority of courses in other European countries are significantly cheaper than their UK counterparts, according to the report, therefore providing many tempting propositions.

In addition to this, the percentage of international postgraduate students in English universities has declined by one percent between 2010/2011 – 1,000 students – with a dramatic fall in applications from India and Pakistan, which is only partially offset by a rise from China. The issue is much more widespread however, with not only undergraduate studies the affected party concerned. On overseas enrolments, both undergraduate and postgraduate courses report a decline in enrolments from India and Pakistan, where complaints about tighter restrictions on visa sto the UK to study have been most vociferous.

With these developments in mind, this could bear significant impact upon on university life here at Lancaster. The University outlined its plans to SCAN: “Lancaster is looking to increase international and EU student numbers in a planned way to ensure the right mix of students on campus. Between 2012 and 2013 the number of international students registered has increased by eight percent.”

The importance of international studies is also a big factor upon the educational experience of the student body as a whole. This was something the University acknowledged: “Having a diverse mix of international students adds to the vibrancy of our community and enhances every student’s experience whether socially or academically. It provides for different perspectives and new approaches to problems in the classroom and gives our students the opportunity to be exposed to other cultures, ideas and lifestyles.”

There is a risk that future growth will not materialise at the level forecast and any reduction could have a major impact on institutions’ financial positions.”

Lancaster’s current students however seem content with their position and their decision to come and study at one of the UK’s leading educational establishments. International student Hanna Larsson, first year Marketing student, told SCAN: “I am happy with my choice to come and study at Lancaster. The rise in fees is a negative factor for all students but my time spent at Lancaster will be worth it after obtaining my degree”.

Marking boycott has been stalled, as lecturers decide what to do next

Continued from front page

...many reports received from around the country.”

Following initial discussions between the UCU and UCEA, UCU Head of Bargaining Michael MacNeil stated, “since we last sat down with the employers to formally discuss pay there have been six strikes by university staff – three full day ones and three two hour stoppages – and we have announced plans for a marking boycott. It is clear that students want a fair and speedy resolution to this dispute, and UCU is continuing to work hard to achieve this before our marking boycott begins.”

Prior to the offer being tabled by UCEA, many universities, including Lancaster, sent letters out to staff threatening that 100 percent of their pay would be docked were the member of staff to take part in the marking boycott.

On April 4th, Lancaster University Human Resources sent out a letter to all staff stating that “100 percent of an individual’s salary will be withheld on continuous basis” once the University is aware that the individual is taking part in the marking boycott. The letter also stated that “whilst we very much hope that this boycott does not take place

we will not know this until much later in April and you will appreciate that we have to make contingency plans to seek to minimise the impact on our students.”

The University stated that a staff member’s “partial completion of their contract” would consequently mean that they are not entitled to their contractual pay. “It is also not intended in any way to suggest that we do not value all of our staff highly nor that we wish to damage the very good employee relations environment that exists here,” the letter goes on to say.

LUSU Councillor Becky Cook spoke to SCAN regarding the proposed marking boycott. Cook stated with regard to the University’s response to the proposed boycott: “I think it’s shocking that a University, which should be championing critical thinking about the world we live in, are imposing sanctions on those that stand up for what they believe in.”

“But Fiona Aikin, University Secretary, has made it quite clear that they consider staff participating in industrial action to be in breach of their contract.”

In a motion passed by LUSU Council in Michaelmas term, LUSU promised to “support the industrial action taken by UCU, Unite and Unison” and “to continue to work with the trade unions present at Lancaster Univer-

sity to ensure a better collective experience for staff and students.”

Some students, particularly evident on Twitter, vented their opposition to the proposed boycott, feeling that this would harm students whose work was set to go unmarked.

Cook responded to this, stating that “It’s just an issue of education, it’s about letting students know that staff are not involved in industrial action to disadvantage students, and not because they are greedy, but because this is their last option to push, not only for a living wage, but for a fairer and less pressurised working environment. Happier, less stressed staff can only be a positive for students.”

“As far as I know,” Cook said, “University Management are putting procedures in place so that students will still be able to graduate on time, or progress to the next level of their studies.”

VP (Education) Joe O’Neill stat-

ed on the LUSU website following the initial strike action that these are not all well paid lecturers suffering, “they’re the postgraduates who mark your papers, who answer your emails and who teach your seminars. They’re students too, just like you, and they’re being taken for a ride.” Cook followed this point further, saying that “I have seen a great deal of student support for staff over the course of the disputes, but the distinction between students and staff is a false dichotomy to some extent, for example, PhD students with a teaching element to their course are students and staff.”

Lancaster University’s letter in response to the boycott states that the University is not trying to increase the already clear tensions between universities and UCU affiliated staff. “It [the university’s approach] is not intended to exacerbate the situation but is part of a clear and consistent sector response to action that is viewed as being potentially damaging to our students and all of our reputations.” In contrast, LUSU’s motion supporting industrial action in Michaelmas term stated that “this Union believes short industrial action will cause relatively little disruption to the learning experience compared to the real long-term prospect of losing academics to industry or other universities willing to pay more.”

In response to recent controversial decisions, VP (Union Development) states: “I’m not saying we didn’t consult, but we didn’t consult enough.”

Continued from front page

...“yes, all of the time” and 34 percent answered “yes, some of the time.” Of particular anguish for some students is LUSU’s continued support for the strike action by the University and College Union (UCU), particularly since the announcement of a marking boycott, which at time of writing stands to take place from Tuesday Week 3.

LUSU’s new initiative also comes at a point of contemplation for the Union, after the Annual General Meeting – held on Monday Week 10, Lent term – failed to reach quorum.

“The AGM was disappointing because we put in a lot of effort, and put on the agenda motions which had been called for by the student body, from non-officers,” Pullan said.



Photo by LUSU

of when and where it is and people will come,” Edwards continued. “Well, that’s frankly wrong. Engagement in a public forum like that is a thing of the past. I don’t blame the current officers for the GM, I blame the nature of a big public meeting of students who cannot see the benefit of using their rare free time for such a vague semi-compulsory semi-formal unexplained meeting-thing.”

In the announcement of the use of online referenda, Pullan appeared to signal a movement away from formal gatherings like the AGM in favour of “digital” initiatives. “When it comes to digital engagement our members and students are pretty good at that. It’s getting actual people through the door that we struggle with,” Pullan told SCAN. “So the general meeting didn’t work, whereas I think if we asked the same questions as we did in the general meeting digitally there might have been a higher response rate.”

The AGM was also significant because it raised the topic of the viability of Union Council to represent its members. Union Council is made up of the Full-Time Officer team, cross-campus officers, JCR presidents and other elected officers, and acts to make decisions on behalf of the student body as a whole. Over the past academic year several Union

Council decisions have come under criticism, including the aforementioned support for strike action by the UCU.

“I think as a Union this year we’ve made great steps in improving the transparency of what we do. We now have agendas, attendance lists, minutes online of Council – and that’s all Councils, including Academic Council and EWD Council, as well,” Pullan said. “So in terms of making Council more accessible to our members, we’re working on it. I think at the previous Council for example we had a lot of observers, probably the highest amount that I’ve ever seen.”

Another Union Council decision which came under criticism was the appointment of three liberation cross-campus officers, with some students alleging the use of the term “black” to label one of the new officers was indicative of a habit by LUSU to follow advice from the National Union of Students (NUS) rather than consult Lancaster students themselves.

This Pullan defended staunchly. “We pay a lot of money to be affiliated with the NUS. Liberation is a national movement. We were following national guidelines,” Pullan said. “I think it has been a been a good learning experience decision for Council because it has shown to us that we can’t be too complacent in the

decisions we make and that we always have to keep consultation and engagement with the student body at heart.

“I’m not saying we didn’t consult, but we didn’t consult enough.”

While coming at a moment of reflection for the Union, Pullan’s new initiative also comes as part of a series of attempts to improve engagement between the Union and its members. During Lent Term, LUSU embarked on the #iwantlusuto campaign, aimed at finding out what students want most from their Union. The most prominent aspect of the campaign was the displaying of a giant blackboard in Alexandra Square, where students were encouraged to write their thoughts on the direction the Union should be heading. The responses ranged from constructive to profane.

“There were times when I was a bit unhappy with the quality of comments we were getting back,” Pullan said of the #iwantlusuto campaign.

“But actually once you waded through some of the less constructive comments there were some really useful things there: calls for supporting postgraduates and international students a little better, cost of living, accommodation. We got a distinct sense of the priorities of students.”

In addition, Pullan is keen to improve LUSU’s ability to communicate to its members, suggesting that the Union needs to promote more of the “good things we’ve been doing.”

“We need to promote more of the good things we do, like Joel [Pullan, President] and Tom [Fox, VP (Welfare and Community)] lobbying the University counselling service, getting two new trainee counsellors; that is a win but I’m not sure how many people will know about that,” Pullan said. “It’s all about communicating with students and finding new, innovative ways of getting our message across.”

On this point, Edwards told SCAN: “Communication is hard, and is constantly changing. Furness JCR advertise events through Snapchat, everything seems to have a hashtag these days. It’s important for LUSU officers who aren’t FTOs to feel like an important part of the system throughout their time within the Union, not just so they can jump through the relevant hoops to be elected as future FTOs.”

LUSU Gives plan to live on under £1 per day



Photo by Jay Theis



Stephen Start
News Editor

LUSU Gives are taking part in the nationwide campaign to 'Live below the Line', a fundraising challenge that involves living on £1 a day for five days. The charity event, which will take place from 28th April – 2nd May, aims to allow a unique glimpse into the lives of 1.2 billion people who live below the poverty line every day.

SCAN asked Mia Scott VP (Welfare and Community)-elect and current President of LUSU Gives to give an insight into the challenge and asked her how successful she expected it to be. "LUSU Gives wants to help do this amongst the Lancaster community, and we've had a lot of interest from people wanting to take part... It's apparently extremely difficult but LUSU Gives

love a challenge, and it's a drop in the ocean in comparison to what some people have to live off every single day!"

As well as some donating the money saved in their own budgets, those who take up the challenge will be sponsored by family and friends.

Talking about how they are publicising the event Scott told SCAN, "So far we've been using social media and have emailed all our members and created a #TeamLancaster who will use a shared fundraising page." All money raised will be donated to The Hunger Project – "one of many amazing charities who are committed to the sustainable end of world hunger."

Read more online at
scan.lusu.co.uk/news

Lancaster University runs competition to redesign the Spine walkway

Dan Rudnick

In conjunction with Lancaster University's 50th Anniversary celebrations, the University is running an urban design competition seeking teams led by architects or landscape architects to redesign the Spine, the main walkway through campus.

The first stage of the competition involves teams expressing interest in undertaking the project, which is communicated to the University through its usual process of seeking outside contractors to undertake work. The University's Tender Management portal states that they are seeking "landscape architects or architect-led teams with innovative design skills for the refurbishment and remodelling of the University's central walkway known as the Spine, on the University campus," but more details on the project's specifications will at this point be made available to applicants. These expressions of interest are due by Monday Week 4, at which point applicants will be invited to present dialogue, concepts and possible design approaches to a jury panel.

From the group of applicants, a shortlist of five teams will be selected to further develop their concepts in response to the University's outline brief, and one

team will be chosen to ultimately undertake the project, which according to the University's Tender Management portal is due to begin in early November 2014, and is due to be completed by the start of November 2016.

The competition was first announced by the Royal Institute of British Architects (RIBA), an organisation which seeks to champion better buildings, communities and environment through architecture and the activities of its members. RIBA provides training, standards, support and recognition for professional architects in the United Kingdom. The competition to redesign the Spine is run by RIBA Competitions, the institute's unit which seeks to deliver exciting projects and buildings, stimulate creativity, quality and innovation and generate a range of options, creating choice for clients.

Explaining some of the aims of the competition, Lancaster University's Director of Facilities, Mark Swindlehurst said: "We are looking for an innovative team capable of rejuvenating the Spine and re-presenting it as a space that knits together an array of different buildings, external landscapes and addresses various building frontages and entrances."

Swindlehurst also expressed the importance of the Spine to the sense of community at the University. He said: "We want



Photo by Mathew Gillings

to create an inspirational space where people learn, work and live as well as go about their daily business. The University fosters a sense of community cohesion and The Spine should facilitate this."

The Spine has been an integral part of the University's architecture since its opening in 1964, and is familiar to everyone who spends time on campus, stretching over a kilometre and providing a link between the

majority of the most-visited buildings at the University site. It was originally designed to allow pedestrians to walk the whole length of the campus whilst providing a degree of protection from the weather. Portions of the walkway were left open to the sky to let in the natural light, avoiding the need to provide under canopy lighting in parts. The original 1960s architects and master planners of the University

designed The Spine to follow the natural gradient of the land in Lancaster's rural setting.

The University now wishes to renew the design of the central pathway 50 years from its opening.

What are LUSU doing to tackle the student 'cost of living' problem?

Nathalie Farrugia
Deputy News Editor

Following up from the cost of living investigation in the last issue, SCAN explores the cost of living specifically for students at Lancaster and what LUSU are doing to tackle it. In a poll conducted through our website, 76 percent of voters answered 'yes' – that the cost of living was something they regularly worry about.

A second year Economics student spoke to SCAN, claiming that his main concerns were over accommodation. "I do worry about the cost of living practically every day. I'm concerned with the rent prices, especially on campus, which adds pressure on everyday learning. I'm basically one of those people a bit screwed over by Student Finance (Wales) due to the specific family income boundaries and the fact that it is assumed that because my family income is at a certain level that they will partially finance some of my university education. This is absolutely not the case.

"I am funding my time at university entirely independently with no financial aid from my parents and I don't want them to either."

Another concern he had were prices on campus, which he believed were "not reasonable. The only accommodation I could afford in first year was Basic Standard, which I didn't have a problem living in but I did have an issue with what I was paying for: near on £80 per week – including bills – for a tiny room with a rubbish bed, a sink and two kitchens shared between approximately 30 people. About 90 percent of my student finance maintenance loan goes to just paying rent, which means I need to find another way to pay the other expenses such as my bus pass, stationary, food, travel home and nights out."

This, he said, "works out to be about £400 for the rest of the year, most of which comes in Summer term when the need for money is probably at its lowest compared to the other terms. I am able to do this thankfully from just my summer job which

pays me enough to just about get through the year without getting in the way of my studies, with help from my savings. I work on a ferry and am very lucky to get such a job which not only pays well but provides lots of hours to work."

Another student, a second year studying Politics and International Relations, was also concerned with the price of rent. "Without a shadow of a doubt rent is the most difficult aspect of living to cover financially. As rents both on and off campus are, I would say, disproportionately high and leave little from my student loan. Although the loan does cover the rent, if I relied solely on what I calculated at the start of the

Bowland Annexe Houghton said, "to be paying so much a week to be sharing a kitchen with 20 other people is just ridiculous." She believes students are putting up with poor accommodation and living conditions simply because it's their first time away from home: "most students don't actually know what a competitive rent is and what you can expect from that rent. There's also this thing of 'oh well halls are expensive and we just have to live with that' but actually you don't necessarily just have to live with that."

private accommodation provider UPP, on-campus is set to increase annually with Retail Price Index inflation. However, Pullan admits "there are so many more costs associated with living beyond rent, that actually I think we should take it as whole and try and alleviate things where possible and see if we can minimise costs in some places that could offset on the rent, for example."

In order to address this issue, LUSU have been working on a 'Cost of Living' campaign, a motion which will be addressed Thursday, Week 2, at the next Union Council. The motion focuses specifically on three areas of cost of living: accommodation, bus passes and hidden course costs.

high rate rents, but there's a lot of students who aren't."

The second part of the motion is the issue of the high cost of bus passes, which VP (Welfare and Community) Tom Fox is currently working on. Pullan said that the one thing LUSU are fairly certain of is that the current bus pass system will be moving to an electronic one. This means if students lose their cards, they will be able to get it wiped and get a new one replaced – for hopefully only a few pounds – rather than having to buy a completely new bus pass. He said "that's a really big step in making sure students save a bit of money travelling." He also said "we're looking into whether student bus passes can be subsidised through things like parking permit money to try and bring the cost down and try and make people think a bit more green."

The final part of the motion is the hidden course costs. LUSU are pushing for the course costs to be more transparent on Lancaster's prospectuses. Pullan claimed "the University are actually doing quite a lot of work at the moment looking at their printed materials and making sure that they align with what the courses they are going to be teaching actually are." He said "as part of that I think it should say what the costs associated with those courses are going to be." Whilst Pullan said it is generally the arts courses with the hidden course costs, he admits that LUSU need to do a bit more consultation with students to find out which courses are more expensive than others.

Recently, Pullan has been lobbying in the Finance and General Purposes Committee, the University management advisory group and the University Council on the cost of living, and he believes that "we are finally making positive steps forward. The University are going to be bringing an accommodation strategy paper to a future University Council, where they are outlining where they're going on accommodation and we can really have a say then on the price of rent, what we think should be refurbished, what we think is a good level of accommodation and making sure that the student voice is heard and that these concerns around the cost of living are taken seriously."

Overall, he agreed that accommodation was the longest – and probably hardest – issue and "it will require next year's Full Time Officer team to take on as well. But the joy of having policies is that it lasts five years so hopefully we'll get that momentum rolling on throughout the years."



Photo by Alamy

In terms of accommodation Pullan said LUSU will be actively opposing and working with UPP to change the rent setting process.

He admits "that's going to be difficult but actually there are things we can do to minimise the overall burden on students by making sure that there's a good mix of high quality accommodation both on and off campus, pitched at different price levels as well so not everything on campus should be over £120."

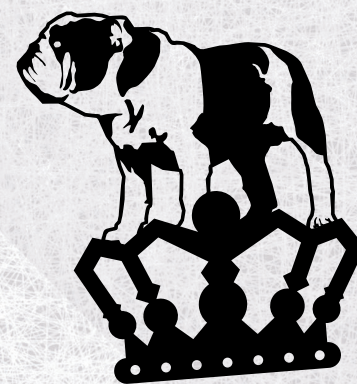
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Bowland College Principal to be made redundant at the end of this academic year



Jack Perry
News Editor

SCAN has learnt that Bowland College Principal Joe Thornberry is to be made redundant as staff development officer at the end of this academic year. The news follows the revelation that the University's search committee refused to recommend Thornberry for a third term as Bowland College Principal.

Thornberry's redundancy is due to a "restructuring" of the organisational and educational development (OED) unit, located within the human resources department of the university, which is to take place at the end of the 2013/14 academic year. The restructuring will see two members of staff, including Thornberry, made redundant. Head of OED James Howard said: "OED is looking to restructure to enable a clear focus on organisational development to support the University in meeting its strategic objectives."

The restructuring follows the refusal by the University's search committee to recommend Thornberry for a third term as Bowland College Principal. In Week 8, Lent term, SCAN revealed that the search

committee – appointed by the University to recommend the Bowland College Principal for the 2014/15 academic year – rejected all three of the candidates who had put their names forward for the position, leaving Bowland without a principal for the next academic year. It has since come to light that Thornberry was one of those candidates, standing for a third term as Principal.

An emergency meeting of the Bowland College Syndicate, held on Thursday Week 7, Lent term, was called to discuss the search committee's refusal to reappoint Thornberry, the College Syndicate's preferred candidate. "It was noted that despite the Search Committee having met, no nominee had been brought forward for approval to Syndicate even though the current College Principal had stood for re-appointment," the minutes of the emergency meeting read. "This was considered to be an unacceptable outcome for the College."

The College Syndicate suggested that the refusal to reappoint Thornberry was "an implied slur on the capabilities of the current College Principal."

The Syndicate's meeting con-

cluded by reaffirming Thornberry's leadership as Bowland College Principal, with the belief that there was "no reason why this should not continue." "Syndicate seeks and supports the re-appointment of Joe Thornberry for a further term



Photo by Lancaster University

of office," the meeting minutes read.

The position of Bowland College Principal has since been re-advertised, though it is so far unknown whether any new candidates have come forward for the position. However, observers remain bewildered as to why Thornberry was not reappointed

to the position, which has since been compounded following the announcement of his redundancy.

The University and College Union (UCU) – of which Thornberry is a member and acting branch president at Lancaster – is reportedly taking a close interest in the case. UCU Regional Official, Martyn Moss told SCAN: "UCU have concerns regarding the process of the delayed renewal of the appointment to the Principalship of Bowland College and the restructuring of the Organisation and Development (OED) unit, particularly as both directly affect senior UCU Branch Officer, Joe Thornberry."

College Principal, labelling the process as being "badly handled."

"The procedure to be adopted by the panel was not agreed in advance," Subtext said. The publication argued that the candidates for the position did not appear to be scored in an objective way, and that it was unclear as to whether the decision of the search committee was to be reached by a simple majority or whether unanimity was necessary.

Subtext continued by alleging that the chair of the search committee, Professor Amanda Chetwynd, and the rest of the panel "didn't try very hard to reach an agreed appointment: they seem to have given up after a few minutes and agreed to make no appointment at all." When SCAN approached Professor Chetwynd to ask about the process of selecting a candidate when the initial news broke in Lent Term, she declined to comment.

Joe Thornberry has served two terms as Bowland College Principal. During that time he oversaw the successful refurbishment of Bowland bar, while as a member of University Senate he was instrumental in holding the University to account for its decision to close the music department during the 2012/2013 academic year. As acting branch chair of the UCU he has been an active spokesperson for the UCU during the ongoing industrial pay disputes between the UCU and the University and Colleges Employment Association (UCEA).

"We will be monitoring developments very closely."

The staff publication Subtext, meanwhile, drew attention to the process by which the search committee came to its conclusion not to appoint any of the three potential candidates for Bowland

50th anniversary lecture series speakers announced



Rachel May Quin
Editor

The first three speakers participating in the Lancaster 50th anniversary public lecture series have been announced. Described as being "three leading names in their own, very different fields", the speakers do indeed come from a wide range of backgrounds, yet are all connected by Lancaster.

The lecture series will begin during the 50th Roses weekend with Olympic gold medalist and Lancaster alumnus Jason Queally on Saturday, Week 2 (May 3rd). Queally, born in Staffordshire, attended the Lancaster Royal

Grammar School and studied a BSc in Biological Science at the University – as well as representing Lancaster and other British Universities in water polo tournaments. He plans to talk about his journey into cycling and will be taking questions from the public at the Sports Centre on Saturday afternoon; after taking part in the Roses Ride 2014 – hosted by LUSU – which will bring together members of the University and the community in a major cycling event.

The second speaker will be Lancaster's own Chancellor, Sir Chris John Storey Bonington, known for his love of mountain-climbing and astounding climbing career which has included 19 expeditions. He is also honorary president of Lancaster University Mountaineering Club and has a boat named for him amongst the Boat Club's fleet. His lecture will

be taking place on Monday, Week 2 in the Management School – where he will be talking about the leadership and motivational techniques he used in his 1985 Everest expedition.

The third speaker will be lecturing Tuesday, Week 4, at the Storey Gallery in the city centre. Dr. Fran Bagenal, Professor of Astrophysical and Planetary Sciences at the University of Colorado, and Lancaster alumna will be sharing her experiences as co-investigator and team leader on NASA's New Horizons mission to Pluto. Bagenal has worked on a number of planetary science missions and is a researcher in the fields of space plasmas and planetary magnetospheres.

Registration for these events can be found at the Lancaster University 50th anniversary website. More speakers are to be announced in the coming weeks.

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NUS 2014 Conference Report

Lizzie Houghton

The NUS took a progressive turn over Easter as a series of bold policies were passed at the Union's National Conference in Liverpool. Students from across the county voted to support the principle of free education, and a 5:1 payscale across the university sector. There was also support for the 'cops off campus' campaign, the creation of a legal fund for students facing charges "as a result of repression" and a formal condemnation of the racist policies of the UK Independence Party. Support for free education came just weeks after Germany did away with tuition fees in favour of a graduate tax.

With the NUS' eyes turned towards next year's general election many of the policies passed strengthen the national union's ability to campaign for students and young people in the run up to May 2015. There was robust support for a 'new deal for the next generation', a motion calling on the NUS to campaign across the themes of education, work and community and to "use the opportunity of the next general election to win for students both locally and nationally".

This commitment to campaigning was matched by the re-election of Toni Pearce as NUS President. Winning by a clear majority Pearce shared her vision for "a student movement that's more representative than we've ever been. A student movement that listens, that campaigns from the classroom to the boardroom – on the streets and in your communities". Pearce will be joined next year by Megan Dunn as the new Vice President (Higher Education); Joe Vinson as Vice President (Further Education); Colum McGuire as Vice President (Welfare); Raechel Matthey as Vice President (Union Development); and Piers Telemacque as Vice President (Society and Citizenship).

Closer to home the head of the Lancaster delegation, LUSU President Joel Pullan said: "The general election needs to be, and will be, the necessary springboard for many students to think more decisively about politics that affect them and their peers. It will enable students to use their voice and their feet with the full support of students unions such as ours."

He added: "I am also pleased that we've taken a national stance against UKIP. At a local level, not doing this would be completely contradictory to many decisive stances we have taken this year already – such as opposing the immigration bill and lobbying the university and MPs to ensure international students are treated

fairly and not as second class citizens."

This desire for a strong national campaign was shared by Lancaster's Vice President (Education), Joe O'Neill, who said: "We need a national presence to ensure the student movement has the loudest possible voice on issues affecting young people. While it is still vitally important to have local campaigns and to get the vote out in Lancaster we need a national push to remind all politicians, not just our local MPs, that we haven't the forgotten betrayal of 2010 and we are still here and still ready to fight for our futures and the future of education."

O'Neill was one of three student delegates elected by Lancaster students to represent them at the conference. He was joined by Lonsdale second year Charlie Edwards and Pendle third year Anna Lee. Unlike some other student unions LUSU had not formally mandated the Lancaster delegation to vote in a particular way on motions or NUS officer elections. Each delegate effectively had a 'free vote', acting on their own consciences. This meant the delegation often did not vote as a block for candidates or motions.



Photo courtesy of NUS

LEC lead the way with second MOOC



Stephen Start
News Editor

Lancaster University's Environment Centre (LEC) is hosting Lancaster's second Massive Open Online Course (MOOC) on the topic of Food Security to begin on the Monday, Week 3, Summer term. The course, to be led by Professor Bill Davis, will last eight weeks and is aiming to raise awareness for food security and the implications that food waste has on the wider global population as well as at home in the UK.

Speaking to Professor Davis, SCAN learnt that food security is an issue that encompasses a whole plethora of interrelated factors that go way beyond agricultural production. Some of the issues include the logistical challenges that distributors face, as well as educational, cultural and religious factors that determine choices made by the end consumer. The latest MOOC will look at how we can deal with these problems and aims to focus "both on UK agriculture and on food supply chains in other parts of the world; [examining] how food has shaped our environmental and social landscapes."

Featuring in the MOOC's trailer video, Professor Tim Benton described how our attitudes towards food security and waste will "impact the population, civil society and the way in which we choose food impacts on our health."

Davis told SCAN in an interview that raising awareness is one of the main reasons for publishing the MOOC. "My main motivation for doing this is to try to raise the profile of the whole issue...I'd be keen that more young people think, 'oh I'd be interested

in having a career in that area'... I'm not just talking about crop science, there are lots of other disciplines that make a contribution and if we can get more people involved then we can make a more lasting difference."

Davis went on to elaborate on the agricultural issues that Food Security faced – "producing food needs a certain amount of resources: water, fertiliser, seeds, they cost money and parts of world poverty are so severe that buying fertiliser and seeds is not an option – the soil is impoverished and the climate is so severe."

As well as the production of food, Davis briefly spoke of other contributory reasons to problems concerning food security, telling SCAN that "in many parts of the world food is stored and stored inappropriately and is left to rot. – Not a proper transport infrastructure... not enough refrigeration... [And] seemingly trivial issues like the fact that there aren't markets for people to access food."

Whilst the production and delivery of fresh food is always going to be preferred, recent advances in the creation of synthetic foods such as Soylent, can provide your body with all the essential nutritional components without putting the huge strain on resources and infrastructure that typical food production and distribution does. When asked about products like Soylent, he responded "the more that you process food, the more expensive it gets. [Our] primary aim is to provide more people with enough fresh food." Whilst the professor is right, products like Soylent could become cheaper in the future with the improvement of the manufacturing process and may possibly become a viable food substitute in the future.

As well as concerning Food Security abroad, the latest MOOC will also look at the effects of food shortages within our own borders. The issue of Food Security is becoming more and more prevalent in our own media, with recent reports from the house of House of Lords where members of the house have called on large supermarket chains to end their buy-one-get-one-free offers in an effort to end the "morally repugnant" waste of millions of tons of food.

According to the official statistics gleaned from the Food and Agricultural Organisation (FAO) 2,472 tonnes of food are wasted every minute worldwide with approximately 15 million tonnes of food being thrown away each year by the UK alone. Davis told SCAN that these sort of issues were addressed in the MOOC and he called for greater education into the "use and sell-by dates" of foods to make sure that people were not throwing out food that is still edible.

Speaking to VP (Education) Joe O'Neill, SCAN asked whether MOOCs was the start of an educational revolution that food security so desperately needs in its own field: "I think MOOCs in general are something of an uncertainty for higher education and would urge proper thought about the direction the university wishes to take, but I am glad that Lancaster is engaged in steering where MOOCs go – and that LUSU and students are kept part of that conversation."

With Lancaster's pioneering of 'streamed lectures' and its ever expanding University population, which has already pushed the campus facilities to breaking point, the advent of more internet and distance based learning may in the future creep onto mainstream syllabuses. O'Neill went on to comment: "The last MOOC Lancaster ran was relatively successful in terms of uptake – roughly 10,000 – and received positive comments from those on the course. I look forward with interest to see how the next MOOC we launch does."

For more information about signing up to the course or for more information on MOOCs please visit the Future Learn website.

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Cultural societies compete in first ever Lancaster University World Cup

Jasmine Chiu

The first ever Lancaster University World Cup took place in Week 1, Summer term. Organised by the Lancaster University Asian Society, the competition played host to several other cultural societies, including the Bulgarian Society, Chinese Student and Scholars Association, Arab Society and Indian Society.

The whole event consisted of an opening ceremony – which took place on Monday Week 1 – and a total of eight different sports competitions, including football, cricket, table-tennis, badminton, pool and dodgeball on Thursday Week 1 and basketball on Friday Week 1. Each participating society sent teams and athletes to compete in each tournament.

Omar Anwar, International Cross-Campus Officer of LUSU, told SCAN that they had hoped to “plan something which would break cultural barriers”, to bring

different international societies together. “The overall aim is to get all the different cultural societies in Lancaster working collectively on one project,” Omar Anwar, LUSU’s Inter-national cross-campus officer, told SCAN.

Anwar continued by saying that this event aimed to provide students with the experience of “the real Lancaster,” which he described as a cultural-ly-diverse university, through an event consisting of sports tournaments and other cultural activities.

As one of the organizers, Anwar admitted that it took “a lot of time and effort”, especially

people. When asked about the preparations that went into organizing the Lancaster University World Cup, he detailed the most important job as “making a layout for the event”, that is, to plan the whole event from scratch.

Anwar and the other organisers then liaised between different cultural societies in the university to find participating societies. Other activities involved in the organisation of the event were “booking the sports facilities, communicating with LUSU Activities staff”, working out the budget and “ap-

plying for funds” to finance the whole event. “Everything said, it took us a term and a half to organize the event,” Anwar told SCAN.

When asked about his thoughts on the overall success of the event, Anwar replied that with a high, “overwhelming” number of participants in the event, “we couldn’t have asked for a more supportive student body”, and thus rated the event as “a resounding success”.

Anwar said that the high rate of involvement among students was what the organisers were “gunning for”.

Anwar told SCAN that he and his fellow organisers “plan on making the Lancaster University World Cup a tradition,” and would try to enlarge the scale of the event in the coming years.



Photo by Tom Greaves

since the Asian society executive committee only consists of four

Student designs landlord rating website



Jack Perry
News Editor

A student from Northumbria University has designed an online service which allows university students to rate their landlords, in an attempt to make student housing less stressful.

Mark Robinson, from Lancaster, took a year out of his studies at Northumbria University to develop the website studentlandlord.com to allow students to check reviews of different landlords and companies. Lancaster is among the 22 universities currently available on the service.

To access the service, students need to access the website, and then register with their university email address (ensuring that only students have access to the service and others – particularly landlords – do not) if they want to review their landlord. To access reviews, students can go on the website and, after clicking on Lancaster on the website’s map, can read reviews by other students about landlords in Lancaster.

Robinson told SCAN that it

was his own experiences with landlords which had sparked the project. “Last year when I was at university I struggled with my landlord and landlady because they were being uncooperative and making life difficult,” Robinson told SCAN, saying that he found it frustrating that when other students came to look round the house with the intention of renting the property they were unaware of the poor service provided by the landlord.

Robinson also said that student input was ultimately key to the project, particularly in making the website more user-friendly.

In a recent national survey for their March 2014 report Homes fit for study, the National Union of Students found that three-quarters of respondents had problems with their current student accommodation, with issues ranging from damp and mould to vermin infestation. 53% of those who responded to the survey found they had experienced delays in getting repairs carried out, while more



Photo by David Bleasdale

than a third had difficulty contacting their landlord or agent.

In the foreword for Homes fit for study, NUS Vice President Welfare Colum McGuire wrote “Too often, discussion on student housing is based on generalisations and assumptions. Students are often regarded as having no

care for the condition of their homes and being perfectly happy to live in substandard accommodation.

“From students spending weeks trying to get essential repairs completed to others being told to just ignore the problem, it is time to tell the other side of the story.”

When asked whether he believed housing to be a particularly stressful topic for students, Robinson replied: “I think it can be. A lot of students have never been in that situation, and you cannot always know what to do, which means you are open to being taken a ride by landlords.”

Aitchison resignation sparks by-election in University ward

Josh Walker

A by-election has been called in the University ward following the resignation of Paul Aitchison. The election, which will determine who will represent Lancaster University on Lancaster City Council, will take place on Thursday Week 4, along with European Parliamentary Elections.

Aitchison has served on Lancaster City Council since May 2011 but has had decided to step down due to work commitments. He was initially elected alongside Councillor Jonathon Dixon, who will continue to represent University ward.

Speaking to SCAN, Aitchison, who represented the Labour Party, said “It has been a privilege to serve on the Council over the past three years, representing students and voting for measures that would be beneficial to their experience at Lancaster.”

He also said “a key success has been the approval to redevelop Lancaster city centre which will result in an improved retail offer in the city. This will also present more opportunities for students to gain part-time employment whilst studying. This success, which benefits students, shows the importance of the University ward councillors to students’ interests in Lancaster. Furthermore, it is incredibly beneficial that the University councillors are students or recent graduates who understand what students want from their city and can easily contact them. I wish my successor, whomever that may be, all the best in the coming year.”

VP (Education) Joe O’Neill, thanked Aitchison for his role in representing Lancaster University: “Paul has been a long-time friend and an excellent councillor and representative for University ward. He has stood up time and again for young people, a group

I have repeatedly said are easily and consistently overlooked.”

O’Neill also said “the upcoming by-election is very important. Getting the right candidate elected to represent us on the City Council will ensure that we have a passionate advocate for the members of this University who can otherwise be easily forgotten and ignored.”

The election will fall on the same day as the European Parliamentary Elections in which the North West region will elect eight Members of the European Parliament (MEPs).

O’Neill stressed the importance of also voting in the European Parliamentary Elections, particularly as one of the current North West MEPs is leader of the British National Party, Nick Griffin. “Currently Lancaster is represented by the racist, fascist British National Party’s leader Nick Griffin in Europe. This is something we absolutely must get to the ballot box and put a stop to. I personally think it is disgraceful that Mr Griffin is our representative and only in voting can we say quite firmly that the BNP is not now and never will be welcome in Lancaster”, he said.

The Labour Party have selected James Leyshon as their candidate to succeed Aitchison. Leyshon currently studies History and Politics at Lancaster University and has been a member of Labour since he was 16. The full list of University ward candidates will be announced closer to the date of the election.

Lancaster University students can register to vote for the City Council and European elections, or check if they are already registered, by contacting Lancaster City Council or visiting www.aboutmy-vote.co.uk.



Photo by Lancs Labour

Student radio station successful at I Love Student Radio Awards



Jack Perry
News Editor

Bailrigg FM, Lancaster University’s student radio station, were honoured twice at the I Love Student Radio Awards, picking up the awards for Most Improved Station and Outstanding Contribution, which went to Stephen Robinson, Bailrigg FM’s chief engineer. The awards were held as part of the annual Student Radio Association (SRA) Conference, which took place in Newcastle between April 7th and April 9th.

The first of Bailrigg FM’s successes announced on the night was the Most Improved Station award. This award was for the station that made the biggest improvement over the last year. Reasons the judges gave for awarding Bailrigg FM the prize include the effort put into securing the funding for and execution of the ongoing refurbishment of the station’s three radio studios. Judges also highlighted the improved diversity of programming Bailrigg FM has had over the past year.

In response to winning the Most Improved Station award,

Bailrigg FM station manager, Sarah Sumner, told SCAN: “We’re all really proud of our station. We’ve all put a lot of hard work into improving the station over the past year, from our content to our studios. Our members have put in loads of commitment and I’m proud of everyone.”

Bailrigg FM’s chief engineer, Stephen Robinson, won the Outstanding Contribution Award, which is for an individual who has made the most difference to their student radio station and “continually strives to go the extra mile for their station.” Asked by the SRA podcasting team why he thinks he won the award, Robinson attributed it to “sleeping in the station for three months” over the 2013 summer break in order to get the refurbishment of the station’s studio A finished.

Bailrigg FM were also highly commended in the Best Audience Initiative category, which aims to reward the station which has put in the most effort into publicising and promoting their station. Judges were impressed with Bailrigg FM’s publicity campaigns, which over the past year have included the #BFMLibrary24 campaign, which saw four Bailrigg FM members and associates staying in the library for 24 hours, as well as the Freshers’ Week eight-day marketing campaign.

To compound the success of the weekend, on April 9th Station Manager Sumner was elected

the SRA’s North West and North Wales Regional Officer. As Regional Officer Sumner will be responsible for coordinating the SRA’s efforts in Lancaster, Manchester, Liverpool, Chester and other radio stations in the north-west of England and north Wales. She will begin her role in June.

“I’m really excited to be able to continue to help Bailrigg FM learn about radio and to make contacts in the industry,” Sumner said about her election to the position. “It’s a fantastic opportunity and I’m looking forward to helping student radios over the north-west and north Wales – we’ll have days with the BBC, Capital FM and more!”

The I Love Student Radio Awards aim to celebrate the commitment and contributions of individuals to student radio. They are distinct from the Student Radio Awards, which are held in November each year.

This year’s annual SRA conference was held in Newcastle, with attending guest speakers including BBC Radio 1 presenters Scott Mills and Greg James.

The SRA are the representative body which supports and acts on behalf of the UK student radio community. The organisation aims to encourage and facilitate communication between student stations, to assist in their development, and to offer support and advice to new stations just setting up.

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The scan archives

Taking a look back into Lancaster’s history

Thursday June 16th 2009 (Summer term)
No. 1 this week: **Pixie Lott – Mama Do (Uh Oh, Uh Oh)**

1 in 50 students voted BNP

The efforts of LUSU to drive students to the polls on June 4 turned out to be in vain in the early hours of last Monday, when far-right extremist Nick Griffin won the second seat of the evening for the neo-nazi British National party.

Two and a half hours earlier, the BNP’s Andrew Brons, a former leader of the National Front, had already been elected as an MEP for Yorkshire and The Humber, winning 9.8% of the vote. Griffin won 8% in the north-west.

On polling day, LUSU had taken over Alexandra Square, hanging European flags from trees and urging passing students to use their votes. They handed out leaflets bearing quotes from BNP candidates.

Griffin called gay people “creatures” and “repulsive”

Another quote, from a BNP candidate for the London Assembly last year said: “Rape is simply sex. Women enjoy sex, so rape cannot be such a terrible physical ordeal.” The leaflets explained that the BNP were within 2% of winning a seat in the elections and urged students to “vote anti-fascist”.

By the close of polls at 10pm

on the Thursday, 816 students had voted at the Chaplaincy Centre on main campus, and another 449 had voted at Barker House Farm; 21% of the campus electorate.

SCAN was at the count for the local elections in Lancaster, where the ballot papers for Europe were being verified. In a sample of the votes seen by SCAN, the BNP took approximately 2% of the votes on campus – one in every 50 votes cast.

Though only a tiny contribution to the BNP’s north-west total of 132,094 votes, this came as a slap in the face to LUSU’s anti-fascist campaigners.

The party, which bans black and asian people from being members, came out the election narrowly ahead of the Green party, who received 127,133 votes.

The new MEPs for the north-west are Robert Atkins, Sajjad Karim and Jacqueline Foster for the Conservatives, Arlene McCarthy and Brian Simpson for Labour, Paul Nuttall for the UK

Independence party, Chris Davies for the Liberal Democrats and Nick Griffin for the BNP.

Although the BNP’s share of the vote on campus was higher than some had expected and hoped, the vast majority of votes were cast for mainstream parties. But despite coming first overall in both the country and the north-west, on campus the Conservative candidates for Europe came level with Labour on 20%, while the Lib Dems took 24%. However, the Green party came out on top, taking 28% of the vote.

Despite the Greens’ claims to students on campus that voting for their candidates was the best way to stop the BNP, it was actually Ukip who came closer to gaining a second seat and denying Griffin a place in the European Parliament. Only another 2,500 votes for the Eurosceptic party – less than 1% of their total vote share in the region – would have stopped Griffin getting elected. In the end, the margin between the BNP and the Green party for the last seat in the north-west was twice that be- tween the BNP and Ukip.

Since his victory, Nick Griffin has already raised eyebrows by arguing that there is no scientific evidence for global warming, and the real fascists are campaigners against the BNP, who hurled eggs at him outside Westminster.



1 in 50 students voted BNP



BNP votes were 'backlash' against LUSU campaign

THE ESTABLISHMENT did its best to ensure that the British National party on June 4 won a "backlash" against LUSU's "seventeenth" in campaigning against fascism, according to the recently elected LUSU race relations officer.

Sampling of votes at the election count in Ball Ayrle revealed that approximately 2% of the 1343 votes cast on campus in the European elections were for the BNP.

Adam Williams, who was elected as the race relations officer on Thursday, and who participated in LUSU's campaign, said of the BNP vote: "Perhaps it was a backlash against the students' anti-overseasism in campaigning against extremist parties - quite often on the day when I was telling people not to vote for the BNP, they just came back with 'well why not?'"

Other parties receiving the evening process were anticipated to see some surprising results in the far-right party's logo on the university campus. From 'Wah', a graduate student and Labour's candidate in the 'Tory' heartland County Council seat of Lancaster Rural East, which includes part of north-west campus, said: "It's surprising that people still vote for them despite the union highlighting what the BNP actually stand for."

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History students have the most active sex lives, a survey at Oxford University has revealed.

The survey, by the student newspaper Cherwell, found that students who had sex most frequently were more likely to get a 2:1 or 2:2 in their degree, while those who got firsts tended not to have sex more than once a month.

Following history, students who had most sex were those studying politics, philosophy, economics and English literature.

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On learning of the results, Lancaster University History Society's president, Rachael Orr, would "neither confirm or deny these results."

The survey also gave an insight into students' attitudes to safe sex, with around half admitting to having unprotected sex, and 59% saying they had never been tested for an STD. In Lancaster, LUSU Women's Officer, Sara Dunn, has run numerous sexual health campaigns to raise awareness of the risks of unprotected sex.



Carolynne

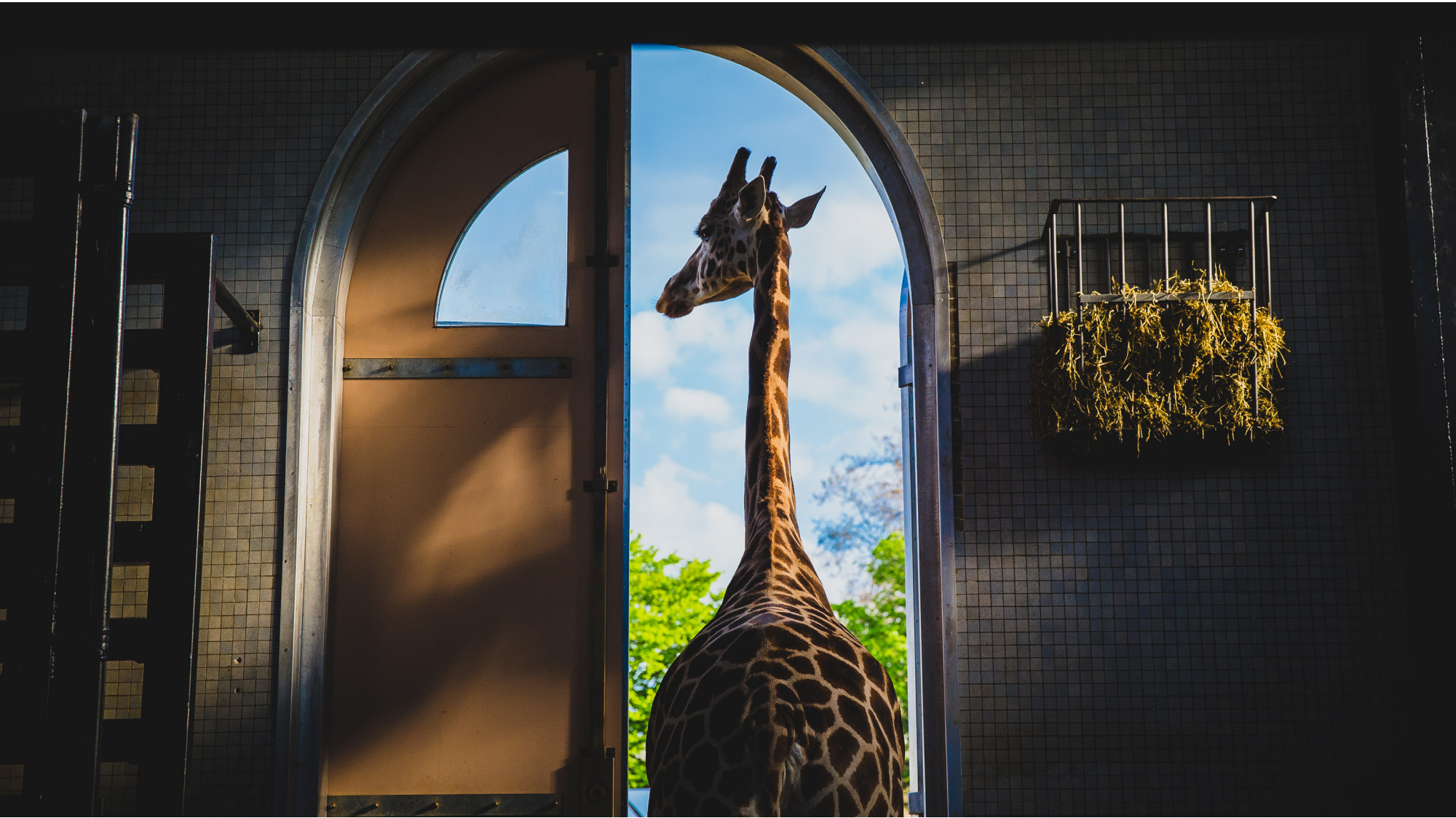
Culture, Features, Fashion & Lifestyle

Photo of the Week

This week: George Allard

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:

- *Game of Thrones: Season Four*
- *Compiling the perfect revision playlist*
- *Signs that summer is appearing*
- *Is controversy the best promotional tool?*
- *#FUCKTHEPOOR*
- *Club Tropicana: Hot jungle style*
- *How to achieve fresh flawless skin*
- *The inner monologue of blagging*
- *a seminar you didn't prepare for*
- *How to improve your memory*
- *Long-distance relationships: Do they work?*

Flashback: Kurt Cobain, the 20th anniversary

Dessita Petrova

On April 5th 1994, the world lost a true artist. Kurt's body was found three days later near the Washington Lake in Seattle's Viretta Park. It is on the same spot today where people leave notes, flowers and candles as a token of their sorrow.

As the 20th anniversary of his death came around this year, unseen photos and footages started to miraculously emerge to pay tribute to the singer. Experiencing Nirvana - an exhibition that reveals unknown off-stage photos of the band is now open to the public in Camden, London. 15 minutes of video footage of Nirvana's last concert in Los

Angeles in 1993 that the filmmaker Markey came across through his other videos has been available to watch online. A deluxe edition of Nirvana's last album 'In Utero' with unheard B-sides and bonus tracks has also been released. On April 10th this year, Hoquiam in Washington celebrated the first official Nirvana Day - the world has been so eager to show that it still cares and remembers this timeless legend.

20 years after his death, Cobain continues to be the one of the brightest stars in the music universe. But in all honesty, how does one begin to accept his absence when you have his music keeping his memory alive? Kurt Cobain is still around us through every tune of his being played or lyrics of his being scribbled down in a notebook. It is art,

with its ability to immortalise the work of spectacular individuals, that enables an artist to live forever.

During his short life, the young Kurt could not escape the burden of his depression, nor the dangerous spiral of his drug addiction.

But as troubled as he was emotionally, I believe that his mind was that of a genius. Kurt Cobain used the art of music to scream out all of his anxiety, but unfortunately in the end his fate was

sealed as he surrendered to the demons in his mind. It seems that he felt too much, and thus needed to find a way to mute it all - as he poignantly wrote in the note found near his body, he thought it far better for him to 'burn out than to fade away'.

A fascination with Kurt is a fascination with his legacy, in that his music portrays a multitude of emotions - both aggressive and melodic at the same time - which seems to have reflected his sensitive, yet tortured, personality. It is the kind of music that articulates deep feelings from the darkest corners of the heart. His tunes and lyrics are swollen with intensity, pain, and confusion, and led Nirvana to have an enormous impact on the alternative rock music era. After the death of the lead singer, the alternative genre was pinned down to a specific sound that was more or less trying to imitate Nirvana's. But nothing huge could be produced, the biggest movement in rock culture was already made by Nirvana and could not be surpassed. In an interview, Billie Joe Armstrong admits, "I remember hearing it when 'Nevermind' came out and just thinking, 'we've finally got our Beatles, this era finally got our Beatles', and ever since then it's never happened again."

One thing Kurt did not agree with was him being declared as the Spokesman of Generation X, after the release and huge success of 'Smells like Teen Spirit'. In an interview with Rolling Stone in 1991, Kurt claimed that his music spoke only for himself. "It just so happens that there's a bunch of people that are concerned with what I have to say. I find that frightening at times because I'm just as confused as most people. I don't have the answers for anything. I don't want to be a fucking spokesperson." If he only knew how big this 'bunch' of confused people has grown, he would be thrilled and scared at the same time. He might not necessarily be a spokesman for a certain generation, but nothing can alter the fact that his music touched many. It will always be relevant and full of meaning for his adoring listeners, music they can relate to. This is why, 20 years on, Kurt Cobain is still the name on everybody's lips.



Photo by Eric Shoemaker

Culture Update: What's been going on?

- Latest artwork by Banksy 'Mobile Lovers' has been prised off a public wall in Bristol by a local with a crowbar. The man responsible, Dennis Stinchcombe, plans to sell it for hundreds of thousands of pounds, claiming "I think Banksy's give it to us as a gift (sic), yes, It's left out there for somebody to do something with, and I think I'm doing something with it."

- Two of Britain's most esteemed film directors are set to battle it out at this years 67th Cannes Film Festival. Mike Leigh, director of Mr. Turner will go head to head with Ken Loach, director of Jimmy's Hall for the prestigious Palm d'Or prize. The festival opens on May 14th and showcases the most highly regarded films of the year from all around the world.

- Esteemed Colombian writer and Nobel laureate Gabriel Garcia Marquez died on April 17th at the age of 87. Author of Love in the Time of Cholera and One Hundred Years of Solitude, Marquez was regarded as one of the greatest Spanish-language authors of all time.

- This Friday as part of Lancaster Arts City's First Friday scheme there are a whole host of arts events happening around the city. Drop in to the NICE Bar in the Storey Centre to enjoy some live music from local musician Stephen Grew alongside artists Karen Miller and Louis Morton whose 'two solo shows in one' exhibition is opening on the same night. The Grand Theatre are hosting an evening of Motor City Memories, taking you back to the Motown era with a night of non-stop tunes that we all know and love. Finally, five-piece band Unfurl led by 'the country's most innovative and creative violinist, Olivia Moore' are playing at Priory Hall. This highly innovative band are said to combine Indian Rags, contemporary jazz, flamenco and Arabic rhythms - surely something not to miss!



So Andy, I hear you’ve got a big tour coming up this summer, have you ever done anything like this before?

I’ve never done something quite so big, which is pretty scary to be honest. But I’m really excited, I think that in doing such a concentrated tour your level of performance increases so much.

Obviously you came to fame through Made in Chelsea, do you think this has had a positive or negative effect on your chances of being recognised as a singer-songwriter?

It’s definitely both. Obviously it’s a huge positive in that straight away it’s given me a market, but at the same time it’s a negative because there are people who will write you off before you they even listen to your music. But, you know, everyone approaches things differently in life and I hope that people are open-minded and let the music do the talking, if you know what I mean?

Yeah, to get away from the label of being ‘that guy from Made in Chelsea’ and to take you seriously as an artist who seriously wants to make it?

Absolutely, and that’s kind of why I wanted to do live shows, because obviously they’re a raw performance and you can’t hide, so it’s a case of either people like it or they don’t. It comes back to music as opposed to anything else, which I really like.

So what was life like before Made in Chelsea?

Pretty dull. I worked as a broker, I sat at my desk all day, wore a suit and I didn’t really enjoy myself. Now I’m doing stuff that I love and I enjoy myself, so yeah, it’s a change for the positive that’s for sure!

Apparently your music has already been captivating the likes of Elton John, surely that’s one of the highest musical accolades you could hope for... How did this happen?!

(Laughs) Yeah! I recorded my first song with a family friend who has known Elton for years and worked on ‘Rocket Man’ with him. When we finished recording it he said “I’m going to send this over to Elton to see if he likes it” and I was like sure, as if he’ll ever reply, thinking he’s way too busy, and he literally replied within fifteen minutes saying “yeah I really like it”. I was blown away, just shows that Elton John is a very down-to-earth guy, I mean he must have the



Photo courtesy of Andy Jordan

craziest life and yet he replied so fast away saying he really liked the song, so that was really cool.

What kind of music did you grow up with at home, and did that inspire you in any way?

My dad is a massive Paul Simon fan and that inspired me quite a lot; Simon and Garfunkel, Tracey Chapman. I love all the kind of stuff. And then also I spent a lot of time growing up in the Caribbean so a lot of reggae and things like that... a bit of everything to be honest.

What kind of music inspires you now?

If I had to choose an artist now who inspires me most it’d definitely be Ed Sheeran, but like I’m absolutely obsessed with Paulo Nutini’s new song, that’s pretty much played on the radio non-stop.

Do you write all of your own songs?

To date I’ve written everything myself, and everything that’s coming out is pretty much my own. Last week I wrote with someone else for the first time and I’ll definitely be doing that again... I think you get better songs if you write with other people, it’s nice to get someone else’s input.

Are any of the songs that you’ve written inspired by anyone we might know?

No, they’re not. There are some that are about ex’s and things like that, but not the ex that everyone thinks of!

I see! That’s a rumour cleared up then. So, forgive me for asking... the whole nostril thing... was that something that came purely from Made in Chelsea or is it an observation that you’ve been plagued with for a long time?

It’s something that came out of Made in Chelsea... nobody had actually mentioned my nostrils before! But, you know, I am quite happy about it, I’m embracing it. There are a few people that have got a good set of nostrils as well... Cara Delavigne’s got some pretty big nostrils, I actually spoke to her about hers. I think Harry Styles has some big ones too.

You’ve started a trend!

Definitely, nostrils are the big thing for 2014...

I’ll spread the word. Do you have any nostril exercising regimes so we can all get your on-trend look?

Just your basic breathing, you know? In through the nose, out through the mouth.

But what would happen if you woke up one day and you lost the ability to flare them? Surely you’d lose your place on the show, I mean, that’s your USP gone.

Yeah I do worry about that (pauses)... definitely.

Right, on to the serious stuff...if you could mix any three animals together to form one super animal what would they be and why?

Well, I’d pick a dolphin, because they can swim really well, they’re really clever, and they have sex for pleasure. Then I’d mix it with a dog, because I love dogs. So the head of a dog, the tail of a dolphin, and then in the middle... what would be cool in the middle? Maybe something like really out there, like an elephant.

Or like an ostrich and then you could be all big and fluffy and feathery?

Hmm... [you] see with something like an elephant or a rhino they have massive tummies, and you could eat like, so much, and I love eating. So yeah, tummy of a rhino, tail of a dolphin and face of a puppy.

Sounds like you’ve got an attractive looking animal there...

Yeah, so attractive. Can you draw it for me?

Definitely! So, what’s the big dream?

I would just love to have a really cool beach house... either that or just sail, sail around islands.

Sounds pretty idyllic. What’s your plan between now and summer then, how are you going to prepare for your big tour?

I’m releasing an EP in May, and from then it’s just doing as much as I can to push the music. Obviously we’re still filming for Made in Chelsea at the moment, so I’m pretty busy with that. Then yeah, rehearse for the tour!

Game of Thrones: Season Four

PLEASE BE AWARE THIS REVIEW CONTAINS SPOILERS...

(Although if you’ve read all the books it doesn’t really matter. If you haven’t, why?)

Rory Mellon

It’s unlikely that anyone that frequents social media is unaware of the return of Game of Thrones. For weeks Twitter and Facebook have been bombarded with speculation and anticipation, it’s almost impossible to avoid the buzz and excitement that this series generates. This is however a television show that is worthy all of the praise and as the first episode of the fourth series ‘Two Swords’ proved. Few television series have managed to remain as consistently brilliant as Game of Thrones, other popular series such as The Walking Dead have faltered under the pressure of expectation. Game of Thrones on the other hand is if anything getting stronger with each episode.

The post Red Wedding world of Game of Thrones is a different place. The Lannisters believe they have quelled the tide of rebellion and secured the iron throne for themselves. Of course in Westeros nothing is ever that simple and there are still multiple threats, including Prince Oberyn (Pedro Pascal) nicknamed ‘The Red Viper’ who appears to have revenge on his mind. It was great to finally see Jamie Lannister (Nikolaj Coster-Waldau) back in King’s Landing after spending the last two seasons as a prisoner. We got to see some excellent scenes between him and his father, culminating in him being disowned.

Across the Narrow Sea we saw the perils of keeping dragons as pets as

Daenerys (Emilia Clarke) continued to cultivate an army in order to take back the throne that she sees as her birth right. Perhaps this is the only element of Game of Thrones that feels like it’s dragging its heels. Now going into the fourth season Daenerys still remains separated from the rest of the action and it means her scenes feel self-contained and at times unimportant in relation to what is happening elsewhere.

If the season four premiere had a fault it was that it felt like a set up episode. However if there were any fears that season four was going to be a slower paced affair they were quickly quashed in the second episode of the season ‘The Lion and the Rose’. After three seasons of being quite possibly the most hated character in all television King Joffrey (Jack Gleeson) finally met his end. In what is quite possibly Game of Thrones’ most horrible death so far Joffrey choked to death for a solid minute, slowly turning purple. It was a fitting end to a truly brilliant villain.

Interestingly the second episode of the series was written by the writer of A Song of Ice and Fire - the series of books that the TV show is adapted from - George R.R. Martin. This definitely showed with this episode being a master class in building tension, we all knew something big was going to happen it was only a matter of when.

With the king dead that leaves a vacant Iron Throne, something that I’m sure many people will have a claim to. Only two episodes into the season Game of Thrones has already had more shocking moments that most television shows manage across a full season. The future of Westeros remains unclear but one thing is for sure there are plenty more shocks in store.



Photo by Hina Ichigo

You need to know... Prides

Andrew Sharp

One of 2013’s success stories has to be Glasgow trio Chvrches. They came fifth in the Sound of 2013 shortlist and walked away from South by Southwest with the Developing Non-US Act Award and their single ‘The Mother We Share’ was voted single of the year by Popjustice. So it is with great excitement that I bring you another synth-pop act out of the city firmly set on breaking into the limelight this year.

Think the hard hitting electronic core of Chvrches with a healthy dose of radio friendly, energetic pop choruses perfected by the likes of Bastille and a measure of a White Lies-esque stadium filling grandeur and you’ll find yourself in Prides territory. There’s also a strong nod to the 80s, as lead vocalist and pianist Stewart Brock has explicitly cited inspiration from the emotion and depth of pop tunes from people like The Cure, Roxy Music, Simple Minds and Tears for Fears. Completed by Callum Wiseman (guitar, keyboards, vocals) and Lewis Gardiner (drums, production), the band have ex-

ploded into the media spotlight in February with debut EP and statement piece ‘The Seeds You Sow’.

The titular track, joined by ‘Cold Blooded’ and ‘Messiah’, showcase the band’s early knack of writing solid hooks complimented by bold, brash and anthemic melodies destined to be enthusiastically sung along to by hordes of fans that are slowly but surely accumulating. A slick cover of Katy Perry’s ‘Roar’ hasn’t damage their case either, attracting a lot of attention online. With features on some of the most notable UK and international blogs, being picked up by Island Records and having now accumulated significant airplay on XFM and Radio 1, it’s difficult to bet against success for these guys. Just like their Glaswegian successors, the band went State-side in March to hit up legendary Texas festival South by Southwest. That was immediately followed by a short tour of the US before a homecoming gig at the o2 ABC as the momentum gathers. Putting everything into their shows and enjoying themselves as much as they can, the trio are making quality music for the sheer love of it.

Prides are certainly a band you’re going to become familiar with in the coming months.



Photo by HBO

Lancaster Fine Art Degree Show

Artist Profiles

Written by:
Jessica Kadel & Danielle Ash

Clare Plasom-Scott



Clare's work focuses largely on simulating atmospheric experiences. Dealing primarily with nature, she attempts to bring the sensations associated with natural outdoor environments into her studio space. Her work concentrates more on the experience of immersing yourself in

an environment than the physical environment itself. Achieved in a delicate yet captivating way, she encapsulates every atmospheric quality of a scene by using water-based paints such as inks, dyes, water colours and Brusho crystals. Her work is more aesthetic than conceptual, but the paintings do not conform to the continuous tendency to paint landscapes realistically. With Clare's work, it is not possible to depict any physical entities amongst the entrancing hazes of paint. She is more concerned with the idea of expression, to abstractly represent the feelings and ambiances of each environment with a variety of colours. Her method of painting alone conveys this notion. Clare is interested in a very physical process to fully represent the environments she's observed. Work-



ing primarily on thick watercolour paper, she often submerges the sheets into substantial containers of dye, or works onto them with gestural brush marks. She is engrossed in the fluidity and the natural movement of the thin paint and wants her work to embody this sense of process by

revealing where the paint has travelled, creating a narrative from the mere application of paint. She tries not to control the paint, but to harness its energy and experience how it naturally works without intrusion.

This calm process reflects Clare's personality and her love for the outdoors. From living in the Lake District, she has developed an enthusiasm for nature, which she

shares through-out her work, expressing the multitude of colours, weathers and picturesque scenes presented by the lakes. She has always labelled herself as a painter and loves to experiment with the possibilities presented through the medium. Her main artistic inspiration is Turner's watercolours, especially his unfinished works as the gestural brush strokes present a sense of freedom and looseness. Fascinated with Turner's distinctive ability to create an overwhelming sense of light from a simple piece of paper, Clare has always tried to adopt this enchanting style. "The bigger, the better" according to Clare. For the degree show she wants to present pieces that work on a vast scale as they demonstrate more experience and allow the audience to be encompassed in the work. She aspires to transform her space into a specific environment by exhibiting immense panoramic paintings or installation pieces which will allow a sense of being immersed in an atmosphere which she has created.

Paula Sanchez-Roman Teran

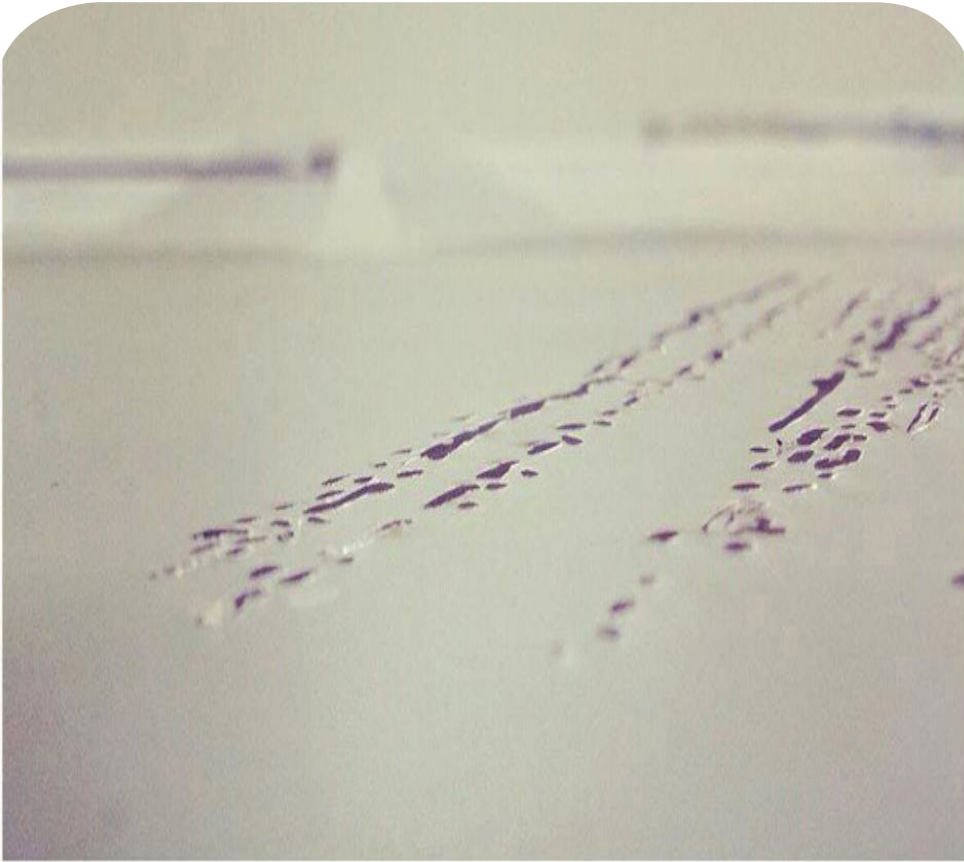


Paula's current body of work has stemmed from her awareness of chance marks that often go unnoticed in her environment, and more specifically in her studio space. Her studio practice involves experimenting and working with concepts of chance

marks which she elevates to "highly controlled, almost precious physical forms" to play with the transition from random and chance to precision and order. Paula is interested in the trace as an empty gesture without substance, and she works intricately to document chance marks through drawing and the use of technical processes.

A key moment in Paula's progression of highlighting these "left-behind reminders of human activity that nobody pays attention to" was when she learnt the notion of 'additive' and 'reductive' traces. Working in her studio space, the majority of chance marks she was documenting were additive: they consisted of substances such as paint drops accidentally superimposed or added onto the surface of the floor. Using a laser-cutter machine, she is able to emphasise traces by cutting out their voids to exemplify the transition from ignoring the unnoticed to creating seriously controlled and precise images that are brought to the viewer's attention. Paula pushes the boundaries of what the discipline of drawing might be. At first the constraints of laser-cutting on paper meant that the results were too alike traditional drawing of pen on paper whereas with translucent sheets she found it only left her with the trace of a line itself which is the essence of her work. Clinging to this idea of a 'trace', Paula did not let her new discovery of this technology distract from core artist research that she feels is important to her studio practice, and so she expanded her work to include reductive traces. She explored new environments to search for examples of each trace that confine to specific environments, as to combine both types of trace in her work she felt she needed to adapt her process to allow for reductive

traces as well. Carving into Lino sheets enabled her to create reductive traces and print these images onto delicate tracing paper. Paula chooses to first focus on processes, materials and techniques and then allows herself to be inspired by individual artists. She states that over her degree she has become more and more drawn to delicate and transparent materials such as plastic sheets, and accurate processes with the thrill of one incorrect mark potentially ruining the work. The structure of Paula's degree has helped her establish herself as an independent practicing artist, and she is excited to have a final "closure to three years of very hard work".



Film Review: 20 Feet from Stardom

Bryony Seager

It's a long walk to the front - this is the sentiment intoned by everyone from Bruce Springsteen, Mick Jagger and Sheryl Crow throughout this documentary film. Of course these are men and women who make the walk all the time, but this film is about the men and women who stand at the back or sides of the stage; roughly 20 feet from that spot in the brilliant limelight. These are the people whose harmonies you know on your favourite records, the ones you sing along to rather than the main lyrics, but you wouldn't be able to name if asked.

The film follows many women such as Darlene Love, Judith Hill, Merry Clayton, Lisa Fischer and Táta Vega.

These are names you might not instantly recognise – despite the fact that they do have records to their names – but, for example, Lisa Fischer has been the lead female vocalist on tour with the Rolling Stones since the late eighties, as well as being associated with other acts from Luther Vandross to Nine Inch Nails. Another star of the film, Judith Hill, was due to tour with Michael Jackson before his untimely death, and she subsequently sang at his commemoration service.

The 90 minute film itself is entwined with music that

we all know and love, from sixties Motown through to 80s rock and roll. With guest appearances from the likes Stevie Wonder and Sting it isn't short of a little bit of rock and roll superstar-dom, but what strikes is the insight into how much these behind the scenes voices provide.

Imagine your favourite records without the harmonising voices, or the last time you went to see a band on tour without their backing singers, it just wouldn't have the same impact, would it?

It was a brilliant story that is seldom told and it's done in a fascinating way; through the eyes of these women as they go about their work and daily lives. Sometimes you can feel their joy in their music, but of course these stories are not without sadness; the music industry can be a treacherous place to work and there were tales of betrayal, of contracts gone wrong, and the mistreatment of artists – particularly of African-American artists in 1960s America.

Directed by Morgan Neville the film premiered at Sundance Film Festival and picked up an Academy Award this year for best documentary. Praise has not been short for the film and it smashed box office targets - it is still showing in small cinemas around the UK and I strongly suggest that if you can, that you go and see it. As one reviewer said: you will come out singing! It is a feel good movie, but one with heart as well.



#iwantlusuto

Whether it's in 160 characters or less, online or in person, verbal or written, whatever way you express what you want from your students' union will shape our future and your time at Lancaster.

Now have your say

lusu.co.uk/iwantlusuto

Compiling the perfect *revision playlist*

Dario Napodano

As exam period is approaching, it is essential that we arm ourselves with techniques that make studying more enjoyable and less stressful.

For this reason, here are some suggestions on what music you should listen to while preparing for your finals! I must point out that these are only personal opinions; it's here to help those who love music but struggle to concentrate and revise with their favourite tracks on in the background. After all, music can be a powerful tool when revising – it creates a surrounding atmosphere that serves as a backdrop for when you're making notes, reading through them, and trying to memorize them, but, of course, not all types of music help us in doing so.

Firstly, while revising you should aim to

absolutely avoid any 'wordy' music genre like hip-hop.

Even if you enjoy listening to Rick Ross' drug lord escapades and the lavish beats that accompany them, from experience it is not the ideal genre to listen to while studying as the amount of words is bound to make you lose concentration quickly. The same goes for other 'wordy' genres like – ironically – spoken word, but also a couple of types of rock music like punk or even rock and roll. For example, Subterranean Homesick Blues is a great song, but Bob Dylan's fast, stream-of-consciousness lyrics are not exactly ideal when you're trying to concentrate and memorise.

The safest bet is going for instrumental music instead.

Whether it's classical, ambient, or electronica, these genres do not require any further mental effort other than creating a placid, tranquil environment. My personal favorite when it comes to this type of music is Gregorian as it helps

create a solemn, meditative listening experience; I would suggest in particular Guillaume de Machaut's Messe de Notre Dame and Allegri's Miserere, which are unique in this particular field. My favorite ambient artist on the other hand is Aphex Twin, whose ambient records such as Selected Ambient Works 85-92 also help create a contemplative atmosphere that can help your studies.

If you're more into more mainstream genres, I suggest three albums that also offer a distinctively atmospheric listening experience; those would have to be Kid A and Amnesiac by Radiohead and the more recent release An Awesome Wave by Alt-J. These albums blend rock sounds with electronic, jazz and experimental ones. Radiohead's albums create a chilled out atmosphere without making you fall asleep on the first track, while Alt-J's more tender music style is also effective. If you are a big rock or metal fan and feel that listening to it helps you concentrate, I suggest you swap listening to the original tracks for their acoustic variants of whatever songs you like.

The fact that it won't pound your eardrum excessively can easily create a good working

atmosphere that prevents any form of distraction.

Unfortunately, songs and albums don't last forever – which is why nowadays we have online services like Last.fm and Spotify that give us the chance to create playlists. Although Spotify is great at doing this, often it takes a lot of time to individually research the best music for your revision, which is why you can now use free apps like 'Lazify' to create playlists for you by simply dragging and dropping a specific tune to its page.

That way you can listen to the best music for revising without having to worry about which song to listen to next.

These are some suggestions for which music to consider listening to as you're roaming through your studies. Of course, some people might have their own special tastes, but for those who feel they get too distracted by music these might well have saved your day!



Photo by Sammie Caine



scan Mogshot.

Photo by Matthew Fleming.

The summer library survival guide

Danny Gallagher

As much as it pains us all to admit it, it's getting to that time of the year again. Nights are remaining lighter, summer is ever encroaching, lectures have all but come to an end and ultimately, the library is patiently waiting to claim us all.

In essence, it is basically a case of accepting the inevitable. In the run up to the examination period, the library will, and does, become the staple place of habitation for a vast majority of the student population. A place that for most of the year acted as a social sanctuary for meeting up in the awkwardly placed hours between lectures - now becomes a hub of long-drawn torment, almost in the blink of an eye. Brace yourselves for an intense season of battling for a suitable place to work, being defied by the coincidental absence of every book you need, and being ever tempted by the allure of the postcard-esque sun to call it a day and exit your self-designated studious hellhole.

It takes some strong willpower, concise focus and usually a metric ton of caffeine riddled energy drinks in order to undertake and complete a considerable library stint; a day's session with which,

once all the time spent people-watching and endlessly procrastinating is detracted, it can be said that at least some degree of productivity has occurred.

A key component to overcome the trepidation of falling victim to the soul-consuming establishment, is to bypass the initial, heavily frequent and almost philosophical thoughts of 'why am I even in here?' It is just as easy to see your carefully planned routine of spending X amount of hours within the library, fall to pieces at the drop of an unexpected suggestion of less educationally beneficial yet much more socially appealing plans.

Under the survival guide however, this comes heavily underlined in red as a big 'no'. Dedication breeds performance and performance breeds results... or something along those lines... supposedly. Reap what you sow, and all that. Nevertheless, this is all too easy to be told by somebody who doesn't have to endure a highly congested pedagogical metropolis, teaming with students equally as stressed and unwilling to be there as each other.

So, what are the suggestions available to make this whole process as manageable and as pain free as possible? Often, it is at the full discretion and initiative of the individual. That, combined with how much one can take before happily

playing the 'at least I tried' card and swiftly exiting, whilst maintaining that 'tomorrow will be productive, I swear'.

Coming from somebody who seems to find YouTube videos all the more interesting whilst supposedly using the library's facilities to get ahead of work, or trawling Twitter to unnecessary lengths beyond the realms of all imagination, it is a fair assertion to say that the advice given here is not best placed with exemplary evidence of success.

Nevertheless, regardless of who you are and how you work, timing your arrival to the library is paramount.

In most cases, set your sights on either going early or going late - make a selection and stick with it. Those that find themselves planning a day of library revision and subsequently hit the midday rush due to unhealthy timing essentially may as well have stayed at home.

Third term is notoriously worse than all others in terms of library congestion.

As a result of this, going early affords you the now-royalty of being able to actually choose a location to sit. No such privilege will be on offer to the lunch time dwellers, with endless circuits of the library in search of a suitable desk. As for those who arrive at this midday hour expecting available plug sockets for laptops and other devices, the saying 'you've got more chance of finding a one-ended stick' comes to mind.

In contrast, going later at night offers the nocturnals amongst us the option to not only make at least some shred of academic progression in a relatively freed-up library, but also removes the main mood-killer of the ever appealing sunshine which reigns throughout the day - the main culprit for making students leave as a result of not only offering better things to do with your time, but primarily due to upping the temperature to resemble that of an award-winning greenhouse.

Whichever way you choose to approach your imminent library sentence during this final term, it's not going to be pleasant, but at least it can be manageable. Keeping Facebook, people-watching and observing the flight of the renowned library-bird to a minimum, hit the energy drinks and you'll be fine. It'll all be worth it come summer.



Photo by Time Trax

Signs that *summer* is appearing



Jess French
Assistant Editor

It can't be just me that gets a little jolt of excitement when I realise that summer is on its way. The flowers are out, the days are getting longer, and all signs are pointing towards summer fun! But you may ask dear readers, "Jess! How on earth will we know if summer is really here?" Don't worry my friends, for I am here to point out the clear signs of summer!

1. Lancaster becomes almost bearably warm

I mean, we still live in Lancaster, so we can't get too excited about the temperature, but there are occasional flashes of a strange glowing yellow orb in the sky. What could this mean? Well, excitingly it's going to get warmer and warmer until it's genuinely shorts season! Which brings me onto my next point...

2. Shorts come out

There are still hardy people that manage to wear shorts all year round (I salute you and your commitment to a breeze around your shins) but for the rest of us it will be warm enough to brave a bit of bare leg. I can even get the odd summer skirt out! Who doesn't love a bit of summer fashion?

3. Festival buzz starts happening

I'm not actually going to any festivals this year due to a chronic case of being old and boring but that doesn't mean I can't get excited about festival line-ups being announced. Whether you're more of a traditional Glastonbury type, a hard-core Sonisphere goer, or you prefer more independent festivals, there's something for everyone to get enthusiastic about!



Photo by Sammie Caine

4. Hay fever

One of the not so pleasant ones – sadly the onslaught of pretty flowers means pollen, pollen, pollen! Apologies to all those who suffer from this affliction. I am a smug non-sufferer, but my entire family starts dosing up the moment the first tree starts blossoming, and it only gets worse from there. Summer means antihistamines!

5. Wallings ice cream on campus starts getting mobbed

A staple of Lancaster campus life, the second the sun comes out there's a queue around Alexandra square, ready for the delicious taste of Wallings ice cream. I am a nut and go there all year round (ice cream makes you warmer in winter. Honest), but for the uninitiated, Wallings is the place to be once it starts warming up. It also becomes more acceptable for me to eat ice cream for breakfast, lunch, and dinner.

6. Summer blockbuster season

Ahhhhh my favourite cinema season, and there is a plethora of blockbuster goodness hitting the screens this summer, with everything from wisecracking raccoons to gigantic rampaging lizards! We've already started off with Captain America 2 and The Amazing Spider-Man 2, and there's more to come – I'm especially looking forward to Guardians of the Galaxy and X-Men: Days of Future Past, although the new Godzilla looks like it will be unmissable!

7. Summer holiday plans

Before exams happen, standard revision procrastination is always planning that amazing summer trip – something to distract you during the monotony of

equations, dates, and essay structures, and something to look forward to once it's all over. I myself am attempting to plan a little something, but there's so much choice, and so many places that I want to go. At least it will give me something to do instead of maths!

8. Barbecues

Ahhh the delicious smell of lightly grilled/burnt meat (or vegetables, if you are of that persuasion), there is nothing like a good ol' British barbecue. Normally done in the cold and the rain, with a bit of perseverance and a pint in hand, our insistence that it is barbecue weather is one of the peculiarities of our national-ity.

9. Wildly inappropriate footwear

"It is summer therefore flip-flops are fine." No, no, my friend, flip-flops are wonderful inventions but they are really not very practical for walking around in all day, especially when it inevitably starts raining. Same goes for normal pumps, although maybe it's just me that ruins at least one pair a year by being overly optimistic about the day's weather...

So, there you have it, sure signs that summer is on its way! I for one am incredibly excited, and I hope you are too!

The rise of the 'selfie'



Photo by Sakib Rahman

Grace Elizabeth Harvey

Since the introduction of social media platforms such as Facebook, Twitter, and in particular Instagram, it's become the norm to see self-portrait photographs, otherwise known as 'selfies', on your news feed. Search for '#selfie' on Instagram and you'll find millions of posts, with '#selfiesunday' returning over 8.5 million results. 'Selfie' was named as word of the year in 2013 by Oxford Dictionaries due to its ubiquity; the word became so popular that its frequency allegedly increased by 17,000% last year. Even prominent figures such as Barack Obama and David Cameron have jumped on the bandwagon, clearly recognising the popularity of the selfie in modern culture.

In recent weeks, selfies even became the catalyst for a social media campaign to raise cancer awareness. The hashtag '#nomakeupselfie' was seen on various social media platforms, along with bare-faced self-portraits. It's unclear where this campaign sprang from, but over £2m was donated to Cancer Research because of it. While this trend became widespread and it has been acknowledged that the money donated amounted to a large contribution, I did not take part. Some may have thought of me as cynical or cold-hearted for refusing to participate, but my reluctance to join in stemmed from my worry that removing all make-up appeared to be a very significant event for many women. On Instagram, there are over 10 million posts under the hashtag '#nomakeup', suggesting that going completely make-up free is a big deal for a lot of people. In my opinion, current pressure to look beautiful has contributed to a lot of women feeling like they have to wear makeup in order to adhere to the standard of beauty upheld by society (and in particular, fashion magazines and the media).

In today's society there seems to be a lot of pressure to look a certain way. Selfies are a popular trend within celebrity culture – Rihanna's Instagram account, for example, has over 12 million followers and nearly 2,500 posts, many of which are carefully constructed selfies to make her look a certain way. While Rihanna does not purport to be a role model, her – and other celebrities – prominence within our culture depicts an unrealistic image of how everybody should look, and suggests that looking like these glamorous celebrities is the norm. However, the ability to post flattering selfies can portray an outward image which is completely different from what a person looks like on an average day.

The story of a boy who was apparently addicted to taking selfies was published in March, reporting that the 19 year old took up to 200 photos per day in order to take the 'perfect selfie'. The teenage boy, who was diagnosed with OCD and Body Dysmorphic Disorder, became so obsessed with taking selfies that he became suicidal. This is probably not a case that would have occurred before the surge of social media and particularly Instagram. While this appears to be an extreme standalone case, it is worrying that the selfie trend can have such harmful consequences and it's possible that cases such as this one could appear elsewhere in the future.

I am not completely criticising the selfie – I've been guilty of taking them since the days of MySpace. When you're feeling good about how you look, selfies can be a way to capture and share this feeling. It's nice to know that it's possible others are going to appreciate how you look, I suppose it's a form of ego boosting. The problem arises when people feel as though they're in competition with one another to look good. When you see a selfie taken by an absolutely gorgeous girl or boy, with dozens of likes and comments, it can sometimes make you feel a little inadequate.

Perhaps we all need to be a little more loving towards each other away from a social media context. The compliments received on profile pictures and Instagram snaps might make you feel good, but in my opinion they don't compare to being told you look nice face-to-face. I've always tried to make a point of telling people I like what they're wearing if their outfit catches my eye, and their reaction is always positive. Don't be shy – if someone looks good, tell them. They'll most likely be really appreciative that you took the time to tell them in person rather than just leaving a comment on a social media site. I think it's time that people put down their phones, stepped out of their selfie bubble and saw people for what they really were, in real life.

How to: *Revise efficiently*

Rebekah Hendley

If you've not started revising yet, you might feel like it's time to panic, hide under your duvet, avoid everyone on your course and eat excessive amounts of junk food. However, no matter how tempting that might seem, it's not going to solve your revision nightmare. There's still some time, so get up and get going with my top tips for revision.

Plan and prioritise

Before you spend hours procrastinating, make a totally unrealistic - yet beautiful - revision timetable to prioritise your learning! This may seem like a no-brainer, but you're not going to be able to learn and remember everything all at once, no matter how much cramming you do. Instead, plan out when your exams are and what you need to revise first, it will ease the pressure and break your revision down into manageable chunks.

Sleep

You know you love it and thankfully for you studies show that brain recall is stronger after sleep - so get in bed, get cosy and rest your brain. But don't get too cosy too quickly, learning something right before going to bed then letting your brain do the work can also help you remember better. However, I wouldn't recommend this if you've already stuffed your brain to capacity that day.

Eat well and stay hydrated

Try to eat healthily and drink more water. I know this is difficult during the stressful exam period, but the last thing you need is to get ill so try your best to stick to a healthy diet. Whole grains, fish and fresh fruit have all been proven to enhance brain power - and we could all use a little extra of that.

Take regular breaks

Excessive revision will only confuse your already overloaded brain further, so when organising your time make sure you keep some time aside for regular breaks. Revision is best in small bursts so take a short break every 45 to 60

minutes; this will make your revision more efficient and hopefully stop you losing your mind. However, try your best to avoid too much technology during your breaks, it can be distracting and before you know it your 10 minute break could turn into an hour.

Mix it up

Don't just read your notes, you'll have forgotten what was on slide one by slide 50! Instead adopt an active approach for your revision and use many different revision techniques. Make notes, draw mind maps, make flash cards or even stick Post-It notes all over your house if you have to. If you're more of an auditory learner why not record yourself reading your notes and play it back, this is particularly handy for revision on the go. Whatever works for you, but remember not to spend too long making your notes look pretty. Using different colours help, but unless you're doing an art degree fancy revision notes won't get you a first!

Be active

Exercise isn't just good for your body, it's good for your brain so get up and get active. Even if it's just a short walk or an hour in the gym, getting away from your revision will definitely refresh your brain and boost your learning.

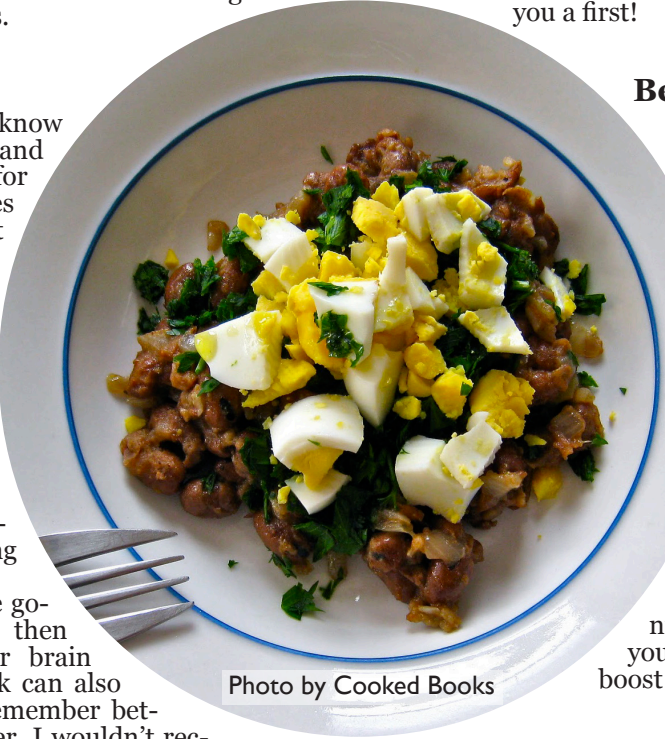


Photo by Cooked Books

Have a day off

Although it can be hard to switch off, make sure you have a day off every now and then. Set aside a day or at least a night a week to have some 'me' time. Pack your books and revision away and give your brain a rest.

Finally, DON'T stress yourself out

It may seem like the scariest thing you'll ever face at the moment, but stressing yourself out doesn't help, it only causes premature aging. If you feel yourself getting hysterical: take a deep breath, have a break and come back to it, you'll get there in the end! Summer is just around the corner, it's only a couple of months away so knuckle down now and enjoy the freedom of a re-sit free summer.

Is controversy the best promotional tool?

#FUCKTHEPOOR



Rachel May Quin
Editor

If the headline of this article already made you gasp and grind your teeth in rage, ready to fire an angry email my way, I've already made my point - also, please don't. Just recently, my lovely Features Editor sent me a link to a YouTube video, documenting a campaign entitled #FUCKTHEPOOR.

A social experiment which took place in the crowded, bustling streets of London, this video that lasts just over one minute shows a man in a fluorescent jacket wandering through the crowds with a sandwich bored across his body emblazoned with the words 'FUCK THE POOR'. In the opening 10 seconds or so, he attracts very little attention as he staggers around with his flyers. Let's face it, we've all walked past promoters, sighing and hoping they don't force whatever club promotion nonsense they're peddling today. Most of the time, you probably wouldn't even notice what they were wearing. However, when the man begins to shout "fuck the poor!" and doing a merry jig of sorts - well my

friends, that's when the magic happens.

The people featured in this video verbally attack the campaigner, getting in a fluster about something. Perhaps if he hadn't so casually tossed around the four-letter word people wouldn't have been so offended. Comments like "that's disgusting" are typical. One shouted "we should be thinking of a better way to get them off the street", another kind-hearted citizen stuttered "if a guy's cold, go give him a blanket" - forgive me for being cynical, but I doubt the young man featured has ever in his life approached a homeless person in the streets of London with a cosy blanket. All manner of hate is directed at the offending campaigner, as people get visibly upset and one man - who states that he was homeless for two years - shoves him.

Later that same day, the campaigner turned his sandwich board inside out to show 'HELP THE POOR' and rattled his donation bucket.

**Did anybody care then?
Of course not.**

The Pilion Trust, the masterminds behind this social experiment, say that the purpose of the experiment was to see if people really do care about the less fortunate. I'll admit that I'm no angel, I very rarely carry cash and I'm usually so skint

myself that if I see a fund-raiser with his bucket I guiltily keep my eyes on the floor and hope they don't notice me. Is this a lack of care or is it a fundamental fact of modern marketing that if you cause enough of a stir, you'll get results? The campaign message is: "We know you care. Please care enough to give." Savvas Panas, Chief Executive of the Trust, has bene quoted as saying "as a charity that has been severely affected by the nationwide decrease in charitable donations (20%) and Government cuts (60%)." He went on to say that people may well be shocked by the footage, or disapprove of the language used, but: "We are more offended... that people across the United Kingdom are living in adverse poverty."

The Twitter response to the campaign seems to be largely positive, perhaps because it's enough to make us feel guilty about the way we treat fund-raisers on the street. One tweeter posted about how watching the video made him feel sick to his stomach. The suffering and plight of others is an issue that will be close to the hearts of many, and yet without controversial messages like this people would

go about their daily business and ignore the niggling feeling that they should be doing more. It's not just about your donations - many students probably aren't in a position to make generous donations to charities if they can barely afford their rent - videos like this might force ordinary people to consider volunteering their time.

Whether or not this was the best promotional tool is debatable. It certainly must have taken guts for the campaigner to so brazenly shout obscenities and insults in the centre of London. It caused offence, but it also made the Pilion Trust and the work they do a huge talking point that has remained relevant on social media for the past month. In the space of one minute and 20 seconds, this charity have created something that will remain in the minds of many for months to come. I suppose if just one person walks past a fund-raiser, remembers Pilion's message, and donates £1; they've already made progress.

On the other hand, the streets of our capital are littered with homeless and people who struggle to survive. Though I'm sure the Pilion Trust work as hard as they can to support the impoverished, there are some people who will never ask for help or who can never receive enough help. Panas makes a valid point in that government cuts are only worsening the situation for Britain's poor, Perhaps we should start campaigning to tackle the root of the issue, as well as fund-raising for those in need. "We should be thinking of a better way to get them off the street" is not such an empty statement after all.



Image from video



Image courtesy of David Blackwell

The best part
of the day
is the night!

PREVIOUS LINE-UPS

RUDIMENTAL

LABRINTH DRUMSOUND & BASSLINESMITH

DJ FRESH REDLIGHT SCOTT MILLS

DANNY HOWARD LETHAL BIZZLE BONDAX D.O.D

KIDNAP KID JAMEELA JAMIL DJ WIRE. beat a maxx

TheSugarhouse thesugarhouse

THEsugarhouse

Top *transitional trends* for summertime

Chelsea Eddy

Shorts, shorts, shorts

There is a controversial trend that has slipped from the catwalk onto the high street and I say controversial because I don't like it - harsh but honest, I know. However, slowly I'm being won over by the painted pastel versions and super tailored styles, which basically target my fashion weaknesses. I am referring to board shorts. Some people call them cut-lottes, but ELLE is my bible, so hence forth they are, as ELLE says, board shorts.

Basically they are tailored trousers, but cut off either just above or just below the knee. In terms of this article they are a great transitional piece going from spring into summer, especially if some of you have landed work experience or are going off to professional graduate jobs; they make the perfect piece for a balmy office with a bit of calf ventilation.

However, the styling is crucial to making them look fashionable, otherwise you might end up looking like a mature Brownie guide. For inspiration, look to Jason Wu's collection, which features amazing pastel two piece suits using board shorts. He has teamed them with slightly sheer tees, strappy barely-there sandals and beautiful long-line blazers; a bit like if a Californian came to work in London for a day.

The Boxy Crop

Boxy jackets. Yes. It's lightweight, really versatile and comes in a variety of styles which makes it such an awesome transi-

Aztec vibrant patterns, intricate embellishments, fringing and a relaxed fit. Monsoon actually have really nice ones in at the minute, so do Topshop and Mango. Keep them casual with plain tees, skinny fit jeans and cute pumps. It's a Coachella worthy

simple rings.

New age flare

I LOVE A GOOD FLARE! Free People have always stayed true to the flare, but now everyone else is catching on and I actually could not be happier. They come in a traditional fit and flare style which look great when patterned, stick to vertical patterns though as these elongate your legs. The wide-leg style is the best transitional piece as they come in reasonably lightweight fabrics and fantastic block colours. You could be bold and wear a statement colour with a patterned crop, or - my personal choice - you can try white trousers, an asymmetrical fitted crop and some pointed courts.

Abs out

The piece that I believe brings all these styles together is the crop. Now is the time to acceptably bear your midriff, especially now stores are teeming with styles that allow a respectable flash of flesh. ASOS asymmetrical crops are cool and geometric, which means you can wear them with pretty much anything: get the sport luxe vibe with bomber jackets, go bohemian with your wide leg trousers and boxy crop, or test tailored and girly with board shorts. Topshop also do some silk long-line bralets that look great with these trends, as well as a new length skirt known as the tea skirt. The two piece crop and bottom combos are a fabulous spring update.



Photo by Gustavo Díaz

outfit - especially if accessorised well with lots of bangles, a chunky necklace, or lots of

scan Fashion-O-Meter

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

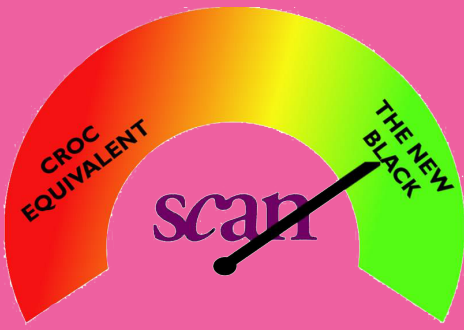
Damian Gray

The New Black

- Crop tops: You're paying twice as much for half a t-shirt. That is definitely #fashion.
- Other people's sunglasses: You can never find any to fit your massive face, but it always seems that everyone else's sunnies do.
- Dissertation beards: If 10,000 words isn't a good enough excuse not to shave we don't know what is.

Croc Equivalent

- Male crop tops: The heinous trend emerged at this year's Coachella and will hopefully die a painful death there also.
- Lack of personal hygiene: 10,000 words is not a good enough excuse to not have showered all week.
- Rubbish organisational skills: Any group message of friends to discuss this years' holiday always descends into talk of the weekend and who is bonking whom. Goodbye Ibiza!
- Alex Square sunbathers: Watching on from the library you'll be excused for wishing them third degree burns. Just be safe in the knowledge they'll be getting a third in their degree.



Club Tropicana: Hot jungle style



Heidi Nagaitis
Fashion Editor

The Spring/Summer 2014 catwalks showcased a plethora of jungle prints, floral designs and safari styles which have already hit the high street. For some, the tribal patterns, which appear year after year, just in time for summer, can be a little over the top, reserved for two weeks in the sun, then banished to the back of the wardrobe until the next holiday. This year it's easy to keep your outfits colourful with designers offering a variety of prints for both men and women and here are just a few to help you add a little colour to your wardrobe without channelling Wham.

A fan of traditional safari chic?

Stick to classic leopard spots and snake skin prints, available on everything from loafers and skirts to muted versions on men's shirts. They're on trend and here to stay, so every season you can count them as a wardrobe staple. 2014 sees focus on the feather, showcased at the Moncler Gamme Rouge show in the form of outlandish capes which, in more of a struc-



Photo courtesy of afranko.com

tured style, are bound to hit the high street in time for grad balls everywhere. For a more typical take on feather print, look no further than Neil Barrett whose feathered designs appeared in graphic form, contrasting with structured shapes and cycling shorts on his catwalk.

This classic style is definitely to be admired, however to keep your look current, opt for digital florals. A favourite with the fashion pack this season were Kenzo's aqua prints, paired with androgynous silhouettes for an elegant yet wearable look. Dior's take on this trend was, in terms of pattern and print, defined as 'techno florals'. Confused? Imagine Will.I.Am let loose on Paint and prints, unless you're planning on rock-

you're not far from the truth. Tropical prints interwoven with text on voluminous organza skirts, resembling upside down flowers, was Dior's mainstay this season. The high street has toned down this look, offering tropical, digital prints to both sexes on more popular pieces. I'm pining for a digital print bomber jacket, which everyone from ASOS to F&F have produced. Guys, stick to the smaller, more

Finally, there's always room in one's wardrobe for a little classic Tropicana courtesy of the people's favourite: Hawaiian print.

A definite favourite with men's fashion, Prada's Spring/Summer 2014 collection sported a huge variety of traditional Hawaiian print to cater to every taste. Girls, I'd suggest a rummage in the local vintage shops to give your Hawaiian style-ups a little originality, a longer shirt can always be cut into a crop to pair with jeans or shorts. Alternatively, tuck into a leather mini or pencil offering for a modern twist on 1950s florals. Boys, you can't go wrong with a classic Hawaiian shirt, you've just got to have the guts to don one. A friend of mine was wearing his lemon-coloured Hawaiian classic in March and looking fabulous. If in doubt, opt for a classic cut, preferably a short-sleeved number and team with jeans for a laid back look which will take you from day to night.



Photo courtesy of designscene.net

Sugarhouse style on a budget

Georgina Jones

When entering the third and final term of a University year, three things come to mind: final deadlines, exam revision and summer. Whilst we might all be rotting in the library away from the UV rays at the start of the term, we'll be looking forward towards The Sugarhouse nights out that we'll be enjoying post-exams. For this reason, all fashionistas should start thinking about the key bargain pieces that you can buy to stay on trend in the summer season during your nights out.

Firstly, pastels!

They're here to stay in the summer months, and it's time to start trading in those mint green sweaters and pale pink coats for pastel items suited to the warmer temperatures. Look in most high street shops and you're sure to find a 'basics' section, teeming with crop tops and boyfriend vests in an array of pastel shades for you to mix and match with your best high-waisted skirts and shiny leggings. If you've been looking in the



Photo by Simas Abraškevicius

high street shops you'll also have seen that tropical vibes have been hitting the rails in recent weeks. In both Primark and New Look you can snatch up crop tops and skirts detailed with palm trees. Offset such a vibrant print with block

colours for the other items in your look. The tropical trend can also be found in the kimono, an item which has been making its way quickly into the high street market. Whether it's floral or basic, a kimono will add a delicate and

feminine touch to an outfit. Alongside pastels, the sports luxe trend is still going strong and American-style football and baseball jerseys, which began as more expensive vintage items, can be found in the high street shops. If you'd prefer to avoid looking too 'sporty', you can find baseball jersey style tops which offer the style without the garish sports team logos. These jerseys can be easily dressed up for a night out if worn with a mini skirt or disco pants and with the right accessories. Accessorise with thick 90s-style chains and red lipstick. Finally, you might have seen the Stella McCartney chunky platform heels which hit the runways last year. Fast-forward to now and lookalikes are coming out everywhere in bargain form.

Purchase a pair in white and you're looking at the perfect summer platform for a warmer evening out.

Whether you prefer floral or sporty, there are always bargain pieces to be found that will keep your looks updated from season to season. Good luck finding the summer pieces to suit your wardrobe.

Read more online at scan.lusu.co.uk/carolynne

This season's hottest friendship: *Socks and Sandals*

Rhea Cairns
Deputy Fashion Editor

You're not going to be able to escape the new best friends of the summer - and no, I'm not talking about overnight BFFs Taylor Swift and Cara Delevingne. Yes, you guessed it: it's socks and sandals. Previously worn exclusively by granddads and those who enjoyed a good old hike in the woods; the Spring/Summer 2014 catwalks showed big designer names such as Saint Laurent, Chanel and Prada turning this trend that was once deemed ugly, into a new style staple.

Luckily for us, it's not a trend that will cost you a fortune - this new little pairing will be welcomed by our student budgets.

But, I hear you ask, how do we put socks and sandals together without being laughed at fitfully by our friends? The first part of the pair - the socks - is the easiest part to get right. Think pastel colours, frills, lace, and any other texture you can imagine. If you're still a bit tentative about this trend, then don't worry - a

simple pair of white ankle socks will work perfectly with your sandals. However, be warned: unless you're extremely adventurous, a pair of bright green socks scattered with red dinosaurs will not be well received; whilst it's acceptable to let your socks become the statement part of your outfit, be reasonable. We're not trying to transport



Image courtesy of Truffle Shuffle

socks this summer. This season, chunky sandals are back and should be a feature of everyone's wardrobes. The good news?

This trend shouldn't just be reserved for the day, it can work at night too.

Teaming your favourite pair of heels or wedges with a pair of cute socks on a night out is definitely a must; what's more, it means that you never have to worry if your pedicure isn't quite picture perfect. Whilst this trend works the best with bare legs, this season's cropped jeans, trousers and jumpsuits also welcome the new pairing open armed - there really is no reason to shy away from the hottest trend to be seen this summer.

So, remember: socks with sandals is not a crime, it's a style statement!

Although socks are shunned in winter and made to be hidden under knee-high boots, in summer they are celebrated. What are you waiting for? Dig out your sandals and start getting them acquainted with their new best friends - it's never too early to introduce them.



Image courtesy of PR Shots

How to achieve fresh **flawless** skin



Photo by Matthew Kenwick

Anna Meng

After what seems like endless rain and cold, warmer weather is finally on its way! That means short shorts, travelling and skin recovering from months of dryer-than-dry air. Make-up wise, nothing says a fresh face more than natural, glowing skin and vivid colours. This summer, it's all about getting lighter and brighter.

Face

It's time to say goodbye to heavy foundations and let your skin breathe with Shu Uemura's lightweight BB Under Base Mousse with an SPF of 30. Like tinted moisturisers but with more skin benefits, BB creams give light, natural looking coverage and sun protection. If you're not ready to let foundation go and want a little more coverage-try a thin layer of Yves Saint Laurent's Teint Touche Éclat over La Roche Posay's matifying Anthelios Face Fluid in SPF 30 for a luminous, delicate finish.

Cheeks & lips

To breathe a bit of life into pallid post-winter complexions, RMS lip to cheek in Demure or Beloved is hydrating, goes on smoothly and is just the right splash of

creamy colour. For oilier skin, try a powder blush like Chanel's Jous Contraste or a cult cheek stain like Benefit's original sheer rose-tinted Benetint which gives a healthy, dewy glow that lasts all day.

Eyes

When it comes to eyes, lay off the thick, dark eyeliner and opt for the subtler yet effective tight-lining. Estée Lauder's Double Wear Liquid Eyeliner has a thin brush that makes getting between the lashes easy

and is absolutely much celebrated and for good reason) before applying a few layers of your favourite mascara.

Lips

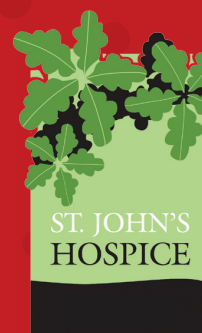
On the lips, there's no time like summer for bright, vibrant colours. Whether it's orange or pink, now is the time to get creative with your pout. Instead of dark, matte lips, try something like Ilia's Tinted Lip Conditioners in Dizzy or Shell Shock for a sheer splash of colour. Full of nourishing organic ingredients like Aloe Vera, Jojoba and Rose-Hip Oils, it will keep your lips smooth and flawless. As a bonus, it's also free from the synthetic fragrances and parabens found in many commercial lip colours.



smudge, heat and sweat proof. Nothing makes you look more tired than a thick line of eyeliner on your bottom lash line, so really open up the eyes by leaving it bare and focusing only on the top. Curl lashes with an eyelash curler (Shu Uemura is



ROSES RIDE 2014



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LUSU

The *inner monologue* of blagging a seminar you didn't prepare for

This inner monologue is based around English Literature degrees, but can be applied to most humanities subjects. Maths students, I have no idea how you blag your way through an equation. I can't help you, I'm so sorry.



Alice Young
Lifestyle Editor

Where am I? Who am I? What's this note next to my bed surrounded by evidence from last night in the form of empty bottles, discarded fast food wrappers and fancy dress items peeled from the floor of Sugar?

**IF YOU DON'T WANT TO FAIL
HORRIBLY THEN YOU HAVE
TO ATTEND THIS 9AM.**

Some wise words from my pre-hungover self. It is probably in my best interests to get up.

Placing a seminar this early on a Thursday morning has got to be violating some of my basic human rights. You have a PhD but no knowledge of the existence of Sugar on a Wednesday night? I'm almost convinced tutors sadistically organise the timetables based around when students are most likely to be suffering the after-effects of a night out.

Okay, what's this seminar actually on? Check Moodle. Nope, I have literally no idea what that text is about. In fact, if I hadn't bought it at the start of the year and let it sit abandoned on my shelf, I'd be debating whether it was even a real book. I wouldn't put it past the tutor to do that - assign something so obscure it didn't even exist.

*Please be on SparkNotes.
Please be on SparkNotes.*

A tense 0.28 seconds waiting for the search results to appear on Google. Damn it, SparkNotes, how could you let me down after all we've been through? I'm sorry I can't credit you in my essays, but you know you'll always have a special place in my heart. This calls for a desperate scurry through Wikipedia and any blog review ever written that even vaguely mentions the text. Some poor soul out there must have read it.

There is still time for an underrated part of the blagging process - altering physical appearance. If I turn up looking like I've spent the night memorising relevant quotations from critics and not slurring my way through song lyrics I mistakenly think I know off by heart, or, if I have the appearance of having dedicated more time engrossed in Kristeva's theory of abjection than Sultan's cheesy

chips, I've already achieved half of the deception.

And now to continuously open and close the book for a while, perhaps give it a few hits against my desk. Make it look well-read.

So, I'm physically present in the seminar room, if not mentally or spiritually. Right, time to engage in one of the most crucial of the blagging techniques: Operation Nod-along-to- everything-said.

Some incredibly abstract theories from my tutor that my vodka-soaked brain can't even begin to comprehend right now. Have you changed from speaking English to Klingon half way through the sentence? Why has nobody else realised you're using made-up words? Yes, yes, yes. How astute of you. I was just thinking the very same thing.

An alarmingly articulate input from a classmate whose sole purpose in life must be to make me feel bad about mine. Look at you with your organised folder and your eclectic array of stationary. Do you really need that many highlighters? You make me feel sick. Yes, yes, yes. I would have said that too, had you not beaten me to it.

A joke made by my tutor. Or at least I think it is a joke. Yes, yes, yes. So witty. See, I totally get you. So please just allow me to make it through the rest of this hour without a mental breakdown.

Uh oh, the tutor has asked a question

to the group. Quick, look at the book. I need to act like I'm finding the perfect extract, it's the key to the most mind-blowing reading of the text, and it's absolutely imperative that I do not spare a single second looking up from the pages. Basically, avoid the tutor's eye contact. At. All. Costs.

'What did you think of that chapter, Alice?'

(Cue brief moment of pure, unadulterated terror.)

**'The chapter expressed
some really thought-
provoking attitudes
towards gender, don't you
agree?'**

It's common knowledge that the gender card never fails. Every text ever written is pretty much guaranteed to include a male and/or female. Asking the question back to the tutor distracts them. Chances are they've dedicated their entire career to studying that text, and an opportunity to express their opinion is hard to resist.

Hallelujah, an hour has passed. All that's left is to nod my way out of the door.

Photo by Sakib Rahman



How to *improve* your memory



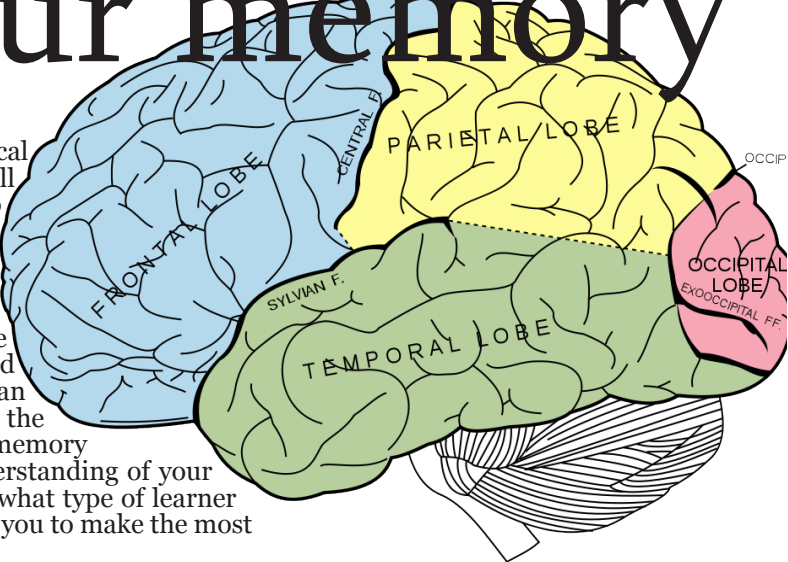
Rachel May Quin
Editor

As we reach the cusp of exam season and people start to frantically rustle through the dusty notes that they neglected all Easter holiday, it becomes increasingly obvious to every student that our courses are full of so much content, it feels like you'll never be able to remember it all.

It's a little unfair actually, especially if you're like me and you can recall the lyrics to multiple songs you haven't heard in years but gets played in Sugar, no problem at all. It seems like there must be some way of improving your memory and forcing your brain to utilise all of its wormy grey bits.

We all know the standard revision methods taught in primary school, secondary school, and even college. However, we all learn differently and spending hours on an intricate mindmap might be a total waste of time for you. Therefore, the best way to improve your memory is to identify how your brain works.

Unfortunately, there's no magical quick fix that will enable you to effortlessly recall everything you need to know in the exam room. But there are simply tricks and tips that you can utilise to make the most of your memory store. A basic understanding of your learning style and what type of learner you are will enable you to make the most of what you have.



What kind of learner are you?

Everybody learns differently, that's obvious. We're all individuals and there's nobody else on the planet like you, so why should it be assumed that everybody learns in exactly the same way? The fastest way to figure out what revision method works for you is to figure out how you learn. In essence, there are three main cognitive learning styles that we know of: visual, auditory and kinesthetic. You might be one of these, you might be all.

Types

A visual learner is somebody that needs to be able to picture things, or have things laid out in a particular way, in order to recall them. If you're a visual learner, you need to be able to see the information in front of you, which means you might like to use charts, graphs or pictures to show information rather than just reading it. In lectures, you might learn better by watching your tutor pace the room, or you might like to make copious notes and write them up in a neat, organised fashion later on.

An auditory learner retains information best through hearing information and repeating it verbally. You probably like to be told how to do things or given information, and then verbally summarise it aloud. If you're an auditory learner, you're probably able to play a musical instrument or you just really enjoy music – this means you'll be able to concentrate better if you have soft music playing in the background (if so, check out Culture this issue for how to create the perfect revision playlist).

Last but not least, a kinesthetic learner is a hands-on kind of person. You tend to be good at subjects like maths and science, even if you dropped them like a hot potato the second you could choose your own degree. You probably work best in a group of people, rather than on your own and you'd always rather be able to demonstrate how to do something rather than explain using your words. Basically, you tend to be practical and demonstrative in the way you go about things.

Did any of these descriptions make you think 'Yep, that's me in a nutshell'? Great. Do you feel like a number of these characteristics apply to you? That's also great. The fact of the matter is, if you recognise yourself in any of these learning categories, there are a number of ways you can improve your memory and become a revision-machine.

Tips

For visual learners, the best way to improve your

memory is to get creative. Rather than re-reading the same paragraph from a set of notes over and over again, make them memorable. Try turning a history timeline into a cartoon, use photographs of important researchers to jog your memory of studies, make your maths or science research into colourful charts – whatever works for you, do it. If you like to write out notes: colour code headings, subheadings and important snippets of information. If you're a

dies. If you planned ahead and recorded your lectures, creating a lecture playlist is the most efficient way for you to revise. If you didn't, download Wavosaur – a free audio recording and editing software you can easily find online – and start recording yourself reading your lecture notes, practising your verb endings, verbalising chunks of textbooks or even explaining equations. Reading the material will start to consolidate it in your brain, and as soon as it's recorded, listen to your playlist everywhere – the gym, on the bus, even chilling out in the rarely seen Lancastrian sun. Auditory learners have the advantage of being able to learn on-the-go, rather hunching over a desk scribbling constantly.

If you want to be more sociable, arrange study groups with your mates to discuss the material, or have a friend come over for coffee and Q&A. As mentioned before, some quiet music in the background will make recall much easier for you, because there's a chance that you'll be able to remember when the Norman Conquest was if you realise that you read about it whilst listening to some instrumental Biffy Clyro.

Learning is slightly trickier for kinesthetic learners if you're studying a degree that doesn't require you to work with your hands. If you're doing an engineering or an art degree, it's easier for you to be practical; but humanities students might have a hard time making the most of their learning style. Some helpful suggestions for you folks would be to take regular study breaks in order to mull over the information you just consumed. Try to learn new material whilst being active, for example, you might be more likely to recall information if you learn on the treadmill or standing. One researcher has even suggested that chewing gum whilst studying might jog your memory.

A Literature, Language or History student might benefit from acting out what they're reading or getting into character when learning quotes and vocabulary. Finally, busy hands are key to kinesthetic learners – try typing notes, creating flowcharts or taking online quizzes. Whatever makes you use your sense of touch will help improve your memory.

All in all, the best way to improve your memory is to take care of yourself. Getting so stressed out about revision that you find yourself in tears is unhealthy and will only have negative effects. Make sure you make time to eat, sleep and do things that you enjoy. Every student tends to skimp on sleep, what they don't know is that the brain can only consolidate information and organise it into nice, neat blocks whilst you are asleep. Call it the defrag of your brain, if you will.

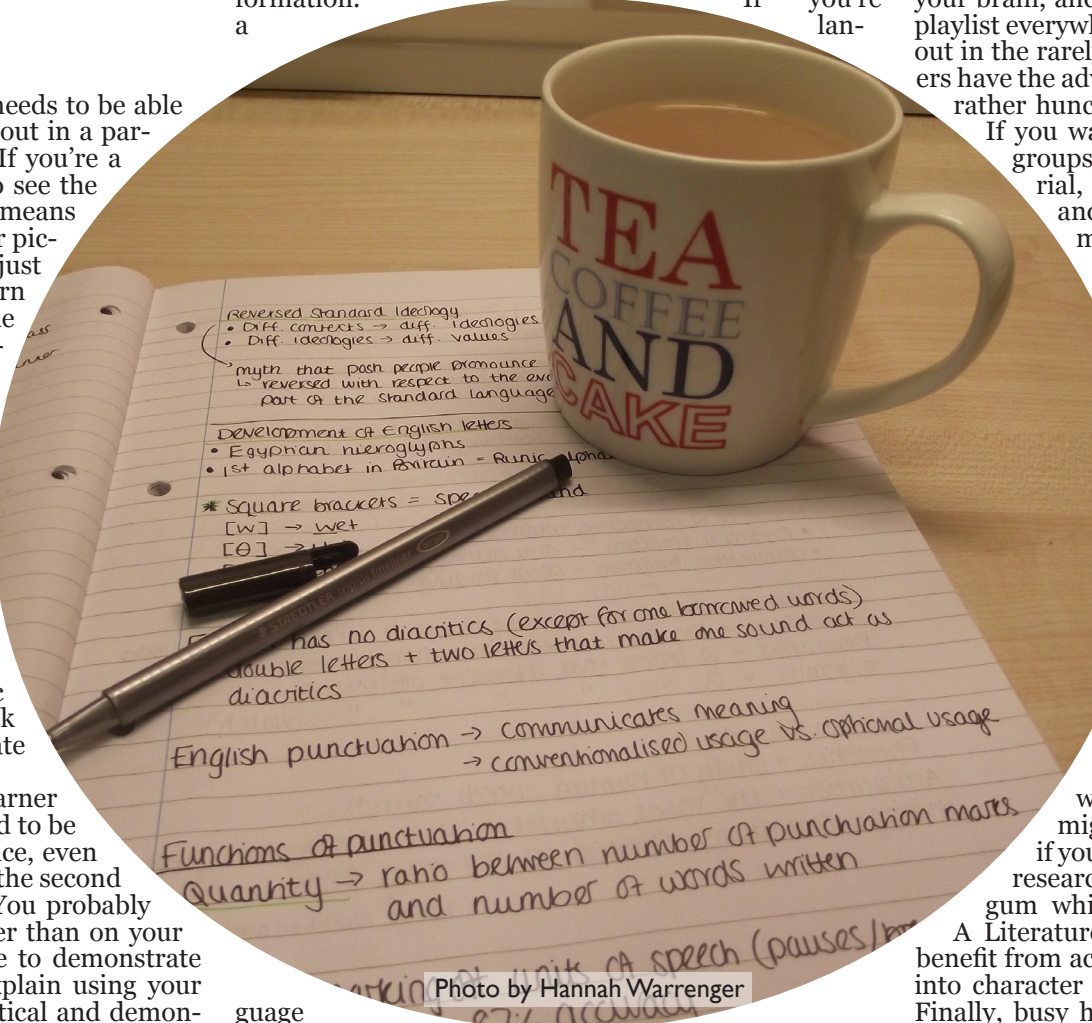


Photo by Hannah Warrenger

uage student cramming vocabulary, create flashcards with pictures to illustrate what the word means or use bright colours. People tend to say don't waste time making your revision notes pretty, but a visual learner is more likely to recall a beautiful page of notes in a crunch than a sentence they repeated aloud one rainy Lancaster afternoon. I certainly found it easier to remember quotes for an English Literature closed-book exam at A Level by writing them in different colours and sticking them all over my room, rather than reading them repeatedly.

If you're an auditory guy or gal, you'll need a microphone, recording software or lots of course study bud-

The other side of Prague



Photo by Rachel May Quin

Vojtech Cemus

becomes commercialised.

Prague is a marvellous city that, thanks to its history, is visited by millions of tourists every year. Therefore, the most visited sights and places are starting to be turned into tourist traps as its legacy

However, if you're lucky enough to visit Prague, it is worth finding out new things about the culture and life of locals.

scan recipes: Classic Asian feast

Skye King

We are back for another term, the summer term! During this time most of us are stressed out with coursework and revision. It is tempting to take lazy shortcuts for sustenance such as takeaways and microwaveable food. Long-term though, it is not ideal for your health or finances, so do keep on cooking, my fellow student cooks. In fact why don't you invite a few friends over and cook them the recipes below?

Jamie's Thai Green Curry

My friend Jamie (no, he isn't Jamie Oliver) sent me this yummy recipe to try. It is a simple, healthy dish that is great for sharing with your mates!

(Serves 4)

Ingredients:

- 1 tablespoon olive oil
- 1 small onion, chopped
- 1 tablespoon grated fresh ginger
- 1 1/2 tablespoons Thai green curry paste
- 1 small red pepper, sliced
- 1 green apple, diced
- 75g fruit chutney
- 75g sultanas
- 375ml cups reduced-salt chicken stock
- 700g firm white-fleshed fish (such as Barramundi or Ling), cut into 3cm cubes
- 1/2 cup coriander leaves, chopped

Method:

1. Heat a wok over a medium heat.
2. Add the olive oil, chopped onion, grated ginger and fresh curry paste to the wok and cook for 1 minute, or till fragrant.
3. Stir in the red pepper, diced apple, fruit chutney, sultanas and chicken stock and bring to the boil.
4. Then reduce heat to low and simmer for 5 minutes, or till slightly thickened.
5. Add the fish and cook for 4 minutes, or till just cooked through.
6. Lastly, stir in the chopped coriander.

Best served with steamed Jasmine rice.



Photo by Maggie

Pandan Creme Caramel

A classic dessert with an Asian twist! It is very easy to make and a healthier option to the traditional Creme Caramel. (Serves 4)

Ingredients:

- 1 cup coconut milk
- 2 eggs
- 1 tablespoon sugar
- 1/4 teaspoon pandan essence (available from Asian supermarkets), OR 1 teaspoon vanilla essence (*see note below recipe)
- 1/4 cup maple syrup
- Pinch of salt
- A little coconut oil

Method:

1. Preheat oven to 175 degrees and lightly grease ramekins with coconut oil.
2. Beat eggs by hand with a fork for 1 minute, then add the salt, sugar, pandan OR vanilla essence, and coconut milk, stir until well combined.
3. Pour some syrup into the bottom of each ramekin (enough to cover the bottom, plus up to 1 tablespoon more).
4. Then pour the egg and coconut mixture into each ramekin up to 3/4 full (do not stir).
5. Place ramekins in a large glass-baking dish and pour some water into the bottom of the baking dish or pan, until water reaches 1/4 way up the side of the ramekin.
6. Bake for the 30 minutes, or until a poked fork comes out clean.
7. Allow to cool, and then place in the fridge until you are ready to serve.
8. To serve, use a knife around the inner rim of each ramekin (to loosen the pudding) and overturn the ramekins onto plates.

*N.B. Pandan turns the dessert green and also has a subtle sweet flavour. If you don't have pandan essence, you can substitute with vanilla essence as a delicious alternative.

the city is Zizkov and the National Monument.

This place is a reminder of a famous victory of Hussites in 1420 who were trying to reform the Catholic Church. In this monument you can visit several exhibitions, including the one about the history of Czechoslovakia. If you want just to have an enjoyable walk, tasty dinner, or a nap in a park on the grass, visit the district of Vinohrady. Walking to the north of the Wenceslas square and the National Museum, you will discover various international restaurants, parks and small squares to relax.

Other places of interest include the Letna and National Technical Museum, a recently reconstructed museum with a huge exhibition. Nearby, you can also find a famous photographic spot by a huge metronome and a nice park called Letenske sady.

The Troja Castle and zoo garden has many interesting pavilions, including an Indonesian jungle. You can also have a ride with a cable railway, since it is situated up and down a hill; Troja Castle is just next to the garden. Finally, the Pruhonicky Park which is around 250 hectares and includes brooks, ponds and interesting plants.

For more recommendations on what to try and where to party, check the SCAN website.

A beginner’s guide to meditation

Rebekah Hendley

Practiced all over the world, meditation was discovered in wall art in the Indus valley from around 5,000 to 3,500 BC. This art work depicted people sat on the ground with their legs crossed and hands on their knee, in what we might imagine to be a ‘meditation posture.’ Descriptions of meditation techniques have also been found in Indian scriptures dating from around 3,000 years ago. Nowadays, people all around the world believe that it is essential to spiritual development.

As the art of focusing your attention in one area, it is thought that meditation helps to clear and transform the mind - we all need a fresh, fully functioning mind as we plunge head first into the looming exam period. If practiced regularly it has been known to enhance concentration, clarity, emotional positivity and calmness. With perseverance meditation can develop a more focused, peaceful and energised state of mind and has been known to have both emotional and physical benefits on our well-being.

There are many different meditation techniques including: Guided Meditation, Mantra Meditation, Mindful Meditation, Qi gong, Tai chi, Transcendental Meditation and Yoga. All of these differ in practice; you would have to research each to find which would be most suitable for you. Meditation can be difficult at first, especially when you’ve got a lot going on in your life, but with practice you can have great success. Here

are some tips to help anyone wanting to give it a go:

Make it a formal practice.

If you can, set aside a specific time each day to meditate. Even if it’s only a few minutes, meditating every day will help you to improve and progress much quicker.

Start with deep breaths.

Breathing deep slows the heart rate, relaxes the muscles, focuses the mind and is an ideal way to begin practice.

Stretch first.

Stretching loosens the muscles allowing you to sit or lie more comfortably. Additionally, stretching starts the process of “going inward” and helps you become more aware of your body.

Meditate with purpose.

Meditation is an active process. The art of focusing your attention to a single point is hard work - you have to make sure you’re focused from the very beginning.

Frustration control.

It can be difficult to switch off and you may find yourself wondering if you’re wasting your time. However, meditation isn’t a quick fix. When you feel yourself



Photo by Moyan Brenn

getting restless really focus on your breathing and let the frustrated feelings go.

Pick a specific room in your home to meditate.

This can be hard at university as you live, study and sleep within one or two rooms so instead make sure the space is clean and clutter free. Also placing candles and other spiritual paraphernalia in your room will help you feel at ease.

Meditate early in the morning.

Early morning is an ideal time to

practice: it is quieter, your mind is not filled with the usual clutter, and there is less chance you will be disturbed. Make it a habit to get up half an hour earlier to meditate. This will also help your day get off to a good start, giving you a reason to get up and take on the day.

This is a long process, but I will definitely be trying it out during summer term in hope of helping me survive exam period without losing my mind. Surely decreasing anxiety and a creating a feeling of happiness is perfect for getting you through the next few months. Good luck!

(to avoid side effects). Consequently, to this day I take watermelon powder for a cough instead of cough mixture.

Aromatherapy/Body Massage – Chryssie Burgess

Chryssie offers a melody of massages: Aromatherapy, Tsuboki, Hot Towel and Swedish massage. She often combines various treatments to personalize your session. I was treated to a taster massage and it was lovely. From the beginning she put me at ease, clearly explaining what I could expect from the treatment. I was gently massaged with essential oils from head to toe. She emphasized that she wanted me to leave feeling ten times better than when I arrived. I certainly left with a spring in my step, a smile on my face and feeling at peace with the world.

The team regularly participates in the Wellbeing Days on campus each year. On these days students can try their treatments for free, with follow up discounts and vouchers on offer too. The next Well-being Day will be May 2nd, from 12pm to 3pm in the Fyde Common Room. Make sure to turn up early and sign in to secure your free taster session.

It is simple to book an appointment with the team; all you need to do is call or email them directly. On the website: www.naturalhealthcare.org.uk are the team’s contact details. If you are feeling achy and stressed do check them out, as they are only a hop, skip and jump away – you won’t regret it!

The Natural Health Care Centre

Skye King

In spite of my life as a desk potato, my body regularly aches and I have difficulty sleeping. Therefore, when I heard that there was a health centre on campus with services that would help ease my aches and stresses, I jumped at the chance to learn more about this hidden gem.

Quietly nestled within the Chaplaincy Centre is the Natural Healthcare Centre. Founded 17 years ago, the team today consists of six professional healthcare practitioners. The Centre offers a range of treatments: Acupuncture, the Alexander Technique, Aromatherapy, Herbal Medicine, Reflexology, as well as, Shiatsu, Swedish and Tsuboki massage. Besides these treatments they also offer additional help and support regarding diet, exercise, time management and stress reduction techniques.

The team continues to work with the same ethos in mind as the founder Di Williams – to stay whole and healthy. I managed to have a quick chat with a few of the team members to find out how they could help you. I was even treated to a relaxing Aromatherapy massage that melted my muscle pain away.

Shiatsu – Martin Knowles

Martin has been practicing Shiatsu for over 20 years – so he knows his stuff! He has treated a wide range of ailments from sports injuries to digestive problems.

Shiatsu is a Japanese massage that is both gentle and stimulating. It blends the best of Eastern and Western techniques. The result is a deeply relaxing treatment that is very effective at targeting specific problems and can provide relief for many conditions.

You might be shy about stripping off for a massage, however as Shiatsu is performed fully clothed so you needn’t worry.

Reflexology – Dorothea Williamson

Dorothea has been practicing reflexology for over 18 years and has found it to be effective in alleviating many acute and even chronic conditions.

Reflexology is a gentle way of balancing and harmonizing the body, mind and spirit. Thousands of years ago ancient Chinese and Egyptians discovered the healing powers of the body could be stimulated by massaging specific areas (reflex zones) on the feet.

Photo by Graodeareia



Herbal Medicine – Paula Foster

Paula combines modern western herbal medicine with traditional knowledge and the latest scientific research to effectively remedy a wide range of conditions. She uses herbal medicine to nourish and restore healthiness. My mum is rather traditional and always insists I try herbal medicine first before going to the doctors

Long-distance relationships: Do they work?

Hayley Schubert

Whilst my memory tends to fail me on a daily basis, casting my mind back to two years ago, amidst the blur that was Freshers’, lies a statement that I have never forgotten: ‘your long-distance relationship won’t last’. Right I admit, I like a challenge and wasn’t going to let some drunken know-it-all dictate my future romance. Snapping back to the present day, here I am, my long-distance relationship stronger than ever, as I resist the urge to smugly declare ‘I told you so’. Here are a few tried and tested ways to ensure that you and your partner won’t part ways over Uni. (If you didn’t just mentally sing Ed Sheeran’s U.N.I. lyrics, then I applaud you).

Plan set weekends where you can see each other. Pur-

chasing a railcard was one of the best decisions I have made since living way from home. It cuts train prices dramatically, meaning I am able to squeeze in an extra visit to see my partner. Weekends away where it’s just the two of you will make up for lost time and will also aid you in ploughing through your work if you have something to look forward to.

The technological era we live in lends itself perfectly to bridging the gap in-between visits from your other half. Take your pick: Skype, FaceTime, WhatsApp, Snapchat, need I go on? There is no excuse for lack of communication when we are so constantly glued to our beloved electronic devices. I find that making the time to arrange a phone call every couple of days is the perfect balance, ensuring you have lots to catch up on.

Make the most of holidays together. Whilst I am not suggesting you both suddenly retreat into a cocooned love nest, neglecting your friends and family, non-term time gives you the ideal opportunity to spend some quality time together, so don’t waste it. Alternatively, spending too much time to-

gether during this period will only make the transition back to a long distance relationship harder, so try and find the right balance.

Ignore any negativity. Whether it’s from your peers who vowed that long-distance would never work and started placing bets on how long your relationship would last, or reading horror stories about how X cheated on Y when they moved away. None of this is helpful. Optimism is all too often neglected but it holds the key to ensuring a healthy long-term, long-distance relationship.

Jealousy may rear its ugly head from time to time, but trusting your other half is imperative. Seeing them tagged in a group photo where they happen to be standing next to a person of the opposite sex should not be a cue to either a) stalk the said person or b) interrogate your partner about who they dared to look at during a night out.

Call me cheesy, but ultimately, if you want it to work, it will.

Not a chance.

Richard Cowley

People often say “absence makes the heart grow fonder”, especially when it comes to long-distance relationships. But that’s just a lie we tell ourselves to make it easier. The constant yearning to see that special someone in our lives is too much, so we invent clever little phrases to help deal with the pain. The heart doesn’t grow fonder, it just gets desperate.

Some would argue that social media and Skype and all that exciting gubbins makes the long-distance relationship easier. I argue that it reduces the whole relationship down to endless streams of “I miss you.” You can stare at the pixels representing your other half many miles away on a webcam until your retinas burn, but it still hurts that they’re not really there. You can hear their laugh crackle through your laptop speakers, but you never get the full warmth behind it. You can have as many text based heart-to-hearts as you like, but you’ll never know how the other person is feeling until they tell you “I’ve stopped crying now.”

Having to travel to see someone also puts huge expectations on you. Sitting on a train for three hours just to laze around and watch TV can seem hugely pointless to some people, and eventually they just stop showing up unless there’s something planned out. Sometimes all you want is to spend time with the person you love. And sometimes that just doesn’t seem to be good enough.

Finding the time to see each other becomes an aggravating and upsetting experience as well.

As two people living separate lives, miles away from one another, it’s likely that both your schedules will be pretty rammed with socialising, activities

and work. One of you might want to just snatch a few fleeting hours, and be willing to make the trip just for that. But then what’s the point in only spending a few hours together? This argument comes up again and again, and before you know it, it’s been three weeks and you’ve forgotten the



Photo by Pedro Ribeiro Simões

Don’t bother. Find someone nearer. As they say, “there’s plenty more fish in the sea.”



#Roses2014 #IamLancaster

WE'RE
READY...
ARE YOU?



Comment

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

People are sharing too much online

Sian Bradley

Instagram is the perfect place to share the finer details of your life, but some things were always considered too personal to share with the world – until now. A recent viral trend on Instagram has people take a selfie immediately after having sex, in a departure from the perfect models we usually see sexualised in media. Around the same time, a Facebook group called “Women Who Eat on Tubes” gained popularity, in which members are invited to send in any photos they’ve snapped of women grabbing a snack on the move. Both of these trends are perfect examples of society going too far in documenting their daily lives.

Excessive sharing has caused a number of problems. A particularly harmful effect is that it makes people feel ashamed of things that aren’t the least bit shameful. Take, for example, the after-sex selfie phenomenon, which is making people who don’t have sex, or don’t want to share their bedroom experience with the world, feel uncomfortable or ashamed. On the other hand, we’re constantly told that being open about sex and sexuality is a positive thing because it liberates us to talk about an aspect of human life that has a huge bearing on our health and social welfare. However, taking a picture – one of the more graphic ways of opening up – can come across as bragging and leaves some people feeling as though they’re going against the norm, particularly when a trend such as this goes viral.

“Women Who Eat on Tubes”, though, is shameful as well as shaming.

Whereas the after-sex selfies don’t set out to make anyone feel bad about themselves, that seems to be the very point of the Facebook page. By taking pictures of women eating with the intent to share it with a community based on bullying, people are making others feel ashamed of



Photo by Jason Howie

a common biological function. I’m eating as I write this because it’s lunchtime and that’s exactly what lunchtime is for. In fact, I eat at least three times a day, as do most people. Who cares if I eat in the comfort of my own home or while I’m moving from one place to the next? If we’re looking for things like this to share, then we’re clearly sharing too much.

Whatever an article argues, nobody really has the right to tell you how much you can post. But if you have to invade someone else’s privacy to get material, you’re clearly scraping at the bottom of the barrel and violating social boundaries as you do. One woman who found herself featured on the “Women Who Eat on Tubes” page said that

she felt “hurt and humiliated”, but we often don’t think about the subject of our images as a real person when sharing them with the world – we’re all guilty of it, whether it’s a photo you’ve taken or a comment you’ve made on someone else’s. Although we may regret doing so later, and I hope the people shaming others online feel the regret soon. When you put something on the internet, there’s no taking it back.

It’s not just other people’s privacy we’re ignoring either – it’s our own. The after-sex selfies and many selfies in general are clear examples of people wilfully giving up their privacy in exchange for a few likes, or just the knowledge that somebody wants to see. Overall,

this trend is less damaging than the images of women on the tube. Though, as the selfie-takers are their own subjects, they can control how they’re represented and make sure they’re happy with the result before posting it to the world, whereas the women being publicly shamed don’t have a say. However, it is depersonalising one of the most intimate acts that we do; you probably wouldn’t ask your Instagram followers to come, sit down, and physically watch, so why are we happy to share such personal details with them online? We are in some cases leaving nothing to the imagination.

Remember back to when you were young; you had to ask your parents or grandparents to get

the photo albums down to look back through important events like birthdays and holidays. There were perhaps a handful of images for each, yet from those you could visualise the whole occasion. You didn’t need more.

So why do we now feel compelled to post 20 pictures when we buy a new top?

Hitting the shutter button is now a reflex that has left nothing private or special anymore.

Goodbye apathy?

We must raise turnout for EU elections

Julia Molloy
Comment Editor

On May 22nd every single one of us will have the opportunity to vote in the European elections for our all-important MEPs, who decide on legislation in Brussels that could change the way we live here in the UK. Britain has a total of 73 MEPs from a range of political parties including the European People's Party, the Party of European Socialists, the Europe of Freedom and Democracy group, the Green Party, and many independent candidates. Who will represent your region? It's time to make your decision, right?

Of course, the above is laden with sarcasm. The truth is that few Britons understand the complexities of the European elections; most either don't know who is running, let alone who to vote for, or just won't vote. Even the simplest workings of the European Parliament are far from common knowledge. In the last election in 2009, the UK had a dismal turnout of 43 percent. The figure was even lower in states such as Slovakia – not even 20 percent. The European Parliament

almost envies our general election turnout, at 65 percent last time around and four percent higher than in 2005.

As usual, the figures don't lie: the European elections just don't have as much relevance to us as the EU and our government like to think. The greatest debate for those in the UK at the moment is whether or not to even stay in the EU, not who to elect as our MEPs. The leaders of the UK Independence Party and the Liberal Democrats, Nigel Farage and Nick Clegg respectively, went head-to-head at the beginning of April in a televised debate to raise their profiles in the Europe debate. They answered questions from both David Dimbleby and the studio audience on topics such as the economy and immigration – two big concerns about our membership in the EU – as well as flashing obscure party leaflets at each other and making snide personal remarks. While UKIP was widely thought to have won, it remains to be seen

whether public opinion is leaning towards separation from the EU.

In fact, the televised debate did nothing but confuse my own opinion further. Initially, Clegg came across calm and collected,

on UKIP's own predictions from a 2005 study in Germany. At times, Clegg also got himself into a bit of muddle, whilst Farage's brash personality triumphed in the face of criticism. A poll from YouGov, detailing that 68 percent of the crowd thought Farage had won, may appear to show public support for UKIP, but are opinions actually clarified enough that we would make the important decision to leave the European Union?

I would argue not. Voter apathy would suggest an indifference from most people concerning our membership in the EU. Yes, there are immigration issues, and yes, it doesn't seem right that our laws are made in Brussels. Yet with the economy in such fragile recovery, who in their right mind would suggest that we break away from what is, in reality, the UK's biggest economic trading point? Farage's suggestion that if we break away from the EU we will still be able

to negotiate big trading deals with other countries is pure conjecture. In 2013, 44 percent of our exports went to the EU and 53 percent of our imports came from the EU. Trying to extrapolate an exit plan from smaller countries such as Switzerland cannot be considered reliable.

Unfortunately for a left-winger like me, the reality is that the Conservatives have probably got it right – that there are problems with the EU but that these problems can't be tackled from outside the union. Until our choice of MEPs and how to vote become more transparent, not much is going to change in our response to the EU elections, nor whether we should remain in the EU itself. It is quite frankly frightening, however, that BNP leader Nick Griffin has been part of the European Parliament for the Northwest of England for the last five years.

If people knew more about how that happened and about the EU in general, then maybe the public wouldn't be so apathetic about Europe.

Can televised trials bring order in court?

Dan Rudnick

On February 14th 2013 the world awoke to the news that Reeva Steenkamp – South African model, reality TV star and budding lawyer – had been shot dead by her boyfriend, world-famous athlete Oscar Pistorius. Over a year later, Pistorius has become the defendant in the first ever televised trial in the nation's history. The scene is set for a media frenzy. Leaving aside the awful nature of Ms Steenkamp's death, a tragedy regardless of the eventual verdict, this story involving the most high profile couple in South Africa has captivated viewers and readers across the world. Nobody will ever truly know what happened on that night, but many have their theories; Pistorius has been painted as everything from a cold-blooded killer to a terrified and vulnerable man in fear of his life.

dramatic: a bloodthirsty prosecutor clashing with the accused, who has been regularly sobbing and retching in his seat while the Steenkamp family look on. The entire case has been covered extensively by both television news and social networks, so unsurprisingly everybody has an opinion – the question is whether this level of exposure is a good thing. It is unlikely to affect the outcome of the trial, since South Africa has no jury service, and an experienced judge aided by two assessors is unlikely to be swayed by external influences when deciding upon a verdict. However, it can be suggested that the trial has been useful in airing some of the more unsavoury aspects of South African life – such as racial tensions, high crime rates and domestic violence – which may improve the likelihood of finding solutions. On the other hand, even if Pistorius is acquitted, his reputation will be permanently tarnished.

question as to whether similar televised trials would be beneficial in the UK.

The government has announced plans to make the judicial system more transparent by allowing cameras into courtrooms during legal argument and sentencing remarks. For now, there are no plans to show witnesses or defendants on television. In Scotland – which has a separate legal system to that of England and Wales – cameras have already recorded Nat Fraser being convicted of the murder of his wife Arlene, later broadcast in 2013 by Channel 4 as a documentary. At first glance, this push for transparency seems to be a good thing. However, televised trials are not the only means to open up the judicial system, education should also play a part. I personally cannot remember any useful legal information from

pre-GCSE “Citizenship”, and secondary school students could easily receive at least one lesson with some basic information on the UK's legal system. One can, in most cases, merely walk into a Magistrates' Court and watch the proceedings unfold.

The 'slippery slope' theory is all too easily wheeled out in moral arguments nowadays, but it may well be applicable here: it is foreseeable that when there is a case of a high enough profile, it will not be too far of a leap for the courts to allow the cameras an insight to the entire proceedings as they have in South Africa. One can envisage tabloids and hashtags already. This will hurt innocent reputations and turn the criminal courts into something to gossip about, akin to the X Factor or Big Brother.

Worst of all, it will sway juries. Jurors are firmly ordered to not discuss or research the cases they will be deciding, but they do not live in a vacuum. Trials can last for months on end, and to completely avoid social networking and news outlets for

this long is simply implausible. For a juror to make their decision based on anything other than the evidence they are presented with in the courtroom would be an affront to the democratic principle of the right to a fair trial.

Finally, the legal system must be open for all to see and understand, as we may all need to rely on it at some point in our lives. The courtroom, with its barristers in old-fashioned wigs and gowns, may well seem antiquated and overly intimidating to some. However, I believe it needs to retain much of this atmosphere for the judicial system to function as it does.

High exposure on television would result in over-familiarity with the court, meaning that the room and the judge presiding over it may not receive the great respect which they ought to demand. Respect like this makes our courts the envy of the world, but reducing the criminal court to something of a reality TV show would do much more harm than good.

Politicians should fight to end rape culture not anonymise defendants



Sam Smallridge
Comment Editor

government did consider giving anonymity for people accused of rape in their first year in office. However, they could not find any factual basis for such a complicated change in the law. By giving anonymity to rape suspects I fear that we would be giving credence to the view that many of the people who are alleging rape are making it up. A Crown Prosecution Service report last year found this suggestion to be highly unlikely, for as little as three percent of accusers are found to be lying.

Government figures estimate that 97,000 people are raped every year (85,000 women and 12,000 men).

They also estimate that only 10–15 percent of survivors actually report it to the police. The reasons for this are deeply complex. One report found that victims worry

about the supposed shame of being sexually assaulted, while others fear prejudicial media reporting and have little faith in achieving a conviction because rape conviction rates are believed to be low. Only six point five percent of reported rapes ended in conviction last year.

Holly Dustin, Director of the End Violence Against Women Coalition, asks an important question when she says: “We do not have this debate every time there is an acquittal in other serious offences such as murder, so why pick out rape when, as we have seen, there is no good evidential reason to do so?” With this in mind, the continued questioning appears to reveal a disturbingly unfounded scepticism of rape cases which only hinders the process of encouraging more victims to come forward to the police.

Nigel Evans and his friends have also picked the wrong target in MP Sarah Wollaston, with whom his accusers made initial contact about the episode. Evans even alleged that Wollaston “decided to have it in for him” with no reasoning as to why

she might do so. By taking the allegations seriously, Wollaston was responsible and fair and the fact that she has faced “rank hostility” is appalling. Her recent defence of her actions was honest and brave in the face of growing hostility from people in her own party.

If the aim of Evans' campaign is to protect the reputations of those who are charged then it is important to ask what is going to contribute to that more. Is it better if people charged with crimes go to court transparently and testify in open court, or to do everything in secret and behind closed doors? I know which trial I would sooner trust as a member of the public.

It's not nice seeing an innocent person go through the draining ordeal of being accused of a crime they didn't commit. Their whole life gets the full microscopic treatment from the media, their job can become untenable, and they have to spend inordinate amounts of money to clear their name (which they won't get back thanks to a reduction in legal aid passed by the government). While these experiences may make

them more understandable, the reactions of Evans and his friends to Sarah Wollaston and the Crown Prosecution Service are frankly beneath people holding office.

They ignore facts and further embed a culture which has traditionally been hostile to people who have been raped.

Tragic as it is, the thought of an innocent person going through court proceedings pales in comparison to the 80 percent plus of people that do not report being raped to the police. It is their plight we should be thinking about and finding out how we can reform the Crown Prosecution Service to work better for them. The recent interventions appear self-serving and only detrimental to the much-needed process of improving justice for victims of sexual assault in Britain.

Woes of the working world: Do you have to hate your job?



Photo by Phil Whitehouse

Danny Gallagher

A story did the rounds over in America recently. It told of the case of an established court typist who received termination of employment due to repeatedly typing “I hate my job” as opposed to accurately recording the ever-important dialogue tak-

ing place within the court room. Aside from its hard-to-believe and almost comic nature, this story both caught my attention and generally resonated well in its posing of the wider question: do people in the working world really enjoy their jobs?

In an idealised and rose-tinted view of society as a whole, one would like to think that, following the completion of full-time education, the path of long

term careers is one that presents refreshing challenges, affords constant freedom of creative expression, and is unwaveringly enjoyable. The miserly case of the now jobless typist, however, starkly pops our optimistic bubble. In a supplementary comment piece, courtesy of the Guardian, it emerged that most people do in fact hate their jobs, but do not have the courage to tell their boss or find a new one altogether.

It is this notion which stands as both disheartening and also quite discomposing. Are the vast majority of us really destined to be entrapped in a job that we neither enjoy nor really want to do? Will it merely come down to the cold, hard figures of the salary that dictate the profession to which we will sell our souls – a minor sacrifice to the corporate giants? In weighing this up, the frequently quoted saying, often said to derive from the teachings of Confucius, “choose a job you love, and you will never have to work a day in your life”, can offer some understanding. But like most things, the bare fundamentals come down to the specific individual in question.

Some people may be content to use their talents in a job that bears them no pleasure, yet compensates them with vastly greater-than-average salaries. Likewise, others may stand as the complete polar opposite, happy to undertake a job they truly love, irrespective of the fact that they may one day have to justify its low income return. To adopt a tone of trepidation and perhaps even morbidity, the average human lifespan in developed countries today is reaching heights around the 80 year mark. With that in mind, do we really want to spend about half of this precious time captive in a job during which we count down the seconds until the days end?

As a soon-to-be-graduating university student, these questions are much more than merely thought-provoking muses. They are, rather, the platform upon which the angel and the devil

fight for my future, the former representing the bravery of biting the bullet and seeking a job of maximum enjoyment regardless of prestige, the latter standing as a soul-sapping 9-till-5 of dreary torment. Indeed, the economy has been precarious at best of times, and throwing around assertions that people should seek different jobs out of unhappiness could be perceived as both naïve and lacking in knowledge of the vocational world. But how many years of dejection are people really willing to endure, particularly if they feel their talents are simply being put to waste?

It could be argued that many jobs out there right now are of course dull, tedious and incredibly unwelcome. Let's not lose sight of the fact that they exist simply because they have to be done. These jobs construct the very fibre of our everyday life, often going bitterly unnoticed and undervalued. But is it wrong to desire something more stimulating, something that actually provides exhilaration when waking up in the morning? I would strongly argue not.

Again, it comes down to the type of person you are, your overall motives in life and a whole culmination of other idiosyncrasies. It is all too easy, being a supposedly care-free university student, to cast opinions upon the intricacies of employment and the world of lifestyle careers. On a personal level however, I am sure that a future job providing no direct outlet, inspiration, or general aptitude for further progression, is not a career I would remain in for long.

does the treaty come into force. At the time of writing, though, only 31 states have ratified the ATT, meaning that dozens who adopted the treaty last year have yet to take any action. Remarkably, these aren't the Western states to whom armed conflict sounds like an elaborative fiction. Those most at risk of systematic human rights violations, including Kenya, Ukraine, and Israel, are the ones we are waiting on.

All in all, the media is probably right to ignore this treaty.

Despite its great potential, the treaty has yet to become international law and, even then, would be near impracticable on a world stage. Perhaps most alarmingly, those countries most liable to armed conflict believe that it isn't worth the plane tickets. Let's hope some developments make the ATT a space worth watching.

Read more online at scan.lusu.co.uk/comment

Illegal downloads: Frugality or moral bankruptcy?

James Benson

why many are vehemently opposed to the idea.

Last April saw the one billionth legal song download in the UK. That sounds like an awful lot, but per capita works out at about 16 songs. Alongside this legitimate industry, however, illegal downloads have emerged as an increasingly contentious phenomena with the growth of the World Wide Web. Once upon a time, many teens used LimeWire to source the latest music, but a plethora of other file-sharing websites and services have now emerged which mean a range of multimedia is available, for free, at the click of a button.

Whilst there are undoubtedly arguments in favour of being able to freely expand one's vast iTunes collection, on the flipside, it is understandable

Although the illegal download culture covers a wide spectrum, services such as Pirate Bay are perhaps the one most students can relate to. In March 2013, Ofcom revealed that, over 12 months, 199 million songs were illegally obtained within the UK. Despite the fact that this reflected a drop of over 100 million on the prior 12 month period, the 199m figure remained higher than the number of singles purchased lawfully over the entire year. Although optimists within the music industry suggest it is “on the road to recovery”, helped by the advent of streaming services such as Spotify, illegal downloads evidently remain an ongoing issue.

For the vast proportion of students, isoHunt and similar websites have provided an easily accessible database of the latest tracks, as well as old classics, at no cost for a number of years. Let's face it, most people would rather spend nothing on Bastille's newest single and have the money for some Heinz Baked Beans

than having to buy Sainsbury's Basics throughout the last weeks of term, but at what point does this apparent frugality become too much? Although a number of online outlets retail the latest music, Apple's iTunes Store is undoubtedly the most popular, boasting a catalogue containing over 37 million tracks. Even the highest-priced iTunes tracks would hit the tightest student budget only slightly but, of course, many are not only on the hunt for one song when they delve in to the murky waters of illegal downloads.

Despite the obvious moral implications, because piracy amounts to theft, the reasoning behind sourcing tracks for free is understandable.

Other downloaders operate on the mantra of “try before you buy”, arguing that illegal downloads contribute towards the discovery process. When some hear of an

up-and-coming band from the far-flung reaches of Norfolk for example, they will peruse online services and download what they can from the emerging group's back catalogue. If they like it, they will go on to buy it, but for every “try before you buy-er” there will undoubtedly be more who don't follow up the initial acquisition with a legitimate purchase.

Illegal downloads do not always relate to current stars or up-and-coming talents, with many seeking to source the works of established groups and artists. In a roundabout way, the wealth of music megastars are seen as an excuse to illicitly acquire their releases. Brooklyn-born rapper Jay-Z and his wife Beyoncé are worth an estimated \$850 million, whilst each member of the unfathomably popular One Direction earned a cool £12 million in 2013. None of them are likely to miss the cut of the 99p iTunes receives for one of their singles, though cumulatively this obviously mounts into huge lost earnings. Away from the financial aspects of illegal downloads, one prominent question comes to the fore. If you are happy enough to call yourself a fan of an artist, shouldn't you be happy enough to pay for their music? Buying

music can act as the catalyst for performers to continue their output which in turn improves the lives of their fans. For this reason alone, surely it makes sense for consumers to support their favourite artists by buying their music?

Perhaps, the old adage that many students grew up with at the start of videotapes in the 1990s is the best way to cap the discussion on illegal downloads.

“You wouldn't steal a car” was beamed across our screens before Toy Story or The Lion King started, though we were too young to really understand the thinking behind it. Now though, despite perhaps being slightly over exaggerated, the meaning can be extrapolated to cover the illegal downloads market which wide swathes of society so willingly engage in.

The Arms Trade Treaty (ATT) is something that we should start to care more about

Daniel Snape Deputy Comment Editor

Earlier this month, the foreign secretary declared to the world that, after seven long years of negotiations, the UK had ratified the first treaty on global arms trading in history. Going by statistics from Amnesty International, this answer to armed conflict could save up to 500,000 lives every year and prevent many more people from being dislocated or maimed. However, though Hague's media managers were eager to spread the word, newspapers and blogs in Britain have shown no real interest in the treaty. Why does nobody care?

The devil is in the detail. The Arms Trade Treaty (ATT) was designed to prevent weapons from being sold to countries where there is an “overriding risk” they would be deployed in genocide, war crimes, crimes against humanity, or any other violence

towards a civilian population. In order to spread this net wide, every single armament sent or received by a country, from helicopters and warships to the tiniest pistol, including their armaments and components, was to be kept on public record for ten years or more. However, one thing the 121-page treaty fails to mention is what in the world constitutes an “overriding” risk.

This slightly circular word could set an absurdly high bar for breaking arms deals and plays havoc with international legal systems. Many countries are likely to use the term “clear risk” as a substitute, and New Zealand lawyers have already chosen to reinterpret the threshold as “substantial” risk. The rest may simply be lost in translation. The treaty contains five other languages and, due to the secretary-general's decision to give each tongue equal authenticity, no indication as to which prevails in the event of an inconsistency. Such is the supreme pandemonium faced by the UN in trying to organise Earth.

Of course, some countries are

incapable of monitoring their private trade. The former Soviet republics are home to a vast black market that thrives on military hardware. Even before these states can have that long, hard think about risk, they have to catch their notorious arms dealers. Other countries have slightly more political purposes in mind. China, which is thought to spend one in every 50 yuan on the military, has scandalously tight controls on production around the country but wouldn't dream of stifling such a reliable industry – particularly when the treaty stands to give them an international arms monopoly.

The more immediate problem, however, is turning the ATT into law. When the treaty resolution was adopted in April last year, a few of the usual suspects, North Korea and Syria, tried to stand in the way. What is more surprising are the countries who decided to join them later on. During the Human Rights Council last September, the same resolution was moved by 42 votes to one. Who was that single state against the arms treaty? The USA. America's

diplomatic strategy was one long rhapsody about their beloved Second Amendment, the right to bear arms

Obviously, in a country where you insist on swarms of Pentagon Force agents trained in waterboarding and invading every city the president ponders visiting, you'd be more inclined to hold onto a gun cabinet. But – and let's not get into the use of a shotgun against the entire armed forces – bearing arms is another thing entirely from manufacturing and brokering tanks to violent militias. Moreover, because the treaty is pursuant to individual state laws, the UN can't impose any internal gun controls this way. And who, I wonder, insisted on using the empty term “overriding risk”? US diplomat Thomas Countryman, believing that stricter trade standards would leave us vulnerable to terrorists.

Despite a senatorial majority against the ATT, Barack Obama has now signed the document at the UN Headquarters in New York. Once a leader does that, their legislative branch has to ratify the treaty. Only after 50 ratifications



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Vice Chancellor or Chancellor of vice?

Patrick Sweeney

It seems that the University management were prepared to dock 100 percent of pay, life insurance, and pension contributions for all staff taking part in the University and College Union's (UCU) proposed refusal to mark exam papers this term.

The threat, issued by the University's Human Resources department, was emailed on April 4th at a time when faculty members were unable to adequately respond.

As students sink deeper into debt in order to pay for a tripling of course fees and rising

campus rents, a spotlight ought to be shined on the inequity of university pay and conditions.

Described as the "ultimate sanction" for universities around the country, the UCU marking boycott was proposed after six separate strikes had failed to bring employers to the negotiating table and comes at a time when it has been said that University staff have had a 13 percent pay cut in real terms since 2009. Meanwhile, it seems that Lancaster University Vice Chancellor Mark E. Smith accepted a 13.8 percent pay rise last year, taking his total salary to approximately £239,000. UCU assured students that an escalation of industrial action was "not a decision taken lightly....as we work hard to minimise the impact on students."

The dispute does raise questions about why, in addition to lectures, young teaching assistants in many universities are on temporary, low-paying contracts, whilst cleaners and support staff are bundled off to outsourcing companies that don't even provide sick pay. Is there a rule for those at the top and a different one for the rest?

All the evidence points to a resounding "yes" as far as I am concerned.

University management refused to disclose the minutes from their remuneration committees, which decide why chancellors are awarded these inflation-busting rises whilst general staff have had to deal with the worst suppression of pay in higher education since the second world war. This lack of accountability over vice chancellor pay clearly shows a lack of conviction on management's side.

Government ministers are surprisingly critical of current levels pay for heads of universities. Business secretary Vince Cable has said: "Whilst universities are independent organisations with many sources of income, they do benefit from public subsidy. I'm sure taxpayers would expect some degree of restraint in the salaries of top managers of universities at a time when public

sector pay is still under pressure." Along with universities minister David Willetts, Cable warned: "We are very concerned about the substantial upward drift of salaries of some top management. We want to see leaders in the sector exercise much greater restraint as part of continuing to hold down increases in pay generally."

Many of us can see how universities are routinely implementing cost-cutting measures by restraining pay, laying off teachers, or increasing workload plans. In the meantime, resources are seemingly concerned only by improving the marketing department, making dodgy financial investments, and vainly lauding construction projects. And throughout it all, students are left to pay a high price for their university education. We have also learned that UCU has just agreed to postpone its planned boycott of marking after employers made a two percent pay offer for next year. However, the two percent uplift may not be enough to placate unions forever, and they are undoubtedly seeking a ballot to determine their next

course of action.

It is unworthy of British universities to tolerate these huge pay differentials.

If further industrial action were to take place, it would be a major disaster on the part of management. Disruption to education should be a major concern to higher education institutions and all staff should be fairly rewarded for their contribution to academic life. Right now, I believe that the University is failing miserably to uphold these standards. As students, we should insist on nothing less, and I would urge you to make this view very clear on this year's national student satisfaction survey and to support your departmental staff if the dispute is escalated. That would certainly show management where our priorities lie.



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HEAD TO HEAD: Will democracy succeed worldwide?

YES: Daniel Snape

Today, we will hear the results of the first ever democratic elections in Afghanistan – providing someone has a simple majority. Voter turnout at the time of writing sounds high, particularly for women, and many stations increased voting hours to 5pm to serve the snaking queues. Of course, there were complications. Some voters and observers were taken into custody by the National Directorate of Security for fraud, and a handful of rural stations ran out of ballots. A unique problem for Afghanistan, however, was the Taliban. Though over 900 stations were closed due to security threats, the Afghan people showed astonishing bravery in the face of death. At one station in Baghlan province, the workers were beaten up by armed men and their papers were dumped in the river. The station reopened with fresh ballots in the morning. This election proves that Afghanistan is more devoted than ever to democratic reform.

fact that democracy is one of the strongest traditions in Islam.

Another obstacle the sceptics like to pose is economics. True, democracy and capitalism tend to go hand-in-hand, though the debate as to which walks ahead rages fiercely on. Quasi-communist countries like China continue to administer their economies from on high and openly reject the decadent western market mechanism. In recent years, however, controls on investment and consumption have decentralised. A single ministry can't handle the slew of negotiations and consultations that come before building a city, particularly with so many new private enterprises. Operational supervision now goes to the local governments, which

NO: Jonathan Eldridge

Democracy has long been a supposed bastion of the West; a big slice of delicious pie with which we can surreptitiously tempt supposedly barbarous countries, and, if necessary, shove down their throats. Of course, our seditious dissemination of the seeds of freedom isn't really so sneaky. In fact it is, on the face of it, quite good. Democracy is supposed to allow every single person to have their say in how their country is ruled, and therefore such a system would create governments that fulfil the desires of the people. Thus, we're probably justifiably concerned about the success of democracy around the world and so, lately, all eyes have been focused upon the elections being held in India and

elite, there is a sense that even those who see themselves as being firmly entrenched in the political system are not safe from the legitimate clamour of public opinion.

However, far from getting carried away with condescending enthusiasm about the existence of western style democracy across the globe, we should resist myopic sentiment and don our sceptical hats. I am prepared for accusations of naïve cynicism; don't misunderstand me, I do agree that these are positive signs. Nonetheless, I think we are millions of miles away from worldwide democracy. Although there are reactions against such selfishness, there is clearly a monumental problem with corruption across the democratic world – Afghanistan's elections have also been dogged by accusations of bribery and vote-rigging; complaints include voters being told to go home because ballot papers were already filled in. Moreover, the fact that these elections have had to be stabilised by a large display of physical force shows us the delicate existence of democratic rights in these countries.



Liberal democracy is the most cherished form of government in the world today.

Ideas like political pluralism, legal equality, and parliamentary sovereignty almost go without saying in the West. Many of us are visibly debilitated by the mere mention of political participation. When we are given yet another landmark referendum, we decide that none of society's proposals are worthy of our unimpeachable ticks. Elsewhere, the consultation of the people remains a beautiful but dangerous dream. Because democracy is so absent in these countries, a certain group has concluded that something in their mind-set is inherently contradictory to civil rights, and often points to traditions that play on our most outdated perspectives on the world.

The first imaginary incompatibility is always religion – particularly Islam. The claim is that societies with a strong spiritual emphasis always use rigid dogma in place of public opinion. In reality, the vast majority of Muslims are no more averse to democracy than western Christians. When the Arab nation lost their final conduit on the word of God, the prophet Muhammad, they turned to the cardinal principles of the Qur'an in order to govern themselves. The 42nd chapter, the "Shura", dictates that the faithful should be ruled by "mutual counsel among themselves." Another crucial principle is "Ijma", which states that a complete consensus must be reached during this counsel. Several academics have interpreted this as demanding a worldwide consensus in every public decision, perhaps pre-empting the tyranny of the majority. Thanks to these democratic ideals, the first heir to Muhammad, Abu Bakr, was in fact elected. Ever since, Shura has defined Islam's moral core. Even in the absolute monarchy of Saudi Arabia, the Shura Council plays a central advisory role. Let's not lose sight of the

care more about wealth creation than the ideology of their disciplinary counterparts in the Zhongnanhai party headquarters, who just move around the materials. Even the state constitution now describes the central government as more of an adviser than an inquisitor. The resulting trade is an invitation to libertarians everywhere. How many more fantasies can the sceptics devise? Are the people uneducated? Perhaps education in Sub-Saharan Africa is disproportionately scarce, but a lack of specialist knowledge is no reason for individuals to have their self-determination confiscated. Are the people disinterested? The widespread protests we have watched around the developing world demonstrate a greater wish to engage with political entities than the act of voting itself. Are the people unscrupulous? Fraud, cronyism, and other government scandals are the symptoms of a predatory regime, not a criminal culture. Are the people short-sighted? Mad? Evil? Ultimately, to say that western democracy will not work for them is to say that westerners are so profoundly unique a species from the remaining population that we somehow deserve rights and liberties which they do not.

Afghanistan.

The elections in Afghanistan – something of a milestone in the nation's recent, turbulent history – have been seen by the international community as particularly successful. Ali Reza Yunespour, writing for ABC online, states that "Afghanistan's Election Commission (AEC) announced that around 58 percent of all eligible voters cast their votes in the presidential and provincial council elections on Saturday." This appears a remarkable voter turnout in a country which has not only been debilitated by years of conflict, but is also still suffering from the seditious backwardness of the Taliban.

India's elections, though slightly less astounding, might also be viewed by exponents of western democracy as a sign that the seeds are finally beginning to bud and tentatively flower. A staggering 814 million Indians are registered to vote in this year's elections – elections which will take just over a month to complete – and officials are already reporting that the voter turnout in all states has been higher than in 2009. With Aam Aadmi's anti-corruption (Common Man's) Party offering a fresh challenge to the ruling

The exportation of democracy is hardly a smooth and unhindered process; one only has to cast an eye over the currently fractious environment in North Africa to see how impaired efforts to realise political democracy are.

We should also not discount those countries – North Korea, Cuba and, to a large extent, China – who have chosen to follow a different, less democratic route. Another point of contention would be whether we think democracy, in its current form, is an end in itself. It might be interesting to consider whether there is an as of yet unspecified alternative to this system – whether it be revolutionary or only a slight shift away from our current predicament. The popular Slovenian philosopher Slavoj Zizek is fairly affirmed in his view that western capitalist democracy is coming to some sort of "end point" – though he shies away from defining this any further.

Though it may be beyond some people's comprehension at the moment, I don't think it too far-fetched to envisage a future in which today's form of democracy is a past relic. All prior political and economic systems have suffered from some kind of entropy, with evidence of social unrest and movements such as Anonymous gaining in popularity. Perhaps, instead of worrying about the importance of spreading western democracy around the earth, we should be searching for ways to rectify the ills of the system in its current state. Is it fit for every single nation on earth? Plurality and inclusiveness are welcomed; however, a pretty vision of a global embracement of western democracy is not a certainty.



Ronnie Rowlands

Postscript

Like Jesus, I hath returned.

Miss me? Didn't think so. Hello to you, and you alone, most verily my favourite of ALL my many readers, to the 19th instalment of Postscript; the gullet of the the gossip gutter, belching forth with aplomb my opinions on the campus's news. I apologise for not being present in the last issue of SCAN – I was otherwise engaged, but there is no time more fitting for me than Easter to arise from the dead and pick up where we left of. What's new with me, I imagine you ask? Nothing really. Oh, I was elected to take up the post of LUSU Vice-President (Campaigns and Communications) the other week, a victory that led one person to tweet "Ronnie Rowlands has been elected. Democracy has failed us." I'd like to thank that tweeter for giving me the time of day.

The burning issue, and it is the hottest of potatoes, is the marking boycott.

Many of you will no doubt spit into your breakfast out of rage to learn that, as a student with coursework assignments scheduled to be marked during the boycott, I am in full support. Your author finds it thunderously self-entitled to bitch and moan about your own interests when a group of academics AND postgraduate students (yes, they exist) takes the difficult decision to withdraw their labour. Does it inconvenience you? YES. Of course it does. THAT'S WHAT A STRIKE IS SUPPOSED TO DO. Now just to pre-empt any complaints I may get for saying that, I should point out that what I (or the Students' Union, for that matter) think and where I choose to put my support makes no real difference. Much as I should like to control the staff unions

and be their agenda setter, I must also point out that I have no say in these things.

Now, moving along to the two major advancements in this ongoing affair.

The University's HR Department recently sent out what can only be described as a threatening letter to all staff, informing them that all of their pay will be withheld for ALL duties (so this includes teaching, research, administration) should they choose not to do any marking. And they claim that this is not done with the intention of 'exacerbating the situation'. The opposite is almost certainly true, and to further malign members of staff who simply wish to reclaim the 13% pay they've lost over the past six years by demoralising them FURTHER will only serve to have a longer knock-on effect on students. After all, if your refusal to mark work is going to deprive you of ALL pay, then where exactly is the incentive to continue with your many other duties to students? In their position, I'd think "balls to you, I won't do ANYTHING then."

There is a particularly ugly sentence in the threatening letter which gives it the tone of a teacher singling out the naughty student for humiliation; "I do realise that this letter is only relevant for the small minority of staff that will wish to participate in this action and it is a pity that I have to write to everyone in this way." I'm an English Language student, but you don't exactly have to be Theo Van Leeuwen to get the impression that management is openly identifying the "good pupils" and the "naughty pupils" and fostering scorn and division within University departments, do you?

Secondly. The new pay offer that t'Unions are being asked to consider is a 2% increase, rather than 1%. A very devious move by UCEA, the body which sets academics pay. Whenever a government wants to, say, close down some hospitals, they announce; "Right, we're gonna close ALL THE HOSPITALS."

Then everyone gets up in arms and fights against it, and the government relents and goes "oh alright, alright, we'll only close half the hospitals then." People celebrate it as a victory, but they've still lost half of their hospitals.

And so, in the case of this new pay offer, which accounts for less than most if not all of the money striking staff have lost through their industrial action, the 13% pay cut becomes a mere 11% pay cut instead, but fewer people notice that. In five years time, t'Unions will strike and demand a return to the good ol' days of the 2013–2014 salary. The pay will still sink and sink, but at a far slower pace and the odd piss in the ocean blip of a meagre increase. Don't be fooled.

Sadly, it's getting to the point where the cost of education and the refusal of many students to broaden their compassion outside their own affairs has crippled the battle, and it seems more than likely that UCU members will have no choice but to willingly give up their King to the opponent. And so, to bed, but not before a slow handclap to those who exploited the marketisation of education and the sense of entitlement some students have to its fullest, most devastating potential.

 **Read more online at**
scan.lusu.co.uk/comment

Hard Election Climax

The Union full time officer elections happened a few weeks ago, and may I just crash the party late to congratulate what-chamacallit, wasshername, thingmebob, dat fella, you-know-who and the other guy on their victories. Every year we find 90% of the outcomes thoroughly predictable, but this time around you had candiates facing off against one another who were so evenly matched (in terms of 'popularity' at least) that the results were impossible to call. Conversely, the Presidential election dealt 'firsts' in spades. In Laura Clayson we have our first female President in almost ten years. More atypical about her was that it was the first time in a long time we've not had a 'LUSU Wonderchild' in the running. There have always, of course, been far-left fringe candidates taking a crack at it – despite our best efforts we can all remember the Presidential bid of resident Humanist Adam Harrison-Henshall, for example. But there had never been the sense that such candidates have a real chance of winning until this year. Thus, it is with great excitement and baited breath that I await the outcome of a radical new approach to Union leadership. And, of course, the work of the rest of the team. I'm really not sure about the wrong 'un who won the Campaigns and Comms role, though. I Just Don't Like The Man.

Joe Thornberry Is Being Made Redundant: URGENT

Those of you who frequent, or even occasionally pass through, Bowland Bar will no doubt be familiar with Joe Thornberry – the Principal of Bowland College and current acting President of the University and College Union. Joe's been working at the University since 1998 and in that time has amassed fondness and respect from staff and students alike. He has been particularly effective as a member of University Senate, tackling senior management head on on matters including, but not limited to; the closure of the Music degree, the establishment of a standing redundancy committee, our ethics abroad as regards to international campuses, reducing senate numbers, and just generally matters of transparency, accountability and good practice. He has also been a firm spokesman for staff industrial matters against the University.

He is and always has been firmly rooted on the side of the students, the staff and the best interests of the University, putting his neck on the line even when it looks likely to cost him.

Just recently, Joe re-applied for the post of Bowland College Principal. Despite having held both the post and the unanimous support of his College, the search committee (which has no terms of reference and no real constituted right to deny applicants the right to stand) opted to reject his application, despite the majority of the panel allegedly having spoken in favour of Mr. Thornberry's re-appointment. Not being the a College Principal furthermore denies Mr. Thornberry the opportunity to sit on University Senate. According to SCAN's report a few pages back, Pro Vice-Chancellor Chetwynd, who chaired the committee, has declined to comment on this matter.

Oh, and a matter of weeks later, Subtext announced that he is being made redundant as part of a Human Resources restructuring. It's an ambitious project which apparently has the aim of enabling "a clear focus on organisational development to support the University in meeting its strategic objectives." This will be achieved by making Mr. Thornberry and just ONE OTHER PERSON redundant.

Without comment, I leave all of the above for you to read and come to your own conclusions.

And Another Thing...

– Tickets are now on sale for Kony 2012; ahem, I mean; TEDx Lancaster 2014, which takes place in the Nuffield Theatre on the 7th of May. TEDx is an absolute must for people who think that the world will change if we talk about societal development in vague but uplifting and easily digested terms and then share the videos via Upworthy.com. Get involved and you T00 can feel inspired for about five minutes before going about your day as normal. Come along and change the world, one mild fuzzy feeling of hope at a time.

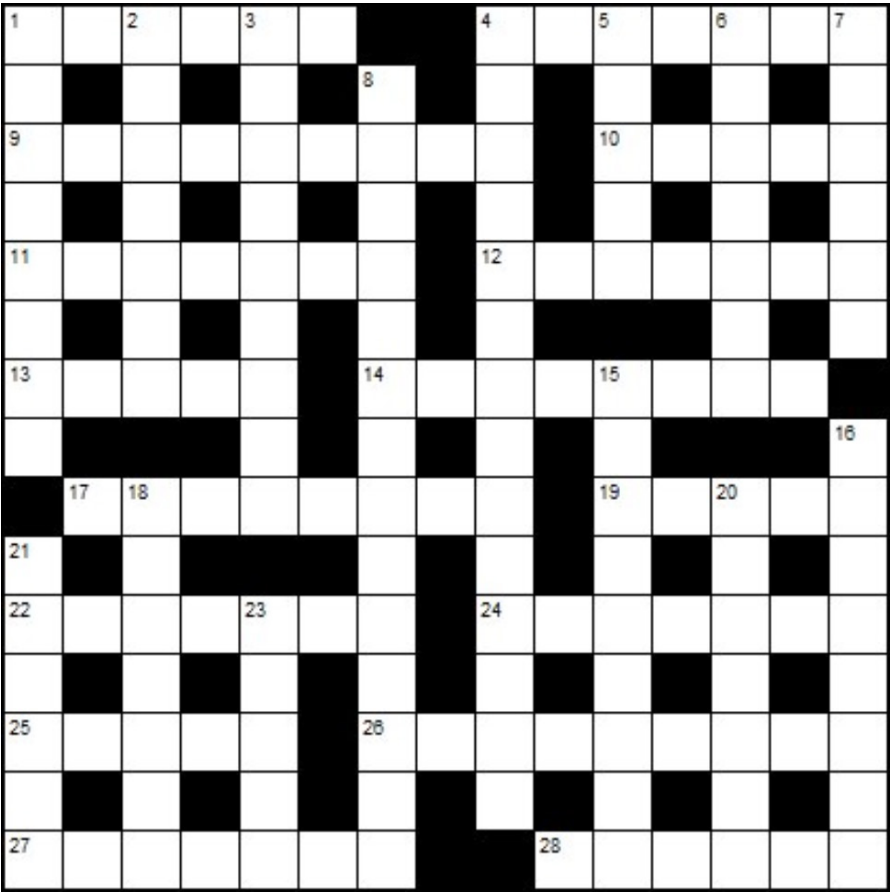
Letters to the Editor & Puzzles

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

Fancy yourself a master of puzzles? Don't forget to tweet us [@SCANLU](https://twitter.com/SCANLU) and let us know. If you have any suggestions for puzzles or ideas for crosswords, we'd love to hear more about it.



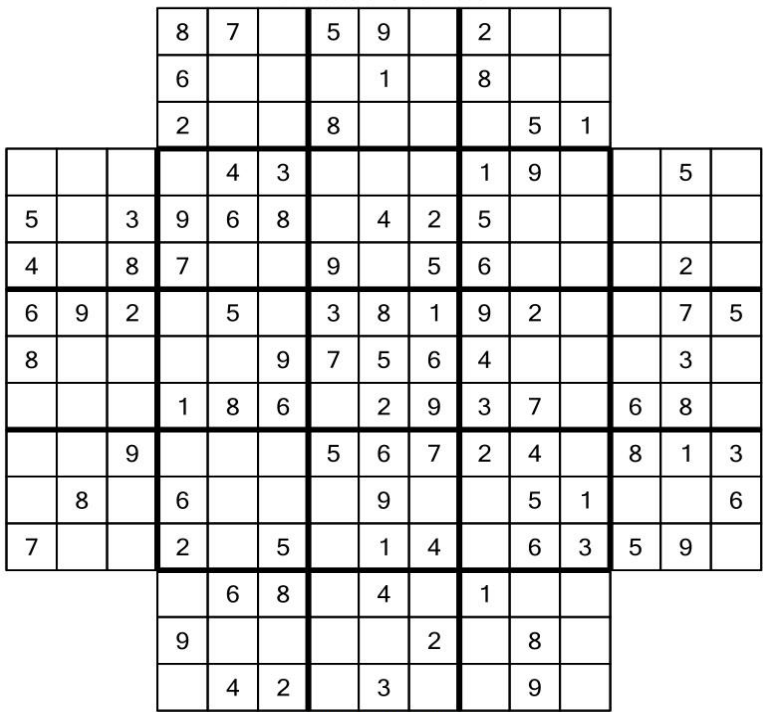
Crossword



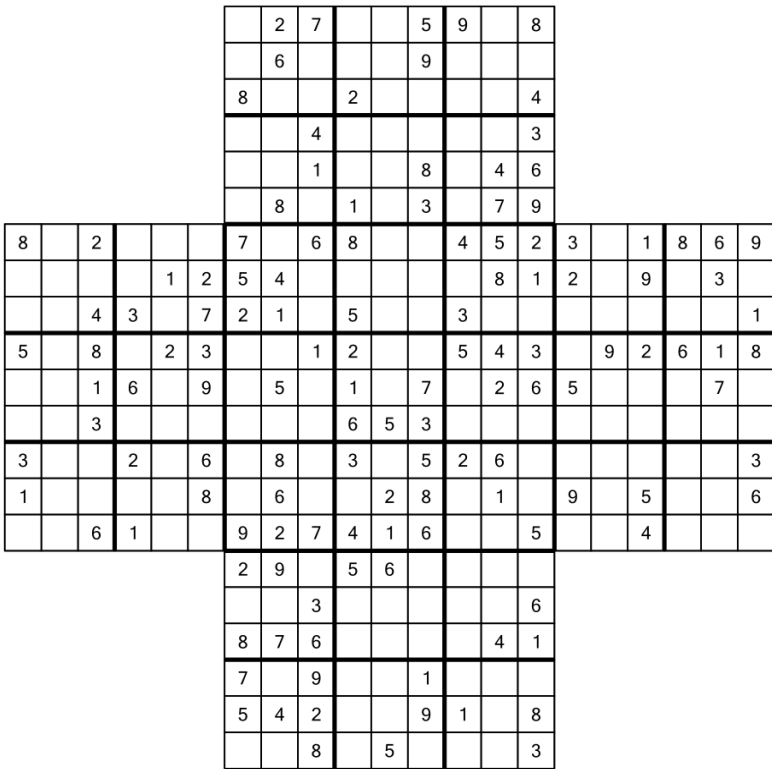
- ACROSS**
- 1 Lousy, perhaps? That makes you irritable (6)
 - 4 Don't start to give up and slowly pass away! (4,3)
 - 9 Around end of April eccentric local man's abandoning new type of fuel (5-4)
 - 10 Second child married old and boring person (5)
 - 11 Poet, say, is arrested by English officer (7)
 - 12 Part of maths group is competent in two foreign languages? (7)
 - 13 Standing up before court (5)
 - 14 So she hurriedly wraps present – it's winter footwear (8)
 - 17 Papa's dog eating staple food? The cost of it! (5,3)
 - 19 Conference for one lecturer is a model of perfection (5)
 - 22 Artist appears in photo as well (7)
 - 24 Hoarse from speaking, Chuck finishes off pint quickly (7)
 - 25 Writer reflected on one small antelope (5)
 - 26 For a start, John Bull's desperate to meet girl from Prague, perhaps, or another capital (9)
 - 27 Incidentally, article will appear in Times twice (2,3,2)
 - 28 Suffer, following live act (6)

- DOWN**
- 1 Pampered girl's back in school (8)
 - 2 A disreputable sort regularly visited Vermeer scholars' world (7)
 - 3 Projectile or bullet, one cut to penetrate (9)
 - 4 Eddy's admitting solicitor reasoned soundly (4-7-3)
 - 5 Attack falls short, very, when scoring (5)
 - 6 One love after another comprises misery after short time – it's a tragedy (7)
 - 7 American poet unknown to be unfriendly (6)
 - 8 Sells hot oyster stew, kept warm in this? (7,7)
 - 15 Repair gel sure to hold up? (9)
 - 16 Take no risks? Lincoln's wife wouldn't have agreed with this! (4,4)
 - 18 It gives man right to return things primarily? (7)
 - 20 American academic supports one-party state (7)
 - 21 See doctor after old man boosted confidence? (6)
 - 23 Conversely some step in solely to criticise (5)

Flower Sudoku



Cross Sudoku



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LUSU

News
3 - 16

Carolynne
17 - 41

Comment
43 - 52

Sport
53 - 60

53

Sport

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

Roses 2014: York scouting report

Iain Beddow
Sport Editor



Yes, it's finally that time of year again, the week-end we've all been waiting for is upon us: Roses 2014 is here. The historic houses of Yorkshire and Lancashire have indirectly composed the largest university varsity competition in Europe. However, not just under usual circumstances will both Lancaster and York Universities fight it out for honours, as this year marks the 50th anniversary of the competition and also, Lancaster's establishment as an academic institution.

Following last year's away loss at the hands of the White Rose, Lancaster are ready and actively seeking revenge.

While it won't be easy, Lancaster's dominant displays throughout the BUCS leagues this year, have provided the perfect preparation, instilling a winning mentality, which shall no doubt be taken forward into the most important fixtures of the calendar year.

Home advantage has proved decisive in the last five Roses, but that won't stop York from mounting a serious threat in changing current trends. BUCS standings put the universities pretty much alongside each other heading into the encounter, York only holding a 43 BUCS points advantage over Lancaster, providing strong evidence of how tightly matched both universities currently stand.

This year York's elite sportsmen and women have had a fair share of their own successes too, with a number of teams hoping to create an upset on Lancaster soil. Undefeated seasons in women's and men's lacrosse as well as in women's water polo have been the pinnacle of York's sporting achievement. On top of this, pro-

motions for their men's football firsts and seconds, men's hockey seconds and women's rugby firsts all serve as reminders of York's sporting strength and are all teams which could potentially prove tough fixtures as they head into Roses full of confidence.

York's lacrosse club have had a year of unparalleled success, not only have the men's and women's teams both secured unbeaten seasons, the women's firsts have now clinched the cup too – already beating Lancaster 27–5 earlier in the Northern cup competition. While the women may struggle, there is added hope that Lancaster's men can defeat their adversaries, while both have moved up in the league ladders, Lancaster are situated in a higher division (2A), which could prove pivotal on Saturday.

York's rugby teams are often considered a driving force behind their Roses successes; playing in the higher tiers of the BUCS leagues and defeating Lancaster on numerous occasions at Roses,

they will have every reason to go into the Saturday encounter with heightened optimism. However, this year the men's sides as a whole have had a dour display in the league; the seconds were relegated and the firsts and thirds just avoided relegation by a solitary place. Reason for cheer perhaps, but rest assured with all teams in higher league tiers, Lancaster Rugby Club may be hard pushed to end their Roses misery this year. The rugby firsts play in the second highest division in the country, and critically beat Durham's second team, as our – undefeated in the league – firsts lost to Durham thirds in the cup, this could prove a ominous indicator for how the headline rugby fixture may pan out.

In contrast to the rugby, the football teams of York can all be found in lower leagues in comparison to their Lancaster equivalents. Last year saw a clean sweep, for Lancaster in all fixtures, but this year they may be made to work harder for their victories

as two of York's four teams shall be competing at Roses following successful promotion campaigns. The York first team look an improved outfit having not only gained promotion into the 3A division, but were runners-up in the Northern Conference cup – closely losing to none other than Bangor firsts who Lancaster beat at home in the league this year!

In other sports, badminton looks to be a tightly fought fixture, with both the men's and women's sides within a league from each other and with a total of 12 points available – including the mixed badminton – this could be a critical tie. The same can be said for tennis, last year Lancaster's women won easily, the same outcome looks likely with York's firsts women finishing third in the 3B division – three divisions lower than where Lancaster's women's are positioned. The men's tennis however, could be as close as it was last year, with both the firsts and seconds of York making reasonable pro-

gress in their respective leagues (2B and 4B).

York's hockey have had a mixed bag when it comes to the league, similar to the football, all York's hockey teams can be found in lower tiers to their Lancaster counterparts. Although their men's firsts and thirds both inflicted defeat upon Lancaster at Roses last year a whitewash could be possible if all six hockey teams perform to the standard they have this year.

The build-up for Roses has been intense, a season full of excitement and achievement throughout both universities have paved the way for what is guaranteed to be a fantastic 50th Roses, and landmark event for both universities. While past results, statistics and a team's form guide tell a certain tale, they don't paint the full picture, the old cliché "anything can happen" seems apt when the pressures, nerves and adrenalin all start to kick in, as the pursuit for the Carter James trophy intensifies.



Photo by Sakib Rahman

LU Cricketers travel to Pakistan for first international match in five years

Photo by Rachel Harvey



Rachel Harvey

On April 6th, the Lancaster University Men's Cricket team (LUCC) flew out to Pakistan to play in the first international cricket match on Pakistani soil in five years. The Gaddafi stadium in Lahore played host to a four day Twenty20 tournament between COMSATS Lahore, Islamabad, Abbottabad and COMSATS Vehari & Sahiwal. Captained by Joe Molloy – also the wicket keeper – Lancaster knew they had no easy feat ahead of them. In unfamiliar conditions, in the third largest stadium in the world, with a 2,000 strong crowd, LUCC had no idea what to expect from the other teams.

After losing the toss to Islamabad, Lancaster bowled first opening with spin bowler Ben Ingham. Islamabad got off to a strong start and kept up a high batting performance throughout the first innings with 180 for 4. Marley Ali had a great bowling performance conceding the least runs through the first innings. Lancaster looked nervous

Though Lancaster bowled and fielded well, Islamabad took the game by 80 overs and were the stronger team overall.

After the match Molloy said, "There were mitigating circumstances, but we knew about those circumstances before we arrived here". After a day off, feeling more positive and knowing what to expect from the conditions, Lancaster played COMSATS Lahore in the next game of the round robin tournament. Lahore had also lost to Islamabad and

during the second innings, sticking close to the wickets after each bat and rarely having the confidence to try for 2. By the fifth over, Lancaster had loosened up a bit but still seemed to be in the mind set of 50 and over cricket, much more common than T20 in England.

so neither team were going to make it through to the final, but that certainly did not affect the standard of cricket played.

Hoping to bat first Lancaster lost the toss and once again bowled first. Lancaster opened the bowling well with Freddie Hammond, who had not been able to play against Islamabad, giving away no boundaries and Marley Ali making a great catch within the first 10 overs. Somewhere between the 10th and 13th over the temperature shot up and Lancaster began to slow down and the score rapidly went from 100 for 3 in 13 to 195–6 at the end of the first innings.

First year student James Collinge opened with some great batting for Lancaster in the second innings before being run out in the 10th over. By the 14th over Lancaster looked in much better shape, with 107 for 4 and Marley Ali running up half a century but was bowled out in the 17th over. Lancaster finished with 150 runs, but had played a much better game – by making fewer mistakes in the field and showing a lot more bravery when batting. Had the toss gone Lancaster's way, the results could have been very different, but either way it

was a fantastic game of cricket to watch with great sportsmanship between the two teams and even the crowd cheering for both sides. COMSATS Islamabad went on to win the tournament, beating COMSATS Abbottabad to the trophy.

On April 12th LUCC topped off the tournament with an exhibition match against the Pakistan under 19s team. Winning the toss Lancaster chose to bowl first, with Molloy saying he believed it would "give Lancaster some inroads".

During the first innings Lancaster played a very tight game, switching between Freddie Hammond, Andrew Zimmer – a fast bowler – and Sam Dyson to bowl during the first 6 overs. With the score at 52 for 2 in 6 overs, Pakistan under 19s suddenly stepped up their game, every other ball felt like a boundary. Lancaster kept up strong fielding until the 15th over when, once again the heat seemed to be too much. After the first innings the score was 204–5 with Sam Dyson playing a great game and taking 4 of the 5 wickets.

Going out into the second innings with heads held high, Sam Walsh and James Collinge

opened the batting for Lancaster. Facing fast bowlers both Collinge and Ali who bat third did not put in the performance they had the day before, but this made no difference to the crowd who cheered for Lancaster over their national team keeping the team's spirits alive.

Lancaster were all out by the 13th over with 45 runs scored, beyond the mitigating circumstances previously mentioned, nothing could have prepared the Lancaster team for the speed of the bowling or the style of cricket played by the Pakistani under 19s team.

It is fair to say that this was not just a chance for Lancaster to play cricket with a partner university, this was a chance for Pakistan to prove that their country is safe for sport again; to bring international cricket back to a country that is so dedicated to it and a chance to show what a fantastic country Pakistan really is.

LUCC may not have won their matches, but this tour was clearly much bigger than cricket and the Lancaster team, as well as myself and VP (Activities) Emily Pollitt, were privileged enough to be a part of it.

Lancaster lacrosse teams aim to take their form into Roses

Henry Saker-Clark
Deputy Sport Editor

Lancaster University lacrosse teams have enjoyed a successful 2013–14 BUCS season; the men's first team romped to the top of the Northern 2A league, winning every match. The women's firsts also performed strongly, taking third place in the women's 2A league. Both teams have seen a string of impressive performances take them towards the top of their respective leagues, raising team spirits ahead of Roses.

Lancaster's men's first team managed to achieve promotion from the Northern 2A league in style, maintaining their 100 percent record for the entirety of the season. The record of ten wins from ten matches made them clear winners ahead of nearest rivals Keele firsts who were nine points inferior. Despite a season which included many colossal margins of victory, most notably the team's 30–0 victory of UCLAN firsts, it was perhaps their tight-fought victory over Keele which ensured their league success. This 9–6 victory half way through the season established the sides position as league leaders and was perhaps pivotal in maintaining their excellent form with an impressive victory against the toughest opposition.

The men's team finally claimed league victory with a challenging encounter against Bangor, defeating their Welsh opposition 9–7. Impressive defensive displays in the second half ensured that Lancaster would not let their early victory slip, and thus with

victory maintained their perfect record to win the division. Keele firsts were not only important competitors at the integral half-way stage of the season, but Lancaster were able to ensure their 100 percent record in their last league fixture at home to Keele. Keele, who finished second behind Lancaster, were however no match to the home side, full of confidence and in sparkling form, taking the victory 12–1. Lancaster assured victory through their strength-in-depth, playing a large array of players who combined to top off a very memorable season.

Nonetheless, the men's season does not just stop there.

season with their 100 percent league record which they hope to take into the match against York.

With the men's team achieving such success, the women's side were keen to achieve the same outcome. Despite two early defeats this season, the women's team took invaluable victories against Bangor, Keele firsts and Liverpool seconds to put themselves in a more competitive position for the rest of the season. Despite a strong winning streak, Lancaster were unable to repeat the successes of the men's team,

losing a tight encounter against Liverpool John Moore's firsts 10–13. Despite this hindering any possibility of a truly successful year, victory in the side's final fixture against Bangor firsts, winning 25–10 gave the women's team a strong finish that assured them the very respectable finish of third in the table. Having suffered a substantial 27–5 defeat to York University's team earlier in the year, Lancaster will be hoping to transfer the form that saw them brush past Bangor to the all important Roses fixture.

Having finished first and third respectively, the men's and women's teams will see Roses as the opportune moment to carry on where they left off in their leagues. The women's team will clearly see revenge on the menu as they aim to reverse the drubbing they suffered earlier this season against York, whilst the men's team will be aiming to ensure their stunning perfect record in the league this season will flow into their Roses performance, topping off what has been a prosperous year for Lancaster lacrosse in BUCS.

Liverpool's title charge, where has it all gone right?

Caspar Law

The contests between Arsenal and Liverpool in the 1988/89 season and Manchester City and Manchester United in 2011/12 were undeniably two of the tightest seasons in English football history. The late drama provided by Aguero and Thomas in those respective seasons have their place in footballing folklore firmly cemented and with the season almost over, it looks like this campaign could well join them. Some would even argue this season is actually more exciting, since there are three teams chasing for the title at the final stages of the year – something very rare for a football league in Europe.

The current leaders and surprise package Liverpool are the undoubted success story of the season. Brendan Rodgers' men were in no way expected to be competing for the title at this late stage and were even considered outsiders to regain a place in the top four, so their position at the league summit is startling to say the least.

How then have Liverpool gone from mid-table obscurity to title favourites?

One key factor is goals: the partnership between Luis Suarez and Daniel Sturridge is unquestionably the primary reason behind the Red's success this year. The two strikers have so far scored fifty goals in the league this season, far surpassing

any other partnership and even outscoring the bottom 12 teams in the league. Luis Suarez, who has scored 30 goals from 30 appearances this season, is not only the leader of the scoring table but also the assist table, displaying the remarkable season the Uruguayan has had.

The midfield's contribution should not be ignored however, Jordan Henderson has proven his ability and won many

Norwich and also an important goal against Manchester City at home, improving an aspect of his game that some thought was a weakness. His fabulous recent performance against Norwich may not only have widened the gap between Liverpool and Chelsea, but also have booked himself a place in the England squad to Brazil this summer.

Nobody at the club is more desperate for league glory as talismanic skipper Steven Gerrard. A change of role within the team has played a huge part in the Red's rise to the summit of the league, in fact Gerrard now appears to be relishing the deeper, more defensive role and has shown his class by adjusting quickly. His leadership has undoubtedly come to the fore too, as was displayed by his remarkable galvanised reaction to the Manchester City win.


At the time of writing Liverpool are currently leading by five points and have remarkably won their last 11 games. Despite the fact that their defence has conceded 44 goals this season—a higher figure than Crystal Palace (41) and Hull City (43), their attacking players are in excellent form and the team have shown their ambition and confidence in recent months.

This may just be the season the Premier League trophy comes to Anfield, the first time in 24 years that Liverpool have won a league title. Finally giving Steven Gerrard the big opportunity he has craved for so long, to follow the footsteps of other Liverpool legends and become a title-winner himself.



Inter College A League: Football

Inter College A League: Netball




Pendle

League position: 3rd

Results: 3W 3D 1L

Next game: Grizedale B (cup)

Pendle, the previous champions of the college A league, gave a good go of regaining the title they picked up last year, but a number of draws put to bed any hope of obtaining two titles in successive years. The team can take solace, being the only team in the league to take points off the champions elect, proving that on their day they can be a match for any side. Pendle have proved to be one of the more consistent colleges in the league, finishing in the top three in the last three years.



County

League position: 1st

Results: 6W 1D

Next game: Lonsdale A (cup)

For the first time in recent memory, County have won the A league, title. Having produced an unbeaten season with an impressive six wins, one draw, the men in yellow have continued on from a successful cup run last year, capitalising in the league this year too. A team which have proved tight at the back, with the firepower up front to match, County have been resilient and deserved champions of the league this year. High on confidence, County will attempt to regain the LUSU cup in pursuit of an unprecedented double, starting against Lonsdale As.



Lonsdale


League position: 6th

Results: 2W 2D 3L

Next game: County A (cup)

The closing 0–0 draw with Bowland perhaps summed up Lonnie's year in the football league, distinctly average. While early wins against one-time, table-

toppers Grizedale sparked a potentially exciting season for last year's LUSU cup runners-up, three losses to County, Fylde and Cartmel sunk Lonsdale back to reality, finishing the year disappointingly with two draws. The first round of the cup will be a repeat of the final last year, and Lonnie will be seeking revenge but hoping for no sending offs this time around!




Fylde

League position: 4th

Results: 3W 1D 3L

Next game: Lonsdale B (cup)

After a season which promised much, Fylde have again fallen foul of a lack of goals to support their hopes of winning the league for the first time since 2010. Captain Billy Crow has led the scoring charts for Fylde, scoring 50% of their goals. A lack of contribution from the midfield may have prevented the team from climbing higher than where they eventually ended up. Crow told SCAN “It's been a very competitive year! I feel we have done well in a very strong college league, if we'd had been more clinical with our chances then maybe we'd have mounted a bigger challenge. We will learn from our mistakes, bring on the cups!”




Furness

League position: 7th

Results: 2W 5L

Next game: Fylde B (cup)

Pretty similar to last year's finish, wins over Fylde and Cartmel were the college's best results, but a higher league position could have been made possible if late complacency didn't creep in. Central midfielder Ste Lyddon spoke to SCAN of an “average season” giving credit to a “couple of decent wins although we were unlucky to lose two different games in the last minute.” They too will be looking for better fortune in the cup!



Grizedale

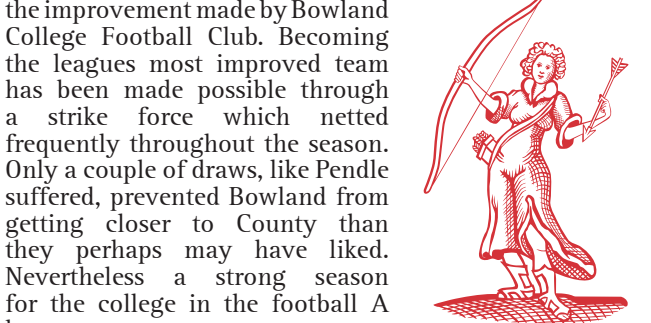
League position: 5th

Results: 3W 4L

Next game: County B (cup)

A season which held great hope, ended disappointingly

with two defeats. I predicted Grizedale as potential dark horses at the start of the season, which seemed to be an accurate assertion, until the turn of the year. Following the loss of notable players who formed the core of the Grizedale side, the hogs were unable to replicate the form which saw them head into Lent term, top of the league. Goalkeeper Dan Rudnick expressed to SCAN “It was a hard end to the season after such a great start, but it's a big improvement on last year and we're pleased with that.”




Bowland

League position: 2nd

Results: 3W 3D 1L

Next game: Cartmel A (cup)

To finish this season second after last year's second bottom finish is great evidence of the improvement made by Bowland College Football Club. Becoming the leagues most improved team has been made possible through a strike force which netted frequently throughout the season. Only a couple of draws, like Pendle suffered, prevented Bowland from getting closer to County than they perhaps may have liked. Nevertheless a strong season for the college in the football A league.



Cartmel

League position: 8th

Results: 1W 6L

Next game: Bowland A (cup)

As stated in last term's summary article, Cartmel are struggling to find any kind of form in the college A league. Two years, fourteen games and only one win is testament to the huge dip in performance since becoming league champions in 2012. While players have moved up to university level, leaving holes in their team, defensively Cartmel have left much to the imagination, conceding three or more times on five separate occasions this campaign. Hopefully the cups will give the college some much needed hope of a change of form, before heading into next year's

season.



Fylde

League position: 1st

Results: 13W 1L

As expected, Fylde picked up yet another league victory, their sixth in a row, cementing themselves in Lancaster netball history. While in previous years, they've gained the trophy at a canter, here a genuine challenger posed the question – is Fylde's dominance over netball fading? Beating Lonsdale once by a point, and remarkably losing by a point – Fylde's first loss in three years – created a feeling of a potential usurper of the netball throne. However Lonsdale's challenge deteriorated and Fylde were again crowned champions, gaining another coveted place at Roses – like they have done every year since college netball was introduced into the varsity competition. Goal attack Rhian Laidler summed up the netball season well, telling SCAN “it's been the toughest season yet and the standard from all teams has been exceptional, but there's certainly a lot of promise for next year's season.”




Furness

League position: 6th

Results: 3W 11L

After finishing second in the league last year, hopes of a greater challenge to Fylde were blown apart following a treacherous start to the campaign. The first nine games resulted in eight losses, plummeting Furness to the bottom half of the division. A slight revival toward the end of the year saw them pick up two wins but the competition for Furness proved much tougher than last year, as points were freely scored against them, collectively showing a –177 score difference at the close of their campaign.




Bowland

League position: 5th

Results: 7W 7L

Bowland netball had a very even season, winning seven and losing seven, firmly positioning the team in the middle of the table. Having finished bottom of the league two years ago, they can be happy with two years finishing in the top five of the league. If the team could achieve greater consistency, having at best won twice

in a row this year, perhaps a more sustained challenge toward the top of the league would have been more possible. Bowland will look toward 11th Founders Series, in an attempt to regain bragging rights, in a competition they've dominated since it was founded.



Lonsdale

League position: 2nd

Results: 11W 3L

Following last year's six wins, six losses you'd be hard pressed to think that Lonsdale – after a pretty average year– would be the team to end Fylde's winning streak. Yet, they were close to achieving the remarkable feat twice – only losing by a point in their first fixture. Another team which shone this year, were Lonsdale who started the year perfectly with only a Fylde loss being sandwiched between four wins either side. The engine lost steam towards the end of the season as two losses against Pendle and County prevented Lonsdale from going one step further and beating Fylde to the league trophy, but still a successful season for the Lonsdale A team.



County

League position: 4th

Results: 8W 6L

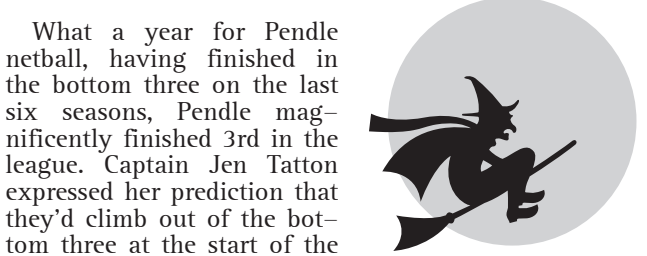
An improvement on last years 5th place finish, County will be happy with the way the season turned out. Strong wins against Lonsdale and Bowland are positives to take forward into next year as they hope to continue their upward trajectory toward the top of the table.



Cartmel

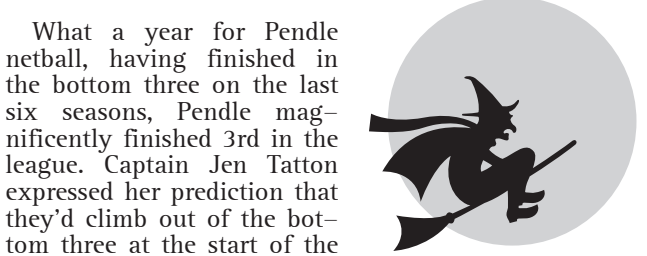
League position: 7th

both times against Bowland, who finished the year with five times as many points, losing only by two points on both occasions.



Results: 2W 1D 11L

Like their footballing equivalents, Cartmel as a whole have suffered a disheartening year in the college sporting leagues. Positives from wins over Furness and County prevented the college from finishing bottom of the league. Their final league game finished with a rare, 19–19 draw with their bottom of the league neighbours Grizedale, to close the netball A league season.

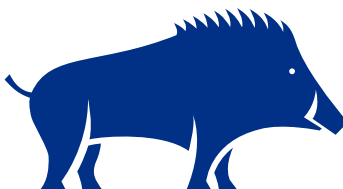


Pendle

League position: 3rd

Results: 10W 4L

What a year for Pendle netball, having finished in the bottom three on the last six seasons, Pendle magnificently finished 3rd in the league. Captain Jen Tatton expressed her prediction that they'd climb out of the bottom three at the start of the year and she was true to her word, having only lost four times this campaign, compared to nine last year. The achievement of Pendle's rise should be greatly admired, the league's biggest improvers were definitely the surprise package of this year's netball A league. Captain Tatton, expressed to SCAN “I'm so proud of the girls this year. We have always tried hard and it is great to have our hard work pay off this year.”



Grizedale

League position: 8th

Results: 1W 1D 12L

The hogs suffered another dismal display in the league this year, trouncing last years twelve losses with an even greater negative score difference this time out. In a season to take few positives competitively, the Grizedale girls enjoyed tight games both times against Bowland, who finished the year with five times as many points, losing only by two points on both occasions.

Hodgson’s World Cup Conundrum

James Benson

With little time left before Roy Hodgson has to name his final 23-man squad for the World Cup in Brazil, the national team manager has a few dilemmas to contend with. Although the side's spine is practically set in stone, barring injuries, there are places in the squad which remain up for grabs. Sentiment may play a part in a number of call-ups, as the country's supposed "Golden Generation" sees its last remnants reach the climax of their international careers. However, Hodgson must focus on the here and now, picking players based on form rather than reputation or past endeavours.

The nation's undisputed number one, Joe Hart, is the current Manchester City custodian, whose form has vastly improved since he was dropped for six weeks before Christmas by club boss Manuel Pellegrini. The 26-year old is a certainty to board the plane to South America and will be hoping to reach forty international caps when England take on Peru at Wembley on May 30th. Likely to accompany Hart is Celtic's Fraser Forster, who has

excelled both domestically and in European competition this season. The ex-Newcastle man has drawn plaudits from across the continent and would provide strong back-up if Hart was to falter. Meanwhile, the third spot is likely to come down to a decision between John Ruddy and Ben Foster. Both have played in struggling sides this year, though Ruddy looks the more likely to be in Manaus come June 14th.

In front of Hart there remain a few details to be sewn up, largely regarding the defenders Hodgson opts to take as back-up to his starting XI. The fight to secure the right-back slot looks set to be between Liverpool's Glen Johnson and Tottenham Hotspur's Kyle Walker. Although Johnson has been chastised in the past for neglecting his defensive responsibilities in favour of forward forays, the Greenwich born full-back has prior tournament experience, whilst Walker often displays naivety that could come back to haunt England when they take on superior national sides.

At centre-half, Hodgson sees Gary Cahill and Phil Jagielka as his most reliable pairing and the duo played together in the majority of England's qualifying games. In terms of back-up, Manchester United double act Phil Jones and Chris Smalling

represent up-and-coming talent, whilst both have proven to be versatile in their careers to date and will add depth to the squad. In case either one is injured, Cardiff City's Steven Caulker may be worth consideration, though a call on ex-captain John Terry would likely disrupt the squad.

On the left-side of defence, Leighton Baines appears to have secured his slot in the starting XI, though it is with regards to his understudy that Hodgson faces his most prominent quandary. Whilst Ashley Cole has been a mainstay of the national side for the last ten years, his place in the Chelsea team has been lost since José Mourinho's return in the summer. As a result, Hodgson must choose between sentiment and sticking to the principle of picking players based on form. Though Cole has performed a stellar job for the national side in the past, now is the time for him to stand aside and let the impressive Luke Shaw seize his opportunity.

In midfield, there remain an array of combinations which Hodgson could choose to utilise in Brazil. Liverpool and England captain Steven Gerrard deservedly leads the side to his sixth international tournament and will surely be partnered by club-mate Jordan Henderson. The ex-Sunderland man had been lam-

basted since his move to Anfield in 2011, though his form has improved immeasurably this season, as he has become a mainstay of the Liverpool side fighting to secure the title at the top tier of English football for the first time since 1990.

Although Tom Cleverley has proven to be a favourite of Hodgson's, the midfielder lacks the ability to compete at the highest level for club and country. In contrast, Arsenal's Jack Wilshere looks likely to deliver on the promise that saw Arsène Wenger hand him his debut aged 16 and should be picked, as long as he overcomes the foot injury sustained against Denmark in early March. Meanwhile, Ross Barkley has broken in to the Everton team under Roberto Martínez and would represent a far lower risk than that taken by Sven-Göran Eriksson when he took Theo Walcott to the 2006 tournament. Both of the aforementioned picks would be preferable to a call-up for Frank Lampard who, despite years of solidity for England, never replicated his club success and is in the twilight of his career. Michael Carrick and Gareth Barry are both in with a chance of making the final cut, though with so many strong options open to Hodgson, they face a fight to be in the squad for Brazil.

Read more online at scan.lusu.co.uk/sport



Photo by John Sibley

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photo by Marie-Sophie Klingebrunner

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

We're just starting the final term of the year, and there are still four issues of SCAN to go. Perhaps you've been reading us all year and you've thought about writing for us, or taking photos. You may not have found the time to sign up to SCAN, or maybe you're not sure where to get started.

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

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

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

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

You don't need to send in an application, you don't need need to be a professional

writer or have published work before: all we want from you is some great ideas and enthusiasm.

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

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





Sport

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Roses 2014: They're ready, are you?

Danny Gallagher

The countdown is almost over, Europe's largest inter-university sports tournament is nearly upon us and the White and Red Roses are putting in their last pieces of training preparation in order to lock horns once more.

Roses 2014 promises to be the biggest sporting spectacle of the academic year, with Lancaster desperate to not only make amends for last year's away defeat in the walled City, but also to stake claim to the landmark 50th anniversary of the prestigious tournament with a memorable victory.

Roses 2014 officially gets under way with the opening ceremony of Men's football, to be played in a campus based stadium on Friday evening. The opener is poised to be an exhilarating affair, with the University firsts coming off the back of a fine domestic campaign seeing them finish second in the Northern 3A, incurring only one loss all season.

This, coupled with Lancaster's strong history of footballing form against the White Rose, beating York in the previous two Roses encounters, sets the stage for a fiery introduction to the semi-centennial tournament.

In a break with tradition, the Rugby Union firsts have given way to the Football in showcasing the opening ceremony. This should not deter the Cats from doing their part to put Lancastrian points upon the Roses scoreboard however, with confidence at an all-time high following an awe-inspiring unbeaten season. The Saturday of the Roses weekend is dedicated to the Rugby Union teams this year, with the seconds and thirds turning out respectively in the morning before the firsts prepare to take the main stage in the early afternoon.

Football and rugby may stand as two of the most watched sports of the Roses weekend, but with over 300 points available across the 40 different sporting activities, it is clear to see that the battle could be won or lost in a culmination of different areas.

In assessing where Lancaster could be successful in taking

back their Roses crown, a large spectrum of different sports can play their part, particularly those that go largely unnoticed until the yearly meeting with York arises. It is one for all and all for one throughout Roses however, with every point contributed vital to either University's potential triumph.

Lancaster's hockey and lacrosse teams will be looking to make their mark upon the York opposition, with both sports enjoying success-laden seasons in their respective domestic leagues. The Men's firsts of both disciplines have dominated their leagues this season, storming to championship winning places and sending out real signals of intent with regards to the upcoming clashes with York. Showing sheer quality across both sexes, the Women's hockey firsts also stormed to the title in their league campaign by a clear six points.

Elsewhere, championship winning seasons have also been registered for the Lancaster Women's firsts basketball, Men's firsts squash, Men's firsts table tennis and Women's thirds hockey. Alongside these

remarkable domestic conquests, Lancaster additionally had five other sporting teams finish second in their respective leagues, with Men's seconds hockey and Men's thirds Rugby Union unfortunate to narrowly miss out of the top prize.

Likewise, it has been a sublime season of sporting contention for the University's tennis and water polo athletes, with both the Lancaster Men's and Women's firsts teams from each of the two sports placing second in their leagues, in some cases only a single point keeping the title from their grasps.

Hoping to provide just as heartily to the University's Roses point tally however will be those sports perhaps overlooked by the BUCS organisation. Athletes representing Lancaster for disciplines such as Ultimate Frisbee, trampolining, sailing, fencing, clay pigeon shooting, karate and archery as well as successful long-standing University bar sports such as darts and pool will all test their skills against the York opposition.

Furthermore from an antithetical view to the physical duels, Roses has it all, as the

debating, baking, equestrian and dancesport will also all be vying for points; the latter having particular grounds for confidence after a majestic year of competition wins for the LUDans girls.

It truly has been a successful year of university sport for Lancaster, yet all captains and team-mates alike will know that now is not the time to let the foot off the gas.

As Roses beckons, a chance to own a slice of University history arises. Does Lancaster have what it takes to overcome the White Rose and seize back our rightful crown in the prestigious 50th coming together of the old foes? We're about to find out.



In this issue:

LU Cricketers travel to Pakistan, York scouting report, Liverpool's title charge: Where did it all go right? & Inter College A League season summaries.