

scan

Academic staff continue their pension struggle

Whether or not the assessment boycott goes ahead, staff will continue their negotiations with UUK.

NATHALIE FARRUGIA NEWS EDITOR
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On Thursday of Week 5, the UCU (University and College Union) members of 69 UK universities including Lancaster began an assessment and marking boycott to protest over radical changes to pension schemes for pre-1992 universities.

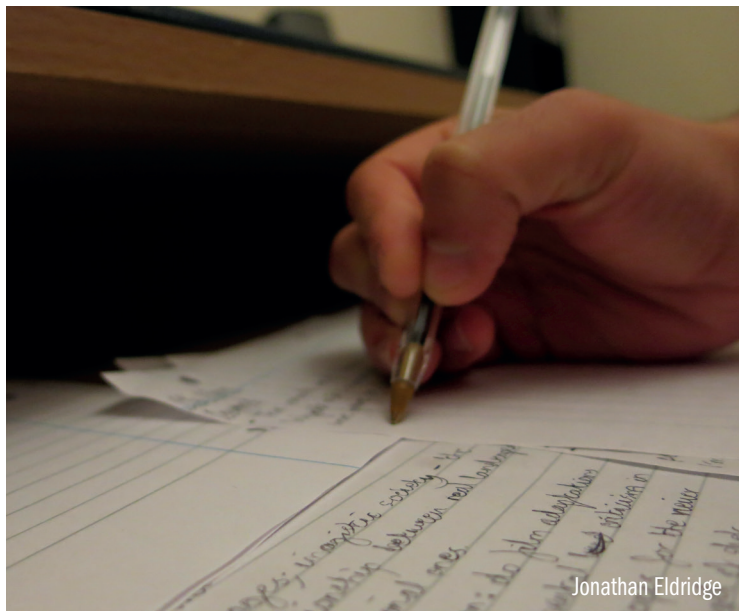
The union said it had announced this action after talks between UCU and the employers' representatives in Week 3 had failed to provide a guarantee that the employers were making any effort to protect the pensions

of members of the Universities Superannuation Scheme (USS).

UCU general secretary, Sally Hunt, said: "The employers failed to convince us of the need for their dramatic changes or the reasons behind the methodology for its deficit reduction plan. Their proposals remain full of holes and the information they are apparently relying on to back them up keeps being exposed as misleading.

We are setting plans for an assessment boycott in place be-

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Jonathan Eldridge

NUS withdraws from Free Education Demo

LUSU have maintained support for the demonstration despite the NUS' recent withdrawal.

HENRY SAKER-CLARK NEWS EDITOR
@HENRYSAKERCLARK

NUS President Toni Pearce has announced that, despite having declared support for this month's 'Free Education' Demonstration in September, the National Union of Students are no longer backing the demo. However, LUSU have declared their continued support for the demonstration that is set to take place on Wednesday of Week 7.

Ronnie Rowlands, VP (Campaigns and Communications), told SCAN that despite the national representative body for students pulling their support, LUSU's policy in support of Free Education is dictating their actions. "We've policy pledging

our support for free education, and this demonstration is a chance for students to fight for its place on the political agenda. The national executive of the NUS democratically voted to back this demo, and it is only the 'executive authority' of a small number of NUS officers overruling that decision."

Speaking in Week 4 LUSU VP (Education) Joe O'Neill told SCAN that plans were in full flow for the demo, with numerous other unions donating money, as well as the Vice-Presidents and President themselves, to make the protests financially viable for students.

Rowlands was critical of the sudden U-turn by the small

number of NUS members who have decided against involvement. "I'm not convinced by the shaky arguments put out by the NUS President and suspect there are other motives - I don't know what they are and, frankly, I don't care. Other members of the LUSU FTO team and I are minded to agree with the resolve of NUS Scotland and push on with this, and not to let top table politicking prevent LUSU from fulfilling its mandates."

Toni Pearce will be appearing on campus in Week 5 as part of Assembly For Change, where she will be holding a question and answer session and a keynote speech, which will likely see Free Education as an important topic. In a statement she said

that with "huge reluctance and regret" NUS could not support the demonstration. Pearce stated that support had been withdrawn from the demonstration "with the NUS Vice Presidents and Liberation officers who hold significant concerns regarding an unacceptable level of risk that this demonstration currently poses to our members."

According to Rowlands whether or not the NUS supports the demonstrations is completely unimportant to the stance which LUSU themselves have chosen to take. "I simply do not care about the anxieties of NUS Full Time Officers; they are an utter irrelevance to me, and in this case, they are to LUSU's resolve on this matter as well."

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LUSU wants more support for care leavers

LUSU VP Mia Scott has called for extra support for care leavers who wish to study at Lancaster University.

LAURA WILKINSON

There have been calls from the Student's Union for the University to do more to welcome care leavers to Lancaster. Of the approximately 1300 care leavers in Lancashire, only about 1.5 per cent of these are studying at Lancaster, fewer than other local higher education establishments such as University of Cumbria.

There are currently around 92,000 children in care in the UK but only 6 per cent of those go to university. Members of Lancaster University Students' Union held a forum for care leavers in Week 4 to find out what needs to be done in order to be more supportive and attract more care leavers to Lancaster University.

Care leavers often find coming to university a difficult experience because they lack the same amount of support that many others receive, which can include everything from financial support to having someone to talk to about their future or during exam periods. Lancaster University already has some initiatives in place to attract care leavers to Lancaster and to help them once they get here.

Things that the University does to help care leavers include guaranteed accommodation 365 days of the year as well as offering every care leaver a financial advisor and extra support. Nonetheless, Mia Scott, VP (Welfare & Community), argued that there is still a lot more that can be done to attract care leavers to Lancaster University and to support them, not only through their studies and but also for their future after university.

We could still do a lot more as a university. We should be providing a care leavers' bursary which is a specific bursary for care leavers, because we are one of the only universities that still don't offer it.

National Care Leavers week, which took place in October this year, was an opportunity to help get more recognition for care leavers, in Lancaster and nationally. It also helped to spread the word that more needs to be done to help support care leavers as a University, and as students and individuals. As part of Care Leaver's Week, the Union hosted a Care Leavers' Forum which was organised and run by Scott to communicate with care leavers who already attend



Lancaster University.

Speaking to SCAN shortly after the care leavers' forum Scott said, "As far as we gathered from our care leavers' forum, and from speaking to different care leavers, the main things that they have trouble with are finances because a lot of care leavers feel they need to save up a lot of money for when they leave university. We could still do a lot more as a university. We should be providing a care leavers' bursary which is a specific bursary for care leavers, because we are one of the only universities that still don't offer it."

Scott was particularly keen to emphasise the importance of the care leavers' bursary because it has been proven to be an excellent way to increase the amount of applications from care leavers because it will ensure them a greater level of financial security during their studies.

Scott believes that it is a combination of reasons that results in a lack of care leavers wanting to attend Lancaster; "a lot of care leavers, because they might be in and out of different schools tend not to get the really high grades that we

ask for. So because of this and in addition to a lack of a care leavers' bursary, Lancaster doesn't appeal to care leavers as much as others Universities might, such as the University of Cumbria, who offer lower grades and a care leavers' bursary."

The care leavers that already attend Lancaster were positive towards the idea of introducing a care leavers' bursary and setting up a peer support group so that they can talk to people who are in similar situations. LUSU are also looking into doing a care leavers' forum each term to help get representation for them within the Students' Union, so change has already begun to happen at Lancaster with regards to getting more support for care leavers who choose to come to Lancaster.

Scott said: "The main thing I want to stress is that I know, and LUSU know, that every carer has got a different experience. They are not a homogeneous group but they do share some similar experiences and are often in the same situation so it is important that we try to ensure we are considering them in our decision-making processes in LUSU and the University."

Jack Filmore's letter of reply to SCAN's front page article

I had scarcely recovered from a particularly messy 'Mean Girls' drinking game with my fellow Young Greens in Brighton when the news arrived that I was on the front page of the next day's SCAN. Not really considering myself a plastic, I was rather bemused to find myself in my very own version of the world's most quoted film... I'm not sure that a few satirical comments makes my 'dodgy dossier' qualify as a 'burn book', but full marks for sensationalist tabloid journalism, Mr. Saker-Clark.

I'm flattered that SCAN chose my face to decorate its front page, but is that really what students want to see on a Monday morning? Flippancy aside, I think students

are more interested in important things, such as the outsourcing of first year, or the impending marking boycott.

I do not underestimate the responsibility that I have towards my electorate, and the media plays an important role in holding those in office to account. However, if I'm on the front page of SCAN again I'd like to think it would be for a good reason. A real reason. Not for the sake of quotes taken out of context, a story half told or a 'scandal' that most students don't care about. Politics shouldn't be about personalities or looks – and that's why when I wrote a 'who's who in LUSU' for the Lancaster University Anti-Capitalists, I did



so with my tongue firmly in my cheek. I don't know about you, but I wouldn't take anything that appears alongside comments such as 'his favourite animals are penguins' all that seriously. So, sorry, but not sorry.

It is worrying that LUSU council spent half a meeting discussing my petty and unimportant comments

in the face of much more pressing matters. Though I hope that it's irrelevant, LUSU has a significant Labour Party presence, and it was Labour who lost their City Council seat to me in the by-election last May. Maybe I shouldn't have been so bemused to find myself on the front page of SCAN... Labour Students, if you want that seat back you're going to have to engage with

the real issues. Why did Labour introduce student fees? Why did Labour take us into two bloody and inexcusable wars? Why has Labour so far failed to provide any kind of remotely meaningful opposition, saying it will continue with George Osborne's austerity? No wonder that Mr. Gierke took so much 'personal offence' at being called 'Labourite'. I would.

This letter is in response to SCAN's Week 4 front page article. While SCAN does not apologise for the article and maintains that everything within it is factually correct, we do apologise for not approaching Jack Filmore for comment before the Week 4 issue went to print. We hope this makes amends.

LUSU General Meeting

In LUSU's upcoming general meeting the FTO team will put forward the issues of the cost of living and the looming college review



LUSU

Voting at LUSU General Meeting

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LUSU have announced their first General Meeting of the academic year. The two main issues that the FTO team will be bringing to the General Meeting for discussion are the Cost of Living and The College Review.

The cost of living discussion will be led by President Laura Clayson and VP (Welfare) Mia Scott. The discussion centre on what LUSU are doing to achieve the existing motion put forward in Union Council in Summer Term last year by former LUSU President Joel Pullan. This motion focuses specifically on three areas of cost of living: accommodation, bus passes and hidden course costs, and these key themes will

be remaining at the centre of the discussion.

With regards to accommodation, Clayson said: "One of the aims of our campaign is to try and get accommodation in each of the colleges in line with as much as you receive for your student loan if you're on the highest, as none of it is particularly affordable. She said that "what concerns me is that, as far as I'm aware, we only have one bit of accommodation on campus that is under £100 and that's Bowland Annexe." Additionally to this Clayson said she is hoping to create an incentive scheme with Facilities, whereby if students reduce their energy bills by a certain amount they will get a rebate on their rent. She said "it's proving to be quite difficult to make this work because of the way the different accommodations are metered. But the energy manager is looking into it so hopefully it'll work."

She also highlighted the problem of Lancaster's rent agreement with UPP. She said: "it's just really difficult because when UPP accommodation increases each year with inflation, the university has to increase theirs by the same amount. But hopefully if we run a successful campaign we'll be able to tackle the cost of living in some way."

VP (Union Development) Damon Fairley said that when the university go forward with building new accommodation, "something we're pushing for is for them not just to build expensive accommodation but that they'll actually think of more options for standard accommodation because we don't build new standard accommodation, we seem to only build new ensuite accommodation."

In addition to the ideas in the existing motion, each FTO is focusing on an aspect of the issue

of the cost of living in their remit. President Laura Clayson said she is working closing with JCRs and supporting them in order to get a campaign going and VP (Campaigns and Communications) Ronnie Rowlands will also be collaborating with JCRs as LUSU wants to conduct research within the colleges.

VP (Union Development) Damon Fairley will be looking into how LUSU's services contribute to the cost of living. In his role he will be focusing on how students can make a cheap healthy meal with things from LUSU Central. He said: "the idea is that in Central on one of the ends of an aisle, we have all the ingredients for a cheap healthy meal that tastes really good. So we're trying to give students inspiration for cheaper meals." He also said that he will be looking into issues of cost of living surrounding LUSU Living.

In his role, VP (Education) Joe O'Neill will be looking at the hidden course costs, as put forward in the previous motion and VP (Welfare and Community) Mia Scott will be working on 'food is free' and promoting Green Lancaster and the eco hub. Students will be encouraged to go and pick their own potatoes and get eggs from the chickens, for example.

Speaking to SCAN about the discussion of the cost of living in the General Meeting, Fairley said "it's essentially a debate that we think students should lead, as FTOs we are there to take a leadership role but at the end of the day we need students to say 'these are the key issues and this is what we want you to do about them', because then we really have a strong footing to go to the university and say 'this is what the membership want' and one of our big priorities this year

What does it mean to be European?

Lancaster University's European Culture Society welcomes MEP Afzhal Khan for a discussion in Week 6.

ELLEN REGAN

The European Culture Society (LUECS) is hosting an event on Friday Week 6 with Labour MEP Afzhal Khan, who represents the North West and is also Vice Chair of the European Parliament Security and Defence Committee. Khan will speak about "What does it mean to be European in 2014 and Challenges facing the EU?" and will open up to the floor for a Q&A session and an open debate. The event is co-hosted by the department of Politics, Philosophy and Religion (PPR) and is open to all students, regardless of their degree.

Khan will almost certainly "address the rise of UKIP as in the recent elections, they did come first"

The aim of the event is to facilitate the engagement between members of the society and the European Parliament, given that a very topical and important political issue at the moment is the rise of Euro-sceptic parties in the UK and the rest of Europe. LUECS has created a Facebook event for the talk, which has shown that many students are interested in the event and so far over 100 people have

confirmed their attendance.

Speaking to SCAN about the event, Darren Mason, the Public Relations Officer for LUECS said Khan will almost certainly "address the rise of UKIP as in the recent elections, they did come first by about 300,000 votes and people are turning to UKIP in large numbers, so it is a major political issue that people are disillusioned with the EU, rightly or wrongly". The rise of a party like UKIP is an important issue for many European students considering potentially studying in Lancaster. Mason stresses the issue that "with UKIP being the force that it is, it will seem a little bit daunting for someone in Bulgaria, Romania, in the Eastern parts of the EU or even in some of the Western countries, France, Germany etc. They will be sat there considering coming to British universities like Lancaster and seeing these news stories about people supporting Nigel Farage or UKIP and they may be put off. It does have a detrimental effect, which is worrying."

The event is also designed to shed some light on what an MEP actually does, as many people may be unaware of the roles of an MEP or even who their MEPs are. Ac-



Tristram Sparks

cording to an Opinium/Observer survey conducted just before the European elections in May, only 11% of the population that took part said they would be confident naming one of their MEPs. Turnout for the European elections was only 34.19% compared with a

turnout of 65.1% at the last general election, so clearly furthering people's understanding of the European Parliament and the elected representatives may be necessary. Mason states that "for me and for the society it is important for people to understand the workings of

the European Parliament and understand what it means to be European and understand what our elected European Parliament representatives like Afzhal Khan do." The event will be held in the Cavendish Lecture Theatre on Friday of Week 6 at 5pm.

is to be the authentic voice of students and we can't be that without asking students what they think so I think it's really important that students do come and engage with this process, because real actions will come from it. We can only speak on behalf of students when they tell us what they think."

The other key topic of debate which will be put forward at the forthcoming LUSU General Meeting will be the looming college review. A discussion will take place to hear student responses in order to allow for the Union to use feedback in order to address the concerns raised by all parties on the review panel.

Damon Fairley and Laura Clayson are the only two student representatives on the review panel, intended to generate discussion on how the colleges could best be improved. Despite this, Fairley be-

lieves that this was something of a coup considering that Clayson had initially been chosen as the sole student representative on the panel. "I think it was a win for us to get two student representatives on there though. There's only nine members and two of them are students, so you could argue we need more, but at the same time we initially only had one position and now we have two, so although not ideal it's a step in the right direction."

Fairley recognised that it was important to use the general meeting as an opportunity for students to influence the discussions that take place

As well as the review panel itself, there will also be some impetus from key stakeholder meetings, such as a meeting between all College Presidents to discuss the re-

view, which took place on Tuesday Week 5.

As a representative of students in the discussion panel, Fairley recognised that it was important to use the general meeting as an opportunity for students to influence the discussions that take place, and raise any concerns of their own regarding the colleges. "The key thing is, we're going to be asking students at the general meeting what they think about colleges and how they can be improved. So we can feed that into the review, so if there's something not currently on the agenda, there is no reason why we cannot put it on the agenda."

According to the reference of terms for the upcoming review, its purpose is "to consider the effectiveness of the current College staffing structures and make recommendations for the future to

enhance support and leadership in the Colleges." This focus on College leadership is particularly important following recent decisions over two colleges, Bowland and Lonsdale, which are acting without their own College principals.

Fairley agreed with this assessment that one of the key points of discussion would be the role of principals and how other staff members relate to the colleges. "I think they are looking at ways in which staffing in colleges works and support in colleges works. I think discussion will be based around the role of the Principal and how they can make that role more attractive to senior academics and professional staff.

"One thing that the University has mentioned is that only one college principal is an academic currently. That's not to say that only academ-

ics should be college principals, but I think that does highlight that academics aren't as involved in the colleges as the University would like them to be."

The general meeting will not be the only consultation with students regarding the review, as LUSU Councillor Gaby Aspinall has written a survey to analyse students' attitudes towards the colleges. Fairley revealed this, saying "I know there is going to be a survey going out shortly as well, which is being compiled by Gaby Aspinall, a LUSU Councillor, around some key questions to do with the colleges so when we go into these meetings we have clearly sought what students think on issues." The original date set for the general meeting was Thursday Week 7, although this planned to change as it directly clashes with LUSU council that week.

Academic staff pension struggle

Continued from front page.

cause USS members have made it clear they are unconvinced by the employers' arguments as well. We are being asked to buy a pig in a poke and that is simply not acceptable. We hope the employers will come back to the table for genuine negotiations aimed at resolved the enormous gap between our two positions."

The reasoning behind the boycott is due to proposals of radical changes to the pension schemes of staff in pre-1992 universities, causing uncertainty for members regarding how much money they will expect from their pension. Universities UK (UUK) want to remove the final salary element of the current scheme for all USS members and instead impose a career average (career revalued benefits or CRB) scheme. However, under this proposal, members would receive CRB benefits only up to a salary threshold of £50,000. After they hit this threshold, employers will pay only 12 per cent of income into a defined contribution scheme, which shifts the risk to scheme members, and would rely on successful investments.

Speaking to SCAN about the changes, Acting President for UCU Lancaster, Joe Thornberry said "Of course, the career average scheme is very uncertain and people want to be absolutely clear about what they're going to get", which is something Thornberry praised the current scheme for being able to offer members.

"We had a dispute three years ago about a change to the pension scheme and it was agreed as part of the settlement to this dispute that people who are already in the scheme would stay as they were, would keep the same benefits and it would still be a final salary scheme."

Thornberry also said that he believed the aim of university employers in changing this pension scheme was about "reducing what they have to pay out for staff... They've successfully held down wages below the value of inflation since 2009 so this is yet a further depression on the value of the pension and of course it means more money for senior managers and vice chancellors and vanity projects" which is where, he said, the money seems to be going.

For students, the boycott will mean that it will stop them from being set coursework or receiving formal marks and feedback, as well as halting exams. The boycott will only take place at pre-1992 universities as newer institutions are not affected by the dispute because their pensions are held under the Teachers' Pensions Scheme, which works differently. Regarding the outlines of the action, Thornberry emphasised: "the assessment and marking boycott refers to all formal assessments that would count towards a qualification. The informal, such as feedback, that will carry on because that's a part of teaching." He explained that if a student were to hand in an essay, although they would not get a mark, they would be given feed-

back such as strengths and weaknesses, and ways the piece of work could be improved.

When a marking boycott was threatened in May/June of this year, the University said that if anybody did not mark students work, they would be deducted 100 per cent of their pay, irrespective of whether they carried on teaching. In light of this, Thornberry said "We've made it absolutely clear that if that happens, it will be met by further strike action and we will escalate it and people need to be aware of this."

In a statement from the University they said "Lancaster University is disappointed that UCU has chosen to initiate an assessment boycott at this time. The USS pension scheme is a national scheme and the consultation with the employers linked to the scheme is still ongoing with a view to firm proposals being agreed by USS in early 2015 to allow formal consultation with all employees eligible for the USS scheme. The University is continuing to engage in the consultation process and is making attempts to influence the reforms to ensure Lancaster University staff continue to benefit from an attractive pension and reward package in the future. We appreciate that staff will feel concerned about the uncertainty and the potential effect on their pension. However, a boycott of assessment will be to the detriment of our students and we will do everything possible to make sure that their interests are protected and their progress is not disadvantaged by individual staff

taking part in the boycott."

In terms of how Thornberry said UCU Lancaster will be approaching the University, he said: "What we will be saying to the Vice Chancellor Mark Smith, is that the way to avoid this is quite simple, you need to state publically what we understand you might be thinking in private, that actually employers are wrong on this one, you need to come out and say that. You need to say to the students that our way of protecting you is we're going to negotiate seriously with the union." However he went on to say: "Now I'm not saying that that will automatically mean that we don't impose the marking boycott here, but it certainly improves the atmosphere, it certainly makes more things possible."

With regard to LUSU's standing on the matter, giving a statement to SCAN VP (Education) Joe O'Neil said: "On behalf of Lancaster University Students' Union, may I say that I entirely regret that a marking boycott has to go ahead. I regret that Universities UK (UUK) have had the gall to launch an assault on pensions almost a year after their offer for a derisory pay settlement. I regret that UCU are having to take action for a fairer future for higher education yet again in the face of eroding conditions for academics in the UK. The fault with all of this lies with UUK. Even individual universities are far from happy with this - both Oxford and Warwick have raised concern with the changes. I expect Lancaster's Vice Chancellor, Professor Mark E. Smith, to also take

issue with UUK's proposals.

Nobody wants a marking boycott, nobody gets into higher education to have to take this sort of action but when year on year we see pay crumble, we see pensions undermined and we see universities build up massive surpluses and yet not reinvest that into the education system then action will be taken. Industrial action is becoming an all-too common occurrence across the sector and I think UCU and LUSU would both agree that this is the last thing we want to see but with HE pay, pensions and funding in complete disarray, UUK and successive governments have a lot to answer for. Until proper proposals to fund the HE sector are put forward by government, and until UUK start to work towards releasing their members' substantial cash reserves I am afraid I see more and more of these disputes coming up again and again. I stand shoulder to shoulder with UCU members in their fight for a fairer settlement, and call for UUK to ensure our education is not disrupted because of their mismanagement of the HE sector."

In Friday of Week 6, UCU met with university employers to negotiate an alternative to the boycott. Thornberry said that in these negotiations, he hoped that they could talk realistically about the proposed scheme and that being realistic UCU knew that some changes may have to take place. However at the time of publication, any outcomes of these negotiations were not known.

Grizedale goes Green

ELLIE VOWLES

Grizedale College have become the first on campus to collaborate with Green Lancaster, by organising a series of events under the umbrella campaign "Grizedale Goes Green".

The campaign began on Thursday Week 4 by providing free pots of salad seeds to students, before a finale in Week 9 with live music and prizes for those who have grown the best salad. The event also included opportunities to sign a

petition in support of Lancaster University adopting an ethical investments policy.

SCAN spoke to Green Lancaster staff member and Grizedale Men's Welfare Officer, Mark Robinson, who said: "What's really important is to get Green Lancaster's name out and to provide students with an easy opportunity to grow their own food - to gently expose a world of sustainable living that they might be interested in getting more involved with. While we were handing out the salads we

also had lots of other information and ways of getting involved on show so anyone who came along could find something out that they may have not known before! It was a great way of getting these opportunities out in the open."

Green Lancaster's Events Coordinator, Niyati Burde, said: "Grizedale goes green is an important step in Green Lancaster's efforts to raise the profile of food sustainability on campus. Most people don't realise how much you can reduce your carbon foot-

print by buying or growing locally and we're trying to raise awareness about that with events like these, as well as the recent pumpkin festival and our ongoing cooking demos."

Green Lancaster's aim is to provide students with opportunities to live green and become more sustainable by helping students make positive environmental choices. The group works closely with the University and creates environmental change by delivering projects that meet the needs, interests, and values the student body.

Women's Welfare Officer for Grizedale College, Amelia Pagan,

also spoke to SCAN to discuss the benefits of involving colleges with Green Lancaster, saying: "The idea was brought about as we create many events and campaigns during the year linking with societies etc but a current issue in today's society is the environment. We also have a great Green presence on campus so it made sense for Grizedale as a college to make the first step towards creating a link." She also added: "The event is hopefully the first of many engaging students in how productive and entertaining it can be to be Green. It also makes people aware of the dream spaces there is available and resources that they can have access to."

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LUSU

(Assembly for) Change is here

The University welcomed a wide variety of leading speakers throughout the two-day conference aimed to engage students.

HENRY SAKER-CLARK NEWS EDITOR
 @HENRYSAKERCLARK

Saturday and Sunday of Week 5 will have seen numerous high-profile speakers and political figures arrive on campus as part of a week-end-long conference organised by the Students' Union. Assembly For Change will have included keynote speeches from the likes of renowned author, journalist and social activist Owen Jones, Green Party Leader Natalie Bennett and the important LGBTQ activist Peter Tatchell.

The event is centered around the theme of social change and positive action of young people. Organiser of the event, Joe O'Neill, LUSU VP (Education) told SCAN that a key aspect of the event would be "to engage our members as citizens, as individuals, as politically-minded people, and show that young people can make a difference."

"We tend to only seem to put on big events to do with clubs and societies and I wanted to engage our members as citizens, as individuals, as politically-minded people."

The event sold out its initial 200 ticket allocation, and the VP believed that students had responded really well to the opportunity available. As well as keynote speeches from Jones, Bennett and Tatchell, students also witness speeches from NUS President Toni Pearce, Labour MP for Wigan, Lisa Nandy, and Head of Media for Amnesty UK, Niall Couper, who is also an alumnus of the University and a previous SCAN News Editor.

O'Neill stressed the wide array of fringe events and the great variety of opportunities available for students to engage with. One of the key parts of the conference he hoped can have a major impact is the Women's Conference. Organised by women, for women, the Women's Conference took place on Saturday Morning, with a women only space which O'Neill believed would provide a "space for women to organize and discuss the issues that are important to

them in a space they feel comfortable in."

Speaking to SCAN ahead of the Conference, O'Neill firmly believed that event could have a positive impact on the engagement of students. He said that he wanted to convey the levels of student enthusiasm evident at Roses and other activities towards making a positive difference in different way. "We tend to only seem to put on big events to do with clubs and so-

cater for different people's interests and passions. So, for example, we've got Alt-Gen which are a co-operative that come and give advice and guidance and support to people who want to set up their own co-operatives, so if you don't want to go down the traditional path, going to a grad scheme or just find a job, but you instead want to start your own business, and want to do it in a more ethical co-operative way, then you can do.

where and so they put about making a film. They were just a group of about 15 young friends with cameras who put about making a documentary on it called 'Riot From Wrong' and that's now a critically acclaimed film that they put together themselves because they were sick of how it was. So there's stuff on all sorts."

There has been some criticism from male students that the Women's Conference is a women only

O'Neill was proud of the wide variety of speakers who were willing to take part in the event for free. The event has been inexpensive and "run on a shoe-string" according to him, however he could not promise that this would be a yearly event despite hopes for the Assembly to thrive. "The funding is a one-off, but I think if we showed the University that we'd used this money wisely, and it was not a lot of money that we got at all, they might view it as something of value. They might view it as something that increases the student experience here, that engages their students and might actually in time become a reason to come here to study."

The keynote speech by social activist, and author of the acclaimed book 'Chavs', Owen Jones was one the parts of the conference which O'Neill predicted would be a highlight for many of the audience. He also believed that another of the most interesting parts of the schedule would be the appearance of NUS President Toni Pearce. "I think that it will be interesting to hear from the NUS national President on what she views Students' Unions and students should be doing because the NUS obviously put a lot of stock in their role as the lead national body. It will be interesting to hear what she has to say, she will be willing to take questions so that could be an interesting and interactive one."

He said he was "excited" the variety of speakers and fringe events that people would be able to engage with, but also highlighted that it provided students the opportunity to think in a politically active way. "We are underemployed, we are under-invested in and to be honest we are under-represented and ignored and it is something that I hope this assembly can start to change and reverse and get people engaged," O'Neill said.

For exclusive interviews with all of the main speakers at the Assembly For Change and coverage of the event, check scan.lusu.co.uk



Clockwise from top left: NUS President Toni Pearce, Human rights activist Peter Tatchell, author and journalist Owen Jones, Conservative MP for Lancaster and Fleetwood Eric Ollerenshaw, Green Party Leader Natalie Bennett and Labour MP for Wigan Lisa Nandy. For exclusive interviews with all of the main speakers at the Assembly For Change and coverage of the event, check scan.lusu.co.uk

cieties and I wanted to engage our members as citizens, as individuals, as politically-minded people."

Moreover, he stated that being part of a functioning, active democracy is not about ticking a box on a ballot paper, but about active engagement. "It's about getting out there, getting involved and doing the things that you're passionate about." Thus O'Neill described the wide variety of events for people to get involved with.

"There are different sessions to

O'Neill was proud of the wide variety of speakers who were willing to take part in the event for free.

"And there's Fully Focused, who are a group of young people who, after the London riots, thought 'we are sick of this being portrayed as a bunch of young people on the rob who are just nicking tellies and trainers,' and started saying that there was actually fundamental injustice at the heart of all of this. This didn't just come from no-

zone, and not accommodating to those men who wish to discuss feminist issues. The VP said that the women's conference was not the be all and end all for discussion of feminist issues, addressing these critics: "you can go to all of the other sessions that we are running because it is not going to be, "this is the women's stuff, then no more talk of this once this is done." It's just a space for women to organize and discuss the issues that are important to them in a space that is safe and a space that they feel comfortable in."

Lancaster students become Future Leaders finalists

DESSITA PETROVA

A team of four Lancaster University students is one of the eleven finalists in the national competition 'Future Leaders', organised by RWE npower plc- a leading integrated UK energy company. The challenge requires each to come up with a project that gets the local community to adopt a greener lifestyle. The prize includes an internship with the company and a trip to the Amazon rainforest.

With the end of the competition approaching, Iko Congo, Alex Waugh, Justin Allen and Jean Dupouy are working hard to in-

spire the student community in Lancaster and the Netherlands to live more environmentally-friendly through their project, called 'Smart Switch'.

In an interview with the team, Alex explained the idea behind 'Smart Switch': "We all know how our flatmates, admittedly ourselves, are sometimes leaving the lights on in the kitchen, in our room, and we started thinking how to make people not do that."

The team have come up with a simplistic but effective tool to carry out their project- stickers, a most gentle reminder to switch

off the lights. At the moment, the team is working in collaboration with LUSU Living- the purpose of which is to distribute 1000 stickers in 200 LUSU Living properties. Alex Waugh added "the purpose is to test out whether the stickers would cause a reduction in energy consumption, the idea being that the energy saved would cover the cost of the stickers; saving money and energy at the same time- that is the goal of our sustainable project."

With one of the team members, Jean Dupouy, on a study abroad programme, the project has expanded to the Netherlands. Alex

continued: "We have a study going over there as well- 250 student rooms covered with the stickers; we are going to do surveys and potentially in the future collect data and analyse it." The team hopes to be able to compare the percentage reductions in UK and Netherlands. However small the sample size of their project is, Justin Allen pointed out, "it is a pilot study that would encourage people to do bigger studies."

The team entered the competition in May, having submitted a short video, explaining what their project was about and how it would make a difference. Once they

passed through the first round of the competition, they had a weekend-long training in Malvern where they got the chance to network with people from RWE npower plc and get advice on the project.

As a general advice to students, Iko Congo encouraged them to give a chance to these extracurricular activities. "I have learned so much more from participating in these challenges. It really gives experience, things to talk about, especially in interviews and job applications but most of all, it is an opportunity to develop your capacities."

LUAC stage protest at University careers fair

HENRY SAKER-CLARK **NEWS EDITOR**
 @HENRYSAKERCLARK

A group of students staged a 'Die-in' protest during the careers fair on Wednesday Week 4 in opposition to the University allowing controversial arms manufacturer BAE systems to have a stall at the event. The protest saw the group of Lancaster students simultaneously collapse to the ground around the company's stall, aiming to symbolise the deaths caused by BAE weaponry.

A similar protest also took place last year, where students, many of which affiliated with Lancaster University Anti-Capitalists, acted in opposition to the weapons manufacturer.

One student who took part in the protest, Vishal Bajpai, told SCAN: "For students to accurately call Lancaster University their home, it must reflect what they believe. I doubt there are very many students who believe in the kind of indiscriminate despair ruin and death that BAE Systems' products

produce.

"But if students don't hear all about that we won't be able to do anything about it. Our action was aimed at encouraging that discussion, to get people talking. A corporation like BAE Systems has no place on a campus like Lancaster University."

Green Party Councillor for the university ward, Jack Filmore, also took part in the protest, denouncing the University's acceptance of the company onto campus. "I

think it is ethically unacceptable for a company such as BAE Systems to be allowed onto campus. We wanted to send a clear message that companies with no regard for human life are not welcome here."

Outside the Great Hall also saw a peaceful protest take place where a group of students held a vigil remembering people who had been killed by the arms trade.

When asked about inviting BAE Systems to the careers fair, the University said: "By engaging with

a large number of employers, the university aims to give students the opportunity to make informed choices about their future. It is up to individuals to choose the type of organisation they want to work for."

BAE Systems is one of the world's largest defence contractors. It has been criticized by human rights activists, particularly CAAT (Campaign Against the Arms Trade) who have organised widespread protests against BAE across British universities.



Katherine Ridley

EDITORIAL

The General Meeting – a call to arms

The announcement of the LUSU General Meeting (believed to be scheduled for Thursday Week 8) was extremely reassuring to hear. First and foremost this is due to one tabled discussion topic: the ongoing review of the colleges. Announced by the University over the summer, the Colleges Review could finally stop the process of continuing centralisation at Lancaster which has led to the degrading of the colleges' autonomy on a number of issues. Alternatively, it may well accelerate that process. One of the worrying aspects of the review was the lack of consultation with students about how they see the college system and how they believe it can be improved. Of the nine-member panel overseeing the review, only two (President Laura Clayson and VP (Union Development) Damon Fairley) were student representatives. However, finally the review is making some headway in terms of consulting students, with College Presidents and other members of LUSU Council set to take part in formal meetings with the University's Provost for the Colleges, Professor Amanda Chetwynd and others about the state of the Colleges currently.

This upcoming general meeting, however, is the one chance Lancaster students get to tell these LUSU officers what they believe on the matter, and that is why we all have to make it count. The last genuinely successful LUSU General Meeting took place nearly two years ago, when the pending closure of the music department caused widespread concerns that other courses and departments could be next, and we hope that the potential degradation of the colleges will be enough to provide the meeting with a similarly good turnout. Otherwise, the only message students send to those on the review panel is clear and succinct: we don't care about the colleges. Let us hope this is not the case.

News Night 2.0

Over the last couple of weeks a few myths and inaccuracies have surfaced about how SCAN operates which we would like to dispel. First of all, the Students' Union has no editorial control over SCAN. The only responsibility LUSU has over SCAN is checking it for potentially libellous issues (because if somebody wants to sue us, it will be LUSU who is sued and not SCAN). We firmly believe this is best for all concerned, not least the Union because it means Lancaster has a credible student newspaper as opposed to a mouthpiece for any particular organisation. Equally, SCAN holds no political allegiance whatsoever. We believe that students should be informed and engaged, and that we should all participate in the democratic process. As with LUSU elections, however, we will not be supporting any candidate or party at the General Election or any other election for that matter. That does not mean, however, that we should not hold democratically elected officers to account.

Most importantly, if you do have a complaint about SCAN's coverage then be sure to write to us by emailing scan.editor@lusu.co.uk. That is what Cllr Jack Filmore has done, and you can read his letter on page 3 of this issue. Other letters can be found on page 19. Even better, if there is an issue you believe we are not covering then write an article. We are the student newspaper and as a result any student at Lancaster can write for SCAN.

JACK PERRY EDITOR
@JACKPERRY01

Is the boycott sure to fail?



Jonathan Eldridge

DANIEL SNAPE COMMENT EDITOR
@DTCNSNAPE

At the time of writing, industrial action by UCU academics around the country is mere hours away and we have no idea when it's going to end. However, I daresay you are none the wiser as to the results of the action than I am. If the pension authority 'won' and refused to withdraw their radical changes, then the lecturers are probably making plans for another demonstration. If, on the other hand, the lecturers 'won' and the changes were revoked, the pension authority is probably just concocting another cost-saving proposal. Either way, the marking boycott was clearly a waste of time.

Academics' refusal to set or mark exam and coursework papers at 69 universities around the country was driven by big changes to their pension schemes. Before I go any further, I'd like to point out that these adjustments were not made on a whim. The pension fund in question, the Universities Superannuation Scheme (USS), is thought to be operating at an 11-figure deficit, partly because of its investments going bad and partly because of the high proportion of academics 'maturing' now. In other words, when the fund was established back in 1975, the USS board never imagined that they would one day have to start paying out the generous pensions they had promised.

And it's no secret that the old

scheme is generous. Academics had always received a 'defined benefits' pension based on their final salary (averaged out a bit). That means a lecturer retiring after 30 years' service on a £40,000 salary would get a tidy £15,000 a year and a further £45,000 in tax relief. For comparison, a state pension gets you no more than about £5,900 a year. Many lecturers are now complaining that the lavish pension was one of the few reasons for ever going into academia, but frankly I'm surprised that so many of the nation's most qualified academics just went along with such an obvious fiction. Of course a pension scheme that open-handed is unsustainable!

The superannuation scheme has registered a deficit for years now, and there are very few alternatives to decreasing pension payments. One of them is increasing employer contributions by more than half, which would throw universities' austerity-bound finances into turmoil. Another solution is increasing the workers' contributions, but UCU would be just as reluctant to sacrifice anything more from lecturers' salaries. What's more, if the USS board doesn't find a way to plug this deficit sharpish, then the Pensions Regulator is going to step in with a utile recovery plan beyond our worst nightmares.

The new scheme proposed by the USS is probably the best lecturers are going to get. Under the changes, if we take a lecturer who starts

out with a salary of £20,000 and steadily increases that to £40,000 over 30 years, that lecturer would earn £11,250 a year in retirement. That's not quite as much as many academics had hoped, I'm sure, but remains high above the earnings of the average pension holder. Even so, some academics are complaining that this drop in pension benefits is somehow stealing their hard-earned savings. Let's be clear: the new system is only being introduced on top of existing pension benefits. If you're retiring from Lancaster University in a year's time, this scheme hardly even involves you.

On the plus side, the new scheme provides a bit more flexibility than the last. USS members now have the choice of increasing their contributions by 1 percentage point and having that match-funded by their university, which effectively increases their pension accrual rate. Lecturers earning below the £50,000 mark may even end up slightly better off this way. In vague retaliation, UCU have done the only thing they can do: contest the size of the deficit. They criticised the USS for presuming high inflation and low growth in their model, but given the remarkable bouts of stagflation in recent years, that's probably a safe bet.

To sum up, the pension authority's hands are tied, so the lecturers' inadvertent punishment of about 2 million students won't have gone down well.

The University needs to clean up its investment portfolio

POLLY DAVIS
RACHEL PRESTON

Over the past few months, Lancaster students and staff have united with “Fossil Free” movements at universities and institutions around the world in campaigning to urge Lancaster University to divest from unethical investments such as those in the fossil fuel industry. Lancaster has already made commendable progress with regards to sustainability and environmental initiatives. The university is one of only six universities across the UK to be short-listed for an award for Outstanding Contribution to Sustainable Development. In 2013 the university won the Green Gown Award for Carbon Reduction for its travel plan – including car-share schemes, subsidised bus services, and improved cycle routes – and this year the university campus was awarded the Green Flag for the second year running, a national accreditation for high quality green spaces. The Ethical Investments Campaign Group argues that there is a mismatch between these achievements and Lancaster’s financial interest in the fossil fuel industry, and that the university should ethically reflect upon its investment portfolio as well.

The University presently represents itself as “environmentally friendly” in a number of ways. For instance, the wind turbine generates up to 17 per cent of Lancaster’s annual electricity. Lancaster Environment Centre (LEC) produces world class research into the effects and mitigation of climate change and sustainable energy sources, and many other faculties across the university conduct research into environmental sustainability; and the campus itself has award-winning student-led environment projects such as Green Lancaster’s Eco-Hub. Yet despite these successes Lancaster remains only 85th on People and Planet’s Green League, an annual ranking of UK universities based on their environmental performance. This is partially because of Lancaster’s present investment portfolio;

the current value of Lancaster’s shares in fossil fuels is £285,000, which amount to around 14% of all Lancaster’s investments. The divestment campaign believes it is becoming increasingly hypocritical for Lancaster to be standing for sustainability whilst simultaneously financing unsustainable carbon-based energy sources.

So why does Lancaster have investments in the first place? These funds exist due to historical endowments individuals have left to the institution, either in their will or in the form of donations. There are four areas in which the university holds money: Banks and Building Societies, fixed asset investments, current asset investments and endowment asset investments.

The divestment campaign seeks to make a real impact within the university’s current asset and endowment asset investments. It is in these that the University’s money is placed in unethical industries including fossil fuels. Current asset investments are relatively easy to influence as they only require consent from within the university’s internal structures. However, endowment asset investments may prove slightly more challenging, as they require convincing a board of external trustees to the goals of the campaign.

What complicates this situation further is that the University does not have any control over where their funds are invested at any one time, as their money is outsourced to a fund manager. The University’s fund manager – Cazenove – chooses the most lucrative and profitable companies to invest in, not the University itself. The University Ethical Investments Group demand the University to reconsider its present investment portfolio and to outsource to fund managers who offer an ethical portfolio, one which reflects our ideals and values as an institution. Although the campaign builds upon the momentum of the international fossil free movement, it also calls for a more thorough

ethical investment policy, including divestment from other controversial industries such as the arms trade.

Laura Clayson, LUSU President, spoke to us saying “our University Statutes states that ‘The objects of the University shall be to advance knowledge, wisdom and understanding by teaching and research and by the example and influence of its corporate life’. To me, investing in the arms and fossil fuel industries contradicts this, as they contribute to the very global problems we would hope knowledge, wisdom and understanding would resolve.

“University communities are able to challenge this status quo, to question the decisions of previous generations and to create an alternative future, and that is what this campaign is all about.”

The campaign strongly believes that Lancaster University’s involvement in the fossil fuel industry is fundamentally incompatible with its image as a “green university” actively promoting and researching renewable energy and sustainability.

The group are hoping to have a similar victory to Glasgow University who, on Wednesday Week 1, successfully persuaded their university to completely divest from fossil fuels, becoming the first academic institution in Europe to do so. The university court voted to divest £18m from the fossil fuel industry and freeze all new investments across its entire endowment of £128m. This success was led by the Glasgow University Climate Action Society and the students’ union, involving more than 1,300 students. Prestigious institutions such as the University of Edinburgh and Oxford University have also joined the ranks, and have ongoing campaigns calling for fossil fuel divestment.

Gordon Blair, Professor within the School of Computing and Communications, told us “This is a tremendously important cam-



“The turbine demonstrates our commitment to sustainability and carbon reduction.” A contradiction in message? Photo: Aecom

paign and I call on staff and students to work together to ensure it is successful. I believe universities should show intellectual and moral leadership and I would love Lancaster to follow the lead shown by Glasgow and taking the step to disinvest in fossil fuels, particularly given the fact that much of the supporting research supporting this argument emanates from Lancaster.”

Over the past few months, more than 800 global investors – including the Rockefeller Brothers, religious groups, healthcare organisations, universities and local governments – have pledged to withdraw a total of 50bn dollars of investments from the fossil fuel industry over the next five years as a result of campaigns which began on university campuses in the US. On a national level, the “Fossil Free” universities movement has been led by People and Planet and climate campaign group 350.org since October 2013, with an estimated 31 academic institutions now having active fossil free campaigns. In total, UK universities represent £5.2bn investments in fossil fuel companies including BP and Shell.

At the time SCAN went to print, the petition for Lancaster to divest from unethical investments had collected over 500 signatures –

from both students and members of academic and non-academic staff – and the Ethical Investments Group hopes to reach 1000 signatures by Week 10. Whilst convincing Lancaster to completely divest from fossil fuels may still be a way off, the Ethical Investments Group believes that the campus-wide support for the petition demonstrates a step in the right direction.

Emily Winter, PhD student and campaigner with the Ethical Investments Group, told us “Our University is fuelling, and profiting from, two industries that are wreaking destruction on this planet. This campaign is calling our university to join other institutions worldwide in taking a moral stand on this issue and exercising greater socio-political responsibility over their investments.”

So what can you do to help? Every Tuesday afternoon during Michaelmas Term members of the campaign group will be petitioning in Alexandra Square; bi-weekly meetings are also held to discuss campaign strategies and future plans. Join the Facebook group ‘University Investments Group’ to find out more, sign and circulate the petition, or visit gofossilfree.org.

NUS: speaking for you whether you like it or not



PATRICK WILSON

@PADDYWILSON

What cards do you have in your wallet? Debit card for sure, a Purple card, and an NUS card too, mostly likely, for those lovely little discounts. But it means more than just 10% off. "We are students," the NUS claims on its website. "We are 7 million student voices," and with or without the card, this union speak for us. This voice – comprised of universities' student unions (Lancaster included) – has decided to condemn Israel after its military action over the summer, boycotting Israeli products and other companies that support the nation. Furthermore, the NUS has passed a policy to oppose UKIP, planning to send out an email come election day urging you to vote for anyone but them. Then, less than a fortnight ago, when a motion was brought forward to condemn the vile Islamic State, the NUS rejected the call of 7 mil-

lion student voices, apparently.

But things, as ever, are not as simple as they seem. The motion, which called for unity between Muslims, support for the Kurds, and trepidation of US intervention, was rebuffed. Why? The wording: "Some committee members felt that the wording of the motion being presented would unfairly demonise all Muslims," and not just ISIS who should be "rightfully" condemned, an NUS spokesperson said. This I can understand. But in black students' officer Malia Bouattia's reason for opposition I find nothing to agree with: "Condemnation of ISIS appears to have become a justification for war and blatant Islamophobia."

I believe Bouattia's opposition, among others', stems from a fear of reprisals from the Islamic community. However, this notion that a great deal of Muslims would be

offended by condemning ISIS, with a view to reprisals, infers that most Muslims have views not dissimilar from the ones held by ISIS. Some do. The vast majority do not, and it is a great deal more offensive (if not quite Islamophobic in itself) to suggest that true Muslims and Islamic State can be conflated in this way. Criticising an extreme faction is not a criticism of an entire people. Even the NUS knows that. Exhibit A: at the risk of alienating Jewish students, the NUS had no problem with condemning Israel's military action, encouraging "member students' unions to boycott companies and corporations complicit in financing and aiding Israel's military". In short, if the condemnation of Israel is not Anti-Semitic, then the condemnation of ISIS is not Islamophobic.

The point now is that the NUS must be consistent. If it must boycott and condemn Israel and go

on to oppose UKIP, then it must also condemn Islamic State. If wording truly is the issue, good. A clearer motion will come forward. I wouldn't advocate for the NUS to back a motion which condemns ISIS whilst being Islamophobic. The point is that if Israel and UKIP are opposed in similar language to the IS motion – which they were – then it is inconsistent not to do so with ISIS. The problem here seems to be based on a misunderstanding of Islamophobia: a criticism of a part is not a condemnation of the whole.

But isn't it a shame the NUS is now obligated to critical consistency? It seems to me it could have shorn itself of its new responsibility by not engaging in the game of denouncing-this-but-not-that initially. Setting such divisive lines on what to shun and what to embrace does not represent the heterogeneity of those students that it represents. It makes little sense that the union

who speaks for students would oppose a political party for which a percentage of students are planning to vote (or have already). It makes perhaps even less sense that they would risk estranging students who support Israel.

But hey ho, the NUS has said it will decide on a new ISIS motion in November, where the terrorist group are sure to be condemned in careful prose. This is only right and accordant. It's just unfortunate the Union has decided to tread this thorny path. If it damns *this* group, or *that* person, or *this* country in the diverse name of students, it will soon have condemned everyone. Hey NUS, why not stick to supporting lowering the voting age? Just keep on promoting bilateral debates and opinions, keep on affording students their rights, and keep out of attaching to us unwanted political allegiances we do not agree to or want.

ANSWERS FROM ALEX SQUARE

Comment Editors Daniel Snape and Bryony Seager have been asking for your opinions on the latest big news issues to hit Lancaster University. Thank you to everyone who took part and look out for us next week!

Should 16 year-olds get the vote?

No. They just don't have enough life experience. I wasn't taught much politics at school. I didn't even know what the main parties were about, but I'd had a few lessons in national politics so everyone assumed I understood the political system.

- Anastasia, 2nd year management

They might be overly influenced by their parents. 16 is too young to have a rounded opinion.

- James, 2nd year business studies

I think it sounds like a good idea, increase the voting pool. At 16 I wasn't really that mature though! I knew nothing about politics.

- Benjamin, 3rd year criminology

I'm sort of torn. It should get more young people into politics. On the other hand I can question their maturity; it's a big responsibility to be able to vote.

- Lizzie, 3rd year history



What do you think about the marking boycott?

I don't know a huge amount. Not overly impressed due to the amount of money we pay. They should do something that doesn't affect students.

- Anissa, 2nd year accounting and finance

This is the first I've heard of it!

- James, 2nd year business studies

We should have an extension of our deadlines if they're not going to mark stuff on time.

- Carlo, 2nd year computer science

I'm not really affected at the moment due to later deadlines.

- Andrew, 3rd year criminology

Why shouldn't they take a stance? There shouldn't be a freeze on wages when so much money is coming into the uni.

- Lizzie, 3rd year history

I'm in favour of it. I think it's important for students to see that this is a recourse the staff have been forced into.

- James, 3rd year history and politics

It's stupid. They're just refusing to mark everything, basically. Why? They already get more money than everyone else when they retire, and I'm paying £9,000 towards it.

- Anastasia, 2nd year management

Why are they striking? If it's about money again, I get it. I know some lecturers here are paid on commission. My mum gets more than them and she's just a teacher.

- Marcus, 2nd year management

I don't know much about pensions, but I

can understand both sides. It's worrying if students don't graduate because of this, but I'm not that bothered about not having my work marked.

- David, 3rd year OWT

Maybe it's a bad thing for the lecturers, but I'm not that concerned for the students. As long as we have Student Finance, we're alright.

- Tian Hao, 1st year marketing

I didn't know there was going to be a boycott. I don't think about these things much, anyway.

- Xudong, 1st year business studies

How useful was the careers' fair for you?

Pretty good, lots of people were there who'd I'd researched already though. Good for me and my subject, but maybe not others.

- Anissa, 2nd year accounting and finance

It's great for students doing management, but there's not enough effort to engage students outside of that.

- James, 2nd year business studies

I didn't go to it!

- Benjamin, 3rd year criminology

More should be done for history. If you wanted to do law, finance, engineering then you're okay, but arts subjects were limited, unless it's teaching you want to do.

- Lizzie, 3rd year history

I didn't go...

- James, 3rd year history and politics

Quite useful. I was there looking for an industry placement year, so I got plenty of brochures and freebies. It was quite heavy-

ly focused on graduate jobs, though. There wasn't much in the way of internships.

- Marcus, 2nd year management

I went but they didn't have much for my weird degree. I have to find a summer internship every year I'm studying. It's great that we could find out about jobs for when we graduate, but what about right now?

- Anastasia, 2nd year management

I was going to go... I remember it was alright

last year but not as helpful as just searching the web for careers advice.

- David, 3rd year OWT

I didn't know there was a careers fair on. Even if I did, though, I probably wouldn't have gone.

- Xudong, 1st year business studies

I didn't go, but I didn't know there was one. I think I'll leave that sort of thing until my second year.

- Tian Hao, 1st year marketing

Do you think SCAN should be independent from LUSU?

Since LUSU represents the student body, they should follow the same tone. But there are going to be issues on which they disagree, maybe SCAN should be independent?

- Anissa, 2nd year accounting and finance

Maintenance of editorial independence is important.

- Carlo, 2nd year computer science

Absolutely. This is about freedom of speech. If LUSU try to control what SCAN is saying, it's not lawful in a way.

- Anastasia, 2nd year management

Yes, SCAN should be able to say what it

likes. It's not like LUSU are going to criticise themselves. Maybe you should write something about the awful music in Sugar, for a start.

- David, 3rd year OWT

SCAN having to be nice to LUSU? That doesn't sound good. We need to be able to share the problems we face, even when LUSU doesn't want us to.

- Tian Hao, 1st year marketing

It's probably a bad idea, but I don't read SCAN.

- Xudong, 1st year business studies



GENERAL MEETING COMING SOON

THURSDAY 6PM
WEEK 8

INFO / AGENDA ITEMS :
lusu.vp.development@lancaster.ac.uk

Department reps: what do they do, again?

JULIA MOLLOY PRODUCTION ASSISTANT
 @JRMOLLOY2

This academic year is a turning point for department reps – or so LUSU would have us think – with the introduction of awards for those with the most commitment. In the past, department reps have been commonly perceived as ineffectual and not really doing much for the student voice by liaising with department staff, but LUSU's new scheme hopes to alter such a perception, offering bronze, silver, and gold awards for increasing levels of dedication.

According to the LUSU website, the bronze award requires department reps to: watch the bronze training video; read an online handbook and complete an online test; attend one Faculty Forum; and complete all duties expected of them within the department. The silver award builds on this, requiring the completion of three skills modules run by LUSU, a short report about the department they represent, and five hours of voluntary work with the Student Voice team (in addition to attending more Faculty Forums and department meetings). For Gold, departments must do all of this but complete five skills modules, three reports, and ten hours of voluntary work with the Student Voice team. The skills modules on offer include meetings, negotiation, assertiveness and confidence, culture and diversity, and engaging the students you represent. All in all, it's something that sounds very positive and certainly more formal than you might expect.

But hold on: aren't department reps supposed to be listening to and acting on the student voice? These targets give the impression that department reps can attend a few skills sessions, a couple of meetings, and do a bit of voluntary work and that's it. Generalised incentives with no tailoring to a particular department that could prove useless if the department reps involved do not motivate themselves and actually effect change within their departments.

Each department has its own particular quirks and needs – some-

thing highlighted by department representatives themselves. When this issue first arose last year, SCAN spoke to department rep Marguerite Walley, who revealed that LUSU training for department reps was inadequate. Another rep, Lauren Riley, stated that because no job description for the role is given, there are few pointers on what it actually entails on a day-to-day basis.

Though LUSU has tried to remedy such concerns, its one-size-fits-all training and awards are not the answer. English Literature and Creative Writing students, for example, will have concerns regarding essay lengths, feedback methods, and coursework questions. Physics students, who have to hand in weekly assignments and have lecture- and lab-based contact hours, will have very different concerns.

LUSU's training programme, whilst providing much in the way of a basic skillset, does not go very far in preparing the department reps for the particular demands of the department they are representing. In order for that to be implemented, the only solution is for the departments themselves to take some responsibility for training their student representatives.

There is no question that we need a voice to mediate between students and department staff, but splashing department reps with awards isn't incentivising them to do a better job of listening to students; it's incentivising them to improve their CVs. The role should be formalised like any elected position is within LUSU rather than picked on a whim during a lecture (the way in which my prospective department reps nominated themselves this year).

The value of department reps is incalculable – without the intervention of my reps last year, it is unlikely that joint honours students would have been able to do a dissertation this year. Yet LUSU's initiative, whilst its heart is in the right place, will do little to truly prepare department reps for the negotiation and dedication necessary to effect real change.

Credit cards: the devil in disguise for students?

ANNA MENG LIFESTYLE EDITOR
 @A1LKLM

Credit cards: great in theory, but not always in real life. For students they might seem like - and in fact are often marketed as - the easy solution to all financial problems, but credit cards are not to be treated lightly. If not chosen wisely and handled responsibly, it is all too simple to quickly end up in serious debt.

For those that aren't quite sure how they work, a credit card allows you to borrow money up to a set amount (your credit limit) which you're then charged interest on until you've repaid it in full (clearing your balance). The credit limit is decided by the bank based on a variety of factors – for students, it can generally end up at anything between about £300-£1500.

Every month, there's an interest-free period where you have the chance to clear your balance. If you don't, you'll be charged at a pre-determined interest rate (your APR). Banks will usually also require a minimum repayment on a monthly basis.

There are of course many perks that come with having a credit card, the most significant of which is the purchase protection you get. If you've paid for something above £100 using your credit card and something goes wrong, your credit card provider will cover the costs.

Provided you use it responsibly and make your repayments on time, getting a credit card as a student can also help you work towards building up a good credit rating. In the long run, that will help you apply for and ultimately take out more substantial loans like mortgages.

But there are also drawbacks. Credit card providers need to make money and there are many ways for them to do so. The hidden costs cash advances are one example. These can not only apply to ATM withdrawals but also to paying money into other accounts. Often, the handling fees



Natloans

are more than 3% and the individual interest rate charged can be more than 25%. Then there are late fees for when bills don't get paid on time, fees for returned payments when you exceed your limit and even charges for requesting statements. Needless to say, all of these add up. Only a little bit of carelessness can get expensive quickly.

But even for the incredibly careful – is it really worth it? Despite all the 'interest free for the first month/year' offers out there, there are still monthly charges to pay. No matter how small these charges seem, they still add up. The longer it takes to pay the card off in full after a big purchase, the more likely it is you'll end up paying for that purchase several times over.

The longer it takes to pay the card off in full after a big purchase, the more likely it is you'll end up paying for that purchase several times over.

Credit cards are designed for those with jobs that have pay cheques coming in every month. Not only do student loans only come in once a term, they're also significantly smaller. The APR/interest rate, in the meantime, is much higher for students, making it even less economically viable.

Yes, there are the benefits like the credit rating, but there's really no need to be in such a hurry. Most of us, at least, won't (or shouldn't, lacking financial security) be looking to buy a house right after graduation.

There's plenty of time to build up a credit rating after finding suitable employment and those that do will be in a better position to do improve their credit rating anyway: more financial stability means less risk of defaulting a payment than you would have as a student. And regarding purchase safety – there are many options online (from PayPal to Amazon) that offer similar guarantees.

For students, credit cards can mostly be useful as they can help bridge the gap between student loan payments and help fund necessary, emergency purchases or repairs. But for this, the much safer and cheaper option is undoubtedly the, interest-free debit account overdraft many students have access to.

The thing about credit cards is – it costs money to use, money students don't really have. As such, credit cards should only ever be a last resort. Being financially responsible means facing the facts, thinking ahead and making the best of what you've got first and foremost. If, after all that, there's still a need for more money, get a credit card.

ELECTIONS CCCO & JCR ***ELECTIONS***

NOMINATIONS
WEEK 7

VOTING
WEEK 8

FOR MORE INFORMATION :
lusu.vp.development@lancaster.ac.uk

Has the Pope become too progressive?

SOPHIE BARBER

The latest Pope has been the most liberal leader the Vatican has ever seen. Not only has he advocated a dramatic shift in attitudes towards homosexuality – leading Elton John to call him “my hero” – he has also declared that the Big Bang Theory and evolution are most likely accurate scientific theories. These are certainly very different from the previous views the Vatican has expressed.

Alongside these radical views, Pope Francis continues to live up to his reputation as a well-educated, contemporary thinker; he recently made comments claiming that execution, rendition and life sentences were incredibly inhumane and unnecessary. He also pointed out that the Vatican were leading by example, as capital punishment has not been part of their penal code since 1969.

His reasoning for his statement was that the “principle dignity of each human being must prevail over everything.” This is especially relevant in terms of the extradition of prisoners to countries where they are often subjected to torture to extract information and confession from them. This is a very clear breach of human rights;

using violence and intimidation to enforce the law seems medieval in countries such as the USA, which is meant to be civilised and forward thinking. Using torture centres as a form of ‘justice’ doesn’t seem to suggest either of those things.

He also pointed out the unnecessary application of execution. The media often perpetuates a revenge culture in which “sacrificial victims” are offered up as a way to exemplify the disgraces of society, or as a way to exalt a particular case. Surely in modern societies this isn’t the only way to prevent crime and keep the public safe. America still has many states where the death penalty is legal, but their rates of crime have not dropped significantly enough to be able to say that capital punishment is a “deterrent”.

Even in places where capital punishment is not implemented, extra-judicial execution can often take place. This entails killing by the state, military, or police without any trial as the aggressor is seen as a ‘danger’ or ‘threat’ at the immediate time. This in itself is a gross miscarriage of justice, as the law operates a system which demands that the accused is given a fair trial. To not do so is to by-

pass the law and a person’s human rights.

However, the most controversial of the Pope’s arguments was his declaration that life sentences should be abolished altogether. In his view, life imprisonment is a “death sentence in disguise”. Understandably, this has been met with some considerable outrage as life sentences are usually reserved for the most atrocious of crimes. Although the death penalty may be the wrong way to promote justice, life imprisonment does seem fair for someone who has taken a life or some other heinous crime.

Pope Francis elaborated on his discussion about the inhumanity of the justice system, concluding that “corruption is an evil greater than sin” when it comes to government and state. He believes that any country in which trafficking and exploitation is rife needs to look to its own systems. Surely a competent government wouldn’t allow such miscarriages of justice to take place right under their nose? The Pope believes that there is a subconscious compliance between the perpetrators of such crimes and the state. This may be an extreme view, but he does have his points. Many countries, in Asia particularly, seem to simply over-



Catholic Church of England and Wales

look the human exploitation that goes on right under their noses. Sex trafficking is rife in places such as Thailand, and the governments seem to do little about it. As human beings, it is our duty to limit the capacity evil has to commit offences such as these.

Overall, the Pope makes some well rounded points. He promotes tolerance and humanity, instead of violence and revenge. And although this has been criticised by

some as a ‘rebranding exercise’ for Catholicism, surely spreading a message which reinforces the idea of a humane approach does more good than harm. If anything, this move by the Vatican shows a far more advanced, liberal attitude towards justice than many ‘first world’ countries. Leading by Pope Francis’s example, I think we should all feel a sense of responsibility towards the denouncement of these cruel and outdated practices.

Asda: taking us back to Dagenham 1968

BRYONY SEAGER COMMENT EDITOR

🐦 @BEINGBRYONY

Asda is facing mass legal action from thousands of female employees who are claiming that they are being paid less than their male colleagues for jobs of equal value within the supermarket chain. Upon seeing this, I couldn’t help but wonder whether we were back in Dagenham 1968 and about to witness the sewing machinists’ strike. On average, women earn up to 15% less in the public sector than their male counterparts in over 90% of jobs. In the private sector, the pay gap rises up to 20% when measured by looking at average hourly earnings. That is a shocking statistic and shows, despite many protestations to the contrary, that equal pay between the genders still needs to be a talking point. The national Trades

Union Congress (TUC) found that women earned less than men in 32 of 35 major occupations classified by the Office for National Statistics.

It seems women at Asda have had enough. The case, with the employees being represented by Leigh Day, could be the largest ever employment claim from the private sector. The law firm revealed earlier this year that they would be representing 400 members of staff from the supermarket giant, but since then a further 19,000 employees have come forward to register their interest. If Asda loses they could be forced to pay back earning differences to over 100,000 staff dating back six years. The leading lawyer on this case, Lauren Loughheed, said that the pay difference between shop

workers and warehouse workers could be as much as £4 an hour. Clearly this makes a very big difference if you’re on minimum wage.

The reasoning behind this case is that the employees who work at the checkouts or as shelf stackers are predominantly women, whilst those employed in the warehouses are usually men, and are paid differently despite the similarity of their work. The argument is that these employees have the same value to the company and therefore should be paid equally. A spokesperson for Asda said they would “robustly defend” their reputation in the field of employee equality against this “no win, no fee” law firm. Some would argue that those working in warehouses have more skills, such as using

forklift trucks, and therefore deserve higher pay, but this case is based on the value of such jobs to the company and also the manual vs. skills based nature of each job. If the women are successful in their case it could have a huge impact across the whole sector, not just at Asda. The case will be heard next year, and some have called it a “watershed” for the private sector because they have been much slower to act than their public sector counterparts on areas to do with equal pay. Politicians have also been quick to weigh in on this case with Gloria de Piero, the shadow women’s minister, suggesting that any companies with more the 250 employees should be obliged to undertake an equal pay audit, which should be published in each company’s annual report.

Under the terms of equality law, pay should be the same between genders for jobs of equal value and that is where the crux of this case lies: whether the claimants can prove that their jobs have equal value. Technicalities aside, this case once again highlights the discrepancies in pay between male and female workers doing the same type of work. It’s been 46 years since Eileen Pullen, Vera Sime, Gwen Davis and Sheila Douglass led women away from their sewing machines in pursuit of fairer pay, and 44 years since the fruits of their labour in the form of the Equal Pay Act of 1970; yet the statistics still paint a glaringly obvious picture that things are far from equal. Clearly this needs to be addressed and perhaps this case with Asda is just the starting point.

Renée Zellweger's face: a storm in a teacup



David Shankbone

ISABELLA FORD

If you're expecting an article further debating where Bridget Jones's face has gone, you won't find it here. For those without a clue, here is the cause of the internet uproar in one sentence: Renée Zellweger, the actress made famous for her roles in Bridget Jones and Chicago, recently stepped out of the dimly-lit Hollywood shadows with an unrecognisable face. We're not talking a peculiar practical joke or a mediocre impersonator – a glamorous woman stood in front of the cameras, her name was Renée, yet her appearance apparently disagreed with the public. The internet erupted. So rather than another incredulous article placed on top of the speculating mountain, here is why you shouldn't even care enough to read this article in the first place.

On October 20, Elle magazine organised an evening for the Women in Hollywood Awards 2014,

with guests including 56-year-old Annette Bening, 44-year-old Tina Fey and 45-year-old Renée Zellweger. Of the three more mature actresses, Renée was to be singled out as a "shock" entrance; "plastic-surgery" was the term on reporters' lips. So a celebrity gets a little work done on her face - this is Hollywood, this is the industry, why has our attention been drawn to this case in particular?

Bridget Jones fans refer you back to the plump, smiling-eyed actress doddering about the screen in her underwear – that charming face is her fortune. Therefore, do we care for the sake of her professional life? Already rumours are rife that she will no longer be Bridget Jones for the next installment, and this will undoubtedly cause upset amongst devotees of the films. Perhaps you should feel strongly if you consider yourself among the enthusiasts.

However, the actress herself has

spoken out to People magazine saying that she was "glad" that people thought she looked different, that she felt "healthy" – and if she is happy with her appearance, then who are we to pity or chastise her?

It's human nature for our faces to alter and develop as we grow older. There's even a word for it: ageing.

Furthermore, a film immortalises an actress in that character – it's human nature for our faces to alter and develop as we grow older. There's even a word for it: ageing. Renée Zellweger would eventually lose the doughy youth of her beloved characters anyway. We as spectators feel a 'betrayal' by a woman who few of us will ever know personally. So why do we care so much about celebrities in the first place?

The great and the good are now

dehumanised to the extent where they can no longer be perceived to alter or age. A public sphere has been created in which they can be talked about and criticised. In this case, discussing Renée Zellweger's possible eye surgery may be a more accessible talking-point amongst your acquaintances than your neighbour's face-lift – it's human nature to want to compare and criticise those around us; famous faces are just a more universal conversation topic.

Perhaps we care so much because these unattainable goddesses become a little more human through our condemnation, thus we feel the need to critique them to make ourselves feel a little closer to their pedestals. This has been made worse by the increased use of Photoshop to perfect men and women to impossible standards, widening the gap between Us and Them. But these women are still women, with emotions and insecurities and working in an industry that is

unforgiving when it comes to aesthetics.

So, here is what you should care about: the disparagement. We are now in a society that is caught in a no-win situation when it comes to ageing: plastic surgery is generally ridiculed, but to get noticeably older is also the subject of disdain. Perhaps this is because for us it is a reminder that the end of youth is inevitable, even for those who we deem impervious to it. We as students are growing into adults in a place where individuals' choices are deconstructed to the point of derision, something we should ultimately be opposing. I believe that rather than scorning Renée Zellweger, we should be admiring her as a woman who made decisions for her own happiness. If she herself says she is happy and healthy, that's shows her lack of insecurity. And as for her face, or anyone's face, here's to hoping this opinion piece helped you form less of an opinion.

LETTERS TO THE EDITOR

scan.editor@lusu.co.uk

Dear Sir,

I read your extremely harsh condemnation on Jack Filmore on the front page of last edition of Scan. I think the claim that his 'burn book' was disgusting was most misplaced and poor 'sensationalist' journalism. Jack's comments seemed to me actually rather kindly and fun in these days of harshness and horrible trolling. Jack is a lovely guy, did not deserve this attack and did a courageous thing in putting himself forward to represent the University on the District council. Since winning the election he has proven to be a great asset for the university and Green Party. I hope Scan find some really important issues for their next edition that represent the Common Good for all students.

Chris Hart

Dear Sir,

I have noted with much bemusement the fallout arising from your coverage of Cllr Filmore's 'burn book', namely the claims that this is the work of LUSU Puppet Masters needling SCAN in an attempt to pave the way for a Labour landslide in the upcoming General Election.

As the SOLE LUSU Sabatical Officer with executive authority over SCAN (a power within my gift that I would exercise extremely frugally and, to date, have not used), allow me to assure the readership that I detest and despise the Green Party as much as I do the Labour Party, the Liberal Democrats, the Conservatives, the UKIPs and any other you'd care to mention. Allow me also to make clear that many of the people sneered at by

the Cllr (an act which he initially apologised profusely for but now seemingly is dismissing as bantz) have nothing in the way of rabid connexions to political parties, and responded out of personal offence.

As for those who are decrying the emergence of these minutes as a matter of privacy violation forcefully imposed by the 'LUSU Stasi' - why do I get the feeling that the same individuals would be involuntarily urinating with mirthful abandon if such a document had come from a faction of which they were not fond?

*Ronnie Rowlands, LUSU
Vice-President (Campaigns
and Communications)*

Dear Sir,

I enjoyed your feature on Halloween. Something to bear in mind: you say "and egg my neighbour's car" - do you mean throwing an egg onto your neighbour's car? Egg is a food. There are children who would give anything for an egg to eat in Morecambe west end. I had an egg thrown at my window two years ago and I didn't know until the morning - it took the paint off my window pane. It is a pathetic childish prank. I can't believe someone of your education, intelligence and age would say that. Think about the starving children please in the world and this area alone. If I have misunderstood what you meant, I am sorry. Otherwise it was a very good feature - I enjoyed it.

Rebecca Barge

Dear Sir,

I recently read your article by Rachel Scowcroft entitled 'How people view you based on your college'. As a Grizedale student, I appreciate Rachel's sentiment that non-Grizedale students should have to take extra care when in our bar. Forcing non-Grizedale students to remove their shoes before entering our humble drinking establishment is an excellent suggestion. I would also suggest that they would have to bring their own glassware and/or straws, not be allowed in the more private upstairs of our bar (except to use our exemplary lavatory facilities), and have to wear a nametag to indicate their non-Grizedale-ness.

Michael Hunter

FIND A HOUSE AND MAKE IT YOUR HOME FOR 2014/15

House viewings now available

New website to make your search as easy as possible

housesearch.lusu.co.uk/Accommodation

lusu.co.uk/living



f thesugarhouse
t @TheSugarhouse

WE... ARE... YOUR FRIENDS

WEDNESDAY

FRIDAY

SATURDAY

WHOOOPS!
W E D N E S D A Y

3-4-5
**MASH UP
& PURE CHEESE**
3-4-£5 ON SELECTED DRINKS



CLASSIC HITS & RNB/HIP-HOP
BASHMENT/AFROBEATS
DRINKS OFFERS SHAGGA

**SUGAR
SATURDAY**
TAKEOVER

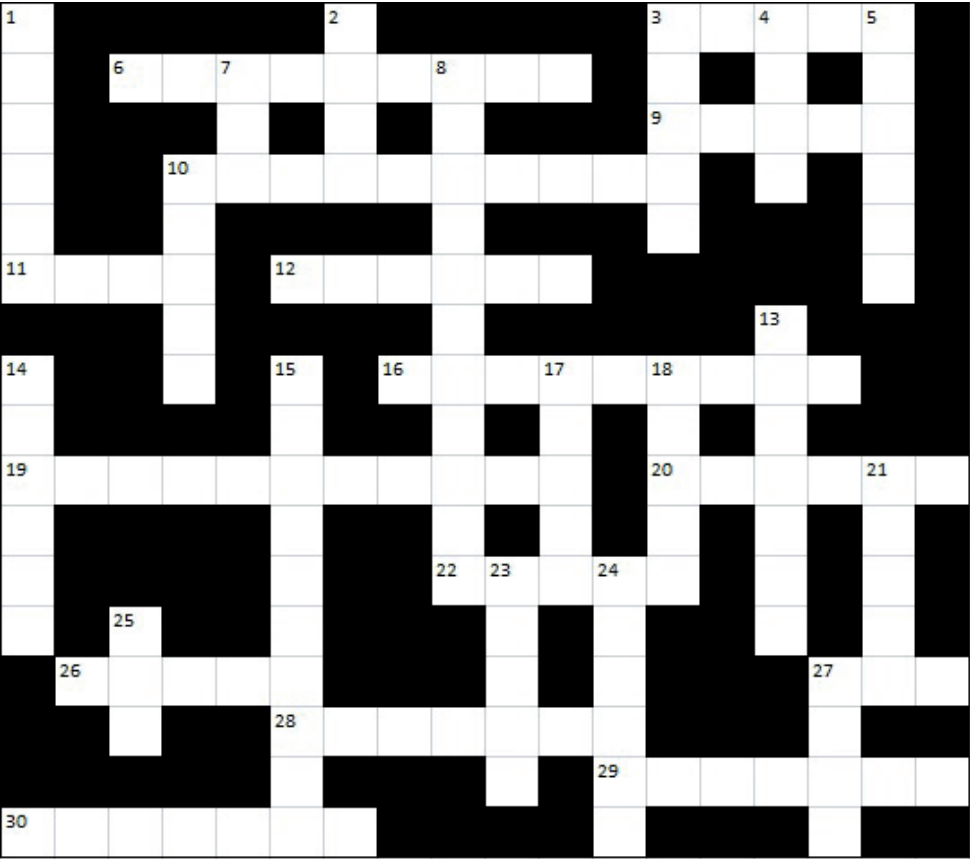
SOUND SLAVES
& YOU TAKE OVER
3-4-£5 ON SELECTED DRINKS

THE SUGARHOUSE

PUZZLES

BY JONNY SPICER PUZZLE MASTER

CROSSWORD

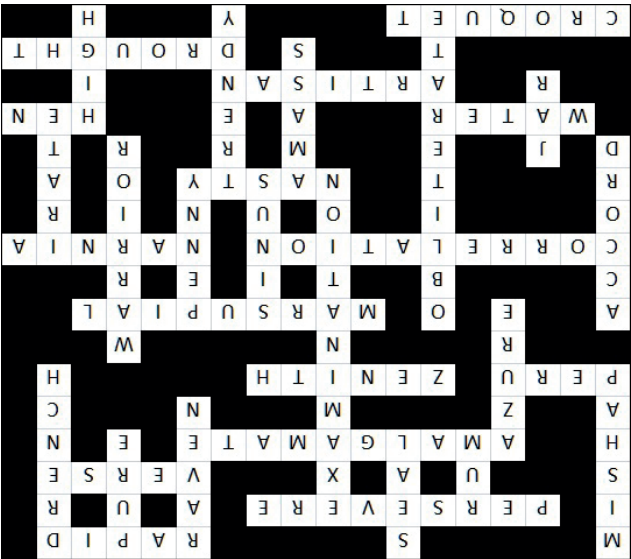


- Across**

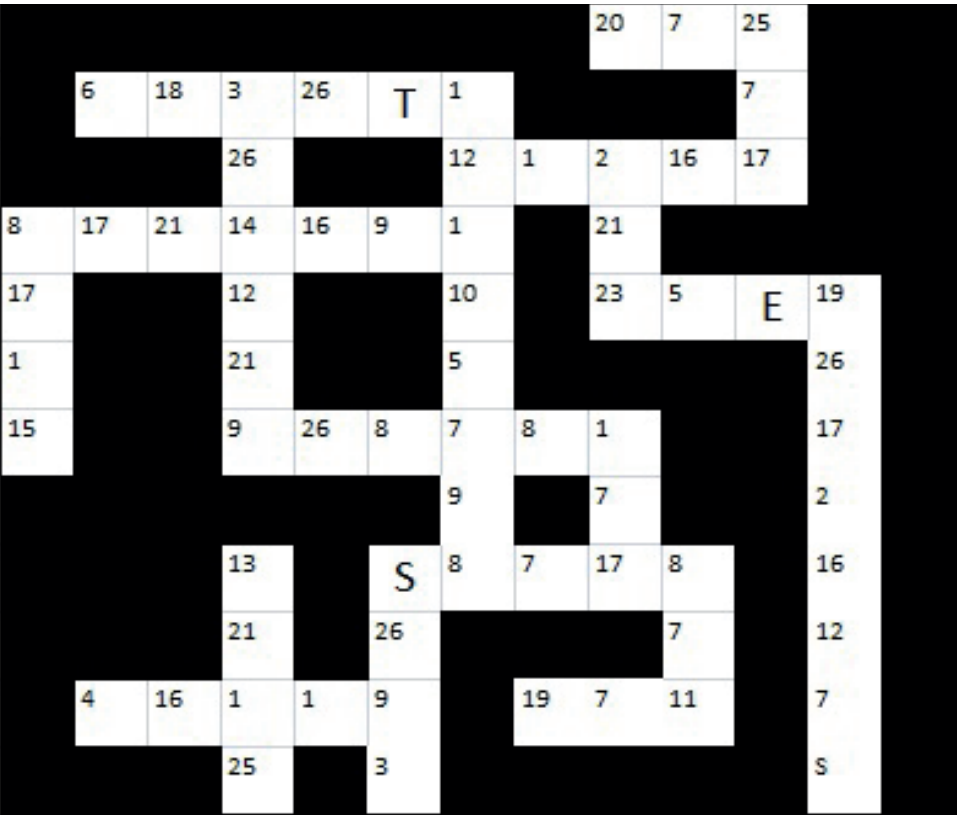
 - 3. Fast (5)
 - 6. Continue despite hardship (9)
 - 9. Writing with rhythm and often rhyme (5)
 - 10. Combine(10)
 - 11. South American country (4)
 - 12. Highest point (6)
 - 16. Subclass of mammals including kangaroos and wombats (9)
 - 19. Statistical link (11)
 - 20. Fictitious home of Aslan (6)
 - 22. Horrible or disgusting (5)
 - 26. Common aqueous substance (5)
 - 27. Female chicken (3)
 - 28. Skilled craftsman (7)
 - 29. Extended dry period (29)
 - 30. Lawn game played with mallets (7)
- Down**

 - 1. Accident (6)
 - 2. Semi-aquatic mammal (4)
 - 3. Common black bird (5)
 - 4. Untainted (4)
 - 5. Completely soak (6)
 - 7. A pirate's drink of choice (3)
 - 8. Test (11)
 - 10. Bright blue colour (5)
 - 13. Historic fighter (7)
 - 14. Agreement (6)
 - 15. Completely destroy (10)
 - 17. A cavity or channel associated with the head and nose (5)
 - 18. The smallest denomination of UK currency (5)
 - 21. Angry (5)
 - 23. Accrue (5)
 - 24. Fashionable (6)
 - 25. Rigid, cylindrical container (3)
 - 27. Feeling of energy and elation (4)

CROSSWORD ANSWER

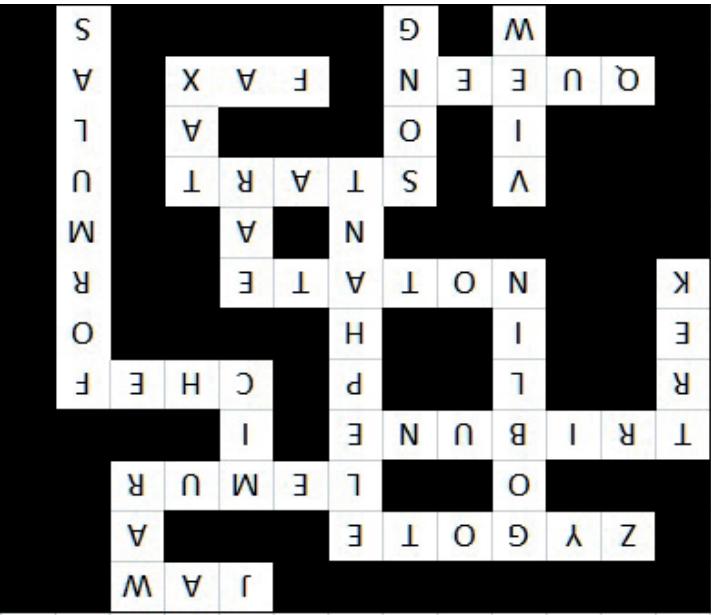


CODEWORD



A	B	C	D	E	F	G	H	I	J	K	L	M
N	O	P	Q	R	S	T	U	V	W	X	Y	Z
1	2	3	4	5	6	7	8	9	10	11	12	13
14	15	16	17	18	19	20	21	22	23	24	25	26

CODEWORD ANSWER



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SNACK SNACK



or



or



DRINK DRINK



or



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HAYLEY WANLESS BY JONATHAN ELDRIDGE
READ THE INTERVIEW ON PAGE 34

The Nutcracker (Lancaster Grand)

JOANNA GRESTY
@THEHUMEFLUME

Reconstructing *The Nutcracker* is never easy. More than one director would likely agree. But the Vienna Festival Ballet consistently ranks up there in its commitment to the performance. Every stage effect enhances and develops the underlying theme of a young girl's rite of passage to bliss, something undertaken by Clara, (the elegant Jodie McKnight) who moves seamlessly from child to womanhood, meeting the prince of her dreams during the course of an enchanted evening. In Act One, Clara receives a beautiful gift of a nutcracker doll from an old family friend/uncle, Dr Drosselmeyer. Each dancer rouses their character through their entry, which serves as a stimulating opening to the piece. Clara's grandmother added a comic touch to the introduction which, although more slapstick than a traditional ballet, pulled in the younger members of the audience - this was a performance advertised for all the family.

Our heroine later has a nightmare where she is attacked by the evil mouse king. The stage becomes

swamped by sprightly and equally menacing rats led by the mouse king until eventually Clara is left alone with the nutcracker, who has now transformed into a handsome soldier. The subsequent battle scenes between the mouse king and the nutcracker are mesmerizing. The servant mice provide charming comedic turns in a typically harrowing scene, and it works amazingly. The most striking feature of this particular sequence is the technique and skill maintained by the dancers in spite of their extravagant costumes and bulky mouse masks.

The beauty of the scenery, Christmas-decoration-filled ballrooms, snow-capped mountains and bare, fickle tree branches is breath-taking. The lighting that brings out the silvery shadows and outfits generously encrusted with Swarovski crystals is equally appreciated. All the performances are impressive in the second act, but the Arabian coffee sequence is very memorable due to the synchronicity of the three dancers involved. The fluidity of movement between the dancers is incredible, as each of their single movements



visually becomes one.

A climatic group dance leading to the final stage position is a stunning closing image. However, the swift transition from the decadent Kingdom of the sweets back to Clara's family home slightly detracts from this scene, and it's here the ballet ends. This ending feels slightly rushed, leaving the audience anticipating something more. The skill and agility of the small company is highly remarkable, especially the sustained en-

ergy throughout. However, the lack of a live orchestra sadly does not do justice to the talent of the dancers, as Tchaikovsky's emotive Nutcracker suite is stilted and flat when played through the speakers' of the Grand.

While all the performers are strong, the height of the evening for me was the set of variations at the end of Act II. Besides being highly skilled dancers, Jodie McKnight provided an intimacy and connection with each of her

dance partners that really worked on stage. She also seemed to be pushing her abilities to the max, with high lifts and extensions that were real crowd pleasers. She had a technical control that was a joy to watch.

The bottom line for any production of this ballet is simple — does it work for the audience? This one sure does. Every couple of years I find myself at a performance of *The Nutcracker* — I was glad to be at this one.

STAY CULTURED

Bastards (the Dukes)



Deborah Perkin's *Bastards* tells the moving story of a Moroccan woman's struggle to gain legal recognition for her daughter. It is a complex and compelling portrait of the lives of ordinary women in Morocco, caught between the demands of Islamic tradition and their desires for individual rights within a male-dominated, Islamic society. The screening will be followed by a Q&A with the director.

The Rake - Tuesday, week 7.

Sollima & Stott (Live at LICA)



15 years ago Giovanni Sollima and Kathryn Stott met in Tokyo and began a mutual fascination with each other's work. It has taken until now for their individual schedules to bring them together for a UK tour, but they promise an exhilarating experience. Discover something fresh from the world of classical music - everyone who has seen this pair can't stop talking about their performances.

Great Hall - Thursday, week 7.

Paul Chowdhry (the Dukes)



The Host of Channel 4's Stand Up For The Week is coming to Lancaster. Paul will address diverse subjects such as why one person's offensive behaviour is considered humorous by others, the art of attracting women, jokes cut from his TV appearances, non-existent customer services and the now infamous 1980s in his own inimitable uncompromising style.

The Rake - Wednesday, week 7.

Graham Eatough double bill (Live at LICA)



Director Graham Eatough will present a work in progress (rehearsed reading) of *Masterclass* - a new work for theatre which follows a theatre director's relationship with his masterclass volunteer. What unfolds between them will question all his assumptions from the past with tragic consequences for the present. There will also be a screening of Eatough's film about identity, *The Making of Us*.

Nuffield Theatre - Thursday, week 7.

Lancaster Litfest 2014

'THE BOOK OF GAZA'

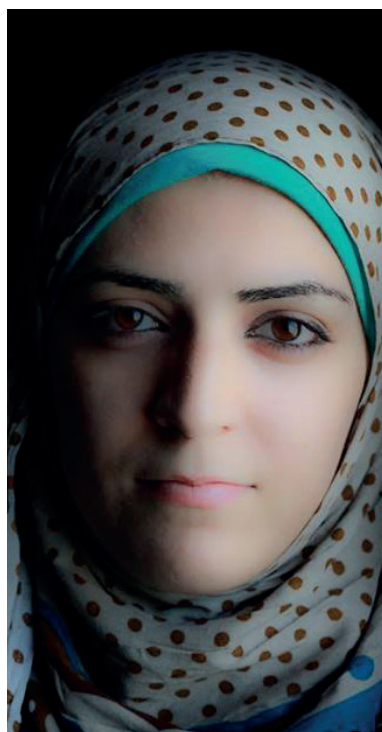
MELISSA PARKER

Two authors offered a beautiful insight into their lives through an anthology of short stories. The point was to depoliticise the conflict in Gaza and show what life is like there beyond the headlines. It was said that the occasion could not be impassioned and must steadfastly hold on to reason, which was met with some disdain: it is difficult to imagine that such discussions could be held without passion. The stories that were showcased were of anxiety, oppression, and vehemence, but also of resilience and courage, of what it means to be Palestinian.

Atef Abu Saif, the editor of the anthology, stated that "when a human being is made into a number, his or her story disappears." Depoliticising the conflict means that we must humanise it, we must hear the disembodied voices from the page. Nayrouz Qarmout was one of the authors, born in the Yarmouk refugee camp in Damascus in 1984 and "returned" to the Gaza Strip as a refugee as a consequence of the 1994 Israeli-Palestinian Peace Agreement. Mona Abu Sharekh, whose family was originally from Ashkelon (her father was expelled from his land in 1948) also prepared a video for the occasion.

Initially, I hoped that the authors would both be present to discuss their work however this proved impossible as a consequence of the fact that the visa office was closed due to recent hostilities in the area. The difficulties in Gaza were once again demonstrated when numerous attempts at Skype communication failed due to the arbitrary loss of power. As one of the contributors noted, the book should be used to see the realities of Gaza, beyond the statistics and superficial media coverage. It was said that the presentation could be

summarised thus: the media coverage creates the impression that both sides have strong military powers, and this misconception needs to be quickly brought to a stop.



Mona Abu Sharekh

'SHORT SHORT STORY SLAM'

REBECCA PARKINSON
@BECCA_PARKINSON

When I told my house mates I was going to a short story slam, the responses ranged from laughter to "what on earth?". In my head I saw some kind of street dance battle, with prose instead of choreography. How it actually worked was that 12 of Flashtag (a Manchester writing collective)'s writers wrote 3 short stories under 200 words; their names were put into a hat, two drawn per round, one to represent the red corner, the other blue. Each writer read one story, then the audience would hold up a red or blue coloured card to vote for their favourite and the winner would proceed in the competition. For stories under 200 words, the

writers had me hooked. The content was eclectic; from talking animals to what I can only call soft porn, dark and harrowing to quirky and hilarious. It was the X Factor of the literary world and I found myself unexpectedly swept up in the fun atmosphere and rooting for my favourites as the hosts kept the audience smiling with some playful banter and cheesy but chuckle-worthy jokes. 12 were brutally cut down to 3, and Karen Featherstone was a much deserved winner (of £50!). It was most definitely a fun evening, and I very much hope they repeat the event at the next Litfest!

'STORIES FOR OUR NOT TOO DISTANT FUTURE'

BETHAN ARCHER

'Stories for our not too distant future' demonstrated two possible creative forms for the exploration of climate change – short stories and a one-woman show. Gregory Norminton, editor and contributor for the book of short stories *Beacons: Stories For Our Not Too Distant Future*, spoke about the problems of creatively considering environmental phenomenon. For some time he had been interested in combining his interests as an environmentalist and writer, but kept on wondering how to tell a human story about biological systems. The collection of authors who contributed short stories shows there's a myriad of ways, and Norminton offered the audience a glimpse on his own spin.

Norminton's reading was smooth and assured. I was captivated by his turns of phrase, but I did feel that I needed to read it myself as well to truly appreciate the depth of it. It's no great criticism of him or the event, given that the man

is a writer and it's what his content was produced for. However, I was glad that he came first - had he had to follow Julie Wilkinson's one-woman show, his reading would have been lacking.

Wilkinson's 'Spring Tide at Mablethorpe' was unlike anything I have ever seen. I lost count of the number of characters she seamlessly slipped between - each one was entirely unique and, through altered voices and mannerisms, instantly recognisable upon their return. Her thirty minute performance on reactions to an imminent sea-line disaster covered everything from political PR and immigration, to meteorology and medicine. Her depiction of the government's mouthpiece proclaiming all was well in the face of unquestionably impending disaster was particularly effective... and worrying. Most dystopian novels tend to favour the political over the environmental, and while Wilkinson examines the relationship between the two, the most un-settling thing was how impending it all felt. While the environmental disaster may have been imagined, the picture she painted of reactions and denials almost didn't need to be, frequently hitting uncomfortably close to home.

'A BELLY FULL OF MAGIC'

KATIE WEBSTER
@KATIEWEBBI

On the night of Sunday the 19th October I watched the weird and wonderful 'A Belly Full of Magic' at The Storey. We were slightly disconcerted at first when the Swedish storyteller Mikael Öberg started by playing the bells for a good five 5 minutes. Safe to say, it improved greatly after a fairly slow start and thanks to Öberg's enthusiasm and passion I was quickly sucked into the fantasy world he created.

For one hour, Öberg took the audience on a magical journey involving courageous heroes, epic battles and sorcery. His energy was relentless and the whole show rested on his ability to capture the audience with just his voice and movements. His only props were the bells and a drum which he used to great effect when building up tension during the climax of the final story. This was an example of performance storytelling at its finest; Öberg conveyed each emotion his characters were feeling without relying on background effects or other performers. His stories were witty, intense and outrageous, and they enthralled the audience from the first word. 'A Belly Full of Magic' could have been a flat and tedious production but Mikael Öberg's inexorable dynamism and charisma made it a truly memorable experience and a great end to Litfest 2014.



Mikael Öberg

IMAX: Not all films are created equal

PATRICK WILSON
@PADDYWILSON

When I was thirteen, I went with my father to see *The Dark Knight* (yes, it was that long ago). My Dad told me a week or so before the release that we'd be seeing it in Manchester. Why Manchester? I asked, it being a two hour journey from our house. Because we're seeing it on the IMAX, he said. I wasn't impressed - travelling all that way to see it on something I'd never heard of - the local Vue would do me just fine. But when I stumbled out of the theatre after Commissioner Gordon told us of the 'hero we deserve', the medium of film, for me, had changed forever.

"I think IMAX is the best film format that was ever invented," says *The Dark Knight*, *Inception* and *Interstellar* director Christopher Nolan, "It's the gold standard and what any other technology has to match up to, but none have." But let's just clear something up: The IMAX to which Mr Nolan and myself are referring is not the 'Imax-lite' which comprises the majority of fraudulently titled 'IMAX experience' films. Most

of these films are shot digitally (meaning weaker resolution) and later blown up to fit a larger IMAX screen. This basically means in the expansion of the picture, the image quality isn't far off your average cinema (and it doesn't even fill the screen). Still somewhat of an improvement from your local ODEON, but it's not the real deal.

And unless you've seen *The Dark Knight*, *The Dark Knight Rises*, *Mission Impossible 4*, *Star Trek Into Darkness*, *Catching Fire* or *Lucy* on the IMAX, this is what you've seen, duped out of true IMAX and a few extra quid. So what is the real thing? Let's get into the geek talk. First: shooting on film, actual tangible film reels, rather than on digital cameras just like the ones we use everyday, produces a far higher picture and sound resolution. Secondly: the most common film format still used is 35mm, meaning the celluloid strips of film have frames which are 35 millimetres wide. Thirdly: the best film format, or aspect ratio, to use is 70mm; double the width of 35mm allowing twice the image quality. IMAX uses 70mm, with specially equipped cameras. Bla bla, technobabble, I know. But to put that



in perspective, your Blu-ray disc is 3,000 lines of resolution, whereas 70mm IMAX is 18,000 - sharper than Wolverine's claws (they did film *X-Men* on standard 35mm after all...).

But filming this way doesn't come cheap or easy. That's why no film has yet been entirely filmed in the IMAX format - the ones mentioned above only have sections shot in 70mm. The movie industry disagree, with directors such as Christopher Nolan, Quentin Tarantino and Paul Thomas An-

derson who proclaim the superiority of celluloid, so the use of film is rapidly fading. *Interstellar* could very well be the last film to be shown in full 70mm, rather than compressed to 35mm. Producers don't want to spend the money on celluloid (nevermind the crème de la crème at 70mm) when people flock in anyway for digital. Similarly, the cumbersome nature of the huge IMAX cameras deter many filmmakers from using them. But it shouldn't. Don't take my word for it: JJ Abrams is adopting IMAX cameras for *Star Wars*:

Episode VII, as it is the '#bestformatever'. Do you need more convincing?

These 18,000 pixels are projected onto the biggest screens you've ever seen, filling from corner to corner the London BFI, which stands at 26 by 20 metres: about the height of two double-decker buses. But geek-talk and description can't do it justice. If you love film, pay that extra ticket price, go find the biggest IMAX near you and experience the best way to see a movie before it's too late.

Storey exhibition: Fay Collins - 'Essence of Place'

EMILY BIRKETT
@EMILY_BIRKETT

Personally, there's nothing I love to see more than people supporting local talents and achievements. The Storey gallery in the heart of Lancaster has done that in its support for local artists such as Fay Collins. Living near the Trough of Bowland (and no, that's not one of our very own college bars, that is the beautiful countryside situated just outside of Lancaster), Collins focuses on natural landscapes and wildlife habitats. She predominantly uses oil and acrylic paint, playing with texture and underlining colours of purple and pink to create a visually aesthetic appearance.

Although there is a gallery space



at The Storey, it was refreshing to see Collins' work emerged in the NICE bar on the Ground Floor of the building. Usually, when you

attend an exhibition, you look at one piece then move on. Due to this exhibition being in a seating area, I was able to sit down with

a drink and fully immerse myself in the work. It gave me an opportunity to look at the detail and admire her work collectively. Every piece complemented the others so well; a landscape would be shown next to a study of clouds, giving the viewer an opportunity to share her creative process.

The artwork varied in size but my eyes were drawn equally to each one. By looking closely you could see the paint thickly applied and the attention to detail - removing some of the paint to create more texture or adding highlights in certain areas for more depth. It was evident Collins had thought about every last inch of her work - the exhibition was coherent and exquisite. attend an exhibition, you look at one piece then move on. Due to this exhibition being

in a seating area, I was able to sit down with a drink and fully immerse myself in the work. It gave me an opportunity to look at the detail and admire her work collectively. Every piece complemented the others so well; a landscape would be shown next to a study of clouds, giving the viewer an opportunity to share her creative process.

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Deconstructing the latest Banksy hoax



DAFNI TSOUVALA
@DAPHNE_TSO

You know Banksy. To some a genius, to others a vandal. A pseudonymous English graffiti artist, political activist, film director, painter and undoubtedly the most controversial street artist to emerge on

the global stage. It doesn't matter that we don't know his identity after 20 years on the graffiti scene; his pictorial and satirical messages still make a huge impact on the street art business.

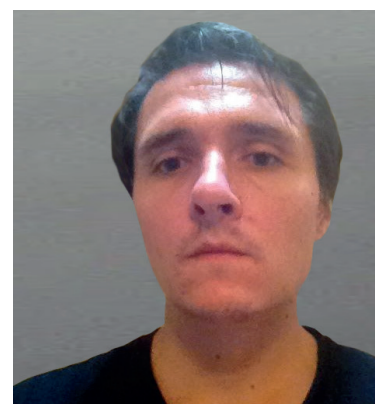
Recently, another hoax was spread about Banksy to add to the count-

less others over the last decade: He was allegedly arrested by police in his London art studio and had his identity revealed. According to the highly refutable National Report (a 'news' website consisting entirely of fake stories), the artist was arrested by Metropolitan Police at his art studio after he was traced by a "24-hour Anti-Graffiti Task Force". The City of London Police apparently disclosed Banksy's real name and identity as Paul Horner, aged 35 and born in Liverpool, after hours of questioning him.

The article provided detailed information from police and quotes from people close to Banksy, which to some made it seem undeniably real. It spoke of how the London Chief of Police, Lyndon Edwards, held a press conference to answer questions about Paul's Horner's arrest.

He said: "We had a 24-hour anti-graffiti task force monitoring different groups which Banksy was known to frequent. We received word at around 2am that a group of five individuals left a flat speculated to be one of Banky's art studios. They were followed by agents

and once vandalism had occurred, we made the arrest. These individuals all had ID on them except for one, and that was who we believed to be Banksy.



The 'mug shot' of Paul Horner that was believed to be the first picture of Banksy

"We then raided the studio where the group was seen leaving from. Inside we found thousands of dollars of counterfeit money along with future projects of vandalism. We also found a passport and ID which belonged to Horner. He is currently being held without bail on charges of vandalism, conspiracy, racketeering and counterfeiting. We are also holding the other four individuals whose names we are not releasing at this time."

The public took to Twitter to express their confusion and shock - Banksy became a trending topic in the UK with over 28k tweets about the news. One user, horrified with what happened tweeted "Free Banksy!" whilst another tried to be comical by tweeting "I'm the real Banksy." No favourites.

But take one look at the article, and it was obviously another Banksy hoax to add to the list: There is no London Police Chief called Lyndon Edwards. Banksy was said to be arrested by two different forces (Metropolitan Police and the City of London Police), which doesn't happen. There was a photo of Horner on the article, but the police cannot release pictures of people on bail.

Once you do a bit of Googling, it seems the 'news' wasn't even new at all - the same article was circulating last year as a press release, with the only difference being it was Paul William Horner, a 39 year old male, instead of Paul Horner, a 35 year old... it wasn't even a fresh hoax! Banksy's PR agent Jo Brooks tweeted to confirm it was fake... as if she needed to.

Richard Herring - Lord of the Dance Settee (the Dukes)

ALEX KENNETT
@ALEX_IS_A_LOSER

To members of the internet generation, Richard Herring is probably best known for making fun of Alan Sugar on Twitter and playing snooker against himself in the basement. Both of which are marvellous achievements in their own right but it turns out he's an accomplished stand-up comedian as well. Now 47, he's been performing comedy since his 20s and this comes across in his latest show 'Lord of the Dance Settee' - named after a mishearing of the hymn's lyrics

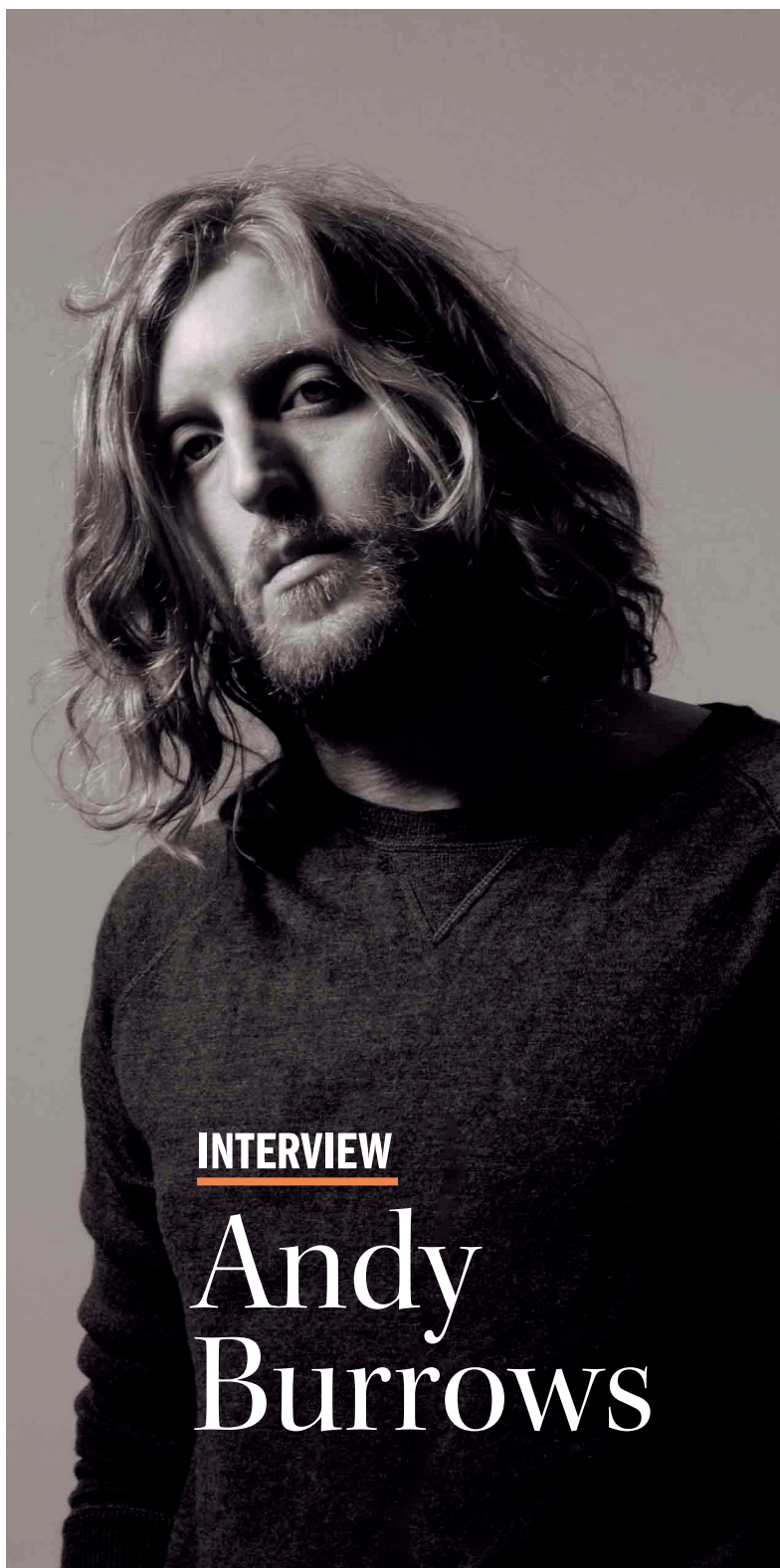
- which is performed with the confidence that comes with experience.

The night was full of hilarious daftness like audio-slapstick as well as glorious nit-picking. A highlight of which was a take-down of the persecuted men who take to Twitter on International Women's Day to bemoan the lack of International Men's Day. Turns out International Men's Day is on November 19th. This is a fact that Herring reminded the audience repeatedly with great comic effect, making his frustrations on the top-

ic clear. A similar anger is also briefly directed at the current Government's treatment of the mentally ill.

Herring covered a variety of subject matter but he threaded it together cohesively and finished on a song and dance number: a rock and roll version of Lord of the Dance - which when played quickly has a remarkable resemblance to Fall Out Boy's 'Dance Dance'. This brought together the shows themes with a series of call backs, nicely finishing off an excellent hour and a half of comedy.





INTERVIEW

Andy Burrows

CHRIS BICKLEY
@CHRISBICKLEY1

Despite recording 10 LPs in his decade-long musical career, Andy Burrows is not what you would call a household name. But after co-writing number 1 singles and albums for Razorlight, and drumming for New York rockers We Are Scientists, Andy has just released his second full length record, *Fall Together Again*.

I was lucky enough to grab 10 minutes on the phone with the drummer-turned-singer to find out more about his melodic sophomore LP, and his busy career in general. After a brief chat about the weather and Lancaster's geography, we begun.

So you've got a new record out and a tour imminent - are you excited about that?

Absolutely, yeah definitely. This particular tour is only sort of a fling with the idea of a tour. Hopefully there'll be something a little bit more extensive next year.

And on your European dates you're playing with Tim Wheeler?

Yeah yeah... he's going to come and be my uber-special-guest support act. That will be a lot of fun.

Is the most exciting bit unleashing new music on fans?

That's always a big part of it, you know it's always nice. The crowd are the best bit really, going around different cities and having people come along and hopefully enjoy themselves. It's the bit you kinda look forward to as you're sat in the studio in the middle of it all.

What inspirations have you found for *Fall Together Again*?

All sorts really. A collection of everything that's happened to you since you were a wee boy. Some suggest it's quite heavy on sort of McCartney solo, McCartney or west-coast America, and I never really understand why that is. I guess a bit of ELO, Beatles, George Harrison. I suppose anyone can go on forever about influences. But that's the stuff I've consistently listened to whilst dipping in and out of other things.

Do you feel you've had different inspirations compared to the recording of your last album *Company*?

I don't know if physically I have; I haven't veered off down a heavy metal route, or jazz route or something like that. I think it revolves around the situations that are around, emotionally it depends on where you are and stuff because all that has a big influence on what it is you're writing about. But I don't know, probably a similar bunch of influences but just at a different time, a different set of situations.

When you started out as a musician, did you ever think that you would have a solo career?

No. I was always a drummer, dreaming of drumming in a pop group. So I think the past few years has been sort of a... yeah I never thought about it much.

Do you think there's a different reception to having a solo career having been a drummer, rather than guitarist or leadman?

Yeah probably, I think people tend to be slightly put off by it, a drummer gone solo. Whilst one or two people have had a hugely successful career out of it, like Dave Grohl and Phil Collins, on the whole it's not something that generally works. So I think there's a little bit of a stigma attached to the drummer anyway. But yeah you plough

on and just hope you sort of relay those preconceptions.

Does it feel liberating to be singing your own music?

It definitely feels good, it feels natural and it feels like the right thing. I don't feel forced or strained. Sometimes it can be liberating: writing songs and getting them off your chest can be liberating. But I don't really feel like I needed to do it, or had a desperate desire to be a solo person. The great thing about it, the amazing thing is being able to just express yourself without having to go through the shelter of a band, which is sometimes a great thing to have to go through, but sometimes not.

Is it ever tempting though to play Razorlight or We Are Scientists songs at your own gigs?

I have done in the past, I played a bit of 'America' and 'Before I Fall To Pieces' at my own shows, sometimes it feels like the right thing and sometimes it really doesn't. It's interesting. But I've never played any We Are Scientists; it's probably a bit too rocky for my soft rocking crowd.

In hindsight of the critical acclaim you received for your solo career, do you reckon it was the best decision to leave Razorlight?

It was definitely the right decision, it had nothing to do with whether I would go on to do anything else. It was much more about personal and mental survival. But obviously I do feel happy how the past five years have evolved, being involved in lots of various projects and working with lots of people who I massively respect. So with that, it was no bad thing.

You mentioned some of your various projects: after the success of the *Snowman* and the *Snowdog* score, have you considered any more work in that same vein?

Yeah it'd be great to do more films, it's definitely something I thoroughly enjoyed. It was quite an experience. They went very well and there have been a couple of things that have almost come about. It's a very tricky world to be a part of and get in to. But I think when the right film and right opportunity arises, it would be brilliant, amazing, lovely to do a lot more.

Do you feel that the music industry has changed much since you entered it?

Yes definitely, I think it was changing when Razorlight were putting out our first singles, like 'Rock N Roll Lies' and 'Stumble and Fall', 'Golden Touch'. All of those singles still had b-sides. I really feel like that was the crossover period when the internet and real records had their last stand. I think right now we don't quite know where we are, when I feel back then we just about did.

Do you feel U2's unconventional release of *Songs of Innocence* has had a positive or negative impact on the industry?

I don't think it has a positive or a negative impact. It's another example of something that has been huge and established for years not knowing what to do, which is what's happening with the change. Because nobody really knows exactly how to play it when a juggernaut like U2 comes along and perhaps for the first time get it a little bit wrong. It's just interesting. But I don't know if it's negative or not because at the end of the day, it just verifies that either they haven't made a very good record or that we're just in very changing times. I suspect the latter is probably a fairer call.

And we wouldn't care criticise Bono would we?

I wouldn't criticise Bono no haha.

Finally would you have any tips to pass on to any young Lancaster University bands?

It's in the songs. If you have the songs and the delivery, keep going. If you know you're good, keep going. If you suspect you're a bit crap, give it a rest.

Very blunt but very fair.

Ha very blunt but very fair, well it's only because it's bloody tough. If you believe in it and you have great songs keep with the effort and ignore the haters.

Fall Together Again is out now to stream on Spotify or purchase from music retailers.



INTERVIEW

Becky Hill

LEO LERNER
 @LERNERLION

At 20 years old, Becky Hill from Bewdley has already completed a run to the semi-finals of the first series of BBC's The Voice, and recorded a UK Number 1: her song 'Gecko (Overdrive)' with Oliver Heldens topped the UK Singles Chart. As well as Heldens, Hill has featured on tracks from Wilkinson, MNEK and Rudimental. I went to interview pop's freshest talent, and all round sweetie, before she took to the stage to support Katy B on her Little Red Tour.

How has your tour been so far? Stressful? Enjoyable?

I'm really enjoying it so far, it's kind of like work experience. Supporting somebody else is like conquering your own quest. You're not the main act, you're just trying to get as good as you possibly can as a support act, so in time when you're the main act, you know how the routine of how a tour works. It's very intense; three or four days on, one day off. But it's been really good - Bristol was good last night, but I didn't really enjoy the Roundhouse, only because it was a very stressed situation backstage. I find London audiences quite dry; they don't move a lot.

Which has been your favourite crowd so far then? Or do you find them all fairly similar?

Nottingham was great - really enjoyed it. I also really enjoyed Birmingham, because I had my mum and my dad and my sister in the audience. It was the first one of the tour, I was listing off local areas and people were going 'yep, I'm from there,' and it was very much

my own crowd. I find that the further North from London you go, the better the crowds are. Northern people just don't really give as much of a shit. They can just get into things much quicker. But Londoners are cool... they just like to keep it that way.

What's Katy B like?

She's wicked. A really nice down to earth girl. Absolute vibes off her. I'm really enjoying being a part of that whole scene, I think she's a great influence and I'm really learning a lot off her.



Leo and Becky

You made your name in the reality TV singing competition The Voice, where it's entirely about what you sound like. Do you think that that style of talent show is here to stay, or is it going to die out?

Well firstly I wouldn't say that I made my name on the show. I was hardly noticed on the show, I think I've made my name through hard work in the industry, through my reputation as a writer, and someone who is a capable singer both recorded and live. The Voice is a talent show, a reality talent show,

which will always attract a lot of attention, so yeah, it's definitely going to be around for a while.

And what of the other reality shows, which are openly about the commercialisation of any talent, and very much about how you look; how you dress. What do you think about them?

I never applied for any other show. The reason why I went for the first series of The Voice was that I'd never heard anything about it before. I'd heard interviews here and there, and all I knew was that you don't get to see the singer, so appearance is invalid. For someone who's quite conscious about the way I look, it appealed to me a lot more. I also didn't have a dead Nan, a dog with three legs or a blind uncle. I'm from a good family, I've got amazing friends and all the rest of it; I had no sob story so to speak.

Let's talk about your debut album. How's it going? Will we hear any of it tonight?

Yep, I play 5 tracks from the album, which in my mind is done. It just needs to be polished up for release next year. I've really enjoyed being set free to find what kind of music I want make. Two years of writing and about two hundred songs later, we've got the album together, so it's super exciting times for that.

What were your musical influences for the album, and for your writing in general?

I think making the album, I went in with four artists. I didn't really know what kind of sound I wanted to be, only that I wanted to be

a mashup between acoustic and electric, so that was all I'd got. I wanted to take acoustic instruments and make them electric sounding. The sound I've got now is less pop, and more electro-nineties, soulful R&B, so lots of differences in one really. The first artist was Ben Howard, because of his classic song writing and timeless album *Every Kingdom*. Bon Iver was the second, because of their left-field individual approach. I've been a massive fan of theirs since I was 13, so that was definitely something I wanted to incorporate into my album. Then Ellie Goulding, because of her successful career and individual voice. I love how unique she sounds, and her fun, youthful production that she's got going on, which isn't throwaway pop, but sort of cool-pop. Lastly, Passion Pit because the energy in their music was something that I'd never heard. Their first album really pricked my ears up as something that was really cool, energetic and youthful. You get the sense that their first album was really one that they wanted to make.

Which do you prefer between acoustic and electric, both playing and performing?

I don't have a preference. I like a lot of different music - I've been through a lot of musical phases growing up. I've done acoustic sets, and what I like about that, if my voice is up to it, is having the vocal freedom. It's really exciting having that naked vocal. With a full band, what I like is the presence that's on stage. I love my band because they're all very 'vibey,' and they all bring something to the set.

What tips do you have for the

performance students at Lancaster - how do you go about being successful and enjoying it while you're at it, as you obviously do?

I have a little theory that a job is a job. I know there's the saying that 'if you do something that you enjoy, you'll never work a day in your life,' and I do something that I enjoy, but there are parts of the job that I definitely don't enjoy. If the positives didn't outweigh the negatives though, I would have stopped a while ago because of the pressure in this industry. My advice to anyone is to go into something that they enjoy. Watch the scales. When the negatives outweigh the positives, then you need to reconsider. If it's the other way around, then that's what I'd go for. You've got to work hard regardless.

What have you got planned, in both the short term and the long term?

Short term, I want to finish the tour. I've got some press and stuff to do before the release of 'Losing', the new single, so release that, and then have an enjoyable Christmas. I want some time at home with my family and friends, and then I'm going to get cracking in 2015. I want to get the ball rolling as quickly as I can and come back with single number two. This might be a stupid thing to say, but in the long term, I want to make eight albums. Eight good albums. Not a lot of artists make eight good, successful, albums, but I want to, so that's my long term goal.

Becky's new single 'Losing' is out now. For Leo's review of hers and Katy B's Manchester Academy gig, check out SCAN's website.

John Cooper Clarke (the Dukes)



CALVIN JUDD
@CALVINJUDD

When it comes to someone like John Cooper Clarke, you either love him or you've never heard of him. As a figurehead of the punk scene, he has produced some of the most proactive, sharp-witted and insightful poetry of the modern age, whilst maintaining a satirical and ferociously funny perspective on life.

As part of national poetry month, the bard of Salford brought his tour of the U.K to the Dukes Theatre, Lancaster. The sold out performance saw Luke Wright and fellow Mancunian poet Mike Garry supporting Clarke, both delivering outstanding performances, as well as proving themselves to be magnificent wordsmiths in their own right. The influence of Clarke's punk energy was apparent in both of the opening poets' work, ranging from their rapid-fire deliveries to their lexical agility. However, both acts certainly asserted their own sense of voice, with Mike Garry notably showing a deeper and more sentimental insight into his subject matter, which mainly found itself focused on working class life in Manchester.

Both poets provided a fitting appetizer for the main course of the nights procedures, but the stage was now set for 'the lad himself, that poetic sensation', as the compère so appropriately introduced him. With nothing more than a microphone stand and small table, a stick thin figure

emerged from the shadows at the side of stage. Clarke's dramatic entrance music was overcome with a roar of applause and a ubiquitous feeling of 'look how thin he is!' This frail frame marched to the centre of the stage, where he grasped the microphone stand as though he needed keep himself upright. The theatre fell to a brief silence, with John's commanding presence being felt by everyone in the room. 'So,' he announced to the audience. 'Anyone got ebola yet?' A joke that was met with equal parts laughter and disbelief.

At first glance Clarke looks to have aged little more than a few days since his peak of fame in the late 1970s, still sporting his iconic dark sunglasses, wild back combed hair and trousers skinnier than his actual legs. Nonetheless, one aspect of the bard that certainly has not deteriorated is his razor-sharp wit; throughout the set it became apparent that it was as much a stand-up performance as a poetry recital. The bulk of the evening was made up of these anecdotes and witticisms, giving it a flow that would have otherwise gone amiss had he just reeled off a catalogue of poems for an hour.

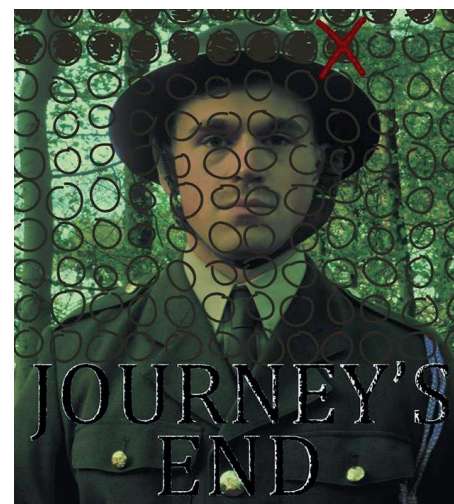
He opened the set with a sarcastic poem disguised as the official guest list. 'As luck would have it,' he explained, 'everyone I know in the Lancaster area, their names rhyme with each other.' He quickly rolled through a number of poems including 'Hire Car' and 'Get Back on Drugs You Fat Fuck', stopping only to deliver punchy one liners. Clarke entwined a number of newer

pieces into his set, most notably a follow up to his acclaimed social commentary poem 'Beasley Street.' Introduced as 'Beasley Boulevard,' whilst perhaps not as powerful, it has a far more tongue-in-cheek feel to its predecessor, 'that was then, this is now' he explained to the audience. There has been a definite change from his days as a dry social commentator with his movement towards stand-up, but his words remain as intelligent and as dark as ever.

For the penultimate poem, Clarke delivered an engrossing rendition of 'Evidently Chickentown' at a break neck speed, which had every member of the audience attentively following his every word, even though most of us already knew them anyway. As well as branding it a favourite from his lengthy back catalogue, he remarked how the poem brought him back in to fashion with an appearance on the TV series the Sopranos. He also added how Alex Turner's updated version of the poem 'I Wanna Be Yours' brought him back into the limelight. Of all of Clarke's work, this is by far his most heartfelt, and his slowed down delivery made it a poignant encore.

There is no doubt that Dr Clarke has reaffirmed his position on the world stage since his revival back in to pop culture, and his performance at the Dukes has certainly assured us that the bard of Salford still has plenty of life left in his verse. Even for those of us who switch off at the mere mention of the word poetry, John Cooper Clarke brings his poems to a level that can be appreciated by anyone. He is more than just a poet; he's John Cooper Clarke.

LUTG presents: Journey's End



BRYONY SEAGER COMMENT EDITOR
@BEINGBRYONY

"How can one put on a play with no leading lady?" These were the words spoken to R. C. Sheriff when he tried to find someone to produce his play in London. Of course, once most people have seen *Journey's End* they realise that this matters not at all. The play is set in an officers' dugout which the production team from Lancaster University Theatre Group has chosen to emulate by performing in Merchants 1688, a historic restaurant/pub in town. This is sure to be a very immersive experience for those who go to see it; it was picked deliberately by the director Callum Berridge, who was inspired by seeing the bunker trilogy seen at the Edinburgh Fringe where three plays were formed in a small space, making it much more intimate for the audience.

Journey's End is a poignant play for the centenary of WWI, revolving around the hopes and fears of a handful of officers and men in 1917, awaiting orders as to how they should progress. All natural lighting will be used by the production team in Merchants 1688 using oil lamps and candles in bottles - it's certainly going to be an intense experience for the audience. The traditional characterization and costume planned will also make the performance as authentic to Sheriff's vision as possible.

The production will be performed on the 18th, 19th and 20th of November. On the 18th the performance is at 8pm, and on the 19th and 20th at 4.30pm and 8pm each day. There is a maximum capacity of 35 per performance and tickets are likely to sell fast, so move quickly if you want one! To book tickets you need to email lutg.je45@gmail.com.



FLASHBACK

Kate Bush

GREG WALKER
@GREGWALKEH

If there is one artist today who can still truly be described as unique, it's Kate Bush. Many have tried to imitate her, but none have even come close to matching her continuing legacy.

Releasing her first album at the age of 19 (though she wrote many of her songs years earlier), Bush

became the first female artist to have a self-penned song at number one with 'Wuthering Heights'; arguably still her most famous song to date. After a second (and self-confessed weaker) album that same year, Bush embarked on a hugely successful concert tour; the only tour of her career. Her third album, *Never for Ever* in 1980, saw her become the first British solo female artist to enter the UK album charts at number one, and she is to date the only female to

have a top 5 album in 5 continuous decades.

After 1993's *The Red Shoes*, Bush took a twelve-year career break in which she made very few public appearances. She returned in 2005 with her album *Aerial* and followed that with an additional two albums in 2011: *Directors' Cut*, a collection of new and improved versions of some of her old songs, and *50 Words for Snow*, her most recent work to date, with guest appearances from the likes of Elton John and Stephen Fry. This year, she returned to the public eye once more with a series of London based shows - the first since her aforementioned 1979 tour. This sudden surge of attention towards Bush saw her break another record, as she became the first female performer to have eight albums chart in the UK Top 40 simultaneously; all 11 entered the top 50, and amount bettered only by Elvis Presley and the Beatles.

But what is it about Bush that has made her so revered by both fans and critics alike? Well her style, as mentioned, is unique; her music rarely sounds like anything else from the time it is released, and often, unlike other music of her own discography. Her first album, *The Kick Inside*, is mainly

a piano-based affair, and worlds away from her most acclaimed album, 1985's *Hounds of Love*; which in itself sounds very unlike 2005's *Aerial*. Yet, there is some inherent quality that makes them all so unquestionably Kate Bush. It is astounding one woman can produce such a vast repertoire of songs on such an array of topics in such a diverse amount of styles whilst remaining identifiable, enjoyable and, perhaps most importantly, true to herself.

Bush isn't afraid to try new things, and it shows. Her 1982 album *The Dreaming* was critically panned at the time but has since been recognised as her most inventive and one of her best. Perhaps the appeal of Kate Bush comes from the fact that when you sit down to listen to one of her songs for the first time, you have very little idea what you're going to hear. Any type of song, about any kind of thing.

Bush's lyrical topics are varied to say the least. Usually shying away from singing autobiographically, several of her songs focus on characters from films or books; 'Wuthering Heights' is a clear example of this, as is 'The Sensual World', where she adopts the voice of Molly Bloom from James Joyce's *Ulysses*. She doesn't stop at

characters however: 'Army Dreamers' is a touching ode to the mothers of lost soldiers; 'There Goes a Tenner' is a comical account of a bank robbery gone wrong; 'Misty' recounts the tale of a love affair with a snowman; 'Heads We're Dancing' tells the story of a woman going on an unknowing night out with Hitler; and 'Pi', as you might have guessed, involves Bush singing the number pi to over 100 decimal places. On the rare instances when she does sing about her own life, the results are incredible. 'How to Be Invisible' is a tongue-in-cheek song about her own media-ascribed reclusiveness and 'Moments of Pleasure' is a beautiful piece about people she lost. 'A Coral Room' stands as her most personal song however, dealing with the death of her mother.

36 years is a long time to have been in the public eye; particularly for someone only 56 years old. Very few artists with careers of that length manage to maintain originality, and yet Bush is arguably still as fresh as she was in 1978. No one, probably herself included, knows when we'll be seeing some new material from her. It could be 12 months, it could be 12 years. But if there's one thing we know for certain, it's that it will be truly unique.

Horizontal Collaboration (the Dukes)

RORY MELLON

Calling *Horizontal Collaboration* a failed experiment would be being rather generous, an insipid disaster would be a more frank assessment of the production. It's undeniably bursting with creative ideas that sadly pretty much all fall flat and fail to invoke even the smallest emotion from the audience.

The premise was intriguing: Four actors, none of whom had seen the script beforehand, play out a complex and twisting tale of power, sex and violence. Well that's the synopsis I read online, but what was presented to the audience was a rather straightforward narrative that had its moments but seemed more concerned with appearing adult than telling a truly compelling story.

The four actors played four law-

yers, sat behind a table for the entire show, reading out interviews and depositions of characters embroiled in the struggle for power. After her African Warlord husband is killed Judith becomes the leader and attempts to make peace for her people facing violence and deception in the process.

The central narrative that is spun could have been interesting if not for the format; none of the story's events are acted out which leads to some serious audience detachment. You could face away from the stage and miss literally nothing. It's a radio play (and frankly a rather poor one at that) which has for some bizarre reason been performed on a stage.

The unique selling point is obviously supposed to be the fact that the four actors are reading blind but this actually takes away from

the production. They clearly weren't given the same (or any) direction; three of them read everything in a monotone matter-of-fact voice putting no emotion into the words, perhaps what we would expect from a lawyer. The second lawyer however read out the sections of the story assigned to her as if she was the character speaking, adding emotions and expression.

It got to the point where I smiled when the second lawyer started speaking and groaned when any of the others opened up their mouths. In all honesty I probably would have gotten roughly the same experience if I had just got a copy of the script and asked my flatmates to perform it - that's not a criticism of the actors rather than the very concept of the production.

In the final third the whole thing



was becoming rather stale (it wasn't exactly fresh at the beginning) and frankly increasingly boring. There was murder and the central power struggle was still chugging along nicely but when a story is told in a way which does not engage the audience present, the content doesn't really matter. My final realization that *Horizontal Collaboration* wasn't

going to redeem itself with a spectacular ending came when one of the lawyers started to describe the brutal murder of one of the central characters in the most bored voice possible. In a traditional play this probably would have been an enthralling moment, in this mess of a production it was just another misfire.

World Diabetes Day November 14th: What it means to be diabetic



GRACE TOPPING

Many may not realise but the 14th of November is World Diabetes Day. In today's society, diabetes awareness easily slips under the radar. Although treatable, diabetes is a serious lifelong condition, with numerous health risks involved. The 14th of November is a significant date – it marks the date that insulin was first discovered in 1922 by Frederick Banting and Charles Best. More than 3 million people in the UK now suffer from diabetes, and so this day is globally celebrated in order to raise importance awareness for diabetes.

What is diabetes?

Diabetes is a condition which occurs when you have too much glucose in the blood. In a non-diabetic, a hormone called insulin is produced by the pancreas, which moves the glucose from your bloodstream to cells. This is then broken down and transformed into energy. However, in a diabetic, the body suddenly stops producing enough (or any in certain cases) insulin and your body cannot break down the glucose. This can be very dangerous and damage your organs.

What are the symptoms of diabetes?

Fortunately, the symptoms of diabetes are very apparent, and often develop in a short space of time. The

main symptoms of diabetes include extreme thirstiness, urinating more frequently than usual, tiredness and severe weight loss.

How do type 1 and type 2 diabetes differ?

There are two types of diabetes which you can develop. Type 1 is when the body stops producing insulin at all, usually due to the body's immune system attacking and destroying the cells which produce insulin. Scientists still have not discovered what exactly triggers the cells to be attacked. This type of diabetes can only be treated by injecting insulin into the body. It often develops in early adulthood and sometimes children.

Type 2 is where the body still produces insulin, but not enough. This means that sometimes the body doesn't react to the insulin. Unlike type 1, this type of diabetes does not require daily injections. In some cases it is even possible to control your symptoms through a healthy, balanced diet, regular exercise, and careful monitoring of your glucose levels. Type 2 is more common with people who are overweight and older. It will however get worse over time, eventually making it necessary to take medication to control the condition.

Can people still lead normal lifestyle when diabetic?

It is extremely important for a diabetic to inject the insulin they need and keep glucose levels under control. Although this can at first it can appear a daunting way to live, it simply becomes routine and a way of life; like brushing your teeth. People with diabetes become used to their own blood sugar levels and aware of what affects them. It doesn't necessarily have to impact on enjoying the things we all love in life, but people with diabetes just have to make sure that they eat sugary things like cake and biscuits in moderation, monitor their blood sugars and exercise regularly.

Can we cure diabetes?

Currently, there is no known cure for diabetes. Although diabetes is treatable, there are complications which can arise, including high risk of a stroke and blindness. This is why it is so important that we are made aware of diabetes and how we can help. Stem cell research is currently underway to look into the possibility of growing an artificial pancreas. But research is incredibly expensive, so it is down to us to donate money to Diabetes UK. Hopefully in the future, with enough awareness and funding, we can cure or even prevent diabetes!



Ask Abigail is SCAN's new agony aunt column. Have you got an issue you need advice on? Send a message on the Facebook group, Ask Abigail, and we will try our best to help you out!

I like my flatmate, and she likes me back, but I don't want to get into a relationship for it then to go badly, since we have to live together for the rest of the year. What should I do?

If you really like them and think it could last, I'd say go for it. Just make sure that the feeling is definitely mutual and they're in this for the long run (or at least until the end of the year). Maybe ask your friends or another flatmate what they think, because at the end of the day it will have an impact on them too if things turn sour. If you're not sure, take some time to consider things and make sure that you are willing to risk the friendship. Unfortunately, if they like you back, it might be more awkward for you and the rest of the flat if you don't act on your feelings and a tension builds up.

I'm a fresher studying law, but I hate my course. All my friends have taken three modules this year, so they can switch their course, but you can't do that with law. I want to switch but I don't know if I have left it too late and will have to start again next year. It seems like a waste and I don't want to miss out on all the fun of being a fresher with my new friends. What should I do?

You really need to speak to an academic advisor and find out if it is too late. Remember that it is week 6 there may be a lot of coursework coming up soon, but it's unlikely that many assessments will have already taken place.

If you do have to restart again next year, you'll only have to pay for the first term because of the way that student finance works. So, financially, if you're going to drop out and start again next year it's good that you know now. It's inevitable that you will miss out on a few things, since you can't be there all the time like you usually would. But at the end of the day you are here for your degree, not to go out or eat takeaway. You can always come back to visit them for big nights out or something more casual. And, when you come back next year, you can move in with them again, or live back in halls with first years again.

I think that an important thing to consider though is what you want to do next year. Whilst you are still in Lancaster make use of the students you know on other courses to gain some insight into what you might like to do instead. And remember, university isn't the only option, you can get a job too.

All questions will remain anonymous and may be published in SCAN.

Conspiracies unravelled: Is Beatle Paul McCartney dead?

ALEX KENNETT

“Turn me on dead man”, “miss him, miss him, miss him” are just some of the cryptic clues that, anyone smart enough to listen to songs backwards knows reveal that Paul McCartney died on the 9th November 1966.

After an argument with his bandmates, Paul left a recording session for *Sgt. Pepper's Lonely Hearts Club Band* and drove off in his Austin-Healey, which he subsequently crashed. McCartney was then replaced by the winner of a Paul McCartney look-alike contest. The look-alike was named William Shears Campbell or “Billy Shears” – the supposedly fictional leader of *Sgt. Pepper's Lonely Hearts Club Band*. Shears already held a close resemblance to the real Paul, whose death led to Shears undergoing plastic surgery to make himself an exact replica of the real Beatle. There are too many coincidences that have been laughed off by the other Beatles but it is a cold-hard fact that Shears has not been heard of since the fateful look-alike contest of 1965.

Looking at *Sgt. Pepper*, the first album that Shears “took over”, it is disturbingly eerie that the cover

art is essentially Paul's grave. On the cover Paul is the only member looking straight at the camera and holds a wooden coffin for an instrument, whilst also being propped up by Ringo and George. Red hyacinths, the mythological flower of death, spell out the word “Beatles”. As if this isn't clear enough, the inside photo again shows Paul being propped by two other Beatles. On Paul's left arm a patch on his uniform has the letters O.P.D which stands for “Officially Pronounced Dead”.

A series of striking coincidences could perhaps be forgiven if the Beatles themselves weren't so determined to ignore, slander, and even try and laugh off the “rumours”. The rumours themselves began in 1969 soon after the release of *Abbey Road* where Paul's ghostly figure walks barefooted and out of time with the fellow Beatles. Paul McCartney, or should I say Billy Shears, refused to address rumours whilst touring with Wings – work vastly inferior to the real Paul McCartney's – obviously fearing being discovered for what he really is.

John Lennon, a proud member of the Illuminati, continued to hide the truth and even left mock-



ing messages in Beatles songs. Towards the end of ‘Strawberry Fields’ you can hear a muffled John saying “I buried Paul”. Perhaps the most hurtful clue John left was on his solo album *Imagine* from 1971 on track 8 ‘How do you sleep?’ A vengeful, hateful song that contains the line “Those freaks were right when they said

you were dead.”

It took a while for Billy Shears himself to start gloating about his transformation but in 1993 he released a live album named *Paul is Live*. A joke that was 27 years in the making and comes at the expense of the great man whose identity he stole. Shears continues to release

albums of a constantly diminishing low quality in the name of the Paul McCartney and only a small few are left knowing the real truth.

As the now infamous words of ‘I'm So Tired’ played backwards go:

“Paul is a dead man, (And I) miss him, miss him, miss him.”

Should we tip?



SAMMIE CAINE HEAD OF PHOTOGRAPHY
 @SAMMIEPHOTO

You've just enjoyed a lovely meal out in town, be it with friends or your significant other, you've had a great time and even managed to split the bills relatively hassle free. But then comes the question:

should you tip?

A lot of the issues surrounding whether or not tip arise as a result of the uncertainty surrounding tipping etiquette. Who should you give the tip to? How much should you actually tip? The latter is a

particular source of agony, with many stories about arguments occurring as a result of the bill payer not giving a large enough tip at the end of a meal.

Whilst a tip is generally described as an optional amount added to

your food bill at the end of a meal as a way of expressing contentedness with the overall experience, from the food to the service, in recent years there has been a growing sense of obligation to provide a tip regardless of how much you enjoyed your meal. More often

than not, there's now a noticeable pressure to add a tip to your bill, a feeling which is only made even more awkward when you're paying by card and you have to outright say whether or not you will or will not be tipping - it certainly takes away from the generous feeling I'd usually associate with the act of giving a tip. I like to feel like any extra money I give is appreciated and not simply just expected.

Speaking not only as a student, but as a general customer, my stance on tipping has always been that it's a contextual choice based on each individual dining experience. If you take an age serving me the meal and are rude, then it's pretty damn certain you won't be getting a tip from me, regardless of how generous I'm feeling with my weekly student budget.

INTERVIEW

Hayley Wanless



Jonathan Eldridge

ELLIE VOWLES CAROLYNNE EDITOR
@ELLIEVOWLES

Firstly, would you introduce yourself and tell us a little bit about you and what you do?

I'm Hayley Wanless and I'm a second year Fine Art student. I'm currently trying to set up a new society that is focused on setting up exhibitions, as this is currently only available for 3rd year Fine Art students. My interests are mainly in art, which sounds a bit sad – that's all I really enjoy.

You mentioned your plan to try and start a society for people who want

to hold exhibitions?

We've just divided the society into roles; we have a pub team, an installation team, a curating team,

I'm currently trying to set up a new society that is focused on setting up exhibitions, as this is currently only available for 3rd year Fine Art students.

and an opening night team. We want to help students promote their work; teach them how to self-promote and be commercially

aware. People think that as an art society we're just going to be drawing and stuff together but it's not like that – it's kind of like a business. Anyone is welcome to get involved, although we've only spoken to first and second year Fine Art students at the moment because we're just trying to find our feet and work out what we have to do to open it up to everyone else.

We're inspired by modern British artists like Damien Hirst and Tracey Emin, who set up an exhibition together and then obviously got really famous from it. We aren't looking for crazy amounts of fame, we just want to actively be trying to promote our work and

to do that you sort of have to step up from everybody else in the art sector.

People think that as an art society we're just going to be drawing and stuff together but it's not like that – it's kind of like a business. Anyone is welcome to get involved

Tell me a bit about your artwork.

At the start of 2nd term last year, I looked at mental illness and how that relates to artists. You hear a lot about artists having mental illness

and it interests me a lot because I've dealt with depression and anxiety myself. That's how I started going about it, really. I began by asking people on Facebook, Twitter and WordPress about their experiences and how they'd describe them metaphorically. It just went down different routes from there. I mainly asked people on my course and my friends, and having people around me that feel the same way but obviously hid it very well helped me to not just feel like I was the odd one out. It made me feel a lot less "crazy". My friends and my sister are a big part of my work. My motivation was just to help people; I wanted people to have something to relate to.

I have currently looked mostly at depression, anxiety, and bipolar purely because those are the responses I got from people, but over this year I'm planning to expand to just general illness. I've had responses from people with indeterminate colitis, diabetes, and narcolepsy, as well as the mental illnesses that I've been looking at before.

Have there been any things that have particularly shocked you?

I was shocked by how many people felt the same. I know that sounds strange but I had three separate people all say they felt like they were drowning. That's a lot of people to use the same metaphor. I don't know, I think people feel like they're being labelled and stigmatised; they don't want to be under the "crazy" banner. If you had diabetes or something, I don't think the label would have as much stigma or negative impact.

I looked at mental illness and how that relates to artists. You hear a lot about artists having mental illness and it interests me a lot because I've dealt with depression and anxiety myself.

Your work has been inspired by your own experiences and those of people around you; was it difficult to initiate dialogues with people about mental illness?

I put a post up telling people what I was doing and said that if they wanted to participate that was completely up to them, just message me or email me or whatever. People did, which is really good and helpful because it's a really hard thing to do. It was difficult, but I want people to know that they can talk to me about things.

It was hard to bring up; it was hard to even tell my parents that I was doing a project like this, because they were just like, "What are you doing that for? That's a bit weird."

What would you say to anyone thinking about having a conversation with their friends and family about mental illness?

This is the hardest question. I'd say to just talk - even if it's a tiny

bit. If we never talk about it, we'll never get to the bottom of things. If you wanted to start a conversation like that, I'd say the best thing is to just say "I've not been feeling too great lately", because people are usually quite responsive to that. Whether it's your mum or your best friend or whoever, they'll just be like "Oh why, what's up?" and then you can go from there. I write down how I'm feeling all the time and even that's a lot more helpful than just keeping it in your head whirring around.

One of the aspects of stigma surrounding mental health is that it's the person's fault or a personality flaw (e.g. just laziness). How do you think that should be dealt with?

Everyone is different; I don't think anyone has the same reason for having mental illness. Some people I spoke to were abused when they were younger, some suffered a loss that triggered things for them, and for me it's just a chemical imbalance. I don't think there's anything I can do about that.

I think the only ways it's going to be dealt with is by talking about it. There's a charity called Time To Change which I think is really positive, but obviously there is always the absolute terror of starting a conversation like that. The only way the stigma will be reduced is if people open up and talk about it. The things people tell me when I'm doing my research are the things they should be telling their friends and family so they can get help and support.

A lot of illnesses are invisible & it's really difficult for people to understand that you have an illness if they can't see it. If you can't go to dance lessons or somewhere because you're too tired because of your illness, people find it hard to understand and often just interpret it as laziness or giving up. People like to think they understand these illnesses, but I don't think you really can until you've experienced it for yourself. I think it's important to try and listen to people's experiences more.

It was hard for my mum to understand when I first spoke to her about it. I came home one day from the doctors and was like "I've got this prescription, don't freak out" and explained what it was for, and she just flipped. She couldn't

see it, so she refused to believe it was real and refused to let me take medication for something she couldn't physically see. That was hard to deal with, knowing that my mum wasn't supporting me.

The project is something you started in your first year; is it particularly informed by your experiences at university?

I don't know really, it was just something I was really passionate about. It has developed over the course of university; as my experiences got worse I realised that I was passionate about getting better, but also that I wanted to help people around me and the friends that I'd made here.

How do you feel like the university supports people with mental illness on campus?

I personally accessed the counselling service throughout last year. It was okay - one woman said to me "If you want to die, why don't you leave your windows open at night so the spiders can crawl in a poison you?" which was a bit weird. Generally she was very helpful and the fact that the university has a service at all is amazing - not many do. I've recommended it to my friends & would say the same to anybody. Making an appointment is really daunting, but it's so worth it.

A lot of illnesses are invisible & it's really difficult for people to understand that you have an illness if they can't see it. If you can't go to dance lessons or somewhere because you're too tired because of your illness, people find it hard to understand and often just interpret it as laziness or giving up.

How have your experiences impacted your studying, and what advice would you give to someone who is having issues with their course as a result of illness?

I personally know of people who suffer with depression and anxiety who just try to take every day as it comes. If you don't feel like you can do your coursework on a given

day, you probably can't and there's no point spiralling over something you can't control. You just have to suck it up, have a good sleep and try again the next day.

I know a lot of people that have just dropped out and for me, I'm proud that I haven't because I was so close to dropping out this time last year. It's just about trying to

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get through first term. And then second term. And then third term. I did it and got a first and made it back this year. It's hard because you can't push yourself too hard, but I think it's important to try not to just give up.

The university provides loads of help; I could go and tell my department that I needed extra time because I'm feeling low and can't do it right now and that would be fine. As long as you keep people informed and make sure they know what you're dealing with and that it might stop you from doing some things, I think most departments are really accommodating. You need to just tell them.

How did you get through your lowest point, when you felt like you might drop out?

My lowest point wasn't great - I took an overdose and I wouldn't advise that to anybody. My friends really got me through that. I just stayed with them and stayed busy and then tried to stay busy when I went home. I went to the doctors again and got a new councillor for while I was at home, which was easier than I thought it would be. The advice I'd give is to try and stay busy; it's really easy to get into the pattern of disassociating yourself so try really hard to make sure you're seeing people.

I wish I'd talked to people more. I wouldn't have been in that situation if I had talked to someone, but I think I just got a bit too over-

whelmed and that's why overdosed.

When I came to Lancaster, I had no friends. I didn't go out in Freshers and I completely removed myself from everything, which was the worst idea in the world. Obviously then my flatmates thought I hated them, thought I was rude, and I felt bad about it. Even if you don't want to go out, just go and have dinner with people and try and be in communal space, even if it's just for an hour a day. We got along great in the end, so it's definitely possible to recover from a bad start - people are really understanding.

What would you say to anyone who is concerned about someone close to them and wants to start a dialogue?

I would have wanted my flatmates to come and talk to me rather than it being the other way around. I think people can often tell when there's something wrong but just feel like it's too awkward to bring up, but all it takes is knocking on their door and being like "is here anything wrong? Do you want to talk about it?" Even if you aren't

I would have wanted my flatmates to come and talk to me rather than it being the other way around. I think people can often tell when there's something wrong but just feel like it's too awkward to bring up, but all it takes is knocking on their door and being like "is here anything wrong?"

that close it creates some sort of bond and makes you feel like you could trust yourself more.

My friends come in and just let me know when I'm not seeing them as much or staying in my room a bit more than I should be and just ask how they can help me, what they can do. It doesn't take much, but just knowing that someone notices when you aren't there is nice.

If you want to get involved with Hayley's project, you can find her and her artwork at hayley-wanless29.wordpress.com or get in touch over Facebook.

Eating disorders: A female-centric issue?

BETHAN ARCHER

The stigmas and stereotypes of eating disorders are plentiful. While some progress is being made, the misinformed and cruel idea of a sufferer being simply narcissistic, vain, or shallow still seeps into discourse. This image is nearly automatically female – an assumption that is not only wrong, but also dangerous.

Statistics vary, but it is estimated that between 10 and 25 per cent of diagnosed eating disorder sufferers are male. In 2004, The National Institute of Health and Clinical Excellence (NICE) put it at 11% – which equates to roughly 180,000 men in the UK. The National Centre for Eating Disorders cites studies which indicate that in North America there are probably more men suffering with bulimia than women with anorexia. The number who are actually suffering is (like their female counterparts) undoubtedly far higher than collected statistics, with many people remaining undiagnosed and untreated.

What is causing this rise? When eating disorders in women are discussed in print, the role of culture and the media invariably crops up. Attempts at pointing out possibly

damaging material for women are at least made, while its male counterpart frequently remains undiscussed. In 2009, 'Men's Health' outsold 'FHM' and 'Nuts' magazine – and has been the only one of the three to report year on year circulation increase. Yet public conversation over the problems for twenty first century men tend not to revolve around the emotional and mental toll that living in modern society can take on them as well, but rather more superficial issues. Even discussion of how physical expectations are growing for men tend to centre on notions of how unfair the expectation is, rather than how unhealthy.

When eating disorders in men are discussed, it is most frequently in relationship to sport. The necessity for the “right kind of body” in many sports is a breeding ground for unhealthy behaviour, whether the concentration is on losing weight or on building up muscle. Under these circumstances, male anorexia is more likely to be accessed by over-exercising than restrictive eating and bulimia is likely to simply be written off as having a “male appetite”. While coaches should be trained in recognising such things, the positive short-term impact from the un-



Ralph Aichinger

healthy behaviour may be valued and the methods of achieving it either not thought about or not looked into.

Many eating disorder-based support and educational charities believe that the pervasive feminisation of eating disorders means male sufferers are frequently being misdiagnosed or simply missed. Any self-realisation of the problem or desire to seek help on the part of the sufferer may be tempered by shame at having a so-called female problem – a view that many male sufferers have ad-

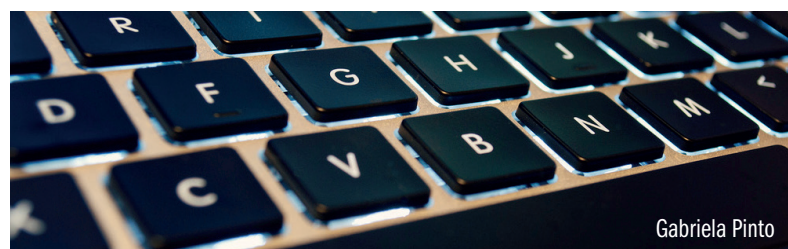
mitted to. These two factors mean that if help does come, it is invariably later and when more damage has been done.

Is anything being done about it? Education and funding are – as nearly always – a large part of at least treating the problem. Charities are calling for increased awareness and education, but you only have to look at the comments on online articles to know their attempts are not as overwhelmingly effective as one might hope. With the charity MIND recently revealing that local authorities only

spend 1.36% of their budgets on mental health (in spite of a social and economic cost of £105 billion a year), things aren't looking good for anyone suffering with any mental health disorder – let alone one that is even more frequently ignored or unconsidered.

For more information on male eating disorders, log onto www.mengetedtoo.co.uk – and please consider logging onto www.mind.org.uk to fill out a quick form, so that a letter can be sent to your local paper over the funding of treatment for mental health disorders.

The rise of internet trolls



Gabriela Pinto

PHILIPPA HAWLEY

The rise of social media in the last few years has led to some bizarre behaviour. We post druel-worthy photos of our tea on Instagram as apparently this is the only thing Instagram is for(!?). We hashtag our way through Twitter, connecting ourselves to all the other MIC lovers out there (wait, just me?). We let everyone know our relationship status on Facebook; no relationship can ever be considered real if it isn't made “Facebook official” for everyone to nosey at.

Right? As we upload more and more snippets of our lives to the internet, we are given an outlet to have our own say on any topic. Yet some people have taken this liberty to the extreme and thereby leading to online harassment; trolling.

“Trolling” as a verb has been around longer than we might think. A non-internet definition of “trolling” was attributed to an action which provoked a reaction in somebody, and was used by US pilots during the Vietnam

War. The word wasn't used on the internet until the 1980s and by the 1990s was used in many contexts in reference to the action of trolling, rather than the author themselves. Nowadays, we refer to the people who post extreme and opinionated comments on the internet as “trolls” and their crimes are not going unnoticed.

A new law has been issued in the UK that could potentially result in internet trolls facing up to two years in prison. This has previously not been unheard of, as in the past people have been given custodial sentences for their internet crimes. Sean Duffy, for example, was sentenced to eighteen months in prison as well as being banned from using online social media for five years because he posted mocking comments on a trib-

ute page for a teenager who had died. The internet gives people the view that anything said on a computer does not have the same impact as saying it in person, but these internet tormentors do not understand the effect that they have on their victims.

Offensive comments can find someone at any time, in any place, as long as they have access to the internet. Mobile phones, which should be useful since they allow you to access the internet anywhere, have become a source of torment for someone under attack from trolls. It isn't just the access that trolls have that is daunting; the more sinister side to trolling is that people that you have never offered a cup of tea, never casually said hello to as you crossed paths, never even met in

real life, can now post horrible comments that can affect you. Without trying to ignite fear into everyone, the truth is that no one is completely safe from trolling. Even pages that Lancaster University students use could be victims of trolling. We all like to scroll through ‘Overheard at Lancaster’ and read the hilarious stories and embarrassing situations that people have gotten themselves into, but as a public page, users are potentially getting themselves into a trolling situation.

Trolls hide behind their computers, classic keyboard warriors who would likely never say these things in person. But if you do become a victim of trolling please don't let it get to you and retaliate. As the advice states: “Please do not feed the troll”.

Part-time jobs for students: the benefits and pitfalls

RUTH OGUNADE
 @RIA_NADE

Deciding to get a part time job alongside their studies is a decision many students debate over. There eventually comes a time when many students realise that they've spent way too much money and have to survive on beans on toast until the next installment of their student loan comes in.

Being a full-time student is very demanding and is very much like having a full-time job with a 40-hour week. The decision to add a part time job to that mix is not a decision to be made lightly. To help with it, I've compiled a list of some of the pros and cons to help you decide what is best for you.

PROS

CONS

EXTRA MONEY

The main reason many students get a part time job is to increase their budget. Having that extra bit of money to support yourself really helps; you can put it towards a saving goal such as a car or a holiday and it undoubtedly gives you more independence.

EXPERIENCE

A part time job gives much more than just money. It offers valuable work, life, team and real world experience. Working part-time should give you the opportunity to develop new skills and to handle responsibility. Depending on the role you may work in a team or face new and different challenges, all of which will give you invaluable personal experience for future job interviews. Plus, it also gives you the opportunity to meet different people and develop confidence.

Finding a balance is key. If you are organised you will have the ability to balance both your studies and part-time work. It is wise to not work more than 16 hours a week as a student, but this number can vary from student to student. Yes, it can be very tempting to work more than 16 hours a week, especially if you only have a small timetable. So remember to be realistic about just how many hours you can work, bearing in mind that you still have to do work for your course such as key readings, assignments, group work etc.

Working part-time can diversify you and adds a lot to your CV. Just remember to find the right balance for you.

WORKING TOO MUCH

One of the most important things whilst in University is to get the best grade that you can get and part-time work can easily interfere with that. Part-time work comes with its own stresses and, depending on the role, the workload could be very demanding. Working too many hours can also take a hit on your social life and you may start feeling lonely, withdrawn and left out from your friends.

LACK OF SLEEP AND DOWNTIME

Sleep is very important as a student. But, if you work for too many hours it will impact on the time you get to spend tucked up in bed. Remember that a good night rest is important for keeping the mind alert. Giving yourself some time off to unwind is equally vital, and can help to keep you relaxed and happy. This can be by doing something that you love, whether it is watching TV, reading a magazine, or playing a game.

Listen



Dierk Schaefer

ANNA TROGSTAD DEPUTY WEB & MOBILE
 @TROGSTADA

So here it goes: Depression. Without being patronising, it's a scary word and an even scarier situation. The main problem is not what help is available professionally and through the university, as there are systems and facilities in place (as discussed by Bryony Seager in the previous issue). The most pressing matter is how to help as a friend.

As someone who has previously struggled with depression, there's a big step towards acknowledging you need help. It's difficult not to write about this without sounding too dramatic, but the way I'd describe it would be to liken it to drowning. It's impossible to quantify and hard to think rationally about anything. Knowing this, the most important piece of advice I can give to someone facing a friend in this predicament is to listen. It doesn't matter if you can't think of advice, because I think sometimes people believe that if you listen to someone's problems, there's an expectation to provide them with a life-changing, problem-solving epiphany at the end.

Honestly? The advice isn't im-

portant. By no means let the lack of this put you off; in fact, it's often irrelevant. If you lend an ear, in most cases you lend a lifeline. "Take it step by step" is true, and for a bystander makes perfect sense, but with depression you do not see what is potentially manageable and easily fixed, because the dark eclipses the light. Listening to them describe the colour of the darkness is far more useful than pointing out how bright the glow of the light is. The chances are that talking about that darkness means slowly thinking about the light.

Depression can be one of the hardest things to understand, because it is not associated with material possessions, lifestyle, even skill or talent. They bear no factor in the problem, so everything you know about a friend needs to be set aside so you can hear what they're experiencing and who they are in that moment only. When you feel like the most insignificant person in the world, the last thing you care about is how it's your birthday soon, because it feels like just you and the universe, and the moons of Saturn don't care about your birthday. The best thing you can do is forget about everything else, even for ten minutes. Regardless of

what their Facebook profile tells you about who they are, or your memory of them as the best drunk on the planet, make room for them solely at that point in time, whilst they're speaking and telling you everything they are right now, not who they are at other times.

Listening to someone isn't asking for the world. It doesn't mean you've exchanged vows or signed a contract. It doesn't mean that your problems are less important than theirs, or that you are alone in bearing their weight; it just means that you hear them. When you say, "I'm here if you need to talk" or a variant of that phrase, stay with them. Ask them what's wrong. Mean it when you tell them it doesn't matter what time of day it is, whether it's 8am on Monday morning or 10pm on Christmas Eve, you will always be there. When they stand alone, stand with them. When they're visibly upset, hold them. When they're crumbling, act as scaffolding, and when they feel small, shrink the world until they feel big again.

Finally, when they start to hope again, smile with them. Laugh. Don't let go. Depression is complicated, but listening is as simple as that.

H&M & Alexander Wang



ELENA LOCKETT
@LOCKETTPOCKETS

H&M are famous for their out there collaborations (Stella McCartney, Matthew Williamson, Isabel Marant to name a few) and now joining the list is Alexander Wang. With a heavy advertising campaign for months before hand, they have drip-feeding the fashion world details about the line which goes live on November 6th. Here's a quick round up of what this collab is all about.

- If you don't like sportswear, this probably isn't for you. With photo shoots based in a gymnasium, this range is most definitely sporty with the added input West Ham footballer

Andy Carroll starring in the advertising campaign.

- Colour is not included. If you like things bright and beautiful, this is not the H&M collab for you. So far from the teasers, everything is black, white or many shades of grey.

- You'll know its 'Wang'. Slogan clothes and obvious branding is huge right now – you only have to look on Instagram to see how big classic Calvin Klein is at the moment. It's looking like the majority of the range will feature the branding 'Wang' from jacket cuffs, beanies and sports bras to legging knees and waistbands.

- Unlike previous collaborations, there will be original pieces. Wang stated from the start that he wanted

to create a range where most of the pieces are unique to that range, rather than simply creating affordable lookalikes of his previous work. As the range is solely sport based, he wanted to ensure the prices were similar to H&M's own sportswear.

-Unlike most sports ranges, it will include killer heels. Rather than making an entire range of sportswear, there'll be some very un-sporty pieces included, an example being a pair of high-heeled pointed-toe lace-up boots. Practical? Not really, but its Alexander Wang, so was it ever going to be?

It won't be to everyone's taste, but I for one can't wait to see the line in store, which goes live worldwide across 250 H&M stores and online on 6th November.

Oscar de la Renta (1932-2014)



GEORGIA SHEPHEARD
DEPUTY FASHION EDITOR

What do Hollywood stars and America's first ladies have in common? A love for Oscar de la Renta and the clothes he created. Sadly, it was just last week the man himself passed away at the age of 82 after battling cancer for the past 8 years, leaving behind not only his family but his legacy too. Unlike Coco Chanel or Alexander McQueen, de la Renta was never a groundbreaking designer. His approach was more measured, more sophisticated and with the modern woman in mind, to whom his attitude was just as pioneering.

His understanding that today's women are "no longer socialites" but rather "work for a salary" is what makes his collections so refreshing; wearable clothes for real women.

This established reputation was long sought after though and began back when he was just 19, making the brave journey from his home in the Dominican Republic to Spain where he wished to study art. Sketching clothes for newspapers to earn extra money, it was in 1956 that his drawings caught the attention of a US ambassador who asked him to design

a dress for her daughter's debutante. With a stroke of luck, the dress was featured on the cover of Life magazine and so, de la Renta made his breakthrough.

Following this, he worked for both Cristobal Balenciaga in Madrid and Lanvin and Balmain in Paris. It was in 1965 though, that with a little encouragement he eventually moved to New York where he launched his own ready-to-wear label.

After years of the designer remaining "the little guy in the back", working tirelessly for the

department stores and manufacturers, de la Renta stood out and created an identity for himself in social circles throughout New York. This was a valuable move and allowed him to mix with women of not only serious wealth but also serious influence, such as Jackie Kennedy and Hilary Clinton. Even dressing today's first lady too, Michelle Obama, who earlier this month wore one of his own designs.

Despite illness, de la Renta remained a firm favourite for stars on the red carpet. His blossoming, silk gowns with a carefully placed ruffle here and there graced the figures of Cameron Diaz, Amy

Adams, Sarah Jessica Parker and even Amal Alamuddin, who chose de la Renta to design the dress for her wedding to George Clooney.

His death is a loss to both the red carpet and the fashion industry, but I am sure his legacy will live on, for he was one of the few designers who knew women inside out and understood that whilst "fashion is about dressing according to what's fashionable. Style is more about being yourself". He embodied this message in the manner he wore his pinstriped shirt, silk tie and pocket-handkerchief to each and every show and a message I believe we can all take from him.





Danny Gough
Course: French and History
Style Icon: His friend Aimee Smith
Signature Piece: Scarf
Favourite Shops: New Look, Joules



Annabelle Brittle
Course: English Literature
Style Icon: Cara Delevingne
Signature Piece: Snakeskin kitten heels
Favourite Shops: Asos



Heather Walker
Course: MA Diplomacy and International Law
Style Icon: Lucy Watson
Signature Piece: Scarf
Favourite Shops: River Island, Zara

SPINE SPOTTER

Spine Spotter – showcasing not only the most stylish students but all those who have made an effort to stand out from the crowd (even if they are only visiting Greggs).



Romy Ribeiro
Course: French and Spanish
Style Icon: Oscar de la Renta, Vivienne Westwood
Signature Piece: Blazer
Favourite Shops: All Saints, Urban Outfitters, Ber-shka



Ben Archer
Course: PHD Law
Signature Piece: Suit jacket, owns about 30!
Favourite Shops: Topman, Harvey Nichols

Why thinking you're ugly is bad for you



EMY CRAGOE

In case you haven't heard of it before, TED is a set of global conferences begun by non-profit Sapling Foundation. Their website hosts all the talks that take place; there are hundreds of short videos of talks on almost any topic you can think of. From "The power of vulnerability" to "How to spot a liar", experts discuss a multitude of questions that we have often never thought about answering ourselves. The title of this article is taken from a TED talk that I came across whilst browsing the website last week that I was particularly taken by.

The video mainly struck me because I felt like I could relate to it in a lot of ways. The power of physical beauty has been subject to debate in newspapers, magazines and blogs, with new terms emerging to brand people who look a certain way. It inevitably affects you, and I'm certainly no exception.

The speaker of this particular talk, Meaghan Ramsey of the Dove Self-Esteem Project noted that '10,000 people Google "Am I ugly?" per month, a similar number of videos of girls asking the same question are on Youtube. Some of these videos are created by girls who look no older than 10 years old. It turns out that for girls in their adolescence, thinking that they look bad has affected them academically. The speaker cited examples of girls not participating in lessons on days they felt "ugly", or even not turning up for school/exams because they don't have confidence in the way that they look. As with many displays of female anxiety, it tends to be overlooked; dismissing their feelings as being "hormo-

nal" or "overly sensitive". But when girls are too conscious about their bodies to go to school, that seems like a problem that should be addressed.

Ramsay also shows how these insecurities aren't just "grown out of" (as many assert they will be); they create adults whose self-destructive attitudes and behaviours prevent them from reaching their potential. She found that a significant percentage of women would not show up to a job interview if they felt they didn't look good enough, and that thinking you're ugly isn't just something that affects your confidence, but also your economic status. This was something I hadn't considered before, and something that only highlighted for me the importance of building self-confidence. Thinking you're ugly could literally change your life. Think about it; this is something that could limit your opportunities from when you're a kid right through into adulthood.

How many opportunities do you think you've missed because you're worried about a bad hair day or the spot on your nose? So next time you're browsing the fashion pages (like you are right now!) feel free to lust after a model's perfect hair or her waistline or her height, but maybe you should try and learn to love your own body too. Or, better still, realise that you are worth more than how straight your nose or how flawless your skin! And if you're ever about to skip a job interview because you don't think you're pretty enough, think instead about how intelligent, creative, witty and brilliant you are, get yourself up and go anyway.

Dressing for: Bonfire Night

ALEXANDRIA DALE

Remember, remember, the fashion of November! On that day in 1605, when Guy Fawkes was arrested and the Gunpowder Plot was foiled, London celebrated by lighting bonfires throughout the streets. Since that first Bonfire Night, it has become an annual event as all over Great Britain, and in some Commonwealth countries too, people gather around a bonfire and watch fireworks.

So how will you be celebrating this Bonfire Night? All of Lancaster will be gathering in town to watch "Light Up The Skies" the Firework Spectacular, but the most important question is what will you be wearing?

Even though you'll be wrapping up warm for the evening's festivities, you can still make a bang on Bonfire Night! The most essential item: boots. You'll be standing around for an hour or two, and the fastest way to ruin your night is by losing feeling in your toes before the first firework has even made it into the sky. Winter has well and truly made itself known, so make sure you have your winter coat on this Bonfire Night. Whether you'll be wearing a blanket coat or a chunky faux-fur, luxe puffa or anything shearling, your coat should be a statement piece. The final touch is accessories. The high street has been flooded with faux fur stoles and collars, and you can wear the trend from head to fingertip with fluffy ear-muffs and even furry gloves! Guaranteed to keep you warm, you'll look effortlessly chic and stylish too. Just because it's Bonfire Night, it doesn't mean your style has to go up in flames!

Winter Skincare 101

ANNABELLE BRITTLE
@ANNABEEBEAUTY

There are many things to love about winter. Winter means comfy knitwear, cosy nights, and of course, it means Christmas is coming! However, it can unfortunately mean a whole lot of trouble for your skin, too. Cold weather and Lancastrian rain, combined with exposure to central heating, is the perfect recipe for dry, sore, blemish prone skin. Not great. So, at this time of year, the best defence is to approach your winter skincare like you approach your winter clothing: use layers! T-shirt, jumper, coat = cleanser, serum, moisturiser, if you catch my drift. As always with skincare, it's important to experiment to see what works for your skin type, but here's a rough guide for inspiration.

STEP 1 - CLEANSER

The most important step. In the morning, it preps your skin for the day ahead. In the evening, it gets all the make-up or general grime of the day off your face. For those with dry or sensitive skin types, use a gentle cream cleanser to remove make-up. For combination or oily skin, try a

light foaming cleanser or an oil free gel cleanser. Don't pick anything too astringent, even if you do have oily skin, because stripping out all our skin's natural oils can do more harm than good. For an even deeper clean, gently exfoliate your face with a scrub or polish a few times a week. This helps clear away dead skin cells to reveal brighter skin beneath, and it boosts blood circulation to your face to increase cell turnover.

STEP 2 - SERUM

Skin serums are currently having a huge surge in popularity, which is great news. Finding a good serum is like finding a good book:

once you've got it, you won't be able to put it down. However, because of their former obscurity, people often don't know what serums actually do. Serums are gels or creams containing high levels of acids, often glycolic or hyaluronic, which penetrate the top layers of the skin and essentially allow subsequent products to sink in deeper and work more effectively. There are many kinds of serums: day, night, oil-free, anti-aging, moisturising, so try to tailor your serum to your own skin needs.

STEP 3 - MOISTURISER

I do love a good moisturiser. They

hydrate your skin and slow down the loss of moisture from your face during the day, which is essential, no matter what your skin type. For very dry or sensitive skin, choose a thick, nourishing cream that will soothe your any sore patches. For combination or oily types, look for lighter creams or gels to mattify and hydrate.

STEP 4 - EXTRA BITS!

Other steps to consider in your skincare routine are things like eye creams for added protection for the delicate skin beneath your eyes, hand creams to soften dry and chapped fingers, and a good lip balm.



Naomi Campbell: Fashion show to raise awareness of Ebola

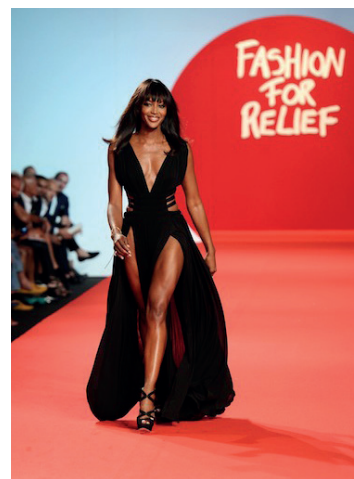
DAFNI TSOUVALA
@DAPHNE_TSO

Obviously, we are all a little concerned about Ebola and hoping for a cure ASAP. In response to that, supermodel Naomi Campbell hopes to raise awareness and funds to fight Ebola, by hosting the Fashion For Relief runway shows. The shows will take place during New York's Fashion Week in February and London's Fashion Week in Campbell's hometown.

"I'm scared", admitted Campbell in reference to the deadly disease, adding that she has a home in Kenya and already works with orphanages there. The legendary

model is concerned that "people don't have a clear idea about what Ebola is" and hopes that her events could further educate the public and raise funds to help stop the spread of that disease.

During the past years, Naomi Campbell has hosted Fashion For Relief shows in cities from Cannes to New York, by convincing friends and other supermodels, like Kate Moss and Eva Herzigova, to participate in the charitable catwalks. Her Fashion For Relief shows were successfully established in 2005, with her first show helping to raise funds for the victims of Hurricane Katrina. Since then she has called



upon the fashion industry, by using her project, to raise funds for other worthy causes. The most recent being Japan earthquake and

tsunami in 2011.

With the events still in the planning stage, Naomi Campbell added that she is interested in reaching out to Jeffrey Wright to work out a "charitable partnership". She mentioned as well, that she has a "surprise, grand dame in mind" to take to the catwalk. Any guesses?

Finally, the supermodel added that as a black woman, she feels the need to fight the Ebola crisis. "Ebola does not discriminate," she said. If this is anything like Fashion For Relief, this will be a huge accomplishment. A very fashionable one, of course.

Colour blocking this autumn



isabellathorsen.dk



pagesbymegan.com



pagesbymegan.com

ELENA LOCKETT
 @LOCKETTPOCKETS

One of the most simple trends to achieve this Autumn/Winter is colour blocking. Combining different tones & textures of your favourite colours. The great thing about colour blocking is looks so well thought, but are so simple to achieve. My personal favourite is either navy or grey, mixing varying shades to build a more defined look and then breaking up with a contrasting colour like black or white.

Isabella of *isabellathorsen* shows a perfect example of wearing really similar grey tones together, but without it looking bland and samey. By varying the textures of the top and trousers to ribbed and crepe, it gives the whole outfit a more expensive feel and although these pieces weren't originally meant to be together, they really look like they come as a set. Topped off with black accessories to contrast the all grey look and you have a simple yet effective look.

Megan of *pagesbymegan* is queen bee of colour blocking. As an ASOS personal stylist, she attempts colour blocking more

than most and below are two examples of my favourite attempts. Navy is another brilliant colour to try blocking, as it's such a closer neighbour to black and therefore has the same level of sophistication but with less drama. By pairing a casual sweatshirt with a pleated mini skirt, in near similar shades of navy, she creates a perfect look for in the day, without looking too casual or too smart! Topped off again with contrasting black boots, this outfit would easily work throughout the daytime going into the evening.

Another perfect attempt at colour blocking is the second look; slightly different to the previous outfits as it contains more contrasting colours but the lower half of the outfit revolves around a similar colour scheme which is then broken up by the white and grey elements. This coat is such a great piece to help someone who has never colour blocked before have a go, as the gradient helps make the look less intense and more gentle.

So there you go, 3 looks to help you tackle this brilliant trend! Instagram your efforts and tag @scanfashion so we can see how you guys work it!

More bag for your buck

ALICE WINTERBURN

From the humble backpack to the stylish briefcase, there are more than just a few bags we are able to choose from when it comes to storing our belongings – so much so, that it is a struggle to choose just one. However, fear not, as I intend to get to the bottom of this turbulent, often mind blowing situation in order to set the record straight as to which bag is most practical for your needs.

BRIEFCASES

Often described as a timeless classic, briefcases have undergone a fashion rejuvenation and are now a must have for any student want-

ing to be taken seriously. However, despite the enormous storing abilities of the briefcase, as well as the ability to keep lecture handouts flat, we must approach this bag with caution. A shoulder strap is often seen as the more practical way to wear this bag, but a long strap can be tricky to negotiate (especially for the vertically challenged among us). Unfortunately, using the handle can also lead to an unnecessary constant march. Wear with care.

BACKPACKS

Light relief for the hands and

enough space to store your weekly Sainsbury's shop, the backpack could be a serious contender. With both hands free you could have your bus pass ready 24/7 – and you would need to, because simply chucking it in your backpack could result in weeks of delay and some squished lecture notes.



CROSS-BODY BAGS

To those who fold their lecture notes, this bag could be ideal. With little room for negotiation

in terms of space, there's no problem with finding what you need. However, for those of us that almost take the kitchen sink to lectures, this is far from practical.

HOLDALLS

With optional arm/shoulder carrying capabilities, this bag has plenty... and I mean plenty of room for anything and everything. This is perfect for full 9-5 days, but it could be slight overkill for single seminars.

To sum up, it may seem as though

one of each may be the only sane conclusion. However, as we were supposed to be getting to the bottom of this, a simple way of finding the bag for you is to take into account other factors e.g. timetable. As well as this, the kind of person you are in terms of organization may also help, as well as considering how much time you are planning on spending in the library.





TRAVEL

Edinburgh: A tale of two cities

Shubhika Bharathwaj

BRYONY SEAGER COMMENT EDITOR
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Edinburgh is a city of two visible halves; the old medieval town (leading down from the castle on the hill and meandering down the Royal Mile and Holyrood House) and the new town (dating from the Georgian period with its Parisian-esque frontiers and white shining walls).

It's a beautiful place to visit with an awful lot to offer whether you have a small amount of time or if

you're there for a longer break. I visited the city for my twenty-first birthday and have a few places I would recommend.

A gorgeous little place for breakfast on Hanover Street called Urban Angel does the most amazing coffee. The blend I had tasted of cherries and dark chocolate - I've never tasted coffee like that before! It's quite expensive and might be slightly outside the student budget, but if you feel you can afford it then the breakfast is well worth it; it was delicious and set us up for the day. Hanover

Street is a great place quite close to the centre of the city with a lot of other places to eat on it too, so if you're ever stuck with somewhere to go, this street is a good place to start.

A must visit for any trip to Edinburgh is the castle, standing on the precipice overlooking the city. Within its walls it contains the oldest chapel in the city; St Margaret's Chapel, dedicated to an early medieval queen of Scotland. It's got beautiful stained glass windows but it's tiny inside, and if there's lots of visitors the

castle I can imagine that it gets a bit cramped in there. Other interesting things to do at the castle include viewing the Scottish crown jewels and the history behind them. You can also see the firing of the one o'clock gun which was originally used by sailors out in the bay to set the time.

Other things to do are to wander down the Royal Mile admiring the whisky and cashmere shops, or head over to Armchair Books in West Port where it looks like the books might topple down because the shelves are stacked

so high. I don't know about you, but I like nothing better than getting lost in a bookshop that feels like a rabbit warren and Armchair Books does not disappoint.

Edinburgh has a lot to offer whether you're interested in history (one of the main purposes of my visit), food (there are so many eateries, delis, restaurants and bars in a very small area), books, culture (the Edinburgh Fringe!), music... the list goes on. It's a lovely city and I can't wait to go back for a longer visit so I am able to explore more of what I has to offer.

STUDENT SPOTLIGHT: PSYCHOLOGY



ELLIE VOWLES CAROLYNNE EDITOR
@ELLIEVOWLES

If I had a pound for every time I've been asked if I could guess what someone was thinking when I told them I studied Psychology, my coupon clipping days would be over. As much as I wish otherwise, it doesn't give me the ability to read your mind, predict your future or hypnotise you.

Psychology has a bit of a bad rep for being a "pseudo-science," which leads people to assume that it's "easy" or "not a real subject". At Lancaster, Psychology is actually part of the Faculty of Science and Technology and compulsory modules include Statistics and Neurobiology; definitely not for

the faint hearted or science-shy.

By the time Psychology students leave Lancaster, we're expected to have a solid understanding of most of the main areas of Psychology, as well as being able to use data analysis software like SPSS. Now in my third year, I can keep up when my flatmates studying Maths and Economics talk statistics.

The 1st and 2nd year Psychology at Lancaster consists entirely of compulsory modules, and while it can be more than a little annoying yawning through a Cognitive Psychology lecture when your real passion is Developmental, it provides you with a really great foundation and a lot of different skills.

While many subjects focus on just essays or just quizzes, in the last 2 years I've completed essays, lab reports, quizzes, presentations and critical reviews of academic papers, so I definitely feel like I'm getting my money's worth in terms of skill acquisition. In this way, Psychology actually sets you up quite nicely for a whole range of careers. My data analysis skills and BSc open a few doors, while my essay writing and presentation skills open yet a few more. It's sort of a win-win.

I guess all this isn't going to deter anyone making Freud jokes or asking if I'm planning on joining the X-Men when I graduate, but it definitely makes it easier to laugh it off.

From 'Go Sober for October' to Movember: What charity campaigns really say about us

CHARLOTTE DAVEY

Autumn. Once it was a season defined by drinking mulled cider, going on cold walks, eating a heinous amount of apple pie, collecting conkers, watching the leaves change, having questionably legal firework displays and behaving atrociously on Halloween. Now, however, all that has changed. Partly due to the unprecedented coverage of obscenely saccharine Instagram pictures of #starbucks #pumpkin #spiced #lattes, but primarily due to the lifestyle changes people are temporarily adopting 'for charity'.

When October was in full swing, swathes of people gave up smoking, drinking, debauchery, and fun. Now November is here, and this can only mean one thing (other than the fact that streets of Britain are going to see an unprecedented rise in alcoholics and chain smokers making up for Stoptober) Movember. Once again, men-folk the world over will be attempting, with varying degrees of success, to grow moustaches for 30 pain-staking days.

Movember has proved invaluable in getting men to talk about prostate and testicular cancer, and, having raised £24 million last year for UK managed prostate cancer programmes, it was clearly very successful. Likewise, Go Sober for October, which sees people forgo the temptation of alcohol for a month, raised £2 million for Macmillan Cancer Support last year.

With figures such as these, the campaigns' successes are irrefutable, and should absolutely be commended. However, they also provide considerable food for thought. Why do so many people need an incentive to donate to charity? Why does it take some kind of personal gain, whether it be the promise of social media attention, conversation starters and selfie opportunities during



Charlotte Davey

October, or even a detox for your liver, to encourage people to donate money to charity? This is not only relevant to large-scale campaigns, but also to so many personal sponsored events.

It is a sorry reflection of the narcissistic nature of the society in which we live that helping others out isn't more deeply ingrained in our day to day activities. The ice-bucket challenge, for example, is thought to have originally started out as an ultimatum: to either donate money to charity, or to be doused in freezing water. The various incarnations of the campaign, most notably the ALS Ice Bucket Challenge, raised millions of pounds for various charities, and massively raised the profile of lesser known diseases and charities dedicated to supporting them.

I am hesitant to criticise people for raising money for charity, but once again, we saw people prioritising their own self-promotion and public profile over that of the original cause. A typical nomination may go, "I would like thank ___ for my nomination, I nominate Prince Philip, David Cameron, and Terry from McDonald's." *Cue a loud splash, a louder scream, and practically super-sonic laughter.* Then, almost as an afterthought "...Oh yeah, and

don't forget to donate money to this charity".

If people were truly committed to sincerely donating money to charity, would they not simply do so, perhaps promoting the charity to friends and colleagues without drawing attention to themselves in the process?

It is possible that some feel they need to make a return on their donation to charity, and as they have put themselves financially out-of-pocket, the personal gain through attention, a one-off life experience, or physical self-betterment provides this return? Perhaps it is simply that, despite poster, street, and television campaigns, charities are not consistently enough in the public eye for people to remember to donate.

Despite the narcissistic undertones of certain fundraising methods - if it is ultimately going to benefit others, then make the most of the unprecedented number of likes on your Facebook video, enjoy waking up clear-headed for an entire month, and use your questionable attempt at face-topiary as a better conversation starter than Lancaster's meteorological state.

Oh and, er, don't forget to donate!

GOING SOBER FOR (THE REST OF) OCTOBER

I have lost count of the number of times that I vowed never to drink again. When it dawned on me that renouncing alcohol had become a weekly occurrence in my social regime, I realised I was going to have to become more realistic with my life goals, as being tee-total was clearly not feasible whilst at university.

After spending 8 hours one Saturday languishing immobile on the sofa with heart palpitations, blurred vision, and chronic shakes, however, I decided that I needed to rethink my relationship with my old friend Vodka. As I had proved incapable of pursuing a life of sobriety, I decided that I needed at least a month off the bottle to let my liver recover.

Suddenly came the realisation that October also brought with it five days of Fresher's week, which - when in charge of 12 Freshers - would be nigh on impossible to complete in ardent sobriety. It therefore seemed just about feasible to Go Sober for (the rest of) October.

It would be a lie to say that my life changed drastically when I relinquished booze, but certain changes were very apparent. I was not only awake, but also early for all of my lectures, I went into the Sports Centre to use facilities other than the vending machines, for the first time in my life I could awake smugly clear-headed while my housemates were incapacitated with crippling post-Wednesday-night-social hangovers, and I no longer broke into a cold sweat when checking my bank balance.

I also realised, however, how integral an aspect alcohol had been to my social life. On at-

tempting Lancaster's nightlife sober, I genuinely felt as if some of my human rights were being violated. Everything was sticky, everything smelled, everyone sweated unprecedentedly, everyone danced atrociously, and don't get me started on the toilets. But when you're 9 drinks down, you don't even notice this.

On quiet nights I realised I wanted nothing more than to simply enjoy one or two beers in the pub, yet as I had forbidden myself from doing this, I was forced to either stay at home and resist temptation, or sit miserably with a luke-warm lemonade. Either way, I realised I couldn't win, and decided that what was important was not to set unrealistic goals, or even force myself to abstain entirely for the sake of a challenge, but to enjoy everything in moderation.

Just as diets are ultimately un-productive and impractical when one suddenly cuts out an entire food group, so was abstaining from alcohol when I only craved it in small amounts. I realised I didn't need, or even want, to get paralytic on a weekly basis, but neither did I need to ban myself from drinking moderately in a social setting.

With this in mind, I decided to approach November with the view that 'a little bit of what you fancy does you good'. That is, until I abruptly abandoned sober October in favour of a free bar, and woke up feeling as though I had had my brain replaced with Pavarotti. This time however, I decided not to be unrealistic or to lie to myself, and thus vowed not to drink for at least a week. I lasted 7 hours and 23 minutes.

How to find a job you're really passionate about



RUTH OGUNADE
@RIA_NADE

As a student, it is sort of expected of you to know what you want to do with your life. Especially when it comes to choosing postgraduate degrees and applying for graduate jobs. The process can be very daunting - how exactly are you meant to know where you want

your career to go?

As students progress through university, many don't have a clear career in mind. Maybe you chose a degree that you no longer find interesting or maybe you chose your particular degree to please your parents and now you find yourself more confused than ever about what you want to do with your ca-

reer. Or perhaps you have a vague sense of what you'd like to do but haven't been able to form any concrete plans. Whatever way, here are some tips to help you:

BE OPEN-MINDED AND THINK OUTSIDE THE BOX. Look at other career options that you may not be familiar with, don't just restrict yourself to what is common amongst others. Don't be afraid to go against the grain. Just because your classmates want a career in banking or law it doesn't mean that you have to want one too.

ASK QUESTIONS, BE CURIOUS AND FIND OUT ABOUT LOTS OF DIFFERENT THINGS. Being curious is a great thing. By trying to find out as much as possible you will eventually gain a much broader knowledge of careers out there, opening up even more possibilities. Ask yourself if you prefer to work with a set regimen or more variety and flexibility. These are good questions to ask yourself, as there are many different jobs out there that are suitable not only to who you are as a person now but to who you

want to be.

GAIN EXPERIENCE IN DIFFERENT AREAS. The best way to get a feel for something is to try it. Gaining experience in different areas can be very helpful in helping you find your passion. For example, gaining work experience in different kinds of retail industries such as luxury, beauty, fashion, jewellery etc. will give you a better indication of what you like and what you don't like. Try everything you possibly can as this will also allow you to gain new skills.

If something catches your attention and sparks your interest, then try it out, explore it, and find out why.

ALLOW YOURSELF TO DREAM. Are there any jobs that you look at and think I would love it if I could do that? Explore why you feel that way. Think about the last time you were completely engrossed in something and lost track of time. What were you doing?

THINK ABOUT YOUR HOBBIES AND TAL-

ENTS. What do you really enjoy doing? Are these things you'd be happy and able to make a career out of? Try and gain work experience relating to any of your hobbies. If you like reading and writing, why not try writing a book?

FIND PEOPLE THAT SHARE YOUR INTERESTS. Having people around you that share your interests is very helpful, as you can really discuss and find out what your passions are. There could be a topic in particular that you constantly argue about with people - this could indicate a passion, explore it further.

YOU'LL KNOW WHEN YOU'VE FOUND YOUR PASSION. A good question to remember and ask yourself is: 'If I wasn't being paid for this job, would I still happily do it?' If your answer is no, then you probably haven't found your passion quite yet. If your answer is yes - well done, congratulations, you have found a career you are passionate about! It's not easy to discover, but keep going until you find your passion and don't be disheartened if it takes you a while.

Making habits, breaking habits

EMILY BIRKETT
@EMILY_BIRKETT

It's said that it takes 28 days to make something a habit. That's 28 days of doing something consistently before it suddenly becomes the norm; when you can do it without thinking. You consider habits to be things like biting your nails, cracking your knuckles or clicking your pen; things that are annoying or unhygienic.

However, habits are simply things you do in your day to day life. For example, brushing your teeth twice a day is a habit. You have been taught to brush your teeth twice a day so you do. Due to the fact you have done it for so long, your brain considers it normal and something you automatically do. That's why it's hard to break habits and difficult to continue

with diets, exercising regularly, revising at a specific time - because your brain isn't used to it. Breaking habits is hard but making them is just as difficult.

So, here are a few tips to try and get you making and breaking your habits:

INTRODUCE A FORFEIT. One example of this is to introduce a swear jar where you have to put a pound in every time you swear if you're trying to cut down on the bad words. It could also be worth making a bet with your friends and flatmates; whoever gets to the end of the day with the most swears will have to buy the other a drink.

GIVE YOURSELF REWARDS. Buy yourself a chocolate bar that you can't eat until you've done so many hours of revision, or promise

yourself a cheeky H&M order if you make it however many hours without procrastinating. A perfect strategy for anyone who can't go more than 10 minutes without checking Facebook and Twitter!

GET UP AN HOUR EARLIER. In that extra hour, plan your day. Plan things like what meals you'll make, where your lectures are and designate a set time to finish your essay. It's impressive how much more productive your day can feel with an extra hour.

FIND A STRESS RELIEVER. A lot of bad habits can be caused by stress; they're familiar territory and often put you at ease. The tip is to find a stress reliever that is beneficial instead. When you feel yourself getting stressed out and leaning in to bite your nails, try going for a run or eating some fruit instead.



SIMPLY CUT BACK. It's probably easier said than done but simply cutting back on doing something will help you break the habit. If you catch yourself about to do something that you know is a bad hab-

it, just stop yourself rather than giving up and going for it anyway. It's hard to begin with but it won't be long before stopping yourself becomes a habit in itself.

A social life, good grades and sleep: Choose one



Lauren Rushin

ELLIE VOWLES CAROLYNNE EDITOR
 @ELLIEVOWLES

As students, we're generally expected to do an awful lot of things without actually having that much time to do them in. There's lectures, reading, essays, societies and socials to deal with before we've even gotten to the simple things like cooking, cleaning and sleeping. This isn't even taking into account those with part time jobs. People often joke that as a student, you can only choose two from a social life, good grades and sleep – what many don't realise until they arrive is that for some, that's a reality! While we all want to get as much from our time in Lancaster as possible, it's important not to let your health suffer.

So, how much sleep do you actually need? Generally, research suggest that adults (anyone over the age of 18) need 7.5 – 9 hours of sleep to function properly. While our sleep needs have been fairly precisely studied based on age group, it's important to remember that they are also based on the individual. In sleep as with all things, everyone is different and has different needs. A general rule for telling you've had enough sleep is making sure you feel refreshed and alert the next day – if

waking up for that 9am is a real battle, that's probably because you haven't had enough.

Many feel as though they can get by without the recommended amount of sleep, but just because you manage to stay awake through your 9am lecture doesn't mean you're functioning adequately. Research shows that reducing your sleep by as little as an hour and a half per night can cause a 32% loss in daytime alertness. Making it to your 9am is one thing, but actually being able to pay attention in it would probably be more useful! A lack of sleep can also lead to memory and cognitive impairment, hindering your ability to process and recall information. If this stuff isn't enough to persuade you to get to bed a little earlier, sleep deprivation is also cited as the cause of over 100,000 road accidents a year.

For those of you who have just been too busy for a proper night's sleep, hopefully you'll consider wiggling down with a film and a hot chocolate (or whatever it is you indulge in before bed) a little earlier tonight! Just in case you aren't sure how to go about it or need a bit of a hand getting things moving, here are a few tips for improving the length and quality of your night's sleep.

SCHEDULE YOUR SLEEP

As lame as it sounds, set yourself a bed time. You schedule your lectures and plan your nights out, so why is planning time for sleep so difficult? It's also helpful to wake up at the same time every day (yes, even on weekends) so try setting a daily alarm. If you need a little more flexibility in your life, try giving yourself a 2 hour window to wake up in.

CREATE A ROUTINE

Create a set of steps before you go to bed to help yourself wind down a bit. If you go straight from a stressful task or high energy activity to trying to sleep, you'll probably be lying there for ages while you clear your mind a bit anyway. While working out your routine, try not to make it too food heavy though – eating before bedtime is a big no-no in the world of sleep research.

KEEP YOUR BED FREE

Sleep scientists suggest that if you keep your bed exclusively for sleeping (and sex) then it'll be much easier to drift off as you'll not associate it with other activities. Try and eat your lunch, write your essays and read the latest copy of SCAN elsewhere in your room (I would recommend a desk).

RECIPE

SPICED PUMPKIN SOUP



alaczek

CARA PINDER-EMERY

Here's a winter warmer for you... The recipe is vegan and serves 2-3. You can freeze leftovers to heat up when you return from a long day of lectures.

Ingredients

1 pumpkin (or squash)
 1 onion
 2 potatoes
 3 carrots
 Vegetable stock cube
 Pinch of salt (or soy sauce)
 1 tsp. cumin
 ½ tsp. garam masala
 Pinch of chopped chili
 1 tsp. chopped ginger
 1 tsp. cinnamon
 ½ tsp dried coriander (or fresh)
 ½ tsp. pepper (or to taste)
 2 tbsp. coconut milk
 2 tbsp vegetable oil
 Enough water to cover

Method

1. Chop the onion and, in a large pot, fry on a medium heat.
2. Chop up the potatoes, carrots and pumpkin. (Avoid using seeds and skin of pumpkin, just use flesh and pulp.)
3. Add to the pot and pour in water until contents are just covered.
4. Stir in all the herbs, spices and the stock cube.
5. Bring to boil and leave to simmer. Turn off when potatoes are soft enough to stick knife in.
6. Use a hand blender to reach a thick, creamy consistency, adding water if necessary.
7. Either stir coconut milk in now or have fun trying to make perfect swirls on each bowl of soup.
8. Serve with bread.

Want to meet other food fanatics? Then join the vegetarian and vegan society for fun foody socials.

Around the Town in 50 Pubs

AN ENGLISHMAN, A WELSHMAN AND A (NORTHERN) IRISHMAN PLAN TO WALK INTO EVERY PUB IN LANCASTER THIS ACADEMIC YEAR. WILL THEY STILL BE CAPABLE OF WALKING OUT COME JUNE?

2A PUB CRAWL EDITION

Bar crawls are as vital to student life as not doing your laundry and ready meals. However, most such events you will come across in your time in Lancaster take place either on campus or through the centre of town but there is a third choice available to you – one that requires only bus ticket and a dream. Hop on a 2A (or a 2) bus from Campus and dismount at every pub you pass and you too can complete the mythical 2A Bar Crawl. **MATTHEW POTTER, JACOB LAWTON & MICHAEL DODDS**



THE BOWLING GREEN
7.5/10

Located about 100 yards from Booths is a rather unassuming pub. Despite its bland interior, the pub otherwise fared well on the beautifully flawed scale we currently use for pubs: lager under £3 and pool tables notched up the points for The Bowling Green. A lack of ales (just two on tap) and interesting wall décor prevented it scoring higher, but a bonus point was awarded after a rather heady pint of ale was topped up at no extra charge. A generous half point was also awarded for live music, giving the pub an above-average score.



BOOT & SHOE
7/10

At the same bus stop which serves the Bowling Green is the Boot & Shoe, Lancaster's most southerly Mitchell's pub. The food was varied and smelled amazing, and unlike The Bowling Green, the interior is an interesting and makes the pub a pleasant place to be. Boasting an impressive selection of ales, the Boot & Shoe is also a place you can sit down and catch some sporting action whilst basking in the glorious decoration – mainly the wellington boots pinned on to the walls. A fantastic range of packaged condiments also earned a bonus point – our Welshman was thrilled to discover a sachet of mint sauce – but previous scary service chalks that off again!



FOX & GOOSE
7/10

Possibly the least accessible pub (for most) we'll visit in this series. Tucked away between Hala and Bowerham, the Fox & Goose also boasts unusual interior design with the main bar being cut in half by glass doors. Despite its far out location, the establishment failed to deliver cheap lager. Minus some rather dull wall furniture, all other set criteria were met, including a lovely excited dog very happy to see some lads who clearly were not regulars saw the Fox & Goose soar to another surprisingly high score.



THE BOWERHAM
5/10

The Bowerham is a recognisable pub, named after the area which it is situated in. Following the purchase of reasonably priced beverages we found ourselves sitting in the blandest pub in Lancaster so far. Walls of magnolia and dull furniture have officially earned this pub the title of 'The Beige of Pubs'. Despite this, it is still a location you can go and play some pool, catch whatever sport you may be into and even some live music. The spacious interior and varied drink selection also counted in its favour but its lack of a distinctive character definitely contributed to the disappointing score.



THE PARK
6/10

We stepped in to the last pub of the evening now easily identifiable due to the presence of a rather large "Go Burrito" sign. Indeed, the Park is now arguably better known for its provision of delicious Mexican food than it is for drinking. It does also offer cheap alcohol, however like The Bowerham before the blandness did make this Pub-Restaurant's score suffer. The idea of a beer garden for this pub is a few benches on the pavement at the front of the building, but its upper floor is devoted to live music and it is a nice space to see local Lancastrian talent in action. Despite this, things were looking bleak for The Park but nice bonuses for the fact you could purchase a Burrito with your crisp pint brought the score of this establishment up.

Don't let the final year blues get you down

KELLY BRADSHAW

Final year. Just those two words alone are enough to make me panic as I consider all of my essay and postgraduate application deadlines. With a looming dissertation proposal deadline for mid-November, it's safe to say that I'm becoming a little stressed. However, that's not to say that I don't have a few suggestions on how to stay relatively calm during the final year of university as you trudge through what may seem like endless piles of work.

Make a note of all of your deadlines. Although it may be incredibly tempting to attempt to forget about essay, presentation, dissertation and postgraduate application deadlines until nearer the due date, you will save yourself a significant amount of stress if you make a note of all your deadlines. By doing so, you'll be able to spread out your workload more widely, taking things one step at a time instead of doing countless all-nighters which are rarely a good idea. Did I say rarely? I meant never.

If you're planning on filling out a postgraduate application, make sure you're organised. You'll need to have researched the course you're hoping to enrol on and have a few academic referees in mind. Perhaps even relevant work experience. If you don't have the type of work experience needed for the course you want to do, don't panic. Applications haven't been open for long, which means that you can simply fill in other parts of your application until you've managed to secure some temporary work experience. Also,

make sure that you don't rush your personal statement. I'd advise writing it in small chunks in order to avoid stressing yourself out by writing it all in one go. If you write it all at once, it'll be obvious to admission officers, as you won't have sufficiently proofread it, which could potentially make you sound pretty idiotic. If the idea of applying for a postgraduate course makes you a little nervous, or if you feel you'll need guidance and further advice in filling out your application, then I'd highly recommend booking

an appointment with a careers advisor at The Base. Speaking to a professional about applying for a Media PGCE really helped to ease my mind. We even fist bumped at the end of the appointment.

Finally, ensure that you don't deprive yourself of a social life. It's important to make sure that you allow yourself time to chill and to spend time with your friends in order to let off some steam. Seriously, hibernating in the university library for the rest of the academic year will do you no favours.

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JUST RUN*



From 0 to the 1 mile Santa Dash

One thing that should not be left out of your hectic lifestyle is exercise. Taking part in something active will help you in many ways, including making you feel better about yourself, staying healthy, encourage you to explore your surroundings and make friends. The Just Play Introduction to Running session caters to exactly these needs.

We welcome everyone to our sessions, no matter your running experience. We want you to get involved and the sessions are designed with a range of abilities in mind. We hope to get people to the point where they have the confidence to complete the 1 mile Santa Dash in November, and even a 5km fun run in December for those who want an extra challenge.

We know it can be hard to find the motivation to go out for a run as we move towards winter, so why not take advantage of meeting with a group of people who all want to go out and run together? Come along, and bring a friend too – running is far more fun when done in groups with someone to talk to! It's important to us that everyone who takes part in our sessions, ultimately enjoys them.

The run leaders, who deliver the sessions, have completed the England Athletics Leadership in Running Fitness qualification, and are well equipped to give you guidance and advice on all aspects of running and healthy lifestyles in general. All are very friendly, approachable, and enthusiastic, and are looking forward to meeting you.

Your training schedule with our support

DATE	SESSION
October 29th	90 secs running/2 mins walking for approx. 20 mins
November 5th	2 mins running/2 mins walking for approx. 20 mins
November 12th	2 sets of 90 sec run, 90 sec walk, 3 min run, 3 min walk
November 19th	5 min run, 3 min walk, 5 min run, 3 min walk, 5 min run
November 23rd	Lancaster Santa Dash
November 26th	8 min run, 5 min walk, 8 min run
December 3rd	10 min run, 4 min walk, 10 min run
December 7th	Lancaster 5k Fun Run
December 10th	20 minutes continuous run

Our sessions take place at 4pm every Wednesday afternoon, meeting in Pendle TV Room, which is directly above Pendle Bar. Sessions cost £1 each. All sessions include a warm up and a cool down and there is a locked room where you can store your belongings while you are taking part.



*Exercise has been shown to help keep the mind sharp. So for times when you are studying hard, give yourself 30 minutes to go for a run, clear your head and come back refreshed and motivated.

lusu.co.uk/sport



Societies of Lancaster: Running Club



BETHANY BLOOR

Whether it's your first year at Lancaster or your last, university life can be stressful, but what better way to bust some of this stress by running? The exploration of new places, amazing friendships made, and effects of physical exertion are just a few of the reasons why running is such a great sport to pursue.

Although many sports have evolved over time, it is clear from records dating back to the ancient Tailteann Games in 1829 BC that running has always played a key part in human sport. It also features heavily in the development of our species to help with escaping from danger and hunting. It is thought that before fashioning tools, early humans hunted by chasing after much faster creatures for hours at a time. Our ability to run for long periods allowed us to chase prey until the animal simply died of exhaustion. Though the reasons for running have changed the activity remains

largely unchanged. As one of the most accessible sports around, and with the wealth of health benefits that accrue from regular training, running is a sport that pretty much everyone can take part in.

Lancaster University Running Club prides itself on being inclusive. From complete beginners to hardened marathon runners, you will find some friendly faces and encouragement within the club. There really is no better time to start if you've never run before. There are dedicated beginner sessions, where you'll quickly see your week-to-week improvement and nobody is left behind.

The running club also caters to those wishing to run competitively. With varied training in conjunction with a packed calendar of road races and cross-country, there's something to suit everyone. In last year's Roses race, it was great to see so many people representing Lancaster in addition to two stunning wins from both the

men's and women's teams. With turnout proving a success at our first few races of the term it has also been great to note some excellent individual and team performances.

Considering the mental and physical wellbeing that running brings, many people often feel refreshed, de-stressed and proud of themselves for achieving their goals. With the benefit of reducing risk from cardiovascular disease amongst other things, just a small run a few times a week can help improve health.

Whatever your distance and whether you want to train competitively or just for fun, it is clear that group running is also a fantastic way of making new friends. This can be through the shared pain of your training sessions or through socials run every term such as barbecues, nights out, and themed runs. With all of this on offer the only question is why wouldn't you want to take up running?

The University doesn't give a BUC

NEIL PAVITT

The title to this piece may seem a little strong, but with both the University and future employees encouraging us to participate in extra-curricular activities to develop vital transferable skills for our careers, is the University really doing enough to put the interests of the students first by scheduling classes on a Wednesday? Wednesday is a day nationally recognised as BUCS day, where universities throughout the country gear up to compete against each other to be the best, with supporters and competitors each showing individual pride for their university.

I asked the captains of several sports team of their opinion on this matter, and I would like to thank them for their honest and frank views. The unanimous view was that something has to change. LUSU has made a real effort in funding sports in recent years, which is fantastic, but with the University scheduling vital classes on days where members of the sports team have to travel to away games, such funding could potentially go to waste. The result of doing this is that we will never be able to compete with the top universities and students have to miss important games due to academic commitments.

Is the University really doing enough to put the interests of the students first by scheduling classes on a Wednesday?

Whilst I've been at Lancaster, I've only ever had one class on a Wednesday scheduled at 9am, and by the sounds of it I have been very fortunate. In some scenarios, students have compulsory classes scheduled. In fact, one of the first team captains I questioned has a two-hour lecture 11-1 every Wednesday, which is the only lecture for that module, meaning that when he has to play away, he has to miss the lecture as he feels he cannot miss the game to avoid letting down the University or his team. When LUSU is providing

the funding for teams to be successful in the BUCS leagues and compete in the higher leagues, the time taken to reach away games increases, but yet there are still timetabling issues.

The University has been actively seeking for the sports teams to be competing at the highest level, hence the injection of funding in sports, which we have benefited from - a new sports centre, a 3G pitch, and even more activities to participate in. The Vice-Chancellor of the University gave a talk to all BUCS teams at the start of the year, discussing how Lancaster was now a top 10 university in education and the next step would be a top 10 university in sports as well. But with classes scheduled on a Wednesday, we are really shooting ourselves in the foot as this is holding back the potential of all our sports teams.

Other universities have managed to avoid having classes on Wednesday for their advantage. In some extreme cases, players can't even commit to signing on to play for the year, as they can't change their academic commitments. This is not an isolated incident; it is a serious problem, one which happens on a weekly occurrence. The University is giving out mixed messages, so action needs to be taken. Why can't we follow the same formula as the majority of universities across the country, and give our teams an equal playing field?

Something needs to change; we are a proud university with great ambition, so let us fulfil our potential by being the best we can be without the added stress of missing classes or teams struggling to field full teams on match day. I hope elected members of LUSU read this article so that further lobbying can be implemented on this issue, as it needs to be resolved. As elected individuals, these are the problems you need to address to the University.

LUSU, your move.

BUCS season gets off to a promising start



Philip Apter

CLAIRE STARR SPORTS EDITOR

✉ @CLAIRESTARR94

We've made it to Week 6, which means we've reached the mid-point of term and had several jam-packed weeks of British Universities and Colleges Sports (BUCS) matches.

With 93 matches already having been played in the space of four weeks, the University's sportsmen and women have been working hard to make sure their teams are as successful as possible.

Despite a shaky start to Lancaster's BUCS season from the men's 1sts rugby union team, losing to Liverpool 1sts 51-19 in the first round of fixtures, the following week saw 34 teams beginning the fight back to show Lancaster's sporting prowess. Although only four games were won (not including one walkover) and six drawn, it was clear Lancaster's teams meant business.

In particular, women's basketball

showed that despite a first match loss, they are looking to have as strong a year as the last, only narrowly missing out on a victory, losing to the University of Leeds women's 1sts by one point at 41-40.

Despite a disappointing first week, Lancaster's teams were ready to pick themselves up and put in a strong performance in the following weeks.

When considering the emphasis the University and LUSU are putting on sports and an away win at Roses, perhaps more was expected of our sports teams. Despite disappointing results, Anitha Jayamurungan, captain of the women's firsts squash team, reflects how there are other benefits to challenging matches: "The season so far for the women's squash team has been interesting. We have had three matches so far; they were with Leeds Beckett (2-2 loss), Sheffield University (3-1 loss) and Durham University 2nd Team (4-0 win).

"Despite two losses, each and every game of this season has been exciting and reflected the amount of time and energy the players have put into their training. We are currently ranked third in the BUCS A1 League. I am happy with the performance of the team so far and am optimistic for the rest of the season."

Roses 2015 is a mere seven months away and the rest of the season is just around the corner, but with backing from the University and the increasing capabilities of our teams, the future is looking bright.

However, leagues and end of year tournaments aren't won and lost in a team's season opener and despite a disappointing first week, Lancaster's teams were ready to pick themselves up and put in a strong performance in the following weeks.

By Wednesday Week 4, there was a

clear improvement from the Lancaster University teams with eight more wins gained that day, including a fantastic result from rugby union's women's firsts against Manchester Metropolitan's women's firsts (Cheshire) in claiming a remarkable victory, 61-5. A special mention must also go to badminton's men's 2nds team for winning all three of their matches so far this season.

Considering the already apparent improvement from our BUCS teams, the rest of the coming season looks promising. David Bruce, vice-president of the table tennis club, said: "following an incredible victory for our 1st team on the first day of the season, times have been challenging whilst narrowly slipping to defeats against Sheffield and Northumbria.

"Performances, however, have been promising, and we remain confident of staying in the Northern 1A League for the first time in the club's history.

"Our 2nd team have faced the two best teams in the division so far whilst players are still gaining experience of playing in BUCS. With a couple of eminently winnable games coming up, expectations are high for our 2nd team to grab their first win of the season".

Strong victories and performances are already being produced and improvements are coming in leaps and bounds. Even as new players experience university standard matches for the first time, it is clear that the 45 Lancaster teams competing in BUCS this season contain a lot of potential.

Roses 2015 is a mere seven months away and the rest of the season is just around the corner, but with all the backing from the University and the ever-increasing capabilities of our teams, the future is looking bright for all our sports teams.

Inter-college football: league tables

A League

Team	P	W	D	L	F	A	Diff	Pts
Lonsdale	3	2	1	0	10	5	5	7
Bowland	2	2	0	0	10	2	8	6
Fylde	2	1	1	0	8	6	2	4
Furness	2	1	0	1	10	5	5	3
County	2	1	0	1	6	6	0	3
Pendle	2	1	0	1	2	5	-3	3
Grizedale	3	0	0	3	6	10	-4	0
Cartmel	2	0	0	2	1	14	-13	0

B League

Team	P	W	D	L	F	A	Diff	Pts
Pendle	2	2	0	0	5	2	3	6
County	1	0	0	0	11	1	10	3
Fylde	1	1	0	0	4	0	4	3
Lonsdale	2	1	0	1	4	3	1	3
Grizedale	2	1	0	1	6	6	0	3
Bowland	1	0	0	1	2	3	-1	0
Graduate	1	0	0	1	2	5	-3	0
Furness	1	0	0	1	0	4	-4	0
Cartmel	1	0	0	1	1	11	-10	0

Results correct at time of publication.

SCAN Golden Boot standings

A League

Name	College	Goals
Will Avrili	Lonsdale	4
Jack Halliwell	Lonsdale	4
Sam Armstrong	Fylde	3
Harry Heptonstall	Bowland	3
Joseph Ashworth	County	2
Ryan Fairclough	Fylde	2
Jocelyn Kirby	Bowland	2
Stephen Moore	Grizedale	2
Ben Saunders	Bowland	2
Liam Smith	Fylde	2
Joe Walker	Bowland	2

B League

Name	College	Goals
Gary Davidson	County	6
Kieran Cavanagh	County	2
Adam Green	Pendle	2
Kieran Holmes-Darby	Lonsdale	2
Bradley Ives	County	2
Luke Williams	Fylde	2

Disclaimer: Golden boot standings are correct as of information received by Wednesday week 5. For any missing goals, please update the official league site or email results into scan.sports@lusu.co.uk



Jonathan Eldridge

Match reports

Fencing: Lancaster vs. Birmingham

JONNY SPICER

Lancaster men's fencing team have had a tough start to the season. Having been promoted to the premier division, they suffered two early defeats. However, confidence was high for the visit of Birmingham – in last season's corresponding fixture, Lancaster had successfully defeated the visitors in the promotion playoffs.

After the weapon order had been agreed by the captains, the épéeists were first up to fence. Traditionally, épée is Lancaster's second strongest weapon; however, Birmingham also tend to field very strong épée teams. Therefore, the task for Lancaster was relatively simple - keep the weapon close. The home team consisted of club president and team veteran, Chris Anwyl, multi-weapon specialist George Broadbent, and a newcomer to the team, Nathan Magnall. All three fenced well, with Magnall doing especially well to score more hits than he lost in his first match. Broadbent held his own against more experienced opposition, yet going into the final bouts Lancaster were facing a larger deficit than they had anticipated. However, Anwyl mounted

something of a comeback in his last bout, leaving the score 39-45 to Birmingham.

Next up was foil, a weapon which the home side has struggled with in recent seasons, and it was generally felt that someone would have to step up and deliver an outstanding performance to give the team the confidence they needed. Starters Devon Boyd, Matt Haslam and Chon Wong all struggled not to be outclassed by their opponents and at one point Lancaster were down 4-20. Wong, returning from a year abroad in Norway, found form in his second bout and showed his teammates they could score points against Birmingham, taking the score to 11-25. Despite this, the next bout did not go so well and Lancaster's hopes of winning were looking slim at 11-30 down. Team captain John Simmons then made the decision to sub on reserve Chris Jacques in place of Boyd, completely changing the course of the match. When all looked lost, Jacques came on and smashed his opponent 10-3, only having to stop because the bout timed out - had it not done so, it would seem that Jacques could have comfortably scored several more. Thanks to his performance, the final score in the



foil finished 22-45 to Birmingham, a tough defeat, but not a complete one.

Lastly was the sabre team, comfortably Lancaster's strongest weapon. Headed by captain John Simmons, with Patrick Jennings and Wai Yu Kwan as his more than able teammates, they faced a difficult challenge - they needed to score 45 hits and restrict Birmingham to just 15 or less in order to win the match overall. It was going to

be incredibly difficult, but the sabre team had done similar things before - in Roses 2014 they demolished York 45-6. Things started exceptionally well, with Jennings cruising to win 5-0 in his first fight, making it look effortless, and Lancaster were soon 25-4 up, with 45-15 looking very achievable. By the time Jennings had to fence in the final bout it was 40-9, meaning Jennings had to score fewer points than his Birmingham counterpart, Tom Hendra. Being used to this

kind of high pressure situation, Jennings displayed his usual cool and class and finished the match 45-10, having individually scored 15 hits and only dropped one.

Overall, this meant that Lancaster beat Birmingham 106-100 and chalked up their first win in the premier league. Despite a few hiccoughs in the early matches, Lancaster showed that they were in the premier league for a reason - and here to stay.

Tennis: Red Roses go through to last 32

CASPER LAW

The men's first tennis team celebrated their third victory in a row after beating Huddersfield at home in their latest BUCS match. The doubles teams had a very strong start, with Abdulrahman Al Janahi and Daniel Fabish taking their match easily with the score 6-0 6-2. Despite the fact that it was their first match, the performance was solid and left their opponents with no chance to get back in the game. The pair later admitted that Huddersfield did not give them a lot to do as they benefited from a lot of unforced errors made by the Yorkshire men.

Ryan Berry and Dominic Liddell-Crewe recorded the second victory of the day for Lancaster

with a 6-2 6-3 victory shortly after the end of the first doubles match. Solid and powerful strokes were the key elements that brought the Red Roses to victory. The cold and windy weather conditions undeniably affected both sides' performances but it only brought a nominal effect to the Lancaster players. They barely had to get out of first gear after the great margin of advantage built by the doubles players; indeed, they were hardly challenged by the Huddersfield representatives.

The final score ended: Lancaster 12 Huddersfield 0. This victory meant that Lancaster progressed to the last 32 stage in the BUCS Northern Conference Cup. The Red Roses will now face Leeds Beckett Carnegie fifth on Wednes-

day Week 6. With Leeds currently sitting in the leading position of the Northern 5A league table, this could be a difficult match for Lancaster.

According to many, the new Just Play initiative is one of the major reasons behind the success of the tennis teams this year. Dominic Liddell-Crewe and Jemma Cardy, the organisers of the Just Play campaign within the tennis club, believe that Just Play is not merely a social event for tennis fans in the University.

Instead, they think that it can also contribute to the tennis teams in the long term. There has never been a regular tennis session among non-team members in the University before the start of the

campaign – Just Play has changed this.

After the game, SCAN spoke to Jemma Cardy, who reported that: "the turnout rate is really good. We had about fifty-five participants in the first week and we had about thirty people come down these two recent weeks. We have players with different abilities in the campaign, from beginners to those who narrowly missed out from the team."

Cardy also believes that Just Play will bring favourable outcomes for the women's tennis team in the future. There is currently only one female team in Lancaster. Just Play allows the team to pick new members – it is therefore hoped that in the near future the ladies will be

equipped to set up a second team to take part in university competitions.

Dominic Liddell-Crewe, who played in the doubles match and also spoke to SCAN after the game, suggested that the campaign helps to maintain fitness for players who narrowly miss out on getting into the team.

He also argued that it brings a friendly network among tennis players in the University – something very important when trying to foster a team ethic. Just Play has many important effects apart from the promotion of the importance of health and fitness in the University - it is clear from the tennis club that Just Play means a lot more than "just play".

Match reports

Men's football: Lancaster Seconds 0 – 3 Burnley Seconds

The Lancaster seconds missed their chances in a disappointing match against Burnley.

GEORGE HAMLYN

Every so often, football throws up one of these results where the scoreline totally flatters the winning side. On another day this article could be written on the back of a big win for Lancaster, but this was one of those games where the old footballing cliché is certainly applicable: the only stat that really matters in football is the full-time result.

On a cold Wednesday afternoon in Lancaster, the football seconds were hosting UFCB in a cup match. Burnley arrived wearing the kit of their Premier League counterparts, and just like Sean Dyche's men they were organised defensively – however, unlike Sean Dyche's men, they knew how to take the chances that came their way.

As the game kicked off, a typical cup atmosphere formed as Burn-

ley's game plan became evident: to press high and attempt to get something on the counter attack. This meant that it took a while for Lancaster to get into a passing rhythm, and it wasn't long before sloppy passing and weak defending led to Burnley taking the lead as an effort crept in at Hall's near post.

After a slow start Lancaster were soon able to dominate the mid-field battle as they began to grow in the game and look comfortable. However, for all of Lancaster's dominance and possession, they were unable to find that killer ball to split Burnley's defence, with several promising attacks breaking down in the final third. Burnley's defence held firm and restricted Lancaster to long shots, with Zenda Stemp providing creative flair and not being afraid to have a go from range on several occasions within the first half.

Burnley began to make it a very physical affair and this, coupled with the failure to find the final ball, meant the Lancaster players began to grow increasingly frustrated, reflected by Tore Hammer's kick out at a Burnley forward.

For all of Lancaster's dominance and possession, they were unable to find that killer ball to split Burnley's defence, with several promising attacks breaking down in the final third.

This caused a scrap between both sides and a yellow card for the Lancaster centre half. From the resulting free-kick, Lancaster failed to fully clear their lines and an effort from the edge of the area was too powerful for Hall to keep out. It was harsh on the Lancaster players, who were beginning to grow into the game and show what they were capable of.

Lancaster kept on pressing and a well-worked move led to a volley from Dom Perez, which forced a fine save from the Burnley keeper. Had that effort gone in, the game would have been a different one as half-time came. On the balance of first half play, Lancaster didn't deserve to be two down at the interval.

The second half started the same way the first finished for Lancaster, with the team creating chances but not taking them. Within the first ten minutes after the restart Lancaster had their first opportunity - a header over from Dom Perez and a shot fired just wide from George Tofinis. These were chances which could and arguably should have bought Lancaster level.

As the second half wore on, Burnley began to drop whereas Lancaster attempted to push on and play the game. At a time when Lancas-

ter were fully on top and looking threatening, the Burnley players began to display shameless acts of time-wasting, with these acts often going inexplicably unpunished by the referee. On the balance of play, it looked only a matter of time before Lancaster pulled a goal back.

But, as they switched formation to leave one sweeper at the back and pour forward, the players began to cramp up - a clear sign of how much they gave in this match. Perhaps sensing Lancaster's tiredness, Burnley hit rapidly on the counter attack. After a scramble in the box and a fine save from keeper Hall, the ball was poked home, increasing the lead to 3-0 and sealing the game for Burnley. On balance, 3-0 was a very harsh scoreline for Lancaster, who comprehensively dominated the game. If they had taken the hatful of chances that came their way, this 3-0 score line could easily have been the other way round.

Women's squash: Lancaster vs. Durham

OLLIE ORTON **SPORTS EDITOR**

After an excellent season last year, Lancaster women's squash team were undoubtedly looking to push on to more success this academic year. However, despite sitting third in their league after two games, the women were yet to win a game before Wednesday's clash with Durham University.

Before the match, SCAN spoke with team captain Anitha Jayamurugan, who indicated that, despite the losses, the women had much to be positive about. Crucially, whilst they were losing games, the team had been accumulating points and keeping their matches close. When pushed by SCAN for her thoughts on the match-up with Durham University, Captain Jayamurugan described herself as quietly confident – in the end, she had little to be worried about, with Lancaster storming to victory.

The match began with Jayamurugan facing Lorna Sokolowski.

Immediately the gulf in class was apparent, with Jayamurugan dominating the first game to take it 11-4. At the same time, Meg Singleton had been paired up with Alex Conway, and proceeded to make light work of her opponent, racing into the lead before some excellent serving rounded off the game to make it 11-2.

The second game was much the same, with Conway having little answer to Singleton's fantastic use of the court; indeed, Singleton rarely allowed a rally to develop such was her dominance. In a matter of moments she had won the second game 11-2.

Jayamurugan was also in dominant form on her court, having taken her second game 11-5. With the Lancaster players looking a cut above their Durham counterparts, it was of little surprise to see them both claim their respective matches 3-0 – Singleton again winning her game by 11-2 to complete a very impressive per-

formance. After Jayamurugan had wrapped up her final game by 11-4, Lancaster were firmly on top in the match and were looking highly dominant.

It was an impressive performance all round from Lancaster, and they will undoubtedly be hoping to build on this as their season progresses.

The second round of matches saw Katie Shearston and Hannah Ballard of Lancaster come up against Annabel Mockbridge and Izzy Why of Durham. From the outset, both these matches appeared closer than the first ones. After racing into a 7-3 lead in the first game, Ballard allowed Why back into the game, with Why levelling it up at 7-7.

Just as it looked like Durham might win their first game of the day, Ballard played a couple of excellent drop-shots and claimed the game 11-8.

In the other match, after some close and competitive squash, Shearston had claimed the first game for Lancaster 11-8. The second game was again tightly poised, with neither player able to pull away from the other to claim victory. After some superb play from Mockbridge she took the lead 10-9, and only a spectacular shot from Shearston prevented Lancaster from losing their first game of the day. An epic encounter ensued, with Mockbridge constantly taking the lead, only to have Shearston claw her way back into the game. With the score at 14-14, Shearston finally took control, playing a couple of powerful shots to take the game 16-14.

Back on the other court, Ballard had dominated her second game with Why, claiming the game 11-2 in no time. With victory almost assured, Ballard turned on the style in the third game, showing some deft shots to which her opponent had no answer.

Although Why stayed in touch with Ballard throughout the game, there was little trouble for her as she wrapped up the final game 11-8 to claim victory in the match. On the other court, after such a gruelling second game, Mockbridge appeared to have lost her way as Shearston cruised to victory 11-2 in her final game to make it four wins out of four for the Lancaster women.

After such a dominant performance, Jayamurugan was delighted with her team, telling SCAN that the victory was testament to the amount of training and hard work she and the other members of her team had been putting in. It was an impressive performance all round from Lancaster, and they will undoubtedly be hoping to build on this as their season progresses.

Women's football: development and the future



Martin Pettitt

VIKTORIO SERDAROV

The game of football has always been perceived as one of the most masculine sports and as such, it is hard to imagine that it is also the most distinguished team sport played by women around the world. With over 170 national teams participating internationally at the professional level, women's football is becoming increasingly popular, but this has not always been the case. In the past, sexism and discrimination have prevented women from taking part in the sport, but not anymore. With the exciting news that the Three Lionesses will break their record for match attendance, it is clear that women's football has come a long way from its humble beginnings.

It might be surprising for some that ladies have been engaged in the sport since the late 19th century. To begin with, in 1895, a Ladies' Football Association (FA) was founded - only for it to crumble soon after because of organisational issues.

During WWI, women's football became extremely appealing when employment in heavy industry spurred on the growth of the game, much as it had done for men fifty years earlier. Despite being more popular than some men's football fixtures (one match even saw a crowd of 53,000 people) women's football in England suffered an enormous blow in 1921 when the Football Association forbade the playing of the game on their pitches, on the grounds that watching women play the game was unpleasant. However, in reality, the new rule was mainly fuelled by the envy of the popularity of the women's game.

Finally in 1969 the English Women's FA was founded and the FA's ban on matches being played on members' grounds was finally lifted in 1971. In the same year, UEFA proposed the idea that the women's game should be supervised by the national associations in each country.

During the 1970s, Italy became the first country with professional women's football players on a

part-time basis. In 1985, the United States national soccer team was formed and in 1989, Japan became the first country to have a semi-professional women's football league.

As football moved into the 21st century, women's football has been expanding steadily. The inaugural FIFA Women's World Cup tournament was held in 1991 in China and in the 2011 Women's World Cup about a million tickets were sold. So, clearly interest in the sport has been increasing rapidly.

Finally, we come to the news that England's women's team have sold more than 33,000 tickets for their monumental match against Germany at Wembley, as part of both teams' preparations for the upcoming FIFA Women's World Cup in Canada. The game will boast the highest attendance ever for an England women's fixture, and will surpass the previous record of 29,092 which was achieved when England played Finland at the City of Manchester Stadium in 2005. It will be held on November

23 and will be the first time England women's national team have played at the new Wembley.

England head coach Mark Sampson could not hide his delight about the fixture: "this is a magnificent start to ticket sales and shows just what fantastic support there is out there for this team and for women's football. We know it will be a great occasion, not just playing at Wembley, but playing a team of Germany's quality. These are exactly the sort of matches we want to be playing in preparation for next summer's World Cup, against the best teams in the world. There is a big buzz around the team and staff today knowing how much support there is for us out there."

Therefore, taking into consideration this news, is women's football finally catching up to its male equivalent? We are all well aware that men's football still has the upper-hand in pretty much every aspect, including salaries, fan's anticipation and TV coverage. Nevertheless, women's football continues to develop and there are

many reasons why we should all praise the way that the sport has been able to move forward. For instance, in 2013 Arsenal Ladies' legend Rachel Yankee broke Peter Shilton's record and became the most capped player for the English national team. She has an astounding 129 appearances to date.

Another curious case is that United States women's national soccer team are the most successful team in the game. They have won an impressive four Olympic gold medals, two World Cups, and nine Algarve Cups. Hence, there is no point in arguing if they are doing better than their male compatriots, whose best performance in the World Cup is a third place in the inaugural tournament held in Uruguay in 1930.

Judging by England's women's record attendance and all of the positive and negative views regarding the sport, what is its future? Hopefully, the game will continue to grow and gain more and more exposure and fans along the way and maybe someday it will reach the popularity of men's football.

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Is sponsorship important for Lancaster's sports teams?



Jonathan Eldridge

HENRY SAKER-CLARK NEWS EDITOR

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Few people go through university life without getting involved in some sort of sport. It is an integral part of the lives of many students, but it can also be an expensive part as well. With membership fees, hiring equipment or pitches, and transport, to name just a few costly aspects of taking part in a sports team, it can be vitally important for many sports teams to get additional funding.

Recently, LUSU Council became torn during a debate over the sponsorship deals that many sports teams and societies feel are necessary. Should there be an ethical investment policy to screen possible sponsors of university teams and societies? Some took the line of argument that Lancaster should be an ethically and morally responsible institution so should not have sponsors who are deemed unethical. Others, however, believed that although this was

a noble idea, sponsorship is so integral that the Union would have to ensure that this would not be limiting the sponsorship opportunities available to societies.

This discussion reared its head, however, because confusion over ethical sponsorship had already confronted the University Rugby League Team. The team had accepted a sponsorship fee, believed to be about £1000, from KPMG, a financial services provider who specialise in auditing and tax. Concerns had been raised over the company due to their involvement with tax evasion schemes. However, no decision was made by the Union or the Trustee Board as they just referred the issue between themselves.

At Council, Furness President, and member of the Rugby League exec, Will Hedley, showed frustration with the process, saying: “there was no communication between the executive committee and the rugby league team after

the sponsorship deal was made.” Because of the lack of communication between LUSU and the team, according to Hedley, the team had no choice but to take the sponsorship deal. Few sports teams would disagree with the notion of ensuring that sponsorship money is from an ethical source, but all will agree that they do not have sponsors out of choice, but out of the need to make competing financially viable.

In which case, would not being able to secure sponsorship funds significantly hamper a team's chance of sporting success? It's hard to disagree. Not only does more funding from sponsorship allow for better equipment and make renting pitches more affordable, but it would also avert high membership fees that are bound to put off new students.

However, sport funding seems to be on the increase within the Union. LUSU and Lancaster University have recently secured a grant

of £240,000 from Sport England's University Sport Activation Fund with the aim of getting more students involved in physical activity at university. Whilst a lot of this money will be pumped into the recently announced ‘Just Play’ initiative, it is inevitable that this funding boost will significantly benefit many of the University's sports teams.

The Cricket Club are one of numerous sports team's to recognise the importance of being well funded, both on the field and off it. Speaking to SCAN, Cricket Club Secretary and Indoor Captain Matthew Haley said that it was key for the society to have significant funding. “Being well financed in my opinion does make a society more successful, because it provides flexibility and the scope for growth.”

Cricket Club membership is £40, but Haley said that membership fees will never stretch far enough unless you charge people over the

odds to become involved in their favourite sport. “Cost wise for members, it's the price of a membership, plus playing and training kit which may come to around £80 maybe, as well as any equipment we need to replace, plus the cost of socials.”

“The money we raise from sponsorship and memberships in particular tends to be spent on things like paying umpires, buying teas, buying lower end equipment such as cricket balls, fees for coaching for example. The money adds up, so extra funding is always important.” Haley praised the involvement of LUSU, particularly due to the society's sponsorship deal with LUSU Living, as well as Revolution, whose sponsorship helps to make the club financially sound. Although not all sports teams rely on the same amount of funding, sponsorship and supportive funding is vital to many for their competition and success.