

scan



Sammie Caine

LUSU President: “the University does not listen to student representatives”

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

President Laura Clayson has said that the University’s lack of dialogue with the Students’ Union on the recent rent and tuition fee increases had created “a precedent that the University does not listen to student representatives.” Clayson has defended the way she has treated the rent and fee increases issue after criticism from other officers within the Union.

In an article for the SCAN website, Clayson revealed that she had withheld confidential information from other Union officers in order to maintain the Union’s credibility and allow a constructive dialogue between the Union and the University rather than sabotage later opportunity for improvements. Clayson’s critics have argued that her strategy has provided little opportunity for effective student campaign-

ing against the changes, though there appears to be a consensus that the University’s institutions do not provide an adequate outlet for student consultation.

Speaking to SCAN, Clayson said: “for me it proves that the structures we currently have in place are a way in which the University pays lip service to student consultation, rather than actually listening to them.” This was echoed in a statement in Union Council, Tuesday Week 2, by Councillor Lizzie Houghton. Houghton said that the University had put its student officers in a difficult position, tying their hands on the issue, keeping the information confidential. “This meant [Full-Time Officers] felt they were unable to communicate this with the wider union, which meant that the wider union wasn’t able to act until in effect it was too late.” Following the affirmation of the changes to fees and campus rent, the

Students’ Union campaigned strongly against the increases, as well as a group of independent students who occupied University House for 24 hours in protest against the changes in Week 9, Michaelmas Term.

Elsewhere in Union Council, officers debated the merits of keeping information confidential in order to maintain constructive dialogue at the expense of effective student campaigning. VP (Union Development) Damon Fairley supported Clayson’s decision to keep the information confidential, maintaining that it was beneficial towards future cooperation between the Union and the University. “I think Laura [Clayson] was right with the decision she made because subsequently later on we got seats on other committees we might not have got had we burnt those bridges. But then again I think it’s really important to have this council’s steer on what you ac-

tually want us to do as full time officers in this situation, because it is sometimes a really hard situation to be in.”

Meanwhile, VP (Campaigns and Communications) Ronnie Rowlands said that he thought that members of the Union should be willing to break confidentiality to ensure students are best informed on issues important to them. “In many ways the idea of confidentiality from the University is them trying it on. If things are kept confidential they are generally kept confidential because they don’t want people to find out about it. In the intent of building bridges how many principles do you sacrifice, how many awful decisions do you allow to go through. I think in these positions, and when we have been in these positions, we can ignore confidentiality and tell everyone because it’s important for people to know frankly.”

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SCAN speaks to students about the new engineering building. **Page 4**

COMMENT



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Sian Bradley suggests segregation is never an answer. **Page 14**

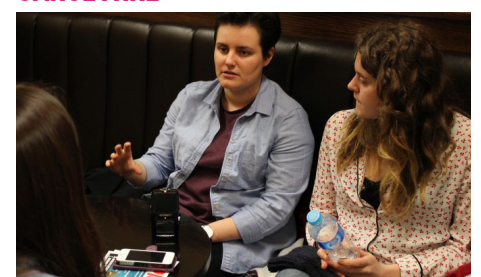
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CAROLYNNE



The Vagina Monologues

Ellie Vowles talks to Alice Tooms and Camille Hargaden ahead of the Vagina Monologues **Page 28**

Clayson: “I made the right decision”

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Clayson herself said that the decision to keep information regarding the fee and rent increases secret had been difficult, but she does not regret her decision. “Whilst there would have been longer for students to campaign I do not believe that the outcome would have been any different. Learning from the outcomes of last term I now have much more of an understanding of University Management and their motivations, which is to strive for profit.

“In that sense I think I made the right decision, as to have gone public straight away would have removed the opportunity for constructive dialogue. I had to manoeuvre within the structures I was placed; to have transgressed them straight away would have made any kind of negotiation impossible.”

Clayson also felt that “as a result

of engaging through the meetings that I had the opportunity to participate in as a student representative, it gave us more legitimacy in supporting the direct action taken by students against the decision. For example, when the occupiers were told that they should be communicating through their student representatives, they were able to say that that route had already been tried and their representatives had been ignored. If I had have given up the opportunity to voice my opposition through the authorized channels, then any direct action taken could have been invalidated as a result.”

In Union Council on Thursday Week 2, VP (Union Development) Damon Fairley supported Clayson’s decision to keep the information confidential, maintaining that it was beneficial towards future co-operation between the Union and the University. “I think Laura was right with the decision she made because subsequently later on we got seats on other committees we

might not have got had we burnt those bridges. But then again I think it’s really important to have this council’s steer on what you actually want us to do as full time officers in this situation, because it is sometimes a really hard situation to be in.”

Clayson apologised in Union Council to those who felt she should have revealed the information. She was also largely critical of the deliberation towards the final decision, writing frankly for SCAN that the process made her feel “disempowered and disillusioned.” Clayson said that she did not “hear the information and ignore it” but raised her strong opposition to the proposals which had already been made. “The decision was made before I had any information that this was even being discussed. I didn’t hear the information and ignore it - I vehemently opposed the proposals in every meeting it was discussed in.” Clayson’s dissent was recorded on the Finance and General Purpos-

es Committee; as well as this she showed her disapproval through emails with the Vice-Chancellor and meetings with key members of staff.

Clayson however believed that leaking this information would only have had a negative effect, saying that she felt that “going public would undermine our ability to negotiate and harm relations with the Union in future years, beyond my year as President. I didn’t take the decision lightly. Being the person I am, I would rather have gone public, but I did not perceive that to be in students’ best interests in the long term or the short term. It was after consulting with several people that I trust, it was decided that this decision was in the wider membership’s best interests.

Debate regarding the increases set to take place to postgraduate and international tuition fees and to campus rents, is continuing. Following the occupation of Univer-

sity House by student activists it was announced that negotiations would take place between the University and the student Union in order to construct a dialogue on the issue.

According to the President these negotiations are likely to begin during early February. “As a full time officer team we are awaiting negotiations with the University. A representative from those who occupied will also join us. The meeting is likely to take place at the beginning of February.

“We intend to keep campaigning on this issue, alongside our cost of living campaign, as all of this is interlinked. I think that out of all of this I just want it to be remembered that this decision should not fragment our student body – we now have a credible position to negotiate from, rather than a weak one that the University doesn’t take seriously.”

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Printed by Trinity Mirror

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Launch of 'Happy to Talk' initiative

Lancaster University have teamed up with Lancashire mind to launch a new mental health project.

LAURA WILKINSON

Lancashire MIND, a branch of the UK's biggest mental health charity, has started a pilot scheme in Lancashire and at Lancaster University to encourage people to communicate with one another.

Recent studies have shown that Lancashire has the lowest level of wellbeing compared to the national average. MIND have decided to tackle this problem by creating the 'Happy to Talk' scheme which allows people to come together in a casual social situation and build strong healthy relationships that go further than just small talk.

Mia Scott, LUSU VP (Welfare and

Community), who is championing the initiative at Lancaster University told SCAN "there has been a lot of research and it was found that relationships are proven to be the key to happiness and they are the most important aspect for positive mental health and this is exactly why these groups are focusing on relationships."

23 volunteers from Lancaster University, who include a member of each of the welfare teams within college JCRs, have been trained to work as coordinators to run the 'Happy to Talk' groups as part of the Lancashire pilot. Scott, who attended the training with other volunteers said that "it's basically about promoting happiness and

wellbeing within your life and learning the skills to do that".

Scott is keen to emphasise how important she believes that this pilot scheme will be in improving mental wellbeing and said that "we actually found that our mental wellbeing in the UK hasn't improved since the 50s and there was discussions around why that might be and no one quite knows why but this is an initiative that tries to tackle that and make people aware that it is fine to go on the internet or spend a bit of time on your own but it's also pretty important to nurture the relationships you have."

Despite understanding the im-

portance of the scheme improving everyone's general wellbeing, Scott did stress that the groups were there as a preventative measure rather than as an advice service. The coordinators are trained to inform people of the relevant services that are available to them and are there in a casual, social manner rather than in place of a peer support group or a counsellor.

The ultimate aim for the 'Happy to Talk' groups is for it to be used as an initiative all over the UK. Scott said, "Lancashire MIND are going to help me get some feedback from the coordinators who are actually running the groups, the people who have actually at-

tended them and LUSU who are helping to coordinate, to see how successful it was". After this feedback, which Scott hopes will be positive, MIND will consider branching it out into other areas and across the entirety of the UK.

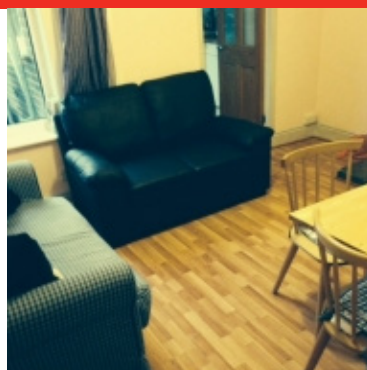
The University also has plans to expand on the 'Happy to Talk' scheme should it be successful. If the feedback collected by Scott and Lancashire MIND looks positive, the University has said that it is considering getting the college advisors to take part in the scheme. Scott, as a college advisor herself, believes that this would help college advisors in being able to communicate better with the students.

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Engineering building finally opens



Jack Perry

ELLEN REGAN

Week 2 saw the opening of the engineering building. Construction began in September 2013 and aimed to be completed by December 2014. The decision to invest in the new facility came from the significant growth in the department's numbers and reputation. It was supported by the Head of the Department, Professor Malcolm Joyce who explained that the new development will raise the profile of Lancaster as a key pro-

vider of engineering education. He described the engineering industry as "highly buoyant" with Lancaster students always having "the pick of the jobs" as "90% of our engineering students are in a professional managerial jobs six months after graduating".

The new building was designed to achieve the new BREEAM 'outstanding' rating to reflect current regulations and industry benchmarks. The project is a £12 million investment and has been in the

pipeline for three years. Professor Joyce was very enthusiastic about the department's relocation and the new facilities saying its "fantastic". He also stated he was pleased to see the students making the most of the new building and that most had been working there all day and seemed to be appreciating the new atmosphere.

The building itself is of an open plan design and consists of several laboratories with top-of-the-range equipment as well as classrooms,

computer labs and offices. The open plan design means that students can be seen working in the laboratories by passers-by on the spine, a design which the students are positive about despite it being different from what they are accustomed to.

SCAN spoke to several Master's students on their first day working in the new building who commented that they were very impressed with the new building as they had half expected a building

site, but instead were able to start work immediately in a nice working environment. They said that there had been very little disruption throughout the move and the two week delay, whilst mildly getting in the way of their lab work, was a small scale delay on a three year project. SCAN also spoke to a first year student just before the opening of the building who commented that "the building itself looks really nice and I'm incredibly excited to use it".



Jack Perry



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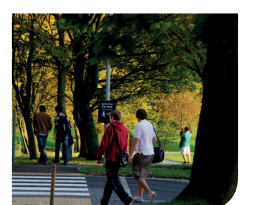
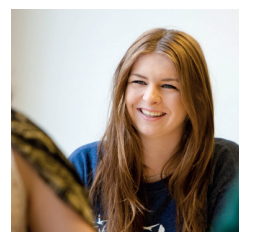
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Occupation talks yet to take place

Following last term's occupation of University House, the University are yet to arrange a date for formal discussions with occupiers.

JESSICA WALLACE
DEPUTY NEWS EDITOR

Following last term's occupation of University House in protest against rising on-campus rent costs and international and post-graduate fees, negotiations are yet to take place between the occupiers and University management.

After some conference during the 24 hour occupation, a meeting of negotiations for the University to formally discuss with LUSU and other independent members of the student body has not yet been arranged. In a statement provided by Toby Atkinson on behalf of the occupiers, the group felt that "despite some difficulties", the campaign was overall "very successful", and negotiations that occurred during the occupation are "promising".

campaigners report that some LUSU members who supported the protest were placed under pressure by management for taking part [...] this is believed to have turned the students against each other, and to "create friction and difficulties between students and the students' union"

The occupation lasted over 24 hours, as campaigners peacefully inhabited C Floor whilst University management brought in outside security and shut down The Base, resulting in the cancellation of many student's counselling appointments. The cancellation of counselling appointments as a result of The Base being shut down is regarded as a great concern of the group, whose intentions ultimately aim to ensure the protection and stability of student welfare. In statements from the occupiers, they have commented that counselling is one of many vital services essential to protecting welfare, and for the continuation of this service to be disrupted during a busy period of term as management took the decision to evacuate staff from all floors of University House was inconvenient and potentially harmful.

Occupiers maintain that nothing



Demonstration outside University House last term.

happened outside of C Floor which might have caused The Base to shut down, and argue that University management "prioritised ending the occupation over attending to student and staff needs", allegedly finding alternative locations across campus to continue with meetings, yet failing to arrange alternative accommodation to temporarily reinstate counselling and other student services whilst the occupation took place. It was reported that occupiers were denied access to toilets and running water, and management restricted free movement within the building, further causing disruption that the occu-

piers argue was part of a "political decision [...] in an attempt to bring [the occupiers] into disrepute and reduce support for [the] movement".

The group also suggest that members may have been harassed by University security once they left the building, an additional issue which will be discussed once management arrange a date for the meeting. Although LUSU were not directly involved in the occupation, campaigners report that some LUSU members who supported the protest were placed under pressure by management for taking part. Atkinson argued

that this is believed to have turned the students against each other, and to "create friction and difficulties between students and the students' union".

The University responded to SCAN's request for comment, failing to acknowledge specific negotiations following the occupation protest, but reported that the University "continues to have discussions" with LUSU regarding future tuition fees and accommodation costs, highlighting that a "discussion [...] takes place between the university and students every year", and if any student should have any recommenda-

tions they may propose them to a committee where there is student representation for this issue.

Speaking to SCAN, LUSU president Laura Clayson said that "the meeting is likely to take place at the beginning of February", speaking about the proposed negotiations. A set panel will soon proceed in the negotiations and SCAN will live tweet the discussions taking place.

The occupiers remain "eager" to enter formal negotiations with the University management, and are continuing to achieve progress.

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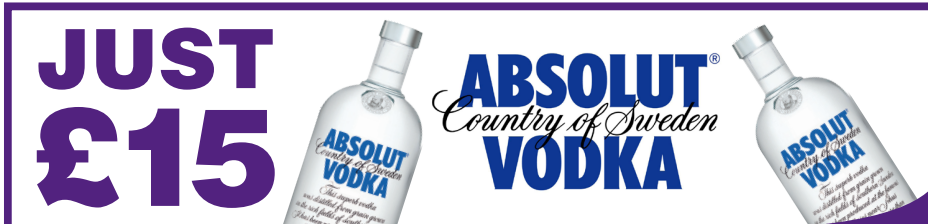
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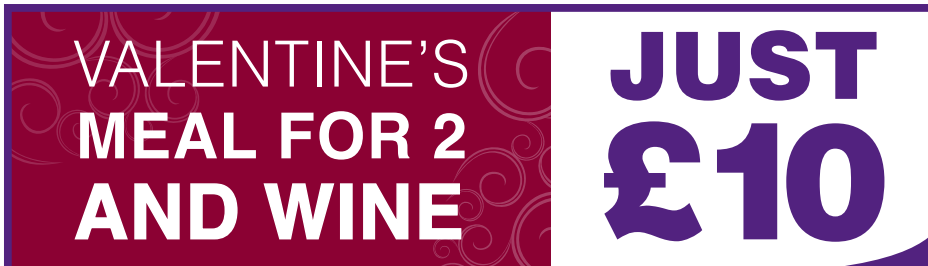
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LUSU: Pharmacy to central campus

The LUSU Full Time Officer team launch immediate campaign to get the pharmacy moved to central campus.

NATHALIE FARRUGIA NEWS EDITOR
 @NATFARRUGIA94

After contact from the NHS, LUSU have set up the campaign “Move the pharmacy to Central Campus”. They had until this Wednesday (Week 3) to collate as many comments as possible to send to the NHS, favouring the movement of the University’s pharmacy from its current location in Bailrigg House to a location in Central Campus.

In the email from the NHS (Lancashire and Greater Manchester), Mark Lindsay, Primary Care Commissioning said the area’s Pharmaceutical Services Regulation Committee has been discussing the issue of the provision of pharmaceutical services at Lancaster University and that the Committee believes there is a need for a pharmacy on the university site.

The email also stated that NHS England is assessing a proposal submitted by the current contractor to determine an alternative model for the future provision of services. This proposal includes the hope for the pharmacy to move to a more central location on the campus. There could be a change in opening hours.

Lindsay encouraged the information about the possibility of the move to be advertised around campus through the “students union, staff room, GP surgery, can-



Amanda Chetwynd and some college president representatives show support for the campaign.

teens, sports facilities, etc.” and for any comments from service users to be collated and given to the NHS by Wednesday.

As a result, President Laura Clayson and VP (Welfare and Com-

munity) Mia Scott have set up the campaign “Move the Pharmacy to Central Campus” and are encouraging people to like the Facebook page, which currently has over 700 likes, and comment as to why they are in support of the move. On

Friday Week 2, the campaign travelled around campus and students and staff were pictured holding a board that said “I want the pharmacy in the centre of campus” to show their support.

Speaking to SCAN, Scott said: “I think it’s important for students that the pharmacy is moved to central campus because at the moment it is in a very isolated location in the far North of campus.” She said this posed several problems, “It is a very long way to go for students who live in the southern end of campus, it is located in a very isolated area, so many people don’t know that it exists, and if they do, they struggle to locate it and it is not near the medical centre.”

Scott added that “Having it right in the central “hub” of campus will make it visible and easily accessible to everyone - students and staff alike” and suggested that “it may help to alleviate doctor’s waiting times if people know that they can go into the pharmacy to ask for help and advice for minor things.”

The University are also in support of the move and Professor Amanda Chetwynd Provost for Student Experience, Colleges and the Library said “We have been in discussion with the NHS for several years about our request to move the pharmacy to a more central location that would be convenient for students and staff. We have provided the NHS with survey data showing the need for the pharmacist to move. We are very pleased that the NHS is consulting us about this and hope we shall soon have a pharmacist in the centre of campus.”

Furness College host welfare week

Furness College raising awareness of student welfare in association with Green Lancaster, the Yoga society and the Running club.

JESSICA WALLACE
 DEPUTY NEWS EDITOR

In Week 14, Furness College are hosting a campaign raising awareness of support for student welfare, in addition to weekly drop-in sessions provided by the Welfare Team. Furness College is working in association with other societies, such as the Yoga society and the Running Club, as well as LUSU through workshops and Green Lancaster, before ending the week

celebrating the international culture of Furness with an evening of music and food from around the world.

The campaign hopes to encourage student support for Green Lancaster, which will work in partnership with Furness by providing free fruit and vegetables in the foyer for one day and the Yoga society and Running Club are supporting fitness by running free events for students. National

‘Time to Talk’ day falls during the colleges Welfare week, and Furness are recognising this in association with the charity Mind. Furness will be encouraging students to share their stories and experiences to raise awareness and fight against negative stigmas of mental illnesses. LUSU are also backing the campaign, providing a range of workshops such as CV building and learning a new language, with various representatives. The week-long campaign ends with

‘Trev Takeover’, which Vice President (Welfare & Campaigns) Rowan Taylor promoted as an evening to celebrate “different cultures and traditions coming together as one community”. Taylor praised the scheme as an opportunity to “get students thinking about themselves and their fellow Furnessians, and helping raise awareness that the JCR is here for them”.

Furness Welfare & Campaigns Officer Becca Hall explained Wel-

fare week as a conscious effort to “promote general well-being, both physical and mental, within the college and university as a whole”, raising awareness of the issues that the welfare team deal with, and the support available to help students. Hall praised the scheme as she hopes it will encourage others to open up about their mental health, and provide appropriate guidance in relevant areas.

22 campus students registered to vote

Lad culture on campus



JACK PERRY SCAN EDITOR
@JACKPERRY01

Only 22 students living on the Lancaster University campus are currently registered to vote in the 2015 General Election, figures seen by SCAN have revealed. LUSU officers and local political figures were reportedly shocked at the relatively small amount of students on the university campus who have registered. The statistics may prove damaging to LUSU, who have made a commitment to improving political engagement on campus.

The campus currently houses approximately 6500 students, meaning only around 0.3 per cent of potential voters on campus have registered. This small group of people are composed of

16 students who live on the main campus, and six students who live in the western half of Alexandra Park. No students in the eastern half of Alexandra Park have registered to vote. By comparison, the comparatively small local hamlet of Burrow Heights has 68 registered voters. The combined total of the hamlets of Bailrigg and Langthwaite, meanwhile, have 194 people who are registered to vote. If these statistics persist, the amount of students registered to vote relative to the population size could have negative implications for the representation of the university in local and national matters.

For previous general, local and European elections, students living on the Lancaster University campus were registered to vote on

bulk by the University. A change in legislation by the UK government, however, means that students now have to register individually.

VP (Campaigns and Communications) Ronnie Rowlands said that his reaction to the figures was "one of greater disquiet than when I'd assumed the number was somewhere around 400! 22 is incredibly worrying."

VP (Campaigns and Communications) Ronnie Rowlands said that his reaction to the figures was "one of greater disquiet than when I'd assumed the number was somewhere around 400! 22 is incredibly worrying."

SCAN investigates lad culture on campus.

HARRY FENTON

Professor Carolyn Jackson from the University's Department for Educational Research delivered a public lecture on 'lad cultures' in education to mark the University's 50th Anniversary. On Wednesday of Week 2, Prof Jackson wanted to raise awareness of inappropriate masculine behaviour from students at British universities.

She strongly felt that the growing lad culture in Universities has become a national issue which is also a hot topic in the media. She referred to an NUS study where participants defined 'lad culture' as a "group or 'pack' mentality residing in activities such as sport and heavy alcohol consumption, and 'banter' which was often sexist, misogynist and homophobic" which is significant as the NUS is showing great concern towards lad cultures in British universities shown by their decision to call for a summit on the issue. Their view is backed up by a study they conducted which found that 68% of women had experienced sexual harassment and that 10% of women were victims of serious sexual assault.

Prof Jackson added that the rise of this 'lad culture' is a reaction against the less masculine 'new man' that has emerged in the past thirty years and also political correctness. She said that this takes place in a variety of situations in-

cluding nights out into town and people have started to engage with websites many students are familiar with such as Lad Bible and Uni Lad that encourage misogynistic behaviour which she is concerned is reinforcing sexist attitudes.

Mia Scott, the Vice President (Welfare and Community) has revealed to SCAN that Lancaster University is also affected by lad culture. She told SCAN "I am aware of various instances of groups of 'lads' who often drink heavily and use what they consider to be 'banter' as a way to justify their generally sexist and homophobic comments and attitudes". She added that the perception by many people that Lancaster is a safe bubble is a "mythical concept". She claimed that although LUSU and Lancaster University had a zero tolerance approach to 'lad culture', more action needs to be taken to tackle this issue both at Lancaster and across the UK. She has also invited staff and students to help address this issue.

Recent research published by NUS revealed that that 50 per cent of participants in their study on women students' experiences of lad culture in higher education identified "prevailing sexism, 'lad-dism' and a culture of harassment" at their universities. In light of this, Nicola Dandridge, Chief Executive of Universities UK argued that "It is important to remember that this is an issue for society generally, not just one confined to university students."

Rowlands told SCAN that LUSU intended to do a lot more to ensure the number of on-campus students registered to vote increased. "I do not expect to see a sudden spike in registrations that makes everything okay again," Rowlands said. "It's going to require a lot of long and hard work from the Union, but we have the time and the resources to see a steady and promising increase in the number of students registered to vote. I am absolutely confident that we can do it."

"Registering to vote is important, but also incredibly easy. Vote and you have a stake in what future governments do, and you have a reason for them to appease you. If you don't vote, why should any political party care what you think?"

SCAN will bring you more coverage of this story in the coming days. The next UK General Election takes place on Thursday Week 3, Summer Term.

EDITORIAL

LUSU needs to work as a team

There appears to be increasing tension at the LUSU top table. Put bluntly, there seems to be a split between those who have inside university-related information but will not share it with their colleagues, and those who do not have this information but cannot keep their mouths shut once they gain even a tiny amount of insider info. Both sides have credible arguments. Those in the “haves” corner, including President Laura Clayson (interviewed in our front page article), argue that maintaining confidentiality when the University wishes helps maintain constructive dialogue with those making the decisions, with the aim of changing the University’s opinion before any damaging changes take place. On the other hand, those who advocate a more lax attitude towards terms like “confidentiality” and “restricted,” such as VP (Campaigns and Communications) Ronnie Rowlands, argue that students need to know about decisions as soon as possible in order to campaign effectively against them.

However, there are problems with both stances as well. As the debacle with the fee and rent increases has shown, the constructive dialogue approach does not appear to be working. While the Union seems to be making small gains elsewhere, on larger issues the University appears able to completely ignore student opinion and go ahead with drastic changes if it sees fit. On the other hand, anecdotal evidence suggests that those in favour of campaigning instead of talking seem to exhibit very little tactical nous in choosing their fights with the University. The circumstances make for a poisonous situation in LUSU: the “have-nots” no longer trust the “haves” because they gain important information and then refuse to share it with their colleagues; the “haves” do not trust the “have-nots” with information for fear they will blurt it out at the next available opportunity, putting any prior strategy in jeopardy. This paper does not collectively support the concept put forward elsewhere on this page that dialogue is always better than campaigning, as the latter can prove tremendously effective in forcing the University’s hand on a particular issue. What is required, however, is a pragmatic approach which employs both dialogue and campaigning in order to gain the best possible result for students, and this can only be achieved when the LUSU Full-Time Officers put aside their differences and start working as a team again.

Engineering excellence?

The engineering building is finished... sort of. As our report on page 4 indicates, some students are quite happy with the new building. Others, however, have remarked how unfinished the building still feels. The space around the building – with the exception of the courtyard area between the building and the spine – is still a construction site. Inside, there are already scuffs and shoe marks all the way up the new flight of stairs, and some of the builders’ equipment can still be found in some rooms of the building. Most brilliantly, as SCAN was walking around the new building, one member of staff pointed up to a piece of the structure and remarked to their colleague: “that bit is hanging off!”

Of course, being a university of pedants means that one of the most common complaints made to SCAN about the new building is that the “engineering” sign on the front of the building is written with a lower case “e” rather than a capital.

JACK PERRY EDITOR
@JACKPERRY01

At last, LUSU has found the question

DANIEL SNAPE COMMENT EDITOR
@DTCSNAPE

In its eternal quest to develop sustainable relationships, enable wider students, and adapt global sharing adventures through future-based change, LUSU has encountered a problem. University management is not complying. At least, that’s what President Laura Clayson has revealed in an article for SCAN and later in a secret motion to Union Council, in which Clayson complained that the University had warned her about its controversial increases to international tuition and accommodation prices, but told her to say nothing until the paperwork had gone through.

I don’t blame the president for hiding the plans from the other Full-Time Officers (FTOs). Confidential information can be a legal and moral stickler, and senior management would only have ostracised her for whistleblowing. The important thing, now the truth is out, is that Clayson has picked up on the most significant question of her entire time at Lancaster: should LUSU try to do its work from within the University, or without it?

It’s about whether LUSU wants to play nice or play naughty. If the Union behaves itself, the University gives it seats on various decision-making boards and insider knowledge about the future of Lancaster (and maybe even a bit of bailout money).

If, on the other hand, the Union starts making a nuisance of itself by leaking confidential documents or, say, inviting hordes of students to take a dump at the desks of University House, then senior management starts withdrawing those privileges. And while it’s fantastic that Clayson has put her finger on such a crucial question after just a few months as president, she now risks picking the one and only wrong answer.

In her article, Clayson regrets her decision to stay quiet about the in-

creases, concluding that more student activism is in order and that we must “reconstruct ourselves as empowered agents of change.” To me that sounds ever so slightly confrontational. It’s almost as if the Union has ignored this institutional revelation and just continued down the path of intransigent antagonism that began with the FTO nominations this time last year. And for what, the remote chance that senior management might swoon at our rebel image when we colour in some more banners? No, the solution to management’s unwavering rationalism is not to fling yourself into the nearest protest. The solution is to improve your argument.

Students’ unions around the world are being divided over this great question, and the more useful among them have come to realise the value of diplomacy.

Students’ unions around the world are being divided over this great question – many without the advantage of having put it into words – and the more useful among them have come to realise the value of diplomacy. Even here at Lancaster, the FTOs of the past have already proven the benefits of working with the University rather than against it.

In 2011, as the university system braced itself for the £9,000 cap, two former LUSU presidents returned to present the University with their demands for a long, costly, and perhaps binding investigation into higher bursaries for the students.

This was student politics of the traditional, unapologetic sort, and Union Council was thoroughly divided on the proposal. The final say rested with the incumbent president, Robbie Pickles, who would have to pick a side when the motion was put to Court.

On the day, after senior management had voiced its concerns about the investigation, Pickles delivered a scathing criticism of

the proposal and it was swiftly voted down. He had sided with the University. It was a turning point in Pickles’ presidency, which was widely regarded from then on as one of the most stable in the history of LUSU. Pickles later said: “It’s about having a good working relationship with Management, and if you don’t have that working relationship, you can’t expect to achieve anything.”

A formal means of negotiation with the University is particularly important to LUSU because of its causes. Our union is devoted to things like ethical investment, the cost of living, and other social injustices that are bound to recur in the months and years to come. Trying to win every one of these confrontations through protest is just not a viable plan for the students of the future.

But sadly, on the whole, the FTOs don’t like the idea of shrewd negotiation. They much prefer to remind people about the time they “weren’t listened to” by a University advisory group (by which I always suspect they mean “weren’t obeyed” – the sort of hyperbole that makes me sympathise more with the administrators who were stuck around a table with them). Frankly, I don’t care if the FTOs tried it once and didn’t get their way. That’s not how diplomacy works.

I would go on, but I know that our uncompromising union has already made up its mind. The grand question posed by Laura Clayson was never anything but rhetorical. LUSU does not know how to pick its fights or reconsider its demands, and has already resorted to our most desperate tactic. Storming the headquarters of the University itself was an act of war, and there can be no bona fide negotiation now. As for the rest of us, the students who wanted a rational, diplomatic union, I fear that we can only sit tight and wait for a new set of representatives in the summer.

Should we see the 'Green Dot' initiative in the UK?



SOPHIE BARBER

Over the past year in the USA, a new scheme has been rolled out across universities to try and educate students on how to react if they witness a sexual assault. The 'Green Dot' initiative aims to establish a confident dialogue with students that gives them appropriate advice which can be applied to numerous situations. Whether it's hearing sexually degrading comments in public, or actually witnessing a violent crime, the programme provides support that can help. And statistics report that

after Green Dot has finished on campus, sex related crimes have been reduced by up to 50%.

People are now calling for the scheme to be trialled in the UK, starting with universities in the West. If it is successful, this sort of training will be offered across all universities as a way of reducing the amount of sexual assaults and harassments that are recorded on campus.

There has obviously been some question of safety in regard to intervening at all. Recently, a wom-

an in Germany was bludgeoned to death after she stepped in to try and stop a young man from harassing two women in McDonalds. Obviously, this is an extreme example. But it does beg the question as to how safe getting involved in these situations actually is.

It is important to think not only of your own wellbeing, but that of the victim. Sometimes, getting involved may just aggravate the situation further, and do more harm than good. Something as simple as offering your support to a victim of harassment can be

enough. Calling them a taxi or sitting with them at the bus stop can be enough to make them feel just a little safer.

If you do witness a violent crime, I wouldn't recommend just wading in. The best thing to do in those sorts of situations is to call campus security or the police. It is definitely important to think about your own safety, but not to the extent that you leave someone else in a dangerous situation.

Small steps can make big impacts. Questioning misogynist jokes in a university setting might seem daunting, especially if there are a large group of rowdy lads, but is important that these things aren't seen as appropriate. 'Lad culture' has perpetuated an environment which makes young people think it's okay to make comments that are derogatory or offensive in the name of humour. Making it known that these statements aren't appropriate is one small step closer to a society that doesn't allow potentially dangerous behaviour.

There's then the question of whether we should be doing more to tackle this problem at its root. Yes, it's important to give people the right knowledge to deal with

the problem, but it's also important to address the underlying causes of these incidents. Particularly at university, where young people are constantly learning about themselves, there is a distinct need to nip sexism in the bud. Universities should have systems in place to educate and protect their students.

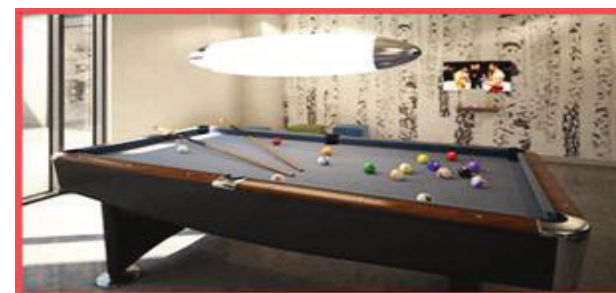
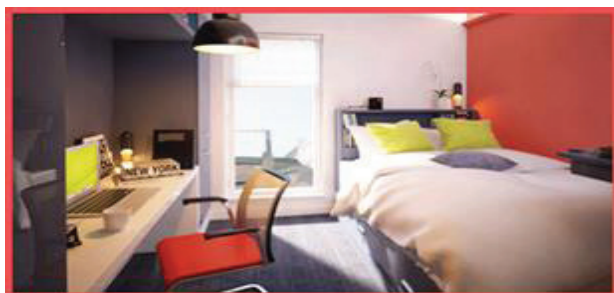
There are examples of institutions that already do this. Nearly half of all Oxbridge colleges have included 'sexual consent' classes on their induction timetables. These short classes include information on what consent actually means, which seems to be a slightly blurry line for some.

Teaching people about things such as sexual assault, harassment, and consent is an important way to tackle the current problem branded as 'rape culture' in the UK. If there is more information available to young people, it may be easier for them to monitor their own behaviour and make more responsible decisions. I'm not saying educating students is a sure-fire way to eliminate harassment entirely, but from the success of Green Dot we can see that it is certainly make a big difference.



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A pharmacy on the move and the library going nowhere

Well, hello there and welcome. Seeing my mug in the middle of SCAN must be rather odd. It's like a clean-shaven Ronnie Rowlands has come along, dropped the fags, and started crying campus news again. I'll be writing mainly about University issues, student welfare, and the college system. Fascinating stuff, if you ask me.

WILL WE EVER GET THE LIBRARY BACK?

Whilst I was initially excited by the prospect of a library refurbishment, we recently received the news that the completion date has (already) been postponed by six weeks, and my faith in the project is slowly diminishing. I'm generally not someone to complain when I see clear benefits for the future, but I sincerely believe that the study areas on campus are simply failing to meet the expectations of a top-10 university. The library is claustrophobic and packed until late; the Learning Zone is a zoo filled with odd smells and roaring laughter and the plug-less "Study Zone" looks like a 1960s doctors' waiting room. Our Vice President (Education) says that certain seminar rooms will be open during exam season, but a tour of Bowland North isn't really what you need when scouting out a study space for the day.

It's just not good enough, and I hope both LUSU and the University are ready for the storm that will inevitably unfold throughout third term.

"LIKE" FOR THE PHARMACY

Campaigners have been spamming Facebook over the past few days, getting incredible amounts of support for an admittedly decent cause. Apparently, the "Pharmaceutical Services Regulation Committee" is discussing the possibility of moving our infamously distant Pharmacy to central campus and I, personally, think it's a great idea.

I didn't know where the Pharmacy was until the middle of my second year, and despite asking for directions on several occasions, it was always laughed off as being "ages away". Apparently Facebook "Likes" will help make the move a reality, so have a gander and get on board.

How can we get students to make an informed vote?



Coventry City Council

JULIA MOLLOY PRODUCTION EDITOR

✉@JRMOLLOY2

"Labour attacks missing voters scandal." "Only 22 students on campus are registered to vote." Headlines like that, on the face of it, are particularly worrying for the upcoming general election. However, the issue about the so-called "missing voters" not being able to cast their choice in May is much more complicated than this.

Whilst Labour has expressed outrage at the lack of young people who have registered to vote, the complications about the new registration system are off-putting, particularly for those who only have the vaguest interest in politics anyway. For a start, because most students have two addresses, there is the complicated matter of registering to vote at only one address.

Though our campus may only have 22 students registered to vote, this does not mean that these students are not registered to vote at their home address. In fact, my entire family at my home address each received an individual letter, detailing that despite the new electoral registration system, no further action was required to be able to vote. So, I may not be one of the 22 students who can vote in Lancaster, but I can certainly use my postal vote in Wigan.

The bigger problem is, of course, actually getting young people to both register and use their vote wisely for the upcoming general election. It's safe to say that many young people reacted strongly to the Liberal Democrats' decision to go back on their tuition fee promise, and it's even easier to say that the majority of young people – students in particular – will not be voting for said party. However, the issue is that so many just simply won't vote for anyone at all.

Perhaps our voting system needs something of a rethink. Although self-registering is a way of only getting votes from voters who actually want to use this right, at the moment it looks like this new system will result in a significant drop in voter turnout.

In Australia, it is illegal not to vote, but I can't see how implementing something like that here could improve the situation; if anything, it would only encourage apathetic voters to vote for a protest party, and I certainly don't want UKIP to gain power (even if Al Murray manages to oust Nigel Farage from the leadership).

The real gap when it comes to getting young people to vote is making them – and everyone else, for that matter – aware of what they're

actually voting for. Every single voter should be given a copy of each candidate's manifesto, and everyone should actually read them before casting a vote.

Time and time again voters use their vote for a party whose views they may in fact disagree with, and then complain when we get situations like the 2010 elections during which a coalition was formed with the Liberal Democrats whom relatively few had voted for.

Getting students to register to vote is only half the problem. Getting students to make an informed vote is the even bigger challenge.

LUSU will inevitably make a big push to encourage students to vote before the general election, and rightly so. Students really do have the opportunity to swing the general elections in May. Registering to vote is relatively painless online, and if we make an informed choice we will be better off for it.

Don't be drawn into not voting for a particular party because of its leader; truly think about the issues that will affect you, and how the candidates are going to address them. The general elections look set to be a hotly fought contest. Don't miss out by not registering to vote.

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LGBT schools are a mistake



Guillaume Paumier

SIAN BRADLEY SPINE EDITOR

Plans were recently unveiled for a new school in Manchester to be built for the purpose of educating lesbian, gay, bisexual and transgender pupils who have struggled in traditional schools. The plan was given a £63,000 grant from the Department of Communities and Local Government, and Amelia Lee, strategic director for LGBT Youth North West, said the new school would be a “trailblazer”. But the concept is flawed, and unlikely to help those it sets out to protect.

Essentially, the idea of an LGBT school is one of segregation, which is never the answer to a problem such as this. Without integration of different groups of people at a young age, people may never learn to accept one another for being different to themselves. Of course, the school would be voluntary and nobody will be forced to leave their mainstream school, but while it aims to take people out of a situation that could become dangerous due to bullying, it will only prevent it for the individual, and no deal with the source of the problem.

In fact, by removing the victims of bullying, the bullies themselves may feel as though they have triumphed – they’ve removed another pupil that they dislike and have presumably gained a lot of attention while doing so. Furthermore, it won’t prevent the bullies from doing the same again. They’ll just go and find another victim. Instead, the focus should be on

educating others to be more open minded and accepting, on trying to eradicate the problem at its source rather than just deal with the aftermath.

Even though the LGBT school would cost slightly less than a new mainstream school (which have on average £14m building costs, with added running costs thereafter) as it would only accept 40 full-time students at a time, it’s still a significant amount. If we took that sum and put it into other relief methods, which could possibly be used nationwide, it would have a much bigger impact.

Take, for instance, Lancaster University, which has a very active LGBT organisation, who work to spread awareness and provide a place for people to go if they have any questions or concerns about their sexuality and dealing with others’ attitudes towards it. By being visible, they are able to become an accepted part of the community. This idea of a dedicated group within an educational institution could be replicated at schools to have a similar effect. Of course, university is a very different environment to a school, but it would still be a positive thing to pursue.

The money could also be spent on more support for the victims of bullying and anyone struggling with their identity within the mainstream schools, such as counselling services and somewhere for people to go to feel safe. Of course, many schools do provide welfare services, but if more money were to be invested

in them, they could provide better support for specific groups and a possible increase in quality.

There’s also the question of stigma. Many students that Lee discusses as examples of people who would benefit from the school, are people who struggled to come out. If this is the case, it’s unlikely that they would want to be segregated for being LGBT. It seems as though this label would become more prominent and act even more as an identifier, rather than just being a part of who they are. At least by being in mainstream schools, they are showing that it is a normal part of society and not something that should be tucked away, outside of the rest of society.

Furthermore, Lee defends the proposal by giving the example of Lizzie (Elizabeth Lowe) who “committed suicide in a park because she was struggling with coming out and was worried about telling her parents”. But surely for pupils to attend the school, which would require them to tell their parents where they are going, will be just as difficult when parental pressure is the problem, let alone the stigma that the school may carry.

Although it’s clear that there is a need for measures to help LGBT young people overcome bullying and loneliness, the school is a heavily flawed idea. Money would be better spent on support and education in existing mainstream schools to promote inclusion and acceptance.

My trip to Union Council

Mathew Gillings describes his first experience of Union Council.

MATHEW GILLINGS

Do you know who attends Union Council? Do you know what is discussed there? Do you even know it exists? If you’re anything like the wide majority of students on campus, you’ll probably have no idea in the slightest. And, to make things worse, you probably won’t care either. According to the LUSU website, Union Council is the “lead policy making body of the union, and gives the organisation its key political lead”. Unfortunately, after my first visit, I left with relatively mixed feelings about the whole ordeal: I was intrigued and surprised, yet downright confused about what I’d just witnessed.

Whilst it was clear that everyone in the room had opinions, whether members felt informed enough to voice them is the issue that I’m most concerned about.

I was on the observers’ bench at Council with our wonderful Comment Editor, Daniel, and luckily I had a running commentary on what the heck was unfolding. Being thrown into such a situation was, admittedly, slightly intimidating. There’s around 60 LUSU officers stuck in LUMS Lecture Theatre 3, the LAI:TV cameras are watching your every move, and some members have been in attendance for the best part of seven years. I knew I was in for a fun couple of hours.

Whilst it was clear that everyone in the room had opinions, whether members felt informed enough to voice them is the issue that I’m most concerned about. There was a lot of assumed knowledge between delegates: particular events, issues, and jargon were simply taken for granted, and the Council ultimately became a superficial chat between just a handful of people. Confidence enough to break into mainstream debate is something many delegates appeared to lack, and I really wouldn’t blame them.

There was a lot of personal politics flying around the room, with backhanded comments and perfectly-timed “jokes” being the norm.

The first hour of our most recent LUSU Council was spent on largely standard tasks: approving the minutes, questioning officers, and electing new vacancies. When it became clear that nobody wanted to question the new set of officers being elected onto yet another committee, people began to call: “Come on, guys, ask something.”

Council delegates were being begged to show an interest, and nominees were therefore asked largely tedious, unanswerable questions such as: “Do you know what the job actually involves?” We sat back and predicted the answers one by one.

LUSU politics have a tendency of attracting the same ideas from the same people, and it’s a shame that more people with opposing opinions don’t come to open discussions like Union Council. Whilst we’d love the student body’s views to be fully represented, this will never be possible with the current culture.

I wanted to witness debate, but there was no party to counter the mainstream. Perhaps when that change is realised, the student body may once again feel fully represented by their union.

With over 12,000 students on campus, I got the feeling that LUSU Council was a theatrical bubble: in a situation where questioning the status quo should be embraced, there was awkwardly little opposition. I wanted to witness debate, but there was no party to counter the mainstream. Perhaps when that change is realised, and more students get involved in campus politics, the student body may once again feel fully represented by their union.



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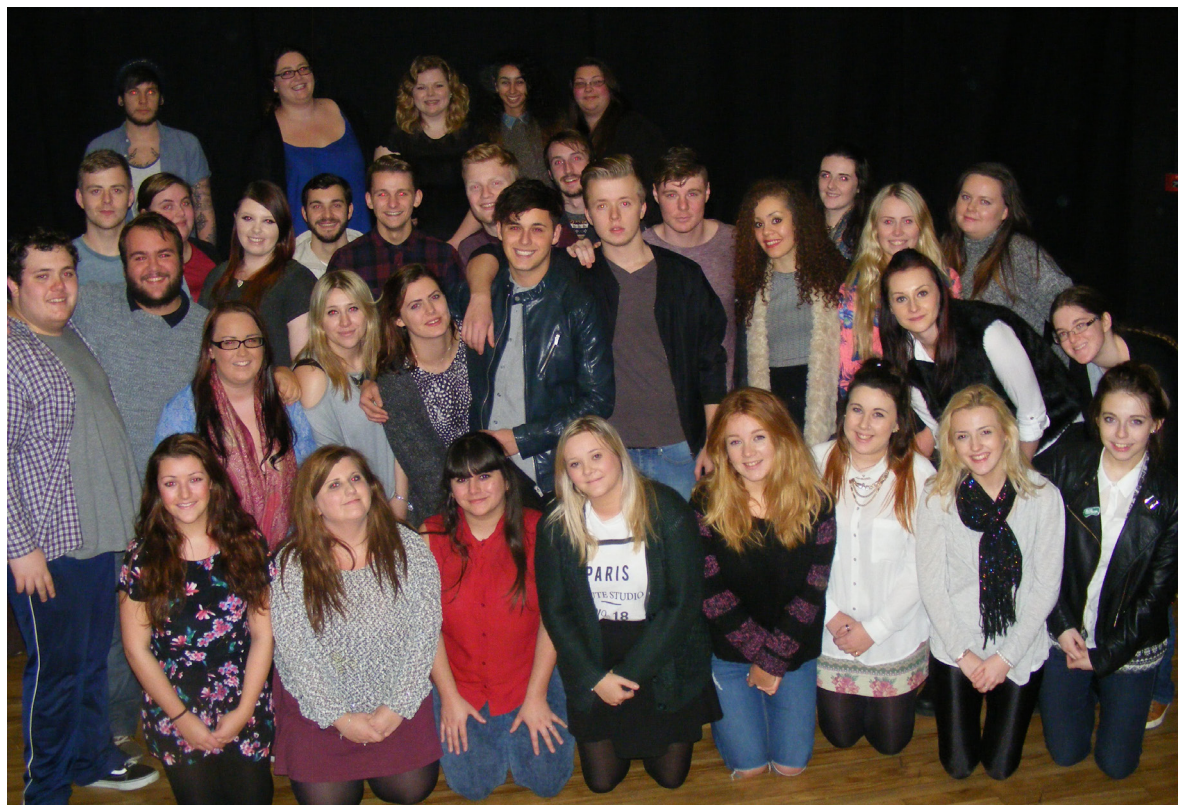
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ALICE TOOMS AND CAMILLE HARGADEN ON THE VAGINA MONOLOGUES
READ THE INTERVIEW ON PAGE 28

Review: Midsummer Night's Dream (the Dukes)



Drama students from the University of Cumbria who performed *A Midsummer Night's Dream*

JACK SCHOFIELD
@JACKSHOEY

There's always something special about Shakespeare in the round, and the intimacy of the Dukes theatre proved a great venue for this classic. I never really go to the the-

atre much, but I thought a bit of high culture is probably overdue after plenty of drunken evenings of embarrassment in Sugar. This particular production was the 21st annual student performance; the cast and crew were all BA honours Drama students at the University

of Cumbria.

Admittedly, the am-dram feel of the production was hard to shake, especially at the beginning, but overall the performance was professional and enjoyable. The abilities of the actors did vary but the

core cast members were all impressive and held characters well.

As it was set in the round, the set was minimal; only two tree stumps and a wooden garden fixture draped in flowers which were used effectively to signal different locations. An especially nice touch was the use of fairy lights on the ceiling to symbolise stars and leaves around the perimeter of the stage. If you don't know, a lot of the play takes place in the woods, so the set was simple enough not to be distracting, but substantial enough to create a woodland effect.

The one thing that this production did well was to present the play for what it is; a comedy. Reading the story at school never really did justice to the fact that there are genuinely funny parts to a lot of Shakespeare's work. In this case the play that takes place within the play (confusing I know) had everyone in stitches. If you struggle with the concept of there being a play in the play, then it'll be difficult to explain how the actors in the play within the play are supposed to be terrible at acting, but the actors playing those actors played them really well. In summary, the cast

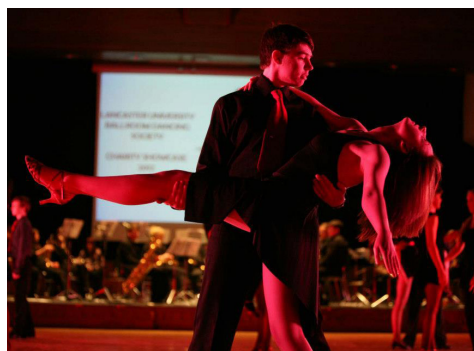
expertly displayed terrible acting (intentionally). Although this is only an aside, it actually ended up stealing the show. Someone plays a wall, which is a speaking part; enough said.

There are certain practical difficulties with putting on a production of *A Mid-Summer Nights Dream*, for one, half way through, one of the characters' (called Bottom) head is transformed into that of a donkey by the assistant of the king of the fairies, seemingly for the sole purpose to make loads of "ass" gags. So much for high culture. Similarly, the juice from a flower is poured into the eyes of sleeping victims. Both difficulties were overcome effectively, the former with donkey ears and nose, the latter with little prop flowers.

Overall, I thoroughly enjoyed the performance and some members of the cast clearly have a lot of talent. It's odd to see a play that was written so long ago that still has the power to make an audience laugh as much as this production did. Yeah it does rely on "ass" jokes and a male actor playing a male actor playing a woman (badly), but it is funny nonetheless.

STAY CULTURED

Ballroom Dancing Society Charity Showcase



Lancaster University Ballroom Dancing Society are hosting their annual Charity Showcase. The main feature will be 'Lancaster does Strictly' where Campus 'celebrities', taught by ballroom dancing society 'pro' dancers will compete with each other with routines they have learnt over the month. There'll also be more dancing from LUBDS and LUDans, live music from ULMS and a contracted performance of the hit musical *Wicked*.

Great Hall – Friday, week 4

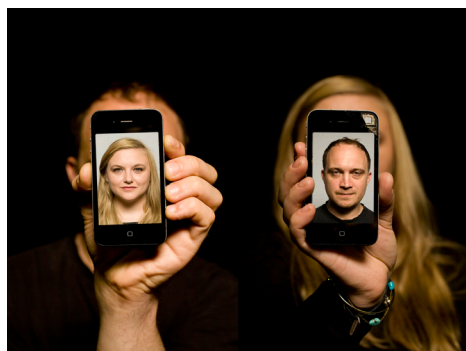
The Falcon Bride, told by Katy Cawkwell



Katy Cawkwell presents episodes from the great Icelandic Saga of Njal, telling of the passionate queen who curses the lover half her age when he leaves her and the initially poignant, finally devastating stories that unfold. Darkly comic, tragically romantic by turns, this tale will have you gripped and offers a fascinating glimpse into pagan society in the land of fire and ice.

Storey Institute – Friday, week 4

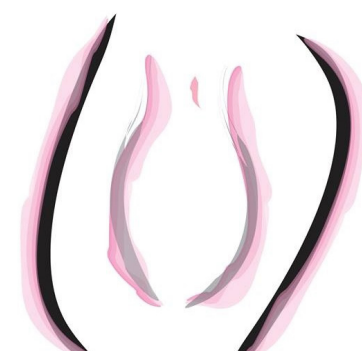
I Wish I Was Lonely (the Dukes)



A show investigating what it means to participate in communication, in which the audience commit to leaving their phones on. There will be poems, there will be stories and there will be conversation. *I Wish I Was Lonely* is the new show from Fringe-First winners Hannah Jane Walker and Chris Thorpe that asks how much of ourselves we've given up to the new Gods in our pockets.

The Dukes – Friday, week 5

The Vagina Monologues



The Vagina Monologues combines the creative with the active in a wonderful series of funny, heartbreaking, unique, and thought-provoking monologues about the issues affecting women worldwide. In its thirteenth year at the university, it runs in conjunction with the V-Day movement which seeks to end violence against women and girls: all proceeds go to North Lancashire rape crisis and domestic abuse service, the Birchall trust.

Nuffield Theatre – Thursday-Saturday, week 5

Review: Selma



RORY MELLON DEPUTY ARTS & ENTS
 @REPLAYREVIEWSUK

The biggest strength of *Selma* is perhaps also the film's biggest weakness. The civil rights movement, and work of Martin Luther King Jr, is nothing new to the silver screen, with countless films focusing on this turbulent period of American history. *Selma* instead chooses to delve a little deeper giving the audience a look at King's life beyond his famous speeches.

But the problem is that *Selma* doesn't throw itself whole heartedly into this different perspective, instead relying on scenes of racial discrimination far too often. There is no denying the impact of these scenes; they make for a tough watch, but this perspective has been explored before. A greater focus on the man that was Martin Luther King could have really helped elevate *Selma* to become required viewing, instead it's merely recommended.

After a year fraught with racial tension from across the pond, *Selma* is a disturbing reminder that for all the steps forward in the last fifty years there is still more than needs

to be done. This is a well-timed release that will hopefully allow people to remember why equality is so important, and must be fought for regardless of the cost.

Selma is filled with startling and shocking moments - one within the first ten minutes literally left my jaw hanging. When confronted with such blatant injustice and racism it's hard not to feel at least a little angry. Thankfully these moments never feel cheap or manipulative, though as mentioned they are leaned upon as a crutch a little too often. Text is frequently displayed alongside a CIA logo, to give the audience context and a greater understanding of the geographical location each scene is taking place in, but it comes at a high price. It's hard to get immersed within *Selma* when you're frequently being reminded that you are watching a film. Perhaps that was director Ava DuVernay's intention, but it nevertheless takes away from the experience.

Speaking of Ava DuVernay, she does a fantastic job behind the camera. Whilst there is nothing particularly special visually about

Selma, the use of music is brilliant, most noticeably in the march sequences. There's also some praise worthy editing, once again mainly within the sequence of Martin Luther King and his supporters' peacefully protesting. DuVernay doesn't do anything revolutionary but her work is highly commendable, though the outrage about her lack of an Oscar nomination feels more politically motivated rather than artistically.

Selma can at times feel a little sleepy and in a few unfortunate scenes, borders almost on dull. Thankfully most of these moments are followed by gripping counterparts and overall the balance is very much in favour of the quality scenes. It is however worth noting that *Selma* does veer into ill-judged pacing a little too often to be ignored.

David Oyelowo is the unequivocal star of the show as Martin Luther King. Oyelowo appears at times to not be acting but instead to have actually become one of the most important figures in history. Scenes where he gives rousing speeches or eulogizes a poor soul who lost their life in the fight for

equality are both deeply moving but also wonderfully empowering.

Support is given from a wide range of actors; Martin Sheen, Oprah Winfrey and Giovanni Ribisi among them. There's a lot of interesting casting choices here and for most part each actor pulls off their role well. Tom Wilkinson portrayal of President Lyndon Johnson is extremely good; the scenes between Wilkinson and Oyelowo are engaging and well written.

Overall, *Selma* is a very good, and important, film. It's not flawless and often makes some questionable decisions in terms of focus but its message is unwavering and critically is extremely important. In the decades since the 1965 march from Selma to Montgomery much has changed, but there is still a work to stop racism that needs to be done, and *Selma* is a reminder of that.



Greats in the Hall



Paul took Simon through his list of legends who graced the Great Hall stage

SIMON JAMES ARTS & ENTS EDITOR
@SJAMES

AC/DC. Black Sabbath. Blondie. Bob Marley. The Clash. Cliff Richard. Dire Straits. Duran Duran. Elton John. Eric Clapton. Iron Maiden. The Jam. The Kinks. Madness. Paul McCartney and Wings. Pink Floyd. Queen. Slade. The Smiths. Supertramp. Status Quo. Tears for Fears. Thin Lizzy. Tina Turner. U2. Ultravox. The Undertones. Van Morrison. The Who.

What have they all got in common? They all played in Lancaster University's Great Hall. I spoke with Paul Tomlinson, print technician at the Print Unit in County, who was there back in the 70s and 80s when the university was a hotspot for big name acts. Paul is working on a book which chronicles all the artists who played in the Great Hall.

You consider yourself to be the foremost authority on the big names who played in the Great Hall, is that right?

I would say so now, following the research I've been doing over the

last fourteen months. There is no definitive list of all the bands that have played here, so the only place to look is in the library archives of SCAN newspapers, which had adverts for the upcoming gigs in. There were some in old copies of the Lancaster Guardian too, but hard copies of that are not easy to track down, which makes it difficult for scanning copies of the adverts.

So you're planning on reproducing old promotional material in your book?

That's right. It will contain photographs of the artists (only of them on stage in the Great Hall – no other generic photographs), ticket stubs, adverts in SCAN, and we're also printing the colour posters by graphic designer John Angus. He produced a number of posters for the gigs which are of a superb quality.

Where did you find the posters?

Some time ago John had an exhibition in the Peter Scott Gallery. I think he exhibited about twenty posters – I asked him if he'd like to

see them reproduced in the book and he said he would.

What about the photographs?

A lot of them are coming from a photographer called Geoff Campbell, who was a semi-official photographer for the concerts, mainly during the last five years up until '85. There's some absolutely excellent pictures in the book of the likes of U2, the Clash and Tina Turner. I'm only looking at artists who played in the Great Hall – not any of the college bars or the Sugarmouse.

How far are you with the project?

We are nearly there really. We've been offered a publishing deal, and we're looking to sell it locally and on campus. I am writing it in collaboration with Barry Lucas, who was the entertainments manager at the university when it was happening.

Was he influential in the thriving campus music scene?

I would say he was solely responsible for it. He was a visionary. He

had his finger on the pulse of popular music at the time and he had the contacts and the savviness to wheel and deal with these bands and get them to come here. One of the first bands he booked was The Who. The Great Hall opened in October 1969 and the concerts started almost immediately.

So the building was very multi-purpose?

Yes. Obviously when it was exam time that was the university's priority for the Great Hall, but throughout the year you could see two great bands on a Friday and a Saturday, and then one on the following Wednesday – it really was a full-on schedule. The Great Hall had its own bar which was very popular before the concerts. As time went on through the 70s, the concerts became very popular and were open to the general public, so people as far afield as Barrow, Blackpool – all over the North West – were coming to the Great Hall.

What were you doing at the time – were you a student here?

No, I didn't study here. The first concert I came to was in 1973 when I was still at school. My mate's parents drove us up here to watch a band called Mott the Hoople who were in the charts at the time. It was a memorable evening: generally people used to hang around the bar when the support acts played, but on this night, there was a tremendous noise emanating from the Great Hall, and people were coming out saying 'you must come in and watch – this is unbelievable!' We went in to see what all the fuss was about, and stood at the back watching this band who were absolutely fantastic. It was Queen. The following year they came back and headlined in their own right and I came up to see them again.

Would you say that was the best gig you ever saw here?

It's difficult to say what the best was because they were all great. I saw AC/DC here; that was tremendous. Supertramp were brilliant. I don't think I saw a bad concert – it was just such a great atmosphere up here.

Is there anyone you were surprised didn't play?

I was surprised Led Zeppelin never played, and I am a big David Bowie fan so I was really disappointed that he never came. The Sex Pistols were booked, but that never happened. There's a chapter in the book called 'Why didn't they play?' which explains why.

I heard the Rolling Stones nearly came here?

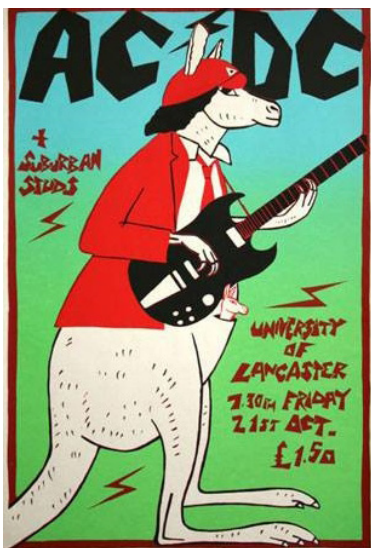
That's right, Mick Jagger personally requested that they did a warm up gig for a stadium tour they were doing, because Van Morrison had played here a couple of times and said to him how much he loved it. The university said no as it was exam time, and they didn't want to have to reschedule or move exams to somewhere else.

Did students ever get to meet the bands personally after the gigs?

Yeah they did – at the end of the concerts fans would hang around round the back of the Great Hall and try to get autographs. Sometimes you'd be able to get into the dressing room. I've got a great memory from after the Supertramp concert: we'd missed the last bus home, and me and my mate were walking down to the A6, and put our thumb out to try and hitchhike back to Morecambe. A coach stopped, and said 'come on lads, we'll give you a lift!' – Supertramp's tour bus! I'll never forget that night.

Is that story going in the book?

Yeah. I've had emails from all over the world with little anecdotes. The book came about as a result of conversations with lots of dif-



John Angus's poster for AC/DC's Great Hall gig

ferent people – even though I came to a lot of shows, I would be continually gobsmacked by some of the names the Great Hall had seen when people casually said things like ‘yeah, I saw Tina Turner in there.’ I thought ‘I’m going to decide who exactly did play here’, and that’s what set it off. I’ve tried to compile a definitive list of all the bands, the dates they came and the support acts. All in all there’s 200 main concerts, and they usually had at least one support act – so that’s 400 acts. A lot of writing to be done!

Do you think you might be missing any, or have you got it locked down now?

I am 99% sure I’ve got the lot. I’m missing a few dates and a couple of support acts who are proving difficult to pin down – a lot of people didn’t take much notice of them, so a lot of the time they weren’t even on the posters. Sometimes SCAN would print who the support act was going to be, but then they might not turn up, so a Lancaster band would be drafted in. The support act for King Crimson had proven to be particularly illusive for over a year, but I finally nailed it when a lady posted a picture of a cutting on Facebook saying ‘did anybody go to this concert?’

So without the internet, you wouldn’t have been able to do this?

Utterly impossible. A lot of bands’ websites have all their historic tour dates on. I’ve been helped by Jane Silvester who is in charge of alumni and development here

at the university – she’s been very good at finding ex-students on the internet who’ve emailed back with memories. No, without the internet I couldn’t have even come close to a comprehensive list.

Do you need any more photos, or is that covered?

The more the merrier really – if anyone comes forward with some, that’s great. I’m sure that once the book’s out there, I’ll get people saying ‘I’ve got a photograph of this!’ and ‘no, you got that date wrong because I remember it being my birthday!’ So you know... I’m just trying to make it as accurate as I possibly can.

An excuse for a second print!

That’s right! I’m also hoping to get some quotes from artists. My fingers are crossed that I could be getting one from Sir Bob Geldof. The Boomtown Rats played here on four occasions, and a friend of mine’s nephew is their current keyboard player. I’ve been in touch with him and he says he’s going to ask Bob what he remembers. A real coup would be getting a quote from Sir Paul McCartney – that would be just brilliant.

What happened when Sir Paul came?

He was on a tour of universities, and decided when he was coming down the M6 that he’d just turn up with Wings. It was just fortunate that we could accommodate them; there were a lot of chairs set out for something the next day, but the Great Hall porter was more than willing to get them moved!

Why did these gigs in the Great Hall stop happening?

The concerts came to an end following the departure of Barry Lucas, and the placing of a crowd capacity limit of 1300 due to fire regulations. Subsequently in Autumn 1985, the concerts started to lose money. The Sugarhouse then came into its own as the primary student venue, welcoming the likes of the Stone Roses and the Happy Mondays.

Who was the last big name in the Great Hall then?

The last gig was from the Fall, whose frontman is called Mark E. Smith – not to be confused with our Vice Chancellor!

Can you see the Great Hall ever being used in the same way again?

I don’t think so. It’s still used as a music venue for classical concerts, and whenever I come in here it really does make the hairs on the back of my neck stand up, knowing who some of the students have shared a stage with. But no, I doubt we’ll ever see the calibre of acts that used to appear here. I don’t think bands would really want to come here nowadays; big names want to be at large stadiums.

So why was that not the case back in the 70s/80s?

In the days before the internet, bands would get their music out to people on the radio and by playing live gigs. Performing to students was a great way of increasing their profile and album sales. Lancaster University was ideally situated geographically as well: on the way up to Scotland from Manchester.

How would you describe the music scene in Lancaster today?

I think there’s a tremendous music scene in Lancaster. The Lancaster Music Festival in October is proof that there’s lots of exciting new bands around here – it’s very vibrant and great to walk round.

Who did you see there this time that you thought was good?

I particularly like Get Carter. I think Molly Warburton is very good as well – she’s got a good future in front of her. And the Lovely Eggs too.

When can you see the book being completed?

We are hoping to release it this summer. If not, certainly in time for Christmas this year.

Have you thought of a title?

I think we’ve settled on “When Rock Went to College”.

The road to UniBrass



Tom Jenkinson

GRACE PEMBERTON
 @GRACEYPEE

interest.

The University of Lancaster Music Society (ULMS) brass band took part in a workshop rehearsal with a guest conductor in preparation for the upcoming UniBrass competition.

Paul Duffy is a renowned name in traditional music, best known for his time playing for Black Dyke, a world famous name in brass banding. After playing soprano cornet with them for 7 years he has recently begun a career as a solo musician, releasing his debut solo album *Only Just Begun* last year.

Competitions have always been a rich part of brass band culture. Various contests take place all around the country for bands of different ‘sections’ – the equivalent to sporting leagues. Not only does this culture allow for bands to constantly strive to improve, the events also bring bands together, sustaining a community driven by healthy competition.

After competing in Saddleworth’s ‘Whit Friday’ marches in 2009, a group of Lancaster University students decided to create their own contest – ‘UniBrass’, a brass band competition open to all universities, was founded. With the first contest taking place in 2011, UniBrass is now in its fourth year and is gaining increasing support and

Although performing well in the early years of the competition, finishing 3rd in 2012, the ULMS brass band finished joint 12th out of 14 in last year’s contest, and are looking to up their game when the event is held in Warwick on Saturday, week 5. One of the ways they thought this could be achieved was through the rehearsal with Paul Duffy.

Susanne Broster, principal euphonium player for the band and ULMS president said ‘it was really worthwhile and enjoyable afternoon; Paul Duffy had us playing better within minutes. I’m really optimistic about getting a result the band can be proud of!’

Paul also ran a question and answer session after the rehearsal, a chance for the band to ask questions about playing techniques and his successful career. He finished the session with a short solo performance on multiple instruments.

“I really enjoyed leading the rehearsal with the University of Lancaster Brass Band,” Paul said. “Our two hour rehearsal finished after three hours! The players were all engaged and responsive to my suggestions. I’m sure if they keep progressing at the rate they are, they will do Lancaster proud at the UniBrass competition next month!”



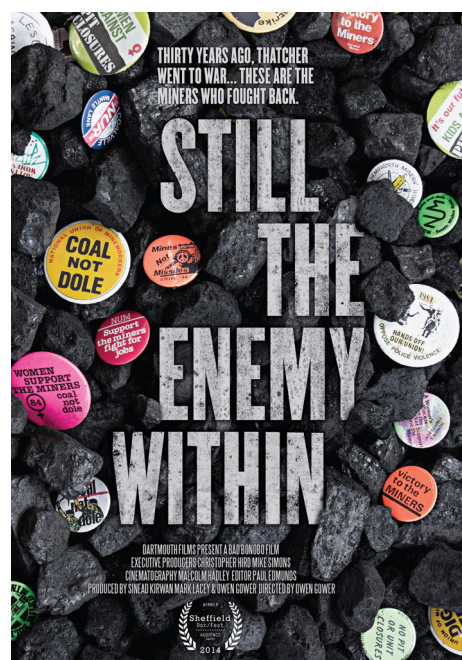
CINEMA AND THE OSCARS IN 2015: EVERYTHING ISN'T AWESOME

JAMIE MILLS
@JHRM94

Western attitudes to cinema are becoming increasingly depressing. With the Oscar nominations we've once again been reminded of the appalling lack of diversity in mainstream cinema. No black performers were nominated for acting awards and not a single woman was nominated for a directing or writing award. This isn't even an isolated case, the painful bias for white men shown by the Oscars since their inception is astonishing. There is of course an easy explanation for this; the Oscar voters are 94% white, 77% male and have a median age of 62. This is the demographic equivalent of having a board of ten women in an old people's home decide who wins the Ballon D'or. The Oscars are beginning to appear not just pretty racist and sexist, but also cinematically irrelevant; the list of films ignored by the Academy is mind-blowing: *The Lego Movie* not being nominated for animated film of the year being the most inexplicable decision.

Meanwhile we've had a French mayor, with no sense of irony, banning the Oscar-nominated Islamic film *Timbuktu* and Americans being inspired by *American Sniper* to kill "some fucking ragheads". I haven't even been able to take much solace in the new films this year... *Into the Woods* was a huge let down; with an amazing cast and fascinating premise, I sincerely thought it was going to stake a claim for film of the year. The songs were great, the cast lived up to its name, but it was caught in two minds: be a family fairytale film, or fully give in to the adult themes it aspires to express. In the end it does neither; it's a child sat at the adults' table refusing to have Chris Pine fuck Emily Blunt.

AT THE DUKES



DukesDoc began last month with *Still the Enemy Within*, a documentary about the 1984-5 Miner's strike which is celebrating its 30th anniversary. I've never sat through a screening like it; the emotive responses from the crowd bordered on pantomime levels; hissing Thatcher and cheering the miners heroics. It's hard to articulate how much this strike has influenced our nation's collective conscious, particularly among the ex-miners communities and the working class as a whole; something the film beautifully demonstrates. The film was unique in the documentary world for its exclusion of political opinions and wider historical analysis, and its stubborn focus on the miners themselves, allowing them to narrate the story. The hard work of the people behind the film is commendable; sifting through over 10 different archives must have required incredible man power. It pays off though, this is an incredibly moving documentary; it's power lying in its honesty and offering a true reflection of how much this strike meant to the union members at the time. The film is available to download or order off the *Still The Enemy Within* website.

Despite having to overcome a number of difficulties, the Dukes screened the incredible documentary *Touba*, a film which offered a fascinating insight into the Mouride brotherhood, one of the world's most elusive Islamic organisations, as they trav-

el to the city of Touba to celebrate the life of Cheikh Amadou Bamba. Bamba was exiled for his passive resistance against the French colonialists who were concerned about the rise of "radical Islam". The scenes are incredible: the crackling energy of the streets of Touba, the utter devotion of these people to their God and the descendants of the man who had tried to win them their freedom, and ultimately the love and compassion these people show each other. For balance, the film



shows both sides of the festival: the police are involved to control the crowd, and a cow is butchered on screen, and the division of men and women in religious ceremonies was undoubtedly the tip of a sinister iceberg. Overall, however, it was hard not to be moved by this incredible documentary. Given the events of 2015 so far *Touba* is a timely reminder of the humanity and incredible spirit of Islamic communities across the world, and of the dark shadow still cast by Western colonialism.

On Monday 9th of February, as part of the 2015 Journey Café's series, the Dukes is screening *Guys and Dolls* (1955), starring Marlon Brandon and Frank Sinatra and including some of the most iconic musical numbers of the 20th century. The screening is part of a series of arts events at The Dukes presented in association with Age UK Lancashire for people with memory problems and their families. At the price of only £4 you receive a ticket to see the film, a free pastry and hot drink on entry. The Duke's classic screenings are always really exciting; I was able to see *Metropolis* for the first time on the big screen with the original score which was an incredible experience.

WHAT'S ON

Interstellar. There aren't enough superlatives to describe this film; one the best sci-fi films of this century.

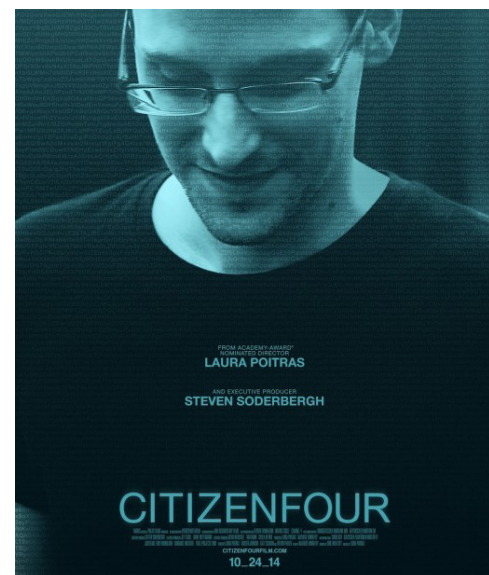
WHEN: Thursday/Friday, Week 4
WHERE: Take 2 Cinema

Love, Rosie. British romantic comedy written by Juliette Towhidi (*Calendar Girls*, *Testament of Youth*). A boy and a girl have been friends for years, could they possibly be right for each other? Almost certainly.

WHEN: Monday, Week 5
WHERE: Take 2 Cinema

Duck Soup. The classic Marx brothers' comedy re-released for the big screen. Un-missable chance to see one of the most influential comedies of all time.

WHEN: Tuesday, Week 5 – Tuesday Week 6
WHERE: The Dukes



Citizenfour. Laura Poitras interviews Edward Snowden, in a series of tense encounters. A fascinating insight into one of the most influential whistleblowers in Western history.

WHEN: Thursday, Week 5 8:30pm
WHERE: The Dukes

Big Hero Six. From the writer behind *The Princess and the Frog* and *Meet the Robinsons*, two of Disney's most underrated films, comes a film centred around the relationship between a boy and a loveable inflatable robot who then fight off a villain.

WHEN: Released Friday, Week 5
WHERE: Vue Lancaster

Interview: The Dunwells



CHRIS BICKLEY
 @CHRISBICKLEY1

Tons of energy. Supposedly what to expect when young band the Dunwells come to Lancaster uni on Wednesday, week 5 according to lead singer and guitarist Joe Dunwell. Hailing from Leeds, their sound is delicate pop rock, perhaps akin to Coldplay, The Script or The Fray. But it is not difficult to believe Joe when he hypes up the band's energy and youthful exuberance.

Having spent a lot of time stateside, supporting Mumford & Sons, performing at South by Southwest and appearing on the Jay Leno show, 2015 could (and should) be the year that this Yorkshire quartet establish themselves in the UK. Their upcoming tour (including the aforementioned date in County Bar) is in support of their recent Show Me Emotion EP, and currently anticipated sophomore LP. I spoke to Joe over the phone just before rehearsals to find out more.

Obviously your tour is starting soon, are you looking forward to it all?

Yes! We can't wait actually. We've got loads of new material in the set and it's the start of a new year, first tour of the year. Lots of things are planned for this year and this tour is the start of the set-up to it all. It's really great.

You have a date at Lancaster University - what can people expect from you when you perform?

Tons of energy, like I said: it's the first tour of the year, we're all mega excited for it. So there'll be tons of energy, loads of big songs, just trying to get the crowd involved as much as possible really.

For those who are interested in coming, but not yet aware of you, how would you describe your sound?

I'd say it is like... acoustic-rock? Pop music? It's hard to bracket yourselves sometimes. They're pop songs, but done in a band format really.

Who are your biggest influences musically?

Coldplay and Elbow - we're big fans.

Is there anyone you'd love to work with, past or present?

I'd love to work with.....I'd love to work with Guy Garvey from Elbow.

Can you see yourself achieving this in the future?

I hope so, I'd love to work with him because his lyrics are just, you know? He's one of the best lyricists out there. For me personally.

What's been your biggest moment to date so far?

We've spent a lot of time in America. We played the Jay Leno show, that was amazing. We've done some amazing festivals. Being a new band, everything's really exciting. Just the fact that we're going on tour again is mega exciting.

Your new album is hopefully on the horizon this year, what can we expect from it?

A very different album from the first album. It's basically the album that we wanted to do exactly. We spent a lot of time working these songs out, we had them in our jacket for about...nearly a year now, and we're ready to show the world them now.

Will any songs from your Show Me Emotion EP be on the album?

I think 'Show Me Emotion' will be on there. I think 'Communicate' will also. 'Communicate' is getting so many hits on Spotify at the moment it's unreal. Nearly five hundred thousand hits you know since it's been put up in September. It's crazy.

Did you not expect that, considering 'Show Me Emotion' was the lead song?

I didn't expect that at all. It's one of the favourite songs that I've ever

written personally. So I knew it was a good song, but I didn't realise it. I thought 'Show Me Emotion' would get the more instant reaction, but you take what you get really.

With everything being available online these days, anything could be a hit really.

Yeah absolutely!

Has there been any difficult moments on tour in your early years?

Not on tour, we actually do really well on tour. It's when we come off of tour when we kind of go... we start asking questions about 'where's the band going?' and what we're doing. The excitement of being on tour is doing it all and all the fans are loving it and we're loving it. We're stuck in the back of a van, we've got a football we always carry around so we kick that about. Then when we come off tour, we don't really talk for a week! We just settle down and get back with our families so that's when we start going 'Hmmm, what's going on here!?'.

Without attempting to sound like an X Factor judge, where do you see yourself in 10 years?

Hmmm, where do I see myself in 10 years? I see myself... still in this band. Playing big massive stages up and down the country and all around the world. I think you have to aim high in this game. I think I've had the same goal since day one of the band. I don't think it's ever left me really.

Perhaps playing stadiums and festivals?

Yeah, stadiums all around the world. With albums seven eight nine and ten. You know I just want to keep creating and I always want to keep creating in this band really.

Obviously you are still trying to establish yourself, what tips would you give to smaller bands in similar situations?

I would say... play at any opportunity. When we first started, to get people to our shows we would busk outside the venue we were playing at that night. And then 3 people would turn up and those 3 people would tell other people. We've kind of built our fanbase up fan by fan, person by person. It's worked really well to have the confidence to stand and play in front of people we don't know.

What was the moment when you stopped being a 'busking band' and became a 'professional band', with hundreds of thousands of hits on Spotify?

I think it's only literally just happened. I think it was first after the release of 'Show Me Emotion', it got a great reaction and the video got a great reaction on YouTube. People started showing up for the shows and singing the new songs back to us. I kind of realised then that whenever we put something out we're always going to have a fanbase. We've worked hard to get that fanbase. That was my realisation, after the September tour.

Finally, who's the biggest diva, you or your brother [co-vocalist and guitarist David]?

Probably me. Yeah I'm a bit of a pain, a bit of a perfectionist. Yeah it's probably me haha.

Well we won't hold perfectionism against you. Thank you very much for your time, I'll let you get back to rehearsing.

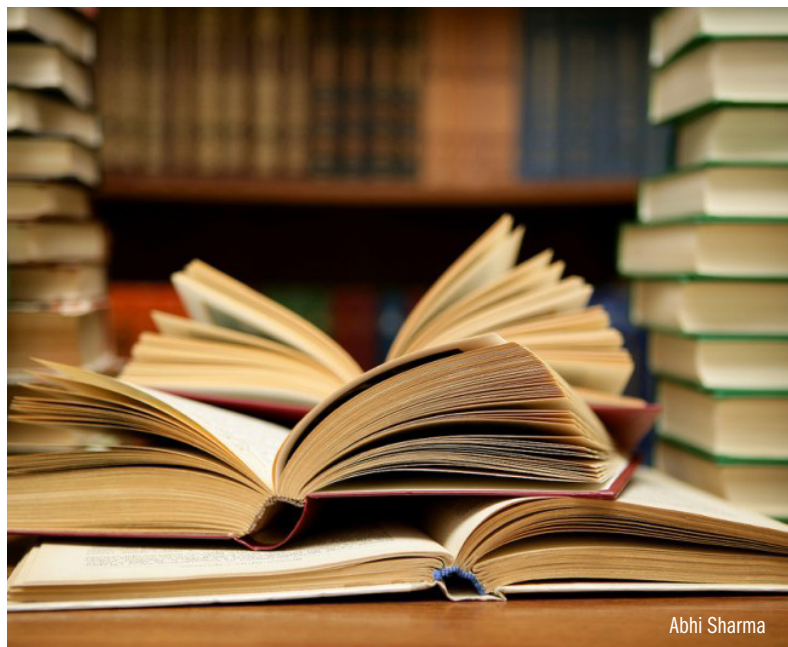
Thank you very much, will you be making it to the show?

Of course, I live next door to the venue so I'm eager!

Well I look forward to seeing you there!

The Dunwells will be performing at Live at the Oak in County Bar on Wednesday, week 5. The evening starts about 7:30 and entry is free.

Coping with Dissertation Stress



Abhi Sharma

PHILIPPA HAWLEY

Dissertation. The very word that strikes fear into the heart of third

years everywhere. As a current third year myself, I know of the horror facing us all; cue inevitable mental breakdown.

But don't let your dissertation get the best of you, there are a few things that you can do to prevent the waves of stress that will hit you before the term is through. Taking your mind off your dissertation and doing something productive will definitely help you in the long run, so go to the gym or go to a society meeting, and once you've come back to your desk you'll feel so much more focused. Do not get Netflix and start binge watching seasons of *Pretty Little Liars*- who would do that when their deadline is looming, right?! Someone easily distracted and putting off writing dissertation chapters, that's who.

Setting yourself little markers will definitely help you to cope with the amount of work you have, so arranging meetings with your supervisor is a great way to ensure you get your work done each time.

If your deadline isn't until the end of term you're more likely to feel you've got plenty of time to get it all done, but if you've got a meeting with your dissertation supervisor in Week 5 then you have to get at least something done by then. Having these deadlines every so often means your workload will be easier for you to manage and when it comes to crunch time just a few weeks before hand-in time, you'll have actually done a lot more than you remember.

Even if you don't have a meeting, just writing something little and often eases the pressure. Writing 500 words of a chapter of a less than legible paragraph may not be the best work you've ever written, but it does get you closer to that 10,000 mark. Going back and editing whatever you've written is a good way of keeping on top of it

too. What you think was 'A' grade standard on one day can clearly be absolute drivel when you look at it the day after.

Dissertation's can be a great deal of anxiety if you let it take a back seat. Without trying to lecture too much, it really is best to keep persevering with it.

Of course when it's the week before it will be the most stressful time of your life ever even if you've already written most of it, but don't leave it all to finish then, you've practically buried yourself in coursework otherwise.

And try not to be jealous of everyone uploading their obligatory picture of their finished and bound dissertation, it will be you eventually. *Cue jaeger and terrible hangover.

56 years later: Have we had enough of Barbie?

BRYONY SEAGER COMMENT EDITOR
@BEINGBRYONY

It seems Barbie is not so much of a girl anymore; on the 12th of February she celebrates her 56th birthday. Most people you ask will know about Barbie dolls, she's a toy that broke onto the market and just never seemed to lose popularity, despite plenty of controversy around the figure. There are now multiple versions of Barbie, family members, Barbies of different ethnicities, and of course the infamous Ken doll.

Most people remember playing with Barbie dolls at some point, or at least knowing someone who had them. I remember I had a limited edition one that was supposed to be a female matador. She had the most beautiful dress, but I wasn't allowed to play with her in case I broke it. There are many others like this, limited edition Barbie dolls that range from the mid price to the absolutely insane.

One such of the latter is the Stefano Canturi doll which was made after Mattel launched a collection in Australia. It features an Australian pink diamond in the necklace along with other diamonds and will set the purchaser back £425,000. Aside from the limited edition ones there are the regular Barbies, which apparently most people go through a phase of pulling the heads off or putting them in the microwave (so says a study lead by the University of Bath). Apparently this is representative of a phase of childhood, which we reject as we grow up.

The Barbie doll itself has not been without her controversies of course. The most obvious being that she has a completely unrealistic body; a tiny waist, legs up to her eyeballs, tall and blonde, and titchy feet (it has been calculated that if Barbie were real she wouldn't be able to walk due to her feet being proportionally too small to hold her up!). Other

than the faintly ridiculous, the more serious side of this issue is that Barbie's proportions might trigger anorexic tendencies. Scientists have figured out that if Barbie was scaled up to 5ft 9inches then she would not have the right body fat % to actually be healthy. She would be scarily underweight. It wasn't until 1997 that doll designer, Mattel, gave her a slightly wider waist in order to "fit in with contemporary designs".

Another area in which Barbie has often fallen foul of controversy is in the attempted to portrayal of ethnic minorities. It was in 1967 when this first attempt was made with the so-called "coloured Francie" but she was produced using the existing Barbie doll moulds, and therefore had exactly the same features as the white doll. There were other attempts to make an African-American version of the doll, but they always drew the criticism that they still had Caucasian features. It wasn't until as late as



Tracheotomy Bob

2009 – fifty years after Barbie's first creation – that Mattel released a range which attempted to depict a more appropriate portrayal for ethnicities other than Caucasian.

However, it seems that regardless of what people think of the Barbie doll she is here to stay on the toy

markets. The parent company is still coming up with new versions of Barbie in an attempt to prolong her appeal. I suppose the question is whether she will stay relevant to young children, but having survived nearly sixty years, I'm guessing she'll cling on with her fingernails to stay an iconic toy.

LUFemSoc says....



HANNAH BRADY

This week, The Sun has taken misogynistic trolling to a whole new level.

On Tuesday, it reportedly did away with Page 3, that ancient, deeply creepy 'British institution' of featuring topless models on one of the first pages of a national newspaper. Twitter exploded, thousands rejoiced - after 44 years, 217,000 signatures on the No More Page 3 petition and tireless campaigning by feminist groups, it looked like Page 3 had gone the way of the dinosaurs. True, it was only a partial victory: instead of topless women, Page 3 would have featured, well, girls in their underwear (as if somehow not featuring nipples suddenly made the continued existence of breasts news-worthy) but hey, a win is a win no matter how small! And then came Thursday morning.

If anyone had convinced themselves that the Sun was about to flourish into a decent, civil newspaper, they were in for a nasty surprise when the news broke:

the Sun had not removed Page 3 at all. Oh no, they hadn't just reinstated it: they were gloating about it. Along with a photo of winking Nicole from Bournemouth, the front page read 'We've had a mammary lapse', possibly the most hideously unfunny pun to grace the cover of the Sun - and that's saying a lot. Inside, the paper mockingly 'apologised' to all the journalists who had written about the page's removal. It was a petulant, childish move, only made worse by The Sun's PR manager Dylan Sharpe subsequently tweeting a collage of the topless photos to female opponents of Page 3. Classy.

Page 3 has always been (and tragically remains) a bastion of sexism, reinforcing a depressing over-sexualisation of women. It is a pervasive, problematic, continuous message that at the end of the day, if you're a woman, your best chance of appearing in a major national newspaper is to get your kit off. I'm a firm believer that there's nothing wrong with women being sexy and sexual - but why on earth is anyone arguing that a newspaper is the appropriate place for it? Why should we have to see Page

3 flashed around on buses in the laps of creepy guys, or lying open in doctor's waiting rooms? Without sounding like some kind of hand-wringing moral guardian, kids are going to see this every morning at the kitchen table, and all it's going to do is teach boys that girls are objects to be ogled and teach girls that you need impossibly airbrushed skin and DD-cup boobs to be successful.

There is one tiny pinprick of light at the end of the tunnel: the No More Page 3 campaign has had huge boost. They've gained almost ten thousand more signatures on their petition, founder Lucy-Anne Holmes appeared on Newsnight, and coverage is still ongoing. Okay, the initial 'win' wasn't enormous, but The Sun's immediate U-turn just reveals how deeply juvenile and misogynistic they really are - and now people are only more determined to fight back.

Disclaimer: this column represents the views of the author alone at the time of writing and not of LUFemSoc as a whole, although the author is a member.

Don't be a Slave to Commercialism this Valentine's Day

ANTONIA WOOD

DEPUTY FEATURES EDITOR

We've all walked into the local supermarket in early November, noticed the endless aisles of Advent Calendars, Christmas Decorations and reduced price alcohol and asked ourselves that familiar question- is it really that time of year again?

Everybody on campus is always so busy with their individual workload and social life that we always assume that the introduction of these annual festival themed products actually coincides with the appropriate time of year, but this is very rarely the case. In fact, many shops start drawing us in to their commercial celebrations months too early.

In a world dominated by the power of advertising in our fast-paced lives, commercialism appears to be a means of conning us out of our (already limited) pots of money. Since Christmas 2014 ended, franchises all over the UK have already started stocking their shelves with overpriced and unnecessary Valentine's day merchandise. Even the Spar on campus has jumped on bandwagon, offering 'half price' boxes of chocolates and similar gifts that many of us just wouldn't buy otherwise.

Similarly, the Sainsbury's in Lancaster city centre has taken this to a more extravagant extreme, offering party hats, plates and cups embellished with small hearts. Many restaurants are already advertising things such as 'meals for two on Valentine's Day', with promise of saving money. But the reality is if you are not a person who eats out on a regular basis, you are actually spending more money than you would normally.



Andy Ciordia

According to the Telegraph, the average British man spends £36 on Valentine's Day, and the average British woman spends £23 - arguably an unnecessary expense for a holiday that was traditionally about the celebration of love.

Yet this marketing overkill does not just stop after Valentine's Day, but seemingly infiltrates every so-called 'big event' of the year. We will soon see advertisements for Easter Eggs, sunglasses for the Summer Holidays, costumes for Halloween, fireworks for Bonfire Night, and then it's Christmas again. And although we can see that these supposed bargains are in fact thinly veiled rubbish, we justify our indulgent purchases by telling ourselves that it is a one of due to the upcoming holiday, when in actual fact this is merely a marketing ploy, designed to persuade you into doing exactly that- all year round.

By all means, celebrate every holiday as much as you feel necessary, but do be aware of the way that large companies cleverly commercialise these events to end up costing you more than it really should; nobody needs to sift through mountains of plastic balloons after every celebrated event.

CONSPIRACIES UNRAVELLED

How JFK Really Died

ALEX KENNET

It is a fact that John Kennedy was killed on the 22nd November 1963 but only a mere 20-30% of Americans believe the “official truth” that Lee Harvey Oswald acted alone. In 2009 76% of those polled said they believed there was some type of conspiracy afoot. After Kennedy’s fateful assassination witnesses were bullied out of giving their testimony. And over 103 officials were “conveniently” killed within 6 months of his death. There are still over 1,100 unreleased CIA documents regarding Kennedy’s death, which is unsurprising considering they were one of many organisations and individuals that wanted the man dead.

The CIA wanted Kennedy dead because he had uncovered their Nazi plot to sell dangerous drugs to corrupt good, honest Americans. It was because of this that Kennedy planned to disband them. Along with the embarrassment of the Bay of Pigs, Kennedy had lost all faith in his secret service. The CIA also had links with arms traders and gangsters who were in on the plot. They too wanted Kennedy dead as he wished to end the Vietnam War which they were profiting off. The plot against Kennedy included rebels within his own party. His vice-president Lyndon Johnson had a thirst for power which he could only obtain through Kennedy’s death. He manipulated George Bush Senior – the director of the CIA at the time – to help orchestrate the assassination. Kennedy was loved by the people he served and hated by those he served with. With so many potential motives and conspirators acting together against Kennedy it seems impossible that his death was the work of Lee Harvey alone.

The plot required a complex web of lies and deceit. But despite their impressive efforts to hide the truth, cracks show in the official story. As



Kennedy’s limousine reached the bottleneck point it is claimed that there were only three shots fired. One missed the car completely. One shot (the so called “magic bullet”) skimmed Kennedy and diverted into John Conally. And the final and fatal bullet hit Kennedy directly in the head. It is clear that the “magic bullet” could not have logistically hit the both of them. Harvey alone could not have shot with such speed. And the “magic bullet” could not have passed through Kennedy and then hit Conally at such an angle. There were clearly four shots, not three.

This required at least two shooters. Harvey located himself in the Texas School book depository. And then another shooter, whose name is still to this day unknown, placed in the Dallas Texas Building creating a bottleneck. But this elaborate plot was not enough to

kill Kennedy. The work of the useless Nazi infested CIA, the treacherous Johnson, and the arms dealing gangsters together could not successfully kill Kennedy. Even with these two locations shooting on the car the fatal shot could not have been made. If the shot had come from the sixth floor Mrs Kennedy would have scraped her husband’s brains from the front seat not the back.

There were much more sinister elements at play. Kennedy survived the initial attempts on his life. He later woke up in the morgue with serious wounds but still breathing. It was here he encountered aliens for the first and last time. A recently uncovered letter written by Kennedy to the CIA shows that the president demanded to see confidential documents about UFOs a mere ten days before he was killed. Aliens who visited earth feared

their existence becoming publicised and knew the initial plots incompetence meant it would inevitable fail. This meant they had to intervene.

They awoke the alive, but thought dead, Kennedy. They explained the plot to him and that even though he had survived the first attempt there was no way he would last much longer. And even if he did his life would be lived in the shadows. Simply too many people wanted him dead. They rightly told him that he was fated to die on the 22nd November 1963 and that his continued existence would cause a hole in the space time continuum. They pleaded with him and explained that he must die in the initial assassination plot and that there was only one way this could be done.

The aliens sent Kennedy through

time and space to position Kennedy on the famous grassy knoll that overlooked the site of his death. Lee Bowers, who worked by the site, states that he saw a flash of light and smoke around the knoll before the assassination. It is clear now that this was Kennedy himself transporting through time and space and that this flash was the moment he arrived. All facts point to the need for another shooter.

The logistics of Kennedy’s death point to the grassy knoll. Kennedy, after travelling through time via an alien invention, made the fatal shot to his own head. Whilst the Kennedy we knew and loved died on video, the Kennedy from the future melted away as he no longer existed. The paradox was stopped.

John Kennedy shot himself to save the world.

Yay or Nay to Valentine's Day?



Nay

EMMA RODGERS

The 14th of February is branded as a day dedicated to the celebration of love. One day out of the 365 days in the year that states that everyone should show their love and appreciation to their significant other. Clintons is bursting with shiny red heart-shaped balloons, dozens of red roses spill out onto the street from the florists and the nation tunes in to Heart FM so Whitney Houston's I Will Always Love You can be heard every hour of the day and night. Amongst all these obviously genuine gestures of love are several irksome traditions and other pet peeves to be found in the lead up to Valentines Day.

One of these includes the childish tradition of sending Valentine's

Day cards and presents signed from a secret admirer. This anonymity whilst being considered romantic and exciting on the 14th of February would be branded as creepy, borderline stalking and socially unacceptable any other day of the year. Not only is this act utterly bizarre but ultimately frustrating.

As Valentine's Day rears its ugly head people start to stereotype and making assumptions about what people will be doing on this sacred day. For example, obviously all single girls will be sitting in, alone, burying themselves in a pot of Ben and Jerry's whilst watching Bridget Jones' Diary and sobbing into their onesies because "nobody loves me". Singles expect couples to be suiting and booting and dining out, gazing lovingly into each other's eyes whilst the flame of a single candle flickers

between them. Whereas in reality if couples are eating out it will be from a set menu that has mysteriously doubled in price over night and will require booking several weeks in advance to share an intimate, romantic night with a restaurant full of other couples also trying to be intimate and romantic.

As a committed member of the relationship club, I can tell you there are certain expectations and pressures as Valentine's Day comes around. The most challenging of which is the monotonous task of choosing a card! Seems simple enough... but unless you are ready to commit to eternal love you have to trawl through literally hundreds of cards. Also, just when you think you've found an acceptable expression of your feelings you open it up and hidden in there are the words "forever and always". Personally the closest I get to a commitment like that is after one too many drinks when my best friend and I caption our snapchat sugar-house toilet selfies with #BFF.

These cards aren't a true representation of how you feel! It is a message, mass produced and sent to hundreds of other loved ones. The "best boyfriend in the world" title loses some of its weight when you open it in the restaurant and find that the guy at the table next to you has just received the very same 99p Card Factory card.

Finally, why? If you love someone should you only celebrate this on the 14th of February? Why not the 15th, 16th and every other day of the year? Valentine's Day standardises romance and leaves no room for spontaneity or surprise and it takes away intimacy as it is shared with the nation. Valentine's Day is on par with New Year's Eve in that the expectations and the build-up are so immense that the actual event can never live up to them. Whether you're single or in a relationship Valentine's Day brings about doubt and disappointment. Love should be celebrated in all relationships, friendships and families every day of the year and we should not be dictated

to by the card companies when or how we express this love.

Yay

CHAD BUNNEY

As I'm soon to spend my nineteenth Valentine's Day as a singleton you, might assume that I'm not in the position to comment on the validity of Valentine's as a holiday but bear with me as I argue against some of the criticism the day faces.

"Every day's a special day"

I've heard the arguments that every day should be a celebration of this 'love' for any relationship instead of it just being one day. From my observations though I can say that this is not how it works. There are going to be good days and there are going to be bad days, not every day it is going to be a celebration of the best of you both but at least it is going to 'be' the both of you together in a relationship. Valentine's Day should work as an extra special reminder of the good days. I'm not saying it will always be the best day and I'm not saying that for the other 364 days of the year you're not allowed to show spontaneous gestures of love, but, for one day a year you are encouraged to place on the table how much your bond means to each other. In a longer term relationship this can help keep the spark ignited and remind you the foundations of why you're together in the first place.

Anybody screaming at their paper saying 'but it's such an effort' or 'but it's so pricey' I'd like to ask question that when it is love should you not make the effort, at least for one day, and how much is your love worth if you're not able to stretch to forking out for a cheap pizza and DVD date if nothing else? If you're in a long distance relationship or just can't be with your other on the day then why not ring or Skype, just let them know you're thinking of them.

What is Valentine's?

There are many different stories about the day's actual namesake, Saint Valentine, as there appears to have been more than one religious figure to have had that name. A popular legend many take for the Saint, of whom the holiday is inspired, begins in Ancient Rome when Emperor Claudius II outlawed marriage for his soldiers in the belief that without family commitments his army would be better at fulfilling their duty. Saint Valentine, in secret, continued to perform marriage ceremonies believing both in the sanctity of marriage and the connecting bond between two people. When discovered Valentine was sentenced to death. Some versions of the legend of Valentine continue from here to add that whilst jailed the saint fell in love with his jailer's daughter. Before he was executed some versions say that he left her a note declaring this love using the now popularised phrase 'from your Valentine'.

Following this story we see two things which I'd like to use to make my point. Firstly, the fact that Valentine actively supported the idea of love as an observer, though he was not part of it he could appreciate it and for this I say that if you are alone this Valentine's day it doesn't mean you have to hate it. Stick on a rom-com and a bad playlist of love songs and copy my plan as 'love makes the world go round' and it's really too embedded into our culture not to celebrate. Secondly, I'd like to draw attention to the forbidden marriages and the unusual love between Valentine and his jailer's daughter, love breaks boundaries and love finds a way. In 2014 same sex marriage was legalised in England, love broke a boundary which before had been in place. Like this, I would like to argue one last time that if it's distance, money or anything of the sort that you think holds you back from enjoying Valentine's just remember that love breaks boundaries and, as I say to similar skeptics of Christmas, it's the thought that counts.

The Vagina Monologues: Alice



Sammie Caine

ELLIE VOWLES CAROLYNNE EDITOR
 @ELLIEVOWLES

First of all, tell me a bit about yourselves.

Alice: My name's Alice. I'm a 2nd year English Lit & Ethics student and I'm somehow the fundraising director for *Vagina Monologues* this year. I also have lots of other different roles around the university because I love getting involved with everything, but my role within this project is to organise the fundraising events and sort out all the stuff we do to raise money and promote the profile of Vagmons around campus.

Oh my god, Vagmons! I love that abbreviation.

Camille: Sorry! We've just gotten used to calling it Vagmons now and when people don't know what we're talking about we're like "Uuh, how do you not know what it is?"

A: I'm fundraising director for *Vagina Monologues*, I'm also social sec for LGBTQ* which is loads of fun. I'm also a swimming teacher and I have a knee injury but I love sport! I loved to play it and now I love to watch it. I basically just spend most of my time chilling with these guys and having fun with friends.

C: She's a Gemini!

A: I'm a Christian as well so I try to go to church as much as possible but Saturday nights in Lancaster often end in Sugar! That's kind of me really.

C: I'm Camille Hargaden. Hargaden is kind of... I'm told it's Irish but everyone asks me if it's Dutch.

A: You can always put Camille Haagen-Dazs if you don't know how to spell it.

C: No! Well actually, people kept calling me Camille Haagen-Dazs so I used to go around drunk on

nights out saying that I'm part of the Haagen-Dazs family and that when my grandfather dies I'm going to inherit 14% of the company. Anyway, I'm a French and Spanish student and this is actually my 4th year because I had my year abroad last year. I spent half in France and half in Mexico. What else? Is there anything else about me? I'm a Virgo!

A: What do you love doing?

C: Sleeping. And Eating. What else? I don't know.

A: You're a fabulous cook.

C: I cook meals for people, but then that makes them not want to cook for me because they get intimidated by my cooking prowess.

So, tell be about *Vagina Monologues*!

C: Outside of Lancaster University, it all started because Eve Ensler was doing interviews with women about various experiences they'd had as woman. Some were funny, some much more serious. She wrote some monologues based on those and it became a play. At first she performed it all herself and then it became so popular and so famous that famous actresses got involved. I think Whoopi Goldberg, Clare Danes and Jane Fonda are among the bigger names. Then it sort of became a campaign as well.

A: Yeah, it started with Eve Ensler creating this play of monologues and she decided to take it a bit further because she realised how popular and how empowering it was, so she started a charity called V Day. It's an international charity that strives to end domestic violence against women and girls. Loads of different people get involved and the idea is that all these different groups of women are performing this play and normally they choose a local charity that is close to their hearts that is related to domestic/sexual violence and give 90% to them and then 10% of everybody goes to V Day. This year that's changed and they've just said to give all of it to the local charity which is nice. It's really cool – we're still part of a global network and it's still a community but we've been challenged to focus on a local charity this year so that's what we're doing.

C: And it started in Lancaster is it 13 years ago?

A: Yeah this is the 13th year. I can't believe it's been running that long, actually! It's kind of become a really big thing. I know quite a few other universities do it in UK and I've

Tooms & Camille Hargaden

yet to come across one that's so...

C: I feel like this group have a higher profile on campus compared to other universities. Obviously I'm biased but I think we're one of the best groups to do it – I've heard things about other groups that do it being transphobic and that's just completely against what Eve Ensler's about and it's just ridiculous. We're very much all inclusive for any self-defining woman.

A: I think the big profile we have is a testament to the women who have done it before us because they've pushed it and it's sort of become a pinnacle of university life for a lot of people.

Who is the money you raise going to this year?

A: The Birchall trust who offer a service to survivors of rape, sexual abuse and domestic abuse.

C: We had a visit from a woman called Gail who works with them recently and she was such a babe.

A: We were approached by a cast member actually and this charity was close to her heart and her passion for it really touched us. They're an independent charity that was started by a woman called Christine Birchall in 1991 when she basically just decided to become a qualified councillor after retiring. She came across all these women who'd had these horrific experiences when they were younger and they had friends who'd had similar experiences and she began to realise that it's not rare. People go through these things all the time but no one talks about them and no one gets help because they don't know the help's there. Now they offer counselling and support to lots of different people and are just fantastic.

C: And they are so grateful! They were so excited when they found out we'd chosen them

A: They bought us chocolate!

C: Yeah! You know the Thornton's chocolate that you can get the writing on? And they'd written a little thank you.

A: It was adorable. But yeah! So that's who we're raising money for and they're going come to the show and everything, which gives us something to really strive toward.

You two make up 2/3 of the directing team, how big is the rest of the cast?

A: A little bit more than 40, which is fantastic. They're all from completely different areas and societies and places.

C: What I didn't realise is that one of our cast members is actually in her 4th year of being involved and she said that it's only in the last few years that we've had such large numbers – it's just grown and grown and that's fantastic.

The play is one that covers a lot of different stories that have such wide scope and deal with so many different things. Are there any that particularly resonate with you personally?

A: I just love the scope of the script. Some are so hilarious you're absolutely wetting yourself and others are really serious.

C: If you don't know what it is you'd probably assume it's just women complaining about their lives or just hearing horror story after horror story about the terrible things that have happened to people. There is some of that, but it's interspersed with other stuff as well.

A: There's one that's basically about this girl who has troubling experiences when she's younger and the way it's written starts with her as a little girl so she describes as a girl would. She can't really process what she's going through, but the audience knows what's going on. It's a bit of a personal thing, because as she's then growing up she realises how great woman are (and I'm a bit gay) and she finds this new side of herself that she really loves

and becomes really empowered and realises that the things that happened to her in the past don't have to define her and that resonates with me. It's also quite funny.

C: Possibly my favourite is one called The Flood.

A: Ooooh the flood!

C: It's about this old woman who hadn't had much to do with her vagina. She had an experience when she was younger where this boy kisses her in a really romantic way and she had a "flood" come out of her vagina. She is absolutely traumatised by it because he reacted really badly and she was mortified and then just never went back here again and then later she has to have everything removed. There's a generational thing. She's like "Young people in my day ask about my vagina, what are you talking about?!" and the idea that talking about a part of your body that's private is so taboo. There's something about that that really made an impression on me.

A: You grow up and you're like "...sex". No one talks about sex! And I know it took me ages to actually say "Vagina" out loud.

C: Now we'll all be sat in Trev bar talking about *Vagina Monologues* and we use the word so freely and people always seem so taken aback when they overhear.

A: Shall we tell her about the tally?!

C: Yeah, go on!

A: Basically at Fresher's Fair we had a whiteboard and we were trying to get people to sign up for the *Vagina Monologues*. We were there with lollies and pens and stuff and we basically decided to do a secret tally of the responses we got to the sign. Some people would just laugh out of pure awkwardness, some people actually physically recoil.

C: One that really annoyed me

was a couple of girls (and I'm pretty sure most girls have a vagina) looked at the word and pulled the most disgusted face. One guy burst out laughing, turned to his friends and was like "Look! Look!" and I was just like "Uuh yes, it does say vagina" and he went bright red.

A: So we did a tally and it was funny. I don't know if we're meant to say that, but oh well. People need to get over the word vagina!

So there's the play, but how else can you get involved with the Vagina Monologues community?

A: Last year *Vagina Monologues* started LURADV which is the Lancaster University Run Against Domestic Violence. It was a really small idea to start, just a fun run on the side and then it just went crazy last year! Everyone wanted to do it – sports teams, societies, parents, and people from Lancaster. We received so much support from LUSU – it's kind of the two of us getting together and creating this massive charity event. It was just fantastic. Everyone had a really enthusiastic and positive approach. So because it was so huge last year we decided to bring it back. It's a 10k run, anyone can sign up, you can do it as an individual or a team and we've had about 70 people sign up already.

C: There are two way of getting involved; you can run and you can also be a steward! Just helping us coordinate the event, direct people, tell them what to do...

A: Wearing bit bright yellow jackets!

C: And giving out water.

A: But yeah, if you're not someone who likes to run, you can still get involved.

Obviously this play is really important to you and the cast, but why should it be important to everyone else?

C: Half the population is a woman

A: More than half!

C: So, over half the population is a woman and the monologues cover a multitude of experiences that women have. I understand that there's a lot of people who roll their eyes and think it's just a load of angry feminists and that's not at all how I see it. It's not at all man hating. There's one monologue where there's a woman who was completely disconnected from her vagina and thought of it just as a piece of furniture, and then she meets this guy called Bob who teaches her to love her it. I think that every man in the world is influenced by women, whether it's your mum or sister or friends and everyone needs to appreciate that some of those women go through certain experiences and people need to appreciate that women should be celebrated. I think there's definitely a culture of men being put first and put forward more. In a lot of cultures still, women are there almost as an assistant to someone and I think this play is just bringing women forward and saying actually we're fucking fabulous too.

A: It's a celebration of women and it's a celebration of people. The cast is exclusively self defining women but anyone can come and see the play. It's for everyone and it's just a celebration of how we're all so different and the fact that it's alright. It sounds so cheesy, but you sort of become part of a community when you see the play and it's something a lot of people share and it's close to a lot of people's hearts. If you have an expectation of it, come and see it because it'll blow your mind.

The Vagina Monologues is showing in the Nuffield Theatre on the 12-14th February. Tickets can be purchased from the Live at LICA website. Information about the Vagina Monologues, LURADV and how to donate can all be found at thevaginamonolancs.webs.com on Facebook at The Vagina Monologues – Lancaster University.

How to dress for... Grad Job Interviews



ALEXANDRIA DALE

Whether you're in your final year and looking for your next step in life, or you're trying to find any experience you can (hopefully paid) to add to your CV, an immense source of pressure for grad job or summer internship interviews is making a good impression – ultimately, what you wear.

No matter what industry you're interviewing for, it is necessary to look professional. Girls, that means making sure your tights don't have any runs in them and guys, do your top button up and straighten your tie! With my helpful tips below, hopefully you'll feel a little less nervous at your next interview.

THE LADIES

Style icons:
Kate Middleton, Olivia Palermo, Miranda Kerr

- If you choose a dress, make sure it's an appropriate length and doesn't show off too much cleavage. Pair with a blazer to add a professional flair.

- Blue jeans, no matter how smart, are not an option. If you're struggling to find a smart pair of trousers, you can get away with

black jeans or leggings (I don't mean New Look's "so thin they're practically tights" leggings) as a suitable second choice.

- Adding accessories to your outfit gives you the chance to have some fun and show your creativity. A statement necklace or printed scarf can really tie an outfit together and make you stand out from the crowd.

THE GENTLEMEN

Style icons:
Ryan Gosling, David Beckham, Nick Grimshaw

- If you want to pull out all the stops, suit up! Classic black is associated with eveningwear, so aim for a suit in navy blue for a fresh approach.

- If you're interviewing for a more casual work place, a button down shirt and chinos provide an accomplished air. Add a jumper in a neutral colour and let your collar and your cuffs peek out.

- With such cold weather conditions, a smart coat is crucial. Whether you choose a trench or a pea coat, adding a bright and warm scarf will complete the look.

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).



Jessica Mahar

Course: Fine Art

Favourite Shops: Charity shops, Topshop

Signature Piece: Cut-out boots



Danny Gough

Course: French & History

Favourite Shops: River Island, New Look

Fashion Icon: Alexander McQueen

Signature Piece: Scarves



Laura Martin

Course: Politics

Favourite Shops: ASOS, Topshop

Signature Piece: Pointed loafers



Megan Gay

Course: English Language

Favourite Shops: Urban Outfitters, Zara

Fashion Icon: Olivia Palermo

Signature Piece: Leather shorts

What I Wore In A Week



George Stopczynsky

Course: Accounting & Finance

Favourite Shops: Topman, Urban Outfitters

Signature Piece: Shoes

Damian Vatne

Course: Business Studies

Favourite Shops: Topman

Signature Piece: Barbour Jacket



ELENA LOCKETT

Twitter: @LOCKETTSPOCKETS

Dressing for university everyday can be a bore, especially if you have a 9am and your brain hasn't properly turned on yet. I plan my outfits the night before and love to incorporate different things into every outfit so I don't feel the same.

MONDAY

On Monday, I cozied up with a big ribbed knit and some classic Puma's, to add a sporty element to a relaxed outfit.



TUESDAY

Tuesday, I paired my favourite duster coat with a Fred Perry hat to give my look quite a preppy feel, using contrasts with leather trousers and the cotton coat.



WEDNESDAY

On Wednesday, I dug out my favourite classic leather jacket, which works perfectly with an all-black look, topped off with a quirky turban hat.



THURSDAY

I went a bit wild and wore my fur coat to university on Thursday, which is perfect with jeans to make a warm yet crazy outfit.



FRIDAY

As it was the end of the week, I thought I'd wear my wackiness outfit, and wear my full red suit to university. Perfectly set off with white accessories, to give the look a fresh, clean look.



Min Kwon

Course: Business Analytics & Consultancy

Favourite Shops: All Saints

Signature Piece: This scarf (made by his girlfriend)

Get Up And Glow: Beauty And Skincare To Beat The February Blues



ANNABELLE BRITTLE
@ANNABEEBEAUTY

After a long and chilly January, the last thing we need is another month of dark mornings and frozen extremities. Unfortunately, that's exactly what February will bring, but never fear, help is at hand! I've rounded up six skin-care and beauty products to help kick start your mornings and energise you for the day ahead.

Activbod Feel Great Shower Gel Concentrate £5

The hardest part of getting up is precisely that; physically having to move your body from your toasty

bed into a cold bathroom. This shower gel concentrate should make the whole experience a bit nicer though, as it contains sea minerals, green tea extract and almond oil to deeply cleanse your skin, as well as a pepper, eucalyptus and lemon fragrance to really blow the cobwebs away.

Nip + Fab Bee Sting Mask £14.95

Although this is advertised as a mask, its thick gel consistency means it works fabulously as a serum when used sparingly. It contains bee venom (yes, really!) which improves circulation, effectively plumping and smoothing

the skin, and the gel cools and refreshes the skin to help you feel a bit more awake!

GinZing Moisturiser £23

Origins are true masters of skin-care, and their GinZing range has an appropriately large cult following. Designed to hydrate and revitalise, this oil-free moisturiser contains ginseng and coffee bean extracts to create a healthy, vibrant glow. Talk about a good start to the day!

L'Oréal Skin Perfection Awakening Eye Cream £12.99

One of the best ways to refresh your eyes in the morning is to apply a good eye cream. Dark circles, eye bags and fine lines can appear reduced thanks to the caffeine and vitamin C extracts in this cream. It's also tinted so it brightens and illuminates tired eyes.

MUA Prime and Conceal Palette £4

This is an absolutely genius palette. It might look a bit scary at first, but you apply these different coloured concealers in specific areas to combat different concerns. Lilac illuminates and neutralises yellow undertones, green neu-

tralises and reduces redness so it's great for covering spots, yellow conceals purple tones under the eyes, and peach adds radiance to any area. With this colourful correction kit in your beauty arsenal, no-one will know about your routine of late nights and early starts.

I Heart Makeup Go! Palette £3.99

Another handy product to have on hand during busy mornings is the Go! palette from I Heart Makeup. They have created this set of six eyeshadows, a blusher, a bronzer, and a highlighter; basically everything you need if you're doing your makeup in a rush.

H&M S/S 15 Collection Features Karmen Pedaru

DAPHNE TSOUVALA

Supermodel Karmen Pedaru is the new face of H&M's spring summer collection of 2015. Karmen Pedaru is posing for the womenswear lookbook session, captured in a radiant studio calling upon the first spring days. If only the spring was days away!

Breaking news Lancaster ladies: H&M takes inspiration from us! This collection is made for the

ultimate cool girl. As H&M puts it, "she's in a holiday mood and takes inspiration from the glamorous and laid-back life of Miami and Palm Springs". Pajama inspired bottoms, cool prints as well as sportswear accents are the key looks of the new season. Light pieces with floral and graphic prints represent the season's sentiment. The Swedish ultimate fashion brand is ready to soak up the sun and we are right there with them!

The new collection takes us back to a retrospective of the golden or better say colour-drenched American 70s. Back to L.A. and Miami of that time. How fab and exciting does that sound? When I try to empathise with that time, I always imagine that there was nothing better than a Long Island Ice tea. And just as awesome and intense as our imagination of these times is the brand new collection of H&M. Very oldie and very Goldie.



hm.com

French Fashion Supports 'Je Suis Charlie'

JASMINE CLARKE
FASHION EDITOR

The French fashion industry has been rigorously supporting the 'Je Suis Charlie' campaign, asserting the need to protect freedom of speech in the aftermath of the terrorist attack on the offices of satirical magazine Charlie Hebdo, which saw 12 people being killed. "Freedom of expression is sacred. Stand united!" François-Henri Pinault, the chairman and CEO of French fashion conglomer-

ate Kering said on social media, alongside a range of other major French houses.

"Freedom of expression is a core value of our civilisation and is central to any kind of creation, from comics to fashion," Dior Homme creative director Kris Van Assche told WWD. "Beyond the horror and the shock of the dreadful news, freedom is at stake. As a citizen, as well as a creative director, I shall stand for it."

Along with thousands of others, Givenchy's Riccardo Tisci posted the Voltaire quote: "I do not agree with what you have to say, but I'll defend to the death your right to say it." Meanwhile Jean Paul Gaultier lined up with his staff on the steps of his atelier to display "Je Suis Charlie" signs in solidarity.

"It's horrible. I've been physically sick since Wednesday," Karl La-



gerfeld added. "I think it's very bad for the image of Paris, though I'm very much against French bashing... They were very gifted people they killed. Cabu was incredible."

Today, there is much fear and sadness surrounding the situation, however at the same time many French people are proud to see their fellow citizens affirm this basic right and happy to unite together.

The Unfortunate Rise of the Celebrity Model



GEORGIA SHEPHEARD
DEPUTY FASHION EDITOR

First it was Kendall Jenner for Marc Jacobs, now Justin Bieber for Calvin Klein, it seems celebrities are no longer satisfied with dominating just one aspect of our society, but rather need confirmation of their beauty and worth in the form of a highly publicised fashion campaign too.

After walking for Marc Jacobs during New York Fashion week last February, Kendall has transitioned from reality star into a high fashion, high in demand model. Her showcase on Jacob's runway, with bleached eyebrows and a daringly sheer top, sparked attention and since then her modelling portfolio has grown to in-

clude Fendi, Dolce & Gabbana, Givenchy and campaigns for Marc Jacobs and Karl Lagerfeld. Her latest campaign for Marc Jacobs sees her alongside supermodels Karlie Kloss, Adriana Lima and Joan Smalls. Sporting edgy black bobs and military inspired clothing, the campaign oozes an androgynous look, deeming Kendall almost entirely unrecognisable from her usual polished image.

However, your reputation precedes you and never more so than when you're a part of the Kardashians clan. For Kendall's transition to fashion royalty did not go unnoticed amongst critics, with one model, Arisce Wanzer, even writing a damning open letter to the star suggesting Kendall has only ever heard 'yes' in response

to her wants and requests, this being an addition to the list and one a phone call from her 'mommy' to a fashion house made possible.

Just as Kendall's celebrity status hands her opportunities on a silver platter, Justin Bieber seems to have acquired the same lucky fortune, recently having been announced as the new face of Calvin Klein. Whilst the global brand Calvin Klein has come to epitomise what is cool and effortless, Bieber on the other hand, is decidedly less so. Calvin Klein campaigns are renowned for being sultry and sexy but Bieber's campaign seems to miss this vital element, instead portraying an arrogant looking teenage boy unsure of how to pose with the much more experienced supermodel Lara Stone.

Whilst his youth should be an advantage, appealing to Calvin Klein's younger audience, the untouched images that leaked just a day later prove Bieber to be a far cry from the bulk of a man he initially appears; an embarrassing revelation.

Holding the title for the most tweeted about music artist of 2014, it seems Calvin Klein chose Bieber to face their campaign in an attempt to take advantage of his online presence and global popularity, perhaps hoping for the same success that Estee Lauder reeled in when, after announcing

their new contract with Kendall Jenner, their Instagram likes rose by 50,000 within a day. Unfortunately, it seems Calvin Klein underestimated the age of their customers whom unlike pre-teen girls think Bieber to be less than cool.

Causing such a number of conflicted opinions, Bieber has ventured out of his comfort zone into a whole new industry that perhaps neither he nor we were ready for and sadly it seems design houses are one by one cashing in, milking both Bieber and Kendall's fame for as much as they're worth. Once upon a time fashion week was about spotting

the 'one to watch' for the coming year, the excitement at new talent and those rare breakthrough moments (think Kate Moss). Unfortunately, models have been temporarily overshadowed by celebrities, happy to pay their way in and steal the limelight.

Whether Marc Jacobs and Calvin Klein see rising profits from their celebrity endorsed campaigns is yet to be seen. However, if the age of Kendall and Biebers fans is anything to go by, the big brands will be lucky if their new younger audiences even have the pocket money to afford a phone case let alone an outfit!



A Week in Madeira



The view of the island en route to the Pico Ruivo

ANNA MENG LIFESTYLE EDITOR
@A1LKM

On the first day of the new year, I got on a plane in grey, miserable Düsseldorf and stepped off it four hours later onto warm, sunny and wonderfully green Madeira. A Portuguese archipelago, Madeira is situated at approximately the same latitude as Morocco and composed of two nature reserves, Desertas and Selvagens, as well as the inhabited Porto Santo and, of course, the main island of Madeira where we spent the entirety of our trip.

Funchal is the largest city on the island and of you ever go, you'll immediately notice that it's seen one too many boatloads of tourists and they've notably left their mark; almost everything – from cafés to shops – is obviously geared towards them. Over the course of our ten-day stay, we see a new cruise ship in the marina almost every day and drive past countless half-empty tourist apartments, hotels and houses.

Still, once you get out of the city, Madeira is really worth it for the scenery alone. It's a popular destination for hikers who wander along the levadas (old aqueducts) criss-crossing the island or take the more strenuous routes across the mountains. Being a volcanic island, these are numerous and, in the case of the Pico Ruivo, up to 1872 metres high. Except for those areas affected by recent wildfires, the island is covered

in breath-taking flora and fauna, with the laurel forest to the north of the island being the largest one left in the world. As you drive through the winding hills, you're rewarded with sights of an older Madeira: farmhouses clinging precariously to the sides of hills, steep steps leading up and down to terraces laden with vegetables and fruit.

One of our first stops in Madeira was the Jardim Botânico. Here, you can admire the wealth of different indigenous and important plants in hopeless but picturesque disarray, glimpsing the ocean every so often through the green. The



Jardim Botânico

museum, with some truly shocking attempts at taxidermy, is worth a quick look in too. My favourite part of the whole gardens, however, was a glorious Madagascan Hydrangea tree (*Dombeya walli-*

chii, if you're botanically inclined) in the centre with pink buds that suffused the surrounding air with a heady scent of vanilla.

In the city centre of Funchal, there are a few nicer, quieter alleys away from the throng. A highlight was the baroque Igreja do Socorro, a Jesuit church built in 1748. White-washed and rather plain-looking on the outside, I was completely unprepared for the ornate splendour within. Tastefully lit with quiet music playing in the background, it was also almost empty so we had the luxury of admir-

dered it. If, however, you happen to be like me and appetite wins over logic, you'll likely be rewarded with the taste of fresh, home-made garlic butter so heavenly you'll forget all about how you've just fallen for the oldest trick in the tourist-scramming book. And speaking of forgetting: have I mentioned the rum punch? Best made with rum from local sugar cane and, if you're lucky, one of the seven different types of fresh passion fruit found on the island, it's one sweet and tangy trip to oblivion.

In the neighbouring town of Mon-



Aloe Vera flowers on the coast

ing it in peace. I can recommend the Museo de Arto Sacro too – if weathered, zombie-esque remains of once beautiful wooden statues are your thing, this is the place to go.

Food on the island is relatively cheap, as long as you're in the city and stay away from the obviously touristy dives. Stay away from the Café Ritz (if only to avoid the terrible rendition of 'It's a Wonderful World' being sung on repeat) and look to places where you see locals eating instead. Two of our best meals on the island were consumed on rickety plastic chairs in small side alleys: once having a delicious vegetable stew outside a local pub and the other having beautifully hot, buttered limpets drizzled with tangy lemon juice and the freshest grilled sardines. Also, a note: bread is not free, especially when it appears on your table although you haven't or-

te, the Jardim Tropical Monte Palace, one of Condé Nast Traveller's 'Most Beautiful Gardens in the World,' is a wonderful place to spend a quiet afternoon. A little further to the east you'll find the Palheiro Gardens, my favourite ones of all. I love them not only for their dreamy Camellia tree lined avenue but also for the unique experience of seeing little old ladies harmlessly strolling about amongst rather explicitly phallic shaped hedges in the sunken garden.

Back in Funchal, the Mercado dos Lavradores offers anything from rather sinister, never before seen types of fish to a plethora of local fruit and vegetables. I highly recommend both Anona (a sweet fruit with a mango like taste and texture) and Split Leaf Philodendron (with a flavour somewhere between banana and pineapple), two fruits I'd never tried before but



Fish at the Mercado dos Lavradores

have been dreaming of ever since. Other things to do at the market: try as many of the different types of fruit samples offered as possible, in order to make up for the extortionate price you're about to pay for one rather small passion fruit. Things not to do: buy an interesting-looking yet unidentifiable root on impulse, then almost set fire to the hotel kitchenette in an attempt to make it edible.

And to finish a day in Madeira? A leisurely stroll along the marina is hard to beat. If you can, get up close (the 'no-trespassing' signs are more like guidelines, anyway) to really admire the fancy boats and, more interestingly, all the marks left by passing sailors on the walls of the harbour.



The Marina

MAKING HABITS, BREAKING HABITS

A Week of Daily Yoga

She's given up alcohol and gone vegan for a week, and now Lifestyle columnist Charlotte Davey has turned her attention to making a new habit instead...

CHARLOTTE DAVEY
@CHARLOTTEDUVET

I was beginning to think that the SCAN editors were simply enjoying my suffering when for the sake of a column they first made me teetotal for a week and then instructed me to eat a vegan diet. So when I was asked to try yoga every day for seven days, I was somewhat relieved. Having consumed approximately 3.75 tonnes of food over Christmas, the idea of regular exercise was (almost) appealing. Since the ritual humiliation of school P.E lessons, I have largely avoided exercise where possible, and I'm pretty sure I haven't ridden a bike since 2010 – therefore, the idea of exercising from the comfort of my bedroom without an audience was pretty much all the encouragement I needed.

A week ago, I knew very little about the standard mores of yoga, I hadn't got a clue about what positions correlated to what seemingly arbitrary names, the potential health benefits, or even what one should wear. The latter quandary was addressed when, quite coincidentally, a brochure arrived in the post advertising all natural yoga outfits – and at just £80 for a pair of organic, reversible, floral print leggings, I'd only have to sell my kidneys to pay for them! I discarded the aforementioned brochure quicker than my new year's resolutions, and decided to settle for my Sainsbury's leggings and a T shirt. I proceeded to download the 'Daily Yoga' app to my iPad, and began to explore what benefits my new regime should reap. The NHS website seemed like a reliable source, and while I was dismayed that it wouldn't count towards the recommended weekly 150 minutes of 'moderate-intensity aerobic activity' that I already fail to achieve, I discovered that it does promote muscle strength, balance, flexibility, and mental well-being.



The app that I decided to use only provided beginner's activities for free – as I was a total novice, this wasn't a problem, but I'd recommend exploring different tutorials or spending the money on classes if you plan to develop more advanced yoga skills. I selected a beginner's introductory class, and spent the next ten minutes learning simple poses such as the mountain and the slightly dubious looking 'upward', and 'downward', dog. Some of the poses admittedly looked as though they'd been lifted straight out of the Kamasutra, but I was encouraged by instructions that involved your stomach and thighs meeting, and your chin reaching your chest, as my Post-Chrimbo flab easily facilitated such actions.

The primary goal of yoga is to achieve a feeling of mental and physical liberation, and dedicating just quarter of an hour each day to emptying my mind helped considerably alleviate the stress and anxiety I had worked up each day. While my previous challenges had involved making sacrifices, I found that adopting a new habit and creating some semblance of a routine each evening did help me feel more liberated.

I can't say that I always found staying focussed easy, and discovering the drawing pin I had lost last

term impaled in my foot when executing a 'warrior' pose put my self-restraint to the test.

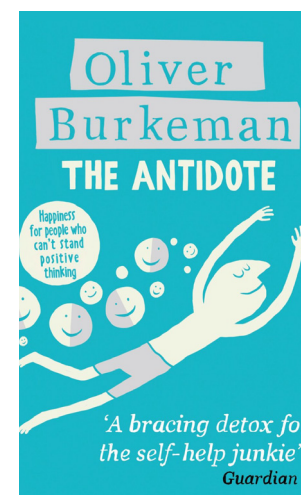
Sticking to a routine was easy when my evenings were clear, as I would spend quarter of an hour on yoga before bed, but when the weekend arrived I realised I was going to have to juggle yoga with my social life. I compromised by playing an instructive video on the TV while my friends participated in pre-drinks, and worked out that if I used a long enough straw, I could drink my beer whilst attempting a 'downward facing dog'.

My week of yoga did marginally improve my flexibility (though I still maintain that the only reason I can't reach my toes is my inordinately short arms), and provided me with a small amount of time each day to dedicate to self reflection rather than criticism, so I genuinely intend to maintain my habit at least three times a week. Perhaps one of the most important developments was the invaluable time management and multitasking skills I gained to add to my CV – I mean, who doesn't want to be able to drink a pint horizontally whilst in the plank position?

NB: I feel there's a gap in the market for an Alcoholic Yoga Society – applications are now open for the role of vice-president.

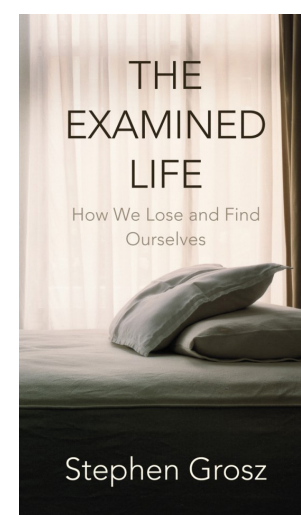
BOOK REVIEWS

ANNA MENG LIFESTYLE EDITOR



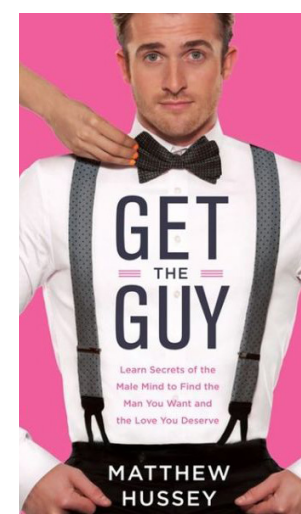
The Antidote
Oliver Burkeman

Exactly what it says on the cover, this book is 'happiness for people who can't stand positive thinking.' Burkeman dissects stereotypes, explaining how things like focusing on positive thinking can actually make us more unhappy and that happiness is never more elusive than when you try too hard to find it. If you read only one book on this list, make it *The Antidote*.



The Examined Life
Stephen Grosz

Psychoanalyst Stephen Grosz draws on more than 50,000 hours of conversations and experience to draw a compelling picture of our inner lives. By intelligently and sensitively describing cases around themes like love, change, and loss, he explores what it means to be human, teaching valuable lessons along the way.



Get The Guy
Matthew Hussey

Like with any dating book, some of the advice in here needs to be taken with a rather large grain of salt. Still, Hussey's approach is refreshingly pragmatic and his tips easy and effective. While I don't usually appreciate any man telling me how to be a woman, his idea that we have to be extraordinary for ourselves first, before thinking about attracting extraordinary people, I can definitely get behind.



How To Be Alone
Sara Maitland

Sara Maitland explores the paradox of living in a society where we are supposed to seek our own fulfillment, to act on our feelings, to achieve authenticity and personal happiness; but at the same time are not expected to be able to achieve it on our own. Distinguishing between aloneness and loneliness, she dispels the unwarranted stigma surrounding the latter, making for a compelling read.

Photography To Hold On To



ANNA TROGSTAD *DEPUTY LIFESTYLE*
 @TROGSTADA

I would spend a long time looking through photo albums as a child. It was fascinating having a book of full of my-parents-but-younger, like a bizarre time portal jammed between two leather covers. I'd look at our holidays, special occasions and family events – well, that and flick through the album purely to pull the plastic back and forth off the sticky strips on the pages. It's impossible to know how our children will look at how we are now and if that could still be through the wonder of the photo album. However, I can't help feeling that they may well miss out, and more worryingly still: are we missing out even now?

Further forwards in time, I was a thirteen year old who really wanted a Polaroid camera. Like, REALLY wanted, because they're so cool and they have a place to write on and I can put the photos straight

on my wall, mum! Of course, I didn't get one, and once Christmas passed so did the urgency of those white-framed squares. If you revive any part of pre-2000 now, it seems like a fad. You're a hipster, you're trying too hard to be individual, you're... well, who do you think you are?

To be quite frank, call me what you want. Having photos that aren't selfies that you can also hold is near enough magical. It's great being tagged in pictures from that night out on Friday, but you really won't care about that in five years time. Instead, you may well still care about the time you went to Scotland and went skydiving. With photographs, it's not for anyone else to say whether you're trying to 'be individual' or whether actually, you just like physical copies because you prefer them. Much like I said my letter writing article in the previous issue, being tactile is a wonderful thing. Practicality is what you assume it to be,

not necessarily because society says it is easier for you to stick an SD card in your laptop.

Sometimes it makes more sense to reach for a disposable camera rather than instagram. With holidays and festivals in particular, having a rectangle of £500 in your pockets for taking a picture is hard work and you lose a lot more than just your photographs if it becomes stolen or lost. A disposable camera on the other hand is thirty photos that are exactly that – disposable. It's not as cost effective if you account for processing, yes, but you only capture one second of event without the other hundred and maybe ever-so-slightly better angled seconds around it.

Recently there has been a surge in the sale of vinyl records which says a lot about how society is turning back to the physical copy. Maybe the album design doesn't matter to you, but for those of you that treat album art like a book cover you lose that nearly completely over iTunes. Okay, so a photograph itself doesn't have a cover, but a photo album does. If you go a step further and try scrapbooking it becomes an art form in itself. It doesn't even have to be artistic – it's just something to have and to hold without praying that your back-up drive doesn't crash on you.

The notion of the physical copy definitely isn't for everyone. It takes time, money, and it's usually more effort. However, in a world where technology changes at each blink, paper remains the same. There is something real, something tangible about having the album Skydiving in the Highlands, August 2008 to page turn rather than scroll down. Maybe your children will never be interested in You In Your Twenties, who knows? At least they can pull the plastic back and forth off the sticky strips on the pages.

Valentine's Day



Hamed Masoumi

ELLIE VOWLES *CAROLYNNE EDITOR*
 @ELLIEVOWLES

As a student, striking the balance between romance and affordability is often a bit of a struggle. Funds are certainly not ample enough to whisk your partner off for a Parisian weekend break, but equally, it'd be nice to indulge in something slightly more romantic than Netflix and Tesco ready meals. As a result, dating seems to be a thing that people just don't really bother with anymore. With Valentine's Day just around the corner, it seems like due time to bin casual hookups and relaxed "seeing each other" to revive the age-old tradition of enduring painstakingly awkward encounters with someone you fancy in a completely unnatural and contrived setting. It doesn't even have to be that much more expensive - SCAN is here to show you how you can have triple the awkwardness at about the same cost!

Get Active - ££

If you're determined to make 2015 the year that dating ceases to centre around meal times and movies, the answer is defi-

nately to get a bit more active. The climbing wall on campus is a solid venue for a date that's a little bit different. If you're courting someone you've not known for very long, it'll act as a brilliant ice breaker and, in the event that you're courting a male, those harnesses present the perfect opportunity to size up what he may (or may not) be packing. Equally, if your relationship is no longer in the fledgling stages, it's always nice to try new things and potentially discover a new shared hobby.

Shit Card Contest - £

For the aggressively unromantic or terrifyingly poor among us, even the thought of a bus journey and a pot of tea can be a little much. In the event that you're perfectly happy with your low-key relationship style and are simply in search of an equally low-key gift exchange, I have three words for you: shit card contest. The rules are simple: whoever can find the cheapest, tackiest and most crude Valentine's Day card is the victor and will win a prize of your choosing. It definitely spares the terror of frantically searching Clintons for a card

on a Budget

that accurately expresses the “I really like you but I’m totally not ready to say I love you and I can’t give you a smutty card with a straight face” sentiment.

Cocktails - ££

With the hitched-up Valentine’s Day prices in mind, often heading out for a whole meal can be a bit of a stretch. Instead, how about just dressing up a bit and going for drinks? There are tonnes of appropriate venues across Lancaster to go for a sophisticated beverage. In an attempt to feign classiness, The Study Rooms is always a solid option, offering an array of fancy-seeming beverage with a handy 2-4-1 offer throughout the week. If you have a little more cash to blow, Oscars or Revolution are also both good options, each with their own offers on various nights of the week. In the event that you have no interest in being fancy and are just excited to get out of the house in the company of another human that may or may not allow you to have sex with them, you could always plump for Spoons or the Pendle Witch.

Williamson Park - £

The idea of venturing out into the cold, bleak Lancaster winter might make you squirm, but even in February, Williamson Park can be really lovely. Rather conveniently, the story of the Ashton Memorial is actually vaguely romantic; Baron Ashton built it in memory of his late-wife Jessie, who died

in 1904. Feel free to regale your loved one with tales of his undying love while gazing into their eyes at the top of the monument – maybe leave out the fact that he was remarried 5 years later, though. If the nice walk and fancy architecture aren’t enough to tempt you out of the house, at least take solace in the fact that there’s a really cute café next to the memorial where you could warm yourself with a pot of tea.

Day Trip – £££

Lancaster is actually remarkably well placed for a nice day out, if you are so inclined. Train tickets to Manchester will set you back less than £20 and takes about an hour. There’s plenty in the city to do for free, so you could easily keep the day as a surprisingly small expenditure – hopping between museums and galleries is a cultural way to do something nice without having to sell a kidney. Equally, the 555 from the Bus Station will take you up into the Lake District where you could enjoy a nice walk and a bit of sightseeing. The pencil museum in Keswick is a sight to behold for anyone with a passionate interest in the history of stationery. The main benefit of leaving Lancaster for a date is obvious: you can interact with them without a 90% chance of someone you know wandering past and giggling at you, or worse, forcing you to make a snap relationship definition. “This is my... uuuh... friend” will never win you any Valentine’s points.



Jesus Solana

A Beginner’s Guide To Picking Fights



Dom Duboc

WILL BOLTON

Broadly speaking, it is possible to categorise martial arts into three kinds, depending on their main focus. The modern day warrior will want to have some grounding in all of these. There are striking oriented arts, where things like kicks and punches are the main idea these include Kickboxing, Karate and Wing Chun. Then come the grappling arts, where throws and pins are emphasised. Judo, Brazilian Jiu-Jitsu and Aikido fall into this broad category. Finally, some arts are primarily weapons based. As the name suggests, these styles generally train with one or more weapons. Kendo is the main weapons clubs on campus, although some other styles such as Aikido have weapons aspects too. Each category has competitive and non-competitive styles so this shouldn’t be an issue in decision making, but what you’re looking for from your training will definitely influence which best suits you.

First of all, you need to think what you would like to gain from training. Do you just want an activity to keep fit with? Do you want to learn basic self-defence? Or perhaps you just think fighting is awesome and want to train something competitively. Whatever you want, there will be a style that suits you, and the best way to find that out is

to go down and try them out. Most (if not all) societies offer taster sessions for this very purpose and are very beginner-friendly, so don’t be daunted! To put to bed a recurring question, clothes are not an obstacle to training. You don’t need to be fully equipped with “one of those outfits” to train (fairly universally called a gi, for the curious. It’s yet to come up in a pub quiz, but this author remains hopeful), and societies that require special equipment can normally provide some for you.

So, which is best for you?

FOR THE COMPETITOR

If you’re determined to conquer the octagon (and know what the octagon is) then you’ll need competitive, high energy martial arts like Kickboxing and Brazilian Jiu-Jitsu. If this is true though, you probably don’t need this article to tell you that. You probably already do them. A lot.

Have a go: LU Kickboxing train Tuesday 8-10pm & Friday 6-8pm and LU Brazilian Jiu-Jitsu train Wednesday 6-8pm & Fridays 6-8pm on campus

FOR THE FITNESS FANATIC

If you’re drawn to martial arts by the chance to burn some calories, Mixed Martial Arts (MMA) or Muay Thai would be the best

options for you as both involve a lot of drills which are really aerobic and involve high mobility. Unlike other martial arts which involve sedentary instruction followed by practice, MMA and Muay Thai offer the chance to be constantly participating. As a result, you’re guaranteed to build up a sweat. Boxing’s emphasis on cardio workouts also makes it a great choice for anyone seeking to improve fitness.

Have a go: LU MMA train Monday 6-8pm & Sunday 3-4pm, Muay Thai training takes place Tuesday 6-8pm & Sunday 2-4pm and LU Boxing train Monday 8-10pm & Thursday 6-8pm on campus.

FOR THE SAFETY CONSCIOUS

With most martial arts, the intention is to equip the student with the ability to protect themselves. However, Judo’s focus on throws and counter attacks is particularly well suited to anyone concerned with self-defence. If this is truly the main motivation for participating in martial arts though, combining sessions with specific self-defence workshops may be a good course of action to fully equip yourself.

Have a go: Judo classes are offered at the gym Tuesdays 7:45-9:15pm.

FOR THE SPIRITUALIST

Tai Chi is famously focused on the spiritual side of martial arts; it places emphasis on relaxation and stress relief. Meditation, breathing and awareness exercises all play a large role in training.

Historically, the Japanese approach to martial arts was extremely spiritual and traditional. Most Japanese martial arts will therefore be a good choice if it’s the spiritual side that you’re interested in; Aikido and Karate are both practiced on campus, so there are plenty of options if you want this side of things to be the focus of your training.



Alice Carrier



Anna



Jamleanne

ALL ABOUT THAT COMFORT FOOD

With spring still weeks away, there's nothing like a cold, dark and dreary Lancaster February to make one crave comfort food. Delicious, foolproof and surprisingly quick to make, these recipes hit the spot exactly. **ANNA MENG** *LIFESTYLE EDITOR*

Apple Pie

Ingredients

4-5 Apples
150g Sugar
1 tbsp Cinnamon
1 tsp Vanilla extract
1 Egg yolk
Shortcrust pastry (store bought)

Method

1. Peel and cut the apples into relatively thin slices. I like to use Braeburns as I prefer the slight tart taste but it's up to you.
2. In a bowl, mix the sugar, vanilla, cinnamon and apples, then set aside for about 15 minutes.
3. Pre-heat the oven to 200°C.
4. Split your dough in half and roll it out into two identical circles to fit your pie dish.
5. Place one half of the dough into the pie dish. Using a sharp knife, cut the other half into thin strips.
6. Drain the apples. By now, water should have collected at the bottom of the bowl - you want to get rid of this to avoid a soggy pie crust later.
7. Evenly place the apples into the pie dish.
8. Go on Youtube and search for 'pie lattice' and follow the instructions for a fancy crust.
9. Split an egg and use the yolk to paint the top of the pie, sprinkling it with a tiny bit of additional sugar.
10. Bake for 10-20 minutes, until golden brown.
11. Serve hot with a scoop of ice cream or a bit of whipped cream.

Cinnamon Rolls

Ingredients

400g All-purpose flour
Dried active Yeast
150g Sugar
100ml Milk
1 tbsp Vanilla extract
5 tbsp Cinnamon
40g Icing sugar

Method

1. In a bowl, combine the flour, half the sugar, vanilla and yeast according to packet instructions.
2. Heat the milk until it is lukewarm.
3. Add it to the flour mixture, kneading with your hands until you have a soft but not sticky dough.
4. Cover with a tea towel and set aside in a warm, draught free place for approx. 20 minutes until the dough has doubled in size.
5. In the meantime, pre-heat the oven to 180°C.
6. In a bowl, mix the remaining sugar and cinnamon.
7. Give the now risen dough a thorough kneading and then, on a floured surface, roll it out into a large rectangular shape, about 1cm thick.
8. Evenly coat it with the sugar cinnamon mixture, then roll the dough up.
9. Using a sharp knife, cut this roll into 2cm thick slices. Spread these out on a baking tray and bake for 10-20 minutes, until golden brown.
11. Add water to the icing sugar until it has the right icing-like consistency and drizzle it across your rolls.

Chocolate Chip Cookies

Ingredients

180g unsalted butter
200g sugar
2tsp Vanilla extract
2 Eggs
400g All-purpose flour
150g Chocolate chips

Method

1. Preheat the oven to 180°C.
 2. In a bowl, beat the butter, sugar, vanilla extract and eggs until creamy.
 2. Slowly mix in the flour until you have a dough that you can easily knead with your hands.
 3. Add the chocolate chips (I prefer dark chocolate, but milk chocolate works too. If you haven't got any chocolate chips on hand, you can just use regular chocolate chopped into small pieces.)
 4. Roll into a log.
 5. Using a sharp knife, cut the log into slices. Depending on how you like your cookies, these can be thicker or thinner.
 6. Spread them out on a baking tray and bake for approximately 10-15 minutes. If you prefer a softer cookie, take them out at 10 minutes.
 7. Eat as soon as humanly possible. Store leftovers in an airtight container.
- Note: Another option is to double the recipe and freeze half a log - that way you can cut off slices and bake them fresh whenever you want.*



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A coffee with Lancaster's CHECKIT

Business Editor Steph Mitcalf talks to Fraser Williams, founder of proofreading company CHECKIT.

STEPH MITCALF **BUSINESS EDITOR**

In an office across the courtyard from Trevor, Fraser Williams works away on CHECKIT, the company he founded - a distinctly professional, ethical proofreading service aimed at students. The peer-to-peer model comprises Fraser and five other team members. The notes on the whiteboards add colour to the all-white office. "I'm focussed on being as effective as possible, but also as ethical as possible," Fraser tells me. A note in the corner, "look after yourself", has been left by his mum. A second year LUMS undergraduate, Fraser will move to Silicon Valley after graduation.

The idea for the business came to Fraser when one of his friends, who comes from Hong Kong, began asking him to proof read essays when they were together in the library. "We believe every student has the potential to be remarkable. We want to level the playing field, to provide an ethical proof reading service. If UK students went over to Hong Kong, and they were asked to write in Chinese, our abilities would be massively hit, and it would be extremely difficult to write a really great essay, as some of the Chinese or others international students do, they do remarkably well here to achieve that.

"The idea for CHECKIT is that we can help and facilitate with language by proofreading essays, point out language and grammar errors and suggest corrections. Hopefully, in the long term, CHECKIT becomes redundant to that student, because we have improved their language sufficiently that they don't need proofreading anymore."

Fraser designed a peer-to-peer model which in part replicates what is already happening within friendship groups within the University, in a more professional and effective form. High performing students, gathered from the English department, are the proofreaders. They all went through an extensive four stage process which Fraser conducted in conjunction

with the LUMS Effective Learning team and training before being incorporated into the CHECKIT team. "The thing I want in my team is that they believe what I believe and that they are passionate about the same things."

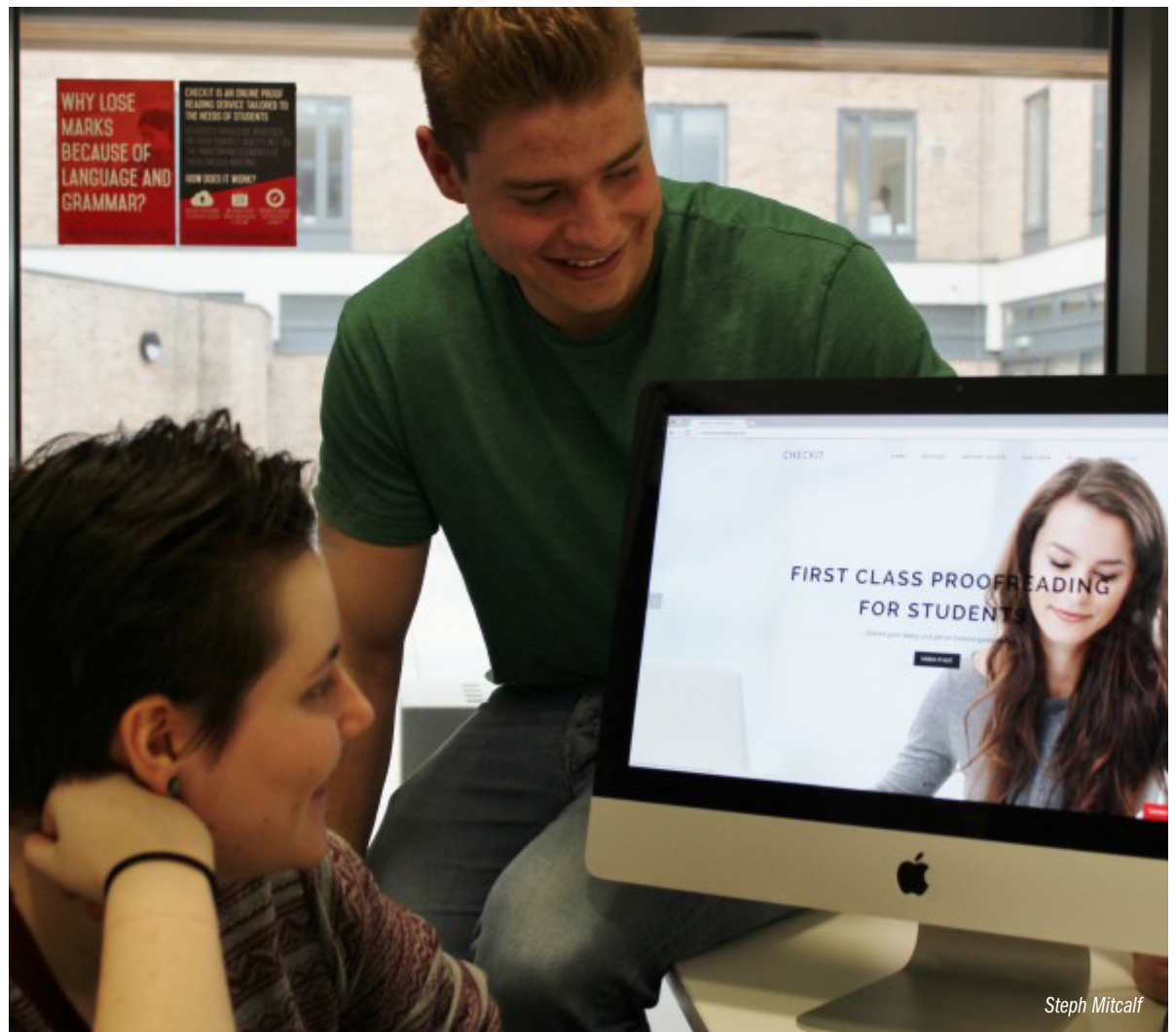
He is obviously very pleased with his team of proofreaders. "One of the guys didn't drop a mark in his English Language A level, these are really, really impressive people." An English Literature major and CHECKIT proofreader, Alice, is so enthusiastic about proofreading that she does it out of hours for her housemates, who cook for her in return. "I love proofreading," she tells me. "We're all a bit weird with how much we like it."

"It's great that we have people who are excited about language", Fraser adds. By the end of the interview, I want to be in this team. They almost have me excited about proofreading.

"The idea for CHECKIT is that we can help and facilitate with language by proofreading essays, point out language and grammar errors and suggest corrections."

Ethics are also emphasised. The business recognises that within certain groups, friends may give subject specific advice, which isn't entirely ethical. Nevertheless, constructive advice on the use of language is crucial. CHECKIT sets clear boundaries and there is emphasis placed on this not being an essay writing service; in no instance will the meaning of the essay be changed. Fraser is clear in that CHECKIT "will go as far as language, grammar, and we will also sometimes advise on syntax, which is the arrangement of words in a sentence," but content is off limits.

Alice similarly reinforces this: "we are not experts in the content, so we have no right to change it. The content is completely the client's area." CHECKIT aims to create a wider impact on a student's work than the initial changes. The belief that the service should become redundant for individual students



Steph Mitcalf

in the long run is evidently a belief which runs through the whole company, as Alice continues: "people can take our suggestions on board and hopefully learn from them." I point out that the mistakes people usually making with language are repetitive. "Absolutely!"

The pricing varies between each piece, and the website is sufficiently sophisticated that all you need to do is enter your word count to receive an instant quote on prices (<http://checkitproofreading.com/>). There are two options, Basic and Premium. Basic contains the suggested corrections and the Premium option also includes a more thorough feedback report explaining the strengths and weaknesses of the piece. There is a live chat where Fraser will usually respond within the hour if you want to request that the proofreading be done in the next day or two, clearly taking into account tight deadlines.

If you do not need the piece urgently, the standard turnaround is within four days. The system has evidently been designed intricately to consider student needs and preferences on a case-by-case basis. As a model for a student business, CHECKIT is built to serve an audience in a way that others have failed to do.

Fraser's enthusiasm for business is clear. One of the first things he told me when we met previously was that "this is what I really care about."

Fraser's enthusiasm for business is clear. One of the first things he told me when we met previously was that "this is what I really care about." Having been close to dropping out at the end of first year, to pursue another venture, he has returned this year and is wasting no time in utilising the tools that are at the disposal of Lancaster students.

The interview is conducted in his office on campus, which he acquired after pitching in the 'Mind Your Own Business' scheme co-ordinated by the Furness JCR. Fraser is a Management and Entrepreneurship student, which has given him an understanding of the "financial toolkit", as it were. He starts from his own ideas and builds outwards, taking into consideration management structures and entrepreneurial concepts he learns in his degree, without being dictated too by them.

On the issue of management degrees, we agree that, in the same way as studying law won't make you the most effective lawyer, your ability to transfer the knowledge and incorporate this with your interpersonal skills is what ultimately determines your ability: "I think that is the bottom line, if you have good emotional intelligence, and you are open to criticism, I think that is how you become a better manager."

Event: Big Breakfast Networking

Lancaster House Hotel will be hosting a 'Big Breakfast Networking Event' on Wednesday Week 4.



LIAM BURNS DEPUTY BUSINESS EDITOR

Networking is an indispensable skill for anyone looking to learn from the best and open doors in business. On Wednesday Week 4, Lancaster House Hotel will be hosting the 'Big Breakfast Networking Event', where there will be key business representatives from the Lancaster and Morecambe area in attendance. The event has been established with the support of the Lancaster District Chambers of Commerce, the Ethical Small Traders Association, the Federation of Small Businesses, the Lancaster Student Business and Sustainability Society and several other key, local organisations.

All of these representatives will be seeking to establish valuable connections with enterprising students from Lancaster University, whether they be students with business-orientated career plans in mind, or just curious to the opportunities available so close to campus. This is a very unique opportunity to students who wish to expand their network and make valuable and useful connections for the future.

The talks being held with these businesses are far more informal than many other networking events; the businesses will not be talking to students in the manner of a job interview, but will seek to

become aware of the minds and personalities that will possibly be making up the structure of their businesses in the years to come. And, as the title of the event suggests, there will be a buffet and refreshments available to all attendees. One of the key individuals involved with the event will be Aaron Crewe. Aaron is the Managing Director of SEO 24/7, a digital marketing agency based at Lancaster University's InfoLab21 that has been awarded the title of Best Marketing Business in Lancashire. Aaron's role is to encourage both businesses and students to engage with one another over the course of the morning, and will also be giving a helpful talk on why it is good practise to share business connections.

The event will be held in the hotel's Bowland Suite from 8:30am and will finish at 10:30am, and anyone who wishes to attend must book a place. The cost for students is £6 plus VAT, which includes the price of the buffet and refreshments. The price for others is £10 plus VAT. To book, simply go online to the Lancaster District Chambers of Commerce website, find the 'Big Breakfast' webpage under the 'Events' header, and you will be able to book your tickets from there. This is a key event for anyone with business aspirations in the local area so be sure to attend.

'Mind Your Own Business': Kick start your business on campus

'Mind Your Own Business', an opportunity for budding entrepreneurs to have their own office space, will be open for applications in Week 8.

DIVESH LACHHWANI
STEPH MITCALF BUSINESS EDITOR

One difficulty facing student entrepreneurs is space. Having an office for many wouldn't be a consideration. They are expensive, for starters. Furness JCR manages an initiative to tackle this issue and provide students with the office space and resources to help their businesses materialise. 'Mind Your Own Business' is a competition which gives students the opportunity to acquire office space on campus as a base. The initiative is one of Furness' 'main priorities for the year'. The outgoing Furness College Education and Opportunities Officer, Sham Savania, has managed the programme and this year has been preceded by Eilidh Nicol.

"If you have an idea about enterprise or a business, you can apply to the competition for a chance to get one of the two incubator spaces," says Sham. The incubator spaces are fully equipped with a Mac and whiteboards, with Trevor just across the courtyard. Anybody can apply, not just Furness students. As Eilidh adds: "we want to reach it out to the whole university." Whoever wins the space will be able to use the office for the term, and then applications will be reopened for the following term, to ensure that incoming applicants have a fair chance. Savania notes that "no one gets fast tracked. No one gets priority over anybody." The programme has proved a huge success so far, with several students who have utilised the offices during their time at Lancaster further expanding their companies after they graduate.

When asked what they will be looking for in a candidate, Eilidh tells us that: "I don't think you can say certain characteristics to look for, because what is so good about the opportunity is letting everyone try and come up with an idea and get involved. "We want people who are going to be motivated and use the space effectively because it is such a good opportunity for them. It just needs to be clear that they are dedicated and serious about it. That's all we need, along with a good idea." The business should have some sort of infrastructure. "If they've got the idea, we are able to point them in the right direction. Especially last term, there were some people who we were able to forward them on to other people and they may be able to come back to us this term when their idea is more developed. We want people to be able to use the office space as effectively as possible. The foundations of the business have to be there."

Savania adds: "when we decide [the winner], we have to look at who would benefit from having the offices the most." Once the two successful applicants have been selected, they will be given further support, including assistance in finding funding and referrals to members of staff, such as the University Enterprise Champion Simon Harrison, who can provide support and guidance for students building businesses.

There are three stages to the process. Initially, prospective applicants should send an email to the Education and Opportunities Officer. They will then receive some

more information on the competition itself and access to people who have already had the chance to use the office space, to give them a greater insight into the opportunity.

Following this there is an interview stage. So far, everybody who applied has had the chance to interview. On the process, Savania says: "it's laidback and professional, it's not Dragons Den professional. We try to make sure everyone is at ease and relaxed." To make sure the applicants are prepared, the judges will make sure that "any help you want, you can come to use and we can talk about it." Once the interviews are complete, the Education and Opportunities Officer groups together with the Furness Principal, JCR President and the Furness Administration Officer select the two winners. "Workshops will be held later this term, which are still to be confirmed, to get more people involved. Applicants should attend at least one of the workshops. This again goes back to "showing commitment to the programme," says Sham, as well as making sure all applicants have a fair chance. People can start applying from Week 8 and interviews will take place before the end of term.

More information on the competition is available on the 'Mind Your Own Business' Facebook at <https://www.facebook.com/MY-OBFurness>. If you have questions about the competition, or wish to enter into the application process, Eilidh Nicol, Furness's current Education and Opportunities Officer is the person to talk too, contact e.nicol@lancaster.ac.uk.

Have a **business idea?** Or started up a new **social enterprise** and need an office with computer and phone access?

MIND YOUR OWN BUSINESS



With the Furness College: **MIND YOUR OWN BUSINESS** competition you can win one of two offices in Furness to use to help grow your business!



Image courtesy of Furness Education and Opportunities Officer

Societies of Lancaster: Lancaster University Boat Club



MATTHEW FOX

"Remember these six minutes for the rest of your lives. Listen to the crowd and take it all in. This is the stuff of dreams." – Steve Redgrave. Competitive rowing can be traced back to the early 18th century between professional watermen on the River Thames, and began to cement itself firmly in the fabric of university sporting life about half a century afterwards. Here at Lancaster, the boat club is as healthy as it's ever been – with an active membership of around 100 and earning the University significant points at Roses.

Contrary to popular belief, rowing at Lancaster is not just the reserve of un-coordinated tall people with limited social skills looking for an excuse to don lycra all-in-ones – it is a thriving club, open to members with limited, or extensive sporting credentials. Here's a little bit about us.

LUBC is a student-run club that operates from the old Halton railway station. LUBC has used these premises since 1964, when the club was founded by benefactor Sir Harold Parkinson. We aim to promote rowing both at Lancaster University and within the local community as well as competing at a national level. We work closely with other local clubs (Lancaster Royal Grammar School and Lancaster John O' Gaunt), evidenced by members of our club teaching learn-to-row courses on the Lune.

This effort has been recognised by RBS Enterprising Student Society Award who presented us with the

2014 Silver Award for Society Impact. Since its inception in 1964, the club has gone from strength to strength – allowing us to grow from a relatively small society to one that, last year, attracted three-hundred new recruits at freshers' fair. This growth caught the attention of Lancaster University Students' Union who awarded us with the coveted title of LUSU Club of the Year.

Our growth as a club has allowed us, for the first time in recent history, to appoint a Head Coach and a Novice Coach. We were able to appoint ex-Italian Lightweight rower, Ciro Prisco, as Head Coach. Ciro has rowed at three World Championships for Italy; won the Italian Lightweight Championships 8+ division; and in 2004 was responsible for coaching elite Italian athletes under the supervision of Antonia Lapadula – head coach of the Italian lightweight team.

Under Ciro's guidance, LUBC has had some substantial recent successes. Examples from the senior squad include: 181st at 4HoRR as well as top five finishes at Rutherford Head and White Rose Head. The novice squad, too, have done fantastically well – smashing York, Manchester and Sheffield University to win their category at White Rose Head.

Looking forward to the coming academic year, we aim to compete at the highest level in the club's history. Races we will attend include Head of the River Race in London, Henley Royal Regatta, BUCS regatta and, naturally, Roses.

Inter-college A league football: mid-season review



ERIK APTER ASSISTANT EDITOR

🐦@EAPTER93

Bowland - 1st

After last season's good late form and sneaking a surprise second place finish, Bowland went into the season confident of another successful campaign, and successful it has been. The team in red now require just one more victory to claim a remarkable league title win and a 100% record to boot. Six league victories on the bounce, including a remarkable 4-3 triumph over champions County and a 3-1 win over fancied Lonsdale mean that even a defeat in their final game against Pendle could still be enough to secure a historic title.

Cartmel - 8th

A much unfancied Cartmel team have done little to shake off their tag as the basement side, as they look set to finish bottom for the third year running. This does not tell the whole story however as amongst the drubbings have been some spirited performances, a strong second half showing again County gave the champions some problems. Despite rumours of the team withdrawing from the league and other problems with trials, Cartmel have performed admirably and were rewarded with a hard fought draw against Fylde last term.

County - 3rd

County were one college to suffer from last year's graduations and the champions began with a rather rocky start in their opening two fixtures; a ground out 4-3 win over Furness was followed by a tough defeat to high flying Bowland.

After seeing off winless Cartmel, County began the term with a vital 4-1 win over rivals Fylde which keeps their title challenge alive and means that there is still at least some pressure on the league leaders.

Furness - 2nd

A somewhat surprise package this season, highflying Furness are sitting happily in 2nd place above big guns County, Lonsdale and Pendle. Although playing more games than the former two, Furness have been beaten only by table-topping Bowland and Champions County, whilst scoring some impressive victories over the likes of Cartmel (7-1), Pendle (4-1) and Grizedale (5-1). Despite being one of the teams expected to struggle earlier in the season, Furness could now be pushing for a top 4 finish.

Fylde - 6th

It's been a season of woe so far for last season's IC cup winners. 5 points from six games have seen the sports college languishing at the wrong end of the table, with little hope of movement ahead of their final fixture. Week 2's 4-1 defeat to arch-enemy County will have left a bitter taste in the mouth for the team in orange; however salvation could once again be found in the IC cup and transform a terrible season into a good one.

Grizedale - 7th

The hogs have struggled this season and find themselves with just a solitary win from six games, a narrow 1-0 victory over Cartmel. Although being able to potentially catch Fylde in 6th, it remains a disappointing season for a team who

gave some strong performances last season and were a forced to be reckoned with. A rallying cry has been issued for their final game against County to end the season on a high and if the team in white were able to cause an upset, it could give them good momentum going into the IC cup.

Lonsdale - 5th

Lonsdale were a much fancied side going into this season's A league and began with an emphatic 4-0 victory over Pendle. A draw with a struggling Fylde side was a blip but after seeing off Grizedale, Lonsdale went into the Founders game with Bowland still with hopes of a league title, only for them to be dashed, following a 3-1 defeat. The defeat left Lonsdale 5th, but with only four games played and still three yet to come, 'Lonnie' will be aiming at a top two finish ahead of rivals County and Pendle.

Pendle - 4th

Champions two seasons ago, Pendle have looked a shadow of the side that claimed victory that year, despite retaining many of players involved in the success. A 4-0 thrashing to Lonsdale on the first game of the season meant that the witches had an uphill task to challenge for the title and this was compounded by a 4-1 drubbing by high-flying Furness. Pendle still have County and Bowland left to play and so even though they won't be involved, still have a big part to play on where the title ends up.

The Lancaster Open report

JONNY SPICER

The Lancaster Open established itself on the fencing calendar last year as a well organised, fun event, and it certainly continued that success this year. With 68 individual entrants across six different disciplines, entries were up on last year, naturally raising the standard of competition, with several of the athletes competing having experience at international level.

Run by Lancaster University Fencing Club and taking place over two days, Saturday and Sunday at the end of Week 1, the competition encompassed all three weapons for both genders. The first event on the Saturday was the men's foil, which showcased a high level of talent, including returning champion Celyn Lewis, who after the poules looked like he would be a serious contender to win the event again.

However, when he met his Welsh compatriot George Dolan in the quarterfinals, Dolan had either ideas and convincingly put an end to Lewis' run. The semi-finals pitched Dolan against one of the top 10 under 17 fencers in the country, Thomas Philips-Langley, and York University fencer Michael Higgs against former British junior international fencer Sam Brougham. Higgs and Dolan were the underdogs, but Dolan man-

aged to pull off an upset to set up a meeting with Brougham in the final.

When the pressure of fencing on the finals piste kicked in, Brougham showed his class and dominated Dolan, who could not score even a single touch on a way to a comprehensive 15-0 defeat.

The next event to start was men's sabre, with 16 entrants, including Lancaster University Fencing Club international competitors, Patrick Jennings and John Simmons. The two best friends fought their way through opposite sides of the bracket to have a repeat of last year's final. This year Jennings managed to get revenge on Simmons from last year, leading the nail-biting fight to an incredibly close 15-13.

The third event of the day was women's épée, featuring Hannah Lawrence, currently ranked number two on the senior rankings list, as well as returning champion Eleanor Akers. Unsurprisingly Lawrence took the victory, beating Akers in the final, with Lancaster's own Claire Starr performing very well to take bronze.

Sunday was also a good day for Starr, who took gold in women's sabre beating defending champion Eleanor Akers in a grudge match repeat of last year's final.



Lancaster University Fencing Club

Akers still managed to earn a medal in all three weapons, when she added bronze in women's foil to her silver medals in épée and sabre. However this year in the women's foil victor was 14 year old Alice Watson who emerged victorious over Sophie Peake in the final.

The largest event of the weekend, men's épée, saw 33 entries and pro-

duced some of the most exciting matches of the entire weekend. Last year's winner Chris Heaps tore through the bracket and looked set to take his second gold, until his unstoppable force was met by the immovable object of Nicholas Murphy in the final. In a tense fight to end the weekend's fencing, Murphy managed to overcome Heaps to take gold and glory.

The event was a huge success and greatly enjoyed by all involved. With it being smoothly run, an increasing number of entrants and incredibly high standard of fencing, the Lancaster Open is cementing its place as a must-go to competition on the British fencing calendar.

The never-ending bar sports debate

ESTHER JEWITT

Do pool and darts count as sports? Surely a bar is a place for getting drunk and lazing around, not playing sport! Are bar sportsmen just competitive alcoholics? Here at Lancaster, we have a thriving college bar sports scene, with leagues in pool and darts for both men and women for every college. Here's a brief insight into why you should be taking us seriously!

Contrary to what you might expect, we are certainly not all alcoholics. In fact, some get into playing pool and darts to escape drinking culture. If your mates seem intent on getting paralytic, playing a game is a means of doing

something productive in a bar, instead of descending into drunken stupor. We all enjoy a drink or two, but being so wasted you lose your game? Not cool.

But how can pool and darts count as sport when zero fitness is required? With physical prowess and stature offering no advantage, we bar sportsfolk rely solely on skill to beat our opponents. It's a lot more intense than you might imagine.

And although we have teams, our matches are one-on-one, adding monumental pressure. You really do need a pint after all that – and conveniently enough, you're in a bar!

There is, however, a unique social element to bar sports due to its inclusive nature, says college pool captain Molly Chambers. Everybody likes to pick up a cue for a game every now and then, even if they're rubbish at pool.

She points out that despite lack of physical exertion, there is a high level of mental stamina required to win a professional pool match, with careful planning and quick initiative essential for every move.

The future of bar sports, however, looks somewhat unstable. With many local pubs being converted into swanky gastro pubs, pool tables and darts boards are becoming increasingly scarce. In my

hometown in the distant South West, to my absolute outrage, our pool table count has halved in the last two years.

Is there an element of snobbery keeping bar sports from having a legitimate sport status? Nick 'Flame of the North' Dearman, who plays darts for Furness agrees that darts and similar sports are often unfairly looked down upon. However, anyone who plays can agree that we have our fair share of blood, sweat and tears.

Due to declining popularity among youth, passion for bar sports is often inherited. Nick's dedication to darts was inspired by his Gran, who always had a dart-

board in her kitchen. Similarly, my mother fuelled my passion for pool – she actually captained the Lonsdale team here at Lancaster, back in the day. I've got a lot to live up to!

We are lucky at Lancaster University to have such an array of venues to keep these sports alive. Our leagues are extremely popular, and I hope they remain so. In my opinion, we need to start taking bar sports seriously, to prevent them declining altogether. Especially those of us not in Pendle – we need to step up! We can't let Pendle win ALL the bar sports leagues! So why not head to your college bar and sign up?



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Inter-college football: league tables

A League Team	P	W	D	L	F	A	Diff	Pts
Bowland	6	6	0	0	21	6	15	18
Furness	5	3	0	2	20	10	10	9
County	4	3	0	1	13	8	5	9
Pendle	5	3	0	2	7	10	-3	9
Lonsdale	4	2	1	1	11	8	3	7
Fylde	6	1	2	3	12	16	-4	5
Grizedale	6	1	0	5	9	17	-8	3
Cartmel	6	0	1	5	3	21	-18	1

B League Team	P	W	D	L	F	A	Diff	Pts
Pendle	4	4	0	0	20	4	16	12
Graduate	5	4	0	1	14	11	3	12
County	3	2	1	0	27	6	21	10
Fylde	5	3	1	1	16	9	7	10
Lonsdale	6	2	0	4	13	17	-4	6
Bowland	3	1	0	2	7	9	-2	3
Grizedale	4	1	0	3	7	12	-5	3
Furness	5	1	0	4	10	24	-14	3
Cartmel	4	0	0	4	2	24	-22	0

SCAN Golden Boot standings

A League

Name	College	Goals
Harry Heptonstall	Bowland	6
Pete Barnes	Furness	5
Ryan Fairclough	Fylde	5
Will Avrili	Lonsdale	4
Benjamin Cuddihee	Furness	4
Jack Halliwell	Lonsdale	4
Ben Saunders	Bowland	4
Joseph Ashworth	County	3
Joshua Nurney	Grizedale	3

B League

Name	College	Goals
Gary Davidson	County	10
Luke Williams	Fylde	7
Sam Maulin	County	6
David Townsend	Graduate	5
Henri Bidaou	Pendle	4
Jonathan Cook	Pendle	4
Philip Dunning	Pendle	4
Mitchel Arkell	Furness	3
Sebastian Bechmann	Fylde	3
Kieran Holmes-Darby	Lonsdale	3



Disclaimer: Golden Boot standings are correct as of information received by Wednesday Week 3. For any missing goals, please update the official league site or email results into scan.sports@lusu.co.uk

Results correct at time of publication.

Cricket World Cup: predictions

With the 2015 Cricket World Cup just around the corner, Sports Editor Ollie Orton previews the teams who will be competing for the top prize in international cricket as well as picking out the players who will star at the tournament.



POOL A

Afghanistan

The 2015 World Cup represents a debut on the biggest stage for Afghanistan. After qualifying through the World Cricket League Championship, they are not expected to challenge the more established teams in Pool A. However, this is not to say that they will present teams with a guaranteed win each time they step onto the field; in their last few ODIs they have beaten Zimbabwe and Ireland, both of whom have far more experience of high-level international cricket. In the form of Najeebullah Zadran and Shafiqullah Shafaq they have two exciting players with the potential to inject pace into an innings. However, the likelihood is that they will simply not have the ability to deal with world class performers, particularly the Australian fast bowlers who will be relishing the opportunity to bowl at the Afghan line-up. They should collect a win against Scotland, however.

One to watch: Najeebullah Zadran

Prediction: 2nd bottom in Pool A

Australia

With home advantage, a settled line-up (injuries permitting) and Mitchell Johnson raring to go, it would be a brave person to bet against an Australian win in the

World Cup. Murmurs about their squad being disrupted by injury were put to bed with the recent match against England, where, with captain Michael Clarke injured and a number of other key players absent, they still chased down 300 to win. They should have no trouble getting out of Pool A, and indeed will be expected to make it to the final with such an important home advantage. In Steve Smith they have the form player in world cricket at the moment and their bowling attack has variation and sheer pace in the form of Johnson and Mitchell Starc. All in all, they are a very talented side, and one that should make it all the way to the final.

One to watch: Steve Smith

Prediction: Tournament winners



Bangladesh

Bangladesh are often a difficult side to make predictions on. In the 2007 World Cup, to the surprise of the cricketing world, they reached the Super 8 format of the competition, knocking out pre-tournament favourites India along the way. Despite a recent string of victories against Zimbabwe, their stock is not that high in world cricket at present owing to a number of heavy defeats against the West Indies and others. However, they will be hoping to register a couple of victories against Afghan-

istan and Scotland to put the pressure on England, who know that a defeat against Bangladesh could be disastrous for their World Cup hopes. In Tamim Iqbal and Shakib Al-Hasan they have two genuinely talented players – if they both fire, Bangladesh could be a dark horse in the tournament. More likely, however, is a first round knock-out.

One to watch: Tamim Iqbal

Prediction: 5th in Pool A

England

England are now one of the most unpredictable teams in world cricket. After correctly disposing of former Captain Alastair Cook, Eoin Morgan has stewardship over a potentially very dangerous side. With Ian Bell firing at the top of the order, and a beefy middle-order of Jos Buttler, Ravi Bopara and Captain Morgan, England finally have the ability to set big targets. The bowling line-up potentially provides issues: four right-arm fast bowlers may not give enough variation to trouble international batsmen. The current team is also wildly hit and miss – to achieve success in the World Cup, they will need to string together a number of consistent and confidence boosting performances. Funda-



mentally, England should qualify from Pool A, and, with a generous

quarter-final draw, the semi-finals are not out of the question, but still remain unlikely. However, compared to just a month ago, there is a lot more hope surrounding this England team.

One to watch: Ian Bell

Prediction: Quarter-Finals



New Zealand

As co-hosts with Australia, as well as being one of the form teams in international cricket, New Zealand will certainly be pushing for success. Two semi-final appearances at the last two World Cups confirm their pedigree and aptitude on the biggest stage, and they will be hoping that the added bonus of a home crowd allows them to push on to the final. After dominating Sri Lanka in the recent one-day series, New Zealand will fancy their chances against any team.

With Brendon McCullum leading the line with some powerful hitting, and the dangerous trio of Mitchell McClenaghan, Tim Southee and Trent Boult leading the bowling, New Zealand has quality throughout the side. They should have no problems qualifying from Pool A, and should similarly cruise through to the quarter finals. They have the talent to go all the way but must demonstrate that now on the biggest stage. In

this writer's opinion, if New Zealand avoid South Africa in the knockout stages, a final beckons, but, erring on the side of caution, they are predicted a semi-final spot.

One to watch: Brendon McCullum

Prediction: Semi-Finals

Scotland

Having qualified through the 2014 ICC World Cup Qualifier programme, Scotland are, with all due respect, simply making up the numbers at this tournament. They have lost all eight of their World Cup matches to date, have never beaten a full member of the ICC and have stopped participating in the English domestic one-day cup, further reducing their chances to play cricket. They do however have some hope in relation to the match against Afghanistan, who they beat in their most recent match-up by 150 runs. Their current player of note is 30 year old Kyle Coetzer, who had a one-day century to his name. The best Scotland can hope for is a win against Afghanistan and a close-fought encounter against Bangladesh – anything more will be a major shock.

One to watch: Kyle Coetzer

Prediction: Bottom of Pool A





Sri Lanka

The runners-up from the past two tournaments will be hoping that this year will finally be their year. There is an added impetus to achieve at this tournament: both Kumar Sangakkara and Mahela Jayawardene, two of the greatest ever players in ODI cricket, will be hanging up their boots at the conclusion. Sri Lanka have, on the face of it, a strong team. Lasith Malinga is tipped to be fit for the first game, and he joins a familiar looking Sri Lankan line up with the likes of Tillakaratne Dilshan and Rangana Herath. The team's recent form has been patchy; after defeating a lacklustre England side at home, the team then travelled to New Zealand but were easily beaten. On their day, they can beat anyone, yet the fast, bouncy pitches of Australia may not be to their liking. Sri Lanka should make it through Pool A, but owing to the Australian conditions, a quarter-final spot seems the likeliest outcome.

One to watch: Angelo Matthews

Prediction: Quarter-Finals

POOL B

India

The defending champions go into the World Cup under something of a cloud. At the time of publication, the Indians are yet to win a game on their tour of Australia – indeed, their last win came in mid-November. Despite that, they possess a team of immense talent. Virat Kohli, MS Dhoni and Rohit Sharma are some of the most talented and dangerous batsmen in world cricket – if they fire, India

should succeed. The bowling line-up once again appears to be India's weak link, with Bhuvneshwar Kumar down on pace and Umesh Yadav seemingly underused. They should have no trouble getting out of Pool B, and would be expecting to reach the semi-finals at least. However, on recent performances, this writer feels that the final will be a step too far for this team.

One to watch: Virat Kohli

Prediction: Semi-Final

Ireland

After qualifying through the ICC World Cricket League Championship, Ireland will be hoping to do much more than simply make up the numbers. A Super 8 finish in the 2007 World Cup remains their greatest achievement, and whilst it



would be a major surprise to see them progress from Pool B; they possess the raw talent to cause the more established teams some issues. Kevin O'Brien, the star of their famous 2011 win over England makes the squad, as do seasoned performers such as Captain William Porterfield and left-arm spinner George Dockrell. Their recent form has been patchy at best – after sneaking past Scotland by just 3 wickets, they went on to lose by 71 runs to Afghanistan.

However, Ireland are known to save their best performances until the biggest stage. Wins should be collected against Zimbabwe and the UAE, and if they can pull off a win against the West Indies, a place in the quarter-finals surely beckons. However, erring on the side of caution, the prediction is that they will fall just short.

One to watch: Kevin O'Brien

Prediction: 5th in Pool B



Pakistan

As usual, predicting how Pakistan will fair in a major tournament is exceptionally difficult. After leaving the competition at the pool stages in 2003 and 2007, 2011 represented a change when they reached the semi-finals. Their squad possesses some familiar names, with Shahid Afridi, Misbah-ul-Haq and Younus Khan the standout players. The news that Misbah and Afridi, two outstanding players, will be retiring after the World Cup indicates that this may be Pakistan's last chance for a while to win the tournament. Unfortunately, whilst the spine of the team may be strong, the XI is not the strongest and this, coupled with the fast, bouncy pitches of Australia that will not be to their liking, suggests that this may not be their year. A quarter-final placing seems most likely.

One to watch: Shahid Afridi

Prediction: Quarter-Finals

South Africa

The view of many is that 2015 will finally be South Africa's year. Perennial chokers in major tournaments over the years, there is a steely determination about this side that has led many to predict success in Australia. Led by captain extraordinaire AB De Villiers, and spearheaded by Dale Steyn, South Africa look a menacing prospect. They have exceptional players throughout the side; indeed it is hard to find a weak-link. The prospect of qualifying from Pool B should not faze them in

the slightest, and anything less than a final appearance will surely be considered a failure. The only team that at present seems capable of standing in their way is Australia, setting up the potential of a mouth-watering final. Despite their clear pedigree, this writer feels that beating Australia at home may just be a step too far, and thus they will come in as runners up.

One to watch: AB De Villiers

Prediction: Runners Up

United Arab Emirates

The UAE have not appeared at a World Cup since 1996, and, having qualified through the same programme as Scotland, there is little to suggest that they will be making waves at this tournament. Their team possesses only one pace bowler in Mohammad Naveed, and they will struggle to cause teams any problems with their



ranks of medium pacers. The batsmen will be unused to the quicker pitches of Australia, and with so much pressure put on Captain Khurram Khan, clear problems will emerge if he becomes injured or out of form. Having only played ten games in the whole of 2014, it is difficult to assess whether the UAE are in any sort of form. They will hope to challenge Ireland and Zimbabwe when they meet, but, aside from that, their chances of success appear remote.

One to watch: Khurram Khan

Prediction: Bottom of Pool B

West Indies

Problems have surrounded the

West Indies cricket team for many years, and these came to a head last year with the player's revolt in India. The fall-out from this is ongoing, with two of their star players, Dwayne Bravo and Kieron Pollard, being omitted from the World Cup squad because of it. Although Chris Gayle remains, the team appears weak. A difficult warm up series in South Africa has demonstrated their limitations further, and whilst they will be hoping and expecting to qualify from Pool B, the chance of an upset is there. If they start the tournament poorly, both Ireland and the UAE will look at them as an upset in the making.



One to watch: Chris Gayle

Prediction: Quarter-Finals

Zimbabwe

After three consecutive pool stage departures at World Cups, very little is expected from this Zimbabwe side. After a morale-sapping tour of Bangladesh, where they lost every game, confidence will not be high at present. There are a few familiar names within their squad, with wicketkeeper Brendan Taylor and batsman Craig Ervine making up the numbers. They would hope to challenge both the UAE and Ireland when they play, and indeed should hope to record a victory against the UAE. Their chances of progressing past the pool stage, however, appear exceptionally slim at best.

One to watch: Brendan Taylor

Prediction: 2nd Bottom of Pool B

All images courtesy of ICC

A lesson in Jiu Jitsu: interview with Krishnan Chauhan

Lancaster History Student and Jiu Jitsu athlete Krishnan Chauhan has just returned to Lancaster from a competition in Lisbon, Portugal. In an interview with SCAN he explains his passion for the increasingly popular sport and the activities of Lancaster's Brazilian Jiu Jitsu Society.

CLAIRE STARR **SPORTS EDITOR**

Many people will know little about Jiu Jitsu, yet it's an up and coming sport. Can you give us a little introduction?

Brazilian Jiu Jitsu (BJJ) originates from Judo and Japanese Jiu Jitsu. Unlike Judo, which concentrates on throws from standing, BJJ concentrates on ground work and submissions including arm locks and chokes. It was initially developed in Brazil by the Gracie brothers Carlos and Helio along with Luiz Franca. They were taught judo by Mitsuyo Maeda a famous judoka and developed the techniques they learnt which came to be known as Gracie Jiu Jitsu/ Brazilian Jiu Jitsu. The Gracie family went on to create the Ultimate Fighting Championships, to show their style of fighting as being superior to others. At the first tournament, Royce Gracie, son of Helio Gracie, fought and won the tournament, forcing fighters from other martial art backgrounds who were much bigger than him into submission, in a no holds barred fight.

As an incredibly physical sport by nature, are there any particular skills or strengths required?

No real skills or strengths are needed, you just need to be determined and turn up to training regularly. BJJ promotes the concept that a smaller, weaker person can successfully defend against a bigger, stronger person by using proper technique, leverage, and taking the fight to the ground, using joint-locks and chokeholds to defeat the opponent. In competition though you want every advantage you can, working on your strength and conditioning is essential. Not everyone who trains in Jiu Jitsu competes. At competition you can compete at your own weight class and age group, and for those who don't compete, you train to just be healthier and learn

some real self-defence.

So how did you first become involved in the sport?

I got into the sport from watching mixed martial arts, events such as the Ultimate Fighting Championships interested me. Being a huge fan of boxing, I was attracted to Mixed Martial Arts as it's another combat sport. When watching the Ultimate Fighting Championships, fights would usually go to the ground and I'd have no idea what was going on - with the little transitions and how someone would then choke out the other guy. One thing I noticed was many of these guys were BJJ black belts, and I wanted to know what it was like so I googled places near to me, found a place and went to try it out!

What are your personal highlights from your BJJ career so far?

Personal highlights for me include training with one of my idols in BJJ Fernando Terere. I travelled to Rio De Janeiro for a month last summer to train and I got to train with multiple time world champions including Terere. I also won a competition out in Rio. Other highlights include winning the International Brazilian Jiu Jitsu Federation (IBJJF) Madrid International Open and then six days later competing in another competition in Manchester and winning gold there as well.

You've just returned from the European Championships in Lisbon, Portugal. It didn't go quite as planned, what happened?

Not what I wanted that's what! I was supposed to compete at 10.30, I got there at 9.30 and went to check in at 10, I was told I was too early. They called my name a couple of minutes before my match. I heard it and it was my time to fight, so I went to the front of the queue saying it's my time to fight. Then

the official who previously told me I was too early told me to go to the back of the queue and not to cut in, despite it being my time to compete. I went to the back of the queue and when I got to the front they had disqualified me for being late! However, you can learn from every competition, and this time I learnt to be more forceful when checking in to prevent a disqualification happening and to explain more thoroughly that I am up next to compete. It was especially disappointing after seeing guys I have beaten in previous competitions medalling! However, there will be future competitions.

You got to experience a large international competition though, what was the atmosphere like?

I have been to three international competitions now, and competed at two: London and Madrid. They are totally different to local competitions, you definitely feel the bigger atmosphere but it is still the same deal as you are going to compete on a mat and the aim is still the same. You also get bigger names at the competition along with people from around the world coming to compete, which is great. International competitions also count towards your IBJJF world ranking - and the medals are a lot nicer!

What's next for you and what are your goals for the near future in your BJJ career?

Well for me my goals are to finish my dissertation and get ready for my exams! My BJJ goals? Well if I get a lot of work done over the next couple of weeks I will probably compete at the IBJJF London Winter International Open in February. After that however, I will not compete until the summer as all my focus will be on university work. Although I will still train and try to improve my skills so that when I compete again I will be ready.



Krishnan Chauhan

You're a member of the BJJ Society at Lancaster, as a relatively new club, what's it like?

The society here was started by the President Philip Katt, he pushed the idea for the University to allow a Brazilian Jiu Jitsu society, and without him it wouldn't have taken off. The club is pretty successful, we have had guys promoted to blue belt. It is still a growing club, but we have successful competitors, Tatami Fightwear provide our society with quality BJJ Gear and we are taught by brown belt Thomas Hanlon, the coach of Team Sukata Preston, who we are grateful to for opening his academy to those in the society.

The club has many great competitors and coaches, any recent particular highlights?

Club highlights include Ze Macedo getting his blue belt, and also

Jeffin Shoji who started BJJ at the University medalling at every competition he has entered! We also had the pleasure of the former European Champion and my coach from home, Adam Adshead to teach a seminar, he's done this twice for us and this has helped bring our level up and improved our training. We also had Black Belt Gary Savage teach at the university for us last year as well.

Is it easy for people to get into the sport, especially for complete beginners?

Yes, anyone can do it! Everyone who gets into the sport are total beginners, as many people haven't been exposed to BJJ. While it is initially tricky, you soon get the hang of it! Anyone can get into it, men or women, big people, small people, tall or short. BJJ is for everyone.

Read the full interview at scan.lusu.co.uk/sport/.