

scan

University wakes up to Ethical Investment



Sammie Caine

BAE SYSTEMS



Daily Mail

BARCLAYS

RioTinto

Lancaster University's Ethical Investment Group's 'Ethical Investment Policy' to be discussed with the University Management, the first step in securing an end to investment in the arms, fossil fuel, mining and tobacco industries.

NATHALIE FARRUGIA NEWS EDITOR
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On Monday Week 6, an Ethical Investment Policy put forward by Lancaster University's Ethical Investment Group (LUEIG) will finally be considered by the University. Currently, around 14% of the

University's investments are in fossil fuels and nearly 4% of investments are in the arms trade. The divestment from these unethical investments are something which the group have been campaigning against for the last academic year, along with the proposal to establish an ethical investment policy,

as part of a wider nationwide initiative.

The group have set up an online petition entitled "Divest Lancaster University from Unethical Investment", with the hope that the University will commit to the following requirements: adopt an ethical

investment policy, with commitment to divestment from fossil fuels and the arms trade, elect a student position on the investment committee, create a committee where investments can be scrutinised, and for these investments to be made public/transparent so that these decisions can be made

from an informed perspective and at least 25% of investments in renewables; energy efficiency; and the university's own activities, like the mental health services. At the time SCAN went to print, the LUEIG petition had

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CAROLYNNE



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Battle of the Bands got off to a flying start with a packed first night in Pendle. **Page 21**

University to hold investment talks

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just over 1000 signatures.

The proposal for this Ethical Investment Policy will go for discussion at the University Management Advisory Group (UMAG) on the morning of Monday Week 6, and will then go onto the Finance and General Purposes Committee (a sub-committee of University Council) for discussion on Friday Week 7. CCO (Environment & Ethics) Polly Davis has told SCAN: "It's hard to know what this decision will be, as there are lots of possible options, from liquidation of all investments to a decision to disinvest from tobacco, but not fossil fuels and the arms trade. What happens next thus really depends on what happens in that meeting. The goal is to make sure that ethical investment becomes a long-term priority for the university, and that this is implemented through such procedures as an ethical investment policy and an investments committee with student representation. We've had a

lot of support from staff, students and LUSU, so we hope to get it passed." Davis also told SCAN that they have been working on a separate university staff letter of support for the campaign.

In response to questions surrounding the justifiability of its unethical investments, the University have said: "As of this morning, the University's investments totalled £75M of which £72M is invested as cash deposits with banks and building societies. The balance of £3M is managed by external fund managers on behalf of the University. Within this portfolio the total value of shares held in oil and gas and tobacco related industries is £233k and £55k respectively, which represents less than 0.5% of the University's total investments." While these statistics appear to be incoherent with those initially presented, the complication in the statistics supplied by the University is something which members of LUEIG have addressed previous in discussions with SCAN.

President Laura Clayson responded to these statistics saying that "the statistics cited make up the percentage of the fund manager, Cazenove, which is based down in London." In an article for SCAN in Michaelmas Term, Davis and Rachel Preston explain how there are problems with the statistics provided by the University, expanding on Clayson's point. They said: "What complicates this situation further is that the University does not have any control over where their funds are invested at any one time, as their money is outsourced to a fund manager. The University's fund manager – Cazenove – chooses the most lucrative and profitable companies to invest in, not the University itself."

Therefore the figures given by the University do not appear to represent their complete portfolio of investment, but rather the smaller funds controlled by an outside source. This could thus obscure conclusions by excluding some of the University's unethical investments from the overall statistics.

LUEIG have said that they demand the University to reconsider its present investment portfolio and to outsource to fund managers who offer an ethical portfolio, one which reflects our ideals and values as an institution.

Regarding their future plans concerning divestment from unethical investments, the University have said: "The University has already committed to reviewing its investment strategy and performance, including ethical considerations. An independent company was appointed last month to help the University in this exercise and an Investment Review Update will be considered by the University's Finance and General Purposes Committee later this month."

As well as the proposal being discussed with the University, Friday Week 5 marks the national Global Divestment Day and a Fossil Free day of action and LUEIG will be running a number of events in Alexandra Square to mark this occasion and to further heighten sup-

port for their campaign. Jonathan Martin, a member of LUEIG told SCAN that this may include people covering themselves in oil and running around in mops and that supporters will also be wearing orange. Davis hopes that through their protesting and petitioning on Friday, the group will have gained more petition signatures and have raised awareness for the campaign.

She also said "Lancaster University is trying its hardest to be a "green" institution. We have a wind turbine, an environment centre and the Eco-Hub. Yet we continue to be invested in fossil fuels. Similarly, we teach courses on Peace Studies yet funnel money into the Arms Trade. We feel that our university should be building connections with ethical, environmentally friendly companies in order to allow our students, research and careers to access a sustainable future. I would encourage students to sign the petition if they, too, believe in a sustainable future."

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LUSU tackles student mental health

The Union are taking part in University Mental Health and Wellbeing Day which will take place on Wednesday Week 6

HENRY SAKER-CLARK **NEWS EDITOR**
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LUSU and the University have continued strides to improve student mental health services and support this term, taking part in the national University Mental Health and Wellbeing Day which takes place on Wednesday Week 6. As well as continuing the successful 'Happy To Talk' sessions introduced to Lancaster this term, the Union have stated that they will be involved in the Mental Health and Wellbeing Day as well as putting on various events during Mental Health Awareness Week in May.

At the end of Lent term the University affirmed its commitment towards supporting student mental health support as Vice Chancellor Mark E. Smith signed the Time To Change pledge to reduce mental health discrimination, alongside VP (Welfare) Mia Scott. Scott told SCAN the Union is "passionate" about the issue of mental health and view it "as a huge priority within the Union."

The Union have maintained their commitment to the problems surrounding mental health since signing the Time To Change pledge themselves in Lent Term 2014. However, the support from the University and its Vice-Chancellor in signing the pledge has given this campaign greater impetus. Scott said that since the pledge was signed in October, "LUSU have run a coffee morning on National 'Time to Talk' day, trained student volunteers to run 'Happy to Talk' sessions with Lancashire Mind and continued to provide information and support to students about mental health and where to get help.

"Some of the Equality, Welfare and Diversity team have also set up a working group who are aiming to promote the counselling service by offering support to students wishing to access it as well as gathering feedback to pass on to the staff in Student Based Services. As far as I'm aware, the university have also been doing lots of great things since signing the pledge including mental health first aid training for staff, disclo-



Jonathan Eldridge

sure workshops for students and other workshops for staff as well as giving out information leaflets to all departments."

University Mental Health and Wellbeing Day is a national annual event to promote the mental health of those who live and work in higher education settings. The initiative was started by the University and Mental Health Awareness Network in 2012 as an opportunity to improve understanding and awareness of mental health issues across UK universities.

Scott confirmed to SCAN that the Union would be getting involved in University Mental Health and Wellbeing Day saying, "the Union is of course getting involved with University mental health and wellbeing day on 18th Feb, jointly with the university. We will also be running various events during mental health awareness week in May, such as the possibility of getting a celebrity guest speaker to come and do a talk for us! We'll continue to run Happy to Talk sessions and will continue to support the volunteers who run these.

"We will also be trying to do some training for JCRs and officers on mental health first aid and mindfulness. Mental health is viewed as a huge priority within the Union, and is something we are all very passionate about. There will be many more things in the pipeline for the future, and we certainly aren't going to let the university forget that they signed that pledge!"

Signing the pledge in Week 10 of Lent Term the University Vice-Chancellor Mark E. Smith told SCAN of the University's intention to take action against mental health discrimination. "By signing this we are publicly reaffirming a commitment to continuing to develop our policies and our support so that people can get the most out of their lives." Smith continued, "Mental health is a kind of all-pervasive societal issue which doesn't get the profile that it should and universities should take the thought leadership in many social issues and I think that this is a key one. We know it affects many of our students and our staff

so I think for us an organisation, it's the right thing to do."

Scott also spoke to SCAN about the University's fledgling mental health support project in collaboration with Lancashire MIND, Happy To Talk, which allows people to come together in a casual social situation and build strong healthy relationships that go further than just small talk. She said, "Happy to Talk has really only just kicked off last week, with a few volunteers running a couple of sessions. So far, it's been received really positively by students, volunteers and staff. If it goes well, I believe the university are interested in branching the opportunity out to staff as well as students. It is my hope that by this time next year, the initiative will be extremely popular and that a culture will have developed amongst our students whereby there is an openness to talk- not necessarily about mental health and wellbeing, but about their day, how it made them feel, what's going well for them."

Despite the birth of the Happy To Talk, Scott was also keen to state that welfare is an integral

part of students' lives that needs support from University management addressing the University's need for counsellors. "As much as I can think of many ways in which LUSU could utilise money from the university for welfare resources, I would personally rather see them invest it into expanding and improving the services that they offer. One new counsellor is amazing, and took years of lobbying, but there is still a waiting list of three weeks and there is still a lack of counsellors with expert knowledge in certain areas, and I strongly believe this is something we should keep lobbying on.

"One in four people experience a mental health problem in any given year, and this in addition to all the other possible reasons in which a student might wish to access counselling should be shouting out to university management as not just something to be looked at, but something which needs to urgently be addressed. The counselling service is just one small part of this."

University Court passes student motions on rent, fees and the colleges

Students' Union convinces University Court to vote in favour of reconsidering the rent and fee increases.



JACK PERRY SCAN EDITOR
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In what is being hailed as a resounding victory for students, two motions put forward by student representatives have been passed by the 2015 annual meeting of University Court.

The first of the two motions - proposed by VP(Education) Joe O'Neill - sought to urge the University to reconsider the recent decision to increase tuition fees for international and postgraduate students, as well as the increase in on-campus rent. The second mo-

aims to reflect the wider interests served by Lancaster University, and includes many members from outside of the University, including alumni, those representing the local community, and other interested bodies, in addition to members of University management, members of staff and over 50 student representatives.

O'Neill and Rowlands both spoke in favour of the motion on Rent and Fee Increases, with O'Neill observing that only one type of on-campus accommodation was priced at less than £100 in order to indicate the damaging effect a further rise will have. O'Neill also accused the University of "holding the LUSU President hostage" on the issue of rent and fee increases by using confidentiality clauses. Rowlands, meanwhile, argued that on rent increases the University could not provide the rental agreement with accommodation provider UPP as a valid justification for the increase, as students themselves had not agreed to the signing of the agreement. On the international and postgraduate fee increases, Rowlands argued that the sole reason the University had proposed the increase was because competitor universities were doing the same. "Let us not bring ourselves 'in line' with your competitors - let us stand tall above them" Rowlands told the Court.

tion, which was proposed by VP(-Campaigns and Communications) Ronnie Rowlands, urged the University to consider the abolition of search committees for the college principal appointments, placing more responsibility with the college syndicates. Both motions were passed by an overwhelming majority of those in attendance.

The 2015 session of University Court took place on Saturday Week 3 in George Fox Lecture Theatre 1, and was the first to be presided over by Lancaster's new Chancellor, Rt Hon Alan Milburn. University Court is the body which

Deputy Vice-Chancellor Professor Andrew Atherton spoke against the motion. Atherton said that the University were very aware of the problems facing students, but said that the two per cent deficit between the University's costs and its income necessitated a rise in postgraduate and international tuition fees. Atherton also argued that the rise in on-campus rent was due to students wanting more en suite accommodation.

Rowlands also spoke in favour of the motion on College Principalships, recounting the failed process of appointing a principal to either Bowland or Lonsdale College in Lent Term 2013-14. Rowlands argued that the undermining of the will of college syndicates in their choice of principal is in stark contrast to the rhetoric of the University's recent College Review, which was published on Friday Week 3. Bowland President Julia Sammons also spoke in favour of the motion, detailing the way her JCR has struggled as a result of having neither a College Principal nor a College Administrator. "We feel ignored by the University," Sammons told the Court.

Provost for Student Experience, Colleges and the Library Professor Amanda Chetwynd spoke against the motion, reassuring members

of the Court that the colleges remain an active part of the University by pointing to college SCR and student involvement in the College Review. Chetwynd also argued that college syndicates needed to undergo change in order to remove non-active members and members who were neither staff nor students at the University.

After short debates about both the fee increases and the colleges, the Court (chaired by Deputy Pro-Chancellor John Hadfield) voted overwhelmingly in favour of both motions. The passing of the motions is considered a victory for students, and for LUSU's campaigning in these areas. LUSU held a protest before the Court, handing out leaflets to members urging them to support the two motions.

In addition to the two motions, University Court included speeches and reports by Vice-Chancellor Professor Mark E. Smith, Pro-Chancellor Lord Roger Liddle and President Laura Clayson, as well as the University's annual financial report which was delivered by Sarah Randall-Paley. The session of Court was opened and closed by Milburn, who in closing the meeting reiterated President Clayson's earlier remarks that "we all love Lancaster, and we all want it to thrive."

Occupation talks end inconclusively

Talks between the University, LUSU and the group of occupation students end without any tangible outcome.

JACK PERRY SCAN EDITOR
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OLLIE ORTON SPORTS EDITOR

The first meeting between the University, the LUSU Full-Time Officers and members of the group who occupied University House in Week 9, Michaelmas Term ended inconclusively on Tuesday Week 4. The main outcome of the hour-long meeting was the decision to

hold further meetings on the issue of tuition fee and rent increases in the near future.

The talks were scheduled as a concession by the University to LUSU and the group of students who occupied University House in order to end the occupation. The meeting, which was held in University House on the very floor the occupation took place, was attended by the six LUSU Full-Time Officers, as well as the University's

Deputy Vice-Chancellor Professor Andrew Atherton and Chief Administrative Officer Nicola Owen. James Walmsley attended on behalf of the students who occupied University House. Despite the attempts of Walmsley and VP (Campaigns and Communications) Ronnie Rowlands to change Atherton and Owen's views on the tuition fee and rent increases, the meeting concluded without any tangible outcome.

The fact that the meeting would end inconclusively seemed inevitable from the beginning, when Atherton noted that "we will listen and work it through and be as open as possible, but we will not necessarily reject or accept the views [of the others in attendance]." Atherton said that while there may be some sympathy among University management for the sentiment expressed by officers and students, it could be difficult to achieve the outcome they were looking for.

One of the main issues put forward by Walmsley and Rowlands was an expansion of the University's provision of scholarships and bursaries to help cover the costs of increased tuition fees and rent. While Atherton and Owen appeared happy to discuss the issue, the meeting concluded before the conversation came to any substantial agreement.

Lancaster debates austerity

In Week 4 Lancaster University Debating Society held a debate on austerity

JESSICA WALLACE *DEPUTY NEWS EDITOR*

Lancaster University Debating Union hosted their first public debate of the academic year on Thursday Week 4, on the motion “This house believes that austerity works”. The Union invited esteemed guests to speak; Mark Littlewood and Paul Ormerod spoke in proposition of the motion, whilst Stewart Wood and Michael Burke argued in opposition. The Union hosted a pre-debate vote reporting 32 for, 45 against, and 28 abstaining from the motion.

In his opening speech to propose the motion, Littlewood defined austerity as “seeking to live within your means, or more particularly, the government [seeking] to live within its means that it finds by taxation”, suggesting that the government and banks were to blame for the economic crash, as they were spending £160 billion per year, more than incoming. Littlewood went on to discuss govern-

mental schemes to raise national income from tax, juxtaposing the economic attitudes of the governments of Greece and Germany before concluding that “not only that austerity works, but it is a mathematical necessity [...] if [society] doesn’t make it work, you are doing your future children and grandchildren a great disservice.”

Stuart Wood opposed this motion, arguing that “austerity is part of a package that phenomenally damaging to our country”, suggesting that austerity is a choice, not something that is inescapable. He acknowledged the claim that Labour government spending caused the crash, but dismissed it arguing instead, Labour spending just made the issue of austerity more exposed, and in fact economic, social, and political factors were affecting austerity. Wood highlighted that England has a historic problem of low wages for low skilled jobs, and a failure to address welfare issues, whilst ar-

guing that an important generational shift of the “knowledge your children will be better off has been shattered” as a social result of austerity.

Paul Ormerod continued to argue in favour of the proposition as he highlighted scientific evidence to support claims of austerity’s effectiveness as both main parties of the Coalition government agree on a “need to control in a serious way, government debt and government spending”, whilst acknowledging that this would take a long time to overcome as it would require different sects of the economy to readjust their assets. Ormerod argued that if interest rates were to rise by up to 8% as they have done previously, abandoning austerity would be a “very serious mistake” as “a country’s standards of living are ultimately determined by the economy”.

Michael Burke, concluded the debate by opposing the motion,

calling upon the audience to evaluate their personal experience with austerity, suggesting there is plenty of money in the economy, “just in the hands of [various corporations] who refuse to spend it” rather than the individuals. Burke proposed that there is in fact an alternative to austerity, which is investment by the state, and he said that “it was the state that bailed out the private sector [of the financial crisis], and it’s the state that can provide an alternative to austerity”.

Members of the audience were invited to ask the speakers questions relating to their arguments, which proved popular. The Union then hosted a second, post-debate vote to find out whether the speakers had any lasting effect on the audience’s views, and found 42 for, 62 against, and 12 abstaining from the motion. LU Debating Union President Luke Parchment described the debate as “a great success and [...] well received.”

Uni email threats

JESSICA WALLACE *DEPUTY NEWS EDITOR*

Following the suspension of the marking boycotts originally scheduled to take place last term in protest to significant pension changes, UCU members have reportedly been threatened with legal action. Emails were allegedly sent out to staff members supporting the boycott, whereby the University threatened to attach personal liability for legal action to any member of staff who went on strike, in the event of a student suing the University for poor academic performance.

The threat has yet to be rescinded, leading to discussions in University Court on Saturday Week 4. President of Lancaster UCU Rory Daly invited Vice Chancellor Mark Smith to consider retracting this threat; Smith agreed to discuss the issue of whether the threat should be formally withdrawn with senior management, although he confirmed that the legal threat would have been enacted if the industrial action had continued.

Vicky Tyrell, of the Lancaster University Press Office, responded in a statement reporting discussions between Lancaster UCU and University management as being “constructive and focused on identifying areas [to influence] current pension reforms being proposed”. With regards to the recent legal threat, Tyrell stressed that the University “reserved the right to adjoin [staff] to any student claims if the situation over time required”, as was pointed out to staff members. Tyrell acknowledges recent national developments which include USS reforms being proposed in joint agreement of UCU and employers, reporting that the University is “currently in discussions with Lancaster UCU in relation to the relevance of these comments given the current context”. Discussions continue.

Atkins joins Question Time

Politics Society hosts a Question Time debate, including representatives from each major party.

ELLEN REGAN

On Thursday Week 3, Lancaster University Politics Society held its inaugural event in the Cavendish Lecture Theatre. The society had invited Matt Atkins, a UKIP prospective parliamentary candidate, to the event as well as representation for the other four parties on campus. Matt Atkins was joined by Oliver Mountjoy representing the Liberal Democrats, Lucy Atkinson who represented the Labour party, the Green party who were represented by Sam Armstrong and Daniel Aldred representing the Conservatives. The event was presided over by Dr Simon Mabon from the PPR department taking the role of David Dimbleby. The event started with a brief introduction from the Politics Society who informed everyone that comments about the debate and additional questions could be tweeted under the hashtag #LUPSQT and Dr Mabon would be keeping track of these throughout the debate. Questions for the event had been

submitted and selected beforehand, in the same format as on the BBC. The first question was from Connor Monaghan who asked “How do we deal with the disenfranchised people whom are turning to radicals such as ISIS and the right wing?” which caused panelists to debate what an inherently British society entailed and the role of religion within both a society and education. The debate became heated reasonably quickly with interruptions from the UKIP representative whilst the Lucy Atkinson was speaking on behalf of Labour. Dr Mabon also interjected with listeners’ tweets commenting that “It’s all kicking off”.

The second question was from Rahoul Naik who asked “How does each party feel about the future of the NHS and also how can we make sure every A&E patient is dealt with within the four hour targets that each hospital has?”. This question resulted in most panellists skirting round what their own parties were aiming to

do with regards to the NHS and accusing other parties of either using the NHS as a weapon, privatising the NHS or having started the privatisation process under former leadership. The debate prompted several comments from the audience and applause to various points made by the panellists.

Dr Mabon also interjected with listeners’ tweets commenting that “It’s all kicking off”.

Dr Mabon decided it was time to move on and introduced the next question from Mia Scott, “There is a currently a mental health crisis, with 1 in 4 people suffering with a mental health problem in any given year. How does your party plan to tackle this issue?” Although this prompted less arguments than previous questions, the Liberal Democrat panellist, Oliver Mountjoy, did accuse the Green party of wanting to introduce homeopathic care on the NHS calling this a bizarre policy and stating this was

not a legitimate way to deal with mental health. This then led to a later retort from a member of the audience saying that they had just trawled the Green party manifesto and that homeopathic care was not mentioned anywhere. An interjection on this topic was also made by Jack Filmore, city councillor for the Greens, who stated that the Green party address the fact that alcohol can be seen as the most dangerous substance but the fact that it is by far the easiest to obtain creates a worrying trend in opinion that it is, therefore, one of the least dangerous. This is therefore the reason that the Green party want to introduce Cannabis which is far less dangerous. He also commented on twitter that “Green Party policy is to support alternative therapies that work, and recognise that there is more to healthcare than pharmaceuticals”. Comments on twitter led along the same lines with one person saying “Alcohol is a dangerous drug fact. Decriminalise drugs and treat the causes.”

Unite chair: Lancaster University should aim to be a “beacon employer”

Haydn Morris says that while the staff survey results are positive, the University needs to aim higher.

JACK PERRY SCAN EDITOR
 @JACKPERRY01

The Lancaster University branch chair of the Unite Union has welcomed the largely positive results of the 2014 staff survey, but has challenged the University to build on the results in order to become one of the best employers in the region. Speaking to SCAN, Haydn Morris, who is also the Chief Technician in the division of biomedical and life sciences, said that Lancaster should use the survey as a “launchpad” and aim to become a “beacon employer.”

“Lancaster University isn’t ambitious enough,” Morris said. “We have a strategic plan and a staff plan where we want to be in the top 10 [UK universities]. I think we should aim to be one of the top 10 of employers in the area.”

The results of the 2014 staff survey were released on Thursday Week 4 with largely positive headline results. Of the 63 per cent of staff who took the survey, 89 per cent said that Lancaster University is a

good place to work, while 90 per cent of respondents said that they would recommend Lancaster University to others as an employer.

Morris, who as branch chair of the Unite Union represents many of the technician, cleaning and security staff on campus amongst others, told SCAN that the largely positive survey results should not be a cause for complacency. “We should use this [the staff survey] as a launchpad: we should be a beacon employer here,” Morris said, arguing that the University should commit to having directly employed staff and a provision of the living wage for its employees. Morris said that the University should also “take pride in the fact that we’ve got good terms and conditions of employment, we recognise the workers’ independent voice and that should be our aim for the future.

“I think [the survey] is a good start but we’ve got much more work to do, and rather than pat ourselves on the back on this we should try to improve matters and try to be

the best employer in the region, if not one of the best employers in the sector.”

Morris’ sentiment appeared to be echoed by some within the University. In an email to staff accompanying the results of the survey, the University’s Director of Human Resources, Paul Boustead, said: “We should take some time to celebrate the results which, overall, show Lancaster as a great place to work. Having said that, we cannot afford to be complacent and we always have room for improvement.”

Morris also said that the results of the survey indicated the growing benefit of the “trade union effect.” “From our point of view as a trade union representative, I think what we’re really seeing is some of the benefit of the trade union effect as it has been observed in other places, particularly with regard to safety,” Morris told SCAN. “There have been a number of studies showing that there are less accidents in places where the trade unions are well organised and there are trade

union representatives.

“Credit also has to go to the University for working with the trade unions in this respect, but I think it’s an often overlooked factor that we have a number of dedicated volunteers here working on behalf of their fellow workers and working with the University to ensure that we have fairness.”

Not all of the staff survey was positive, however, with communication appearing to have the starkest negative results. Of those who completed the survey, only 38 per cent believed that different parts of the University currently communicate effectively with each other, while only 51 per cent agreed that communication between senior management and staff was effective. This lack of communication was something Morris believed could be improved. “The closer the manager is to the worker, often the communication is much better. There always seems to be a gap higher up you go into the management.”

However, Morris also said that blaming a particular issue on poor communication does not always get to the root of the problem. “Sometimes real issues like the way people are treated or grievances are put down to poor communication when in fact it may be poor procedures; it may be poor management practices; it may be poor working practices,” Morris told SCAN. “I think the real issue is not so much communication as whether are people’s views are listened to seriously, taken into account and people feel heard.”

Morris’ scepticism extends to the use of surveys to gauge staff opinion. “I think the difficulty with any of these types of surveys is that they don’t get down amongst the detail, and that’s where the real issues lie for people,” Morris said, arguing that the way the questions are asked let to too reductive a conclusion. “Just because I’m happy with my job doesn’t mean that our working conditions at Lancaster cannot be improved.”

what's in a stir fry?

green
LANCASTER

FREE COOKING DEMO + TASTERS!

18th Feb, 6.30pm at Pendle Bar



We'll also be joined by InfoLab researcher Adrian Clear who will be presenting his research on student cooking. Places are limited so be early!

LUSU

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Lancaster plans for away Roses

The last time Lancaster won away at York in Roses was 30 years ago and despite more funding into Roses this year, there are still many problems that the university faces tackling York in their home city.



LAURA WILKINSON

Last year York were far closer to winning Roses away than they have been for quite a few years and Salman Rukhsar, VP (Activities), made it clear to SCAN that LUSU and the University are both doing everything that they can to ensure the best possible outcome in Roses this year.

Rukhsar told SCAN earlier in the week the “the general problems for an away Roses is the lack of support you can get because it’s quite easy to get the supporters to a home Roses, exams are always a big issue, with it being in exam season and it’s also quite hectic for a lot of the players so we are looking into all of these problems and trying to resolve them as soon as possible”.

Increasing the funding to a number of clubs, particularly those

competing in Roses, is something that the university is doing in order to try to gain an advantage over York in the run up to Roses. This funding which has been spread amongst a variation of clubs has been used to benefit clubs in training and to help them develop greater fitness overall.

In a statement, the University said that the funding was also to “promote a strong sporting culture within the University and to enhance our performances at the British Universities and Colleges Sports events throughout the academic year”. The University also noted that it was currently giving extra funding to 23 sports clubs in order to fund additional coaching and fitness sessions.

Rukhsar also commented in detail on the increase in funding that sport has received over the past year saying that “we were quite

lucky this year we’ve had quite a lot of money invested in sport” especially those who are competing at Roses.

The weekend itself isn’t what is costing the most money according to Rukhsar who told SCAN that “we don’t cover many of the costs when it’s away, the home institution pays for all of the facility hire, lecture theatres, flat floor space for people to sleep but we do cover the costs of transport to get people over there”.

Rukhsar mentioned that there had been previous talks which took place in the summer between the University and LUSU that would have meant that the University would be able to further increase spending on the Roses weekend by paying for more luxury accommodation. However, he also said that he was doubtful of whether this plan would go ahead, as great

as it would be, “if the university did give us any money for accommodation that would go into subsidising that for student groups but we wouldn’t be able to do it for everyone and we certainly don’t have that money yet”.

One thing that Rukhsar was certain of was that the date of Roses has now been changed to the weekend before the Bank Holiday weekend, and this is due to the availability of York’s facilities and was something that was “out of our control”.

Rukhsar told SCAN that there are a lot of plans that are currently being made to hopefully increase the chance of a win at York this year but these plans will not be made public until the end of next week or shortly afterwards, after a meeting has taken place between Lancaster and York Universities.

Greggs burglary

SHIN ISHIKAWA

The Greggs bakery on campus was broken into and burgled on the evening of Thursday Week 3, causing the shop to close for two business days. According to Lancashire Police, the incident happened sometime between 7:45pm on Wednesday and 5:50am. The offender(s) seem to have gained access to the shop through a rear wooden door. A Lancaster Police Spokesperson told SCAN: “a hole was cut in wooden door by unknown means to gain access.”

Fortunately, no one was hurt, since the incident occurred outside opening hours. The spokesperson said: “The two tills were forced open but no money was inside.” However, “A safe was removed and taken.” Whether there was any money inside the safe, and how the offender(s) removed is undisclosed. “No further details about the safe unfortunately” the spokesperson told SCAN. Staff at Greggs have been instructed not to comment on the incident.

It remains unknown as to whether this crime was committed by someone from outside the University, or students of the University and as of yet, no eye-witnesses have come forward with any further information regarding the offender(s). Lancashire Police are still investigating and confirmed that there has been “No arrests at this stage, enquiries on-going.”

Things now seem to be running normally at Greggs and there have been no other reports of shop break-ins on campus. This appears to be a one-off, but nonetheless, Lancaster Police encouraged “Anyone with information about the incident should call police on 101 quoting log number 127 of 19th January.”

The University also provides a team of trained Security Staff working 24 hours a day, 7 days a week, and 365 days a year to ensure students are always studying within a secure environment. Anyone in an emergency should call the Security Reception on 999 or 444 from an internal telephone line.

EDITORIAL

University's rhetoric does not hold up

The University is finally realising that the gap between its actions and its rhetoric is coming under ever closer scrutiny. We saw it at University Court on Saturday Week 3, when the Union's motion on the colleges passed by an overwhelming majority. What has become most evident is the way the University appears to pay lip service to the colleges for marketing purposes, but has showed complete contempt for the college syndicates in the process of appointing college principals. One after another, the Court saw former Bowland figures like Stan Henig and Ian Saunders make known their views on the University's appalling treatment of former Bowland College Principal Joe Thornberry, aiding the students' motion to its eventual passing.

Now, SCAN has found that the University's rhetoric in other areas does not stand up too well either, particularly when it comes to ethical investment. As the University will tell you, Lancaster has won a host of green and low energy consumption awards, and SCAN agrees that the staff and students who have helped towards these accolades should be celebrated. However, this is all for nought if the University is funding fossil fuel exploration. Ethical investment is a tricky subject, because most of the time the activities of large corporations are obscured from the public – many people are unaware of Barclays' involvement in the destruction of the Canadian Oil Sands, for example. However, it is positive to see that the University is finally going to talk to representatives from the group campaigning on the issue. Let us hope it will not wind up like the occupation talks (see below).

Hang your collar up inside/ Hang your dollar on me

Remember 2014? The year when Bowland and Lonsdale lost their Principals and the University replaced Lancaster's logo with a face? If you do, you may remember that a group of students found their way into University House and occupied it for around 24 hours, in protest at the University's decision to raise international and postgraduate tuition fees and campus rent prices. Well, the first of (hopefully) a series of negotiations between the University, LUSU and students from the occupation took place to try to resolve the issues. Did they succeed? Not in the slightest – throughout the hour-long meeting the running theme was agreeing to disagree, with LUSU and the occupation student representative James Walmsley putting forward proposals and Deputy Vice Chancellor Andrew Atherton saying "no" to the suggestions. Given the resounding victory at University Court just a few days before, it would have been easy to conclude that students were making headway in this area. But that could not be further from the truth: the tuition fee and rent hikes will continue, and with them more student disillusionment with their University management.

Battle of the Bands

The annual "Battle of the Bands" competition began on Thursday Week 4 at Pendle College, with the second heat being held by Cartmel College on Thursday Week 5. SCAN is still hoping that the 2012 Battle of the Bands winners, Soulrigg, will reform, come back to Lancaster and show everyone else how it's done.

JACK PERRY EDITOR
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We couldn't be safer at Lancaster University



Sammie Caine

JULIA MOLLOY PRODUCTION EDITOR
@JRMOLLOY2

There have been few moments during my time at university that I haven't felt safe, whether on campus or in the town centre. It's true I'm not necessarily a party animal, staying out until the early hours of the morning or experiencing a drunken bar crawl (though, as I'm sure my friends will agree, that would certainly be a sight to behold). However, there have been occasions where I have found myself alone, both on campus and in town, at night time, perhaps a little intimidated by large groups or loud characters. There was an occasion recently where I left a house party early, walking to the bus station at around 11pm. In the bus station, a man whose accent I can only describe as sounding like Italian, began tugging at another girl, insisting that she was Lady Gaga and announcing his suspicion to the entire bus station.

The suggestion that Lancaster is inherently unsafe, however, is not particularly tenable. VP (Welfare and Development) Mia Scott recently commented, in a response to a question about homophobia and sexism on campus, that Lancaster being safe is a myth. However, it very much depends on what you consider 'safe' to actually mean – whether safety is a concept relating to physical safety or, something more ambiguous: mental safety and security. There is little evidence to suggest

that physical safety on campus is a myth. Crime rates for Lancaster University are considered low according to UK Crime Stats, and crime in the city is considered average compared to the rest of Lancashire by Lancashire Gov. There have admittedly been high-profile incidents of sexual violence over the past couple of years, but on the whole the vast majority of us would concur that Lancaster is a safe campus.

What Scott has highlighted, however, is the suggestion that Lancaster University is standing out, in a negative way, for its homophobia and sexism on campus. This is too often brushed under the term 'lad culture' or 'banter' and would imply that Lancaster is not a straightforwardly safe campus. The problem is, however, that laddism is not unique to Lancaster University, and singling our campus out as unsafe for students is, I think, particularly unfair.

Whilst Scott's campaigns are commendable in raising awareness about these issues, as well as recent policies such as no lads mags being sold in LUSU stores, the issue is much more widespread, and to try to tackle the problem solely on a campus-wide level is a little naive. The nature of our globalised planet – through social media and news channels – necessarily means that we are exposed to all sorts of opinions and unfortunately, whether consciously or not, we may be susceptible to opinions

which perpetuate offensive views. Both FemSoc and LGBTQ* have popular, high profiles on campus, and in conjunction with greater awareness I think denouncing Lancaster as an unsafe campus is a somewhat pessimistic view.

The problem is much larger than one students' union can handle; there is no denying that, as hard as this may be to take, society in Britain is still very much riddled with homophobia and sexism. However, so long as Lancaster does what it can in tackling such issues – which, I believe, it is on the way to achieving – then there is little value in dubbing campus as unsafe. With intake and application numbers struggling as it is, there is no point being further detrimental to Lancaster University's reputation.

Lancaster is such a multicultural and diverse student population, encompassing all sexualities and gender assignments. Perhaps I am naive in my experience, but very few of the people I have encountered have suffered any lasting negative or offensive abuse from others. The positives that we can take from Mia Scott's comments, however, is that the issue of a minority suffering from homophobic or sexist abuse is not only an issue which we are aware of, but an issue which we are constantly trying to tackle – not just as a single students' union in a single university, but across the country.

In defence of action

TOM FOX

In the latest edition of SCAN, LUSU and the Full-Time Officers (FTOs) were described as creating an “uncompromising union.” For “the students who wanted a rational, diplomatic union”, they would have to “wait for a new set of representatives in the summer.” It was made very clear that this year’s protests had ruffled some feathers within the student body at Lancaster, and the blame was placed on (you guessed it) LUSU and the FTOs. However, as a previous FTO and now as a student bystander, I thought I would share my own thoughts on the questions raised in the piece.

I’d quite fancy a rational and diplomatic University for one. But the onus is placed on the Union to work around the University’s schedule, and to cuddle up next to the Vice Chancellor and his round table, and I think we have to ask the question: why? “Because that’s how we achieve things, you fool!” I imagine some of you are saying. Former LUSU president Robbie Pickles, also quoted in the last edition of SCAN, himself said: “If you don’t have that working relationship [with University manage-

ment], you can’t expect to achieve anything.”

Now, as far I’m aware, for this relationship to actually work, it is important we have a University that is willing to listen. And I mean actually listen. Remember, it took the University three years to finally recruit another counsellor and review their own policies on helping students with mental health problems.

The arguments LUSU used never changed, and while they might have come out of different mouths – some more aggressive than others – that doesn’t make them any less true. (Also, let’s not forget that for us to achieve the “most stable time in LUSU history” we had to give up our right to properly discuss how we could improve the experiences of students dealing with £9,000 fees.) It’s easy to sit there and say the solution is to improve your argument, but when the University’s mind is set on doing something, it’s very difficult to change that. It takes more than just the Students’ Union. It usually takes the support of other members of the University outside of management. I know that if it wasn’t for the supporting words of

University counsellors and those dealing with students face to face in the counselling service, we would currently be dealing with a waiting list of over two months instead of three weeks. I know I keep hammering on about the same thing, but here’s why.

Two weeks ago, University Court passed a motion that opposed the rent and fee rises by an overwhelming majority. Even the University’s new Chancellor, Alan Milburn, voted for the motion. Court is made up of a selection of professionals, from academics and ex-students, to those who hold public positions locally. There are probably some rather diplomatic and rational minds in there, and they all thought that the idea to increase postgraduate fees by 2.5% was an irresponsible one. But last term, when initial discussions with University management were led solely by the LUSU President, she presented them with similar arguments. She was not listened to.

The president, after presenting strong and reasonable arguments (that unbeknown to her would be approved by over 100 court members the following term), was to be



Justin Chau

told that the University would be going ahead with the plans anyway. It’s nonsensical, money-grabbing, reputational bull crap that cares more about where we place on a Guardian scoreboard than the damaging consequences it has on postgraduate students (and more so the international students who already have to deal with low funding). Even with direct support from other University members, management simply won’t budge.

The point I’m trying to make is that the student movement in Lancaster, and as a whole, is running dry of options that involve fair diplomacy on the side of the University. I’m not saying we shouldn’t criticise the actions of our FTOs

and our Union. Trust me, there is plenty they haven’t done this year that has pissed me off.

What I’m saying is, we have reached the point where students have to resort to new and uncomfortable tactics to achieve what we should be able to around the table. There are times when it’s worked and times when it hasn’t, but if we continue to think that we can only achieve change by sitting in the same room as the VC, then he and his team will continue to mug us off with detrimental changes. All it takes is a nod of the head, a false smile, and a big red stamp that reads “confidential”, and you can wave any chance of effective diplomacy goodbye.

Why isn’t Lancaster in league with other top universities?

Lynne Zhu argues that Lancaster is not as successful as it could be compared to other top universities.

LYNNE ZHU

When people think about the top universities in the UK, the first thing that comes to mind must be the G5: Cambridge, Oxford, Imperial, UCL, and LSE. Some people would include Durham and Edinburgh in that list, just because the two institutions are so old. But how many people would bring up Lancaster University in a conversation about the UK’s top universities?

There is a sentence plastered over Lancaster’s website that tries to summarise its reputation: “Lancaster is ranked No.1 in the North West and No.10 in the UK by the Guardian, and is in the top 1% of universities globally.”

Statistics can be very persuasive but they only reflect one side of

university life here. The reality is, we still have a lot of people who know nothing about Lancaster. There are a lot of theories floating around as to why our university is so unfamiliar, but I think it’s because Lancaster is such an independent organisation. Lancaster never joined many academic consortia, including the Russell Group (an association that claims to represent the highest levels of academic excellence in both teaching and research and has now hit 24 members). Therefore, people won’t know too much about Lancaster if they are not in professional areas.

The exact reason why Lancaster never joined the Russell Group is unknown, but I know of one potential explanation. In 1994, when the Russell Group was established, Lancaster was a small

university and may not have had enough funds to support joining the group. If that’s true, it could explain why in 2007 Lancaster joined forces with seven northern Russell Group universities and created the N8 Research Partnership. It’s almost as if the partnership was designed to convince others that Lancaster has the same high-quality research as its Russell rivals.

You can understand why the University would take that step. Compared with an even younger university, Warwick, which was established in 1965, Lancaster’s growth was really slow. 12 years ago, when Warwick was ranked at number eight in the UK by The Times, Lancaster remained at 21.

Hence, for the last decade Lancaster has concentrated on academic research, not in league with other

universities but without their help. I can’t say it’s an appropriate policy but I can say, if Lancaster didn’t create such a clear image to the public and didn’t show its strength in academia, it would not have risen so fast in the rankings.

However, does a high ranking always mean a strong reputation in the minds of the general public? It’s hard to say. Yes, Lancaster has great achievements in research and academic areas, but how many students are considering research after they graduate? Parents and students prefer to examine things like rates of graduate employment, salary at early employment, and famous alumni when they comment on universities.

But Lancaster is barely competitive in these fields as against more traditional universities. In the UK,

some employers don’t care about league tables, but in the rest of the world, employers contend fiercely for the graduates of universities with the highest ranking and the longest history.

In my opinion, Lancaster is like a child who just came into adolescence and is anxious to prove itself. The N8 Research Partnership can be treated as evidence that our institution is in league with other top universities, but this only happened when Lancaster had enough funds and won outstanding research reputation. Therefore, now that national awards are not such a rarity for us, it’s likely that Lancaster will start working with other top universities in order to get the respect it so youthfully pursues.

Lancaster should strengthen ties with An Najah University in the West Bank



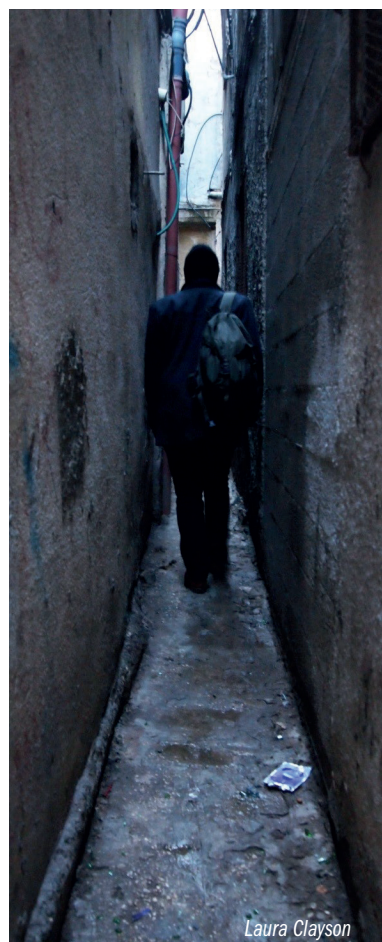
LAURA CLAYSON

The photo above is of the football pitch in Balata refugee camp, Nablus - a city located in the West Bank in the Occupied Palestinian Territories (OPT). While for many, Nablus is far removed from life in Lancaster, it is closer than you think: Lancaster University has links with An Najah University in Nablus and some of those living in Balata study at An Najah.

For me this concrete pitch represents the Israeli-Palestinian situation and its complexities aptly. The concrete, the lack of movement there has been in terms of reasonable peace talks between the Palestinian Authority and the Israeli government; the small space, the living conditions of the thousands of refugees who still reside within the OPT and Israel proper; and the childhood innocence, likely to be replaced with the animosity perpetually replicated across generations.

This refugee camp is not how I envisaged one to be. When I think of what this term means, an image is conjured of tents and UN peace keepers. It is impermanent, housing people for a short amount of time while they await a decision that will lead them onto a place where they can safely settle and live their lives in stability once more. Balata, on the other hand, has existed since the exodus of

Palestinians from Israel proper in 1950. It originally hosted 5-6000 people, but now exceeds 28,000. It exists within an area of 0.25km squared, and for legal reasons cannot exceed this. The space between houses is minimal and the buildings high - as they cannot build out, they have to build up. It is a very inorganic and controlled process, indicating the lack of autonomy its residents possess.



Laura Clayson

The Israeli army visit this refugee camp every two to three days, arbitrarily arresting people and raiding homes. Talking to our friend who lives here, he said that if they do not turn up during this time frame then people go looking for them - revealing the continually unpredictable circumstances within which these people live.

Looking back over the photos I took here on my visit in early January, I am reminded of the images I was unable to capture on film. The one that sticks in my mind's eye is of the 3 little boys asking me to

take a photo of them pointing their toy guns at one of our friends. It was a powerful image of the fixed and unchanging circumstances that fuel the enmity between the Israeli and Palestinian peoples. I declined to take it because I felt that it reinforced the perception that have allowed for Palestinians to be constructed as 'terrorists' - a narrative pushed by the Israeli government and, consequently, Israeli and Western media outlets.

The State of Israel came into existence in 1948. The horrific experiences of the Jewish community in the Holocaust led to the creation of millions of refugees and displaced peoples, and therefore they needed a safe place to protect them. Yet in the creation of this state for these oppressed people, a whole new group of refugees and displaced peoples were created. The Palestinian diaspora amounts to estimations exceeding 5 million by some sources. This consists of people expelled from the land of their ancestors, many of whom are still waiting to return to their homes (many of the elders in Balata still have the keys to the homes they have in places such as Haifa, located in what is now known as Northern Israel). However, they have no right to - a contentious issue that dominates the talks be-

tween the two political entities.

Current talks appear to have once more broken down, Palestine's admittance to the International Criminal Court has led to punitive discourse from the United States, who have threatened cutting off the aid they currently provide to Palestine if the Palestinian Authority attempts to pursue the suing of Israel over the attacks launched on those in Gaza in the summer of 2014. Israel has resorted to financial punishment already by withholding the monthly taxes they transfer to the Palestinian Authority. Be under no illusion, that this is a conflict vastly disproportionate in terms of power relations. Israel has the backing of the US and therefore the West, the Palestinians of a movement throughout the world, that despite being strong in places, is somewhat fragmented. Israel's military prowess is virtually unrivalled throughout the international community, and with the US transferring military aid to Israel in the realm of \$3.1 billion last year it appears this will remain the case.

And what of the future? This conflict has raged on, creating divisions between millions of people the world over, for 60+ years, and is showing no signs of stopping.

Left: An extremely narrow alleyway between two houses in Balata refugee camp.
Below: Two little boys standing outside of Balata refugee camp.



Laura Clayson

Continued from previous page

Noam Chomsky has said a one-state solution merely accepts the status quo for what is now, a land controlled on the terms of Israelis, occupied by settlers in areas meant to be Palestinian controlled, and punitive action when any move is taken by the Palestinians that doesn't conform to the US and Israel's view of what the peace process should look like. Yet in a land under occupation it is increasingly difficult to build and run those things that many of us take for granted, even at university.

When I was conducting research for my dissertation, which was based around interviews with Pal-

estinian people and the ways in which they were supporting the state-building process through the way they were transgressing the boundaries imposed upon them, I was overwhelmed by the amount of perspectives there were about what a future Palestinian state would look like. A clear theme that came from this was the incongruent images articulated by those of the older generation and the younger. The older were willing to consider a two-state solution, with shared power between the Israeli and Palestinian governments. The younger, who grew up in the context of the first and second intifadas, were much less willing to

accept a compromise, vocalising their belief that the Israelis needed to leave and allow the Palestinians to take back complete control of their land.

With such a division in the way in which people aspire to build a state and what they perceive this future looking like it is unlikely that there will be any progress. All I know is that the situation facing many in the West Bank, particularly those in refugee camps, is a humanitarian crisis. As a University we have a responsibility to challenge this status quo, and assist Israelis and Palestinians in creating a land that allows free movement

and rights for all. We must challenge injustice wherever it exists, and strengthening our ties with An Najah University is a powerful way to do that. By recognising the institution here we would allow its perceived legitimacy on the world stage to increase, thus providing hope and strength for those who both study and live here. As one of the people I interviewed articulated:

"Our very existence is resistance."

The development of institutions and infrastructure is part of this process of existence as resistance, of which Lancaster University is

already a part of. Strengthening Lancaster's ties would help with the growth of a global network of international solidarity, allowing for the foundations of a state to be laid; internationalising their circumstances, and nationalising their resistance to Israel's control in the process. This isn't to say that Lancaster University could be the catalyst of change, just that it could be a part of the process, helping others to find their voices. After all, it has to begin again somewhere and hopefully in time there will be a unified vision of the future and all that can be achieved collaboratively if dialogue is once more possible.

Shout back: why Lancaster needs self-defining women in leadership positions

MIA SCOT
OMENA OSIVWEMU
LAURA CLAYSON

With Full Time Officer (FTO) elections fast approaching we (the Vice-President (Welfare and Community), Mia Scott, Cross Campus Officer for Ethnic Minorities Liberation, Omena Osivwemu, and the LUSU President, Laura Clayson) felt it was important to Lancaster University students to explain why we need more self-defining women in leadership positions.

During the election campaign last year Mia was inspired to run because she had seen women FTOs before her do an amazing job, which made her think that she would like to be a part of the future FTO team, with a view of inspiring and empowering others. Laura's manifesto concerned the strengthening of LUSU's representative structures. Omena also has a commitment to this, highlighting that in the history of the FTO teams that have been, only two have been Black women. Laura highlighted the fact that in LUSU's history only five Presidents had ever been self-defining women, a statistic provided to her by the Women in Leadership group who played a vital role in bringing these issues to the fore. And to be honest, many questioned why this was an issue. Our lack of representation

was compared to the lack of representation for those having blue eyes or being left-handed. It was these kind of damaging comments that made it clear why women did not just need to, but had to, challenge the status quo of these traditionally male-orientated and dominated structures.

When we explore the statistics in relation to women the structural violence that is inflicted upon women the world over is evident:

We make up half of the world's population and yet represent a staggering 70% of the world's poor;

Three million women die each year because of gender-based violence;

Only 22 of 196 heads of state across the world are women;

The UK is 74th out of 186 in terms of female representation in parliament, below China for example, where there is a government policy that coerces professional women to get married, an initiative called Leftover Women;

35% of all the women MPs since 1918 were first elected in the last 20 years;

And only 10 out of 650 members of the UK Parliament identify as Black or Asian women, and only 27 identify as being from a minority ethnic group.

This inequality goes beyond students too as it is also evident in those employed in Higher Education, as there are only 17 Black female professors in the UK (across all genders 92.4% of professors are White, whilst only 0.49% are Black!) With statistics such as this we need all women to be represented in positions of power, because all too often the patriarchal system under which we live does not allow for us to be protected or for our dreams to be realised – essentially our self-actualisation is stymied.

At university we cultivate for ourselves the perspectives and identities that we will carry with us throughout our lives. It is an institution that teaches us to critically analyse the world in which we live. Without women in representative positions it tells us that this is how the world works. That we should accept our culturally determined position. If we cannot be, what we cannot see, then we need to create a society that has women represented so future generations of self-defining women can in their youth believe that they can effect change. Gender imbalances need to be challenged and addressed. Feminism is not about women wanting more rights than men it is about women having the same access to their human rights as men do. It's about having a say in the policies that will dictate our lives. It's about creating a more caring

and compassionate society.

If ever there was a time to become an activist and effect change it is now:

Climate change is becoming ever more threatening to human development and world leaders continue to stand idle and argue instead about where to invade next;

In regards to economic disparity – the richest 2% have more wealth than half of the rest of the world;

In regard to Higher Education in the UK the decision to attend University is becoming an increasingly difficult one as fees increase.

However. We must not be disheartened. This year the Union, alongside the Women's Liberation Officer (Caitlin Shentall) and the organisers of this year's #LUR-ADV (Lancaster University's Run Against Domestic Violence), Alice Tooms, Camille Hargaden and Josie Harrison, have created a Union wide campaign called 'Lancaster Shouts Back'. This is being used as an umbrella for all of the positive action taking place around empowering women in a whole range of areas, building on that already started by the Women in Leadership group. For example, a video has been made with LA1:TV about women who inspire the student body. This highlighted a whole range of women, from people's Mums to Emily Pankhurst,

Frieda Kahlo to Maya Angelou. Furthermore, six out of the eight newly-elected JCR Presidents are self-defining women. It genuinely seems as if we have reached a turning point in our history – one empowering a new generation of student leaders that more accurately reflect our demographics (women make up 51% of the University's population this year).

We need men onside, so we can work together to create a more representative structure. What must be remembered is that students are not customers or clients, but partners in the decisions the University makes and should be treated so. And this doesn't just mean that we all need to run for positions in leadership, but it means we need to support those women who do and empower ourselves through the individual talents we all have. We also need to engage with the voting process to elect individuals into these positions who will represent our needs and push for social change. Furthermore, as it's a general election year, we need to ensure our voices as students and women are heard. We must start using our political voice – we must empower ourselves.

Although some may try to dispute it, as Margaret Mead said: "Every time we liberate a woman, we liberate a man." That would be a good place to start.

LUSU's party political predicament

DANIEL SNAPE
COMMENT EDITOR

There's something not quite right about this paper, isn't there? Something has changed. No, the colours are normal. The font is the same. The sentence-slashing hyphens are as abundant as ever. But something has gone. Or rather, someone has taken something out.

It's the topics. You can't find any big political spats in here. Not a single one of the tiny, neat words on this double spread is the name of a British political party. I've checked over the page and there's nothing there either. Zilch.

The same goes for the rest of LUSU's projects. Due to the Union's charity status, coupled with the fact that we're so close to the general election, campus has

turned into something of a political purgatory. Even LUSU's great campaign for voter registration was devoid of any mention of our local parliamentary candidates. Sure, maybe the campaign's mysterious "333" posters were designed to be ambiguous for marketing purposes, but any more writing on them and LUSU might have had a public prosecution on its hands.

To some of you, a campus without party politics might sound rather refreshing, but for those students who didn't lie about their interest in politics to get into university, this is nothing short of an emergency. University is a place for inquisitive minds to test new, old, and provocative ideas in open debate, and this section of the student newspaper should at least try to capture some of that creative fervour. The cause of this morato-

rium on thought, however, is the simple fact that LUSU is a registered charity and faces a number of weird, qualitative restrictions on its political activity.

I realise that there are some practical reasons for these laws. If charities could campaign without restraint, Parliament Square would become a regular masquerade of party interest groups posing as honourable, disinterested voluntary movements, misleading the public and evading the parliamentary authorities. But there is no justification for a law that prevents a student newspaper from running the remotest risk of changing people's minds. Political discourse is the charitable purpose of SCAN.

Perhaps charity law isn't the problem. Perhaps blame rests with the Union for signing away the integ-

ity of this paper when they registered in October 2010. Then again, every students' union was doing it. But this begs the question: if LUSU has had these restrictions for over four years, even during the local and European elections, why have we only just taken up such a strict interpretation of the law? It's because the charities regulator doesn't investigate organisations by itself. Someone else has to start filing complaints, and right now, I for one get the ominous sense that LUSU is being watched. For an impoverished LUSU, the threat of legal action is more than enough.

We are stuck inside an ultra-marginal parliamentary seat, and no candidate wants to lose five years in power because of some vinegary student newspaper. There are plenty of partisans out there who would love to control the local me-

dia right now, and that inevitably ends in stifling debate on campus. But the lead-up to the general election is no time for a political blackout. LUSU must find a way of asking tough questions of the party system, even if it means housing every local candidate on campus for the sake of 'balance'.

Remember, you're not the only one searching these pages for big political spats. The stakes couldn't be higher – the entire constituency could end up with a margin lower than that of the LUSU President – and nobody wants to be the one demanding a recount. We're going to find a way to put serious politics back into this paper. In the meantime, I trust that any aspiring MP who tries to invoke those arbitrary, indignant rules against the students of Lancaster University, won't get your vote.

Page Three: the sticky issue

ANNA MENG

One step forward, two steps back: The Sun's recent Page 3 hoax is yet another addition to the long list of reasons why feminism is still vitally necessary today. First introduced in the 1970s as a cheap way to increase sales, the practice of printing photographs of half-naked women has since become painfully outdated.

At the core, this is an issue about equality that's so simple I'm amazed there's still discussion about it. Let me ask you this: When was the last time Kanye West's bare buttocks graced the cover of a magazine? Whatever happened to a massive leak of male celebrity nudes? Where is Page 4, featuring a man posing provocatively in the nude for anything but insatiable gratification? Nowhere. None of these things exist because we live in a culture where women are still, after so many years, treated as lesser human beings whose sole purpose is to cater to male desire. Media and news outlets like The Sun ensure that women are reduced again and again to one thing: their body to the extent that it satisfies men, with Page 3 being a prime example.



One of the main concerns voiced by 'No More Page 3' activists is the effect this has on children, and it's a valid one. Body image is something many adult women struggle with, and who can blame them? From an early age, girls learn that there is a 'perfect body' and are put under immense pressure to conform to it. Page 3 demonstrates this body type exactly by featuring, almost exclusively, slim, white, big-chested women. Of course, this limited portrayal of women

is a widespread disease that infects everything from advertising to film. But what is problematic in entertainment becomes even more so in a national newspaper.

Unpleasant, too, is how media like The Sun with Page 3 perpetuate the idea that female sexuality belongs to everyone but the woman in question. It goes in circles: the way our culture views women; the way women are portrayed in the media and the way women re-

spond to these portrayals – there is no escape. There is a sense of grim irony that comes with the fact that media pressures women into being sexy but punishes them for being sexual. And empowerment? Sure, some of the models on Page 3 may be seen as exploiting the male gaze and using it for their benefit, but playing to a system that devalues women's agency for the sake of personal gain isn't quite the solution.

And what does Page 3 teach boys (or even men)? When they see a newspaper filled with fully clothed men in positions of power, expressing opinions and doing things whilst, contrastingly, the woman on Page 3 is featured only because she's naked? It too cements the idea that women exist only to physically appeal to and gratify male desire in this grotesque, gratuitous way. Along with all other media, this helps instill a deep-rooted, distorted sense of entitlement. In the extreme, that manifests itself in murderous shootings by men like Elliot Rogers in revenge against all women for not sleeping with him. The frighteningly more common cases of domestic violence and sexual assault are further by-products of a culture where women are presented and treated as objects instead of equals.

Page 3, and the ignorance of Sun editor David Dinsmore, are just a small part of a much larger problem. What we need is a cultural change, and one important way of achieving this is by fixing the way women are portrayed in the media. Finally getting rid of Page 3 would be a good place to start.

WHAT DOES THE FOX SAY? with SCAN's columnist, Tom Fox



Twitter: @MRTJFOX

The FTO elections are more important than ever

COLLEGE WELFARE PROVISION

Let me quickly get this out of the way: I didn't come to Lancaster because of its collegiate system. That said, I'm surrounded by people who will take their college allegiance to the grave, pint in one hand, dart in the other, and the suitable logo tattooed to their chest. I mention all this because in recent weeks, the report on the College Review has been making the rounds on campus and I've been asked to share my thoughts on some of the recommendations raised – in particular the need to enhance and bring colleges in line with one another when it comes to Welfare Provision, an idea that I welcome. In my previous role as a Welfare Officer, I was unfortunate enough to hear from a number of students that the difference in both experience and reliability between college advisors, assistant deans, and other welfare providers, fluctuates depending on their college.

It's clear, however, that the Review panel offered no real solutions, simply adding requirements to roles already existing and expecting Student Based Services to conjure up detailed training events when they have demonstrated time and time again their lack of resources. If you ask me, the answer lies in a large investment towards professional, campus-wide welfare training which means anyone who might end up helping a struggling student is making the best decisions for that individual. Colleges are already serious contenders when it comes to graduate retention, and a move like this would only strengthen that.

FORGET PARLIAMENT: IT'S ELECTION TIME IN LANCASTER

You'll have noticed that you can now nominate yourself for any of the six Full Time Officer (FTO) positions today. "Woop-ty-fucking-doo", right? Actually, no. Every year these elections are important, but there is something special about this time around. We are entering a period where the relationship between LUSU and the University is partially unstable, with Upper Management throwing down iron fists while academics and on-the-ground departments continue to show encouraging support. By the time the new FTOs come into office, we might be facing a completely new political phase nationwide, with the future of higher education dependant on the upcoming general election. LUSU need to do everything in their power to achieve the highest turnout possible, utilising every outgoing communication channel and focusing their eyes on the six most potentially effective students in Lancaster. It could be the difference between more student activism and more student diplomacy.

AND JUST IN CASE

Are you in two minds about nominating yourself? Send me an email (t.fox@lancaster.ac.uk) and I'll share anything I can from my own experience as an FTO. Don't worry, it'll all be confidential and relaxed – I have my own ideologies (if you haven't noticed) but I'm always happy to help a student who wants to represent, especially when it's for the good of the collective rather than their own egotistic achievements.

On universal welfare, the Price is right

PADDY WILSON

Twitter: @PADDYWILSON

Ah, the welfare state – that old, uncontentious topic. It's fluctuated from adoration to animosity since its implementation nearly 70 years ago. Recently, there's been a spike for the latter. We've had Benefits Street, "something-for-nothing culture" rhetoric, and now an unlikely figurehead for the welfare debate: Katie Price. More precisely, Katie Price's decision to use a state-funded nurse and driver for her son Harvey, to transport him to school. "But she's rich, why should she be using tax-payers money?" See? Uncontentious or what?

But it's a valid question. Why should the wealthy get welfare? Well, because of equality. To explain, an abbreviated history of the welfare state. Liberal politician and economist William Beveridge masterminded the modern welfare state throughout WWII, which revealed just how many Brits were impoverished. In his eponymous report of 1942, Beveridge identified five "great evils": squalor, ignorance, want, idleness, and disease. To combat this he recommended, amongst other things, a compulsory flat rate national insurance which would be used for health care, unemployment and retirement benefits, and social security for all.

Hello, then, to the NHS, jobseeker's allowance, and state pensions. The NHS encapsulated this ethos in the first piece of literature it produced: "Everyone, rich or poor, man, woman or child can use it or any part of it. There are no charges... no insurance qualifications, but it is not a charity. You are paying for it mainly as taxpayers and it will relieve your money worries in times of illness." But even those with money – wealthy pensioners who need nursing care, or anyone who has paid into the system – deserve their basic needs met. Our savings shouldn't be spent on nursing or health care, just as we don't refuse someone with a savings account their pension. It's a bit Hakuna Matata, really: no worries for the rest of your days.

And a charity it is not. How? Because we all pay in – from a rich



South Bank Centre

man's mansion tax to the VAT on a can of Special Brew. So now back to Katie Price, who felt she had to defend herself after 'admitting' that she takes disability welfare for her son. What a scrounger, eh? I bet she uses the NHS as well, the scumbag. She even cited, unnecessarily, the higher amount of tax she pays as a higher earner, as though someone paying less tax would somehow be discounted from welfare.

But it's no problem-free philosophy. Surely she can afford the £1,000 a day, she claims, which covers Harvey's transport to school. So should she claim? "Why so much?" you might ask. "She should move closer to the school to avoid such high costs." Yes, maybe she should. Once it ceases to be a simple right of social security, a line should be drawn. But let's not start telling parents with disabled children where to live, eh? "Shouldn't only those struggling call on the state," you might chirp up again, "as the wealthy can pay for themselves?"

Aside from the fact those with greater bank balances generally pay higher taxes, if universal rights start to become universal* rights, it will all start to fracture: social security will become a lot less secure. This security helps the economy, let's not forget. Secure

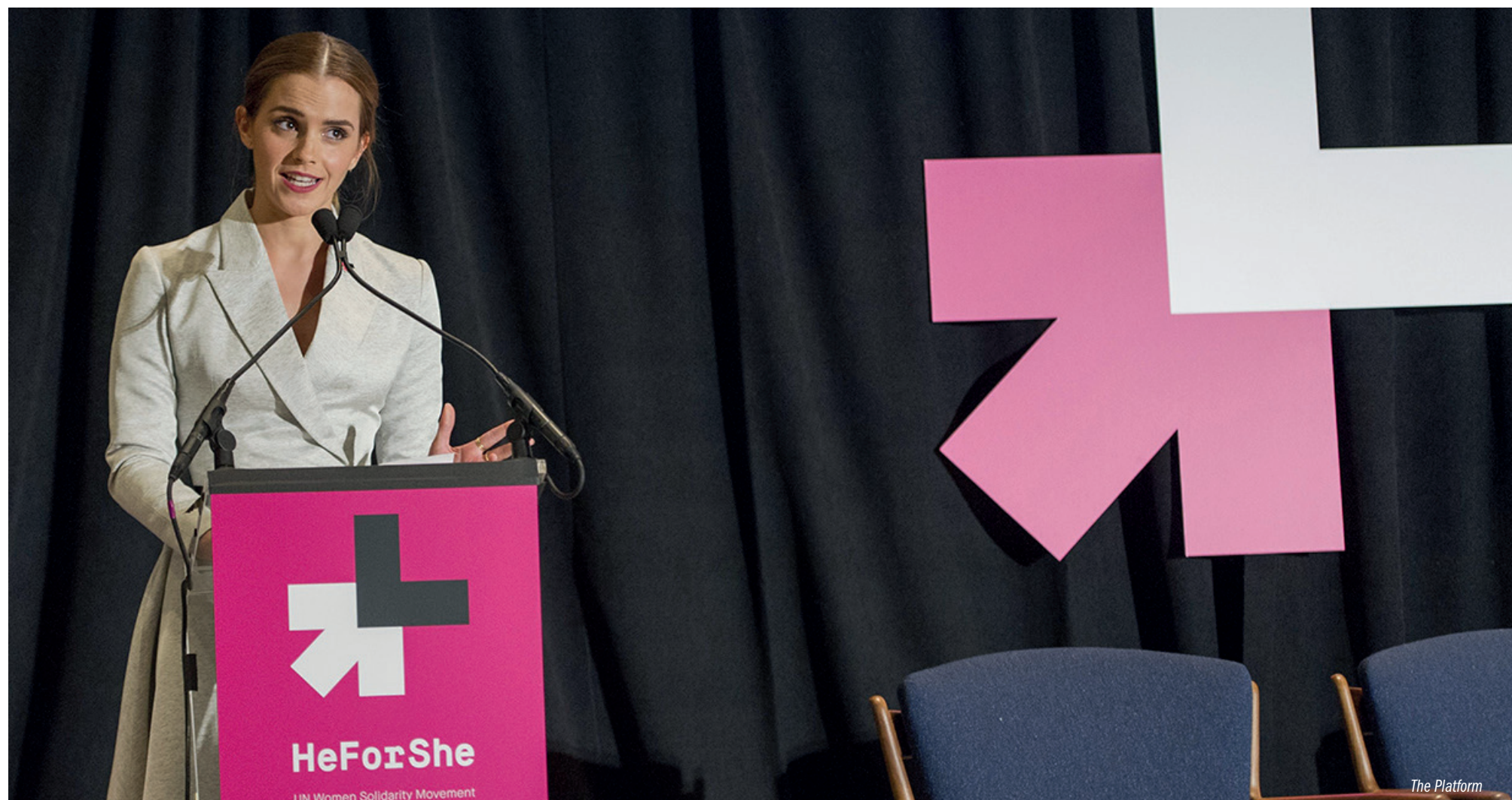
people dare, as the Swedish Social Democrat slogan goes. Risks propel a capitalist economy.

This Katie Price brouhaha, however, is symptomatic of a growing dislike for the welfare state, and specifically the idea of 'scroungers'. In 1993, 24% of people thought unemployment benefits were too high. Now it's 62%. But consider this. Benefit fraud in the UK, unfortunately, amounts to £1.2 billion. Benefit overpayments due to error, however, is at £1.4 billion. Benefits unclaimed? £16 billion. The problem is a small one, but it's being exaggerated, creating a fraudulent divide: those who work and those who scrounge. Nonsense! More benefits, at 4.31% of the welfare state, go to people who are *in* work via income support, than the 3.31% leaving as jobseeker's allowance.

It isn't perfect. By this logic all students should get the same loans and grants, right? But this politics of envy, of allowing people, however wealthy, to be harangued for exercising their rights by asking for help with their disabled child, is something we shouldn't submit to. Some things, like education, health, housing, and social security, should be universal, no asterisk. To complete the Hakuna Matata triptych: it ain't no passing craze.

Being nice gets feminism nowhere

Caitlin Shentall argues Women's liberation is fundamental to the feminist fight and should be led by women.



CAITLIN SHENTALL

2014 is being heralded by many as a fantastic year for feminism. From Malala Yousafzai winning the nobel peace prize to Emma Watson's UN #HeForShe campaign gaining widespread media coverage. Feminism in 2014, if nothing else, has opened up the door for a wave of discussion about the injustices that still exist in the world. Many others have also been chiming in on the best way to make positive change towards gender equality, with wide ranging opinions on the best way to ensure equality for all genders.

This has been echoed in Lancaster too, with the LUSU boycott of The Sun and the self-defining requirement of the newly established liberation positions. This is still bringing in opposition by some, despite being seen by others as methods of seeking a fairer society. Some fear that these moves are dampening free speech, alienating people who are just trying to help and making us come across as pedantic when

there are much bigger issues we need to be facing. I believe that this stance rests on an assumption that equality has for the most part been gained in the western world, and if we were only a bit more polite and a little less alienating to men we could go the whole hog. This not only universalises the feminist struggle, where equality is seen to have been met because middle class cisgender white women can have a career now, but also disallows women from challenging the sexism we face every day in all of its forms.

This opposition sends feminist groups a clear message: they do not really care about feminism, they only care when they lose out.

I never see men at Lancaster as passionate about gender equality as when they find out that they cannot run for the Feminist Society's president position. Men who would have never consid-

ered stepping foot into one of our meetings suddenly become gender equality crusaders who believe we're the sexist ones and that we're ruining it for the real feminists who just want equality for everyone. What disappoints me most, but doesn't surprise me, is that those who oppose this very rarely actually want to learn about the real misogyny that continues to affect women, or get involved in activism on campus. This opposition sends feminist groups a clear message: they do not really care about feminism, they only care when they lose out. Men may be alienated by the idea that they cannot run the society, others may be alienated by this too, but many fail to consider the realities that many women all over the world face in being able to lead groups of their own and have their own space in a world that alienates them. I believe that the more women are able to lead movements as a group, discuss this issue as a group and shout their feelings from the rooftops, the more we will be heard.

Many argue that if we believe in equality our movement needs to give everyone equal opportunity to be involved as much as they wish, but this ignores the fact that women are put at a significant disadvantage throughout their lives. This disadvantage is often perpetuated in subtle ways: from the language we use, the toys we are encouraged to play with, to the way we are told we're supposed to feel; but it all contributes to a society in which women are told they should not be angry, assertive or exhibit qualities that can truly challenge those who belittle us. The patriarchy creates a false gender binary of men and women, where one is supposed to be the opposite of the other. Within this world, it is often acknowledged by feminists that there are expectations about "correct" masculinity too, and those who do not conform to these ideals can find themselves struggling against a world that does not fit them. But women are structurally subjugated to a far more extensive level, to an extent that today we still struggle to get into leadership po-

sitions, still take the majority of caring roles and still experience extraordinary levels of gendered violence.

...it's important that women are the leaders of their own movement, and it is equally important that women are vocal when they do.

In light of this, Women's liberation is fundamental to the feminist fight and should be led by women. We also need to acknowledge that women are allowed or feel able to be leaders in very few spaces. Women often have to be encouraged to take up leadership positions, whereas men see those leadership qualities within themselves. Because of this, it's important that women are the leaders of their own movement, and it is equally important that women are vocal when they do. Otherwise, we still remain in the confines set up by those who wish to oppress us.



DO YOU HAVE
WHAT IT TAKES
TO LEAD LUSU?

NOTICE OF ELECTIONS

LENT ELECTIONS : FULL TIME EXECUTIVE OFFICERS

NOMINATIONS OPEN: Monday 16/02/15 10:00

NOMINATIONS CLOSE: Friday 20/02/15 16:00

CANDIDATES MEETING: LUSU Meeting Room Friday
20/02/15 16:30

CAMPAIGNING OPENS: Monday 23/02/15 9:00

HUSTINGS: On Campus - Sunday 1/03/15 11am

VOTING OPENS: Wednesday 04/03/15 10:00

VOTING CLOSES: Friday 06/03/15 16:00



Visit nominations.lusu.co.uk

Sex education is failing students

SOPHIE BARBER
DEPUTY COMMENT EDITOR

In a recent survey by the National Union of Students (NUS), 60% of participants admitted that they used porn as a source of education about sex. That's despite the fact that 75% of them also said porn does not provide an accurate picture of what sex is actually like. It's obvious that porn does not offer a realistic view of anything to do with sex. In fact, it is often associated with the degradation and objectification of women. And with kids accessing these sorts of videos from younger ages, questions are raised about the effect this could be having on their perceptions of what is "normal" in a relationships.

So, if the students interviewed knew that porn isn't a reliable source of information, why were they accessing it in the first place? Because 75% of them also agreed

that Sex and Relationships Education (SRE) isn't practical or informative. Most students wouldn't rate it above 'fair', and plenty said it was poor or terrible.

The main reason for this is the content of the sessions: schools focus mainly on the biological aspects of sex. Contraception, anatomy, puberty, and sexual health are all covered, but there is no mention of consent or relationships which aren't heterosexual. It doesn't help that sex education isn't mandatory, and many Catholic schools are reluctant to put it on their syllabus at all.

With such a lack of helpful sex education, many of the students involved in the survey also listed their friends and sexual partners as sources of information. This is pretty worrying; no one is saying that you shouldn't talk to your friends about this intimate stuff, but with so little in place to

provide a proper knowledge of all things sex related, young people are just propagating the same word-of-mouth ideas that may not be true at all.

Students don't just need the facts; they need emotional support and advice for situations that they may face in the future.

The danger is that porn creates an unrealistic expectation of what sex should be like, and young people have nothing else to compare it to. This means that issues of consent and sexuality are all grey areas, with people being left to decide for themselves what's appropriate or 'normal'.

We can see in this country that consent, healthy relationships, and equality can sometimes be problematic. Is it okay to sleep with someone who's too drunk to say yes? What's a homophobic

comment? These are the sorts of questions that should be addressed in school so people are aware that no means no and sexuality isn't something to be mocked or insulted.

Colum McGuire, Vice President of NUS, believes that political parties should "commit to a statutory SRE in their general election manifestos" because the current system just isn't cutting it. Two thirds of students say that consent has never even been raised at school, and LGBT relationships are barely touched on. Biological facts seem to be the main focus, which is leaving huge gaps in kids' education.

If SRE was made a compulsory subject, schools would have to provide proper training for staff and timetable slots for specific lessons. This could only be a good thing, with a more extensive coverage of the issues surrounding sex and relationships, giving stu-

dents the information that they need to make appropriate choices when this stuff comes up in their own lives. Sex education is a vital part of a school curriculum. It has practical uses for teenagers who are just starting to experience new emotions and urges, as well as being a possible source of comfort for those who are confused about their sexuality. That's why straight biology isn't enough.

Students don't just need the facts; they need emotional support and advice for situations that they may face in the future. They need to know what consent means, what a healthy relationship is, and how to deal with the confusing flurry of all these new feelings. That's why we need to introduce a more effective SRE programme, to give young people the knowledge they need to make choices that are good for the wellbeing of themselves and of the people closest to them.

Do we have a moral responsibility to refugees?

Adam Bennett argues that affluent countries such as the UK should take responsibility for Syrian refugees.

ADAM BENNETT

In what has now been immortalised as the 'Arab Spring' of 2011, several Arab states revolted against their respective governments, with varying degrees of success. Whilst nations such as Tunisia and Libya united to successfully overthrow their respective dictators and develop new governments, Syria divided in to factions under the violence of Bashar al-Assad's regime. From this initial revolt a cloudy civil war grew. This war has claimed a minimum of 113,904 military lives and counting, causing those remaining to seek refuge in any country willing to take them.

Three years on and Syria remains entrenched in bloody civil war, with those 2.2 million refugees uncomfortably waiting on the doorsteps of whichever country they fled to. Of the 1.5 million of those who fled to neighbouring Turkey, only 220,000 have been granted permanent sanctuary; the remaining 85% have been forced in to makeshift settlements at

various points along the border. Those who sought refuge in Lebanon find themselves in similarly life threatening conditions, with the added pressure of recent, biting winters to contend with. All of this begs the question; why haven't wealthier, more equipped nations such as the UK stepped up to the humanitarian mark?

The current governmental response to this question is that the UK is the second largest contributor of humanitarian aid to Syria, thus excusing themselves of any direct action in the form of actually sheltering these displaced people.

But this, for an affluent country such as the UK, cannot be enough to placate one of the worst humanitarian crises of modern times, surely? This is a stance reciprocated by the latest amnesty report, with an array of Islamic, Jewish and Christian faith leaders petitioning for Number 10 to "urgently increase the number of Syrian refugees resettled in the UK".

In their open letter to the prime minister, they insist that although "proud of the way in which the UK has led the world in its humanitarian aid contribution to the Syrian crisis", the UK should be doing more to resettle and provide sanctuary for these people. They bring particular attention to the Syrian Persons Relocation (VPR) scheme, stressing how they "are disappointed that only 90 refugees have so far been offered safe haven".

90 people is an almost negligible number, more or less the equivalent of two bus' worth. You could almost argue this to be a token gesture: one that displays good intentions, yet ultimately shirks any real responsibility for these peoples welfare. Much like saying "hello" to somebody you vaguely know, safe in the knowledge that that will be the extent of the conversation.

This is hardly surprising, given the increasing strain on our government from those wanting to

close down borders in the hope of maintaining our country's infrastructure. Just a quick scroll through certain tabloids will leave you inundated with a rising "outsider sceptic" mentality, prevalent amongst an increasing number of the British populace. Although sensationalised, these groups aren't entirely grounded in fiction; unchecked immigration is an issue with real implications and very much at the heart of the British people. It is a niggle that, with the banner of nationalists heralding in an era of isolationism, has begun to put a strain on governmental practice.

However, viewing this humanitarian crisis from an entirely pragmatic viewpoint is, in my opinion, an alarming stance to take. The emphasis here shouldn't be on whether these people will contribute sufficiently to the UK, but whether or not these people will survive if we don't provide sanctuary. These are people fleeing war, death and persecution under an oppressive regime; do we not

have a moral obligation to support them?

Perhaps we should take example from the Uruguayan approach to this refugee crisis. Uruguay has accepted families from the Lebanese refugee camps in to their country, and has offered them new lives away from the uncertainties of life in a refugee camp. Uruguay, a country that began as a migrant colony, is now continuing the process that founded it. Is this so far removed from the UK's own sporadic development?

All in all, the prospect of accepting Syrian refugees is not to be rationalised by pragmatic gain. Rather, it would be one of accepted economic strain, and based on the responsibility of the UK as an affluent nation, in comparison to Lebanon or Turkey, to provide help when needed. Ultimately, accepting Syrian refugees should be an act of compassion, and one grounded in the same belief in human decency and dignity which spurred on the 'Arab Spring' to begin with.

Postgraduate Open Day

Wednesday 25th February 2015
12.30pm to 4.00pm – Charles Carter Building

If you are considering postgraduate study at Lancaster, our event will be a great way to:

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- talk to current postgraduate students in an informal and friendly atmosphere
- find out about the funding and finance opportunities available to you
- receive advice and guidance from our award winning postgraduate admissions team about how to apply.



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ARTS & ENTERTAINMENT // FEATURES // FASHION // LIFESTYLE



INTERVIEW: CLAIRE HOPE
READ IT IN FEATURES

Photo by Ian Meeks

Review: The Muddy Choir (the Dukes)



A scene from *The Muddy Choir* which was performed at The Dukes on February 2

RUTH OGUNADE
@RIA_NADE

An explosion is almost certainly a moment away in this First World War play. There have been countless numbers of interpretations of the First World War while *The Muddy Choir* isn't radically different a light-hearted fresh perspec-

tive is given, focusing around the friendship on the battlefield and the power of music in trying times.

The Muddy Choir tells the story of three young boys Will, Robbie and Jumbo who all served in the First World War. They find themselves in a Flanders observation post and through a heartfelt conversa-

tion start singing. Their singing however happens to be heard by German soldiers who use it as a target for their gunfire. The British commanders then give them an ultimatum, either go to court for their behavior or sing and act as bait to distract the Germans whilst the British launch an attack from a different direction.

The play is set over a number of days, beginning with the comical friendship between the trio that feels authentic and true. Each scene of the play is full of singing amongst the explosions and gunfire.

Jumbo is the most loveable character, the most innocent and vulnerable of them all, he misses his mother and is longing for home. He is constantly singing as he uses it as a way of reminding himself of home and happier time. Jumbo brings home the reality of the war, which involved many soldiers who were in fact just young boys. Will is the Lance Corporal who takes responsibility in ensuring him and the boys stay safe, always desperate to do anything he can to get them out alive. Robbie is the middleman of the trio, creating the balance between Jumbo's childlike behavior and Will's seriousness. He is energetic and humorous due to him being conscious that death is always lurking.

The focus of the play is clearly the trio and this is portrayed with a very minimal set. The dialogue

and plot also give the impressive of impending danger, reminding the audience that the sudden horrors of war are never far away.

However, the play was dreary at times. The humanity of Will, Robbie and Jumbo stays prominent throughout the play, allowing the audience to get into their arguments and conversations almost forgetting that they are on a battlefield. Sound and lighting are used very effectively to create tension where necessary. After each scene the lights fall and rise again on the boys in the same area. The set was rather effective although very basic, showing that a play can still be enjoyable with a small set.

A short but effective, heart-warming play, *The Muddy Choir* gives an insight into a small aspect of the First World War that is generally overlooked, an alternative side to countless number of plays about the First World War. It is thought evoking and delicately makes one realize the magnitude of war by portraying innocent boys, who used music as a refuge and an outlet for their feelings.

STAY CULTURED

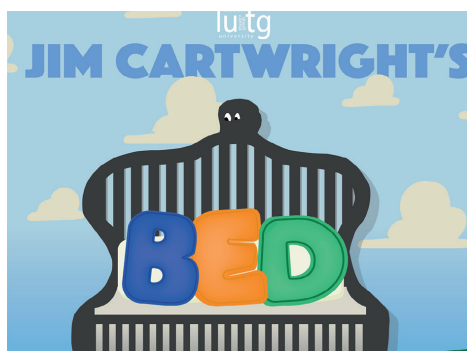
Little Shop of Horrors (the Grand)



A floral assistant becomes an overnight sensation after discovering an exotic plant with a craving for blood. Soon Audrey II grows into an ill-tempered, R&B-singing carnivore who offers fame and fortune in exchange for feeding a growing appetite, finally revealing itself to be an alien creature poised for global domination. *Little Shop Of Horrors* never fails to entertain with its tongue planted firmly in cheek.

Wednesday - Saturday, week 7

Bed (the Dukes)



LUTG proudly present Jim Cartwright's *Bed*. Set in the twilight zone between sleeping, waking and dreaming, it is an exploration of the subconscious voiced through the interconnected monologues of 8 bed-ridden characters. Best known for his bleakly funny portrayal of northern, working class life, Cartwright's play combines surreal episodes with the cutting realism of the everyday.

Friday (7:30pm) & Saturday (4:30pm, 7:30pm), week 7.

Cold Ensemble: The Red Chair (Live at LICA)



The Red Chair steers us through a landscape of twisted reason, extreme compulsion and eye watering complacency, where domestic drudgery happens on an operatic scale. *The Red Chair* is based on acclaimed Scottish performer Sarah Cameron's original book, a surreal ballad that lies somewhere between a Grimm's Tale, an absurdist ghost story and a parent's guide on how not to bring up children.

Nuffield Theatre - Thursday, week 6

Not Safe For Work (the Dukes)



Lancaster University Theatre Group present *Not Safe For Work*: Carrie's getting them out for the lads. Charlotte's just grateful to have a job, Sam's being asked to sell more than his body and Aidan's trying to keep Doghouse from going under. A new look at money, sex and Photoshop. Lucy Kirkwood's sharp new comedy looks at power games and privacy in the media and beyond.

Friday (8pm) & Saturday (3pm, 8pm), week 6.

BATTLE *of the* BANDS

HEAT ONE: A REVIEW OF THE PENDLE HEAT BY SCAN'S ARTS & ENTERTAINMENT EDITOR/BATTLE OF THE BANDS JUDGE.



SIMON JAMES ARTS & ENTERTAINMENT EDITOR
@SJAMES

Battle of the Bands got off to a flying start with a packed first night in Pendle. I've never the bar as busy as it was on Thursday, week 4, but more and more people showed up throughout the night.

Particular kudos to Niall Kelly for having the balls to open up the competition, and with an acoustic set as well. He may have started off his first song in the wrong key and had to restart, but going first must be far from easy. The transition between his first two songs (both Owl City covers - 'Fire-



Niall Kelly

flies' and 'Good Time') was so seamless it could have been one song. Niall went on to do covers of Foster the People (a song I thought we all knew until he forgot a couple of the lyrics) and Daniel Powter's 'Bad Day'. There were a few suspect key changes throughout the set, and sometimes Niall looked surprised at some of the notes coming out of his mouth, but not enough to make the title of his last song appropriate.

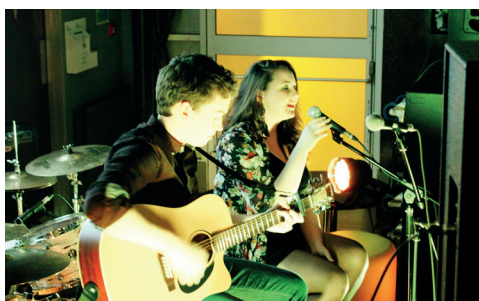
Next up was Timo Bobula – another acoustic artist, but with a second guitar as a backing which did well to create a slightly fuller sound. Timo played some covers, (a particularly good one being Alex Clare's 'Too Close'), but the highlight of his set for me was the original material. 'The Mildest Guy' might have sounded pretty clichéd from his explanation ("not giving a shit



Timo Bobula

about what people say and being myself all the time"), but some of the lyrics were actually pretty fucking great. The only real criticism I had was a visual thing – Niall's rhythm guitarist was sat on a higher chair than he was, which felt a bit odd. Maybe that's indie though, I don't know. I voted for Niall as the second place 'wild card'. I was outvoted however – the next act took that title.

Lottie and Jack, an acoustic duet where the former sings and the latter plays guitar. I enjoyed listening to her sing – some of her higher notes felt a bit harsh but that may have just been the sound system. They did covers of Sam Smith and Razorlight which I thought weren't quite upbeat enough to make a statement, particularly bearing in



Lottie and Jack

mind that the winner headlines the Campus Fest main stage. But that seems an unfair criticism as the nature of their music is



All photos by Grace James and Ellen Pusey

Counting Days

just more relaxed in general – their mellow stripped-back version of Mardy Bum (Arctic Monkeys) was a brilliant cover that I can really imagine lying back on the sofa and chilling to. And then they finished with a mash up of three songs: 'Latch' (Disclosure feat. Sam Smith), 'Blame it on Me' (George Ezra) and 'Hold On We're Going Home' (Drake). They were voted by the judges as the 'wild card' of the night – a runner up from each heat will be put into an online poll to see who has the most friends. We'll post the link to the poll on our website after the final heat.

And then the final band – folk sextet Counting Days. You know when a band has two separate sound checks that they're taking things seriously, and thank God they were. They started off with a stripped-back number (with Jonathan Doyle using a cajon instead of the full kit) and continually built up the momentum through their set. Their new vocalist Beth Lowe gave the most confident and unique performance of the night, effortlessly moving from a delicate husk to large powerful choruses. She started their cover of 'Little Talks' (Of Monsters and Men) pretty much on her own, but her exposed rasp completely pulled it off. It should also be noted that Joe Fennell's fiddle playing was a welcome addition to every song, and at no point felt shoved in. Their set list was bloody great – lots of songs that people know, but not obvious choices; a highlight was Rusty Root's

'Send Me On My Way' from Matilda and Ice Age. A well-rehearsed cover of Vance Joy's 'Riptide' was an extremely satisfying conclusion – I'm not sure who was enjoying it more – the audience or the band. I'm pretty sure no one in Pendle bar was surprised when Counting Days were announced as the winners of heat 1.

The night was a success if the crowd response was anything to go by – I'm looking forward to seeing what the others have in store for us. Apparently the competition is going to be even greater at some of the other heats – this year's final will not be one to miss.



By the time this issue goes to print, the second heat will have taken place in Cartmel. Heat 3 will take place on Friday, week 6 in Lonsdale and Heat 4 will be in County on Wednesday, week 7. The winner from each heat along with the highest-voted 'wild card' will go head to



JAMIE MILLS
@JHRM94

Orange Wednesdays have been sentenced to death. The hero of first-dates, cinema lovers, and skint students alike has been seized by the marketing division of EE; its execution date has been set for February. It's an understandable decision, but with cinema tickets rising in cost by 27% in the last 7 years, it's an apocalyptic one for anyone who wants to see the latest releases. So what alternatives remain? Lancaster University students are fortunate to have Take 2 Cinema, showing the year's biggest films for a bargain price (granted with a few months delay). Netflix and other streaming services remain an option for the money conscious and/or incredibly patient. The Dukes offers a wide variety of films for only £7 (or £6 for Friends of the theatre), although the biggest Hollywood films often take a while to get showings and even then the screenings are limited. Independent and older films do get screenings, so it's always a good idea to keep an eye on the Dukes website. The Vue is the obvious choice to see the latest releases, and with the introduction of Super Tuesday which offers film goes a third off their obscene prices, you can now go to the Vue for only slightly less than the average cost of a week's food shopping. Reel Cinema in Morecambe is a cheaper option than the Vue, but only marginally and when you take into account travelling costs and having to sit in a cinema that reached its' zenith when it screened *The Story of Kelly Gang* in 1906, it's probably not worth it.



LANCASTER NEWS

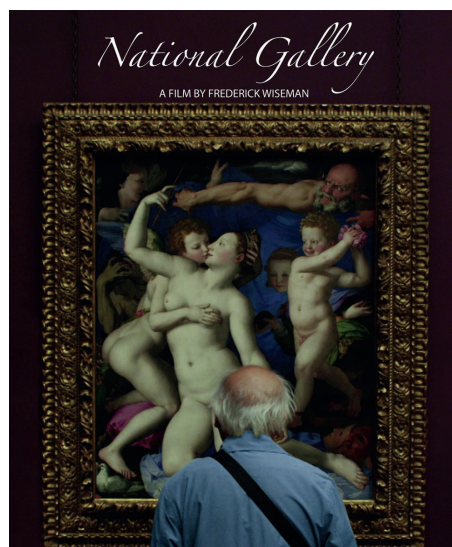


National Theatre's *Treasure Island* was screened at The Dukes in January

Treasure Island is one of the most influential stories ever written; our entire basis for the stereotypical pirate, missing a leg and searching for treasure buried under a giant 'X' all stem from this story. The National Theatre has beautifully adapted *Treasure Island* for the stage to wide-spread acclaim. Didn't get the chance to see it? Couldn't afford the tickets? This is the beauty of National Theatre On Screen; it allows people across the country to see the best the National Theatre has to offer, for a much lower price and with the convenience of it being at your local cinema. The Dukes screened it twice in January and it was well worth seeing. Led by ex-Doctor Who companion Arthur Darvill and produced by Polly Findlay, this interpretation retained the beauty of Stevenson's story and brought a fresh originality to its portrayal. The set was astonishing, and the play provided comedy and heart-felt messages in equal measure. The play is going to be screened at the Vue later this month, and further National Theatre on Screen projects are planned for the rest of the year so make sure you keep an eye out.

DukesDocs continues this month with a fascinating insight into the National Gallery. One of the most interesting filmmakers of the modern era, Frederick Wiseman, takes the audience behind the scenes on a journey to the heart of a museum inhabited by masterpieces of Western art. This film gives a portrait of the galleries way of working and relations with the world, its staff and public and its paintings. In previous documentaries Wiseman has deliv-

ered an extensive insight into the focus of his projects and you should expect the same here again. At 180 minutes long, this is an unparalleled documentary into one of the world's most important artistic institutions.



DukesDocs screened *National Gallery*

LUFP have confirmed their latest project and it sounds like an absolutely thrilling story. Entitled: *Post-Mortem*, "He returns home, blood on his knuckles and a spring in his step. After a brief phone call, he lies dead with a neat bullet embedded in his skull. The deceased has only minutes to conduct his own post-mortem. The brain begins to die as soon as blood stops bringing oxygen to the cells. In normal cases the brain is dead within about 5 minutes after the heart stops beating." For information on the other LUFP releases, visit their Facebook page.

WHAT'S ON

BOYHOOD

Twelve years in the making, Richard Linklater's coming-of-age tale is a unique and extraordinarily ambitious piece of filmmaking. *Boyhood* follows a young boy, Mason, on his journey from infancy to adulthood with snapshots of adolescence from road trips and family dinners to birthdays and graduations and all the moments in between.

WHEN: SATURDAY, WEEK 5 - WEDNESDAY, WEEK 7.

WHERE: THE DUKES

A SPACE ODYSSEY

Arguably one of the most influential science-fiction films of all time, an incredibly epic story filmed entirely in the U.K.

WHEN: FRIDAY, WEEK 6.

WHERE: TAKE 2 CINEMA

CAKE

Centred on a highly acclaimed and Golden Globe nominated performance from Friends star Jennifer Aniston who portrays a woman who has visions of a friend in her chronic pain support group who committed suicide.

WHEN: RELEASED FRIDAY, WEEK 6.

WHERE: VUE CINEMA

THE FILM QUIZ

Consider yourself a film buff? Go along and test your knowledge.

WHEN: SUNDAY, WEEK 6.

WHERE: THE DUKES

THE HUNGER GAMES: MOCKINGJAY PART I

The 3rd film in the Hunger Games trilogy and arguably the best one to date. If you missed out on it in the cinema, make sure you see it.

WHEN: THURSDAY AND FRIDAY, WEEK 7.

WHERE: TAKE 2 CINEMA

YOURS AND MINE

A retrospective short film celebrating the one-year anniversary of the self-titled visual album, *BEYONCÉ*. If you weren't ready to hand over world power to this woman, then this should be the final straw.

WHERE: YOUTUBE

Paul McDevitt's Hunker Down



Paul McDevitt, *Coanis*, 2014. *Hunker Down* will be in the Peter Scott Gallery until the end of term.

EMILY BIRKETT
 @EMILY_BIRKETT

There was a sense of nostalgia when Berlin based Lancaster alumnus, Paul McDevitt, returned to exhibit a collection of work entitled *Hunker Down*. The exhibition was influenced mainly by McDevitt's time at the university, focusing on printing due to the lack of a publishing department on campus. Posters are spread across both floors of the Peter Scott Gallery, making the viewer look upwards, not around. The exhibition plays on the concept of repeated motifs, replicas of other artists' work and "copies of copies," influenced by greatly renowned artists such as John Ruskin and Piet Mondrian.

The speakers around the artwork play the sound of rainfall, again reminiscing fond memories of being a student at the university and the common occurrence of rain in the North West. McDevitt was interested in the science department, and visited it as a form of research helping him to produce the three posters named after the

three sciences situated on the ground floor. The exhibition has a monochrome aesthetic yet the three eye catching images have a neon sheen to them which redirects the viewer from the large billboard poster in the centre of the exhibition. Many of McDevitt's pieces seem to be experimental, for example using gold leaf on the screen prints found on the first floor, which McDevitt admitted was new to him in a talk for fine art students in the LICA department prior to the opening of the exhibition. By presenting work that could potentially still be in development or developed further, the viewer is presented with an insight to the way the artist works instead of viewing a collection of work that had been completed forcing an opinion or a certain aesthetic on the viewer. They are also presented with published books to scan through that coincide with the work presented on the walls, providing an interaction and an experience rather than a quick walk through. McDevitt works with various media and in different sizes helping capture the viewers attention and imagination.

Woman in Mind (the Dukes)



Simon James

LEO LERNER
 @LERNERLION

Woman in Mind follows housewife Susan's accelerating free-fall into psychosis. Separated from her husband in everything but marriage, patronised by her sister-in-law and abandoned by her own son, she is left only with her poisonous imaginings.

Susan was played by a terrifically competent actress who embodied the thespian attributes of Ayckbourn's muse commendably. Being able to switch from sharp putdowns, to effortless charm, and finally to pure psychotic catharsis is no mean feat. Comic support was lent by the perpetually clumsy Bill Windsor, a stand-in for the family Doctor. His interjections provided relief from what could otherwise have been a rather laboured account of the disintegration of a dysfunctional family.

Over the course of the play, which was told entirely from Susan's perspective (everything she "saw", we saw) her life became increasingly invaded. Imaginary alternative family members started as quick distractions between arguments and conversations, but quickly developed into incessancy, commenting on everything that happened between Susan and her real family. They were endowed with the flagrant insouciance of a moneyed middle class which she

had clearly been yearning after. Susan's sexless vicar husband Gerald, atrocious chef sister-in-law Muriel, and estranged Trappist son Rick had nothing to offer her any more, but she remained reluctant to relinquish them. They are the relic of the happy life she thought that she once had.

What may once have been innocent fantasy became uncontrollable incursion, and by the time of the melancholy climax, Susan was left stranded in a cruel no-woman's-land between reality and delusion. The play was an almost constant feast of anagnorisis, a gallery of peripeteia embodying the tragi-comic style of which Ayckbourn has become master.

The play was performed in the round, with the audience surrounding the actors, which at Lancaster's Dukes Theatre means that only a few feet separate their action from our reaction. It is a novel experience to be on the same vertical level as the actors. Subtle shifts in their body language or faces had instant effect, particularly from stronger and more engaging members of the cast. The characters were free to turn their back on different parts of the audience at any point, losing exclusive command of the stage. That all the audience could see the actors, but the actors could not see all of the audience, requires the audience itself to become a key influence

on the nature of the performance. Unlike proscenium productions, the actor is brought into the same space as the audience, in effect removing the fourth wall.

Impressive uses of simple stagecraft emphasised the effects of Susan's breakdown throughout the play. For instance, different lighting for the two worlds at the start became more and more nebulous as Susan descended deeper into psychosis. By the end, her two worlds were so blurred that there was hardly any distinction at all.

Unfortunately, some of the crucial exchanges in the narrative were let down by wooden performances from Lucy and Muriel. An important conversation where Lucy revealed that she was due to be married to a man whom Susan had never met, in an eerie premonition of Rick's own announcement of marriage, was ultimately ruined by bland and monotonous delivery. Gerald was well portrayed, laughing at his own little jokes, and genuine devotion to his pathetically dull book.

Woman in Mind left the audience with a shocking impression of the experience of dealing with mental breakdown. The isolation that Susan faced, the disparateness between her and her family, and the diverse failure of faiths were the most potent aspects of Ayckbourn's script.

Review: The Life and Loves of a Nobody



CRISTINA SPOIALA
@CRISTINAASSSS

'Rachel dreams of being a star and running away from everyday life to join the circus. But life can be a high wire and sometimes you can be your own worst critic.'

The showing of *The Life and Loves of a Nobody* took place in the Nuffield theatre, brought together by the theatre company Third Angel. The black-box theatre space used traverse staging, where the audience sits on either side of the stage, allowing them to see each other's reactions during the play.

From the onset the play sets out to be unique in that as the story develops, the audience's reaction may have an effect on what takes place on stage.

With a minimal set, *Life and Loves* relies heavily on its two actors: Rachael Walton and Nick Chambers, who tell us the story of the fictitious Rachael. She is an ordinary girl (a "nobody" as the title of the piece would suggest), who we never get to meet. We are kept on the edge of our seats by the implication that she will appear at the end of the play – the only contestant in a surreal gameshow. This is made

more surreal by the implication that the girl's ordinary life is of great significance. The gameshow hosts point out that they have been searching for someone like her for a long time, and by revealing snippets of her life, which are re-enacted by our two actors, the play benefits from a varied structure.

The actors switch from performing as gameshow presenters, Rachael, and other characters of significance in her life. The fluidity with which this is pursued makes for a fascinating and strangely believable act – the story of an

ordinary girl story is told in ways which are far from ordinary.

Another element that keeps us in suspense during the first half is the idea that after we meet Rachael, the audience members will take part in deciding what will happen to her. "Remember, her life is in your hands!" we are reminded in a cheerful yet sinister fashion. Should Rachael be granted fame through death, or be allowed to live in anonymity – the audience can decide.

While some scenes are rooted in the mundane every day, the story of Rachael is acted through comical (there's a particularly memorable scene where Rachael throws burger bun into the audience...) and not so comical hardships of her life, occasionally peppered with small glimpses of beauty.

The staging brings through these aspects. Boxes are used as chairs and as a mode to shine light onto the actors. The wires which are suspended above the stage from one end to the other act as a multipurpose washing-line: strings of paper butterflies are dragged along them, long sheets of paper are hung to them to create a house space which actors cut out shapes in, and the coat worn by the male

actor is hung up with strings to allow him to "escape" and leave the coat hanging in the air. It's visually stunning – the delicate use of imagery makes it an accomplished physical theatre production in its own right.

"We wanted to experiment with form and visual ideas," Rachael Walton said. "We wanted to create an energy in the room that would allow anything to happen. We wanted to explore the relationship we have with you, the audience. I think and I hope, we succeeded."

In a fame obsessed world, where girls aspire to be reality show stars with no underlining talent, Rachael wanted her name in the stars. The gameshow format of the performance plays with our conscience; the audience are responsible for fuelling a world where they get to decide the fate and fame of others. As Rachael is very relatable – we all seek to achieve social acceptance and respect – the audience is left pondering the issues around celebrity culture.

The ending raises questions which corroborate this controversial theme, explored astutely throughout a performance from a contemporary and ingenious theatre company.

Review: Museum of Water (the Storey)

EMILY BIRKETT
@EMILY_BIRKETT

Museum of Water began in March 2013 with Amy Sharrocks, an artist, simply collecting water from all over the UK. As awareness rose for the growing art collection, people started donating water in jars, bottles and other containers. Leading up to the two year mark she has collected over 600 bottles of water. These bottles contain stories of people from the UK and some have even been brought back from different countries. Many people have heard about the exhibition overseas and flown over to the UK specifically to hand over their precious water to Amy.

After touring the country and securing an exhibition spot in Denmark, the collection has found its way to The Storey Institute in Lancaster and will be available for the next viewing from February 20th – 22nd. The exhibition is split into two sections; the water laid out in cabinets with a simple description written on a small piece of paper including who donated it and a washing line formation of A4 sheets stating the water that the visitors would have brought if they could have. For example, one young girl wrote she would bring the water from her nose that would come out when she laughed with water in her mouth and so on. Apart from when the collection

was showcased at the Somerset House, London in June of last year and they had to have 13 members of staff due to its capacity and the extent of the exhibition, there are only three members of staff at the exhibition, Amy herself, Mary and Alanna, who all know about 80% of the bottles stories. However, insists it hasn't been too difficult to learn them as they simply learnt them on the way.

Anyone can donate and can have any story linked to their water. One woman bought a container and breathed into it leaving a residue of water from the condensation that has remained there for about a year. Another woman

brought the water from her tap in her home but had lived there for 30 years and likes to think of it as the same water she drunk all those years ago and now her grandchildren are drinking water from the same tap too.

The exhibition itself is touring and collecting donations until the end of 2015 and then Amy will look into finding a permanent place for the water, as when they are not touring, they are being stored in her studio. Alanna, originally from New Zealand, admitted the problem is finding people to learn the stories and share them, so they currently provide photographs of all the donations of water on their

website and are hoping in the future, when a permanent exhibition is secured, to have a recording that visitors can listen to, telling the stories as they make their way around the exhibition. Although Amy is an artist, the exhibition doesn't necessarily have to attract art enthusiasts. With such a large collection, there is sure to be a bottle that appeals to you and that you can connect with. The best thing about this exhibition, is that you can actually be a part of it and you can find out more information on the *Museum of Water* website.

The Museum of Water will be returning to the Storey Institute on Friday-Sunday, week 6.

Interview: Rhianna Tomlinson

SIMON JAMES *ARTS & ENTS EDITOR*
 @SJAMES

Rhianna won the Strictly Come Dancing competition of the 2015 Charity Showcase, where campus celebrities are paired up with members of the Ballroom Dancing Society. She danced the rumba with the Mikey Aspinall to (the) Rihanna's 'Love the Way You Lie (Part 2)'. I was able to catch up with her after the competition.

Congratulations! Did you think beforehand you were in with a good chance?

Well I've danced in the past so it wasn't like I was starting from scratch, but we're both hugely competitive so we kept making it more complicated every time we met up - there was always room for another lift!

What dancing have you done before?

Mainly just tap and ballet on a Thursday after school!
So if you're both dead competitive, was Mikey getting stressed during practices? Or were you able to pull your weight?

Haha thankfully he never got mad at me. It was difficult picking it up at first because we went through almost half the routine in our first rehearsal which was a lot to take in. My mind wanders pretty often though so we definitely went over the beginning a lot because I wasn't paying enough attention...



Rhianna and Mikey's rumba



Sammie Caine

Did Mikey make up the routine?

Yeah, as we went along. His regular dance partner Petra came up with some extra fancy things I could do as well.

How many hours would you say it took?

We were thinking about this the other day. We met up two or three times each week for a couple of hours so somewhere around 25 hours I think.

For those who weren't there, how would you describe the dance?

Hot, sexy and intense... I hope!

Mikey tried to choreograph it so we went from close and intimate to pulling away so it fit with Love the Way You Lie. At first I was nervous about doing the rumba with a complete stranger but it was just super fun!

Think you'll stay friends?

Oh definitely!

And keep up with the dancing?

No question, I'll be at the ballroom

dancing lesson tomorrow. It's made me so happy dancing again so I'm definitely not giving it up.

You're the treasurer of the Comedy Institute. Can you tell me a bit about what the society does?

Gosh, we do a bit of everything - if anyone wants to see what the society is like we have our general meetings in Bowland North 20 every Friday at 6pm. We have County Comedy Club every even-week Thursday where stand-ups from the society perform with the occasional improv section. We put on a sketch show every term which is always a lot of fun. We have a weekly comedy panel show, Talk Of The Devil Sundays at 1pm on Bailrigg. And we're working on the second season of our original radio sitcom, Off Course. We'll also be taking a sketch show to the Edinburgh Fringe Festival this summer!

Have you done the Fringe before?

Yep, we took a show up called Cosmonauts last year which was a success and lots of fun. It was packed most nights despite having a 1am slot on the top floor of a pub and we even received a 4 star

review from the Ed Fringe Review.

What do you think of the comedy scene in Lancaster?

We're pretty lucky in that the Borough gets a lot of circuit comedians performing there, so you can get relatively big names for a good price. It can be hit and miss, but it still makes for a nice evening. Also the Grand sometimes hosts popular comedians - Lancaster's pretty good if you know where to look!

Do you think we could get more professional comedians on campus? I remember Milton Jones coming in my fresher's week but that's about it...

Yeah, we don't get many comedians on campus. I would argue though that most of our society's stand-ups are just as good (if not better) than many established performers. And I'm not just saying that because they're my friends.

More people to County on even-week Thursdays then!

It's free as well - there is literally no reason not to.

Who is your favourite comedian in and outside of the Comedy Institute?

Outside, I love Dylan Moran. Inside, even though everyone's amazing, I'd have to say either Dave Duncan or Mateusz Jurczyński. Dave is just a cool dude who has a lot of good advice to give, and Mateusz is great if you enjoy watching an angry Polish guy shouting at anything. Ed Colley also does great character comedy. I'm just going to start naming everyone...

Have you thought yet about what you want to do when you graduate?

I would like to open up a board game café someday. Nothing to do with my degree (data science), but it's the dream. There's one in Edinburgh that I've been to and one or two opened in London last year so it's a very new thing - hopefully I can get in there before anyone else. But no board game café could be as beautiful and welcoming with as delicious food as mine so it should be fine if I can find the money from somewhere.

A bit of stand-up to bring in the pennies then?

Haha I don't think it pays that well! But I'm leaning towards dancing anyway now.

The Folly of Voluntourism



ANNA TROGSTAD *DEPUTY LIFESTYLE*
 @TROGSTADA

The chances are that if you took a gap year you will have volunteered somewhere abroad. It's charitable, an incredible experience, and has the added bonus of glowing that wonderfully cliché 'it looks great on your CV' – which is exactly why it could be becoming an issue. Is voluntourism an easy way for young philanthropists to help across the world, or is it a guise for the typically better-off student to say 'been there, done that'?

I'm not discounting the credibility of the experience, because voluntourism will always be an amazing way to help charities out. Increasingly, though, gap year and student companies will miraculously appear with once-in-a-lifetime opportunities of building schools in Africa or helping orphans in Thailand. Particularly when it comes to helping children, it seems difficult to imagine that a constant influx of young adults from the UK is not

disruptive to their wellbeing in some way.

I am fully aware, of course, that my words hold little weight, as someone who has neither been involved with voluntourism nor has the intention of being so. However, I do remain a target for voluntourism marketing, and because of this it is difficult to see past the concept as much more than profit. Nearly every time I scroll down my Facebook newsfeed I see an advert along the lines of "have an unforgettable experience and volunteer" or "change lives this summer". Changing the topic slightly, when you give a present to someone, particularly if it's thoughtful it's hard not to feel smug about making someone else happy. Applying this to voluntourism, and to phrase much more cynically: do people volunteer abroad for the benefit of helping others, or for the benefit of self-satisfaction of saying that they have helped others?

You can easily say 'so what' and it's

true: so what if you volunteer just to say you have? No one truthfully knows why you've been volunteering, and it really does make your CV present you as a more well-rounded character. This is only a minor part of the problem though, if a problem at all. How do we know that paying £1500+ for two weeks across the world is going somewhere useful? How can we know that teaching children is making a real difference, if you in all earnest want to make a change?

The first and most obvious answer to all of this is do your research. It matters so much which company or charity you work with; in fact, the difference between those two c-words should be your first port-of-call. There are charities out there that genuinely help the communities they reach and rightly focus on aid rather than profit. Unfortunately the accessibility of international travel has led to plenty of gap year companies jumping on this trend of charity, using media such as the aforementioned Facebook to keep their opportunities in our train of thought.

I will always champion travelling the world because it is really important; however, the idea of voluntourism seems to have created this concept that it is near enough compulsory to help someone, or something, in need between your time in Asia and those two months in South America. The brilliant thing is, you can still travel selfishly. Providing it's responsible – particularly environmentally – to book a round-the-world trip purely for the sake of your own experience satisfaction is wonderful, especially if you can admit it.

Oddly enough there seems to be a certain pressure to save the world through charity now, our youth and timing in this planet's journey producing us, the generation of do-gooders. There are so many people who will spend their lives working with charities, and I have so much respect for those that will. However, I will be the first to admit that whilst I will always happily donate my money and do my research, volunteering under the illusion of tourism is something I would struggle to participate in.

More than anything, it is the sheer length of time required to make a 'real' difference that bothers me. It isn't 60 Minute Makeover.

Who knows, maybe I am completely wrong about this, though a recent article from The Independent suggests not (entitled "Voluntourism is a 'waste of time and money' - and gappers are better off working in Britain", October 2014). I am so thankful for my background and I can't speak for anyone affected by the benefits and potential negatives of voluntourism. However, as I mentioned before, in many ways I am one of the young adults who does go out to places in need. I am part of what seems to be this generation of promise and superheroes. This does not mean stop volunteering abroad, because change only ever happens bit by bit. Instead it means do your research. Help in earnest, not for self-gain. And for goodness' sake, when you travel, don't feel any obligation to volunteer because you 'should'. It seems to me that in the case of voluntourism, not taking part is potentially the best participation you can give.

LU FEMSOC SAYS...

MY GOD IS A FEMINIST

ELLENI HARPA

Are religion and feminism really compatible?

If I was asked to describe myself, the first two words I would pick would be 'Christian' and 'feminist.' However, people have issues with the fact that I identify as both - people within the church, as well as non-Christians (who sometimes think that Christianity intrinsically values women less than men). Of course, while the Bible is still hugely relevant to modern life, the time in which it was written has to be taken into account when we consider the implied attitudes to women within it. At the time, women were not even perceived as reliable enough to testify in court; what they said was untrustworthy simply because they were women. This means that many of the seemingly patriarchal or misogynistic Biblical laws and perceptions of women are relics of the time and should be viewed as such.

In my opinion, anyone who claims to be a Christian but refuses to call themselves a feminist (i.e. someone who believes in true equality regardless of gender) is overlooking the fundamental, overarching message of Jesus: love. 'Love your neighbour' is such a well-known phrase that it has almost become a part of our vernacular. Jesus never put any caveats on this instruction; he didn't say 'love your neighbour - but only if they're a man.' He preached universal love to everyone, regardless of who they were and what they'd done. He associated with women, made them important to him despite the fact that they were overlooked by society, and stood with them against men who treated them badly. Jesus treated women as people; capable of making decisions and thinking for themselves; these were incredibly radical ideas at the time. In other words, Jesus was a feminist.

I believe that God created everyone to be different from each other, but equally valued. My God is a feminist because He hates sexism just as much as He hates racism, homophobia, and every other kind of cruelty and injustice. Jesus offers everyone forgiveness and a relationship with God, and thinks everyone is worth dying for. If that's not advocating equality, I don't know what is.

It's sometimes difficult to reconcile certain parts of the Bible with my feminist ideologies. Brides promising to 'obey' and 'submit to' their husbands, and even when that comes from the most trusting and respectful place, still make me cringe. The fact that it has taken so long to allow female Bishops makes me angry at how slow the Church is at embracing true equality. But the thing that Jesus was most passionate about was love; being a feminist is a way of showing that love in the world, and fighting back against injustice. So yes, I'm a Christian and a feminist, and that makes perfect sense to me.

The Year of the Sheep



ABIGAIL DAVIES *FEATURES EDITOR*
 @ABIGAILDAVIES_

Chinese New Year is an age old tradition, celebrated in many cultures across the world. Originally standing to commemorate the importance of deities and ancestors, the day is now internationally recognised and celebrated in territories with significant Chinese populations. As a lot of Lancaster students will already be aware, an Chinese New Year Showcase is being held in the Great Hall on Sunday the 22nd of February, involving dancing and gifts. However, if you can't make it or want to honour this Chinese tradition on your own terms, why not celebrate as someone liking in China, Hong Kong, or Singapore (to name a few places!) would...

Nian Ye Fan

Nina Ye Fan is the reunion dinner Chinese families host on the eve of the Spring Festival. It is of paramount importance that the meal served has eight dishes to symbolise good fortune, or seven dishes if there has been a death in the family over the past year. One of these dishes must

include meat; this can be pork, chicken, or fish. However, if you decide to have your own Nian Ye Fan make sure you don't finish your meal - the leftovers represent a surplus, which will carry you through the the following year.

The celebration is highly symbolic, and as such each dish served holds some intrinsic meaning. Dumplings symbolise money, mandarins show abundance, melons stand for fertility, and noodles represent longevity. If you're feeling especially creative, you could try cooking a traditional fish such as taro cakes or nianago. And don't worry if you can't find the ingredients in the local supermarket, Lancaster has its fair share of Asian stores, which are only a Google search away.

Traditional Dress

After you've cooked up a Chinese storm make sure to put on something red, it will scare away evil spirits for the new year. If possible, try it wear something new as well. As well as showing prosperity, it will mirror the event itself, representing the new

year through new clothes, and a new you.

Decorate

The Chinese decorate their homes and streets with lanterns and posters about the new year. If you're feeling crafty, try making your own. Common idioms written in Chinese calligraphy include, "Enjoy Good Health" or, fittingly for final year students, "Good Luck With Your Career". Again, make sure red is a theme, symbolising luck and warding off evil.

Give gifts

Chances are you probably won't be able to get your parents to give you a lovely red envelope stuffed full of money, but you can always exchange gifts with your friends. Presents usually come in the form of sweets or food. But be weary of certain presents; clocks symbolise escorting someone to the grave, green hats show infidelity, handkerchiefs are used at funerals, sharp objects represent the cutting of ties, and umbrellas sound like closing.

Does the weather really affect our mood?



Silvia Sala

NATHALIE FARRUGIA NEWS EDITOR
 @NATFARRUGIA94

The weather we've experienced in Lancaster recently has been pretty horrible: the constant downpours, the bitter cold, the awful wind, the crazy hailstones, and that short-lived episode of snow (if that counts). While you may or may not have been subject to it yourself, for many people, bad weather like this can have a serious effect on our moods and our general mental health and wellbeing. For me, a little bit of wind and rain on a cold day in Lancaster can sometimes really get me down and it can make my already stressful day feel like it's the worst ever.

But the weather's impact on our mood is a pretty commonplace; I think we can probably all admit to an occasion when getting caught in the wind or rain in town or on

campus has changed our moods. Sometimes it can pass, but often it can make us feel gloomy upset, or even snappy for the rest of the day. Generally, we also feel a lot more lethargic in the winter, which can make doing work even more of a chore!

Interestingly, there have been many studies about how and even if the weather affects our mood. In 2008, a group of German researchers led by Jaap Denissen in Berlin looked at the effects of temperature, wind power, sunlight, precipitation, air pressure, and photoperiod on 1,233 participants who lived in Germany at the time. Most of these participants were women aged between 13 to 68 years old, with the average person being 28 years old.

Denissen et al found that the weather's daily influence had more

of an impact on a person's negativity, as opposed to helping a person become more positive. They found that higher temperatures raise up a person feeling low, while things like wind or not enough sun made a person feel even worse. They also found that although sunlight did have an effect on tiredness, there were no definite relationships between weather and mood due to each individual's own sensitivity to weather. Similar investigations on this topic have also been inconclusive because the results have varied so much depending on the person, showing that the weather really can affect everyone in different ways.

There is a condition called SAD (Seasonal Affective Disorder) which is a type of depression that has a seasonal pattern. It can also be known as "winter blues" or "winter depression" because the

symptoms are more obvious and also more severe in the winter. According to the NHS, for about 20% of the UK population, mildly debilitating symptoms of SAD cause discomfort but not serious suffering. Although for about 2%, SAD is a seriously disabling illness which prevents them from functioning normally without the appropriate treatment. Common symptoms include: depression, lethargy, sleep problems, overeating, feeling irritable, low self-esteem, finding it hard to concentrate, social problems, stress and anxiety. In most cases of SAD, it begins to improve in the spring before eventually disappearing.

Obviously, not all of our mood changes at the hands of the weather are examples of SAD, though they may feature some symptoms. Sometimes the weather can just tip us over the edge when certain things in our lives aren't going our way. But SAD is a serious mental health issue and I would advise anyone who thinks they may have it to find out more information on NHS website and to visit your local GP, as there are specific treatments available for it.

Even if we don't experience SAD, it doesn't mean that the weather isn't affecting our mental health and wellbeing. While the studies show it can depend on your personality as to how much the weather can affect you, there are a number of things that all of us can do to help get through these horrible winter days, which I'm thankful to say are almost over!

Here are some tips to beat the blues:

IT'S ALMOST OVER. I know it may seem hard to imagine a Lancaster without the cold, but you

better believe it: it's almost spring! So try to keep that in the front of your mind when you're getting fed up of the weather.

WRAP UP WARM! It may sound really obvious, but you'd be surprised how much it can help - you don't want to let the weather affect you physically as well as mentally.

EAT WELL. People say it all of the time these days but eating well - yes, that 'balanced diet' stuff - really will make you feel better. A lot of the time it may feel like junk food is the answer to the bad mood because it's comforting and tastes good, but it will make you feel sluggish and ultimately won't help. However, I'm not saying we should eliminate junk food - we all need a pick me up once in a while!

TRY AND EXERCISE. We all know it makes you happy, even if it's just something small it will give you a buzz!

SOCIALIZE. If you've had a bad day, don't go home and spend time on your own. Instead, spend time with your housemates to pull yourself out of it, you'd be surprised how quickly a chat or even just watching a TV show will make you forget that the rain has soaked through to your underwear.

SLEEP! And lots of it. Make sure you're getting a good 8 hours sleep throughout the week at least. That way, when you have to get up for your 9am and it's freezing cold you'll at least feel fresh and ready for the day.

DISTRACT YOURSELF. Think about your plans for the Easter and the summer breaks - which are far more likely to be better months weather-wise! You could even get a countdown on your phone for everything you have coming up.

The International Selfie Campaign



EMMA ROGERS

With Week 6 being 'World At Lancaster' week there are various campaigns and events going on around campus. One of the most exciting is the International Selfie Campaign, a campus wide campaign run by Roosa Raikko, Grizedale's International Officer. If, like me, you've seen the posters

around campus and are eager to get involved, you might be interested to hear a little bit more about it. I caught up with Roosa to find out.

So, give me the basics. What's the idea behind the campaign?

The idea is to encourage international students to take part in

a campus wide campaign. The selfies are an attempt to change the way overseas students are perceived and celebrate the huge variety of nationalities represented here at Lancaster. We are hoping to break down the stereotypes which often surround international student.

What would you say the stereotypes are?

It is sometimes assumed that international students don't get involved in events and are stereotyped as only socialising with other students of their nationality. By using something fun and sociable like selfies we want to show not only the many faces of Lancaster butyl so highlight the stupidly of these stereotypes, and we aim to do this by getting as many people in one selfie as possible.

How can we get involved?

I'm asking students to take selfies throughout the week, either whilst attending the events or simply with their friends or housemates.

Post these to Facebook or Twitter and add the tag #WorldAtLancaster. We want people to have fun with it, be as creative as possible, there is nothing strict or serious about this campaign. We want to see you crazy selfie faces!

Is it just international students who can get involved?

No of course not, we want all of Lancaster University to be represented. Most of the events are set up by societies. All students are invited to attend the events and all we are asking is that you take a selfie whilst you're there and hashtag. This week is all about sharing cultures and will only be successful if everyone gets involved.

What are your plans for the selfies?

LUSU have assured me the selfies will be displayed in SugarHouse on Saturday of Week 6. And depending on the number of selfies we get we are looking into starting a photo wall on campus to demonstrate how different each international student is, and that we can't

be categorised.

Where did the idea come from and what made you want to run this campaign at Lancaster?

I originally heard of a similar campaign at Sheffield University, which we have adapted slightly to make it a better fit for Lancaster. In the past there have been a shortage of international campaigns run by the college JCR's. This was one of the reasons I ran for JCR International Officer in the first place, I think the role has much more potential and I wanted to introduce a bit of variety in terms of campaigns both in the college and across campus.

After speaking to Roosa it is clear she is very passionate about this campaign and alongside Grizedale JCR they have put in a great deal of effort. So if you want to help change the image of international students or just fancy having your best selfie pout exhibited in sugar then don't forget to hashtag #WorldAtLancaster.

Nutella, Hitler, Bin Laden: What's in a Name?

BRYONY SEAGER COMMENT EDITOR
[@BEINGBRYONY](#)

What do Adolf Hitler, Nutella, Osama Bin Laden and Matti have in common? They are all banned names in various parts of the world. Adolf Hitler and Matti are both banned in Germany; the former for obvious reasons, the latter because it would not be obvious what gender the child was. People in Turkey are not allowed to call their children Osama Bin Laden, and just this month a French court has ordered parents who named their child Nutella to change it. The child is now called Ella. Another case in the same region of France saw parents have to change the name of their child from Fraise (strawberry) to Fraisine, a name which was popular in the nineteenth century.

Up until 1993 parents were not

technically free to choose whatever name they wished in France, but this law was changed. Now a parent may name their child whatever they like as long as it is not deemed contrary to the child's interests. Things that would fall into this category include sparing the child from any potential embarrassment or names that could be confusing.

Some countries also require names to follow specific gender and grammar rules and numbers are also often banned. New Zealand falls on both sides of this particular rule; it's apparently okay to name your child 'Number 16 Bus Shelter' but not '4real' as names are not allowed to start with a number. Although, I'm not entirely sure how Number 16 Bus Shelter Smith feels about this rule.

Other places that also have strict

rules are places like Spain, Argentina, Chile and Denmark. Japan also has rules; a child is not allowed to be named 'Akuma' which means devil. Sometimes a court will go as far as to make a child a ward of the court so they can change their name, such as in the case of 'Talula Does The Hula From Hawaii' who hated her name so much she was prepared to get a legal divorce from her parents in order to change it. Can't say I blame her to be honest. Iceland is another country which is notoriously strict on what parents can name their child. In theory there is a list of 1,853 names to choose from for girls and 1,712 names for boys. This came to a head in 2013 when fifteen year old Blaer was asked to change her name because it did not fit within Icelandic language gender confines. Blaer means 'light breeze' in Icelandic and is typically male. This view meant

that for her entire childhood Blaer was known as simply 'Girl' (Stúlka) on all official documents. She has since won a court case to keep her name and have it legally recognised.

Blaer is not the only child to fall foul of this rule, in 2014 Harriet and Duncan Cardew, who have an Icelandic mother were identified as Stúlka and Drengur Cardew on their passports (Girl and Boy Cardew) because their names were not recognised by the Icelandic authorities (quite sinisterly named the Icelandic Naming Committee).

The UK has much more liberal laws when it comes to naming your child; as long as it isn't profanity, it's pronounceable, and doesn't result in others believing you have a conferred or inherited title (e.g. Lord, Doctor, Princess), then pretty much anything goes.

Also in the UK your forenames and middle names are allowed to be no more than 250 characters including spaces. In this vein you are apparently allowed to name your child all the names of an football team (as long as they fit with 250 characters). Since 1984 two people have been registered as being named 'Superman.' The US naming laws can be equally as liberal, sometimes getting into the downright silly (Ima Mann, anyone?). Other obscure names registered in the US include Enamel, Female, Erie, Disney and Post Office. It does make you wonder why parents do this to their children; apparently it's mostly because they want their child to be unique and give them personality straight from the off. When this results in you calling your child Mustard M Mustard, however, it might be time for a rethink.

INTERVIEW: CLAIRE HOPE



Ian Meeks

ELLIE VOWLES CAROLYNNE EDITOR
 @ELLIEVOWLES

Tell me a bit about yourself?

I'm Claire, a third year psychology student and aspiring teacher. I've been non-monogamous for a few years now, and have had 3 non-monogamous relationships.

What exactly do you mean by non-monogamous for anyone unfamiliar with it as a concept? How do you define?

Non-monogamy is usually defined as having multiple sexual/romantic relationships at one time. But it's not cheating, since everyone involved knows and is ok with it. Polyamory is technically different; it simply refers to having multiple romantic relationships. The difference is small but important!

How did you come to the understanding that you were interested in non-monogamy but not polyamory?

I suppose it actually has more to do with my partners than me: they've usually wanted to keep us as the sole romantic relationship and keep other connections casual, so I haven't had much chance to explore it. It's less of a concern for me. I'm pretty happy with the way it is at the moment.

How did you get involved with non-monogamy originally?

I mostly have other sexual relationships but rarely have other romantic relationships (although I have and do). I was first introduced to non-monogamy by a guy when I was 16/17. Whilst we were dating, he made it clear he was still seeing other people and it just

kind of continued when we got together. We did speak about it and I came to the conclusion I was ok with it. After then, I really struggled with relationships and eventually worked out it was because monogamy wasn't for me

What about non monogamy is it that makes you more comfortable?

Ahhhh I love that question! I'm far more comfortable with non-monogamy since it means I don't have to limit myself and I don't feel so restricted by my partner. For example, if I meet someone I fancy, I don't have to worry about squashing those feelings, instead I can just go with it. For some people, once they're with someone they're not even attracted to anyone else and that's fine too, it's just my brain doesn't work that way.

How do your relationships operate

differently to monogamous relationships?

I suppose my relationships require a bit more communication, non-monogamy obviously runs the risk of jealousy so that has to be dealt with by talking about it. Also, nothing is assumed. I used to find that there'd come a point in time where the person I was dating would assume I was only seeing them, with non-monogamy we have to talk about it along the way - what are we expecting? What are we comfortable/uncomfortable with? Etc. I usually find it's a mixture of both, it's helpful to have a conversation at the beginning outlining boundaries, but those are bound to change over time. Both me and my boyfriend have a say, we both have a veto (we can stop the other person from seeing someone) on the understanding

that it's used fairly and it's discussed beforehand. For example, I have a rule that he can't do anything with someone that I dislike, since I don't want any awkwardness between me and them or if he wants to speak to me about them.

What are the best things about non monogamy for you?

Other things I love about non-monogamy include the lack of pressure on relationships with people. So if you follow monogamy, I think it can quite easy to fall into the trap of testing everyone you fancy to see if they're relationship material, I don't have that. If I meet someone I fancy, there's no pressure to see where it goes, I can let it evolve naturally. This ends up with me having some utterly lovely varying relationships from people, I have people I might kiss and

cuddle from time to time, to people I sleep with on a regular basis, to people who I love as friends and maybe sleep with occasionally. Each one is so different, and gives me different things, and I wouldn't have that if I didn't do non-monogamy.

Are there any negatives?

There are some obvious negatives, like jealousy, and it's not like I'm immune to that, I suppose I just deal with it slightly differently. For example, with my current boyfriend I had a bit of jealousy surrounding a friendship he had with someone else, and I realised that the reason I got so jealous was because I didn't know what was going on between them. Once I knew it was fine. So I suppose I have to be a bit more introspective and work out where the jealousy is coming from.

We also have no model to go off, which can be a good and a bad thing. It's good since we're not restricted with "how to have a relationship" since we're doing it so differently to everyone else, but it can be a isolating if you have no friends who have a similar relationship model.

How much do you discuss your other romantic encounters with your current partner?

I discuss interesting things with him I suppose. I need his permission before doing things with other people and it might involve a little bit of detail, but usually not much. I'm very lucky in that I feel very cherished by my boyfriend, so jealousy is pretty rare.

Often non-monogamy is painted in a fairly negative light and gets a bit of a bad rep; how do you feel about the stereotypes associated with it and what do you think can be done about them?

I sometimes get assumptions like I obviously don't love my boyfriend, which is frustrating since it couldn't be further from the truth. I think it's all about acceptance, and more honest representations of non-monogamy in the media.

As well being non-monogamous, you also identify as bisexual and attended the NUS LGBT Conference earlier this academic year. Tell me about that?

Yeah, last year I went to NUS LGBT Conference, where we get to vote on motions for the union to act upon over the next year related to liberation for LGBT students. It was a really good experience, it was amazing to be surrounded by so many activists and queer (non-straight) and trans* people (those who don't identify as the gender they were assigned at birth). I definitely learnt a lot of different campaigns currently happening within the movement, such as Action for Trans* Healthcare which aims to improve access to healthcare for trans* individuals.

How did you feel about the level of representation during the conference?

Luckily it wasn't too gay male orientated, since there are reserved places for people from other marginalised groups (ethnic minority/women/trans*). Since there are reserved places, representation is really good.

There's been quite a lot of opposition to representation quotas within the student body (e.g. a certain number of places having to be taken by women). How do you feel about this sort of thing in light of your experiences at the NUS LGBT Conference where these were used?

As I experienced at conference, quotas obviously do increase representation and these can only be a good thing. Ultimately, the quotas are a safety net to make it easier for certain groups to run where they might find it difficult for multiple reasons. Once we create an environment where it's easier for these people to run for positions then we can remove the safety net - but we're nowhere near yet.

Do you think we're making progress with getting towards that? Campaigns on campus such as She Should Run have had a really positive response in the past year or so.

Very possibly, but I think we need to start seeing less opposition to these campaigns and more understanding of the social structures that prevent marginalised groups from running. Also, whilst I think women are finding it easier to run



Ian Meeks

for roles on campus, I couldn't say the same for marginalised groups since I'm not part of those groups, but I haven't seen campaigns for those groups so there's always progress that needs to be made.

As a bisexual you've spoken out a lot about bi erasure; do you feel like that's an issue on campus?

It's hard to speak about it specifically related to campus, since I think it's so ingrained into our culture. It's just the general assumptions ("Are they gay or straight?") and confusion if someone has a partner and then expresses attraction to someone of a different gender. I guess I want it to stop being such a surprise when someone is bi!

I know a lot of people feel like when they're in a relationship with some-

one of one gender that the rest of their sexuality is erased; do you feel like that's different when participating in non-monogamous relationships?

Yes - I think it swings back the other way. People try and create more of a connection than there is; "Oh you're non-monogamous because you're bisexual". Erm, nope. I know lots of people in polyamorous relationships (having multiple romantic partners) and there is often an assumption that the women are bi, which is nice since it's more accepted....but still frustrating.

How would you recommend someone interested in non-monogamy could find out more or bring it up with their partner?

Finding out more about it is relatively easy, there are some amazing resources out there from books such as The Ethical Slut to blogs online.

If the general concept of non-monogamy appeals, go out, read, learn, speak to people, sometimes it can be hard to know if it's 100% for you and it's hard to know without trying, but making the most out of these resources can help.

Bringing it up with partners is usually much harder, especially if the relationship is more established.

I'd recommend small steps; seeing how they react to you stating attraction to someone else, then talking about feelings of jealousy etc. It's kind of hard to offer advice since every relationship is different.

HOW TO DRESS FOR... London Fashion Week AW15



ALEXANDRIA DALE

Every year, during the months of February and September, madness descends on the city of London. Madness, most famously known as London Fashion Week. Designers, models, socialites, fashion editors, stylists and bloggers alike, flock to catwalk shows from nine o'clock in the morning until eight o'clock in the evening. For five days straight, the fashion industry comes together in one place. If you're lucky enough to be attending the Autumn/Winter 2015 shows (or, if like me, you unfortunately won't be making an appearance but do still want to dress as if you could be heading to Somerset House at any second) read on for your LFW wardrobe survival guide.

It goes without saying, you need to look stylish! Though you'll be seeing the Autumn/Winter looks, you should be wearing the Spring/Summer looks. In a blast from the past, the seventies are very in. Think flares, platform sandals and big jewellery. Anything suede, leather or floral print are your go-to fabrics. If you're more of a modern gal, it's all about utility chick. Structured pieces, but with a twist like adding a tulle skirt or floaty chiffon. Street style gains a lot of media attention at the shows, so whatever you choose to wear, make sure you feel confident in some-

thing that exhibits your unique style.

Let's talk footwear... Comfortable shoes are vital. It is now more acceptable than ever to get away with a flat shoe at a fashion event, so take advantage of the shunning of the high heel and opt for smart flats or for a more alt approach, stand out trainers. If, like Victoria Beckham, you really can't bear to lose a few inches and you think you can handle heels all day, chic wedges and block-heeled boots shouldn't make your toes bleed.

And finally, accessories, or rather accessory – I would argue the most important part of your outfit during Fashion Week is your handbag. There's a lot you need to carry, from the necessities (tissues, water, compact mirror) to show tickets, any freebies you can get your hands on, and of course a camera. And for those who do brave heels, you can sneak a pair of flats along



too! No one will know, and no one will blame you, if you really can't hack heels all day. Your bag needs to be large enough to store everything in, but also has to make a statement and complete your ensemble.

With these tips, you'll make it through London Fashion Week and be ready for Autumn/Winter 2015 before anyone else!

SPINE SPOTTER

COUPLES EDITION

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).



Ellie Vowles & Will Bolton

Course:

Ellie: Psychology

Will: Maths

How long have you been together?

2 years

Favourite item of clothing of theirs?

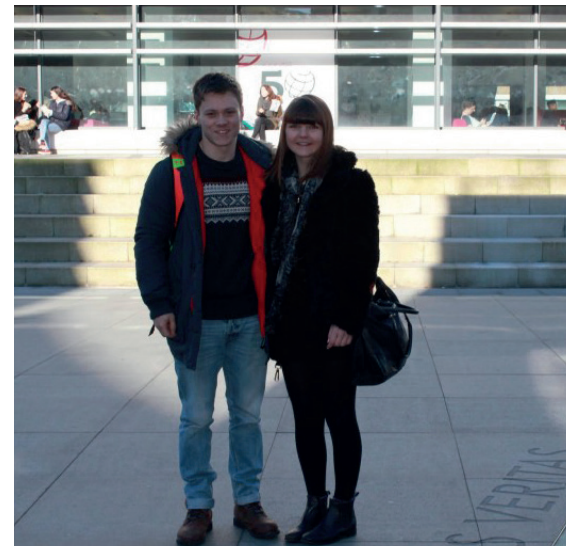
Ellie: Checked shirt

Will: Black skater dress

Least favourite item of clothing of theirs?

Ellie: His wealth of Bowland bar crawl t-shirt

Will: When she steals mine!



Jonny Murray & Georgia Shephard

Course:

Georgia: English Literature

Jonny: Marketing Management

How long have you been together?

1 years

Favourite item of clothing of theirs?

Georgia: Tweed suit jacket or stripy jumper

Jonny: Velvet tassled kimono

Least favourite item of clothing of theirs?

Georgia: Any of his wife beater vests

Jonny: Ombré fur gilet - it looks like a guinea pig



Liz Gallimore & Michael Leadley

Course:

Liz: French & English Literature

Michael: Maths

How long have you been together?

2 years

Favourite item of clothing of theirs?

Liz: Grey jumper

Michael: Hedgehog jumper

Least favourite item of clothing of theirs?

Liz: His t-shirts that have holes

Michael: Velvet boots



James Woodbridge & Sophie Barber

Course:

Sophie: English Literature

James: English Language & Literature

How long have you been together?

18 months

Favourite item of clothing of theirs?

Sophie: Black bomber jacket

James: Black jumpsuit

Least favourite item of clothing of theirs?

Sophie: Joggers

James: I like them all

An Interview with Penny Street Boutique



GEORGIA SHEPHEARD
DEPUTY FASHION EDITOR

Georgia: Nice to meet you Shelley. Tell us a little about Penny Street Boutique, did you set it up yourself and when did you open?

Shelley: Yes, it was November last year I opened, simply because I couldn't find a job myself. I was originally going to open a perfume shop because there aren't any in Lancaster but to stock a shop this size would be thousands of pounds so I started looking at clothing instead.

G: A much better idea! And what was your vision for it, who exactly is your target audience?

S: Women and girls my own age

probably, but I occasionally get seventy year old ladies coming in and my mum is sixty and she buys a lot! On the other hand, I also have thirteen year old girls come in who I think just want to look a bit older.

G: Oh I remember that phase! What is your favourite piece in the shop at the moment?

S: I love this black leather jacket or these furry gilets.

G: I was eyeing that up myself. If there is one staple piece you think every girl should have in her wardrobe though what would it be?

S: A little black dress, definitely. I find it really hard when I stock the shop every couple of weeks

because I have black wallpaper and I have to remember not to buy everything in black because it makes it so dark in here! But yes, everyone should have a little black dress!

G: Can customers browse your shop online?

S: Sadly no, I like to keep it all in the shop because I only get one piece of every size. It's very boutique so that you won't see anyone else wearing the same outfit.

G: Brilliant, where do you get your stock from then?

S: Mostly in Manchester at buying events from several different brands. They might not be designer brands but they're all very good

quality.

G: Have you ever thought about holding any events yourself?

S: I've done a couple of student fashion shows but I didn't really get anything back from them. I printed off lots of vouchers for students that attended, there was one at Oscars and one at the Apothecary, but I didn't have one person come in which is sad because we have such brilliant feedback on the night.

G: That's such a shame. Do you think that's because students are unsure where you are?

S: Possibly, I think when girls are looking for a birthday outfit for example, you don't choose to look

round Lancaster, and you go to Preston or Manchester. My shop is normally a last resort for people unfortunately, but on Saturday I had two girls come desperate for an outfit for that night...

G: And did they find one?

S: They did! They had been everywhere and then finally came to me and wondered why they hadn't come here first!

Want to visit Penny Street Boutique and support Lancaster's local businesses yourself? Shelley has kindly offered a 25% discount on all full price items for students who mention this interview. What better an incentive to shop!

Whistles' First Unisex Collection



ELENA LOCKETT
@LOCKETTPOCKETS

In January, Whistles collaborated with brand Stutterheim Raincoats to launch their first unisex collection. This range focuses on the brand's tale on Stutterheim's trademark Stockholm coat which is just so typically Swedish, all straight, clean lines, androgynous shapes with a discreet, pared-down edge.

Whistles have added their own touch to the typical design, with a graphic striped hem and bright white cords from Japan, with coats coming in either grey or navy. Completely waterproof, with double welded seams and thick rubberised cotton.

Whistles are famous for their collaborations, "finding experts in the market and working with them to produce beautiful, func-

tional, carefully crafted exclusive pieces" said Whistles CEO Jane Shepherdson. "Stutterheim was chosen because it produces the highest quality rain-wear and its simplicity, functionality and timeless style perfectly complements the Whistles aesthetic"

The collection launches in March, with coats priced at £235, and it's sure to be a sell out!

Spring-Loaded



ANNABELLE BRITTLE
@ANNABEEBEAUTY

As far as I'm concerned, it's spring already. It's actually light in the mornings when I get onto campus and, although it's still quite chilly, there's been plenty of blue skies and sunshine of late. And, joy of joys, a new season means a whole host of brand new products, so here's my round-up of the best beauty and grooming buys for SS15.

Benefit Puff Off! Eye Gel, £22.50

The latest release from the beauty brains at Benefit is this adorable eye gel, designed to eradicate puffy under-eye bags with its custom "ironing" applicator. Grab it before it disappears at this is sure to be a popular product!

The Body Shop Poppy Shimmer Cubes, £16

The Body Shop have introduced this colourful set of eyeshadows just in time for spring. These shades can be used separately for a single pop of colour, or in combination with each other if you're feeling brave.

Makeup Revolution Radiance Palette, £8

Makeup Revolution are constantly releasing incredible new products, and one of their most popular recent releases is the Radiance Palette. Containing three beautiful powder highlighters, it will be perfect for adding subtle light to your features.

Anthony Logistics Invigoration

Rush Hair & Body Wash, £26

This brand new shower saviour from Anthony Logistics combines eucalyptus, birch leaf and Canadian balsam to cleanse and invigorate in the mornings. Its 2-in-1 formula means you can get ready quicker; essential if a 9AM lecture is on the cards.

MaxFactor Intensifying Balm in Charming Coral, £8.99

A tinted balm is the best course of action for lipcare if you're still suffering from the aftereffects of winter chapping. These Intensifying Balms from MaxFactor will add colour and shine without drying you out, and they come in a range of beautiful spring colours.

AC for AG



KELLY THURSTON

With her book it becoming a top ten bestseller last year, model and journalist turned author Alexa Chung continues to take the fashion world by storm. Better yet; she has it in the palm of her hand and has us all eagerly wanting to take whatever she has to offer out of it (myself included). This fashion muse has launched a new 20 piece clothing range in collaboration with AG, designed and modelled by the icon herself. Before I even saw the collection I may or may not have (I did) had the thought I want it all, because let's face it, the girl knows how to dress. It was bound to be love at first browse.

Anyway, on to the clothes. A promotional video for the collection courtesy of mytheresa.com, where Alexa herself takes on the Stevie Nicks classic pretty much sums it up: 'bright eyes, blue denim' (is there anything this girl can't do?) The collection has a mix of blue denim pieces to take your pick from and an array of relaxed plain tees and jumpers that will help you ultimately perfect that effortless chic style that Alexa nails.

My personal favourite of the collection is the *New Wave Sweatshirt*, available in grey and white. Styled by Alexa, the jumper looks relaxed and effortlessly cool. If I had the money (this jumper will set you back a steep £145) I'd be

rocking up to lectures in it looking like a casual goddess- a girl can dream right?

The other pieces in the collection range from dungarees to denim dresses, button down miniskirts to skinny jeans; a.k.a something new to lust after. The pieces are 'inspired by a late sixties, early seventies aesthetic' Alexa told *Women's Wear Daily* but I believe it also manages to have a slightly nostalgic 90s vibe with the button down denim. AC for AG might not be for everyone, but if you have an effortless, laidback



Olivia Palermo Collaboration



ELENA LOCKETT
@LOCKETTPOCKETS

Olivia Palermo, a woman famous throughout social media, has put

her experience to good use by creating a handbag with Aspinal of London, complete with chargers with your iPhone or iPad, handy when you've been wasting your

battery waiting for the bus!

Only 30 of these bags will be created, but 100% of sales will go to ADCAM, a charity Palermo is extremely fond, that works to develop cooperation projects and social responsibility initiatives in the Masi Mara region.

Using the same design as their famous Marylebone, the brand is famous for its posh-but-practical accessories, perfect for collaborating with one of the most polished women in the industry.

An amazing bag, with a hefty price tag to boot, the 30 limited edition bags will be on sale for £995 from March, get saving girls!

That Seventies Show!



GEORGIA SHEPHEARD
DEPUTY FASHION EDITOR

A decade of increasing freedom and sexual liberty for women, the seventies were not only an exciting time to live in but an exciting time for fashion which reflected these movements. From earthy hues and flowing silhouettes to fringing and crochet details, seventies style was oozing with an effortless cool very different to today.

Twenty years too early for me, I missed my chance to embrace this style the first time around but this year I've been given a second shot. It was back in September that the seventies took hold of the runways and now, in the eagerly anticipated release of SS15 collections, we can expect our fair share of flares and fringing.

Whilst some designers evoked a bohemian influence, think flowing white dresses and fringed waistcoats, others revived a chicer seventies with unbuttoned blouses, wide-legged, high-waist pants and thick rim sunglasses.

Kaleidoscope blouses and vibrant bell bottomed pants might not be the easiest thing to pull off on an everyday basis, it really couldn't be easier or more comfortable to incorporate seventies style into your wardrobe.

Forget about those skinny jeans that suck and tuck you all in and instead embrace flares this season. Opting for a high waist too means not only is their relaxed shape and fit comfortable but gives you a beautiful A-line silhouette too. If you had something a little sleeker in mind, culottes are making a comeback too, creating the same A-line silhouette they are a mod-

ern take on the seventies without compromising the comfort of jeans.

As if made for each other, a pair of high waist jeans is completed with a blouse; a seventies staple. Whether featuring embroidery or romantic ruffles, a blouse is a piece that really can be worn every day with a variety of different outfits adding a sense of sophistication to even a simple pair of jeans.

My favourite feature of seventies style has to be fringing. Whether adorning a bag, a jacket or a kimono, I can't help but love the playfulness fringing brings to an outfit.

The easiest accessory to adopt to immediately evoke the seventies is of course a wide brim hat, or failing that a pair of wide brimmed sunglasses (a little optimistic for Lancaster maybe). There is something so effortless about a wide brim hat that can take any old outfit from casual to chic, thus transforming your wardrobe.

If the rock 'n' roll aesthetic of the seventies is more your style, take inspiration from the Rolling Stones and adopt a leather jacket and knee high boots (preferably suede) for a slightly edgier seventies kick.

Suede shouldn't be confined to footwear though. The seventies were an era that used suede as one of its key materials. In dresses and tops, its soft and delicate appearance was deemed worthy of much more than footwear thus making it a signature part of an outfit. For a modern approach, think suede jackets and fringed suede bags for a subtle nod to the seventies without travelling back in time.

MUST-SEE LOOKS FROM THE SAG Awards

DAFNI TSOVALA

With less than a month to go until the 2015 Oscars, Hollywood awards season is in full swing and the stars were out in force for the annual Screen Actors Guild Awards. On the red carpet, the night's big fashion story was colour - a rainbow of brights made it the most varied line-up of dresses we've seen this awards season to date.



EMMA STONE We can always rely on Emma to shake up red carpet traditions. At the Golden Globes she eschewed a classic gown for a sharp jumpsuit, and now she's done it again, wearing a mannish tuxedo jacket over her sheer Christian Dior Couture gown.



LUPITA NYONG'O Perfect pin-stripes over watercolour flowers? Lupita's done it again in this Elie Saab gown, expertly drawing the eye around her curves to emphasise her stunning figure. She keeps the beauty simple with a

braided bun and berry lips.



JENNIFER ANISTON Jen looks positively statuesque in vintage John Galliano - an actual golden girl. Hiring new stylist Micaela Erlanger (the woman also responsible for Lupita's marathon of epic looks) could well be the best sartorial decision Ms Aniston has ever made.



ROSAMUND PIKE Rosamund's mullet hem trapeze dress is a clever and supportive shape for her post-baby body. The textured Dior Couture gown is



packed full of red carpet drama.

FELICITY JONES Felicity has totally lightened up and we love it. She's ditched the heavy Valentino frocks that have been weighing down her style game for the last few ceremonies, in favour of something softer. The crossover panels on her sleek column gown by Balenciaga add just enough interest to stop the look from being too minimal.



JULIA ROBERTS Red carpet veteran Julia doesn't need to impress with frills and flounces. Instead she gets straight to the pure point of glam in this sharp Givenchy jumpsuit.



MAGGIE GYLLENHAAL Nessa Stein would be proud of Maggie's choice - a sleek and minimal Thakoon column gown.

Weekend Getaways *ON A BUDGET*



Anna Meng

FIONA POINTS

Lancaster may not be the most thriving of cities and it's always great to get away from University for a break, but sometimes it can prove difficult to find something that fits the student budget. Fortunately, whether you're looking to get away and relax with friends, as a couple or even by yourself, Lancaster is within easy reach of several popular destinations and with a little research, one can minimise the damage to the bank! Here's just an introduction to three different options for your weekend: one equipped for nature and relaxation, one for a thrill and one for a splash of culture!

The Lake District is one of the most beautiful locations in England, and you can't get much of a better option for a weekend away with friends. The area is best known for its walking, with splendid views across the hills: taking a hike around one of the idyllic lakes is the perfect relaxing retreat from the stresses of University life. Perhaps what is most appealing about this is the social aspect: it's an easy activity to enjoy as a group, with ample opportunity to catch up with friends in a beautiful setting. However walking isn't the only activity on offer in the Lake District, with, for example, the opportunity to rent a boat on Lake Windermere from just £30. In the evening, there is a

multitude of pubs to choose from, offering affordable, delicious food (with huge portions!) and a friendly atmosphere. I can't imagine anything better than a day out in the hills with friends, followed by a warm corner of a pub with a few drinks! With hotels from just £35 and return train tickets from £9, this is the ultimate day or weekend trip with friends.

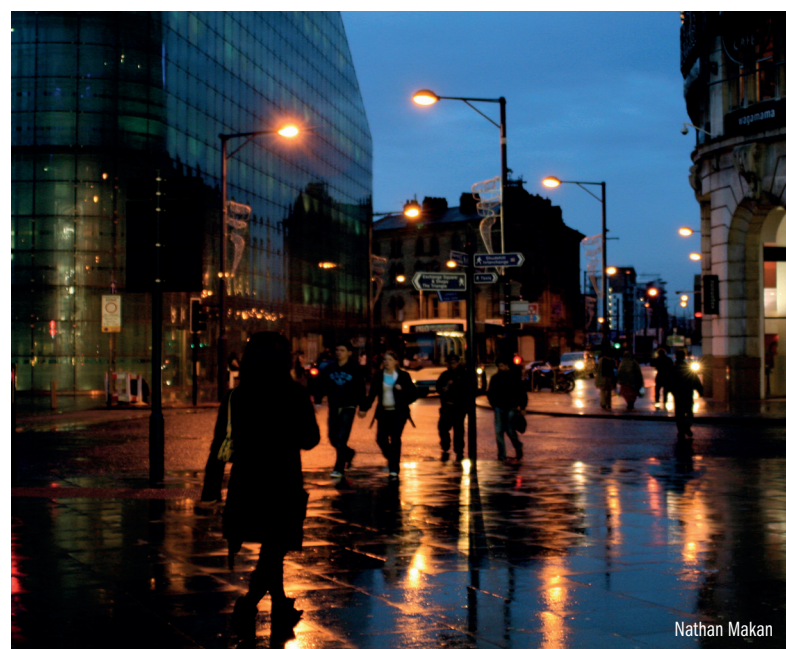
This second one's for the thrill-seekers! A weekend in Blackpool is a weekend full of fun. A return ticket on the train for £9.75 or a bus running from town and campus gives you access to the beach, classic arcades, and of course Blackpool Pleasure Beach with a range of rides. Tickets can be as cheap as £15, depending on when you go, the rides are enjoyable, and the queues are considerably shorter than Alton Towers! So whether you're happy for a nice walk on the beach and some time

on the penny falls or you're looking for something a little more 'high-brow', Blackpool is guaranteed to be a memorable weekend! This trip is perfect for special occasions like a birthday or celebrating the end of exams.

My third suggestion for a weekend away takes us to the biggest City in England: brimming with culture, variety and incredible night life! Manchester is no more than two and a half hours on the train, and

down Canal Street you can have a great, money-conscious night. The cocktails are delicious, the shots are cheap, and the party lasts all night!

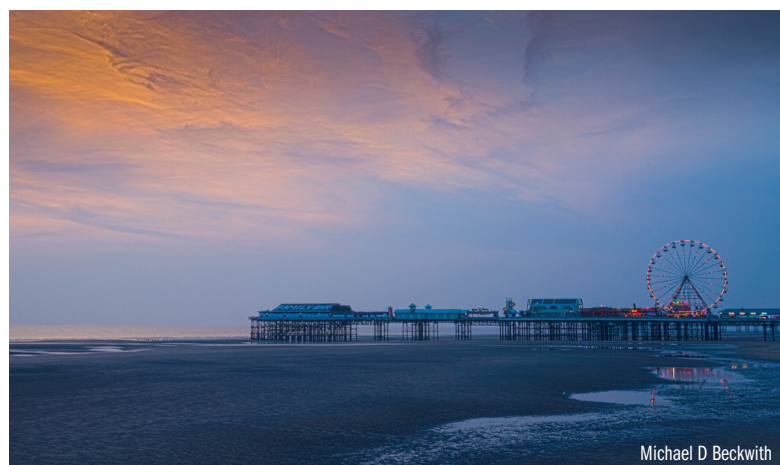
So if you're looking to get away from Lancaster and experience what the area has to offer, you're all set! No matter what you're looking for there is something to find, and with the right research you don't need to break the bank!



Nathan Makan

Manchester

it offers great shopping, food, and free entry into the Manchester Museum. The museum on Oxford Road hosts dinosaurs, mummies and all kinds of exhibits from the natural world, so if you're looking for something a little different and fancy seeing some cool stuff, visiting the museum is a great way to spend a couple of hours before going for lunch in one of Manchester's many cafes. Then, spend the afternoon shopping and prepare yourself for the night! Manchester's nightlife is renowned for its variety, and whether you're checking out The Factory or dancing



Michael D Beckwith

Blackpool



Anna Meng

The Lake District

MAKING HABITS, BREAKING HABITS A Week Without Make-up

She's given up alcohol, gone vegan and started yoga. For this issue, Lifestyle columnist Charlotte Davey gave up make-up for a whole week. Here's what she found...



CHARLOTTE DAVEY
@CHARLOTTEDUVEY

A week without makeup seemed like a fairly manageable task, as it essentially involved no effort on my part. I am not a morning person, and I often opt for an extra fifteen minutes of ignoring my alarm clock over applying considerable amounts of makeup anyway, so how hard could this be?

The first couple of days were easy, but day three followed a serious session of 'studying' Broadchurch until the early hours of the morning, and when I woke up I looked as though I'd just crawled in off the set of The Walking Dead. The bags under my eyes could have rivalled a year seven's rucksack in size, and I was about to grab some concealer when I remembered my challenge, resulting in a number of concerned comments as to my wellbeing because, 'you look so ... tired' (translation: you look as though you were assaulted by the ugly tree after seventy two hours of sleep deprivation torture).

Since starting writing my column I have had to break several habits, and I've realised that only when you actively deprive your-

self of something do you appreciate what you take for granted. When it came to the prospect of a makeup-free night out, I began to question for whom I actually wear makeup. If the only reason I wear it is to feel good in myself, then why would I care how other people perceive me? I started to wonder whether I value myself based on how I think others see me, and if that therefore meant my self-approval is based on the approval of others.

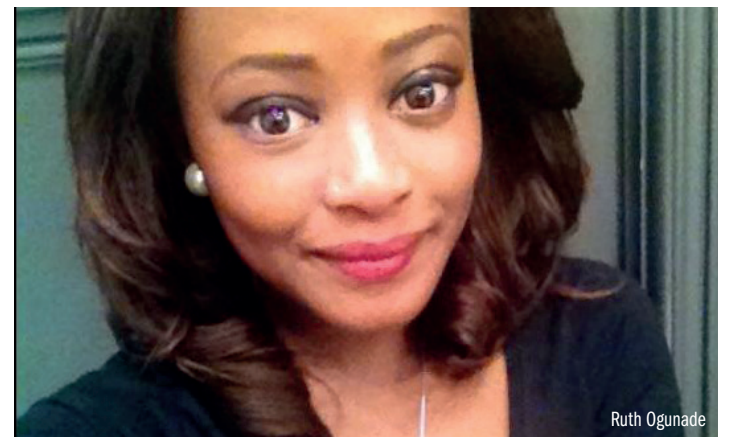
In the end, I didn't go out, and in hindsight I regret this decision. I regret that I placed vain considerations of my appearance over spending a night with my friends. I am saddened that I felt others might be judgemental enough to care whether or not I wore makeup, and I realise now that whatever decision I made, if I did so with self confidence, no one would notice, much less care. For the rest of the week I took up any opportunity that arose to socialise, and stopped apologising for looking like Shrek with a pigment disorder. People stopped commenting on how tired I looked, though whether this was down to my more positive attitude, or the increased amount of sleep I'd had,

I'm not sure.

At the end of the challenge, a friend suggested I tried 'natural' looking makeup. On emptying my makeup bag onto the floor, I realised that 'natural' looking makeup is a fallacy propagated by cosmetics companies to pasty fools such as myself. If I wanted to look as nature intended, I wouldn't be wearing makeup. After several tutorials, my body weight in concealer, foundation, highlighter, blusher, 'natural' eyeshadow, mascara, and eyeliner, I realised that I was wearing easily as much, if not more, on my face than I would if I weren't attempting to look 'natural'.

I feel as though my week sans makeup did do favours for the condition of my skin, and I no longer plan on apologising to people for how I look when I decide to go out bare faced. Unfortunately, while I don't feel compelled to wear makeup in public, I am not yet ready to renounce it completely because, thanks to my unnaturally black hair and the current vogue for emulating Alistair Darling in the eyebrow department, I am not yet ready to part ways with my good friend L'Oreal Brow Artist Super Liner.

STUDENT SPOTLIGHT Ruth Ogunade, Marketing



RUTH OGUNADE

than I ever would have before.

When I tell people I study Marketing, I am generally met with a look of confusion. It's a subject that has only just started coming into its own as a standalone course - it used to be offered as part of another degree subject. I stumbled across it in Part 1 as it was a compulsory minor for my degree at the time. After studying it for a year, I decided to make the switch to becoming a Marketing major as it was one of the most creative subjects you can get in the realm of business.

Lancaster ranks 1st in the country for Marketing and from studying here I can definitely see why. The subject is taught in a way that gives you a solid foundation of both theoretical and applied knowledge. With modules like Research Consultancy where you get to conduct and present market research to a real-life client, I now feel like I have real world marketing experience, something that will help me immensely when I start my career. Studying Marketing will make you see the whole world in a different light. I tend to find myself looking at the world from a marketers' point of view: paying more attention to ads and brands around me

The course includes many other interesting modules too: you can choose anything from Advertising or Consumer Behaviour to Statistics. The course is very modern, as I have studied Digital Marketing. Not only did I get to create and market my own website, I also get a chance to make real marketing decisions through a simulated game (and had a reason to go on Twitter in my lectures.)

Just like most degree subjects it can be very difficult, coursework entails the usual 3000 word essays which I view as simple now in comparison to the gruelling Market Research we have to inevitably carry out across multiple modules. Running and organising focus groups and in-depth interviews, not to mention the data analysis takes up a lot of time, often leaving me with very little time to enjoy myself.

However, Marketing has been taught in such a way that even the most boring module can be made exciting through the challenging coursework, which I find myself enjoying. As a whole, the subject is extremely enjoyable and I am very satisfied in my degree choice.

Negative Thinking

ANNA TROGSTAD **DEPUTY LIFESTYLE**
 @TROGSTADA

Everyone, at some point, has been told to “think positive”. This is a terrible phrase for many reasons: it’s more of a command than a pick-me-up, it is often highly patronizing and – more to the point – what does it actually mean?

It’s easy to say how to make things more positive, but the negative side seems to be hugely overlooked.

Wander into any bookshop and you’ll find a huge section devoted to the improvement of your spiritual wellbeing. This is, of course, not a bad thing, as seeing words of wisdom in physical print can often be more assertive than vocal advice, the latter having a tendency to merely drift off into the past as soon as the words are formed. Magazines love to tell readers “10 Ways To Live Happier”, and give “positive thinking” a search on the Internet. You will be bombarded with instructions of meditation and how to take time out for you. It’s easy to say how to make things more positive, but the negative side seems to be hugely overlooked.

Negative thinking doesn’t automatically equate to anxiety or depression. Have a bad week and it’s difficult to look at the blue sky and drop to your knees in thankfulness. Negative thinking has an enormous impact on how the day progresses, as it makes everything so much more tedious. It encourages procrastination as you wind up asking what the point is, even if it’s just something as mundane as making your bed.

How you look after yourself can



Christopher Michel

take a definite hit: things quickly lose their worth. My brain has never championed the notion of running, so when I’ve woken up and thought my cheeriest “F-F-S”, exercising immediately gets cast aside in favour of BuzzFeed. I’m not implying that this is a down-

How you look after yourself can take a definite hit: things quickly lose their worth.

ward spiral, because it may well only last two hours and then miraculously things can seem okay again. However, when it comes to food, everyone has their experiences of trying to stick to a diet. Eat one “bad” thing at 6pm and, if you’re like me, you think that the whole day/week/month is ru-

ined. As someone who gets from A to B via the comfort food train, negative thought processes have a tendency to leave me on the other side of five slices of cheese on toast before I’ve even opened the cheddar.

Negativity is a great tool for psyching yourself out of things. In the keenness of hanging on to my teacher’s pet school day persona, in first year I would make myself ill

Negativity is a great tool for psyching yourself out of things.

to get out of seminars, the embarrassment of unfinished work too much to bear for my little freshers’

mind. It’s ridiculous looking back because when I went, there was nothing near the finger-pointing shame I envisaged. It was down to my mind clouding with worst case scenarios. I’m not guilty of this any more, but it’s the same as when you have an interview or leave an exam: in your head you think about what you did wrong or could have done better, at the prospect of failing everything, at the chances of being unemployed. In many ways it’s natural, even healthy to worry and feel disappointed, as after all – without sounding too cheesy – reality isn’t always kind. It is problematic when this is constant, as on the flipside reality can also be fantastic. Thinking negatively loses this knowledge.

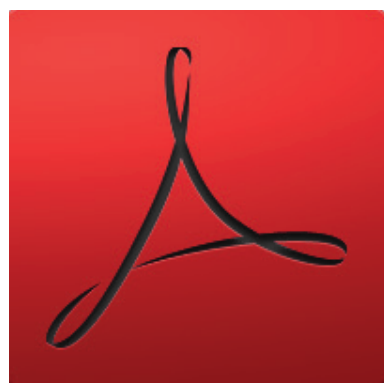
So, what does negative thinking mean? It means pessimism. It means the harder option, or even non-existent situations in my case.

It’s not so much what causes it, but how to get out.

In many ways it’s natural, even healthy to worry and feel disappointed, as after all – without sounding too cheesy – reality isn’t always kind.

What can you do? Find a book, grab a magazine. Go for a run, even if you really don’t want to, because like first year seminars, the thought really is so much worse than the reality. Don’t let it consume you, because there is always something good. There is always something positive worth keeping in mind when you’re trapped by negative thinking. Start with cheese on toast.

The Best Productivity Apps



KELLY BRADSHAW

As students, we're always looking for new ways to make our lives a little less demanding. One achievable way of doing this is by installing productivity apps, which are guaranteed to make your time at university much less stressful. What makes these apps even more student friendly is the fact that they're all free!

ADOBE READER

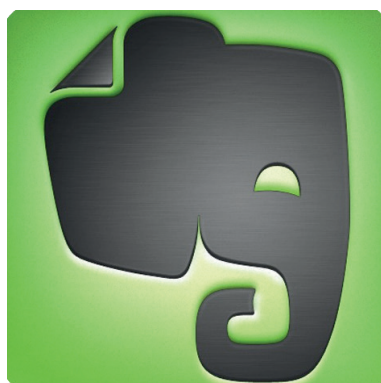
Many modules at Lancaster Uni require us to read a variety of documents in preparation for our weekly seminars, which can make printing quite pricey. However, if you've got a tablet, then I'd highly recommend downloading Adobe Reader, which will allow you to



save your required readings onto the app in a PDF format. With added tools such as highlighting and underlining, you're basically enabled to annotate in the same way that you'd be able to with hard copied documents. Also, it'll be so much more convenient, as it'll mean that you'll be able to view your documents everywhere, without the possibility of losing your work.

REFME

Aside from Adobe Reader, I consider this to be the most useful and time saving app for students, since all students are well aware of how much of a nightmare referencing can be. My friends and I generally agree on the fact that referencing will often take us more time to complete than the actual assign-



ment itself. With RefME, however, the work is pretty much done for you. With over 6,000 styles of referencing to choose from, all you're required to do is to scan the bar code of the book. You'd be a fool not to download this one!

EVERNOTE

I find this app highly useful, as it enables you to not only produce hundreds of documents, but it also enables you to clip website articles, handwritten notes for when you have moments of academic inspiration. Astonishingly, it also saves you the time of compiling together slides, as with the click of a button, all of your selected notes are transformed into a Powerpoint. This app will ultimately save you a great deal of time and is available for phones, tablets and



desktops.

SELF-CONTROL

When I discovered this app during my research online, I just had to recommend it. What is so awesome about this app is the mere fact that you can choose to temporarily block websites which you find really distracting, such as Facebook, Snapchat, and so on, while you work. The amount of times that my friends have informed me that they've apparently "been doing work in the library all day" only for me to discover that they've actually spent the majority of that time refreshing their Twitter page is both ridiculous and highly amusing. Ah, the perks of living in a highly technological age.



POST-IT

I thought I'd save this one till last, since this app will unfortunately remind you of the dreaded exam season. However, despite the anxiety that you're probably already experiencing, I honestly believe that this app will help to decrease stress levels, (if only a little bit) due to the simple fact that rather than spending money on sticky notes during your revision, this app enable you to produce them electronically, meaning that not only will you save an insane amount of paper which you may be likely to lose, but you'll also likely find it much handier, as you'll effectively be able to revise anywhere.

My Fit Week: At the Gym with Bryony Seager

BRYONY SEAGER COMMENT EDITOR
 @BEINGBRYONY

MONDAY

Head to the gym. Monday is definitely a gym day; after the weekend where you've perhaps had your cheat day, or you've been out drinking more alcohol than your liver knows what to do with, Monday is a good day to work off some of that in a sweat. I don't know about you, but I find that if I start my week feeling healthy, it generally means I'll be more prone to keep it up for the rest of the week.

TUESDAY

On Tuesday it's time to kick start the martial arts for the week. The

gym, in conjunction with Lancaster University's Judo Society, offers Judo classes on a Tuesday night. If Judo isn't your thing, other classes offered on a Tuesday include Kettlebells or Spin (not for the faint hearted.) If you want something a bit more fun, there's also a Zumba class on offer. Classes are a great way to get fit if just hitting the cardio room is not your idea of fun. Sometimes it's difficult to stay motivated if you have to design your own exercise programme, so doing a class is a great way to burn calories without the added aggro!

WEDNESDAY

I usually have Wednesday as my rest day. Rest days are just as im-

portant as the days where you work out because they give your muscles the opportunity to recover. By not having rest days you run the risk of injuring yourself as your body doesn't have time to catch up with the fact you're putting extra pressure on your joints, ligaments and tendons during the days that you are exercising. Even Olympic athletes have rest days. If you don't want to have today as your rest day, perhaps try out the trim trail around campus, or just go for a brisk walk if you don't feel like hitting the exercise hard.

THURSDAY

More martial arts for me today. The gym offers a beginners and

an advanced class on a Thursday evening. It's great because it offers you a chance to do a hard cardio workout and learn something in the process. One of the reasons I love this class so much is that it's a skill you can build upon. Other classes available on Thursday include Full Body Tone or Legs, Bums and Tums. There's plenty to choose from.

FRIDAY

Seems like the perfect day to go for a swim! The gym has a great swimming pool as well as a sauna and a steam room to take advantage of. Each day they have different times that the pool is open to students so check before your head down

there. The sauna and the steam room are great as well. The first time I went swimming in about two years I forgot how hard it was if you're actually trying! Therefore it was really nice just to go and relax afterwards in the sauna.

SATURDAY & SUNDAY

I'm not going to dictate to you what you should do with your weekend, but classes offered include Kickboxing, Submission Grappling, Power Hour or Bootcamp. Aside from the classes, you could try hitting the weights room, do some High Intensity Training, or if you're feeling really brave, you could always go and try Crossfit at the gym in town...

WE NEED TO TALK ABOUT PASTA

Ah, pasta. That one staple food we've all got in our cupboard. It's fast, it's easy, it's tasty - but it's time to up your game. Nothing is as versatile as pasta, and there are so many more options than bolognese and pesto sauce. Here are a few simple ideas... ANNA MENG **LIFESTYLE EDITOR**



Natalie E

Pesto Prawn Pasta

Ingredients

Basil pesto, freshly grated parmesan, garlic, prawns

Method

Fry the prawns with garlic until pink. Mix with cooked pasta and pesto to taste, grate fresh parmesan over the top.

ADAPTED FROM: ENGNATALIE.COM



Confections of a Foodie Bride

Sweet Potato & Spinach Carbonara

Ingredients

Sweet potato, spinach, bacon, egg yolk, salt, pepper, parmesan

Method

Cook the sweet potato. Fry the bacon, adding the spinach. Add cooked pasta, take off heat, mix in egg yolk, season.

ADAPTED FROM: JASONANDSHAWNDA.COM



Tartine and Apron Strings

Prosciutto, Tomato & Olive Spaghetti

Ingredients

Prosciutto, olives, basil, garlic, salt, pepper, parmesan

Method

Fry garlic in olive oil, add cooked pasta, season to taste, toss with prosciutto and olives, dust with parmesan.

ADAPTED FROM: TARTINEANDAPRONSTRINGS.COM



James Ransom

Asparagus, Lemon & Walnut Pasta

Ingredients

Asparagus, garlic, lemon, walnuts, salt, pepper, parmesan

Method

Fry garlic, add asparagus, season to taste. Mix with cooked pasta, add lemon zest, chopped walnuts and parmesan.

ADAPTED FROM: FOOD52.COM



BBC Good Food

Creamy Courgette & Bacon Pasta

Ingredients

Bacon, garlic, courgette, crème fraîche, parmesan, salt, pepper

Method

Fry the garlic, bacon and courgette. Season. Add pasta, take off the heat, stir in the crème fraîche and parmesan.

ADAPTED FROM: BBCGOODFOOD.COM



James Ransom

Garlic & Thyme Mushroom Pasta

Ingredients

Mushrooms, garlic, thyme, lemon, salt, pepper, parmesan

Method

Fry the garlic and mushrooms. Season with thyme, salt, pepper and lemon juice. Add pasta and parmesan.

ADAPTED FROM: FOOD52.COM



For more information, discounts and offers
go to lovelocallovelancaster.co.uk
& sign up to receive your free vouchers



Lancaster_BID



LancasterCityForAllSeasons



LoveLocalLoveLancaster



Lancaster
Unlimited
Business Improvement District

CEO of FINMA, Lancaster alumnus, gives presentation

Mark Branson, CEO of Swiss Financial Market Supervisory Authority, shared the secrets to his career in a talk to Lancaster students.

DARIO NAPONANO
ALLEN XU
STEPH MITCALF *BUSINESS EDITOR*

Mr Mark Branson shared insights from his illustrious career and current senior position in the world of financial regulation to Lancaster University students on Friday Week 4. Branson is a LUMS graduate, who, after a career in finance spanning more than 20 years, is currently the CEO of the Swiss Financial Market Supervisory Authority (FINMA).

The event, organised by the LUIFS society, had a substantial turnout, as the lecture theatre hosting the event was completely full. The importance of the event was highlighted through introductions by the Head of the Accounting and Finance Professor Steven Young, LUIFS founder, Daniel Schaaf, and LUIFS President, Paolo Bolag, who all lauded the efforts made by the University to host this event and thanked Mr. Branson for coming to Lancaster.

Mr. Branson began by talking about his education, stressing how he was driven to study Operational Research at Lancaster as he found it more practical compared to the education he received as an undergraduate at Cambridge, noting that the way LUMS combined quantitative methods with business problems is “just a relevant today as it ever was.” Since then, the university has changed a great deal and he commented that “this University has been thriving over the years”, since he graduated and began his career in consulting.

He then went on to describe his work experience. Branson’s first encounter with banking and finance came when he spent the summer before university in a local branch of a retail bank. His career was defined by the decision in 1993 to work in the finance sector for UBS, which he felt provided more “dynamic” opportunities. While at UBS he worked primar-

ily in investment banking and risk assessment, and on top of that he had the chance to work in London and Japan before settling in Zurich.

Branson’s career has included a time as CEO of UBS Securities Japan Ltd, where he was responsible for “investment banking, securities activities, asset management and wealth management in Japan.” Following the 2008 recession, he decided to work in the public sector, and accepted a position with FINMA, firstly as a Head of Banks in 2010. Following this, Branson accepted the position of Deputy CEO in 2013 before being appointed his current role.

Branson shared his views on building a successful and rewarding career with the attendees. “For me, what was important wasn’t ‘who is the employer?’ It was ‘what is the job and what is the opportunity?’” Branson told the audience that finance isn’t for everyone, and neither is management.

If management is what you aspire towards, broad experience is essential: “if you’re interested in responsibility, management and progression in your career. Don’t go too narrow. Don’t put yourself in a box.”

Though if management is what you aspire towards, broad experience is essential: “if you’re interested in responsibility, management and progression in your career... don’t go too narrow....don’t put yourself in a box.” Finally, do what motivates you. This is “what everybody says, but not what everybody does”, but chasing a career which sounds prestigious at dinners will not necessarily lead you to the most fulfilling career.

As for career planning, he warned you should not to expect anyone to plan their career for you, because financial institutions and

employers “are not there to take responsibility for how your career develops, and nor should they be.” Also, don’t over plan, because, frankly “people who plan their careers years in advance are a little bit scary.” He also suggested that instead of planning for your career intricately, years in advance, you should be ambitious, but make sure you’re able to recognise new opportunities.

A question many readers will have undoubtedly encountered in interviews is ‘where do you see yourself in five years?’ Branson says that when he asks this question, he is not asking for the details - marriage, children, or a goal salary - but “to see how you articulate the uncertainty of the future.”

He then spoke about how the financial world stands today, and described how financial engineering models have long been criticised for their lack of clear-sightedness and excessive complexities. Branson was frank about the problems the issue is facing, noting how “the financial industry, in particular banking and trading, has a massive problem with its culture”, which has driven trust in the industry to an “all time low.” However, he ended his point on a more positive note, expressing his hope that “we can go in the direction of a more responsible culture.”

A Q&A session ensued for the following half an hour where Mr. Branson voiced his opinions on issues regarding market regulation, the role of lawyers in finance and crypto currencies, as well as responding to how he was not afraid to move from UBS to FINMA for less money, as he felt the level of responsibility and new experiences the job would involve took precedence over the size of his salary. Lastly, thanks to the Investment and Finance Society, the Accounting and Finance Department and the LUMS Careers, Alumni & Employer Relations for coordinating this event for Lancaster students.

Opportunity: 2015 Santander Universities Enterprise awards

Santander is offering cash prizes for its Entrepreneurship Awards



NIEL LIU

Want to challenge yourself and make the best use of your university life? Then here is a good opportunity for you. Santander have just launched the 2015 Santander Universities Entrepreneurship Awards. The Santander Universities Entrepreneurship Awards is an annual business pitching competition. The competition rewards student and graduate entrepreneurs by offering cash prizes. Since the competition’s launch, they have already given away more than £176,000 to start-ups and small businesses and have £44,000 to offer in 2015.

This competition has cash prizes of up to £5,000 for undergraduate finalists and up to £20,000 for graduate winners. You can join this competition as an individual, or you can invite your friends or classmates to come and join as a team. Both current Lancaster students and recent graduates may enter. The final winners of the award will be decided in the national finals. In order to win this competition, you will need to compose a business plan, accompanied by an executive summary. The full business plan must be no more than five A4 double-sided pages and should contain information on all of the areas con-

tained within the judging criteria. The appendices cannot exceed two A4 pages (four sides) in total. However, a video (no longer than 3 minutes) can be included as an appendix, but this will count as one of the two allocated A4 pages. The executive summary must be no longer than two A4 sides and should be clear and concise in order to avoid including any information that may not be relevant at this stage.

If you want to join this competition, please do submit by writing to enterpriseteam@lancaster.ac.uk before the midday on Monday 9th March. You will first go through an internal selection process as the University will nominate and submit one business for the Undergraduate and Postgraduate categories. The selected team’s business plan will then be sent to the Santander Judges and the shortlisted applicants will be announced on April 24. Those application will then be sent to external final judges and on June 12, finalists from each category will be announced. Apart from the cash prize, finalists will also be given exclusive access to the Santander Universities Entrepreneurship community which offers networking events and business advice to its members.

Brands are the real winners of the Super Bowl

FELICITY BARBER

As I'm sure you are all aware, unless you have spent the last week under a rock, the Super Bowl took place on Sunday February 1. This annual event draws the attention of sports fans the world over and is considered by some to be an unofficial national holiday in America. Whilst the New England Patriots were crowned the winners after Butler intercepted a pass from Wilson with twenty seconds to spare (or so I've read – I'm trying to sound knowledgeable) they weren't the only winners. They also aren't the reason I care about the Super Bowl.

Whilst my knowledge of American football leaves a lot to be desired what I do care about is advertising. Each year the top agencies and brands from around the globe work to create a spectacle of award-winning campaigns to accompany the event.

Gone are the days where three channels were all we needed to keep us entertained and as a result the concept of a 'mass audience' is all but obsolete. That is why the Super Bowl excites advertisers; this singular event offers brands the rare chance to capture the attention of millions of viewers – 114.5 million to be precise – to promote their brand message. It is prime advertising real estate which comes with a \$4.5 million per 30 second spot price tag. As a result the competition between brands is fiercer than the game itself.

The buzz about each year's Super Bowl adverts begins long before

the event takes place. Advertisers are capitalising on the build-up of anticipation around the game by pre-releasing brand content as a way of counting down to the event. Budweiser's 'Lost Dog' ad, for example, was released four days prior to the game, generating 17.8 million YouTube views, 104,000 Facebook shares and 241 tweets. Post-Super Bowl Budweiser's YouTube views are up to 25 million meaning that 71% of its views came prior to game and as such is at the top of this year's advertising rankings.

The battling brands each attempted to generate brand engagement in better ways than their opponents. Doritos created the 'Crash the Super Bowl' campaign which relied on user-generated content from independent film-makers to create a 30 second TV advertising spot. Doritos narrowed the entries down to ten finalists out of which fans could vote for their favourite to win a \$1 million contract with Universal Pictures as well as having their spot aired during the game.

Brands such as Clash of Clans and T-Mobile relied on the inclusion of celebrity figures Liam Neeson and Kim Kardashian to generate a social buzz around their campaign. It was Always's #LikeAGirl campaign, however, that came out on top of the engagement ratings despite promoting female self-esteem to a male dominated audience as their emotion-inducing ad generated 920 million engagements.

BBDO New York won in the crea-



tive agency stakes as their Snicker's Brady Bunch advert was crowned as the best commercial, receiving the Super Clio award for their extension of the 'You're not you when you're hungry' pitch. The judges chose the advert based on its high scores of originality, innovation and stand-out celebrity cameo from Anarchy actor Danny Trejo. The inception of the Clio Creative Bowl shows the scale and opportunity of this event for agencies and brands alike.

I took the liberty of ranking my own five personal favourite adverts from the Super Bowl. They are, in my opinion, the real winners. Soz, Patriots.

5) NO MORE – Domestic Violence

It isn't often that the subject of Super Bowl adverts are dark but the

NO MORE organisation take on a challenging issue in a subtle yet powerful way, utilising the scope of this audience for the better.

4) Avocados From Mexico – First Draft Ever

Yes this is an advert about avocados, but it's a very underrated advert about avocados. By using former NFL stars Jerry Rice and Doug Flutie alongside a Neanderthal and a figure presumably supposed to represent God as characters within the 'First Draft Ever' GSD&M have created a weirdly charming and funny advert... about avocados. Well done.

3) Clash of Clans - Revenge

Putting Liam Neeson in anything is usually a recipe for success and he doesn't disappoint. Clash of Clans put a genius twist on – usu-

ally irritating - mobile game advertising.

2) T-Mobile – '#KimsDataStash

What is most surprising about this advert is that Kim Kardashian has a genuine sense of humour. The ad shows Kim mimicking a charity appeal, begging viewers not to lose their opportunity to follow her overly-documented life. Bravo Kimmy K.

1) Always - #LikeAGirl

Though the Super Bowl isn't the first time I've seen this campaign it still wins outright for me. The concept of the advert, created by Leo Burnett, is simple yet powerful and speaks to women of all ages. I'm surprised that it was shown during the Super Bowl where the audience is male-dominated but I'm glad that it was.

Lancaster University tops global MBA rankings

LIAM BURNS
DEPUTY BUSINESS EDITOR

The outstanding achievements of Lancaster University's Master of Business Administration degree scheme has been noted and awarded by the Financial Times's World MBA Ranking.

Lancaster has been placed first in the world for the teaching of corporate strategy, and has also been placed extremely high within several other aspects of the FT's rankings. The University's MBA scheme has claimed the top spot in Europe

and second globally in terms of its 'aims achieved'; the measurements of student satisfaction with the quality and experience of the course. It has also claimed first and second place in the UK, for both the teaching of corporate and social responsibility and for international business respectively, and both subjects claimed 7th position globally in their particular fields. The scheme has also ranked highly for its influence beyond the boundaries of university, placing 3rd in the country for the percentage of MBA graduates employed within 3 months of graduation,

at 91%, whilst LUMS also took 6th position in the country for the percentage of graduates who saw salary increases at 81%. With such phenomenal achievements it would make sense that the FT would recognise the success of the University's Management School in its rankings.

According to the new global standings, Lancaster has shown the strongest progress since last year's rankings. Since 2014 it has moved up 27 places to 50th in the world. This now ranks it as 9th in the UK and 18th in Europe over-

all. Graduates have also shown remarkable improvements within the past year within international standings, moving up 17 places in the global measurement for course experience, and also displaying improvements in areas of weighted salary, career progress and placement success.

Praise has been directed at the Management School's hardworking staff members and students for the substantial rise in standings. The Dean of the Management School, Prof Sue Cox, remarked: "Our improvement in the Finan-

cial Times ranking is down to an exceptional MBA programme which attracts excellent students and is delivered by world-leading faculty. It confirms our position as a leading global business school." Chris Saunders, Director of Lancaster's full-time MBA, mirrored Prof Cox's appraisal both of the course's and its graduates' success, stating: "Our rise in the table is a result of the success of our alumni in their careers, the quality of the programme we deliver at Lancaster, and the continuous improvement in all aspects of the School over the years."

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Running Club - race report



BETHANY BLOOR

The running club has recently seen some fantastic performances both on road and off road at some of the mid lincs and the BUCS cross country races. The first race of the season for the Green Drive 5 mile road race stayed dry with great conditions for running. With the first male runner Tom Roethenbaugh finishing in 6th place overall in a time of 27 minutes 52 seconds the other runners quickly followed.

Fantastic performances in particular were made by Tom Greaves and Laura Sullivan who won their junior male and female categories, and it was great to see some new faces racing with the club for the first time.

Hyndburn was a hilly, hard start to the cross country season but the runners still produced some fantastic results with the men's team coming in 28th place overall and the women's in 23rd. Some fantastic individual performances were seen once again with Tom Roethenbaugh coming in 12th place overall and Tilly McCarthy running into 31st place overall but 5th place in the under 20's women's category.

Despite some unfortunate injuries with Jack Okell twisting his ankle on some tree roots it was great to see everyone pushing themselves and running some fantastic times

as per usual. With struggles in the past to get a women's team down to the cross country races it has been great to see so much enthusiasm from the women to compete this year with Kaylea Haynes, Jesslyn Gillepsie and Laura Lewis running some great races alongside Tilly.

The Liverpool Cross Country was a real exciting moment for the Lancaster runners with a hyped up atmosphere due to the large range of athletes competing not only for Mid Lincs cross country points but also for places in the European Cross Country Championships.

With the men's cross country team now looking to push up to the next league division in the mid lincs league, it will be interesting to see where the next couple of races at will leave us.

With fantastic individual performances all round it was great to see some good team results with Tom Roethenbaugh, Tom Greaves, Jack Okell, Danni Tarrant, Nicholas Barton and Yu Chi Lai making up a particularly strong men's team for the race, with Tilly McCarthy, Rebecca McLean, Kaylea Haynes, Bethany Bloor and Laura Lewis running some great races for the women.

The Lancaster 315 also saw real success for the runners locally with Tilly McCarthy running a

particularly strong race for the women into second place. Despite an injury Tom Roethenbaugh performed well running into 4th place for the men, whilst former Lancaster University Running Club member Phil Robertson, who has now returned to the club for a short while, ran into 2nd place.

BUCS, however, will be argued by the runners to have been the best racing weekend of the year so far with the event being held this year down in Brighton. With both a men's A and B team alongside the women, this was the opportunity for the Running Club to get a good amount of runners down to a cross country event.

The women's event saw Laura Sullivan run a fantastic race as the first woman in, with Tom Roethenbaugh first in the men's A race, and Ben Francis first in the men's B race. With amazing performances all round the team has to be congratulated on their success.

With the men's cross country team now looking to push up to the next league division in the mid lincs league, it will be interesting to see where the next couple of races at Blackpool and here in Lancaster will leave us. If anyone would like to support us at the Lancaster Mid Lincs cross country it is to be held at Rylands Park on the 7th March, more details to be found on the Lancaster University Running Club Facebook page.

Lancaster University Mens 1sts vs MMU Mens 2nds



BEN FINCH

The First team played Manchester Metropolitan University 2nds on Wednesday Week 4, following a 0-0 draw with top of the table Edge Hill the previous week.

There was two changes to the team that had started the previous game, with Tom Hodgins being recalled to the starting line-up. James Carolan also started on the bench as Harry Heptonstall began the match-his debut for the first team following an impressive display for the 2nd and a solid season for Bowland College this season.

The home side, Lancaster, started brightly enjoying the majority of possession and chances, with Ben Finch missing from 6 yards with a header and Luke Pierce drawing a save from the keeper.

Despite this Lancaster were unable to break the deadlock going into the half time interval. The second half began in much the same way as the first had finished, with the away side offering little going forward. What was notable was the defensive shape of the team which was arguably as good as it has been all season.

The game sparked into life with 20 minutes left on the clock as the Manchester team took a shock lead following a free kick which fell to one of the away side's players who managed to get the wrong side of his man before calmly slot-

ting home.

With Lancaster's hopes of a win and promotion fading, they threw caution to the wind. The home side found it difficult to carve open any chances and it took a wayward pass from the Manchester midfielder who put Alex Trafford through on goal, placing the ball in the bottom left hand corner.

As the away side parked the bus, tempers flared as a Manchester player kicked out whilst Andy Gamble was injured with a suspected fractured collarbone. The game looked to be heading towards a draw until Callum Skinner punted forward a ball which James Carolan got his head to, nestling in the bottom right corner.

A special mention must go to the referee who took a bold stand as the away linesman tried to cheat by flagging for offside in the deciding goal.

A last minute goal mouth scramble was dealt with, and Lancaster walked away with all three points, winning the game 2-1. The next game is away against Liverpool Hope University Mens 1sts, where a win is vital in order to keep the promotion push alive.

Lancaster University Mens 2nds vs UCLAN Mens 4ths

An impressive performance from Lancaster's Mens 2nds as they defeat UCLAN Mens 4ths 5-2.

JACK WAUDBY

A dominating display from Lancaster 2nds saw them produce five goals against the University of Central Lancashire (UCLan) 4th's two, claiming another victory and cementing their place at the top of division 5A.

The fixture was moved to the 3G pitch as Lancaster's arctic conditions ensured the normal university pitches were frozen over.

The 2nds went into the game on good form, unbeaten in their last 8 outings and looking to build on last week's 5-5 draw with Bolton 2nds.

The early exchanges were scrappy with both teams taking time to find their rhythm. It was Lancaster who did first, racing into a two goal lead thanks to a quick fire brace from Nathan Onraet-Wells. The first came after Ade Adebajo broke down right hand side and crossed to find Wells unmarked at the front post who nodded it home.

The second goal came less than 5 minutes later. In typical route-one fashion, goalkeeper Dan Rudnick sent the ball long and the UCLan defender misjudged the bounce of the ball, allowing Wells to run through and calmly slot home his second.

Lancaster appeared to be cruising to their fourth win of the season, but UCLan were soon back in the game. Some poor marking from Lancaster meant a UCLan corner was flicked home with ease. The rest of the half was played out with Lancaster firmly on top searching for their third goal.

All in all an excellent display from the 2nds who controlled the game throughout, with UCLan's long ball tactic never troubling the Lancaster back four.

The third goal came soon after half time, Adebajo latched onto a sublime through ball from Ben Kind, before lifting it over the

keeper and hammering it into the back of the net to restore Lancaster's two goal cushion.

Lancaster's fourth was the pick of the goals. Lancaster won a free kick after some good work from Theo Campbell down the left hand side. Zenda Stemp cleverly laid it off short to Kind, who then proceeded to hit a 35-yard swerving thunderbolt into the top corner.

UCLan rallied, a point blank header forcing a fantastic save from Rudnick. However, the game was soon put to bed after substitute Sam Armstrong rifled a left footed strike from the edge of the box into the bottom left corner. At 5-1

there was no way back for a tiring UCLan side.

They did however get a consolation goal from the spot late on. A rare sortie into the Lancaster box saw a penalty given after Kehinde Bali felled a UCLan striker and the penalty was subsequently converted.

All in all an excellent display from the 2nds who controlled the game throughout, with UCLan's long ball tactic never troubling the Lancaster back four. After this round of fixtures Lancaster are five points clear with three games left to play.

'It's like living in an upmarket hotel!' New Damside Street development aims to offer the best in student accommodation

ADVERTISING FEATURE

Imagine the most luxurious student accommodation on the market. Imagine a brand new development of en suite studio apartments offering a safe, secure and welcoming home. Imagine an innovative student community merging the lifestyle of university halls with the luxury of a top hotel.

That's what Operations Manager Andrew Stanyon imagined - and he's made it a reality with his new £3,000,000 Damside development in the heart of Lancaster, opening in September 2015. Set over five floors, the brand new development of 79 apartments has been designed to offer the best to students and help to strengthen their ties with the Lancaster community.

Andrew (pictured) said: "Stu-

dents want more than they got 10 years ago and I wanted to create something that's new and innovative for them.

"What we're trying to do is bring far more students into the city. We call it 'town and gown'. The lifeblood of Lancaster is students. The more students we can get into town the better it will be for the City and the economy."

Entry to the prestigious new development is via a welcoming reception area in Damside Street, conveniently placed opposite the city centre bus station. Inside, the lobby area forms the main communal space of the Damside complex. There's a comfortable lounge area where students can relax, meet friends and meet new people, as well as an excellent games room that's sure to become a focal point.



A cluster of 'study pods' offers quiet spaces to work or hold meetings and discussions with fellow students. And there's a clever 'Skype bar', offering space to plug in a laptop and settle down for a chat with friends and family back home. An enclosed courtyard offers a pleasant outdoor space and doubles as a secure bicycle storage area.

Upstairs, apartments are spread over the remaining four floors.

Commanding great views of the Lancaster skyline, the comfortable living spaces are all equipped with smart TVs and high-speed broadband access - ideal for getting on with studies, as well as surfing the web in spare time.

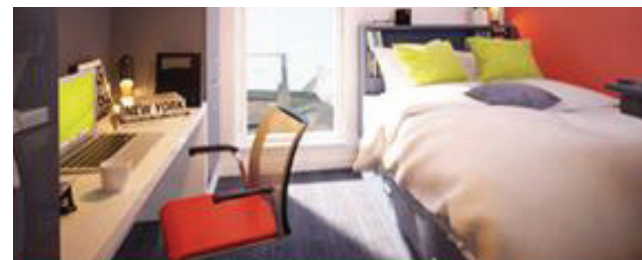
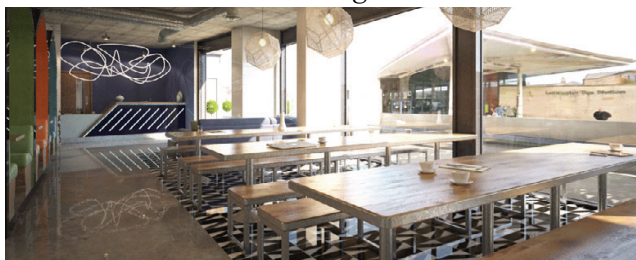
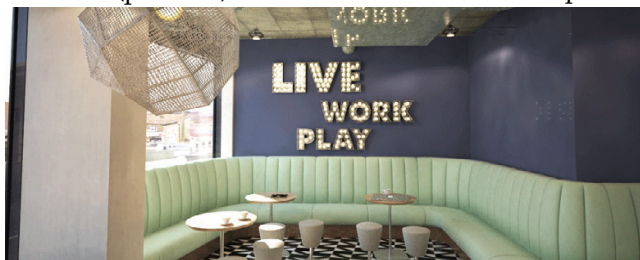
All the apartments also offer basic cooking facilities - everyone gets a microwave oven and fridge as standard in the integrated kitchen area. If you're in the mood for cooking up a feast you can use the high-spec communal kitchens on the ground floor of the complex. Offering professional-standard equipment as well as a full range of pots and pans, utensils, crockery and cutlery, the two huge kitchens are the perfect place to socialise, entertain and hone your culinary skills.

The wellbeing of his tenants is at the forefront of Andrew's

mind, so there's a reception desk and 24-hour security/CCTV for safety and peace of mind. With all bills, including personal contents insurance, covered as part of the rent, living at Damside takes the worry and hassle out of finding student accommodation.

Andrew said: "This is the most exclusive student accommodation in Lancaster and our residents will get everything they need included in the price. I don't think anyone could ask for anything else - it will be like living in an up-market hotel."

Prices range from £135 to £185 per week. Damside will be open for viewings from Wednesday February 18. For more details and booking visit LUSU Living or the website www.lusu.co.uk/living. Alternatively, call LUSU Living 01524 592170 or 01524 593084.



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Frustration as netball courts remain closed

Following the closure of the netball courts in Week 4, the University states that work on the courts “will be carried out as soon as weather conditions allow.”



Sakib Rahman

OLLIE ORTON **SPORTS EDITOR**

After the developments throughout Week 4 in relation to the closure of the netball courts, the University has moved quickly to quash fears that this year's College netball tournaments will be cancelled. Citing a review by England Netball, the University claimed that the courts had been deemed unacceptable for use and were thus locked until further notice. This ban included all training sessions and matches already booked on the courts.

Speaking to SCAN immediately following the closure of the courts, captain of Grizedale A-team Kiri Saunders expressed her disappointment at the decision. Saunders said that despite increasing court booking fees at the start of this academic year, the University had done nothing to improve the

playing surface. She further added that the decision to close the courts amounts to College sports being “sidelined by the University.”

However, in a statement to SCAN, Head of Sport Kim Montgomery affirmed previous University comments, arguing that the courts were closed because of a routine “slip resistance assessment.” Whilst apologising for the obvious inconvenience this has caused to students across the University, Montgomery stated that “student wellbeing must be the most important factor in our decision making.”

In more positive news for all netball players, Montgomery reported that, although a date has not currently been set, “the remedial works to correct this [the courts] have been approved and will be

carried out as soon as weather conditions allow.” Despite the reluctance to place an exact date on when this work will take place, the fact that the University is prepared to act decisively on this matter has been cautiously welcomed by College teams and players. In a further attempt to appease the netball community, Montgomery reported to SCAN that new courts have been opened as well as indoor sessions where availability allows.

Crucially, the opening of these new courts will allow the College netball leagues to continue for this year. Furthermore, Montgomery and the captains of the College teams met towards the end of Week 4 to discuss the way forward and to address any concerns, adding to the hope that the closure of the courts represents only a minor blip in this year's league pro-

gramme.

Speaking to SCAN, CCO (Activities) Laura Langton was content with how matters were progressing but argued that work was still to be done. Langton stated that the priority of all concerned was simply “restarting the College league” and that the issues surrounding the courts remain very much a “work in progress.”

Langton reported that a further meeting between the University and students is pencilled in for Week 5, where a “plan of action” will be drawn up “to decide what would be best for the colleges, students and financially.”

Whilst happy about the league restarting so quickly after the developments of Week 4, Langton reported that there will now be a collective push towards “improving

the facilities and making sure it doesn't happen again” and that anyone with ideas on how to move the league forward should contact her directly.

Despite acting quickly and preventing the need for any major cancellations, the initial closure of the courts by the University poses questions to which answers are not forthcoming. After intense lobbying for many years by netball players in an attempt to persuade the University to improve the courts, it is unclear at the time of writing what it was that finally prompted the University to investigate the state of the courts. It is also unclear why, despite the increase of court fees at the beginning of the academic year, the courts were found to be in an unplayable state.