

scan

International campus students accuse Lancaster partner of fraud

- COMSATS under fire after students allege dual degrees were not awarded.
- Accusations also allege the Pakistani university committed fraud worth millions of rupees.
- Further trouble for COMSATS after Professor revealed to have faked peer reviews.

HENRY SAKER-CLARK
NEWS EDITOR

Some students receiving dual degrees from COMSATS Institute of Information Technology (CIIT) University in Lahore, Pakistan, and Lancaster University have alleged that they have not been awarded the dual degrees despite completing the course and paying the full fee. These accusations also state that the Pakistani university partnered with Lancaster have committed fraud worth millions of rupees.

Recently a Professor at the same institute had 16 research papers retracted after it was revealed that the author created fake peer reviews by falsifying contact information for suggested reviewers.

In March a group consisting of CIIT students Rana Shahmir, Awais Khalil, Arslan Khalid, Shoaib Zafar and others, along with parents of the students, made these accusations against the Institution's administration at Lahore Press Club. They alleged that the institute was not awarding dual degrees to the students who had got admission in the institute's Dual Degree Programme (DDP).



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COMSATS under fire over dual degree awards



Say no to one pager dual degree

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They stated that despite completing the course and paying the full fee they were not awarded dual degrees, having got admissions in 2012. Two waves of students had already graduated on the dual degree programme.

Lancaster University Pro-Vice-Chancellor (International) Steve Bradley told SCAN: “In September 2014 Lancaster learnt that HEC had decided that it will

no longer permit the award of a dual degree. However, HEC have approved the award of a Lancaster degree. For most students this means that the Lancaster degree will be both domestically and internationally recognised; for Engineering students we require additional recognition from the Pakistan Engineering Council (PEC). The accreditation process with PEC is underway.”

According to the group, between 2,700 and 3,000 students had been admitted on the Dual Degree Programme. According to *The News*, the students and their parents alleged that the CIIT administration committed fraud worth millions of rupees as they said the programme was neither approved by the Pakistan Engineering Council (PEC) nor recognised by the Higher Education Commission (HEC).

Bradley said that following the HEC decision to no longer permit the dual degree in 2014 Lancaster suspended recruitment to the programmes in Pakistan. “The decision of HEC was a surprising development, but when operating in foreign markets you are bound by the rules in that particular coun-



Say no to one pager dual degree

try. Furthermore, COMSATS still wish to award their degree, in addition to Lancaster’s, and they are in discussions with the authorities to seek a reversal of the HEC decision”, Bradley added.

CIIT in Lahore is one of Pakistan’s leading universities and has had a long standing partnership with Lancaster, with students completing Lancaster degree programmes at the Institute. There are approximately 2,000 students studying Lancaster degrees on the Lahore campus, studying undergraduate

degrees in Business Studies, Engineering and Computing.

The Pro-Vice-Chancellor (International) said that the initial dual degree programme had been encouraged by local authorities in Pakistan. The advantage of this model was that students would receive a domestically recognised degree from CIIT, hence facilitating employment in the public sector in Pakistan, in addition to an internationally recognised degree, in this case from Lancaster. Specifically, state employers require a degree validated by the Pakistan Higher Education Commission (HEC). Therefore, with HEC’s full knowledge, a dual degree was launched in 2010.” The HEC’s decision thus casts doubt over whether students on the programme would be employable to Pakistani state employers despite enrolling on an HEC supported dual degree programme.

Despite the Institution doing nothing to correct the problem the students say they still face economic and education loss owing to the CIIT administration, but will now graduate with a only a single degree. They raised issue with

how CIIT could offer the Dual Degree Programme despite the fact it was not approved by the PEC or recognised by the HEC. The students alleged that they were misled at the time of admission.

An HEC official told *The News* that the issue first surfaced in 2010 when the CIIT administration was asked to build its system as a dual degree programme, which was not allowed under any law. He stated that the issue was taken up with both the HEC and PEC and it was decided that only a single degree from either COMSATS or Lancaster University would be awarded to students. The official further stated that Lancaster would be awarding these students with degrees.

COMSATS has also been under fire recently after a Pakistani professor at the Institute faced sixteen retractions for submitting fake peer reviews for the acceptance of his papers. Three Elsevier journals - Economic Modelling, Renewable Energy, and Renewable and Sustainable Energy Reviews – retracted the papers of the author, Khalid Zaman, an economist at COMSATS.

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Supporter accused of sexist chanting at Roses

Lancaster University student and member of the Swimming and Water Polo club accused of sexist remarks at the women's match.



LAURA WILKINSON

A Lancaster University student and member of the Swimming and Water Polo club was accused of sexist remarks during a women's water polo match at Roses.

The accused male jeered at female members of the water polo team and then when questioned about his comments told them that they should "take it as a compliment".

Both members of LUSU and YUSU were informed about the incident via a Facebook post from a third year York student. The student called on others to get in touch with both unions and for action to be taken against the Lancaster student.

An investigation into the actions of the accused male was undertaken

by LUSU and the male in question has been told to make an official apology. In a statement from LUSU and YUSU they confirmed that the "individual concerned has taken responsibility for their actions and a formal apology has been extended to those involved".

The Swimming and Water Polo Society also released a statement regarding the incident, saying that the issue has now been resolved and that the club would like to move on from the issue. They also said that "some people have associated the society with sexist and discriminatory behaviours" and "would like to take the opportunity to assure all concerned that this is not the case and the club has and always will promote inclusivity in sport".

Despite some previous rumours the accused male is not being

suspended from sport as LUSU believe that a private apology to those involved is sufficient action. Mia Scott, VP (Welfare and Community) told SCAN that "until we have a Code of Conduct written that clearly outlines how to deal with these incidents in the future we felt unable to take any further action".

The accused male jeered at female members of the water polo team and then when questioned about his comments told them that they should "take it as a compliment".

Further to this incident LUSU have decided that it may also be appropriate "to introduce a Code of Conduct, or similar, applicable to both participants and spec-

tators, making it very clear the standards we accept and that discrimination in any form will not be tolerated." The union said that it is "important that our students are clear as to what is and is not acceptable when taking part in our activities".

Scott told SCAN that whilst a lot is done in within the union to prevent these situations from arising "more should definitely be done to prevent sexism and racism in sport – and any other forms of discrimination". Scott also said that later this week the union will be "making a short video as part of the Lancaster Shouts Back liberation campaign, which will involve numerous staff members, officers and students speaking out against sexism and sexual harassment". The University's Provost for the student experience, Professor Amanda Chetwynd, who

has been in contact with the York student, will also be involved in the making of the video.

The Swimming and Water Polo club released a statement, denouncing the actions of its member. It read: "this situation has thankfully been resolved, and the individual in question will be issuing a formal apology. The club would very much like closure and to move on from this now. Unfortunately, due to misleading comments/misinterpretation some people have associated the society with sexist and discriminatory behaviours. We would like to take this opportunity to assure all concerned that this is not the case and the club always has and always will promote inclusivity in sport, and this ethic is something which is shared by all members".

Labour and Greens elected for University ward

Students Lucy Atkinson, Matthew Mann and Sam Armstrong elected to represent the University ward on Lancaster City Council.

HENRY SAKER-CLARK
NEWS EDITOR

Despite Conservative election night success in Week 3, this was not replicated in council elections for the University and Scotforth Rural constituency where two Labour and one Green party Councillor were elected. University students Matthew Mann and Lucy Atkinson of Labour and Sam Armstrong of the Green Party were elected to represent the interests of the University and surrounding area over the next year on the city council.

Labour was dominant overall in the Lancaster City Council elections. They won 29 of the 60 wards in total, with the Conservatives winning 19, Greens nine and three independents. Labour missed out on a majority by just two seats.

Lucy Atkinson for Labour received the most votes for Labour, being elected with 605 votes, followed

by the Green's Armstrong with 555 and then Matt Mann who was elected with 500 votes.

Mann told SCAN that he was filled with a mixture of "delight and relief" after the election but was slightly disappointed all three Labour candidates were not elected. "After an initial wave of pure relief, I was absolutely delighted on the day with plenty of celebrations that we managed to win 29 seats across the City Council elections, though now I am focused with getting on with the job in hand, and becoming acquainted with being a City Councillor."

The newly-elected councillor has already set his sights on what he and his colleagues can achieve in the position hopes to help local citizens and students in his role. I will do my utmost to represent the whole ward, including those who live in Scotforth Rural who deserve that as much as anyone, but I don't think you'll be surprised to hear me say that one of my main

aims is to ensure that students and their views across Lancaster are properly represented on the City Council.

"One of mine and Lucy's main aims is to work so that students are not ripped off on their rents, especially by student landlords, whilst driving up standards and increasing tenancy awareness so local students get what they pay for." Mann continued, "I also know that cost of living, such as rent, is a massive issue, so for many students part time jobs are unfortunately essential."

His fellow Labour councillor Lucy Atkinson also spoke to SCAN stressing her desire to help improve the welfare and mental health facilities. "I want to be able to represent the students of Lancaster University to the best of my ability, we are a massive part of the city and our views should not go unnoticed. One of my personal aims is to try and push for better mental health facilities at the

University and we have promised to try and make sure all fresher's packs have a welfare booklet included which will have information on issues such as mental health, physical health and help for all disadvantaged groups in society."

Atkinson felt that the hard work put into their campaign clearly paid dividends. "I think it's because we have been working really hard on the campaign, we had been out door knocking weekly since January trying to get people to register to vote, as well as a Facebook campaign, stalls in Alex Square, a variety of posters and canvassing closer to the time."

The Green Party's Armstrong said he was proud of his election but felt disappointed that the party could not win any more seats. "I feel slightly disappointed that we could not get more than one seat for the University and Scotforth Rural Ward.

"Jack Filmore, the old City Councillor for the ward, was running again and unfortunately was not re-elected and I would not have been elected without his and others support with campaigning," Armstrong told SCAN. Filmore ran for re-election but failed in his bid to represent the Greens for another year, receiving 417 votes.

Armstrong told SCAN that the result proved that his and his party's active campaigning in the election run-up could really pay off. "I honestly have to say the campaign was successful because of everyone who helped out. We do not have the largest active group on campus but those who helped out, every day their work clearly paid off to I owe it too them. Canvassing and speaking to people all over campus was key to getting elected, face-to-face conversations really allowed us to engage with views of people and allowed us to explain in more detail what the Greens stand for locally."

£20 million housing to be built by Sugarhouse

A new 'student village' is set to be built on a derelict area of land on Bulk Road near the Sugarhouse costing £20 million.

HENRY SAKER-CLARK
NEWS EDITOR

A nine-storey 500 bedroom 'student village' is set to be built on a derelict area of land on Bulk Road near the Sugarhouse. The 20 million pound building is intended to increase the availability of good quality student accommodation.

New student accommodation is also being built by CityBlock on the old Squires building site. The increasing number of student specific buildings is frustrating some local residents. They believe that the needs of local residents should be considered more as there is already plentiful student accommodation in the city centre.

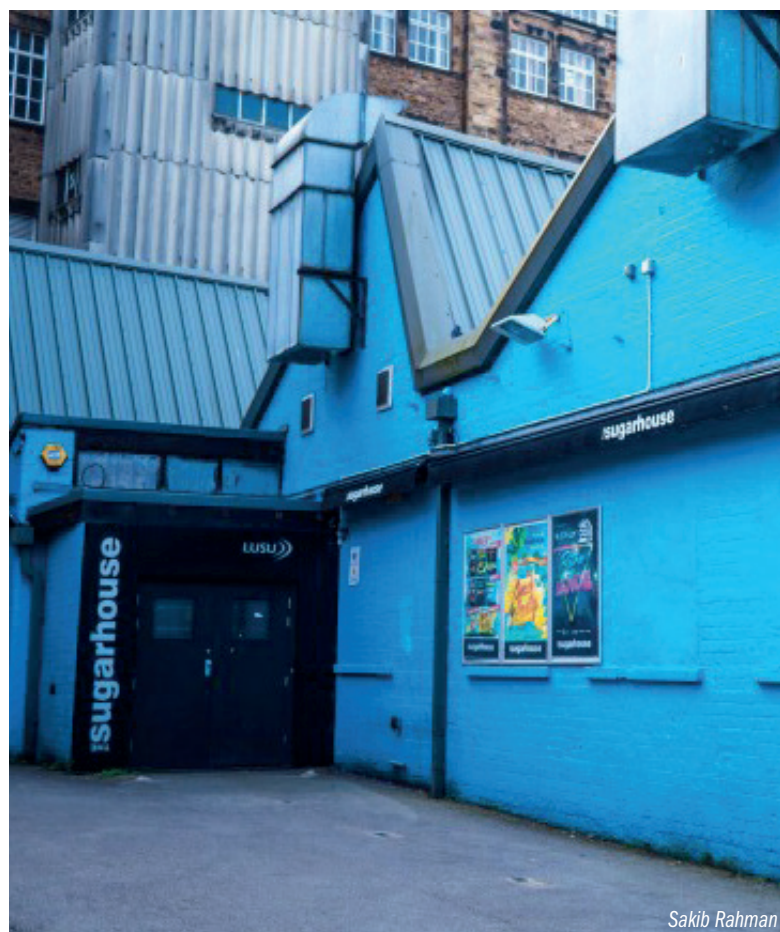
The building is set to be the single biggest student development in the city, housing five hundred students. It is also in central location, near the Sugarhouse; the building at St Leonard's House is next door to the Sugarhouse. LUSU

have said they have been aware for a long time about the future of buildings neighbouring the student club.

President Laura Clayson told the Lancaster Guardian. "At this stage no formal proposals have been submitted for development of any of the buildings surrounding The Sugarhouse.

"While we await with interest the outcome of the council's market research, it would be unwise of us to speculate over the owners' plans for this building or any of the other potential development sites in the area."

According to Bulk Ward Councillor Tim Hamilton-Cox the run-down area is a great opportunity for regeneration. He said: "Local property owners and developers are wanting to work with the council to produce a residential-led redevelopment scheme for consultation." He also put his sup-



port behind the possible development of a Gillows Quarter, which would include the main building in North Road, currently home to Elements nightclub.

The councillor suggested that whilst the student housing development concerned some local residents, the project could be beneficial as long as certain stipulations are maintained. He told the paper, "Residents would want to be reassured that parking space on Bulk Road was not compromised.

"The developers promised ashlar stone-facing which is to be welcomed but a 9-storey tower at the foot of the development at the junction of Bulk and Back Caton Roads will impact on the urban landscape very widely – and create shadowing – and hence the need for photomontages from various angles."

Sakib Rahman

Cat Smith elected as Lancaster and Fleetwood MP



HENRY SAKER-CLARK
NEWS EDITOR

Labour's Cat Smith was elected as the new MP for Lancaster and Fleetwood on Friday Week 3. She gained the seat from her Conservative counterpart Eric Ollerenshaw, ousting him in Thursday's General Election by 1,265 votes.

The result was announced shortly after 8am on Friday following a bundle recount because of the small margin of victory. Smith's Labour gain over a formerly Conservative constituency ran counter to the national picture, as the Conservatives won a majority, winning 331 seats to Labour's 232.

Lancaster and Fleetwood also saw

a larger than average turnout of 66.93%. A total of 41,738 votes were cast in the constituency on Thursday.

Smith - a former Lancaster University student and LUSU Women's officer - won the seat with a grand total of 17,643 votes. The Labour candidate overturned Ollerenshaw's 333 vote majority from the 2010 General Election, with Ollerenshaw winning 16,378 votes. Behind them UKIP candidate Matthew Atkins won 4,060 votes, Green candidate Chris Coates won 2,093 votes, Liberal Democrat Robin Long won 1,390 and Harold Elletson won 174 votes.

However Labour's victory was not equalled, as many expected, in

Morecambe and Lunesdale where Conservative candidate David Morris secured a second term as MP. He saw off Labour's Amina Lone in the General election extending his majority of 866 in 2010 to 4,590 votes.

Lancaster and Fleetwood's outgoing MP Eric Ollerenshaw spoke to the Lancaster Guardian following his defeat, thanking those who supported his campaign. "I want to thank my supporters who have fought a long hard battle. I hope I haven't let you down."

UKIP candidate Matt Atkins told the paper: "Fleetwood is usually where we have a bigger vote share. There is a lot more dissatisfaction with working people who work in

the traditional industries and no longer have a voice, not just the fishing industry but North West industry generally. People in Fleetwood don't think the two main parties are offering them anything."

LUSU introduced their 333 campaign in order to ensure students could be registered to vote, resulting in a good turnout to vote at the Chaplaincy centre and Barker House Farm on Thursday.

Chris Coates, Green candidate, was impressed by the high turnout suggesting the tight race galvanized voters to make a difference and go to the voting booths. Liberal Democrat Robin Long was not present at the announcement as he was at a midwife appointment

with his wife who is eight months pregnant. Independent candidate Harold Elletson was also not at the announcement.

In Lent Term SCAN revealed that only 22 students on campus were registered to vote in the General Election. According to figures from Lancaster City Council on April 4, by that date 1144 Lancaster University residents were registered to vote.

This is a very significant increase in the number of registered students, but is still only 28% of those on the electoral roll for the 2013 County Council Elections: 4121. According to Subtext, Lancaster University's figures were comparably successful as only nineteen students from the University of Cumbria, Lancaster campus, were registered to vote on Wednesday Week 8, Lent Term.

Both parties recognized Lancaster and Fleetwood as an important parliamentary seat; it was currently number nine on Labour list of target seats for the election. Throughout April numerous leading politicians and campaigner - for both parties - have visited the region to drum up support. Most notably Labour Leader Ed Miliband, Conservative Chancellor George Osborne, and Labour campaigner and comedian Eddie Izzard visited the city.

President Clayson court hearing adjourned

HENRY SAKER-CLARK
NEWS EDITOR

On Friday Week 2, President Laura Clayson appeared at Manchester Crown Court, as Sarah McGowan appealed her conviction for an action which herself and Clayson were arrested for on January 7 2014. Clayson's application to appeal was not processed in time for it to be heard in the same court hearing. Due to a similar appeal being considered by the High Court in July, the Judge chose to the adjourn the hearing until after the high court decision.

On January 7th 2014, Clayson and another Lancaster resident, Sarah McGowan, locked themselves to a concrete barrel inside a car in order to obstruct access to a fracking

site on Barton Moss Road, Manchester. After being asked by police officers to move from the car, the pair refused. They were then cut from the car, and arrested to be charged with obstruction of a public highway.

These convictions were assessed during a hearing in February 2014, and the judge ruled that this was an incorrect arrest because the road was not classed as a public highway. The charge was then subsequently changed to the obstruction of an officer in the execution of their duty, and Clayson was found guilty in July 2014.

Due to a similar appeal taking place in High Court in July the appeal was adjourned. Currently there is a divergence between the

Crown and Magistrates Courts on whether or not protesters were obstructing an officer in the execution of their duty. The High Court's decision will determine whether these convictions can be upheld.

Speaking to SCAN the LUSU President explained that the pair had appealed because the officers who arrested her and others on the day "weren't acting within the rule of law because they only justified why they arrested us after they had done it". In light of new evidence, which meant that some of the protesters were not found guilty for similar charges, Clayson and McGowan have decided to appeal their guilty conviction.

Clayson said that the protesters

"took this action in order to support the local community's struggle against the unconventional fossil fuel industry", but on the day of her arrest she feels that the police were not working towards "[protecting] of the citizens in those communities" as she only felt they acted in the interests of protecting "capital and big-business".

After the case was adjourned Clayson spoke of her motivations for action against the fossil fuel industry: "hydraulic fracturing is an unviable alternative to fossil fuels. In order to display a commitment to future generations we should be making the transition to renewable energy sources, not exploring unconventional fossil fuels which only serve to line the pockets of stakeholders. Direct action is a

legitimate and necessary form of protest when the state chooses to ignore scientific warnings".

Her co-defendant, Ms McGowan shared these sentiments. "According to the World Bank, of known global fossil fuel reserves estimates of between two-thirds and four-fifths need to be left in the ground if we are to stay below 2 degrees of warming, which the scientific consensus says is the maximum amount of warming the planet can tolerate. Above this, tipping points & feedback mechanisms will kick in creating a momentum of its own."

McGowan will be back in Court on August 7th. It is expected that both defendants' cases will be linked up by this time.

EDITORIAL

Reputational damage on an international scale

Another year, another controversy at one of Lancaster's international campuses. In the last academic year, SCAN reported a series of teaching and assessment failures at Lancaster's partner institutions at the Goenka Institute, near Delhi in India, and at the COMSATS Institute in Lahore, Pakistan. Now, as SCAN's front page story this issue reveals, trouble has once again appeared at COMSATS as the Higher Education Commission (HEC) and the Pakistan Engineering Council (PEC) have both refused to approve the dual degree at COMSATS. The dual degree system ostensibly meant that students graduating on that particular degree programme would be awarded two degrees: one from Lancaster, and one from COMSATS. Now, the students are being told they will only be awarded one degree – from Lancaster – which endangers their chances of finding employment, causing protests and a series of long negotiations between COMSATS and the Pakistani educational authorities.

Like a lot of Lancaster's internationalisation programme, the dual degree at COMSATS was intended to be a pioneering achievement for the University. Indeed, back in 2010 the BBC reported that Lancaster was heralding its status as "the first university in the UK to set up a degree programme shared with a public university in Pakistan." Now, only five years on from that announcement, the Pakistani authorities are not even recognising the degree scheme. It's a further example of the University being far too naive in establishing these partnerships, which have come back to bite them a few years later. SCAN hopes the situation in Pakistan is resolved swiftly for the sake of the students at COMSATS, but we expect similar incidents to keep rearing their heads. Far from promoting the Lancaster University culture abroad, these partnerships continue to cause us reputational damage on an international scale.

Elections galore

A couple of weeks ago an important election took place. No, I'm not talking about the UK General Election, even though Lancaster and Fleetwood appears unique in bucking the national trend in electing a Labour challenger over a Conservative incumbent. I'm not even talking about the Lancaster City Council elections, although a huge well done to students Lucy Atkinson, Sam Armstrong and Matthew Mann for being elected to represent campus on the council.

I'm of course talking about the election of the next SCAN Editor, which was won by current Sports Editor Ollie Orton. Orton is a hardworking and approachable member of the SCAN team, and is responsible for spearheading SCAN's superlative Roses coverage this year. I am sure he will do an excellent job when he takes the helm at the end of this academic year.

JACK PERRY EDITOR
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Library fines? Not fine by me



Rachel Hughes

SAM HESLOP-GEORGE

I was having a great Easter break home: hanging out with friends I hadn't seen for months; waking up at 10 or later; all thoughts of nine o'clock lectures and reading lists briefly gone from my mind... Then I received an e-mail from the Library.

Apparently, one of the books I had taken out just before breaking up for Easter (in the hope that I might just get my act together study-wise in the last couple of weeks of holiday) had been requested. I had five days to get it back, or else I faced a £10 fine. The book in question was one that looked into anger management treatment. The hassle and cost of sending this book from my home in Cornwall to the University made me consider making practical use of it... To make matters worse, it also transpired that with lightness of luggage in mind, I had left said book back at uni! I enlisted one of my flatmates to unlock my room and retrieve the book, but to no avail – the porters said I had to be present. Bearing in mind that the cost of a return train ticket from Cornwall to Lancaster is around £100, there was no chance of this happening!

Feeling increasingly frustrated, and very aware of how hard I was being made to work to avoid a £10 fine, I sent back a rather sarky response to the original e-mail, outlining how, as I had left the library book 350 miles away, there was no

getting it back in time.

The response I received was one of the exasperatingly official e-mails you often get from those just following protocol. "All books are issued subject to recall, including over the Easter vacation," it read, with a link to the library rules which stated that "anybody taking out books to read over the holidays must be able to post them back, or make sure that somebody else could return them."

I'm sorry, would you like onions with that tripe? I understand I may be coming across increasingly as a ranting penny-pincher, outraged at the thought of paying a measly £10 fine for a book I didn't even bother to bring back home! And okay, I'll admit I'm a cheapskate. I'll admit I'm rather stupid in taking out a book and not bringing it home. But I do believe the fact that you can be fined for having a book over the holidays is unjust. Let's for the moment apply some logic to the situation...

The majority of students will go back home during holidays, but you have stayed. Okay, that's fine. You can concentrate on studies, and you have free rein of the library. However, if you need a particular book, so badly that it must be with you before the end of the holidays, surely you should have requested it before everyone has broken up? I mean, what about the international students, who make up about 50% of the student

community? You expect them to send a book half-way around the world because you couldn't be bothered to request a book a couple of weeks earlier? It's like demanding a flatmate bake you a birthday cake within the hour, having not previously informed them of your birthday.

Just to add some more confusion to this already bewildering cocktail, the lovely library lady also informed me that this baffling request system applies for the Easter break, but not the Christmas one.

Sorry, what? I fail to see the consistency in this perverse library logic. "The government have announced new plans to fine people up to £1000 for spitting," "What? That's obscene!" "Yes, but they're only enforcing it on the first Sunday of each month." I mean, come on.

Anyhow, the matter was eventually resolved when my mother, an ex-librarian herself, phoned up the library and used her librarian sorcery (and presumably several explanations for my inadequacies) to get the due date on the book moved back a couple of weeks, to coincide with us visiting relatives.

Yet not everyone will have a librarian for a mother, and therefore I fear many will fall victim to this cruel and inane system of penalising those who wish to read over the holidays.

Inside the NUS Conference

LAURA WILKINSON
DEPUTY NEWS EDITOR

Most people will only know NUS as the people who sell student discount cards. I'm sure it will come as a great surprise to many to know that the NUS is in fact one of the biggest and most important student bodies in the country. It's the NUS who supposedly campaign for students rights and the NUS who make sure that students get their say in the complicated political realm of government and councils.

Recently I spent three days reporting as the media representative from Lancaster at the NUS Conference. The conference is run every year and attended by over 1,500 student representatives from universities and colleges across the UK. It was originally intended to be a communal space for students who are passionate and believe in democracy and liberation to come together and vote on motions that really mattered to the student population of the country. What I saw at this conference was about as far away from any democratic world that I want to be a part of.

Personally, as a by-stander, I was quite frankly appalled by the be-

haviour of certain NUS members who were openly endorsing their friends as candidates and almost forcing their own political views down the throats of the delegates and visitors who attended. It is particularly upsetting for me, as someone who believes that everyone should be entitled to their own views and choices that nobody knows what is happening behind the private doors of the conference.

This wasn't a democratic and representative conference where students discuss actions reasonably and in a "grown-up" manner; this was political warfare. Hours of days were taken up by procedural motions bought up because of petty personal quarrels which should have been used to debate real policy.

Many of the delegates who attended the conference (plenty from the top spheres of the NUS Committees!) seemed uninterested in what really mattered to the student population of the country and more bothered by their own private relationships and how much their positions would allow them to enhance their future careers.

The candidates who stood for

the election in various positions took part in a measly five minute speech, this was the only actual face-to-face time most of the delegates would have with the candidates. The only questioning of the candidates was done the night before the speeches, was ticket only and undoubtedly these tickets had been sold months in advance to members of the NEC and supporters of the candidates themselves. Is this really democracy when the only thing that delegates had to go off was a five minute speech where the candidates made ludicrous promises, in the same manner as the politicians of Westminster? Well apparently, but it's not a very good one.

During the motion speeches that were made prior to the elections themselves, I'm certain that I saw every single candidate step forward to make strategically waived speeches on motions that would make them appear in a good light to delegates when they came round to voting later on.

This wasn't about what was important to the people they were supposedly representing (and that's us!) but about personal politics and creating successful careers for themselves and helping

their friends along the way as well. Current members of the NUS were more interested in manipulating the conference into a playground for their preferred candidates.

From what I gathered, the NUS conference was not a communal debating area for important student issues but a breeding ground for future Milibands, Camerons and Cleggs (although they wouldn't appreciate me saying that with their particularly profound hatred of the Lib Dems!). Honestly, I wish I could say I am angry about how personal political choice gets in the way of the things that matter to the student population but more it's more than that I am truly disgusted and thoroughly disappointed.

I was expecting to go to the conference and come back slightly more inspired by the work the NUS do to help the student population. Instead, I left a lot wiser about the goings on of the NUS and it's pitfalls.

Don't get me wrong, I wasn't hoping for them to tell me that they were going to solve all of the problems of the student population overnight, but I was hoping that I would get to see people who really cared and wanted to make a difference. I saw nothing of the sort. Sadly, a great deal of the delegates had lost sight of why they were at the conference, and that was supposed to be in order to make all of the student population's lives better.



FTOs should be professional individuals

SIMON JAMES ARTS & ENTS EDITOR
@SJAMES

'Professional'. The word describes an individual who is paid to do a job and the appropriate manner in which those people conduct themselves. The LUSU Full Time Officers are paid individuals, with their main role being the representation of students. It must be hard, behaving in a suitable manner for the limbo state that lies between student life and the business context of LUSU, but some do a great job of it. Others, however, wouldn't know what 'professional' meant if it punched them in the face.

It might be a bit narcissistic to talk about SCAN in SCAN, but as I have (intentionally) little involvement with student politics. The elections for next year's editor was one of the only times I've experienced the FTOs in person,

so it seems an appropriate place to start. The current VP (Welfare and Community) Mia Scott, and next year's VP (Campaigns and Communications) Katie Capstick, came to support their fellow students. Or rather, Capstick came to ask (in words to this effect) about how well each editor could see themselves getting on with her, in reference to some personal disagreements she had with the SCAN members when she was running for election.

I try and stay away from all this politics, because sometimes it feels like being in the playground in Year 8.

Then, in response to a question, one candidate mentioned asking Capstick for some of her funding next year, and the FTO-elect mut-

tered (loudly) that if he were to become editor, he "wouldn't be getting any of it." I'm in no way saying that he would have been deserving of the funding, but remember, Katie is meant to be a professional individual here to support all students; you'd think she'd have kept her reservations to herself until after the elections at least.

After the SCAN elections, Scott went home to call someone an "absolute lying gobshite" on Overheard at Lancaster, which got her removed from the group for a bit. She was referring to someone who said LUSU issued a cease and desist on the unofficial Grad Ball which was being organised at one stage. It seems that the person who said this was actually a Facebook troll, but regardless of who said what and whether or not they were in the wrong, the VP went onto the largest online space for Lancaster students and called

someone an "absolute lying gobshite". I don't need to go over the word 'professional' again do I?

Scott also appeared to have a go at someone for writing a status that was sceptical of Capstick being elected, arguing: "I thought you were more supportive of women in leadership than this." In my opinion, if anything's prejudiced, it's people in power being selective of who they represent. (She later apologised for being too upfront about the issue due to the influence of alcohol; talk about profe- wait, you got there before me, right?).

I'm turned off enough from student politics that I don't know or care about the ins and outs of it all, but it is blatant that certain individuals who are paid to represent the whole student body do not represent the whole student body. They represent whoever they

choose – one could ask why they ran for election in the first place. To have a place of work where they can rock up at 11am without getting into too much trouble perhaps? Somewhere where it's ok to squabble amongst your co-workers? And these are just the things we've heard about. Would you feel comfortable raising a personal issue with some of these people? I certainly wouldn't.

We're paying to be here, I don't need to remind you how much. LUSU pay the FTOs to represent us. In some instances, I'd rather take my money to the top of Bowland tower, fold each note into a paper aeroplane and throw them one by one across campus. Hopefully that would brighten a few people's days. And I promise not to tell my friendship group where and when I'm going to throw them. Money's involved – that would be unprofessional.

Election 2015: the local trends

Following the general election results, Comment Editor Daniel Snape takes us through voting trends in Lancaster and its surrounding areas.

DANIEL SNAPE COMMENT EDITOR
@JDTC Snape

In a general election dominated by tactical voting, split decisions, and unintended consequences, the constituents of Lancaster and Fleetwood have shared in the quiet political consensus of the country. Despite bucking the trend of conservatism by electing a Labour MP and mainly Labour council, local voters were led to their result by the very same thoughts and inclinations as the rest of the UK, and have shown a certain political wisdom in times of confusion.

Lancaster's new MP, Cat Smith, far from defying national trends, epitomises the country's uncertainty towards party politics. Smith commands a majority of 1,265, which is enough to deter LUSU from holding a "1265" campaign in 2020 but not nearly enough to secure Labour's future in the region. The figure neatly reflects Labour's modest performance around England – wildly underestimated by the media at present – where the party lost marginal seats by only a few hundred votes, but repeatedly. Lancaster has also typified the election by mustering an almost perfectly average turnout and by marking out the Liberal Democrats as the constituency's lowest-scoring party.

Another surprising feature of the election to replicate in Lancaster is tactical voting. In a climate of tire-some desperation and self-doubt, people around the UK are starting to make do with second best, voting for weak candidates in order to shut out catastrophic ones. The Sun and Daily Telegraph tried to convince UKIP drones to vote Tory, and The Times pushed Tory loyalists in certain constituencies to vote Lib Dem and, so, shut out Labour. Cat Smith embraced this tactical fad and put up adverts around town bearing a graphic depiction of the tiny Green vote in Lancaster after 2010, and I have no doubt in my mind that Smith would have lost the election without a large chunk of this year's Green roots.

As a public servant to the region, Smith may do alright. Her influence in the party has grown now



that Labour has lost many of its back and front benchers, and her distinct left-wing principles may encourage her to vote with her conscience in Parliament more often than with the fragile party line. Smith is also unlikely to become complacent; Lancaster is by no means a safe seat and changes hands almost on a rota.

The remainder of the North West is a more obvious demonstration of the national trend. Morecambe and Lunesdale reinstated their Tory MP with a majority of 4,590, while Wyre and Preston North returned their Tory with a generous 14,151. Subsequently, our constituency is surrounded by Conservative holds, our only cartographic escape the slightly lighter blue of the Irish Sea.

City Council results were, without being pedantic, identical. The leader of Lancaster City Council remains Labourite, and Labour remains the largest party by seats, but they are two seats short of a convincing majority, and the City has gained a Green mayor in Jon Barry. If the local Labour club have any manners, they'll now repay the Greens' tactical loyalty by re-entering a deal with them to take control of the council.

Our very own University ward returned two Labour councillors and one Greenie, so nothing new there. Turnout was higher than many feared, despite troubles with electoral registration among students, probably due to recent boundary changes: this is the first year to return results from the "University and Scotforth Rural" ward, where previously many of the students voting in Barker House were outsiders. Alexandra Park was segregated down East Avenue and Graduate Lane, meaning the University ward ended at Thirlmere and the remainder of campus belonged to the mainly Conservative village of Ellel.

The greatest casualty of results night was Jack Filmore, our Green councillor of one year, who lost his seat by some way. This could be punishment for the student "burn book" he published in October, or, considering the hundred-vote lead of winning Green councillor Sam Armstrong, this could be some venture into local tactical voting. But even in local government, when student democracy is involved, we can't discount the disappointing possibility that Armstrong simply had more flat mates.

Faith schools: Educational or divisive?

JULIA MOLLOY PRODUCTION EDITOR
@JRMOLLOY2

If you had asked me before I left high school what I thought about attending a faith school, I probably would have been stumped by the question. Coming from a strongly Catholic background, going to both a Catholic primary and secondary school was natural to me, and did not seem out of place. I only ever encountered one occasion where my faith school background was challenged. During a rounders tournament with a neighbouring Church of England school, one pupil declared "don't touch that bat, it's a catholic bat." But other than that, going to a faith school was as normal for me as going to a school with teachers in it. Since then, however, my view has (thankfully) broadened through going to a non-faith college and of course, university.

The question is whether having faith schools is a positive in the first place. There are some occasions where my experience of education has been starkly different to that of my peers who attended non-faith schools. There is also a common perception that faith schools do better than non-faith schools, and this was certainly the case in my area. The BBC recently reported that a Church of England school in Kingston-upon-Thames dropped its religious requirements because of suggestions that families were attending church only to gain a good school place. This was backed up by an anonymous father who contributed to the report, suggesting that many parents exercised the 'on your knees to save the fees' policy – in other words, start praying to get their child the best education, whilst avoiding the large fees of private schools. But whether private schools are unilaterally better than state schools is another question altogether.

It's an issue I've encountered plenty of times. Most of my peers at secondary school, when asked, would identify themselves as Catholic, but when I attended church on a Sunday at the local parish, I would be the only school pupil amongst the congregation. Some would also resent having to go to church

while at school for celebrations, such as St Peter's Day and Ash Wednesday, amongst others, poking fun at the school's attempt to practice what it preached (pardon the pun).

You might be inclined to think, then, that I'd be in support of faith schools as a way of uniting a group of people in their beliefs. But, since seeing the BBC report and thinking long and hard about this issue, I am categorically against faith schools. The French system, where faith and education are completely separated – to the extent that signs of religious worship such as crucifixes or burqas are banned – seems to me a much better idea. For most, religion is a choice; I choose to be a Catholic, I choose to go to Mass every Sunday, and I choose to believe in a Christian God. Choosing to go to church to get your child into a good school undermines the core of any religion, Christian or otherwise.

The question is whether having faith schools is a positive in the first place. There are some occasions where my experience of education has been starkly different to that of my peers who attended non-faith schools.

Receiving an education should be balanced, rounded and unbiased – I believe my education, in some respects, probably wasn't. Fortunately, I am now at a university with an astonishingly good religious service for many different faiths: Catholicism, Islam, Judaism, Greek Orthodox, and Anglican. For me, education should include teaching on all religions within religious education lessons; but religion should be restricted to these lessons, without permeating the rest of school life. Having faith schools encourages ignorance for children who are exposed to only one way of religious thinking, which in turn could lead to prejudice towards other religions. I'll never forget my experience of going to a faith school, but for our future generations, it is vital that education and religion are wholly separated.

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We need more people like Iona Wells

SOPHIE BARBER
DEPUTY COMMENT EDITOR

Cherwell, the Oxford University student newspaper, recently published a letter by one of its students. This wasn't just any letter: 20-year-old Ione Wells was sexually assaulted whilst walking home in Camden after catching the last tube home. Her attacker was a boy of 17, who dragged her to the ground, ripped her bra in half and kicked her when she tried to scream. This horrific event spurred Wells on to waive her right to anonymity and share her story with the world.

The powerful words of Wells sparked the Twitter hashtag #NotGuilty, in a show of support for the student. She notes in her letter

that: "You didn't once reach for my belongings because you wanted my body," and asks if her attacker ever thought of the people in her life before committing his crime. He never stopped to consider that she was a daughter, a friend, a sister, a niece, a student, or a girlfriend; he merely viewed her as an object that he felt he had a right to.

Since the letter was published, Wells' attacker has been sentenced to two years in prison. Because of his age he must remain anonymous, but the effects of Wells' letter have been profound. Reading it really makes you think about the way sexual assault can often be viewed in the media. #NotGuilty is a way of emphasising that these sorts of crimes have nothing to do with the victim and their choices.

It doesn't matter what clothes you wear, or whether you walk home late at night; the only person who can take any responsibility is the attacker. The campaign is a way for more people to speak out about their experiences, so that communities can come together in a show of support when these terrible crimes happen.

Wells described in her letter that it was because of her community that her attacker was stopped, a flurry of neighbours reacting to her cries for help and chasing him away. She proudly states that "we will continue to come together, like an army, when any member of our community is threatened", highlighting the importance of standing together and not brushing these things under the carpet.

We need more people like Ione Wells. We need people who are willing to speak out and talk about their experiences, so awareness can be raised and people can be educated appropriately. It is vital that we stop victim blaming, and start looking for ways we can prevent such horrible attacks from taking place. Nowadays, women are taught to scream "fire" if they are being sexually assaulted, because more people are likely to listen. As communities, we need to show solidarity and determination. Wells will still take the tube home, and not be afraid of walking the streets alone. As she points out, the people of London didn't let the 7/7 bombings deter them from taking the underground.

Often, we tell girls that they

shouldn't dress provocatively, or walk home alone at night, or get drunk. These are the sorts of things that make it easy to victim blame. It is never okay to place the blame on a victim of sexual assault. No matter what somebody wears or the way they act, consent is key. If someone says "no", they mean it. We need to start teaching people to respect that, and to not be so ashamed of speaking out about their experiences. Nobody has the right to violate someone's body the way Ione's was violated. And I believe her letter is an important landmark in breaking the taboo over sexual assault: she waived her right to anonymity so people had the opportunity to stand together in support of anyone who has experienced sexual assault.

The world has forgotten the right to live

SOPHIE BARBER
DEPUTY COMMENT EDITOR

Joko Widodo, Indonesia's newest prime minister, was hailed into office as someone who would make real and positive change. The short time he has served in government has seen him execute 14 people. Now, he is being branded a murderer.

Indonesia has long had a problem with drug trafficking, and the penalties are severe to promote a form of national shock therapy which will hopefully lead to a decrease in drug use amongst the people. For this reason, Indonesia executed two Australian men who were convicted leaders of a heroin smuggling operation. Along with seven other men (making up the "Bali Nine"), they faced a firing squad. This horrific violation of human rights sent shockwaves through the global community.

Despite protests and diplomatic efforts from Australia and the UK, among others, Widodo refused to stay the executions. However, he granted Mary Jane Veloso a last minute reprieve. This may seem like a small ray of hope coming from a dismal situation, but it really isn't. Veloso was a victim of human trafficking, forced into drug smuggling whilst in the Philippines, and should never have been handed this sentence in the first

place. She was punished for being exploited. Andrew Chan and Myuran Sukumaran, the former drug leaders, were not so lucky. Alongside them, the Indonesian government executed a mentally ill man who was so confused that he did not know he was going to his death. This is a clear and unforgivable violation of the Human Rights Act. Everyone has the right to life, but where the death penalty is handed out, the accused must be in a fit state of mind to receive the punishment.

Before this callous sentence was completed, the Bali Nine were imprisoned for 10 years. In that time, Chan and Sukumaran drastically reformed themselves. They renounced the previous life of crime they had undertaken and dedicated themselves to helping inmates. Chan's mother wrote a heart breaking open letter to the Indonesian prime minister, detailing her son's efforts to rehabilitate drug addicted prisoners and educate them in a new way of life. But this rehabilitation didn't even seem to register with the government officials, and so the execution went ahead.

This debacle calls into question not just Indonesia, but all of the countries who still practice the death penalty. The US, India, parts of Africa, and China still have executions as a recognized method



of punishment. China executes more people every year than any other country, with its true figures estimated to be a lot higher than those officially released. And this denial of life is not just reserved for crimes as severe as murder, but can be handed out for anything from armed robbery to aggravated kidnap. Controversial as this opinion may be, I don't believe that anyone deserves to die, regardless of their crime. We have a universal declaration of human rights which states that everybody has the right to life. In the words of Amnesty International: "The death penalty is the ultimate cruel and degrading

punishment."

Particularly in cases such as the Bali Nine, we must call into question the effectiveness of such a punishment. Both Chan and Sukumaran reformed themselves in huge ways, dedicating themselves to helping other people. Their lives were then wasted by the bullets of the firing squad which killed them. Surely, they would have been more use to society by spreading their message of reformation and progress?

It is no secret that the death penalty doesn't act as a deterrent. It

seems more to act as an exercise of power, for those lucky enough to wield it. Countries with the death penalty still face significantly high rates of serious crime. All this cruel punishment does is perpetuate an environment of anger, fear and contention. After the devastatingly sad outcome in Indonesia, I think it's time that the global community reconsiders the effectiveness, and apparent "justice", of the death penalty. Until we reach a day where this basic human right to life is no longer violated, we will continue to see tragedies such as those faced by the Bali Nine and their families.

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Are you beach body ready?

APRIL HAYES

As I'm sure you've all heard or seen, Protein World released a new advertising poster last week. It featured a muscled, toned Amazon with long flowing locks staring brazenly at the viewer, with the words "Are you beach body ready?" capitalised next to her. There has been a fair bit of backlash from this, with an investigation by the Advertising Standard Agency to establish whether or not it breaks harm and offence rules.

My first thoughts on this were ones of anger. We don't need another reminder of what society feels that women (and men) should look like. I, like many other girls my age, spent my high school years worrying over what I looked like. I had been taken in by the lie that my self-worth was tied in to my image. This belief has permeated every part of today's society. Everywhere you look there are adverts for weight loss, muscle gain, how to get your post-baby body, and a hundred and ten other ways to achieve the body society thinks we should have.

After researching for this article, though, I have changed my opinion. It feels as if we are body-shaming the model, Renee Somerfield, for merely having a good set of genes and a healthy lifestyle. I think this is the issue we have to deal with here. Yes, Protein World advertisement is irresponsible and implies that only a certain body type should be seen on beaches. But we cannot start to skinny-shame a woman who happens to have the body type idealised by society.

I think we all recognise that fat-shaming is wrong but it seems to have swung the opposite way. But why is skinny-shaming okay if fat-shaming is so wrong? There is nothing wrong with going to the gym and eating a certain diet so long as you are healthy, just as there is nothing wrong with not wanting to do these things. What the issue is, is attacking people for choosing one or the other, and making people feel ashamed of

their body if they don't conform to what we, as a society, deem is the "correct" way to look.

We seem to have an inability to accept that people will look different. There are health consequences for the overweight and the underweight but shaming them is unlikely to make them change. Most people in those situations are hyper-aware of their body and what they look like. Drawing attention to it and making snide, bullying remarks is not helpful. The body acceptance movements are a great start to this – with comments left on the posters such as "every body is a beach body", but it is the comments such as "fuck off" that I take issue to. It's as if no matter what women can't have a body that is the right body. If it is too thin she's a skinny bitch and slave to societal pressures in need of some curves, but if she's too heavy then she's unhealthy and needs some self-control. It's a hard line to walk, the difference between having the "perfect" body (what even is that?) and being "too fat" or "too skinny".

As Mary George, from the eating disorder charity B-eat, has said: "Why is it that – in a world where we are rightly mindful of colour creed and sexuality – it is still thought acceptable to criticise someone's shape and size?" That is the crux of the argument. We know that it is wrong to remark badly upon someone's race or sexuality but when it comes to their body it's like a free-for-all. We need to stop commenting on women's and men's eating habits and bodies. End of story. Because at the end of the day, our body is merely the physiological vessel that carries us through life. There is more to each one of us than our bodies and what we look like. And it seems as if everyone has forgotten that in the midst of the health and fitness and skinny and perfect images we see every day. Imagine if no one was made to feel embarrassed or ashamed of their body. Maybe that's what we need to be putting out there, not shaming people for not fitting the cookie cutter perfect body.

Students aren't the only ones needing housing



JULIA MOLLOY PRODUCTION EDITOR

✉ @JRMOLLOY2

Accommodation is something of a dirty word for students. Associated with it are high prices, rip-off deposit charges and general dissatisfaction. However, what we often don't think about is the effect of the plethora of student accommodation in Lancaster on the local population. With the recent announcement that a new £20 million student village is in the pipeline here, Lancaster seems set to have even more of its housing given over to students.

There is no denying that student accommodation in Lancaster probably needs more thought. Catering for both Lancaster University and University of Cumbria students, combined with Vice-Chancellor Mark E. Smith's aims to increase student numbers at Lancaster, more and more housing will be necessary off campus. However, as some opponents to the student village have said, the issue with transforming a run-down area is that during university holidays, it will continue to be a run-down, ghost-like area. While I would be all for more affordable student accommodation, it's worth considering the impact we have on Lancaster's local residents – and it isn't necessarily always good.

Housing across the country is in

crisis; we simply aren't building enough houses to cope with demand, not just for students but for local residents also. By one estimate, it must, then, be frustrating for local residents when they see run-down areas, such as those surrounding The Sugarhouse, which could easily be developed into more housing. The difficulty is that the vibrancy of Lancaster that we as students see during term time simply disappears. Having spent much of Easter and part of the Christmas holidays in Lancaster this year, I can testify that this is the case; in fact, it is slightly eerie to walk around the city centre and not be surrounded by that student buzz. Students make up a seventh of the entire population of Lancaster, and university term times have come to act as natural seasons for local businesses. If we think about the local residents, the opinion would be divisive: some would be glad that students have left for some peace and quiet during the holidays, and some concerned that Lancaster's city centre, its local economy, and its housing developments hinge on a student population that is away for a significant part of the year.

Is there a solution? The answer may have something to do with the fine detail of the construction plans. While LUSU President Laura Clayson has stated that no

formal proposals have been submitted concerning the buildings surrounding The Sugarhouse, it does seem that a significant review of land use in the area is going to go ahead. Yet does it have to be exclusively student accommodation? If both students and local residents have a strong demand for housing – which is most likely the case – why not develop both? It is not unheard of for students and local residents to live in tandem with each other, particularly if the designs incorporate parking for local residents. Student housing in areas like Bowerham and Hala is often dotted around residential housing with far fewer social issues. In fact, this would probably encourage a greater integration of students and locals – something which the University and the local council have been working hard to achieve.

Given the amount of student accommodation developments in the city centre – for example, City-Block's developments – Lancaster City Centre is slowly turning into a student hub. While we may blindly congratulate this, it is worth considering that the University and the local population need to work together. Ignoring local residents' housing needs over the needs of students is not, I think, the way to go.

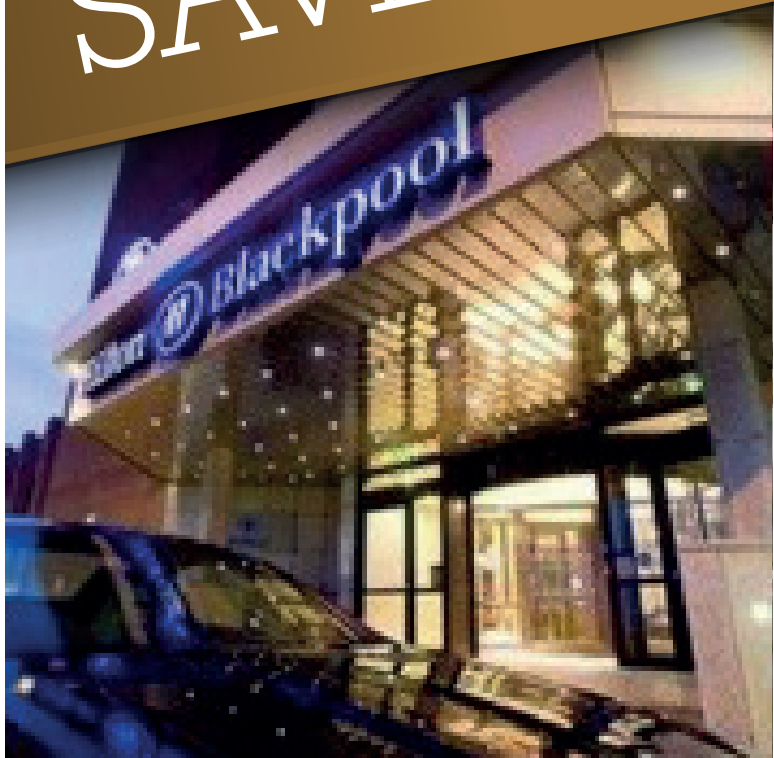
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INTERVIEW: TIM HUNT
READ IT IN FEATURES

Photo by Maia Paddock

An unexpected art contract

SIMON JAMES *ARTS & ENTS EDITOR*

🐦 @SJAMES

I interviewed Lauren Kenneth, a third year student who has just secured an exciting deal selling her paintings.

Can you start just by describing what kind of art you do?

Well the art that I sold is a little bit different from my usual style. Typically I like portraiture, but the commission that I was asked to do was a set of Alice In Wonderland paintings based on the original Tenneil illustrations from the two Wonderland novels.

So someone saw your portraits and asked if you'd do some paintings? How did that come about?

It started out as something I was working on in my spare time, as a request from my mum who fancied some new art for the house. I had finished the paintings for her and she had taken them to be framed. The owner from the home décor store she went to approached my mum and inquired as to where she had gotten the paintings and if they were for sale. That led to me doing another set for her to retail in the shop. It was a little surprising - I hadn't actually set out to sell anything!

How many did she ask for? Do they take long?

I have currently done 5, but our arrangement is that if I'm willing to paint it, she's willing to sell it. It depends what I do and on what scale. The 5 pieces that I have already done didn't take long (just a couple of weeks), but that is because they are only A5 and there aren't as technical as some of the other pieces that I have done.

So you've essentially got yourself the best contract possible - guaranteed purchase for everything you paint but you're not tied down to a certain number of units.

Exactly, I may have hit the jackpot! She gives me briefs of things she might like/ things that might be saleable, but I can pretty much do whatever.

Do you know if any of the ones you've already done have sold yet?

I haven't checked the exact number, but I think three have sold and a couple of people made specific commissions.

Are you happy with the money you're getting?

I am. It's always nice being paid for something that I do in my spare time and have done for friends for years.

I suppose it validates what you do. Are you an art student?



No, I do English Lit actually. Art has always just been a hobby.

Would you say your love of literature informs your artwork or are they pretty separate?

I think (at the risk of sounding painfully pretentious) everything a person likes informs their art. For me, photography and other art is a bigger influence on my own work. I see images in magazines or in galleries and start challenging myself to do something similar or in that style. The Alice paintings are a bit of an exception; I've loved those books since I was a kid. They are completely bonkers and that's quite a fun concept to run with.

What do you think of the arts scene in Lancaster?

As an English student I have spent far too much time nerding around the literary art

scene which I have always loved. Lancaster is also a fairly nice place to be a folk music junky!

Favourite writer?

The favourite writer I will admit to is probably Oscar Wilde, but my actual favourite is more likely Stephen King - less academic, but it's my guilty pleasure.

Favourite folk artist?

Probably Mickey Kenny. Me and some friends saw him almost accidentally in first year and I have been hooked ever since.

So when you graduate in a few weeks are you planning to hammer out the paintings? Or do you have another plan for income?

I'm actually staying in Lancaster for a Masters in Gothic Literature. So I'm putting off employment for another year...

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The Dukes - Tuesday, Week 5 - Saturday, Week 5

Nathan Carter



He is the hottest property on the Irish music scene, performing with his band to over 400,000 people in the past year, and now Nathan Carter is about to embark on a mini UK tour taking in ten dates throughout England. Nathan has so far recorded six albums, two DVDs and a host of singles, but his first love is to perform on stage which is always extra special.

The Grand - Wednesday, week 5

Andy Parsons: Live And Unleashed, But Naturally Cautious



With four sell out national tours, three DVD releases and a special for Comedy Central already under his belt, Andy Parsons is back on the road. His fifth show 'Live And Unleashed - But Naturally Cautious' will see the star of BBC2's 'Mock The Week' and 'Live At The Apollo' hit the road again delivering more sharp comedy up and down the UK. "Hysterical live show - Andy Parsons is on fire" - the Mirror.

The Grand - Thursday, Week 5

Every Brilliant Thing



You're six years old. Mum's in hospital. Dad says she's 'done something stupid'. She finds it hard to be happy. So you start to make a list of everything that's brilliant about the world. You leave it on her pillow. Soon the list will take on a life of its own. A new play with audience interaction about depression and the lengths we go to for those we love. Based on true and untrue stories.

The Dukes - Tuesday, Week 6.

Interview: Rainer Hersch

LEO LERNER

🐦 @LERNERLION

Rainer Hersch is an award-winning comedy conductor who performs with some of the biggest orchestras all over the world. He studied Economics at Lancaster, graduating in 1985. At the end of the Lent Term he conducted the combined forces of the University of Lancaster Music Society and Haffner Orchestra in the Great Hall to raise money for Comic Relief.

What was your musical experience at Lancaster?

I did the piano as a free ninth, which I'm not sure still exists. The degree was divided into nine units, and eight of them were counted towards your degree, but one of them could be anything.

I thought it was quite a good idea actually, well certainly brilliant for me because you could do a bit of music when I was committed to doing economics. I can't believe I'm saying these words out loud: 'economics!' Anybody that knows me knows that it was so not what I should have done.

I played the piano for various people around the college, for example people taking their solo instrument exams. I also played the studies for the Theatre Studies panto. The band consisted of me and a percussionist. Once we did one that we'd never played before: 'Happy Days are Here Again', so five minutes before the show we thought we'd have a quick run through, but someone backstage thought that we'd started, so they pulled the curtain up and all the cast had to come on singing while they were still getting dressed.

I ushered for the concert series, where I had to go and get the artists. It's not a very long walk, but it made sure that they didn't get lost in a Spinal Tap type moment. I did it so much, all that music stuff, that someone who I was living with in second year punched me out of fury because he thought I was doing music not economics.

How did it feel when you came to Lancaster and conducted on the same stage that Princess Alexandra gave you your degree on?

Very weird. I mean let's be honest about it, that venue could do with a lot of renovation. I've been all around the campus and so many things are new. The college I was in, Cartmel, is now County South, and so many blocks have been knocked down and replaced. Really all I knew were the foundations, which I love. The Great Hall is pretty much exactly the same though, which was one of the first buildings to be put up when it was being built.

Do you lament the loss of the music department?

Yeah I definitely do. I was probably as involved in it as any member of the music department. I gave little recitals in the Jack Hilton Room, I played in the orchestra - really bad percussion - but I think that for me Lancaster was about the things outside of my degree.

If they hadn't have been there, then I'm not sure that I'd be doing what I am today. I did a lot of theatre as well, which was when I first started doing the comedy, going on stage with my own written material in front of an audience. All that is what Lancaster gave me.

And it's not there anymore. I know there's a strong music society, but it's not quite the same as being able to play the piano with someone in the department and all the rest of it. I was rather shocked to hear it actually, I only found out a few days ago, that it had fallen away. It's a real shame. For music students now, it's really hard with all the extra commitment that they have to put in - the £9,000.

I sort of drifted in to economics, but if I'd really looked at it then I would have done music. It was essentially a mistake for me doing that degree. What wasn't a mistake though was me coming up here and having that university experience.

You have to make so much more of a commitment now, that you have to look into everything really closely, which doesn't really suit someone who's undecided, because they might not go in the end.

Moving on from Lancaster, what kind of audience do you find most

responsive to your performances? Well lately, I've done some shows which have been more pop orientated, like what we did in the Great Hall. Basically I stand up there and take the piss, then we do the numbers in a funny way.

I tried it at the Southbank and it was one night, at Christmas time, and when we walked out on stage people were so up for it. Wearing reindeer hats and jumpers and everything. To dip your toe into the world that is more on the pop spectrum was quite remarkable. Those people are really up for a good time, and especially on the comedy side it's stuff that they've grown up with since their childhood.

On the classical side though it tends to be something they grow into, and they're usually more reserved about that. It's a really great pleasure though to go out there with a classical set and for people to realise that you can really have fun with it, when you bring that fun and that joy, they love it. The most responsive are those pop audiences, especially the younger ones.

As an example, I did a play that I wrote about Victor Borge, that I did in the West End. We had this group booking from a group of 70 Norwegian Schoolchildren, out of about 200 seats in the theatre. It was money in the bank, so I thought 'yeah let's do it.' It was a Sunday afternoon, and I thought it was going to be a real blot on the run, all these 18 year old school leavers on their trip to London.

But, I walked out there and they were the best audience by a mile. They absolutely fucking loved it! From the off they were laughing at all the jokes, about this guy who they couldn't have possible known anything about. So there it is. Young people. They get it and they're into it and it's great.

Do you think making classical musical jokes makes it more inclusive, or does it shut people out who might not understand them?

I try not to make too many in-jokes, so I try to make it so that anyone can get it. I know that people know 20 pieces of classical music wheth-



er they like it or not, they all recognise the famous ones. It's just part of their culture. I'm not asking for any specialist knowledge. I'm not trying to educate people either, I really couldn't give a monkey's. It's about having fun with something they previously thought was completely removed from fun, like a religious service.

Do you think that because of your musical style you have an easy route into conducting these big orchestras?

Yeah, I do. I walk out there, and I'm going 'hey, we're going to do something fun and different.' Especially for professional orchestras, who are so, so, bored, particularly in the US. There's no freelance scene really, so when some guy turns up who says 'we're going to be playing these fun things now,' it speaks to them as much as it does to the average person.

I'm trying to make gags which everyone gets, but the musicians will get it more, because at its heart it is all about the music.

In any group of a hundred people, there will always be those three who get really pissed off, and they just want to do their Mozart Symphonies, but you'll also get those ten people who think that it's the funniest thing that's ever happened to them, and who wish that you'd be their permanent conductor.

The rest just think it's interesting and see what happens. I've got my Rainer Hersch orchestra, which I book for gigs, and we do lots of corporates, and I try stuff out on them. It's a big machine though, an orchestra, and Rainer Hersch isn't a big enough name to maintain something like that. Yet.

Unearthed - Fine Art Degree Show, Artist Previews

Lancaster University's 2015 Fine Art Degree Show centres around the signification of emergence and discovery, as 27 promising contemporary practitioners present their work to the public in their debut exhibition, Unearthed. The exhibition is the result of three years for the artists' developing practices across various disciplines including painting, sculpture, installation, performance and digital art. For the next 3 issues we will be previewing each contributor to this diverse display of art, which is open to the public from Tuesday, Week 9 to Wednesday, Week 10.

Previews collated by EMILY BIRKETT @EMILY_BIRKETT



DANIELLE ASH - ART PHOTOGRAPHY

Danielle Ash is currently interested in family bonds and how these can deteriorate or strengthen over time depending on events beyond our control.

Ash explores concepts of trust, coping mechanisms and potential ethical issues all while questions whether using art to present such sensitive topics can become an ex-

ploitation of these fragile bonds which she has once helped to build. Ash combines text and collected 'things' to critically reflect on these relationships associated with objects that seem meaningless to the 'outsider'.

The rawness and truth of the poem-like texts are a contrast to the formality of their presentation, a symbol for the glorification of forces or 'things' which enter our lives unexpectedly. "Discarded pa-

per bags and napkins become the outlet for precious, unedited ideas on such issues," says Ash. "Before we know it, over time these relationships are close to being rejected like her worthless unkempt collection of objects."

The audience feels protective over the fragility of the gathered items and leaves the space wanting to reignite their own relationships.



KATY BADGER - SCULPTURE & DRAWING

Katy Badger had always loved the practical, physical side of art and as a child was always making things. As a Fine Art student, Badger spends most of her time working with her hands and in her words "generally making a mess" in the studio. In other artists' work, the processes of developing and physically producing work fascinates her. While the theories and his-

tory of Fine Art have become increasingly important to her work, as they inform her concepts and techniques, her first love will always be creating. This is why her practice is primarily in drawing and sculpture. Concepts in Badger's work change but she is always drawn to exploring them through the visual languages of both mediums. They are challenging, time consuming and hands-on practices but Badger never quite feels like she's finished with a piece.

She claims, "You could always add more detail, change sections, and develop an idea further: the physical nature of them both means that I can constantly challenge myself and become more ambitious with each piece I make." Currently, she is addressing themes of fragility and vulnerability by experimenting with materials such as bedding and by juxtaposing drawings with sculptural objects to create visual relationships.



HANNAH BOADEN - DIGITAL ART & CULTURAL THEORY

"Cinema is both a prevalent and powerful medium, which is incredibly influential upon how people perceive reality around them," Hannah Boaden claims,

"The addition of numerous cultures and ideologies has cultivated an extremely diverse society, and consequently it is easy for people to feel fragmented in their sense of

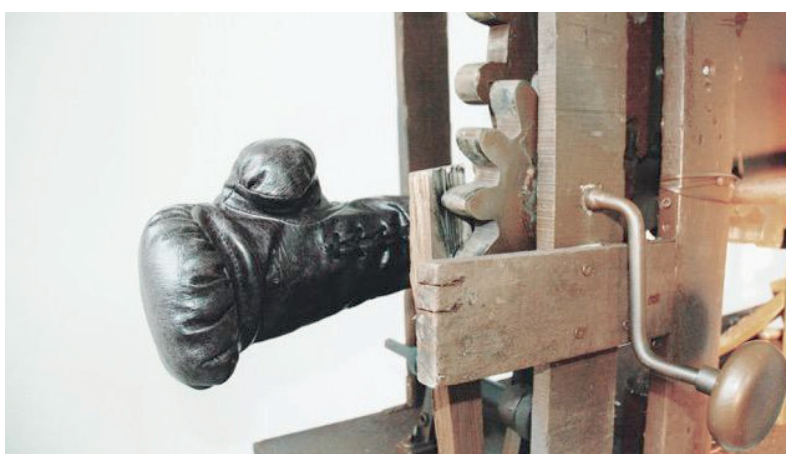
identity."

It is this instability that has been the subject of fascination for the past few years, which is particularly appropriate while experiencing something as life-changing as university.

She intends to spend at least the next year travelling abroad in order to immerse herself in different cultures and lifestyles.

She currently works with video, experimenting both in visuals and sound design, all of which are heavily informed by academic research in visual culture and philosophy, amongst other disciplines.

As it remains a fairly new medium to her, it is perhaps particularly relevant for discovering new and unusual ways to explore identity and human experience.



JOEL CHAN - SCULPTURE & DRAWING

Joel Chan specializes in kinetic sculpture and drawing, working with found objects ranging from discarded mechanical components to charity shop ceramics. "Each object has its own tale to be told, or rather, an untold story, a silent history. If objects could speak what secret histories would they reveal? What have they seen?" Chan questions. His

work consciously aims to confront contemporary issues and questions the boundaries of the human-being. The work often plays on the boundary between the real and the fictional, recycling second-hand objects and employing their authentic mysterious pasts, to create "artificial histories and pseudo-artifacts" that present fabricated stories and an alternative history. Chan aims to express the complexities of human thought and the basic foundations of hu-

man emotion through his work by exploring binaries like life and death, love and hate, comfort and discomfort. The work involves an element of dark humour. Finding a balance between light hearted playfulness and the significant gravity of the conversation is essential in encouraging an active, mental and physical interaction from audiences. This interaction aims to create an emotional collaboration between the artist and the audience.



HOLLIE CHILDE - SCULPTURE

“One of my most vivid memories as a child is making a pair of shoes out of a cardboard box in my Gran’s living room after learning about roman clothing at school.” As she has grown as an art student, Hollie Childe has learnt to channel her curiosity to create work questioning her surroundings and the

way humans behave. Her current practice stems from a love for the outdoors and the English countryside. She has become fascinated with Cairns and Megaliths and objects of spirituality. However, she is predominately interested in the investment placed in these objects and what it is that is innate in humanity to produce these objects. This curiosity is also central to her personal approach to sculpting. “I

am interested in the way I can manipulate materials and techniques to become a sculptural medium, therefore I will often try to find unconventional everyday materials to work with and transform them into a sculptural technique.” This also helps to inform her practice as the familiarity of the materials she works with allow her sculptures to form a relationship with the viewer.

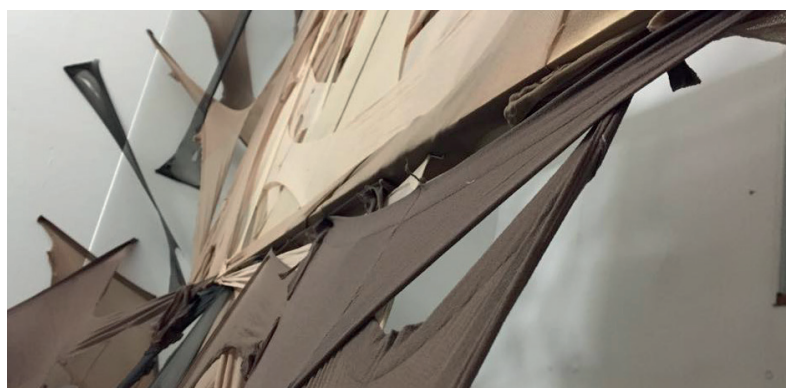


MEGAN COLLIER - PAINTING & DRAWING

“Liminal states of consciousness can be described as transitional or at a threshold. My work explores this concept, depicting the fleeting moments between the dream world and reality, consciousness and unconsciousness, sleep and wake.” Megan Collier’s portraits have ambiguous identities and it

is unclear whether they are awake or asleep. They seem to appear out of the blackness, and they disappear and fade in and out of visibility as the natural light changes throughout the day. Some viewers will catch the artworks at the right time of day and be able to see the sleeping figures, whilst others may entirely miss them unless they look closely. “My artwork is a liminal state itself. I aim to explore

the very edges of human consciousness.” This project has been inspired by her own experiences of insomnia, sleepwalking and night terrors and she became intrigued by her confused state of mind in these episodes, fascinated by how she seemed to be both awake and asleep simultaneously. “I began to explore how my artwork could depict these strange, unknown realms of consciousness.”



RHEA ELISE GIBBONS - DIGITAL ART

Rhea Elise Gibbons’ practice centres greatly around her life experiences. “I believe in the therapeutic nature of the creativity process; making art to exorcise demons of the past.” The artwork she makes is aimed at creating a feminist rhetoric and questioning the patriarchal tendencies of western

culture.

Influenced by the early days of cinema, Gibbons’ works primarily in starkly contrasting black and white, which allows the eye to focus on details and textures instead of being distracted by colour. Working with software like Photoshop, Lightroom and iMovie, Gibbons primarily make photo-manipulations and stop motion

films, although she is “currently searching for innovative ways to take [her] films a step further into installations.”

She likes her work to be quite enchanting; first greeting the eyes, only upon closer inspection can the socio-cultural underpinnings be understood, and from this a dialogue is created.



ELLE GILLIGAN - INSTALLATION

Elle Gilligan’s desire for creating art began when she realised the affect it could have on people. “A piece of art can cause an array of emotions in a person and when you connect with a piece it can inspire all sorts of things.” She has currently been focusing on protest art. Graffiti art is one such exam-

ple - an artist is directly defying the law in order to express their opinions and ideas in a beautifully artistic manner. Therefore her art has been based around the tag line “ART B4 ADS,” which is the idea that more public space should be used for art and not the constant overflow of adverts that our consumer society is bombarded by. Gilligan has been working on graffiti style pieces using MDF boards,

experimenting with blending colours through spray paints. She has started a guerrilla art campaign with the tag line emblazoned on stickers all around campus. Gilligan hopes this will inspire people on campus while giving more weight to the idea that graffiti is becoming a credible art form; whether done by a famous name like Banksy or somebody completely unknown.



RUTH HOLDSWORTH - SCULPTURE & INSTALLATION

The inspiration behind Ruth Holdsworth’s pieces began with erosion and the constant changing of a form over time. “Eroding action can instigate change to solid forms, causing them to become dangerous or even at risk of falling.” Holdsworth decided to create a cliff, creating a piece that

made people uncomfortable by the risk of something changing at any point. It is made from chicken wire, paper mache and plaster. This piece is on a large scale and has been shaped in an arc so when the viewer stood inside the piece the cliff came above their head, instilling a sense of intimidation. She created another piece using large scaled paper. Holdsworth’s overall aim is to use different ma-

terials, then wash them away and build them back up again. For instance, she used coloured and black inks, plaster, coal and then discoloured them using bleach and then used the same materials again to build up the piece. The results eventually made the paper too heavy to cope and the paper ripped into sections, it was then hung from the ceiling to yet again give a sense of danger and erosion.

Part two of our Fine Arts Degree Show preview will be in the next issue of SCAN, released Monday Week 7.

A close-up portrait of Dr. David Holtzman, a middle-aged man with dark hair, smiling slightly. He is wearing a dark jacket over a light-colored shirt. The background is dark and out of focus.

Dormant Braincell Research

Joseph Delaney: Born in Preston, he worked briefly before attending Lancaster University. He is best known for his science fiction and fantasy books, but his work was the basis for the film *Seventh Son* released in 2014 which starred Kit Harington and Julianne Moore.

Gage Skidmore

WHERE: YOUTUBE

Interview: Metrik

CRISTINA SPOIALA

You start your big tour today in Baltimore ? Are you looking forward to it?

Yes, I am about to head out to North America today; playing at a music festival in Baltimore then a club night in Vancouver. Really looking forward to it.

Where are you looking forward to playing most, apart from Lancaster as the first obvious answer?

Obviously Lancaster yes but also the shows I've got coming up for the rest of this month. This week I'm playing at Hospitality in Amsterdam in a club called Paradiso which has hosted a range of well-known musicians over the years.

The building is actually a huge church, so I may have to wear a priest's dog collar for the night (laughs). I'm also looking forward to Liquicity in Antwerp, playing in Rome for the first time and WEAREFSTVL in Essex at the end of the month.

What made you decide to come to Lancaster? Plan to get up to much while you're here?

Unfortunately I am only here for the one day but Lancaster's castle seems like such a cool venue to play in. It will be my first time in the city and also the first time in a prison. Ironically, one of my teachers told me when I was a kid that I would end up in prison.

Oh no - I guess now perhaps you can send a selfie to your teacher and show him that he was right!

Yes I'll relish the moment.

What are some of your favourite venues around your hometown of London? Where you have played or listen to music?

Fabric is the club that I first experienced a drum & bass night so it holds a special place in my heart. Building 6 in the O2 Arena where my record label, Hospital Records, has it's residency is an amazing space too. I also went to a show recently at Tate Britain for Rinse FM's 20th birthday which was really cool.

And is Fabric not getting shut as well from what I have heard?

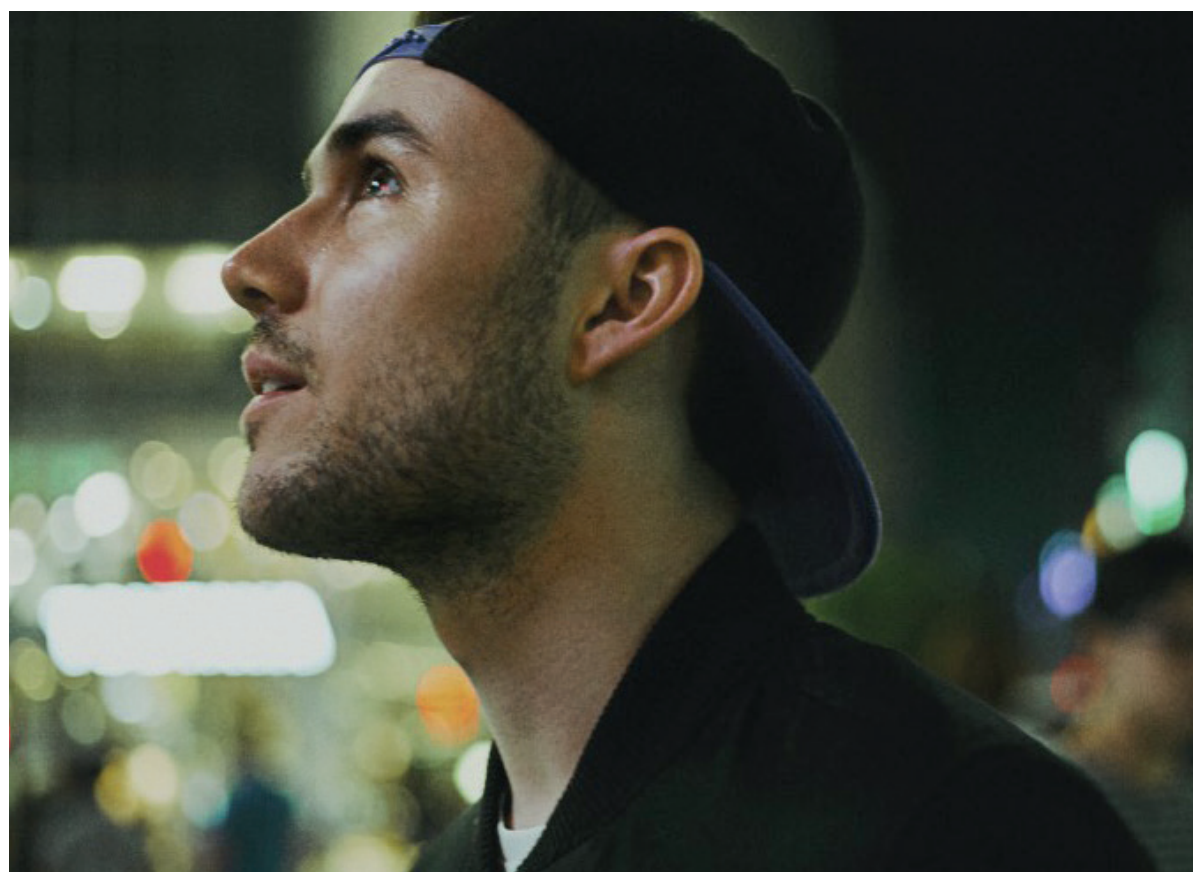
There were talks of it but in the end the local borough just imposed a slightly stricter license. As far as I'm concerned, as long as these clubs stay open, I'm happy - they play a vital role in the music culture of our country.

Have you played there yourself?

I played there for the first time last year. I got a big group of my mates together, ones who I used to go out to raves with years ago, and they all joined me so it was great to have in the booth. I played in room 2 which is a place we all have many fond memories of.

On the topic of places you have played, you did an Arcadia show on the touring stage at Glastonbury, how was that?

It was very surreal. It's a giant mechanical spider shooting fire and steam so naturally it looks pretty amazing - like something out of



Mad Max.

Did you get a chance to be an audience member to experience other music yourself? The audience get to see the spider throw out flames of fire!

Funnily enough, from where you play you do not feel the heat of the fire because you're in a small pod. The view from up there is pretty spectacular; when you look around there are 10,000 people around and beneath you. It has definitely been one of the highlights of the last few years.

High Contrast is on the Lancaster bill with you. Have you played together before?

Yes, I've played alongside him quite a lot since joining Hospital. Usually we tour together as a big group. He is a really interesting guy and I have a lot of respect for him musically, as an artist and a DJ.

Who else will you be playing with on your tour?

I am going on after DJ EZ at the end of this month at WERFSTVL. He is someone I've always had a lot of admiration for.

Regarding your busy schedule - what type of music do you listen to unwind?

I try to immerse myself in music all the time - especially as when you

are making music it is key to stay inspired. I enjoy discovering new music - I often go on missions to find interesting and obscure stuff. Recently I've been listening to a lot of film / video game composers like Ludovico Einaudi and Ryuichi Sakamoto. In terms of music to unwind to, Ulrich Schnauss and Tycho usually do the trick on the more ambient electronica tip. I've also been really impressed with Madeon's new album.

Generally, I have a broad listening taste so whether it's pop, rock or electronic it usually finds it's way onto my playlist. I also re-discovered my love for Nirvana after watching Montage Of Heck - highly recommended if you were ever into that band as I was in the 90's.

You have collaborated with a few artists and remixed a few songs - I particularly like your version of Gorgon City's 'Unmissable'. What are your plans for the future in terms of collaborations and remixes?

At the moment I am working on a remix for Enter Shikari, a record off their new album. And I am also working on a collaboration with TC. My main focus right now is new material for my second album.

All this music adds up to playing live at lot! What do you enjoy most about playing live?

It's the whole package really. Noth-

ing quite beats having produced a brand new track, something nobody has ever heard before and then testing it on the crowd. If goes down well then that's just about the best feeling ever.

Also the energy that you get from a live audience is incredible, it's a real rush. I love travelling as well, going to new places and meeting new people. Flying is good to clear your head as it's one of those rare occasions you can genuinely just switch off and not be distracted by phones or social media.

You mentioned that you won't be able to stick around for the rest of the two nights of A-Wing dance/electro/drum n' bass mini-night-festival, but will you be playing and seeing music at festivals this summer?

WEAREFSTVL, EDC Las Vegas, Innovation, Nozstock (which is closer to home in Herefordshire), Pukkelpop, Shakedown, Let It Roll to name a few. So basically the festivals I will be playing at will be the festivals I will be both as a musician and festival goer.

Metrik will be playing alongside High Contrast and the local Bass Race DJs at the Lancaster Castle as part of A-Wing on Friday, week 5. A-Wing will run until the Sunday night, with guests such as Mark Knight, Pete Tong and High Contrast. Tickets are available online at www.awinglancaster.co.uk.



The Arcadia spider stage

INTERVIEW: Tim Hunt

ABIGAIL DAVIES **FEATURES EDITOR**

Tim Hunt, 2001 Nobel Prize winner in Physiology or Medicine, gave a talk on 'Creative Breakthroughs' at the TEDX Lancaster event. Abigail Davies caught up with him to learn more about his prize-winning discovery and hear what advice he can offer for current students.

Can you tell me about your discovery?

I was studying sea urchin eggs and their fertilization. I was studying one problem and it wasn't really going very well so one dark night when everyone else had gone out dancing I did a little – well I was just curious actually, to see whether sea urchin eggs made the same proteins after fertilisation when they were properly fertilised or when they were parthenogenetically fertilised, as in virgin birth. A kind of molecular religion experiment, actually. And there was some reason to think there may be a difference - someone had published something. So anyway, the result, I immediately saw there was something quite unexpected and amazing was going on which was that one of these proteins that the eggs made that was being fertilised was split in two for first time had disappeared. And it came back then it disappeared again, and the next time it divided into four.

And then it came back and then it disappeared again, and the next time it divided into eight. Because each cell is keeping dividing into two. And then it went away again so I said, "My god. This is really weird." It turned out that this was indeed an extraordinary breakthrough, a completely accidental discovery. But then I realised that discoveries are by their very nature accidental. I mean, if you knew what was going on before you did the experiment then you wouldn't even need to do the experiment. People always say, "oh it's very bad luck, it's only serendipity." But of course it's serendipity. Because you know we don't understand the world very well and in order to understand it you have to be constantly surprised, that's what it's all about. It's good fun,

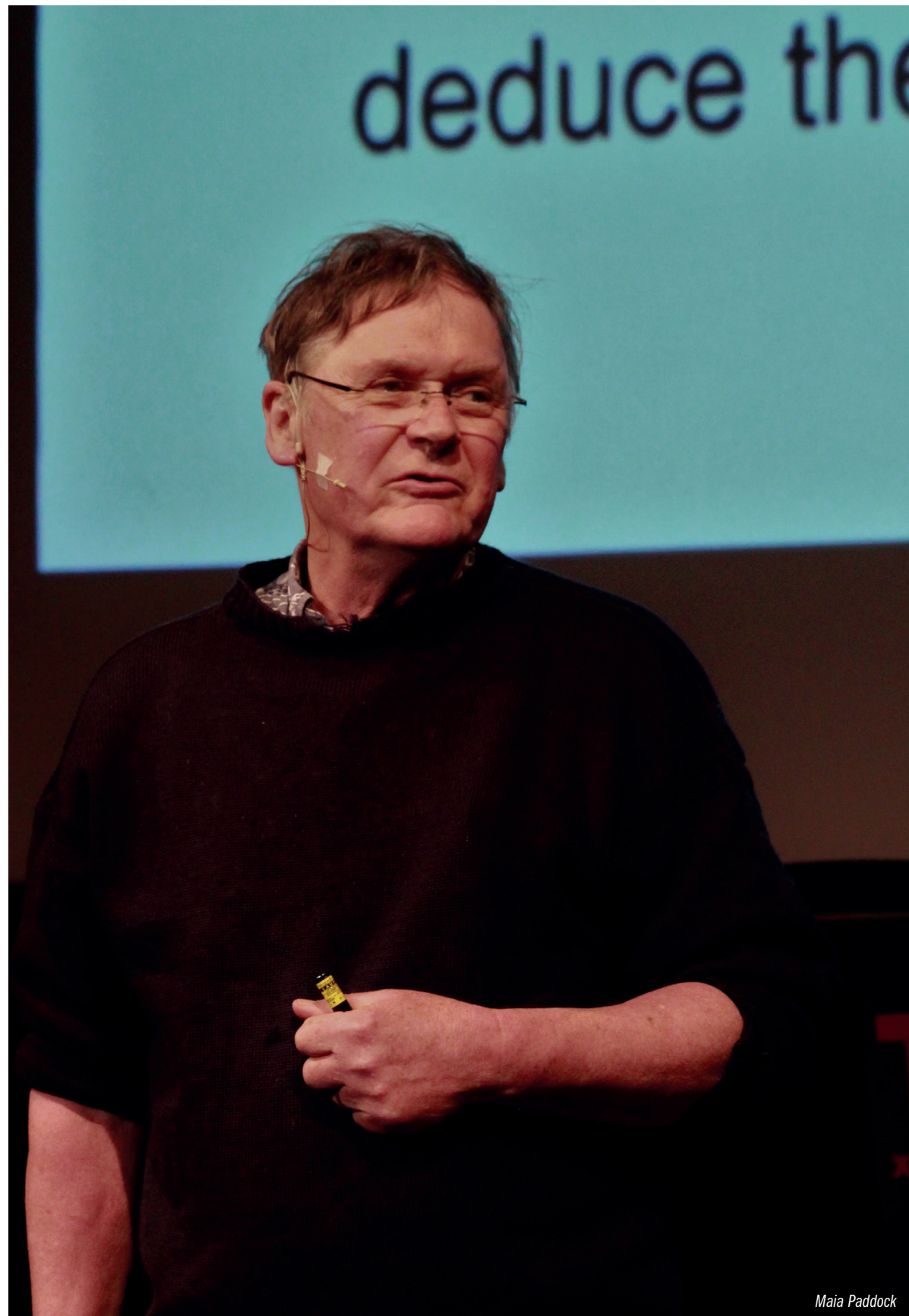
that's the main thing.

It turned out that this was indeed an extraordinary breakthrough, a completely accidental discovery. But then I realised that discoveries are by their very nature accidental. I mean, if you knew what was going on before you did the experiment then you wouldn't even need to do the experiment. People always say, "oh it's very bad luck, it's only serendipity." But of course it's serendipity. Because you know we don't understand the world very well and in order to understand it you have to be constantly surprised, that's what it's all about. It's good fun, that's the main thing.

Am I right in thinking that your discovery impacted on cancer research?

Well not really, no. The importance of it was that no one ever thought that something did go away or that it could go away. So actually, discovering that it did go away meant that you had to take that seriously. It led to an unravelling of the most basic mechanism, what actually happens with cell division. I mean, that's fanatically important in biology because we all derive from dividing cells. We can trace our origins back to our mum's eggs and our dad's sperm, and they in turn can trace it back to the dawn of time. So cell division is like the atomic theory of biology really. It's fundamental. It's the thing that gives the creationists a bit of trouble because as far as you know cells only ever come from others cells. Of course, we might be wrong about that. Maybe you can construct a cell out of nothing, but I don't think you can. It's never be known in my

It's the thing that gives the creationists a bit of trouble because as far as you know cells only ever come from others cells. Of course, we might be wrong about that. Maybe you can construct a cell out of nothing, but I don't think you can. It's never be known in my lifetime. But God didn't just plonk all of us down here so it's just evolution, and where it's going to go – but where exactly did he intervene in that creative process? They don't tell us, they just tell us that they don't understand evolution,



Maia Paddock

but they don't tell us what they put in its place. I don't think they really know. Anyway, so all that's my way of saying that it's a very fundamental process, and at the time I made my discovery nothing as really known about it. At the time I made my discovery cancer research was going on without knowing the very first thing about what made cells divide. And that's

the importance of it; before you can control something you really need to understand it, usually pretty deeply. In those far off dim and distant

At the time I made my discovery nothing as really known about it. At the time I made my discovery cancer research was going on without knowing the very first thing

about what made cells divide. And that's the importance of it; before you can control something you really need to understand it, usually pretty deeply. In those far off dim and distant times we didn't know much about it. And now we do know about it, it still doesn't necessarily help you cure cancer, because although we could easily block cell division that causes you

to die, as the unfortunate victims of the Hiroshima atom bomb discovered, to their – well I won't go into the ghastly details, because it's just too ghastly for words. But that is what happens if cell division stops, you will die after about a week.

Actually it's pretty amazing how many cell divisions – it's a pretty astronomical number. Every 60 seconds in your body about 2 million cells are born. That's a big number! And it's going on in you bone marrow, and it's going on in your gut, and in your skin. All over the place cells have to be renewed because if they're not renewed, you die. And they die too that's the other interesting thing. It's kind of a purification by reproduction, it's wonderful. Don't really understand that – maybe I will before I die. Nothing you can do about it anyway.

You received your Nobel prize in 2001 – what have you been doing since then?

Well I tell people what I do is mostly swan around. Giving talks, meeting people and advising people. I ran a lab until the end of 2010, and now I don't – I'm just getting too old for that kind of thing, it's too hard. So, instead I come to things like this and try to have fun.

What do you think the future holds for science?

You can't predict what we're going to know in the near future. You can say what you'd like to know – I'd love to know how the brain works. There was very good piece today in Science, explaining dogs form close relationships with humans. It's apparently because we look deeply into the eye of the dog and the result is that oxytocin is released in our brain and we find that rewarding. Probably the same is thought to happen for the dog, and so it's the same response as when you look into your child's eye. It sets up a reciprocal, mutual reward process where the baby loves you and you love the baby, and it works with dogs for some reason. Not too sure why it doesn't work for cats. But there you go, interesting.

A lot our students are going to be graduating this year. What advice would you give to students who are interested in pursuing a career in science research?

Well I tell people you just have to keep your feet on the ground and your eyes on the horizon. And your noses to the grindstone. I notice that people who work – it's not really fair but – people who are intelligent and work hard seem to get luckier than the rest of us. Strange thing that.

The one thing I think you do have to say in that people don't really have careers in science – I never had a career in science. I don't really believe in careers in science. You do it because you love it not because you are taking steps to somewhere. Hopefully you do well enough and find out enough that people think you're worth investing in. But I hope not very much actually. I was happiest when I didn't have much money. Because actually, you don't need all that much money despite what people say. Computers have got much cheaper, and so on and so forth. So I think it's wrong – just have fun. Just have fun.

What work did you do up to the point where you got the Nobel Prize?

I like to tell people that I was born with scientific silver spoon in my mouth. I was born in Oxford. My Dad was a medieval historian and a librarian. And then I went to Cambridge which was wonderful. The scientific education from Cambridge – both from your teachers and from your peers – I didn't realise that actually we were the most highly selected, carefully selected cohort of our generation. So all the people around you are very smart and eager to learn and ambitious to find things out. So that was pretty terrific. But it takes a long time to find out how to do that.

When I was at university it was the golden age of discovery, so any stone that you turned over there was something interesting that crawled out from underneath it. But you know, I did okay. I did okay. It's just a matter of finding a good problem to work on and then solving it for some reasonable length of time. I had to be successful at that before I had a lucky great breakthrough.

Can it be disheartening for younger people when everything has been discovered?

Well I think it's much harder. I don't much like what I see



now. I don't much like what I see for twenty-somethings now. Everything has been discovered so it's much harder to find out what is not known – stumbling on something really important that you can actually solve is pretty difficult I think. And people now sort of are much keener on measuring how good people are – they like you to produce so many papers a week or a year or a something – and we didn't have that kind of pressure at all. If you found something out you wanted to tell the world about it – that's fine. The tail tends to

wag the dog – you tend to confuse publishing papers with finding things out. And it's the finding things out that's important, not the publishing of the papers, and if you do find something out you better bloody well tell the world about it. Because what is the point.

But that is sort of a natural human point that we were musing about the other day in the royal society, there was a thing called 'The Future of Scholarly Publishing' and I realised that people are naturally curious, they want to find

something out. And if they do find something out they want to tell the world to prove how clever they are. And then the other great driver of all this is competition.

It doesn't matter whether you are a concert pianist or an elite athlete or a footballer, you actually want to do better than the next guy or the next girl. So competition is terrifically important, and that's really all there is. There is curiosity, boastfulness, and competition.

Exams: will cramming make you fail?

ELEANOR NEWTON

We all know what it's like in exam period. Wake up, stumble to the shower, eat breakfast and then revise revise revise until we literally can't keep our eyes open anymore. And then we do it again the next day. Eat. Sleep. Revise. Repeat.

Everyone has different methods of revising, however no matter how successful our technique is it's almost inevitable we will hit the panicked stage at some point. This is the stage that disrupts our revision schedule; where we realise we know nothing, we can't answer any of the past (or future) questions and that consequently all we will have gained from university is a comprehensive knowledge of how to reference...which we will never use again.

This is when revision becomes cause and effect because the result of this stress out session is that we suddenly realise learning an entire year's work in three weeks simply will not happen. So that's it, the decision is made; the only way to pass our exams is to cram. Cramming day and night with minimal sleep to maximise our information intake becomes the only viable option.

However, studies have shown that this will only hinder your revision

further. Don't bother with the caffeine-fuelled-all-nighter says the University of California as it will do nothing but impact negatively on later work. According to Dr. Fuligni cramming is counterproductive as "an adequate amount of sleep is also critical for academic success" as numerous studies exemplify that sleep deprivation only impedes the learning of the days that follow our intense cramming session.

Dr. Bramford from the University of Arizona assures that, yes, cramming is better than doing no revision, but it's not much better. He carried out a study in which the control group slept regularly for four days whilst the variable group were deprived of sleep on the first night. An image recognition test was conducted at the end of the four days. The group with less sleep performed much more poorly as sleep deprivation negatively impacts the cortex which is the section of the brain that stores information. Therefore by not sleeping all that revision isn't even being stored in your brain!

So, if we aren't supposed to cram and are instead better off counting sheep, what is the benefit from all this sleep when we could be revising?

Well, Dr. Alapat, the medical di-



Sakib Rahman

rector at Harris Health Sleep Disorders Centre, lists numerous ways in which sleep will do nothing but benefit your exams. It turns out that our memory recall and concentration level is massively boosted the more sleep we get. A student should aim to get 8-9 hours of sleep a night, anything less and the lack of sleep begins to impact our mood, energy and ability to focus. This will

only drag your grades down! Also a risk of carrying out numerous all nighters in a short period of time can lead to the development of insomnia which will certainly negatively impact your studies.

So there you have it. When it seems like the world is ending, your exams are looming closer and that your only chance of coming out of this year with a 2:1 is to cram...

don't do it! Instead try to relax yourself, stay off those caffeinated drinks (they prevent sleep for up to 6-8 hours) and make sure you are getting enough rest! Balance out your revision and your nap times, cramming will only make you roll up to your exams grumpy and tired with the concentration capacity of a teaspoon.

Writer's block: does it really exist?

ANTONIA WOOD
DEPUTY FEATURES EDITOR

The concept of 'Writer's Block' effects us all in some way: Whether it's writing an article for the paper; working on a creative writing piece; working out how to start an essay or where to begin with your lab report. We've all undoubtedly had that horrific feeling of staring at a blank piece of paper with deadlines looming and not knowing where to begin.

As a person who loves writing I have to say that 'Writer's block' is a frequent problem in my life, and what better way to bust it than to write about it? (Yes, I do see the

Irony). Many years ago, poets used to claim that the only reason they could write is because the words came to them from a 'muse'. They believed that they were only able to write under the guidance of this ethereal inspiration, and if the ideas and words were not coming to them then obviously the muse was not willing them to write. This implies that the concept of 'Writer's block' is a relatively modern concept, but does it truly exist? According to award winning author Philip Pullman, writer's block does not exist, and can be overridden if you are passionate enough about writing. He is quoted for saying: "All writing is difficult. The most you can hope for is a day when

it goes reasonably easily. Plumbers don't get plumber's block, and doctors don't get doctor's block; why should writers be the only profession that gives a special name to the difficulty of working, and then expect sympathy for it?" Terry Pratchett also reinforces this idea, arguing that: "There's no such thing as writer's block. That was invented by people in California who couldn't write."

Both of these authors appear to reach a consensus that the construct of 'Writer's Block' is almost an artistic excuse for having a lack of ideas. Personally, I have to agree. Whether it is an essay, story or a lab report, I have no-

ticed that as soon as people come up with an idea or get their head around how daunting a task may seem, they are able to write perfectly. However, the University of Illinois does believe that writer's block exists. According to their writer's block help page 'Writer's block is often caused by conflicted feelings. We want the writing to be perfect and we want the paper done as soon as possible. We know what we know but we don't know what our readers know. We know how the memo should sound, but we don't have all the facts we need. We know everything about the software, but we don't know what an article should look like. We know what we have to say but

we are afraid that it won't measure up to our expectations or to our readers' expectations.' Whether or not Writer's Block exists or is a construct is up to you and your own personal beliefs, but if you do find yourself stuck, both writer's and universities alike suggest trying a 'free-writing' exercise. This is where you think about your chosen topic, and write everything you can think of for about ten minutes, whether this is key words, phrases or ideas. When you are finished pick out any information that is useful to you. This is a great way of finding inspiration and overcoming that initial fear of starting a new piece. Good luck in all your writing endeavours!

DRESSING FOR: Exam season (a.k.a hell)



Adam Raoof

ALEXANDRIA DALE

It might seem silly to write an article titled “dressing for exams” but I am a thorough believer in the power your outfit can have on your state of mind. If you’re not happy with what you’re wearing on a night out, you’ll be aware of it the whole evening and either end up not having a good time or getting far too drunk in an attempt to forget about it. Your appearance is important in almost every situation, and taking exams is no different. The thing to remember though is that in the exam room you’re dressing for yourself, not to impress anyone else.

First things first, comfort is key. With some exams lasting for three hours, that’s a long time to be stuck sitting, hunched over writing. Jeans might feel a bit stiff, so opt for leggings or chinos as an alternative. Don’t stray into pyjama or sweatpants territory though as you might risk falling asleep mid-exam!

Often forgotten is the art of layering. The temperature of an exam room is hard to predict, and with so many bodies packed into one room you may find yourself sweating and the pen slipping out of your clammy hands halfway through an essay. A light t-shirt is an easy solution, and once you’ve made it through the exam, allows you to transition seamlessly to the

spring sunshine that awaits. It’s just as hard to write if you can’t stop shivering, so make sure you bring a cardigan or jumper just in case.

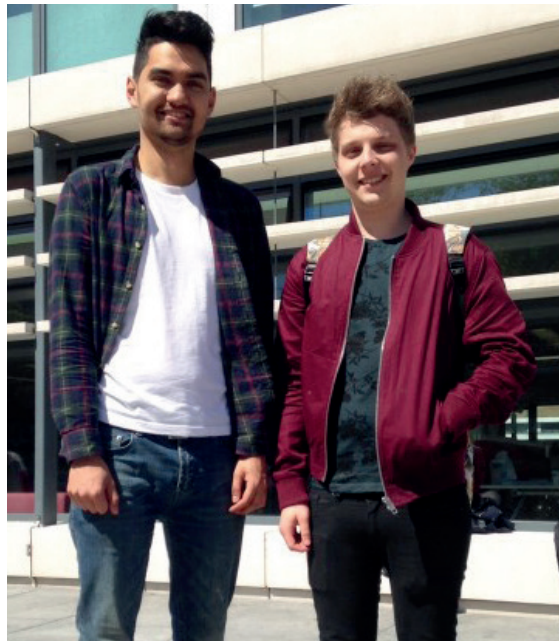
There’s always one person in an exam that likes to make themselves feel at home and decides to remove their shoes during an exam. If this is you, please just remember to wear socks and make sure you aren’t wearing your five year old converse that have been soaked through more times than you can count!

If you’re really panicking the morning of exams due to nerves, I’d suggest dressing up a little and reciting the mantra “dress smart, think smart.” Many people don’t do as well as they could, due to nervousness and this can easily be prevented with the right frame of mind. Wearing a dress or button down shirt, and remembering to inhale deeply through your nose and out through your mouth, can help get your nerves under control. It’s always worked for me in the past!

Ultimately, the most important thing is what’s in your head, not what you’re wearing on your body. So make sure you revise hard but take the night before to pick out your outfit, compile your pens and library card, and get an early night. Good luck!

SPINE SPOTTER

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



Harry Jacks & David Whitlock

Course:

Harry: Natural Sciences

David: Law

Favourite shop:

Asos, Topman, and on occasion charity shops - Cancer Research being the best!

Signature piece:

Harry loves his Grizedale JCR t-shirt and David his black skinny jeans.

Fashion icon:

We inspire each other!



Hannah Dessoy & Chloe Byrne

Course:

Hannah: English Language

Chloe: English Language

Favourite shop:

New Look and Topshop

Signature piece:

Knitted jumpers. I wear this one a lot!

Fashion icon:

Maybe Taylor Swift. We love her!



Poppy Waters

Course:

Owens the Mary & Milly stall at the University's Farmer's Market

Favourite shop:

My own of course! Or Zara.

Signature piece:

I love trousers because you can dress them up or down.

Fashion icon:

Victoria Beckham, Olivia Palermo, and Kate Middleton



Josie Anderson

Course:

Human Geography

Favourite shop:

New Look.

Signature piece:

My incredibly long hair!

Fashion icon:

Blake Lively! If I had the money I would dress just like her!



George Sayers

Course:

Law

Favourite shop:

River Island

Signature piece:

Long coats. This one is new!

Fashion icon:

Bradley Cooper

Easy, breezy bob

GEORGIA SHEPHEARD **FASHION EDITOR**

Trends aren't restricted strictly to clothing and, unless you have been living under a rock, you might have noticed that hairstyles come in and out of fashion too. Colour-wise that means dip dye and bayalage whilst the current on-trend cut celebrities are coveting is the bob. Or, for the non-committal, a mid-length chop.

Over the past few months, celebrity after celebrity has showcased their new shorter style. From Rosie Huntington Whiteley to Jordan Dunn, Sienna Miller to Emma Stone and even Kim Kardashian, arguably the most influential bob on social media, the style is sweeping the globe.

However, this trend doesn't half prove a real dilemma. A potentially dramatic overhaul to your image and not one you can easily undo, it is a big decision. I would know, when I was eighteen I had thirteen inches chopped off. From waist length to chin length it was a shock not only to myself but to my mother too, who had no idea I was planning it. In order to help others thinking of taking the plunge, I've narrowed the trend down to just four styles in order to ensure you make a decision you won't regret.

The first; the choppy, shaggy, almost un-kept bob. Imagine Jennifer Lawrence or Sienna Miller and you're spot on. A particularly low-maintenance style, all that is required is a rough dry and a little product for texture; perfect for

those in a committed relationship with their duvet.

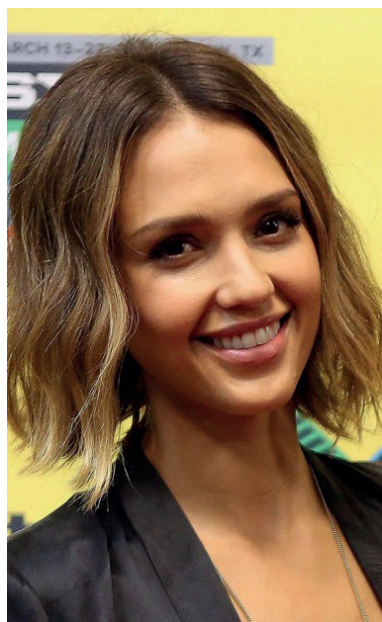
The second style, is a slightly longer, gently curled bob. Alexa Chung is a huge advocate of this look but it works for almost everyone because all it requires is a few loosely tonged curls for a classic, summery look.



The third style, the look that has been a signature of mine for years, is the straight-edged, blunt bob. Though I was once compared to Edna Mode, flattering I know, this is a great style for those with naturally straight hair or don't mind spending some extra time with their GHDS.

The last style is an in-between look for those not quite ready to commit yet. Longer at the front, getting gradually shorter towards the back, this style allows you to retain much of your original length and is perfect for easing you into the "Short hair, don't care" clique. You can tong it, straighten it, give it a rough dry or even tie it up, it's the one style that can do everything.

If you were debating the chop before this, I hope I have gone a little way to persuade you to take the plunge. Whatever the outcome, just remember it's only hair, it will always grow back



Adidas for Topshop

REBECCA PARKINSON

Topshop have been phasing in more sporty items since 2012, calling the trend 'Sporty Luxe'. In 2014 Cara Delevingne strutted down their London Fashion Week catwalk in a stylish sports-luxe dress, carrying a duffel bag for that added 'sporty look'. It isn't really stuff designed for the gym though, rather just looking athletic in your everyday life. If you're wanting to dress for this trend look for neoprene, jersey or laser cut items with androgynous shapes. It's easily do-able by combining any outfit with classic white trainers. Maybe high-street brands like Topshop are trying to jump on the fitness bandwagon that has seen the rise of juice detoxes and cross fit classes? Topshop have just teamed up with Adidas for a seven-piece capsule collection of classic Adidas pieces with an exclusive Topshop twist, that sees the classic Superstar trainers covered in a cracked metallic finish straight from the 80s. The cheapest item is a plain white tee sporting the Adidas logo for £30.00. The rest of the collection ranges from £55-£175 so even with your student discount it's definitely an investment item.

Overall I'd have to say I'm all good with the sports-luxe trend, I think some of Topshop's pieces are comfy, casual and great for summer, but in regards to this collection with Adidas I'd have to say it just isn't my cup of tea. It's overpriced in my opinion, the number motifs and the simplistic red, white and black colour blocking means it's neither ultra-summery nor feminine. Great if you can pull off an oversized sweatshirt or trackpants but personally they are items I wear around the house on no-make-up days that I can just as easily get from Primark without breaking the bank. I think this collection is for the brand-conscious among us who will stretch our budgets that bit further to have the limited edition and the logo that set this collection apart from the standard Adidas or Topshop sporty clothing. I'll be sticking to Topshop's normal collection, and am far more eager to see what they put out in their upcoming capsule collection with the two most famous teens on the planet right now, Kendall and Kylie Jenner.



Topshop.co.uk



Topshop.co.uk

A new image for Abercrombie?



JASMINE CLARKE
DEPUTY FASHION EDITOR

If you're like me, you're normally overjoyed to be greeted by topless male models when you visit the wonderland that is Abercrombie and Fitch. Getting to have your photo taken with one of them is an added bonus. This unique approach to welcoming prospective customers has proved all too effective in both the UK and America.

In the last few weeks the brand has made a plan to rethink how it does things, with "sexualised marketing" and those topless "greeters" due to be axed. It is also set to make some crucial changes to its much-criticised recruitment policies so every individual has an equal opportunity to work for this admirable designer label.

A letter sent to US managers last week reported that "There will no longer be sexualised materials including in-store photos and shopping bags." "Abercrombie & Fitch will not tolerate discrimination in hiring based on body type or physical disabilities."

At the moment, it is still undecided whether this change of tack will be initiated in the company's British stores. Over the past few years, Abercrombie & Fitch has faced an overwhelming amount of negative publicity including unpaid overtime and employment based solely on appearance and so it will be interesting to see whether such a move will spell the beginning or end of the brand.

'Florals? For spring? Ground breaking'



GEORGIA SHEPHEARD FASHION EDITOR

Rather than a 'spirit animal' I have a spiritual affinity with Miranda Priestly; the iciest of all editors from the movie *The Devil Wears Prada*. The sass and style of that woman is incredible and no one quite sums up my attitude towards spring/summer trends like the character herself.

"Florals? For spring?" she says, "Ground breaking."

And she's right. What is ground breaking about a trend that is recycled year in, year out? Why must we become the physical manifestation of the blossoming flowers around us? With the arrival of autumn we don't don shades of orange and yellow to represent the falling leaves, so why must we mirror the season of spring? These are questions I ask myself each year when I find myself skimming through racks of candy coloured clothing, pastel shirts and white, lacy dresses.

I love white summer dresses I do, but if I am honest with myself, they don't love me back. For I am what you might, rather optimistically, describe as an 'English Rose'; a pale, freckly, easily sunburnt kind of girl. Imagine that beautiful combination in a white

dress and you can understand my fear of resembling a speckled milk bottle.

If my twenty years have taught me anything, it is to ultimately ignore what the high-street dictates you should be wearing and rather, find clothes you are not only happy wearing but that are comfortable in the heat too. Summer style doesn't have to be synonymous with pastels and floral and for me it has come to mean white jeans and an open shirt, leggings and a kimono, a simple vest and maxi skirt; solutions that ensure I don't have to expose every limb in order to look seasonal.

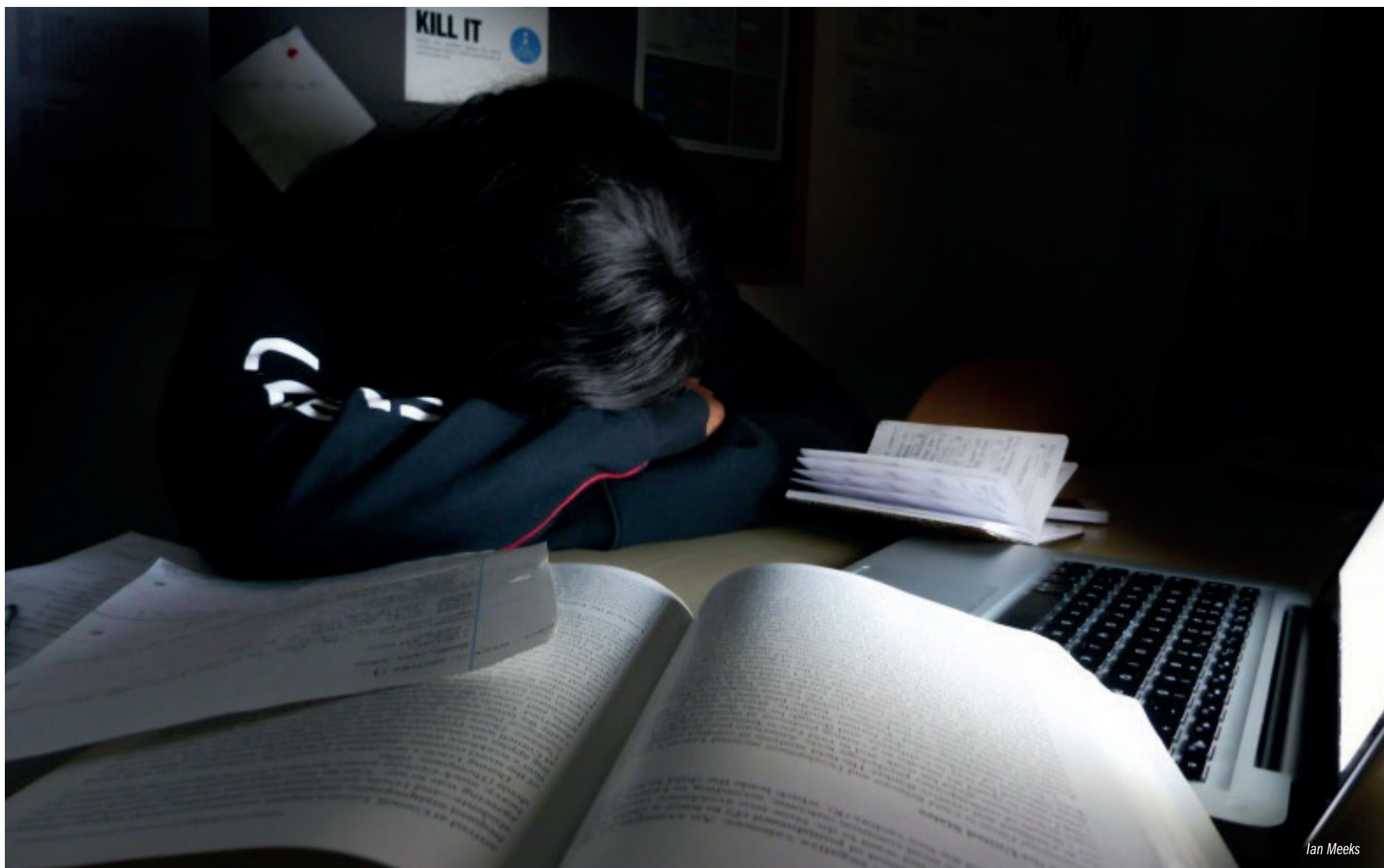
In fact the seventies was a huge inspiration on the catwalk this season and whilst that is typically interpreted as white, crochet, thigh skimming dresses, I will be interpreting that to mean flares and suede. Though skinny jeans are positively sweaty in the summer heat, flared trousers provide your body with more room to breathe and the good news about the summer is that the dry weather ensures your suede will stay in good form. Whether you opt for a pair of suede shoes or a suede jacket for summer evenings, the material is perfect for providing an effortlessly retro look in any colour; pastels not necessary!

As for the repetitive floral patterns that crop up every year, I will be sticking to a plain white peasant blouse thank you very much. Dead on trend, the peasant blouse is the seventies take on a simple white shirt. Off the shoulder, sleeves or no sleeves, there is a peasant blouse for everyone. Made typically from embroidered cotton, this lightweight blouse is ideal in the heat and provides a perfect cover up on the beach or paired with flared jeans.

If flares aren't your thing and, like me, you won't touch a miniskirt without a tan, perhaps culottes are the answer to your prayers. Perfect for the non-committal, culottes expose no more than a little ankle, meaning you don't even have to shave your legs if you don't want to! Though there are many designs on the high street in garish floral patterns, with a little searching there are also plenty of designs in block colour.

This summer, in honour of Miranda Priestly, I will be steering clear of all things floral and instead, opting for clothes that suit me. Clothes that perhaps really truly are 'ground breaking' and clothes I can continue to wear even when the leaves begin to fall.

Exam season: mind-full or mindful?



Ian Meeks

CHARLOTTE DAVEY

There's a strang tension permeating through campus. Periodically, students can be seen emerging from the cave of despair that is the library, cowered over and stiff-limbed, squinting as their eyes adjust to the natural sunlight, clutching dissertations close to their chests and snarling at passers-by like a mother protecting her young, before scuttling off to their department to take an obligatory 'dissertation submitted' selfie.

Exam period is also now well underway and each student is carrying above them their own personal cloud of impending doom. The further away people walk from the library, the tighter the cord of tension is pulled, and any minute now, someone is going to snap.

Students aren't renowned for being kind to their bodies, and while there is a push to drink respon-

sibly and eat well during exams, we often forget to give our over-worked brains some TLC, and as a result, we are in a permanent state of stress. Brain scans of stressed individuals have shown that the part of the brain that is active when under stress is the same part that evolved to be active when escaping from predators. Stress is, essentially, a big sabre-toothed tiger from which we are permanently running - through being incessantly busy - as it threatens to rip us limb from limb.

Mindfulness is a term I've heard bandied about a lot, yet until recently I had no idea what it meant. It is a term which refers to a sense of self awareness achieved through making ourselves consciously aware of the activities we are undertaking at the time we are doing them.

A simple way to develop a sense of mindfulness may be to carry out

part of your routine in a new way, perhaps revising in a new space to make you more aware of your surroundings.

An expert in the field, Mark Williams - Professor of Clinical Psychology at Oxford University - suggests sitting back and observing your thoughts objectively. In doing this, we can develop an understanding of our concerns as simply thoughts, rather than a controlling reality. It has been suggested that naming these thoughts in moments of reflection is one step towards rationalising them.

For example, 'this is the worry that I will miss the bus to my exam, arrive late, forget everything I have revised, vomit on my paper, fail the year, and have to transfer to UCUM', or 'this is the thought that we may be subjected to another 5 years of David Cameron's freshly polished forehead'.

Meditation is another key way to become mindful, sitting silently and making yourself aware of your own being, through focusing solely on breathing or other bodily sensations.

Despite vowing that, as an adult, I would never run anywhere unless after an ice cream van or away from the police, I recently tried to take up running as a way of escaping stress. Instead, I found that I was merely diverting my stress through running, instead of reviewing my anxieties.

I realised that stress is inescapable, and rather than facing my worries, my running was generating more concerns: 'am I going to be shouted at by a group of pre-pubescent walking snapbacks today?', 'why am I not getting any faster?', 'is this octogenarian on a mobility scooter going to overtake me as I lollop through town?'.

One way in which I attempted to overcome this was to slowly walk my regular running route, paying conscious attention to my surroundings, and making myself aware of my position within them. I noticed flowers, trees, buildings, and skylines I had never seen before despite passing them daily, and was able to establish what was actually making me stressed, rather than being overcome by it.

So take care of yourselves during exam period. Don't become engulfed in your stress, and try to rationalise your thoughts by paying them conscious attention. Then, hopefully, you can transform your perception of yourself and your life, and approach your exams with a more positive mindset. All together now: 'ommmmmmmmm'.

Lancaster University is running an 8 week mindfulness course with weekly 2 hour sessions which started on 22nd April.

How to avoid overcommitment

ANNA TROGSTAD *LIFESTYLE EDITOR*

You have a deadline next week. And, oh yeah, it's your friend's birthday tomorrow, and then the society meeting later tonight. You've got a blog post that is already late and then, oh no, that article for SCAN, and didn't you say you were going to ring your mum, too?

Something has got to give. Being a student at Lancaster is a wonderful time to make like a sponge and soak up ~university life~, however especially during third term you can end up feeling a bit overwhelmed by everything that's going on. At least for me, I have found this is the case on more than one occasion. It's hardly heroic to be busy, but busy is one thing and saying you're wholly committed to completing several other tasks is another. Overcommitment is the easiest way to become even more stressed, so avoiding it is your best tactic.

Try and evaluate your priorities. This is obvious, but when there's a

lot going on, it becomes difficult to differentiate between what needs to be done now and what can be left for a couple of days time. Take into account deadlines and when you've said you'll do things for: if it's unofficial, then chances are you'll be able to ask for a short extension, so it's worth asking. If like me, you work best under pressure, then try and use the restraint of several things needing to be done rather than time as a driving force. Procrastinating because you believe your best work is done in the hour before it's due, especially in second and third year, is near disastrous (as I have discovered. Whoops).

Write everything you have to do down and it's more easily digested. When someone told me to do this, my first thought was flat-out no, as I honestly didn't want to see everything on one page because then I couldn't hide from it. However, even in the short term, writing all you to-dos down kind of feels like rounding up sheep into a pen (...I assume). Even if there's a lot, it puts it into perspective as

something that you can change and control, and seeing the page get emptier as more things get crossed out ensures that getting through your things to do can be measured visually.

Take some time out for yourself. This is absolutely classic Lifestyle talk, but if reiteration means it'll get through to people when stressed, then it's still important to say. I found that when I was most stressed, it got to the point of 'f*** it, I'll do some art' and it was surprisingly helpful to sit down and draw for an hour or so. Okay, so it does use time up, meaning taking up pottery six hours before an exam is inadvisable. Despite this, however, it's good to set time aside to do something alternative to uni commitments, even if only for half an hour. This goes for evening activities too, as nights out are great, but obviously a hangover for the next day? Not so much. If you can dare going into bottom Spoons somewhat sober, then take the risk, as it still means a break from obligations and a chance to relax with friends.

Following on from this, think about the difference between what you can do and what you want to do. It's not failing or letting someone down if sometimes you have to admit defeat and just say that it's simply too much. Everyone has times when an extra commitment simply doesn't fit in the day, which is fair enough. As long as you don't leave it until the last minute, it's a reasonable enough to hold your hands up.

We're very lucky with the amount of opportunities there are to get involved here at Lancaster, which means of course that there is a lot to get signed up to. I can remember seeing an email for a chance to be on the Christmas market committee during Michaelmas term, and jumping at the opportunity. However, speaking to my career mentor about this, she asked me when I had the time, and just saying it out loud made me realise its impossibility. It's so easy to say you'll do something, but evaluate your time. If you've not got much room for things now, taking on

something else won't magically free up more space, even if you're near hell bent on joining in.

None of this is meant to discourage anyone from participating with campus activities. In fact, over Easter I wrote an article for our website that included information about how to get involved with university life more. However, whilst that age old phrase "it'll look good for your CV" rings true, at the same time it's not worth sacrificing your sanity and welfare just to say that you were member of Insert Name Here Society.

Particularly during exams, unless you honestly have time for it, don't feel like you owe it to yourself to go through with a hundred commitments in three days. Be sensible: weigh things up. Write things down. Take time out. Be realistic. Make the most of your time at our uni by using your time wisely: commit yourself to the world and you'll wind up committing yourself to exhaustion (maybe still go call your mum, though).

Sweet dreams are made of these tips

CHAD BUNNEY

Anybody who knows me might say I'm not the best person to be giving sleep advice. I am known to spend long nights in the reading room powered by caffeine trying to get on with my essays. However, what about on the nights when you're trying to sleep instead of trying to do work and yet just can't nod off? During exam period, this can prove a greater problem for students than at any other time due to the stress of deadlines and revision.

We need to find the best way to deal with these bursts of insomnia when we experience them so that they don't affect our performance in things like exams, revision or work in our lives. A massive lifestyle change isn't necessarily needed to help fix things: is the small changes that can make the big differences.

One of the key pieces of advice people seemed to offer when I was

researching sleep problems was this: make a night time routine and stick to it. I understand that when we were younger we actively rebelled against having a bed time but it can actually benefit us having a set time that we call it a day rather than confusing our bodies by falling asleep all over the place.

Conditioning your body into a relaxed routine for at least half an hour before you sleep every night by having a warm bath, hot drink or listening to a chapter of an audiobook should help your body naturally wind down.

It might also be worth noting when making a routine that drinking caffeine too late in the day will keep you awake. Additionally, eating too late at night can also prevent you from nodding off as your body still is processing the food.

Removing additional stimuli that keep your mind active when you're in bed is another point you should address. Try not to have your bed

as your workspace for a start, the mental association of your place of rest as a place of work can act as a conflicting and confusing factor for your body especially if you're on your laptop using it as a workspace right up until you try to sleep. Leading on from this, I know that many of us are linked to our phones like they're an external organ required for bodily function, but they also keep our heads working.

This is why it's best to try and remove yourself from a screen, be it your mobile, television or laptop at least half an hour before attempting sleep. As an even stronger rule, if you have been lying down for some time unable to sleep – DO NOT CHECK YOUR PHONE – it's just keeping you awake and will prevent sleep further.

Removing things that might stimulate rather than help you sleep extends to ensuring flickering lights in your room are not visible, or trying to block out any annoy-

ing sounds. After you have these external factors under control we move to the internal factors and the main reason I'm writing this article at this time of the year: stresses and worries. It can be a challenge getting your brain to keep quiet but there are some ways to try and move it off the heavier subjects.

Not everyone is lucky enough to feel like they have people around that they can talk to, but I must urge anyone who has this option to off load their stresses by talking a little to others. Externalising your problems often helps you see how they can be manageable or, if not, a problem shared is a problem halved, so try and share out the burden rather than carry the weight of the world on your shoulders.

If you don't feel in a position to talk to a friend or course mate about it though don't forget that there are systems of support everywhere across campus, from the Base, to

college advisors, to course tutors. If it's late in the evening and urgent then Nightline is always available to ring. Let someone help you extinguish your worries so that they don't blaze through your mind and keep you awake at night.

Lastly, if it is stress, just remember you're not alone in struggling. There are students lying awake in beds all over town and campus worrying about similar things, and actually in the grand scheme of things the majority of you might actually be doing better than you think. That's not me saying that you're being foolish in your worrying, it's just me saying that you're not alone.

Try your best to switch off for at least the amount of sleep your body needs to run, be that seven, eight or nine hours. Turn off your phones, talk out your problems, and hush the negative voice inside your head: dream sweet dreams, Lancaster!

Stop and smell the rosé: wine not visit Trevor?



Lucy Lamb

ALINE ALBRECHT
NATHANIEL SMITH

For those who don't know, the Furness College bar has received somewhat of a revamp. Trevor now has a selection of wines from across the world, ranging from Californian to South African, and offers four varieties: Rosé, Red, White and Sparkling. Let's get one thing straight, first of all: neither of us are wine aficionados, we're simply just casual enthusiasts of a fine aged grape drink. Nonetheless, to see if the revamp met our expectations, we journeyed down to the bar and prepared ourselves to get

tasting wine.

9 PM and the stage was set. With money in our pockets and the wine list in our hands, we were ready to embark on our critique. First on the menu was a Rosé from California, and a Red from Chile, which was interestingly described as Ribena. The Wine glasses were unmarked, with no measuring lines on, which we liked as a show of professionalism. The Rosé was lovely and fruity, and chilled as it should be: this was the best one that we tried, and one we would definitely recommend! The Red was full bodied, somewhat dry,

and overall rather nice, so this is also a good choice for those who fancy a glass upon venturing into Trevor. Next, we tried the other Rosé, which was from Italy, and a white from South Africa. The Rosé this time around was not so good, as it wasn't quite as fruity or flavoursome. The White was good, being light and mellow, another choice we would highly recommend.

Whilst the wine overall was enjoyable and the selection wide, there were some pitfalls. Unfortunately this change feels less of a transformation, but more a slight addition

to their menu. It feels as if the only change noticeable is a single Wine list floating around the bar like the delicate feather drifting gently through the air in the final scene of Forrest Gump, except this feather has Comic Sans font. The loud pop music certainly detracts from the soothing atmosphere that one would want whilst drinking Wine. Perhaps an improvement that Trevor could make would be to serve a variety of cheeses to go with the red Wine on offer, as it's a common favourite with the British public to enjoy a cheeseboard with fine wines. Another point we noticed was the lack of French wines on

offer. To be honest, this is very picky point, but normally we associate wine with France, as they are known to have the best wines in the world. A little more variety in this direction would definitely be another point for improvement.

Overall, the experience was good, as this new addition is moving Trevor in the right direction. We would certainly encourage people to take advantage of any offers currently on at Trevor, as this support will definitely help improve the bar by a great deal, and keep it going as an essential part of Lancaster's thriving campus community.

Below the line

SHELBY HEDGES

Can you remember the last thing you spent £1 on? A bottle of water perhaps? A scratch-card? How about a days worth of food? The latter may sound far fetched, but for 1.2 billion people around the world, it's just reality.

Each year, Global Citizen run a challenge called Live Below The Line, for which they invite the public to live below the poverty line for 5 days, spending just £1 a day on all food and drink. By taking on the task, you not only raise awareness about this global issue, but you also get the chance to fundraise for some of the world leading anti-poverty organisations. You get the chance to make a real difference to the lives of millions.

On a whim, I decided to take part. I set up an online page, chose the charity Action For Hunger UK, and headed to the supermarket with a £5 note in my pocket.

Scouring for the healthiest food items I could afford, I left with rice, sweet potatoes, rolled oats, a can of kidney beans, passata and some frozen vegetables. I had 15p left for a bit of salt and pepper, but apart from that I would be living on basic carbohydrates for the duration of the challenge.

Breakfast was plain oats and water. Aside from having the texture of wallpaper paste, it was doable. The real issue came with foregoing the countless cups of tea and coffee I drink each day. By the third day I was having major caffeine withdrawal, and I'm not joking when I say I resembled an extra from The Walking Dead.

Hunger wasn't much of an issue, luckily I had enough rice to feed a small army. My tastebuds weren't thanking me however, and by the fourth day I ditched the rice altogether and stuck to sweet potatoes, passata and a handful of veg for my meals. I have a huge sweet tooth, but I try and eat well too, so



I normally eat a lot of fresh fruit throughout the day. Fruit wasn't in my budget however, so my blood sugar level dropped and I ended up in bed by 8pm each night. Even Netflix marathons wore me out.

I tried to persevere however, using the donations and support from others as well as the promise of a good meal at the end of the chal-

lenge to keep me going. I'm not going to lie, it was a difficult week. However, I raised £160 and learnt to truly appreciate the situation I'm grateful to be in. It was an eye opening experience, and now I think twice before I spend £3 on a coffee.

Five days is nothing in the grand scheme of things, so pretend

you're a contestant on 'I'm A Celebrity' and change some lives while you're at it. If you fancy giving it a go then you can join LUSU Gives as they take on the challenge. Check out their Facebook page for details, or sign up on live-belowtheline.com. Your actions can make a real difference.

Living with Coeliac Disease on campus

HANNAH JORDAN

I was really scared on my first night at University. I was nervous about meeting my new flatmates, afraid that I wouldn't make any friends and terrified of living away from home for the first time. But to be honest I'd wager that most of us felt that way.

However, it turned out that my biggest hurdle that first night was a plate of lasagne.

It sounds daft but it's true. The night we moved in my Freshers reps rounded up all my flatmates and herded us down to Trev to eat free lasagne together for tea. Except I can't eat lasagne because I have Coeliac Disease.

Coeliac Disease is an auto-immune condition triggered by eating gluten, a protein found in wheat, barley, rye and (sometimes) oats. If I consume even a tiny amount of gluten – a crumb is enough – I could get severely

ill because the immune response that it triggers damages the lining of my small intestine. The only treatment is following a lifelong gluten-free diet that completely avoids gluten-containing foods such as pastas, breads, cakes, biscuits, beers and so on. It can be difficult though, because gluten often turns up in really unexpected places.

According to statistics from Coeliac UK, 1 in 100 people in the UK have Coeliac Disease but only 24% of them are officially diagnosed. This leaves almost half a million individuals undiagnosed and suffering symptoms such as bloating, diarrhoea, nausea, constipation, tiredness, headaches, weight loss, hair loss and anaemia. If these symptoms didn't reduce people's quality of life enough, if left untreated for several years Coeliac Disease can also lead to chronic illnesses such as osteoporosis or bowel cancer.

So, while my flatmates sat on the

floor of Trev and bonded awkwardly over lasagne, I went back to my flat with my Freshers rep to eat alone. With no time to cook, my poor rep got to witness the pitiful sight of me sat in my new kitchen, eating dry crackers glumly because I (mistakenly) thought that I had already let my illness get in the way of making friends at University.

According to statistics from Coeliac UK, 1 in 100 people in the UK have Coeliac Disease but only 24% of them are officially diagnosed.

The next few months brought several challenges so I've put together a few tips for anyone who has Coeliac Disease or other food intolerances and is living on campus:

1. Bring your own toaster and label all your food. I felt extremely ridiculous bringing my own toaster into the kitchen every morning, but it was necessary. In order to

avoid gluten entirely you need to avoid cross-contamination: It only takes someone using your toaster or butter or something once for you to be ill.

2. Be prepared to budget like a pro. It seems like general student advice but the fact is that gluten-free substitutes are significantly more expensive than their 'normal' counterparts. If you have topay for prescriptions as well the foods available to you through your GP are also ridiculously expensive.

3. Find places you can eat on campus as soon as possible. The best way to find out what places on campus do gluten-free food is to just ask! A few recommendations are Cafe 21 (they do vegetarian stuff as well) and the Hub (they do delicious gluten-free soups). While they don't do meals, many of the pubs, shops and eateries on campus offer cakes and other small confectionaries that are gluten-free.

4. Most importantly: Talk to your flatmates. It can be scary explaining your condition to strangers you've just met. Fearing that they'll think you're just a fussy eater or over-the-top is natural. The best course of action that you can take is to explain yourself clearly and to not tone-down the risks that cross-contamination poses to you. Create an environment where they feel comfortable to ask you questions and to tell you honestly if they think they've made a mistake and 'contaminated' your food. After all, its better that they tell you so that you can rectify the situation, rather than letting you get ill.

The 11th-17th of May was Coeliac Awareness week so there has never been a better time to learn more. If you think that you or someone you know has Coeliac Disease, speak to your GP and check out Coeliac UK's website for more information: <http://www.coeliac.org.uk>

Essay competition: Business Ethics

STEPH MITCALF *BUSINESS EDITOR*

The Institute of Business Ethics has opened applications for their annual student essay competition, with a first prize of £1000.

The IBE Student Essay Competition seeks to encourage ethical sensitivity and new approaches to corporate responsibility from students who may be the next generation of business leaders.

Philippa Foster Back CBE, IBE's Director said: "It is more important than ever that the academic experience of the business leaders of tomorrow includes the chance to consider the relevance and application of ethical values to business behaviour.

"The IBE Student Essay Competition offers students the chance to consider these issues, and university departments of all disciplines to engage with business ethics issues in their teaching."

The IBE Student Essay Competition seeks to encourage ethical sensitivity and new approaches to corporate responsibility from students who may be the next generation of business leaders.

The word limit for the competition is 3,000. The essays or coursework submitted may cover any business ethics topic and should be the current work of the student.

Previous winners have tackled topics which have ranged from financial services, marketing, human rights, and executive pay to social media and fashion.

There are two categories, Undergraduate and Postgraduate. The total prize fund for the competition is £3500, thanks to a donation from the Gordon Cook Foundation.

The competition is open to all students studying at UK universities. The deadline for submissions is 30 June 2015.

Essays will be judged using the

following criteria:

1. Topicality:

The extent to which the topic of the essay is subject to contemporary debate and relevance to ethical business practice.

2. Clarity of expression:

The extent to which the essay is fluently written in accessible language, is coherently structured and uses a high standard of referencing.

3. Analysis:

The extent to which the essay presents clear, well organised and well-reasoned argument, judgment and opinion or conclusion, with relevant evidence, analysis, illustration, interpretation, evaluation, or application.

4. Use of theory and research:

The extent to which the essay draws on appropriate academic literature and other data and relates it to the topic; and sets out and correctly employs relevant concepts.

5. Application to practice:

The extent to which the essay addresses real-world challenges in business ethics and makes a contribution to the development of thinking and practice.

The Lead Academic, Professor Geoff Moore, Professor of Business Ethics, Durham University will co-ordinate the judging process, with first stage and final stage judges made up of academics, business leaders and any competition sponsors.

Students wishing to take part will need to enter their submissions electronically to competition@ibe.org.uk. Each submission needs to be complete with the cover page of the competition, which can be download at: <http://www.ibe.org.uk/student-essay-competition/74/53>.

Winners will be notified by 30th September 2015.

Career Mentoring Programme opens for applications



STEPH MITCALF *BUSINESS EDITOR*

Some of the greatest relationships of human history have been those of mentor and mentee. Aristotle and Alexander the Great, Dumbledore and Harry Potter, Larry Summers and Sheryl Sandberg...

The Career Mentoring Programme opened on the Monday 4th May and will remain open for the next three weeks. Run by Careers in the Base (opposite the library), the scheme is aimed primarily at current first years who will be entering their second year this September, though students of all years may apply. Full details on how to do so may be found here: <http://www.lancaster.ac.uk/careers/students-graduates/help-and-advice/career-development/mentoring/>.

The programme was launched in 2008 and has been growing in popularity ever since. The scheme matches each student, based on career aspirations and the field they wish to work in, with an alumnus who is already working in this sector. The process is all

done online, and you will be asked to answer a few short questions, with 150 words for each:

1. Why that career?
2. What research have you already done?
3. Why do you want to be involved in the mentoring programme?

The programme is competitive, so you should try to answer the questions as fully as possible. Proportionally, the value you gain from the scheme is likely to far outweigh the time you spend on the application, with 95% of 13/14 mentees rating their experience positively. In October, at the start of the 2015/16 academic year, the careers team will be in touch (if a match is found) with the contact details of your mentor so you can set up a time to talk about your hopes for the relationship and to see if you're a strong mentor-mentee fit. The programme lasts from November to May.

During the programme, you make contacts and learn from those who

have already succeeded in a given field. I did the scheme myself last year, which landed me on the 5.30am train to London (I'm excessively early for everything). Free from the pretense of Insight Days and Internships, I had the opportunity to see the bank properly. That experience was much more enlightening for me than any prospectus or Insight Day with this company ever had been. Experiencing the tube at 8am was a revelation in itself. My mentor provided me with invaluable feedback and was always happy to give guidance on applications. Your experience with your mentor is what you make of it (yes, I did really just say that). But first, you have to apply!

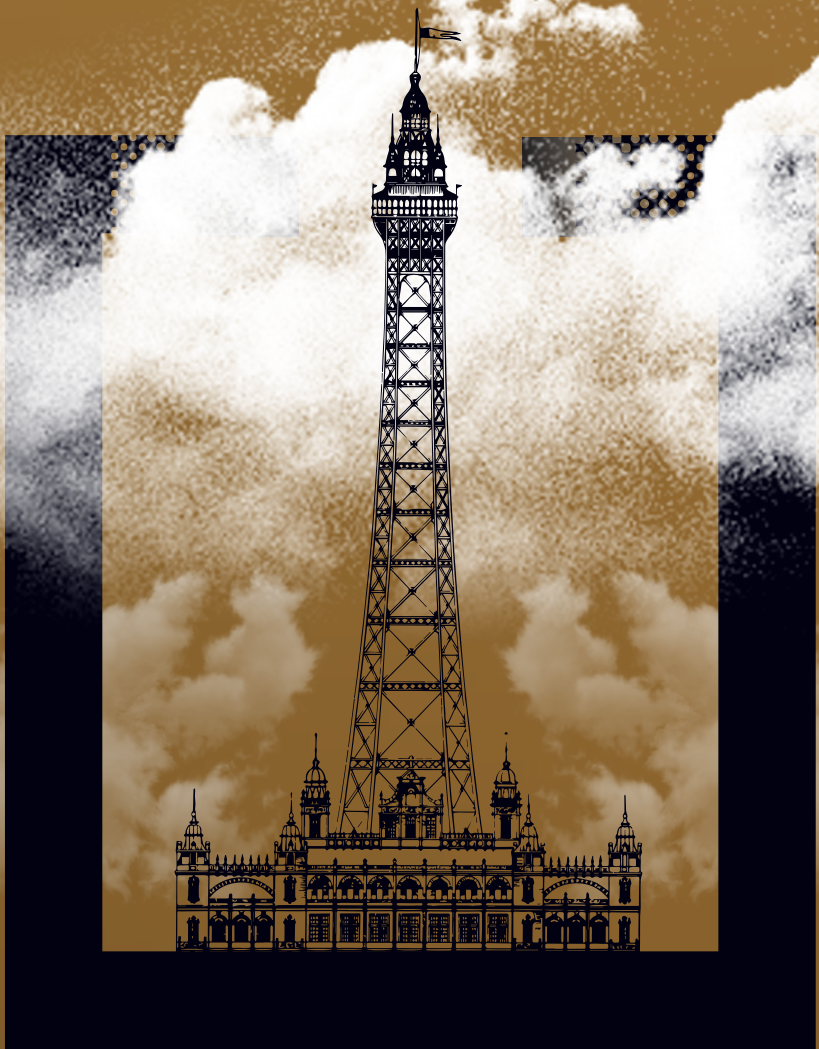
If you have any questions or queries about the scheme, you should contact Claire Lawrenson at c.lawrenson@lancaster.ac.uk. Feel free to email me at scan.business@lusu.co.uk if you want any information on how the scheme plays out, from somebody who's taken part in it! I couldn't advocate the experience more.



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PwC drops A-Level requirements for graduates



STEPH MITCALF BUSINESS EDITOR

Leading graduate employer PricewaterhouseCoopers, a regular at Lancaster careers fairs, has announced that it will drop UCAS entry criteria from its grad

scheme, in a move to enable social mobility.

In a blog post, the company announced “The strong correlation that exists in the UK between social class and school academ-

ic performance suggests that by placing too much emphasis on UCAS scores, employers will miss out on key talent from disadvantaged backgrounds, who can perform less well at school.”

Further commenting, “The move will enable the firm to further diversify its graduate intake through broader access to talented young people, who may not have strong historical academic performance at school, but have gone on to perform well at university and have all round proven capabilities.”

Gaenor Bagley, board member and head of people at PwC, said: “As a progressive employer we recognise that talent and potential presents itself in different ways and at different stages in people’s lives. Removing the UCAS criteria will create a fairer and more modern system in which students are selected on their own merit, irrespective of their background or where they are from. By breaking down social barriers we will open the door to thousands of students who may have previously thought a graduate role with PwC was out of reach for them.”

Richard Irwin, PwC’s head of student recruitment, said: “We want to target bright, talented people and extend our career opportunities to untapped talent in wider pockets of society. Our experience shows that whilst A Level assessment can indicate potential, for far too many students there are other factors that influence results. Competition and assessment for our graduate roles will be as tough as ever - but those that want to get on with a career in business can do so.”

Stephen Isherwood, chief executive of the Association of Graduate Recruiters, said: “Using a candidate’s UCAS points to assess their potential is a blunt tool and a barrier to social mobility. This is an innovative step by one of the most significant graduate recruiters in the UK. Other graduate employers should follow their lead.”

Issue of ‘Corporate Science’ at the TEDx Conference

LIAM BURNS
DEPUTY BUSINESS EDITOR

The recent TEDx conference held at Lancaster’s Dukes theatre offered up a range of engaging and thought provoking ideas. However, one key speaker, Dr Stuart Parkinson of the campaign group ‘Scientists for Global Responsibility’, offered up what could be regarded as one of the more contentious ideas of the night.

His argument was that which aimed to highlight the problems of what he labelled ‘Corporate Science’; stating that he felt there was too much industry involvement to be found within the realm of scientific research. While his concerns over this matter are valid, do they illuminate all of the factors linked to the corporate funding of scientific research?

As has been said, Dr Parkinson’s concerns on this matter are valid ones. Before becoming Executive Director of his campaign group he worked as an engineer on military projects. It was here, he said, that he began to get “ethical qualms” regarding the nature of his career path, noting that there was an “aw-

ful lot of money to be made” from projects of this nature, despite the negative impact that they may take on either the environment, or on human beings. Not only was this noticed in the industry he was employed in, but Dr Parkinson also made note of “problems in the food industry, agricultural industry and the chemical industry”.

Yet, increases of industry funding would lead to what he saw as “more favourable results” for the companies. It was these results that would be shared with the public and consumers. “Corporations involved in public information campaigns”, thereby downplaying the risks of a range of things such as smoking or climate change to benefit their own profits.

The solution to such problems is something that Dr Parkinson has labelled as a “science for society approach”. Key to the successful implementation of this approach is what he views as the “need for more researchers who are independent of corporate funding”. To gain results from scientific research that is unswayed by financial benefits in favour of research that offers unbiased answers to

questions over the damage being dealt by corporate products.

Such undertakings are already occurring, but, rather ironically, little headway can be made into these research methods due to a lack of funding; equal to “just 1%” of the funding implemented by larger parties according to Dr Parkinson.

This is where the first major flaw in Dr Parkinson’s idea can be seen. Yes, it is definitely a cause for concern that major corporations can wield their large finances to gain influence over the scientific community, thereby gaining results more likely to show themselves or their products in a more positive public light.

But at least in this way businesses can provide scientists with the means of making real scientific developments and breakthroughs.

Apple exists primarily as a corporation that seeks to make huge profits from the technology market, but few would deny that their funding has brought about some of the most significant technological breakthroughs of recent years.



Maia Paddock

In this way another flaw in Dr Parkinson’s idea is brought to light. Corporations exist to make profit, but it is only because we as consumers maintain a demand for the products that they sell.

Is it right to place blame squarely on the shoulders of corporations for industrial meddling into matters of science, when it is consum-

ers both large and small that act as the impetus for this meddling in the first place?

Perhaps it is they who need to take the first step, by recognising what it is they are buying into, that might lead into a world where the worlds of business and science can collide less and less.

Five reasons to write for Spine



SIAN BRADLEY **SPINE EDITOR**

Stare at GIFs all day

Spine is all about the GIFs (well, that and the writing, we suppose). That means you can spend all day browsing Tumblr and Reddit for the perfect ridiculous looking cat.

The best thing is that if you write for Spine, it isn't considered procrastination, but 'boosting your CV and building important skills, according to smug little articles like this one.



Step into student journalism

Student journalism is important and an incredibly fun way of getting your voice heard all over campus. However, speaking to so many people about straight-faced and earnest topics can seem more than a little bit daunting.

As Spine is online only and a lighthearted section of SCAN, you can still get your name in lights without leaping straight into the frozen pond of cold hard news.



No need to be serious

Journalism is a serious game with high stakes and strict rules - apart from Spine.

We're the more frivolous section of the paper who offer students a humorous break from the constant and pointless droning of academic writing, meaning that your writing and topics don't need to be serious at all.

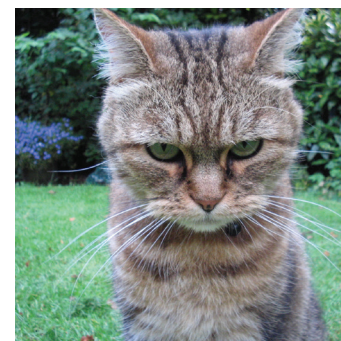
Have fun, break out your best jokes and spread joy, laughter and dubiously relevant GIFs all over the place.



Talk about anything

We focus on absolutely every topic under the sun that affects students or Lancastrians. Given that students are unpleasable and have an endless stream of issues and gripes, this means we're well supplied with content.

That leaves articles open to a huge range of topics, from the difficulties of staging a house party to what to do if you're undersupplied with cat GIFs.



Vent your frustration

It's no secret that university stresses students out - essays, 9am lectures and Sainsburys' extortionate prices all get the temper rising.

Because Spine isn't taken seriously, you can feel free to take all that anger out on a topic in the form of terrible puns and passive aggressive animations without any threat of libel action.

As long as you're not turning your article from a rant into a tirade, almost anything goes!

WRITE FOR SPINE



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scan.lusu.co.uk/section/spine

Lancaster cheerleaders compete at Roses for the first time

KATIE CAPSTICK

After years and years of waiting, cheerleading has finally become part of Roses. For many, cheerleading entails a group of women stood at the side of an America football game with pom poms shouting, dancing and chanting. In reality, cheerleading is a highly competitive and extreme sport which involves elements of stunting, jumping, motions, gymnastics and dancing. Over the past few decades, cheerleading has become a worldwide phenomenon and requires exceptional dedication to participate. For those who wonder what the Lancaster Cheerleading Squad actually does, it may come as a shock.

This year has been a remarkably successful year for the Lancaster Roses. With four squads and over 100 members, they have been performing at university events throughout the year such as Thanksgiving, Campus Fest and International Women's Day whilst also performing outside of the University at Morecambe FC games. The society has 1 dance squad (Diamond), an all-girl level 1 squad (Pearl), an all-girl level 2 squad (Ruby) and a co-ed level 3 squad (Onyx) who have all competed at and taken trophies home from national competitions including the British Cheerleading Association (BCA) in Telford and the International Cheerleading Coalition (ICC) in Nottingham.

Not only did the Roses compete at some of the most exciting, renowned and talent-filled cheerleading competitions in the UK, but Diamond became double national championships at BCA and ICC by placing 1st in both competitions. Onyx also came 3rd at ICC meaning both Onyx and Diamond won bids to the European Summit in Worcester for this summer. This year, therefore, seemed like the perfect time for the Lancaster Roses Cheerleading Squad to make their Roses debut.

Once summer term started, the Lancaster Roses began training hard for the upcoming competition at the weekend. Defying the odds, Onyx had to revamp their routine with half the squad being lost to revision period, Onyx stunt

group were determined to prove their talent after BCA's unfortunate blip, Ruby was training hard for hours in County South and Diamond was perfecting their already flawless routine.

After watching fellow Lancastrians compete all weekend, it soon became the Lancaster Roses turn to compete on the Sunday afternoon. Sitting nervously in Derwent College bar whilst the York Hornets practised their stunts and routines in the competition hall, the Lancaster Roses knew it was finally their time to prove their talent to not only our university but to York as well and to prove why they deserve to compete in Roses indefinitely.

As the York Hornets had enormous success at BCA, the Lancaster Roses knew there would be some tough competition. Due to having mismatched divisions, and although this would never happen at national competition level, it was decided that Ruby would compete against York's Co-Ed Level 2 and Onyx would compete against York's all-girl level 3. The atmosphere in the competition hall was ecstatic, supporters filled the audience space and those who couldn't get in watched the live stream on YouTube.

First to compete was the level 2 division. York's routine consisted of various pyramid formations, virtually faultless lib sequences and a very tight dance section whilst Lancaster's routine consisted of numerous difficult reload stunts, a complex and almost perfect pyramid sequence and a very impressive basket section. Even due to an illness related pull-out that morning, Ruby managed to perform the routine the best they have thus far.

Next up was the level 3 division. York were up first displaying some impressively high basket tosses, some very in-sync suspended forward rolls and managed to pull off a tick-tock lib whilst in a pyramid. Lancaster were up next, bearing in mind the actual competition was the first time the squad was able to perform the revamped routine all together and somehow managed to perform almost impeccably. The routine consisted of an astonishing pendulum stunt, something



I have rarely seen in contemporary UK cheerleading competitions, dual base stunts and an inversion lib. The group stunts at level 3 were next to compete with Lancaster going first. Lancaster's stunt sequence consisted of two single base stunts, a spectacularly high twist basket and a suspended forward roll twist. York's stunt sequence included a heel stretch lib, a faultless reload into a suspended forward roll and a pike basket. Contestants in this division are also scored on their interchangeability, meaning the cheerleaders were required to embody various positions from flyer, to base, to backspot.

With huge anticipation, last up was the pom dance division where York went head-to-head against the undefeatable Lancaster Roses Diamond. York's routine entailed some impressive formations, jumps and motions, whereas Lancaster's routine entailed some very original elements such as spelling out "LR" with their pom poms, juxtaposing ballet moves with gymnastics and some creative and authentic canons.

After patiently waiting whilst the

judges deliberated the scores, the results were finally ready to be announced. In the level 2 division, Lancaster lost by 7 points, in the level 3 division, Lancaster lost by 6 points, in the group stunt division, Lancaster lost by only 1 point, however, in the pom dance division Lancaster WON by 18 points at a score of 168. As expected, Diamond coaches Amy Calderbank and Heather Wright were delighted that their fantastic choreography had placed their squad 1st in every competition they entered this competition season.

As York won 3 out of 4 divisions, this meant that, if points were given as they will be next year, York would have won and given points to their overall university's score. However, for me, I personally think the scoring system should change for next year's Roses. It seems unfair to place an all-girl squad against a co-ed squad and should therefore use an aggregate score system to consider a fairer competition. Due to Diamond's vanquish, using an aggregate score would have meant Lancaster winning cheerleading for Roses. This, I believe, is something which should be taken into considera-

tion for Roses 2016.

After the results, the Lancaster Roses and the York Hornets participated in a cheerleading end-of-competition tradition by dancing to the "cupid shuffle" and "the wobble". Such enjoyment from the cheer tradition subsequently invited a rather entertaining and humorous dance off, or "cheer off", between members of each university squads. Not only did this sustain Lancaster Roses' strong relationship with the York Hornets but shows how essential Roses as a whole must remain a friendly and welcoming competition.

Next year Cheerleading fixtures will get points as Lancaster host for the 52nd Roses in 2016. York Hornets should be watching out for our sting when we prove that roses really are red!

If you missed the event, you can watch the stream here: <https://www.youtube.com/watch?v=yVP-noLcofPc>.

JUST PLAY



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If you would like to get involved in sport and would like the opportunity to be active while at University, then thanks to Sport England, LUSU and the University, we are now able to offer a variety of none committal low cost activities for everyone.

MONDAY	Basketball 10am-12pm Sports Centre		
TUESDAY	Fencing 3.30-5.30pm Sports Centre	Badminton 3.30-5.30pm Sports Centre	
WEDNESDAY	Wednesday Workout 2-3pm Pendle Bar	Just Jog 4-5pm Pendle TV Room	Swimming 8.15-10pm Sports Centre
THURSDAY	Archery 9-11am Sports Centre	Basketball 3-5pm Sports Centre	Climbing* 8-9.30pm Sports Centre
FRIDAY	Futsal 10am-12pm Sports Centre	Squash 5.20-6.40pm Sports Centre	
SATURDAY	Touch Rugby 12.30-2.30pm 3G Pitch	All Sessions are £1 unless FREE*. Please wear suitable clothing (Sports trainers and shorts or tracksuit bottoms). Bring a bottle of water and sweat towel. Sessions run throughout the term.	
SUNDAY	Tennis 11am-1pm Outdoor Tennis Courts	Swimming 1.30-2.30pm Sports Centre	

*Climbing is a 4 week course costing £5 in total. Booking required Please email c.place@lancaster.ac.uk
This timetable will be regularly updated. For the latest version please visit

lusu.co.uk/just-play



Mixed fortunes in the pool for Lancaster at Roses

ESTHER JEWITT

If you weren't spending your Roses Saturday evening at the darts, you were in Derwent bar to watch the pool. Although not quite as big a turnout, they certainly made up for it in noise volume.

The men's seconds of the afternoon had been nail-bitingly close. Each university has nine players, who each face their opponent for three frames. The best of three winner gains one point for the team, so there are nine points to play for overall. By the ninth game, the men's seconds were drawing at four all, meaning it all came down to the final game.

It was between Lancaster's Chui Sung Tai, and York's Dave Coggan. To everyone's great excitement, they won a frame each, meaning the fate of the entire game rested on just one final frame! Unfortunately, it was disappointment for Lancaster, as York managed to steal the victory. This frustratingly close 5-4 win gained York two points towards the Roses total.

Still to come was the women's

and men's firsts pool. Speaking to SCAN before the match, Lancaster's Katy Thomas was optimistic, and believed in her girls: "We're going for the 9-0," she said.

Josh Polding, captain of the men's firsts informed SCAN: "Lancaster are stronger on paper, but obviously it depends on the atmosphere of the evening." At this point, SCAN didn't fully appreciate just how much of a role atmosphere could play. Preceding every single game, each player had to cheesily make his or her entrance while the DJ played 20 seconds of something like 'Barbie Girl' at ear-splitting volume, much to Polding's disgust.

The Lancaster boys got off to a cracking start, as Sam Yip obliterated Sean Terry 2-0, with no need for a third frame. York, however, managed to win the next three games, defeating Lancaster's Jeff Chan, John Janes and Ben Caborn, despite some extremely skillful shots. By the end of the fourth game, the score stood at 3-1 to York.

The atmosphere that Polding referred to had started to play a significant role. The York boys had be-

gun to hurl abuse at the Lancaster players, coming up with spiteful chants and jeered maliciously. A security guard half-heartedly told them to settle down a few times, but for the most part, we just had to hope our Lancaster men had nerves of steel.

Miraculously, the Lancaster boys persevered, and Alex Smith managed an impressive win amid raucous jeering from the York support. Captain Polding unfortunately lost, leaving the score 4-2. At this point, the next game could secure the win for York.

But Lancaster held them off. The next two games were skilfully won by our Jamie Rogers and Tom Howell. The boys put up a gallant fight against all odds, but was it enough to secure the overall win?

Alas, the pressure was too great, and Jamie Lewis lost his game, handing the overall win and the four points towards Roses to York. I would say they deserved the win, but frankly, they absolutely did not.

However, the Lancaster boys even

had the decency to clap them at the end. Hats off to them for actually managing to grow up.

The girls kicked off with Lancaster's Molly Chambers against York's Alex Benjamin. Ever cool and collected, Chambers managed an easy 2-1 win, one of which left her opponent with still three balls on the table. Having spent her third year as Furness captain, she told SCAN "I'm happy to end my Lancaster pool career on a high."

Next was Lancaster's Vicky Hives and York's Penny Lawn. The first frame was a close win for Hives, but after that, she fought down her nerves and hit her stride, and absolutely smashed it, in true 'Victorious' style. Another easy point for Lancaster, leaving it 2-0.

Unfortunately York stole the third game, beating Lancaster's Gemma Pollock although it was very close. Next came women's captain Katy Thomas, who beat York's Nicole Leicester, winning the first two frames and boosting the women's score to a promising 3-1 to Lancaster.

Lancaster's Charlotte Baker secured a fourth point for the Lancaster women, making it 4-1. It could be all over for York in the next game!

York's captain stepped up to the challenge, playing Lancaster's April Zhou for the winning point. Zhou skilfully doubled the black into a middle pocket, and the Lancaster support erupted. Everyone was on their feet cheering for a good five minutes! The Lancaster girls had already won the four points towards the Roses total!

However, they continued to play anyway, finishing on an impressive 7-2, as Rebecca Wilson and Hayat Kara won their games, and Filson Tarsey unfortunately lost. A fantastic result for the Lancaster girls, and a seemingly effortless success.

Women's captain Katy Thomas is so proud of her girls: "Every single person put so much time and effort into practising to make sure we got the right result."

Spoils are shared between the teams in Roses equestrian

ESTHER JEWITT

The Friday of Roses kicked off with the equestrian competition, located 45 minutes drive Northeast of York, at Snainton Equestrian Centre. Home advantage counts for a lot in an equestrian competition. Consider that York train using these horses all the time, whereas Lancaster turn up on the day, are allocated horses, and have ten minutes to get to know them before riding the competition!

York's Ellie Curtis was first up, in the dressage riding Buttercup, a young and inexperienced horse, which presented extra challenge. Lancaster's Alex Maxwell, however, managed a far superior round using the same horse, earning her a fantastic score of 173. Another of Lancaster's high scorers was Dave Lovell, riding an enormous and rather stunning piebald named Crow, who received 169.5. However, soon the heat began to interfere with the dressage, and poor Crow was noticeably dripping

with sweat. By the time Lancaster's Louise rode him, his outline had disintegrated, and an exhausted Louise later cried, 'I was carrying him around the school!' Judge Woffinden was sympathetic, and aimed to judge not on how the horse behaves, but how the riders respond and react to tough situations. Most riders were caught out by the 'give and retake' move, which involves a rider releasing rein contact over a few strides, before taking back contact. It is a test of self-carriage, in which the horse must stay in balance. The riders seemed tentative to give their horses the extra rein for fear of losing outline. Judge Woffinden was disappointed, and marked many competitors down for maintaining too much contact. The highest overall scorer of the dressage was York's Kate Morgan, riding Max, a cheeky chestnut pony. She rode a beautifully consistent round, scoring an impressive 181. Speaking to her afterwards, she told me she's extremely happy with the result.

Dressage over, and York's A team were in the lead with only 14 penalties, followed by Lancaster's A team with 39, then York's B team with 49, and finally Lancaster's B team with 55.5. Lancaster's captain Emily Cowland exclaimed, 'I'm proud of us all!' with all still to play for in the upcoming afternoon of jumping.

Riders are assessed on their style over a course of jumps, max 90cm, and points are deducted for dropping poles. Competition was extremely tough, with an impressive nine out of sixteen riders going clear. The only rider to knock down three jumps was York's Laura Haxby, riding a bay hunter named Archie, earning York's B team a potentially fatal 41 penalties.

Archie was by far the most challenging horse, and presented problems for many riders. Lancaster B team's Brittany McGeady, however, confidently took him in hand and delivered an incredible

clear round with an impressive style score of 151. The judge was thoroughly impressed. Frances Wilde, from the same team, took on rocket pony Blossom and secured another fantastic score of 156. These two excellent rides resulted in Lancaster's B team shooting up the scoreboard!

Lancaster's Alex Herring also rode clear, and gained a great style score of 154, riding Buttercup. But the rider who stole the jumping competition was York's Yongqi Su, also on Buttercup. He received a jaw-dropping 161 style points, and Judge Woffinden hurried to congratulate him after the round.

The penalties from both disciplines were totted up, and the results were somewhat surprising. York's A team had come in first with only 39 penalties, thanks to Morgan's beautiful dressage and Su's seamless jumping. To everyone's astonishment, Lancaster's B team were awarded second place with 102.5, surpassing their own A

team! The exceptional skill shown in Maxwell's dressage, and by McGeady and Wilde in the jumping competition gave them this crucial edge. Close behind in third was Lancaster's A team with 104, and fourth York's B team with 134.

Towards the Roses totals, the four A team points were thus awarded to York, and the two B team points to Lancaster. Four of Lancaster's riders were placed individually: Maxwell in 4th, Wilde in 5th, McGeady in 7th and Lovell in 8th. 1st place went to York's Rachel Heap, who was the most consistent rider across both disciplines.

Lancaster's captain Emily Cowland reflected: 'Roses really was a testament to the teams and the progress they have made. The fact that the A team and B teams scores were so close shows how effectively we have progressed together. We embraced the competition as a team and helped each other right up until the last jump. I'm very excited to see them win Roses 2016.'

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Bombers late show enough to blow away Centurions



Sammie Caine

FINAL SCORE: LANCASTER 26-6 YORK

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Lancaster Bombers continued their fine Roses record as they cruised to a comfortable 26-6 win over their York compatriots in the Friday sunshine. The bombers, who have only ever lost one Roses match in their history, ran away with the second half as their class shone through despite a battling York side.

The Bombers were overwhelming favourites for the fixture and had to deal with a cagey first quarter from a York side who were dogged in trying to force the issue on home soil. Both sides were solid in defence and offered little offensive presence early on as turnovers were exchanged, the first real moment of quality coming from Bombers quarterback Iain Meador, who took matters into his own hands and ran in the first yards of the game.

After a couple of drops following good long passes from Meador, Lancaster finally made their breakthrough early in the second quarter. A long pass from Meador was clutched nicely by Liam Natrass, who made a by-line for the endzone and sprinted clear of the York defence, running in a much needed lead for the away side.

Lancaster failed to add 2 more following the Touchdown, but would have been delighted to go into the break 6-0, or so they thought.

York's finest moment of the game undoubtedly came in the dying minutes of the first half, as a stunning interception from Stephen Bates gave the home side a final chance to get back into the game, an opportunity they snatched.

Quarterback Will Muirhead had his finest moment all day as he fired an arrow of a pass into Kev Uwotu, who's incredible speed allowed him to race the ball home. York had sneaked a leveller going into the break.

The second half however, belonged well and truly to the Red Rose from the moment they were gifted an extra two points, via a safety following a lapse in concentration from the home side.

Lancaster needed no extra incentive to make the most of this break and were completely dominant throughout the second period, with explosive running-back Dimeji Ademiju being a constant thorn in the Centurions' side.

Unsurprisingly, it was that man Ademiju who extended the Bombers' lead in the third quarter, who after receiving the ball short from Meador, bamboozled the York defence with a sharp turn and proceeded to race clear with his blistering pace. Going into the final quarter, the away side led 14-6.

The final quarter was where Lancaster really turned the screw and put the game to bed, wide receiver Matt Lomax adding another valuable six points following a short rushing touchdown early on, giving the away side some breathing

room.

The 20-6 score line was a deserved one for the Red Rose and could have been much greater, had they not been so wasteful with a string of dropped catches and unsuccessful conversions.

The real comfort however, came in the form of the Bomber's defensive line, who were an impenetrable force for most of the game. York were frustrated time and time again at their inability to make yards on the bombers defence, with their only attack of note being the touchdown scored at the end of the first half.

Lancaster's defensive force was epitomised by Connor Monaghan who midway through the fourth quarter unleashed a huge tackle that sent a York guard sprawling into his own running back to lose four yards. The ferocity of the Bomber's defence provided the catalyst for the win, which was to be secured late on in the quarter.

Within the final two minutes, Lan-

caster were back on offence, and back amongst the points. A great catch from Jack Hilton yards from touch put even more pressure on a waning York defence, and once again Lancaster were able to capitalise as Josh Jahans ran the ball home.

With the Bombers now out of sight, the Lancaster faithful on the side line were boisterous throughout the final few minutes and erupted at full time, as the away side claimed a 26-6 win and four Roses Points.

After the game, Lancaster's American quarterback Ian Meador spoke to SCAN about his side's performance: "I thought we were excellent, our defence were especially great. As a quarterback when you only need to find six points, it makes your job a lot easier."

The game also marked the last in charge for long-time Bomber's head coach Darren Carr, who will no doubt be delighted to end his reign with yet another Roses victory.