

# scan



## END OF YEAR ISSUE

**Laura Clayson:**

*“I’ve gone from standing outside with a megaphone to actually sitting in the meetings.”*

**Cat Smith MP:**

*“When I started as a student at Lancaster I wouldn’t say I was political.”*

**Tom Fox:**

*“It’s hard to stay positive about life after graduation: just job applications and endless debt.”*

**Daniel Snape:**

*“I was signed up automatically when I started. Now, I’ve decided to leave LUSU.”*

**Simon James:**

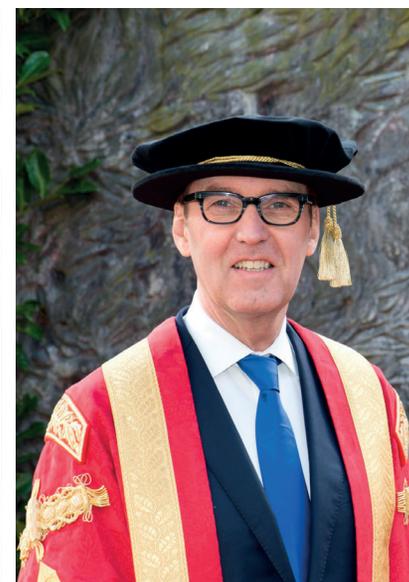
*“Lancaster is what you make of it, and in terms of an arts scene, you can’t ask for a lot more.”*

**Anna Trogstad:**

*“The last thing many of us will want to do is think more about our CVs, but summer work experience is worthwhile.”*

**Plus:**

- Interviews with Anne Toomey, Bruce Crowther, Tedx Lancaster U and more.
- Running club and women’s pool LUSU Awards success.
- 46% of staff do not feel valued by the University.



## Changes to DSA could prove dangerous

LAURA WILKINSON DEPUTY NEWS EDITOR

Over the Easter break the government made changes to the way people qualify to receive Disabled Students' Allowance support without consultation, meaning that many students who are in need of help, may be left unaided.

The University currently works with Clear Links, the UK's largest specialist Support Worker service, who are currently the University's sole provider. However, under the new proposed system, any support worker from any company could be used meaning that the disability service will not be able to track the quality of the support, or who is or isn't on campus. Shortly after this system was proposed Lancaster claimed for an exemption, which it received, but it is unknown when this exemption will be removed. The exemption means that although in reality the support could come from any company, the support should still come from Clear Links for the time being. Due to further cuts to DSA support the university is also losing funding for important equipment such as laptops which are provided to those in need.

Speaking to Mia Scott (VP Welfare & Community), SCAN learned that the recent updates could have disastrous effects on those who receive non-medical help via the DSA support system. After further investigation into the proposals Scott found that it was "much worse" than she had originally realised. According to Scott these changes "will have a large impact on students, and there's a risk that if University Management do not foot the bill for laptops then students who need the support and cannot afford their own laptops will be left to struggle".

Scott believes that the proposed cuts are "prejudiced and discriminatory" and that cutting such a "vital fund from a student group that needs support to reach their full potential in Higher Education is disgusting". She feels that "society disables people, not that the individual is disabled. Things can always be put in place to remove barriers and eradicate inequality" and that the opposite is being done here, these cuts put "these particular students at a disadvantage when there needn't be one". The University has recently sup-

ported a campaign which opposes the proposed cuts and updates to the DSA support.

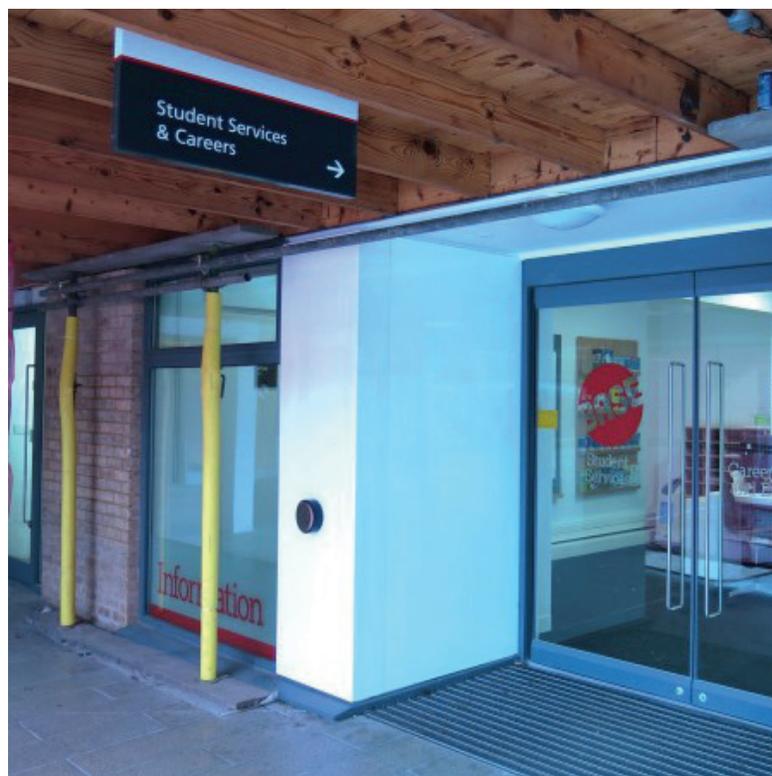
According to Scott the University have been very supportive of the campaigns against the DSA updates and "they have shown a general understanding of issues faced by the disabled students". She

believes that the University Management still "want everyone to achieve their full potential at University and will do what they can to ensure that this still happens regardless of government cuts".

LUSU and the Disability Service is now hoping that the University Management will agree to the

funding of the first £200 needed for laptops, which has been cut by the government, but there has yet to be an agreement made with regards to this. Despite Scott believing that there is a high probability that the University will support the payments, she told SCAN that the money needed "would probably mean cutting from elsewhere, which could cause a problem".

LUSU has been lobbying against the proposed cuts since they were announced during Easter. Scott said that LUSU have "written to our local MPs - Eric Ollerenshaw when he was in office and now Cat Smith, who seems much more supportive of our views on this than Eric did" and that the new full-time officer team will more than likely do the same. Scott has "no doubt that they will continue discussions with the university, continue to lobby the government about this decision with the support of the NUS and continue the campaign my current team have started in opposition to the proposals".



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# An interview with Cat Smith MP

HENRY SAKER-CLARK  
NEWS EDITOR

On Thursday Week 27 SCAN travelled to Westminster to speak to Lancaster and Fleetwood's newly elected MP Cat Smith about how her first couple of weeks as member of Parliament had unfolded.

Following her election to Parliament in May, beating her Conservative predecessor Eric Ollershaw, Smith was sworn in alongside her fellow MPs on Tuesday Week 5. Smith told SCAN that she thought life in the chamber would be "scary and confrontational" but took quickly to the role, making her voice heard quickly.

Smith became the first newly elected MP to speak in Prime minister's Questions, raising her profile after David Cameron called for her to be Labour Party Leader. After Smith asked the Prime Minister, "can the Prime Minister inform the House when he expects the UK to regain its AAA credit rating?" Cameron quipped that her question on fiscal responsibility was "a sign of progress" and that "there's a leadership election on, you should throw your hat in the ring".

Despite the sarcastic calls for her leadership from the Prime Minister, Smith told SCAN that she had no interest in the role. She added further in the interview, slightly more seriously, that neither did she have an urge to be a member of the Shadow Cabinet. When asked she replied, "no, I think the reason I was elected is because I stand for people in Lancaster and Fleetwood and as a new MP that's going to take up all my energy."

On the day of the interview, Smith stated that she had yet to declare which leadership candidate she would support. "At the time of this interview I am still having to have a few more conversations before I commit". On Tuesday Week 28 Smith announced on her official facebook page that she would be supporting left-wing candidate Jeremy Corbyn. On her account she said: "I'm nominating Jeremy Corbyn in the Labour Party leadership election. He's an inspiring campaigner who always stands up for what he believes in - opposing war, privatisation and the abuse of human rights whether here or



abroad."

Smith co-authored a letter to the Guardian with nine other new MPs, which stated: "We need a new leader who looks forward and will challenge an agenda of cuts, take on big business and will set out an alternative to austerity – not one which will draw back to the New Labour creed of the past.

"Labour needs a leader who is in tune with the collective aspiration of ordinary people and communities across Britain, meeting the need for secure employment paying decent wages, homes that people can call their own, strong public services back in public hands, and the guarantee of a real apprenticeship or university course with a job at the end of it." She restated this message to SCAN, saying that she would support a leadership candidate who was steadfast in supporting an anti-austerity message.

The Lancaster and Fleetwood MP is a proponent of free education and said that she will all she can to support students, a considerable voting block needed for her election. "I think that is going to be a really tough five years with the Tory majority government. Before the election they were refusing to rule out any rise in things like tuition fees, which is going to have a direct impact on students. I will obviously be working with anyone who will work with me on this in order to oppose any rise in student fees.

"Personally I have always been a firm believer in free education,

which is probably quite an unfashionable position, but I think it morally the right position. I think the people who benefit from a well-educated workforce are big employers and they don't contribute anything; instead we have personal debt on individuals and it puts people off going to University."

Smith believes she has already made a strong effort to represent local people, voicing important issues at the earliest opportunity - she was first of the new intake to speak at Business Questions, on Thursday Week 26, and in PMQs. "I was the first of the new intake of MPs to ask a question in the house, last Thursday in business questions, and got in and managed to ask for a debate on fracking in Lancashire."

Fracking is one of numerous local, and national issues, which Smith said she will be keen to voice as a member of parliament. "There are very few issues which I saw coming up on the doorsteps in Ray that were still coming up in Lancaster, were coming up in Knut End and were coming up in Fleetwood and fracking was that one thing that seems to unite the constituency, so for my first question in business questions last week I wanted to make sure I had made a point of wanting to ask for a debate on fracking because it is what people have sent me here to do and talk about.

"I will continue trying to get that debate and get that time in the house to have a frank debate about the safety record of fracking, about

the environmental impacts of fracking and our energy security", Smith continued.

She also told us, that becoming an MP was a drastic change for herself, in her responsibilities and in her personal life. "For me it's been a huge shift in terms of my personal life and the way in which I structure my week, traveling down to London Monday to Thursday and being back home in Lancaster Friday and over the weekend is quite a bit of routine which has changed quite a bit for myself and the impact that has on my family, on my partner in particular. Obviously it affects the whole family, me going up and down the country every week."

Smith not only studied at Lancaster but was also a member of the LUSU full-time officer team, and said that her experience at the University and Union was paramount to her political engagement. "When I started as a student at Lancaster University I wouldn't say I was political. I didn't really have any strong political leanings or allegiances and by the time I left I did a full-time year as a sabbatical officer in the Students' Union and I was a full-time Women's Officer. And it was partly through that education around the Students' Union, about feminism and equalities that led me to do things like join the Labour Party and I find myself here now, really proud to represent Lancaster in Parliament."

## 46% of staff do not feel valued by the University

NATHALIE FARRUGIA NEWS EDITOR  
@NATFARRUGIA94

The results of the 2014-15 Staff Survey revealed some slightly concerning results, including the figure that 46% of people surveyed do not feel valued by the University. Some other interesting figures included:

- 42% of people do not feel that the University is interested in their well-being.
- 32% of people do not think their HoD/manager helps to motivate them to give their best.
- 36% of people do not think their HoD/manager deals with poor performance effectively.
- 45% of people do not feel there are opportunities to feed their views upwards in the University.
- 44% of people do not where to find information about important decisions made at the University
- 46% of people think that recent changes have not been explained well.
- 59% of people in the staff survey stated that the process of change causes them concern and worry.

Speaking in particular about these more negative results from the survey, the University told SCAN: "As with all surveys, there are areas to celebrate and other areas for improvement. Clearly where we need to improve, we'd like the figures to be 0% and it's a key priority to address these, however independent agency and survey experts Capita (who ran the survey on our behalf) told us the things we do well, far outweigh the areas to improve. They didn't highlight a feeling of wide discontent amongst staff."

They also said "Overall, the staff survey shows a positive picture, however, we are not complacent and making improvements is a key priority for us."

VP (Education) Joe O'Neill told SCAN: "I think what these results feed back is that, with the continuing erosion of any pretence of the University operating in an open and democratic way, staff are beginning to feel that this isn't a place run for them but rather just another place of work.

# Thinking about your housing options for next year?

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LUSU

# LUMS set for £30-40million redevelopment

HENRY SAKER-CLARK NEWS EDITOR

Lancaster University's Management School is set to undergo a major redevelopment project, which is expected to cost between £30-40 million. The redevelopment is still in its earliest stages and the University has announced a competition in correlation with the Royal Institute of British Architects (RIBA) in order to choose a suitable design.

The Management School has undergone developments in its relatively recent past, such as the Charles Carter Building built in 2010 and the Hub and Lecture theatre area built five years previously. These new developments however are planned to rejuvenate the central area of the management school, which connects to the Spine, which is the original 1970s building.

Mark Swindlehurst, Lancaster University Director of Facilities spoke to SCAN in detail about the project and the design process. He said that this is area that had been earmarked as an area for im-

provement as part of the University's 2012 master-plan for facilities. "Four years ago we knew we were going to do chemistry, we knew we were going to do physics and we knew we were going to do the library and we knew we were going to build engineering so those are projects that are all either coming to completion, as in engineering, or physics which will start in a few months time.

"After looking at the plans for growth for student numbers and the amount for alterations to the existing management school, that's come to the top of the list in terms of the next building to be developed."

The design competition involves the University paying five separate design teams £10,000 in order to produce their plans for project before selecting the best of five ideas. When asked why the University decided to pay five separate teams rather than one separate group, Swindlehurst said: "It is a small amount in order to get the best solution and the design team costs will be substantially more than

that when we get to the end of the design process but for a competition process we find it is money well spent. It certainly brought the right architects together working on the Spine project."

He continued, "we just think that the more ideas we get from different teams the better we can the solution which is right for the University going forward."

The project will be preparing for the future, according to Swindlehurst, who said to SCAN, "we are keen to make sure that the University has something here that is competing on the global stage, and that is how the management school competes for things such as its MBA and its ranking so we want to give something that is really fit for the future."

Adapting to the ever-increasing number of students using the facilities was also an integral factor behind targeting this as an area for redevelopment. "There is growth in student numbers, there is correlating growth in staff numbers as well, and that, when you combine

it with the fact it is at the end of its economic life as a building, shows the need for improvement. Since it was designed in the 1970s the way of working has changed."

The design competition highlights the official start of the project which is hoped to be completed for opening by the summer of 2019. "It will take us until the end of the year to go through the competition process and appoint the team who we are going to work for so we would envisage that in about October/November we will actually be selecting the final architects".

"We will start the design process at the beginning of January and that will take us about a year to work through, in terms of all the stakeholder consultations that we have to undertake, all the statutory and technical compliance and design and then we will be looking to go out to the market to procure the build. So we have to tender the works to the contractors with the view to starting on site some time, hopefully in the spring of 2017."

Swindlehurst said that whilst the

building was still suitable for use, structural improvements were important looking forward. "In the last ten years we have invested very little money in those facilities. We have done a little bit of decoration work, a little bit of carpet works, the roof needs replacing in that building, the windows all need replacing, they are inefficient, single-glazed aluminium systems. The heating system is an inefficient system because at the time it is what they built, which is a single pipe system which means no one person has control over the heats within their room.

"We could choose to refurbish it, but we are not sure whether that would give a management school that is fit for the future in terms of how we need to develop the estate. So there comes a time where you have to make a decision to reinvest and the buildings are really stretching at the end of their economic lives. They've done really well for us, but the management school has now decided to carry out that reinvestment programme."

# Sigma pull out of Grad Ball after backlash

TABB R. RICHARDS

The status of LUSU's Grad Ball was thrown into turmoil this week after it was revealed that headline act Sigma had pulled out of their scheduled appearance. The drum and bass duo, who are famous for their chart-topping hit 'Somebody to Love,' are believed to have informed LUSU of their decision following the intense backlash towards their appearance on social media.

LUSU's Grad Ball had previously received a lot of negative responses from students disillusioned with the price of a ticket and the lack of value represented in the quality of the acts. This even prompted some students to attempt to organise an "Unofficial Grad ball" in protest, although this too eventually gathered criticism.

Sigma were believed to have been particularly aggrieved by tweets sent from various Lancaster students who made the observation

that a ticket to see Sigma in concert costs just £15 compared to the £50 outlay for a Grad Ball ticket. There were plenty of other negative comments towards the act on Twitter, with some branding the duo as "underwhelming", "disappointing" and "a bit shit".

LUSU have been forced to act quickly following the dropout and have already drawn up a list of possible replacements acts that would be both big and affordable enough to satisfy the students attending, with former Sugarhouse DJ, Djay Matthews the current frontrunner.

The shortlist, leaked to SCAN, includes artists such as The Rolling Stones, Beyoncé, Taylor Swift, Rick Astley and Craig David, although Matthews is their clear first choice.

It marks a remarkable turnaround in relationship between Matthews and LUSU as it was believed the situation became incredibly vol-

atile after his controversial exit from the Sugarhouse decks this year.

LUSU were initially unresponsive when asked about the setback, but eventually VP for Media and Communications, Ronnie Rowlands spoke to SCAN, stating that Sigma's dropout could only be seen as a positive for the event.

"Well hello-ho-ho, this couldn't have been more fortuitous to be honest, fucking hell oo-er matron, you band of whomping great cunts. As the students said - Sigma hasn't the fame, status or popularity befitting of a Grad Ball headline act, and Christ on a two-stroke, DjJay Matthews wearing a Myra Hindley wig and handing out dough-nuts from a stolen shopping trolley is what the people want."

Rowlands also stated that the price would not be affected by the change, contrary to some student worry that hiring an act with the

quality of Matthews would bump up the already substantial ticket cost.

"Obviously this will not have an effect on the price - how else are my colleagues and I going to roll around naked in money whilst laughing melodramatically at student penury, then open a cabaret joint in Magaluf called the 'We Hate Students Bar and Grill'?!"

LUSU were also keen to stress that

all of the other scheduled acts would be appearing as advertised, with The Whoosiers, Ray Morris and Blackpool Circus all set to perform at the event.

In addition to this, a source within LUSU told SCAN that as a gesture of good faith, anybody who purchases a Grad Ball ticket will now receive a drinks voucher for a glass of water at the bar, as a way of appeasing those who will be disappointed at Sigma's dropout.



# “I’ve gone from standing outside with a megaphone to actually sitting in meetings”

As her term as LUSU President comes to an end, Laura Clayson gives one final, exclusive interview for SCAN on her past year in office.



Lucy Lamb

**JACK PERRY SCAN EDITOR**

🐦 @JACKPERRY01

It has fast become an annual tradition for SCAN to interview the outgoing LUSU President for the last issue of term, as a means of providing an account from the President’s perspective on the past year. The imperative to interview President Laura Clayson, however, came less from any stilted view of tradition and more from a compulsion to understand her point of view. Clayson, only the sixth ever woman to hold the position of President, is very different to many previous Presidents, particularly in terms of political background and prior experience in LUSU. She is also one of the most open and honest – at both the end of Michaelmas Term and in the last issue of SCAN, Clayson offered a brutally candid reflection of her time in office, eschewing any self-promotion in favour of a critical evaluation of her work.

This willingness to speak openly and honestly was evident when SCAN caught up with Clayson on a Monday morning in Summer Term. Asked whether the past year had been a good one, Clayson replied: “It’s been a very educational year. I’ve learned a lot about myself, about other people, about how massive bureaucratic institutions work. I’m not going to say it’s been an easy year because that would be a massive lie. It’s been one of the hardest years of my life, but I’ve really, really enjoyed it,

predominantly. I’d say I’ve enjoyed it 70% of the time, and there’s been around 30% of the time when I’ve thought ‘why the hell am I doing this?’”

30% of a year seemed to SCAN like a considerable amount of time to be unhappy with your job, but we decided to stick with the 70% for the time being. Asked what her greatest achievement was this year, Clayson responded: “The occupation that took place at University House was very reflective of the fact that students had been pushed to the point where they were just not going to stand for it anymore, when they actually took direct action. I am proud to have been part of a Full Time Officer team that has supported students taking direct action in a way that hasn’t happened at Lancaster for over a decade. I spoke about this specific example because I am proud that we have achieved what I believe the nature of a Students’ Union should be: political and supporting our students as activists in a diverse range of ways.”

Clayson credits the occupation of University House (a result of the rise in tuition fee and rent increases at the end of Michaelmas Term) with two things: reopening dialogue between LUSU and the University on the matter, and showing that students can challenge the decisions taken by University management. “[The occupation] has been really useful because it shows that there is more you can

do – once a decision has been made, there’s still the ability to challenge it. I think that a lot of the time, students would like to challenge it but they think ‘oh, but if I do this, it’s not going to make that much of a difference.’ Whereas the occupation did. We’d got to a point in talks where they [the University] just weren’t listening and once that is reached sometimes more radical action is necessary.”

*“I think that a lot of the time, students would like to challenge the University but think it won’t make a difference. But the occupation did make a difference.”*

SCAN met Clayson in her office, which is upstairs in the LUSU building in Bowland College. The small room is cluttered, but in a welcoming and homely way: posters line the walls, and books and paper can be found on all of the various tables and desks. A small shrine to tidiness can be found in the form of several large, well-organised folders in one corner of the room. During the interview Clayson drinks a mug of strong black tea and eats her breakfast, which she brings with her to campus every morning. Clayson is a very busy person: when she is not attending University meetings, she is reading or writing agenda papers for future meetings. “There have been days when I’ve been in work, but just not set foot in the Union building because I’ve had other stuff going on,” she told SCAN. “Every day for a Full-Time Officer is different, but the President has the least freedom from their meeting schedule. It is frustrating. But you have to look at it in a different way: there are some universities which don’t even have student representation on even some of their main bodies, let alone the smaller ones.”

Throughout the interview SCAN got the feeling that, at times, Clayson has felt constrained by the demands of being President. An unashamedly radical thinker with a background in activism, Clayson’s temperament is perhaps not

one which is easily compatible with the role of Union President, particularly from the University’s perspective. “I started out being a bit unsure about how best to place myself because I was really aware that I was no longer just a student activist,” Clayson said. “I had to take on that kind of responsibility of making the right decisions, not just for my politics or directly about the people who elected me to represent them; it’s about thinking of the Union as a whole.

“It has been hard, and not all of the people who have had their penny’s worth have agreed with the way we’ve done things this year, but I think as a students’ union we’re there to represent our student members and do that in a way that gets results. I think this year has been a year of good results.”

Clayson also suggested that being a student activist and being LUSU President are not necessarily mutually exclusive. “They are very much part of the same thing,” she said. “You just have to use a diversity of tactics in this position; it’s not all about protesting and occupying.”

SCAN was keen to learn more about Clayson’s background in student activism. Given recent news stories, it could be presumed that Clayson is a long-time veteran in the area. However, perhaps appropriately or ironically, it was in fact her time at Lancaster University which led her to the activist community. “When I came to university, I didn’t really think I would stay. I had two years out and then they were upping the fees so I thought I should really go now or I’m never going to go,” Clayson said. “I got a place here, and I thought well I’ll just go for a bit, I probably won’t like it. I got here and all of first year it was a bit like that: I would write essays and think, this might be my last essay so it doesn’t really matter how it goes.

“But I ended up sticking around and when I got to second year, that’s when I found my group of friends who helped shape me into who I am now. I met them through the Anti-Capitalists Soci-

ety (LUAC),” Clayson told SCAN. “Then once that happened, everything seemed to click into place and I felt like I was where I was supposed to be. That was really, really, really good because otherwise I think I would have had to leave. Before [joining LUAC] I just felt like I was on my own – I didn’t really feel like there was anyone here who thought the same things as me.”

Once Clayson had joined LUAC, it was only a matter of time before she became involved in their campaigns and protests. The first campaign she was involved in was attempting to prevent the government from using the Lake District as a repository for nuclear waste. “We got a train along to Windermere and joined a community there, where we protested and then brought the campaign back to campus and collected signatures for a petition,” Clayson said. “We were out in the snow all week.” Following that campaign, the local council decided against storing nuclear waste in the Lake District.

“Organising in a community and coming together in a collective way – it’s that that makes me enjoy activism so much, because I’m very much a people person and it just makes me feel really alive and empowered,” Clayson said, before adding, “that sounds really cheesy, but I don’t care. Activism is definitely part of who I am. Without it, I wouldn’t have stayed at university.”

Clayson’s activism was also indirectly responsible for her decision to run for LUSU President in the first place. Her decision to run “came out of a LUAC meeting. We were sat there talking about rents on campus, and we were so sure that [then-LUSU President] Joel Pullan committed to do stuff about rent in his hustings speech. Adam [Henshall, a Presidential candidate who had run against Pullan the previous year and a good friend and political soulmate of Clayson’s] sent me the hustings video from when him and Joel were running, and I remember sitting there on a really hungover day

with a group of my friends finding that he [Pullan] did commit to combating rents (when I met Joel I did find out that he was in discussions with the University about this, it just hadn't been something we were aware of as it was happening very much at the top level). Then I ended up watching Henshall's hust, and because of his hust something happened in my head. I thought, 'maybe I should run for President. Maybe we could actually change things on a larger scale than what we're doing at the moment.'

"There were loads of people who were supportive and lovely about my decision to run, but if I hadn't watched his [Henshall's] hust I wouldn't have ended up doing it. Obviously, once I thought about it, I wanted to run because I did give a shit about student politics and I did want to make some change. But in the first instance that was why [I wanted to run] – because of Henshall's hust!"

Being President was quite differ-

ent to what Clayson had expected, however, if she even had enough knowledge when she ran for the position to create an informed expectation. "I didn't know that I'd chair the trustee board. I didn't know I'd be a trustee. I didn't know that Lancaster University was a charity. I didn't know that the Union was a charity. I knew nothing about the structures. I really did come from outside of LUSU. In that sense, I didn't realise there'd be so much pressure from all the different groups that you have pressure from as a Full-Time Officer.

*"We're six individual people who are really political, which I think is where there's a difference from previous years, because we're all very committed to our politics. We're all very outspoken."*

"And you get a lot of knockbacks, not just from the University but students as well, who say we need

to work closer with the University. We have a critical but functioning relationship with the University. I actually have quite a good relationship with a lot of University management, and that's necessary because we live in a really small, close-knit community in Lancaster."

SCAN thought it was time to confront that 30% of the year when Clayson has not enjoyed being President. She attributes it to two things. First, the demands and monotony of the job – the meetings; the expectations of University management that she behave in a certain way; the frustrations of not being able to execute her more radical policies. The rest she puts down to that difficult time at the end of Michaelmas Term. Clayson, still learning how to do her new job, was almost immediately confronted by the possibility of the University increasing on-campus rent and tuition fees for international and postgraduate students. When she found out about the increases, she kept the infor-

mation to herself. "I knew that with an issue like this, to go public immediately would have removed the opportunity for dialogue with the University and that would have been a disservice to the students I represent," she told SCAN. "Plus you have to build legitimacy – as an activist you have to try all formal channels, and then there is legitimacy for direct action to take place if it is necessary. Clearly it worked in this case, as we saw with the occupation!" However, the resultant backlash against this decision, combined with all of the other pressures of the job, caused her mental health to suffer. "My mental health suffered a lot in first term, which I'm quite happy to admit," Clayson said. "It was the pressure of learning how to do a new job, added to everything that was going on at that time with the fees and rent. The vocal minority who said 'you should have said something sooner.'"

Some of those criticisms of her decision came from within the Full-Time Officer (FTO) team itself. SCAN asked how Clayson

has found working with the other FTOs. "It's been a very good lesson in people politics," Clayson said. "I wouldn't say anything bad about my team members because that's not who I am. I'd say we've had our problems as a Full-Time Officer team, but that's always going to happen. We're six individual people who are really political, which I think is where there's a difference from previous years, because we're all very committed to our politics. We're all very outspoken.

"A lot of the time, I would say we do agree on things, though we just don't necessarily agree on the right way to go about things. But I think that's good because, for example, take me and Ronnie [Rowlands, VP (Campaigns and Communications)]. I believe in dialogue; I think it's important that you do form relationships so you can effect change, because in this kind of setting that's the only way you can do it. But then it's about the diversity of tactics, because

*Continued on next page*



Rachel Harvey

# An interview with President Laura Clayson

*Continued from previous page*

Ronnie [Rowlands] wants to very much criticise and do one of his wonderful anti-University rants. I think together this works - it's important to have the critical voices, but also the people who are proactive."

However, on the whole Clayson has very little if anything bad to say about her fellow officers. She said that VP (Welfare and Community) Mia Scott has been her "rock" this year - "she is one of the most wonderful of officers; I am so, so honoured that I got to work with her" - while VP (Union Development) Damon Fairley is her "ever-reliable and lovely Full-Time Officer: I can just go to him and say 'this needs doing and I have no time' and he will always help out."

Meanwhile, Clayson said that Joe O'Neill, VP (Education) is "just really, really wise - he just knows loads of stuff, especially about how the University works." However, his apparent pessimism over the University's acceptance of ethical investment - one of Clayson's flagship policies this year - in retrospect appears wide of the mark. "At the beginning of the year when me and Mia said we wanted to have ethical investments as a partnership project with the University, Joe said that that was never going to happen, that the University was never going to take on ethical investments," Clayson said. "So me and Mia said: now we've been told we can't do it we're definitely going to have to do it! So I would thank Joe for his pessimism on that, because maybe we wouldn't have gone at it so hard had he not been so pessimistic."

VP (Activities) Salman Rukhsar is "a sweetheart - mine and his politics are very similar." On Rowlands, Clayson said: "I love him; he drives me up the wall, but I think that's reciprocal. He's a really good person at heart, and I see that in him. He has been a very interesting person to work alongside."

Looking forwards, the future looks pretty tough for LUSU. The financial situation of the Union could be better, and there could also be further changes to national higher education over the next five years. Given all of these challenges, Clay-

son said the next Full-Time Officer team should focus on three key areas: cost of living, ethical investment and mental health.

"It's important they continue to pioneer the cost of living campaign," Clayson said. "There's a survey going out about ethical investments, trying to 'ascertain what the institution as a whole deems ethical.' That [the ethical investments survey] will be very important as I'm unsure whether divestment from fossil fuels and arms will be part of that. I really hope people will take the time to fill that survey out."

"I just hope that environmental sustainability stays on the agenda. I'm a bit of a hippie, so it's something I am personally very passionate about, but it intersects with every other aspect of oppression that takes place, and too often the environment is subordinated to other issues. But if you're not going to address climate change, we're not going to be around to even address all of these other issues. Poverty, for example, is massively impacted by climate change and the environment."

On mental health, Clayson again heralds the work of current VP (Welfare and Community) Mia Scott, particularly in pushing the University to sign the Time to Change pledge. "I hope mental health remains on the agenda, particularly after the University signed the Time to Change pledge, which gives LUSU the platform to start challenging stigma," Clayson said.

What about Clayson's future plans? "There are a variety of things in the pipeline. None of them are definite," she told SCAN. "I was going to get a crappy job and save up because me and my partner want to go travelling (and I want to write a book, which would be amazing). But I decided I didn't want to get a crappy job - I wanted to carry on working on campaigns. So I've got lots of stuff in the pipeline, mainly in environmental campaigning and arms trade stuff, so you might not have heard the last of me!"

In the precious time when she is not being LUSU President, Clayson can be found doing more of her activism, hanging out with friends, going to gigs and hu-



Rachel Harvey

la-hooping. She has also taken a liking to shark documentaries. "You should really watch them," she suggests to SCAN. "There are three episodes. I really love underwater things. I'm really, really weird. I've become obsessed with dinosaurs and sharks. Over the past few months that's what I've been doing - watching Walking with Dinosaurs and all of the Jurassic Park films in preparation for number four coming out."

"I'm just a bit kooky I think. I get really obsessed with random things."

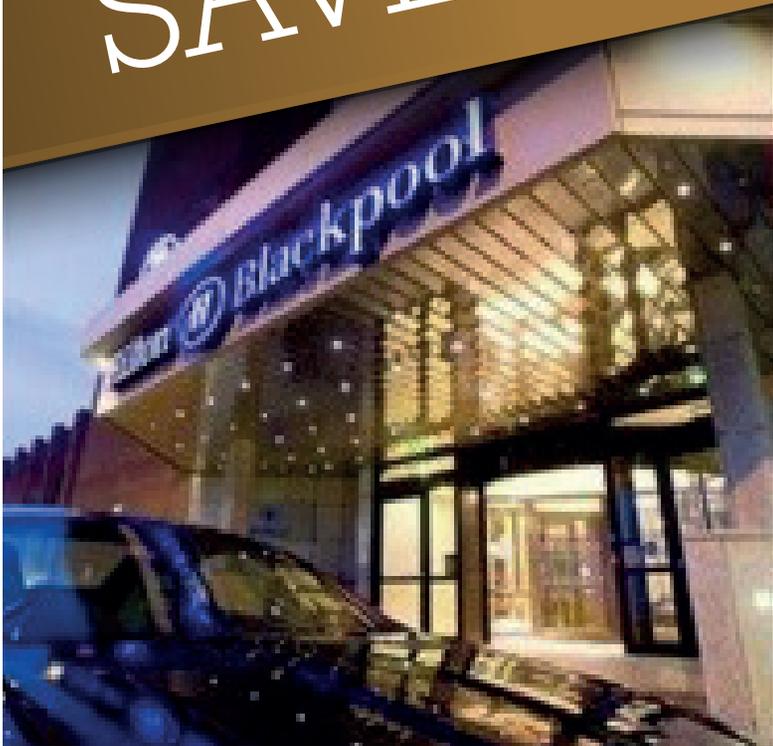
As Clayson got to the end of her cereal and the time on SCAN's dictaphone reached the hour mark, SCAN asked her if there is anything else she would like to say before we draw the interview to a close. Clayson began by once again praising everyone who has helped her this year, from her fellow FTOs to her friends in LUAC,

before pondering her own journey. "I've gone from standing with a megaphone outside University House to actually sitting in the meetings and saying the things I would have been saying through the megaphone," Clayson said. "Though maybe in a more diplomatic way! I'm just amazed I've managed to keep it together, really. I look back on the stuff we have achieved, and I think: that's pretty bangin'."

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LUSU 

## EDITORIAL

### *From October to (James) May: highs and lows*

This year at Lancaster has certainly been one to remember. From the very beginning, we witnessed a complete overhaul of the University's branding, with the Chaplaincy centre-inspired "swoosh" logo replaced with a redesign of Lancaster's old shield logo. Unfortunately, as with many of the marketing decisions the University takes, the logo change was rushed, badly thought through and lacked any student consultation. When SCAN broke the story of the logo change, a large proportion of the student population were in uproar at the decision. Meanwhile the healthy response to staff troublemaker publication Subtext's recent competition to find instances where the "swoosh" can still be visible shows that the logo overhaul has been piecemeal at best. More positively, the logo change sparked a genuine debate among students about the direction Lancaster was taking now that it did not have the comfort of being a "young" under-50-years-old university.

Once the debate about the University's marketing subsided, however, the agenda on campus became dominated by the rise to international and postgraduate tuition fees, as well as to on-campus rent. The news, which SCAN broke in our Week 8 issue of Michaelmas Term, sparked not only a quorate LUSU general meeting, but also a student occupation of University House. The occupation has divided student opinion, but according to President Laura Clayson (you can find our interview with her on page 6) the occupation helped bring the University back to the negotiating

table. Indeed, LUSU's campaign on the issue also led to a success at University Court – Alan Milburn's first as Chancellor – with the Full-Time Officers securing a mandate from Court to pursue the issue further. We hope in future that this is an area where the University will take the lead – recently-announced bursaries and scholarships for postgraduate students are a great start, but more needs to be done, particularly for international students, who are underrepresented in the Union and universally overlooked.

Some concerns SCAN has about the University have persisted this year. The college review, while an improvement, arguably does not go far enough in giving some powers and resources back to the colleges, with most pastoral functions (from accommodation to the porters) still controlled centrally. Equally, the debacle at Lancaster's Lahore campus in Pakistan (in which students have been awarded only one half of a dual degree, despite completing all of the course) shows that the international campuses continue to be a source of embarrassment for Lancaster.

Equally, SCAN is sceptical about how the University spends its money. For example, SCAN has heard from several engineering students that, while aesthetically pleasing, the new engineering building appears not to be fit for purpose. Some machinery apparently does not function in the new building, while other necessities do not even fit into the new building. This is particularly important, as it

is preventing some members of the physics department from moving into the old engineering building, which is required while their own building undergoes reconstruction. SCAN hopes that next year's editorial team will cast a critical eye over the University's future building projects, and that the University themselves think about new buildings in terms of their functionality rather than their aesthetics.

Despite all of this, there have been many successes at Lancaster this year. Sport, for example, has been given a phenomenal boost this year: while the injection of cash into Lancaster's teams failed to secure an away Roses victory, the Just Play initiative has proved instrumental in getting more students playing sport on a more casual basis, and we hope this continues.

Welfare and mental health are two more areas where both the University and LUSU have done exceptionally well this year, with LUSU working with Student-Based Services to secure a bursary for care-leavers, while the University also finally signed the Time to Change pledge.

Meanwhile, Lancaster continues to lead in terms of green issues. SCAN commends the University for stepping into the funding gap for the Green Lancaster initiative (which will be much needed when the NUS stops supporting the scheme at the end of this academic year). Meanwhile, the fact that LUSU has been able to get the hitherto peripheral issue of ethical

investment onto the University's agenda is a fantastic triumph.

This year we of course also had a general election, and LUSU's 333 campaign must be commended for helping improve the number of students registered to vote, which stood at as little as 22 at the start of Lent Term. Equally, LUSU's political conference Assembly for Change was one of the best Union-organised events in recent memory; securing titans of the activist scene like Peter Tatchell, Owen Jones and Natalie Bennett was an extraordinary coup.

And, lest we forget, the 2014-15 academic year was also the one in which the University closed the netball courts, students were hospitalised as a result of an overdose of the drug Spice, and former Top Gear presenter James May visited campus.

This is the last issue of SCAN for this academic year – in a couple of weeks' time, the current SCAN team will hand over to a brand new team, led by current Sports Editor Ollie Orton. I hope he and his new editorial team enjoy their time working for SCAN as much as we have. Equally, I hope you continue to read and write for SCAN, in order to ensure that quality journalism remains the norm at Lancaster; to ensure that the University and the Union are held to account appropriately; and to continue to celebrate and champion the great things Lancaster students do.

Thanks for reading.

# It's hard to stay positive about graduation

## WHAT DOES THE FOX SAY?

with SCAN's columnist, Tom Fox



@MRTJFOX

As graduation looms, I seem to have completely stopped caring. A mixed feeling of pleasure and fear has overwhelmed me as I mindlessly send job applications and watch organisations I don't even want to work for reject me. The excitement of the real world is drowned in a horrible, blue hopelessness that reminds me of how unprepared university and student politics leaves you for everything beyond its doors. 93% of students at Lancaster find em-

ployment within six months of graduating: an impressive statistic that makes me question primarily how many of those students end up working in an area they actually find fulfilment in, and how impossible such a thing is. Thinking about the future is depressing.

What isn't depressing is remembering that you'll never have to pull an all-nighter to finish another essay on bloody sonnets, or watch as you plummet deeper

into your overdraft, or even vote in another LUSU election. Hopefully you made some friends as well – a statement that I realise is mostly true but also an absolute kick in the face to all those who went through their university life lonely and struggling to reach out socially to people. But at least there was alcohol, and plenty of it. I could head to each bar, each day, and it was wasn't so much worrying as it was just a bit weird. Nobody really questioned your mental health and instead used you as a guaranteed drinking buddy. Wait, wasn't I talking about what \*wasn't\* depressing?

I guess that's the issue. I attempted, numerous times, to write a final column piece coated in hope and excitement for the world beyond this hill-top bubble, but after a few hundred words I found myself lying to the four people who probably read this. (Hi, Mum!) There is little to feel optimistic about for the vast majority of students leaving this July with their graduation hats held high. The best they can hope for is maybe moving back in with their parents and finding a job that will help them pay off

their ever-growing debt, and possibly moving into a rented apartment later.

We've also, to everyone's delight, fallen head first into a five-year government that is happy to produce more and more part-time, low-paid jobs and say, "Hey, how are you not successful? Look at all the opportunities out there!" On top of that, even while struggling to breathe in this turd pool, we have to consider ourselves lucky because God knows how much more difficult it will be for the students of tomorrowland – especially for those studying subjects like Art, English, and History, who might not even exist in the UKIP-style dystopia of higher education.

But hey! Let's not forget that, while it all seems like an uphill struggle from here, the very fact we got to spend three or more years living in a student sphere is a pretty decent start. I cannot tell you how soul-destroying it is when I overhear, or even partake in, some of the pointless complaints which students seem to produce on a daily basis. We live in a country where food banks are relied on by

millions and where human beings are treated as worthless because of their religion, race, gender, or nationality. And do not be like, "it's all relative, mate", because it is not. So while life beyond university is a depressing notion, it could be a lot worse.

Enjoy your graduation, though. Be proud that you got through and prove me wrong (because you obviously live your life based on what the Fox says), for I know that there are a hell of a lot of positives that come with studying at a university like Lancaster. It lacks the pretentious aroma of many other institutions and allows you to "keep it real" occasionally. So while I do hashtag-Love-Lancaster, it has moulded me into a pessimistic, overweight, more morally-correct version of myself, holding onto the idea that I might one day get paid to help people achieve something with their lives instead of working on commission at a PPI call centre. I hope that it has had a profound effect on you too, and if not, you can always hold onto the fact that you aren't Ronnie Rowlands.

# Housing decisions: scarring but valuable

HENRY SAKER-CLARK  
NEWS EDITOR

You are a wide-eyed fresher. Your first year of university is about to come to an Extrav-fuelled and vodka-soaked end. Soon you will be doing a ham-fisted job of working out how to fit all your belongings into your dad's Skoda as you wonder why on earth you thought it necessary to bring half of the Ikea catalogue to Bowland Annex in the first place.

But don't worry; it will only be three months 'til you are here again, unloading from your father's war-torn vehicle. Well, that's not strictly true; you won't be here, you'll probably be in deepest darkest Bowerham, rolling into a four-bedroom house that has been home to generations of second-years. Every year the intake is new, but the situation the same. When I arrived at my house for the start of second year I could barely remember what it looked

like – the only thing that stayed in my mind was that it had a cellar, which despite dreams alas never did become a ball pit, underground lair, or brewery. The decision-making process was similar regarding my housemates. In the rush to secure a house at the end of first term I grouped with people I barely knew then and still barely knew in September. Whilst I couldn't have wished for a better group of people to share my hovel with, it was undoubtedly a risk, but a necessary one.

*Organising second-year accommodation later in the year would be more sensible, but the timing is not going to change; if you want somewhere to live you just have to grab your balls and run with it, and I think that's part of the experience.*

Student houses in Lancaster large-

ly go up for rent at the start of December, a time beaten by many other universities: particularly in London where the competition for reasonably priced accommodation can start three or four weeks into your degree. By Week 9 of first year I could not tell who would be good housemates – I could barely tell who were actually my mates. Assuming you pay your deposit in Week 9, and my ability to do basic arithmetic has not been corrupted by three years of studying History, you will be moving into your house about 42 weeks after deciding your living arrangements for the year. You have had to decide after knowing people for 10 weeks, whether or not you will remain friends for the next 42. The friendships created will undoubtedly change over this period, and from personal experience most will improve, but the likelihood is that by the end of second year, if not first year, at least two people under your roof will be avoiding each other with unfathomable rage.

There is no easy way to avoid this situation, but I'll take a shot anyway. By being forced to choose so early by the housing markets you just have to make the best of a bad situation. Firstly, and most obviously, if you don't like someone before living with them, then you will want to kill them if you move in with them. Secondly, the more people in a house, the more factions will form. Whilst a house of eight can marginalise the absolute hatred of two people, it will form an environment for bitching, moaning, and bitterness, splitting friends who actually do get on. Thirdly, recognise that you are all in the same situation. Nobody likes cleaning the bathroom, or spending hours going over the bills, but this is a necessity for everyone in a house. Either do the housework as a group, or live in a pig sty and burn your money as a group.

Whilst I have a regrets about

my second-year student house – mostly to do with money and the unending pile of rubbish bags frequenting our patio – it was worth it. Satisfaction for campus accommodation is decreasing despite increasing student satisfaction for the whole University experience. I haven't a clue whether or not off-campus accommodation is to blame, but I wouldn't be surprised.

Organising second-year accommodation later in the year would be more sensible, but the timing is not going to change; if you want somewhere to live you just have to grab your balls and run with it, and I think that's part of the experience. While I have absolutely no regrets of living on campus in my final year, the pot-luck experience of second-year student housing matured me, scarred me, and gifted me with precious friendships that will stay with me long after I leave Lancaster.

# Why I am leaving the students' union

DANIEL SNAPE  
COMMENT EDITOR

Last month an outbreak of protest against the results of the general election posed an interesting moral question. Is it right to put up with, or even be part of, an organisation with at least some democratic legitimacy, but that you believe to be pure evil? In answer to this, over the holiday I am opting out of the Lancaster University Students' Union.

When I came to Lancaster, I was automatically signed up to an organisation that has endorsed dangerous and arbitrary protests, has blatantly mishandled its finances, and has genuinely hurt some of its own members. I am on record as a paying member of this ideologically mystifying, bureaucratically self-flagellating private youth parliament. I am the anonymous student whose interests they claim to be representing when they pick up their pay checks, and I am the

student whose modest works they take credit for when they update their CVs. Incidentally, so are you. But this is not what I had in mind for university.

I've spent years scrutinising LUSU, at first trying to figure out precisely what it was, then joining in a bit, and ultimately giving advice on where it's gone wrong. At one point I even drew up a list of policies in anticipation of the FTO nominations in February. The system draws you in like that. Anyone who tries to comment on the Union from the outside (and gets uncomfortably close to the truth) is said to "sit back and criticise", as if a sound opinion has only ever come from behind a desk in Bowland Main.

I imagine a lot of student politicians entered LUSU that way. Of course, to paraphrase one NUS candidate, many students pursue a sabbatical year as a kind of elective tryout for their bright future in

management consultancy, or because a friend said they should and didn't make it obvious enough that it was a joke about their stupidity, but some students must have put themselves forward thinking they could cure our wretched political system from the inside. It's clear to me now that enlisting in student politics won't help when, at least as far as the rest of LUSU is concerned, elected student politics is the problem.

And my decision to leave is, as ever, a judgement only of LUSU's political wing. I have no problems with groups like Nightline or the Helpdesk – groups that the politicians of LUSU are no doubt more than prepared to hide behind. I would even go so far as to say there are parts of the Union which I'm going to mourn over the coming months, particularly in student media, and the members of these groups don't deserve to be subjected to the regular humiliations of our student politics.

Regular is the word. I've watched FTOs brag about turning up to Union Council drunk. I've watched representatives spend 10 minutes arguing over the name of a new student position and not say a word on its actual powers or purpose. I've watched student politicians propose a lengthy vote of no confidence in a representative one day from retirement, just to spite him.

I've heard more rumours of verbal abuse than I've heard new policies enforced. I've stared open-mouthed as FTOs have insulted student voters through a microphone and then pretended that 20% election turnout is workable. I've waited politely as CCOs have torn each other to pieces over personal comments in a four-month-old set of minutes, and then long-windedly apologised to one another.

I've watched representatives snipe

at students, students shout at representatives, and representatives threaten to ban other representatives, and I've watched good people at Lancaster, whom I looked up to in my first year, come through forums like Union Council to sincerely hate each other's guts. These are not singular mistakes punctuating a record of broad achievement; these are the daily rituals of LUSU politics. It is, quite simply, bad for our health, and it can continue as long as it has a monopoly on the tacit consent of young people who don't care enough to opt out.

Unlike the general election protestors, I'm not going to try to overthrow a potential tyranny, but neither am I going to pay and defend it for another year. If you dislike student politics half as much as you say you do, then you might like to consider doing the same.

# The hype over legal highs

SOPHIE BARBER  
DEPUTY COMMENT EDITOR

Five Lancaster University students were recently hospitalized following a suspected overdose of the cannabis substitute Spice. All of the students, who were members of Grizedale College, have since made a full recovery and have been discharged from hospital. But now there is talk from MPs of enforcing a blanket ban of all legal highs in the country, a move which has been warmly welcomed by local MPs Cat Smith and David Morris.

What would a blanket ban mean, exactly? Well, there would be a maximum prison sentence of seven years for possession, supply, intent to supply, and production. And this is where I would like to make my first point: I have always thought that prosecuting someone for possession of any drug is completely ridiculous, because it doesn't deal with the problem. Putting something like that on record means that it is much harder for the person to get a job and restart their life once they leave pris-

on, which usually ends up with them turning back to drugs. That's one thing this blanket ban fails to see – that rehabilitation would be a far better solution for those people who do take drugs.

*I think it's probably a good idea to make it harder for students to get their hands on substances such as Spice.*

Something else that struck me when reading the MPs' comments was how they viewed drug use. Morris recalled how during his time in the music industry, he had seen people progress from "pot to injecting heroin in the space of six months". This seems a pretty big generalization to make, implying that occasional recreational drug use is going to lead to a serious addiction. I'm not condoning drug use at all, but I think we have to be careful not to put every drug in the same category and start to demonize it. Morris also pointed out that if the Grizedale boys were clever enough to get into univer-

sity, they should have been clever enough to not touch Spice. This seems to me the wrong way to look at recreational drug use, particularly when alcohol is often used in the same way but is still very much within the law.

By branding drug users with blanket terms such as "addicts" and "stupid", we just make it harder for people who need help to come forward. Shaming somebody for their problem is not the way to help them; in fact it usually pushes them to continue using the drugs because they have no one to offer them support, which can lead to serious addictions forming.

Cat Smith was quick to add that the ban needed to come alongside an increased focus on drugs education, so that young people can make informed choices about what they're doing. From my own experience at school, drugs were often only talked about in the most extreme cases. I was well aware of the dangers of something like cocaine or heroin, but the potentially harmful effects of legal highs were never fully outlined. In these sorts



of situations, it's more likely that students will avoid illegal drugs but think that the legal highs are okay to take, because they haven't been told much different. It's also worth pointing out that any sort of education on drugs begins to fade out the older you get. In reality, we should be taught about these sorts of drugs when we are reading ourselves to leave education or continue to university, because those are the times when students are more likely to want to experiment.

Overall, I think it's probably a good idea to make it harder for students to get their hands on substances such as Spice, because we just don't know what its short and long term effects are. But criminalizing the students who take them is not the way forward, because no one wants to admit they've done something wrong if the first thing they get is a slap on the wrist. We need a more substantial education on drugs to be put in place, so young people can make informed decisions to stay away from drugs that aren't safe.

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# Should we abolish the monarchy?

Cartoon by Alex Chau

## YES

PATRICK WILSON

✉ @PADDYWILSON

A view I take: Kim Kardashian has done more to deserve cultural status than the Queen has. Now, I know what you're thinking. It's an unfair comparison. On the one hand you have a woman who's done nothing to warrant her position, accruing fame and wealth for seemingly just showing up at events in odd outfits and marrying another cultural regent to match her unearned prestige, and on the other, you've got Kim Kardashian.

Kim K attained her stature (mostly) with a sex tape. The Queen? Being born. Same for any royal, bar those marrying in. And as the Queen hasn't followed Kim's example (to my knowledge), at least Kim's done something towards validation.

*As long as we have the symbolically undemocratic monarchy, the idea that all men are born equal will always be on its knees.*

Feels disrespectful, doesn't it? Talking of the Queen like that. But it's only felt because of centuries of subservience from us lesser people, us royal subjects, to a family whose blood is better, divinely touched. I have no beef with the individuals. They're all benefactors of some sort, but that's not the point. Lovely and altruistic or villainous and greedy (see: history), they're royal: privilege due to parentage. Is there a clearer symbol of social immobility than that?

So the Queen, during my final exam of final year, visited Lancaster. Four emails I received: "Bus routes are being shut, factor in more time for travel, no exceptions if late." In short, a superior human is arriving, change your plans. And though it pragmatically meant nothing, and though she probably is a nicer person than me, it's microcosmic: those trying to get somewhere based on their work and merit are secondary to a family to whom the concept of merit doesn't apply.

Yet, all public opinion polls show royal support. It's very on-trend to love thy monarch, like dungarees or Hitler Youth haircuts. Even the dead monarchs. Even the dead-so-long-Shakespeare-wrote-a-play-about-him one, who reigned for two years and was found under a car park in Leicester. People trotted the globe to 'pay their respects' to Richard; this wasn't historical intrigue, this was royal adoration. If those same people,

when watching Loki's speech in the Avengers – "You were made to be ruled. Is this not your natural state?" – didn't fervently agree then they're hypocrites who should be put to death. Only joking. We've stopped that now. But 'paying respects' to a rubbish King? It's vogue.

I disagree with the main monarchist arguments. First is that they're doing a service, and we might be sympathetic toward their unconventional life. The self-evident solution: relinquish their 'service', giving them a 'conventional' life. Elected bodies and charities are already mostly equipped to take over. Second is that they have no real

power. So why keep them?

Why gift a powerless family a chunk of the economy?

Why, in Austerity Britain, was the Queen awarded a 5% pay rise in 2014?

Why are royal refurbishments publicly subsidised, when (notwithstanding mammoth personal finances) opening Buckingham Palace to the public for two months in 2013 raised £11.6 million?

Ask the bloke down the street to help pay for your second kitchen. Follow the royal example.

Argument three: they bring in more money than they take. Again, not mentioning the cost of the 2012 Jubilee to the taxpayer (oh, okay, have an extra million, from an annual £32 million to £33 million), tourists aren't actually coming to 'see the Queen'.

They're coming for the history: the palace, the crown jewels... These things aren't going anywhere, and nor should they.

The economics of the situation isn't separate from the principle. All men are born equal? Forget it. We celebrate the concept that "some people are born better than others", and prove it by paying. As long as we have the monarchy, whose apparent *raison d'être* is anti-democratic and anti-meritocratic, the idea that all men are born equal will always be on its knees.



HARRY FENTON

Getting up at 7 o'clock in the morning is not a nice thought for me, just like with most other students, but Friday, Week 6 was an exception because I couldn't miss a once in a lifetime opportunity to see the Queen in person.

I got to the forecourt of Lancaster Castle before 9 o'clock, nearly two hours before she arrived, and it was already really busy. Fortunately, I managed to get near the front of the crowds with some of my friends and get a good viewing point where I could see most of the event.

The crowds continued to build up outside the castle gates and there was a growing sense of excitement as we waited for Her Majesty to arrive. There were a few hundred people outside the castle alone with many more lining the streets of Lancaster waiting to catch a glimpse. The cadets then formed a guard of honour along the path to the castle and two mounted soldiers rode along the path in full ceremonial uniform.

Around half past 10, Her Majesty arrived amongst the convoy of cars and hundreds of people erupted with loud cheers, waving Union Jacks and Duchy of Lancaster flags to greet her. And then, that brief and partly surreal moment came when the Queen was driven past me in her car as she smiled and gave me the royal wave.

I'll never forget the moment I saw in person one of the most famous women in history and it was worth the two-hour wait.

I and my friends thought it would be a great idea once the Queen went into the castle to go into Café Nero, only to learn there that she had left Lancaster even though I was hoping to catch a glimpse of her going through.

The royal visit was the perfect combination

## NO

of Britishness, with the cadets, two mounted soldiers, Range Rovers (which are a British make), the Queen, and of course the heavy rain and waterproofs.

I am a huge fan of the British monarchy for many reasons but here are a few of the most important. The Queen is a non-partisan head of state, is above political and factional interests, and is a powerful focus for national unity while being an enduring symbol of Britain globally.

As Head of the Commonwealth, covering a third of the globe, she can foster international co-operation and reinforce links between Britain and much of the world whilst maintaining the role of a global matriarch. Therefore, the monarchy is invaluable diplomatic asset.

*I'll never forget the moment I saw in person one of the most famous women in history. It was the perfect combination of Britishness, with the cadets, two mounted soldiers, Range Rovers (which are a British make), the Queen, and of course the heavy rain and waterproofs.*

Also, the monarchy has provided Britain with continuity and constitutional stability for virtually all of our national history (except the 11 years under Cromwell), the likes of which very few nations have enjoyed.

During that time, many of our much loved traditions and customs have grown around the monarchy, and these traditions not only bring our country together but attract millions of tourists from across the globe who put billions of pounds into the national economy.

Finally, the monarchy has little taxpayer funding despite the urban myth that they are largely taxpayer-funded. The Queen does receive 15% of the Crown Estate's profits from the government, but she could officially claim the whole lot.

I very much hope that the monarchy will never be abolished in the UK or any other country, although I do believe that the institution of monarchy, in Britain and abroad, must adapt to the needs of the 21st century while retaining their traditions (and surrendering political authority in the case of a few authoritarian ones).

STUDENT SAVERS

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# WHOOOPS!

WEEK 9

W E D N E S D A Y

PRESENTS

# EMOJI

# PARTY

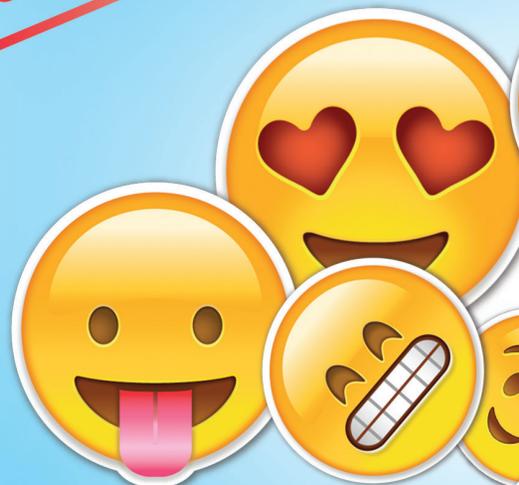
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# CAROLYNNE

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



**AN INTERVIEW WITH ANNE TOOMEY**

**READ IT IN FEATURES**

*Photo by TEDx Lancaster U*

# ARTS & ENTERTAINMENT

## Review: Unit Nine (LUTG)



DAVID DUNCAN

Student theatre is a tricky beast. One the one hand there's a chance you may be seeing the stars of tomorrow performing something that truly speaks to you, yet you also run the risk of sitting through a confusing set of 'deep' meta-

phors punctuated with non-sequitur lines and painful slams against 'the man' and 'big business' (though admittedly I've only ever seen those types of plays in rubbish nineties sitcoms).

Luckily *Unit Nine*, an original piece from the Lancaster Univer-

sity Theatre Group directed by Chiara Wakely and Aurelia Gage, erred towards the former example, giving the audience a propulsive, twist-filled thriller that was more than worth the £7 I paid to get in.

Mandatory plot summary: Captain James Price, disgraced from

the army, is offered a job in Unit Nine, a top-secret secure facility holding the most dangerous prisoners (and as it turns out, staff) in the world. An interaction with a prisoner sets a series of events in motion filled to the brim with lies, betrayal and a bit where a man gets a beer can thrown at his face.

Special mention really does have to go to the writing here, as Chiara Wakely has written a tense and ambitious work that would function just as well on the screen as it does on the stage. Just as you feel you've gotten the hang of the world, it wrong foos you again and the endings to both acts were nerve-wracking to the point where I realised I hadn't blinked or breathed in a while.

Of course a lot of this is due to the effective use of lighting and staging *Unit Nine* utilised, cloaking the room in shadows to create an oppressive and intimidating atmosphere that complemented the tone of the play well, especially in the chilling final moments.

This meant that the play truly shone in its quieter moments, especially compared to the 'shouter' scenes in the beginning which seemed a bit at odds with the menace of the rest of the piece. Scenes also flowed together with minimal fuss – no mean feat in a play that

jumps around so much in time.

All the performances carried the script satisfactorily, though special mention has to go to Charity Bedu-Addo and Abbie Jones who in their roles as Robyn and Emma respectively manage to tread the line between vulnerability and menace incredibly well (Bedu-Addo's performance at the end of the first half in particular genuinely moved the audience to stunned silence as the lights came up).

This is not to disparage the work of Will Dean, Jack 'Jack' Maidment, Grace Morrison or Luke McDonnell, who all manage to infuse great range into their characters.

Aside from a few minor quibbles I have (the louder moments, a character or two that I feel could have done more in the script), *Unit Nine* is a truly impressive piece of theatre that I'd highly recommend if there's ever a chance to see it again – I know the performance I attended was being filmed.

All the disparate parts – solid direction, emotive staging and fine acting and writing – came together to create an engaging piece of theatre. The other two LUTG plays this term have a tough act to follow.

## STAY CULTURED

LUTG Presents: The Importance of Being Earnest



LUTG Presents a classic tale by Oscar Wilde exploring the theme of identity. This farcical comedy never falls short of some twists and turns along the way, and the protagonists maintain fictitious personæ to escape burdensome social obligations. Working within the social conventions of late Victorian London, the play attempts to trivialise serious institutions (such as marriage), and create a satire of Victorian life.

The Gregson Centre – Tuesday-Wednesday, Week 9

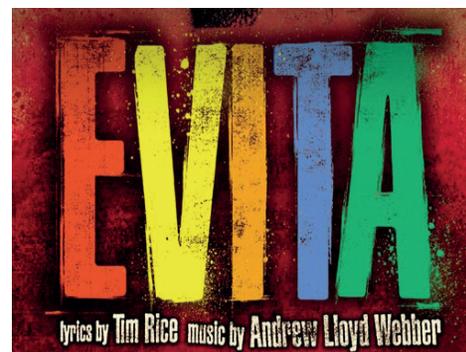
The ULMS Proms Concert



The University's music society are hosting their annual end of year concert, featuring music from all their major ensembles (Big Band, Brass Band, Choir, String Orchestra, Swing Group, Symphony Orchestra and Wind Band) as well as some smaller groups too. The bands will be playing some of their most appreciated music from the year, as well as some new numbers, and of course, a traditionally British singalong.

Great Hall - Saturday, Week 9

EVITA



Tim Rice and Andrew Lloyd Webber's highly acclaimed musical *Evita* tells the true story of the dynamic Eva Peron, wife of former Argentinian dictator Juan Peron. From her young and ambitious beginnings to the enormous wealth and power she gained, becoming the spiritual leader of the nation and ultimate rise to sainthood. The show features some of the most famous stage music ever written. 'An iconic musical, not to be missed!'

The Grand - Tuesday, Week 10

Oliver Twist



The Dukes' famous walkabout shows have transformed Williamson Park into Neverland, Middle Earth and Ancient Greece and now we head for Dickensian England – with a Northern twist! *Oliver Twist*, an orphan, is thrown out of the workhouse and dragged to the open air market to be sold to the highest bidder. But hidden nearby in the surrounding woods, Fagin and his gang of tricksters and scoundrels lie in wait.

Williamson Park - 3rd July onwards

# Interview: Jamie Steele

**JAMES MILLS**  
DEPUTY ARTS & ENTS EDITOR  
@JHRM94

I sat down with Jamie Steele (star of West Side Story and this week's The Importance of Being Earnest), who's preparing to go to Edinburgh Festival with LUTG this year.

**When did you first get involved in acting?**

I remember doing the small school plays that everyone had to do, including my breakout roll as 'Peter Dancer no.3' in the nativity play which I still don't understand. My first proper production was playing Oliver Twist when I was 11 which ignited my love for Musicals that I still hold dear today - old photos I recently found revealed the shy, red-faced and extremely nervous little boy I once was. It is still, however, a memory very close to my heart that introduced me to the wonder and unique experience that can only be found on stage.

**What's been your favourite role to date?**

Every role I have taken up has moulded me in some way or another and provided for some truly wonderful memories. But my all-time favourite has to be playing Richard Hannay in The 39 Steps that was on in the first term of this year. I had never really done comedy before so it was all new territory for me but I must say I have never had such a great time rehearsing and performing in a play. The enjoyment you feel and hear from the audience is unlike anything else I've encountered and the nature of the play means each night is different from the last so you can just keep performing it and you'll never get bored. What more could an actor ask for?

**What's been your best memory at Uni?**

Such a difficult question and so many to choose from! Aside from every time I've had takeaway Dominoes Pizza or cheesy curly fries after a night out, one of my favourite days at Uni so far was at the Campus Fest last term. All of my favourite people in the world

had gathered into one place including theatre friends, housemates and my parents. I had two performances, one after the other, meaning I had to run from one stage to the other while getting out of costume and performed a Disney mashup with the A Cappella Society which was the culmination of so much hard work I'd put in and in front of a surprisingly large crowd. Then buying doughnuts for everyone after. I couldn't have asked for a better day.

**Who's your biggest hero?**

There are many I could mention but Christopher Nolan has to be one of them. His ability to create original and incredibly creative screenplays with his brother as well as direct them is unbelievable. Furthermore bringing together the soundtracks and film into a beautiful marriage of the senses takes rare skill, dedication and organisation that I will always aspire to.

**Trapped on a desert island, 1 film, 1 album and 1 book?**

If you know me choosing a single film is almost impossible but I'm going to be serious and say Watermark. It's a documentary looking at how water shapes humanity. Instead of a narrative film that I would most probably inevitably become bored of, this film makes you think. It also has some of the most beautiful shots I've seen. An album (again impossible) would have to be A Different Ship by Here We Go Magic. I have listened to that album for quite a few years now and still love it to pieces. I must admit I'm not an avid reader but if I took one book, that wasn't a desert island survival guide, I think Life of Pi would be a pleasantly ironic read.

**Do you and Tony have much in common?**

I wouldn't say I'm as idealistic as Tony, hopefully a bit more realistic about meeting a girl after one day and whether we should marry or not. However, he fights for what he believes in and I really admire him for that. Also I don't tend to break out into song every time I meet a girl, might come off as a bit weird.

**Favourite moment in WSS?**

Finally nailing the first song I have, 'Something's Coming'. I'd almost had nightmares of reaching the high notes and then when the Musical Director and I had a meeting literally a few days before the first performance it just all came together and I finally felt I was ready and could aim to meet the expectations of audience and director alike. Also, of course all the backstage shenanigans during each show.

**LUTG Edinburgh Show?**

So every year LUTG take a play up to the Edinburgh Fringe, one of the largest arts festivals in the world. This year we are doing an original adaptation of Beatrix Potter's Tales of Peter Rabbit by one of the students and also creating and improvising parts of it as well. It is mainly aimed at children and should be a lot of fun to perform with an unpredictable crowd of kids. I am playing both Benjamin Bunny (Peter's cousin) and Samuel Whiskers (a rather round and smelly rat), each pretty different roles. Surprisingly for a children's book though there is a lot of room for humour for both kids and adults which makes it accessible for all.

**How are you feeling about your first time at Fringe?**

Cannot wait! I absolutely love the city and have always wanted to be a part of the festival. It will be an unforgettable experience and because the show is in the afternoon I'll be able to go see all the prime-time evening performances elsewhere and take in the incredibly rich diversity of cultures and ideas that takes over Edinburgh each year.

**How do you prepare to go on stage?**

It can depend on the show. There are always focus exercises we do as a group to get in the zone but there is the quiet period just before a show starts where the tension and anticipation is incredibly high. To stop myself from crippling under the pressure I just run over my entrance over and over to get into the character and make sure it all



starts with a bang which I can then use as the foundation for the level of energy of the rest of the show.

**Tell me about The Importance of Being Earnest?**

A classic comedic play by Oscar Wilde where two men pretend to have two separate identities at the same time. Jack invents a brother, Earnest, whom he uses as an excuse to leave his dull life behind to visit Gwendolyn. Algernon decides to take the name Earnest when visiting Jack's young and beautiful ward, Cecily. Things start to go wrong when they end up together in the country and their deceptions are discovered. Another comedy for me and a great contrast from West Side Story which was a vast play with simple dialogue. This, meanwhile, has an incredibly dense script that you can really dig into as an actor as well as the subtext of each scene.

**What are your plans for after Uni?**

This is a scary question because, like many others, I have absolutely no idea what I'm going to do after University. My course of Economics & Geography allows me a huge scope for possible employment. However, over the course of this year acting has gradually become the clear passion I have and would want to use to its full potential, so a career in theatre, film or TV is a wildcard I may take. But also, I feel that since I did not have a gap year the period after Uni is the perfect time to travel and see the world before the real responsibilities of being an adult kicks in.

**Marvel or DC?**

Marvel. I mean Batman is awesome in every way but it's got to be Marvel overall.

**Never eat Ben & Jerry's again, or never eat Nutella again?**

I have an extremely deep-rooted love for both foods so I hope this catastrophic situation never presents itself. But in the event that such an evil arises I would have to choose Nutella because it is a necessity. While Ben & Jerry's is a thing made in heaven, it can only be enjoyed in large quantities (ie. eating the entire tub) every now and again.

**Who's your favourite actor or actress?**

Grace Kelly is my favourite actress just because she is so incredibly elegant and has such a presence on screen. While my favourite actor would be a showdown between Bryan Cranston and Kevin Spacey, both have had such a wide range of roles and are extremely devoted to their profession.

**If you could play any character, who would it be?**

I have always wanted to play the Phantom in Phantom of the Opera. He has such powerful songs and is both brooding but tender and vulnerable at the same time.

*You can catch Jamie in the Importance of Being Earnest as Algernon Moncrieff on Tuesday and Wednesday, Week 9*

## 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. This diverse display of art is open to the public from Tuesday, Week 9 to Wednesday, Week 10.

Previews collated by EMILY BIRKETT @EMILY\_BIRKETT



### SARAH MCINTOSH - MIXED MEDIA

"As a Creative Arts student, studio practice is one of my many streams of expression, along with theatre practice, design, dance and singing. Therefore my visual practice is influenced by a range of mediums, including other artists. My inspiration and passion comes from a deep personal belief in a God given gifting and purpose in life." In Sarah McIntosh's paint-

ings, she likes to experiment with collage techniques along with layers of acrylic and spray paint. She takes influence from urban environments particularly with decaying posters and intricate layers of street art.

McIntosh's faith has been a major influence in her studio practice over the past few years as she looks to challenge our perceptions of figures and ideas known from the Bible. She has worked through

theological issues of faith in her work and hopes to represent these in a diverse and liberating way. Originally from Northern Ireland, McIntosh is excited to return home equipped and enriched with the experiences she has gained at Lancaster University. She only hopes for more of this from the rich creative culture of Belfast where McIntosh hopes to continue her practice.



### CATRIONA MCVEIGH

Catriona McVeigh uses textiles and embroidery to explore the theme of women in war and conflict areas. "The world wars enabled women to work for the first time; taking on the roles of men. However, we still live in a male dominated world where, due to power and greed amongst other things, male leaders cause war." McVeigh looks to explore how

women suffer all over the world at the hands of men. "I myself am from Northern Ireland, a country of conflict that has always been ruled by male leaders and politicians." Through her work, McVeigh wants to explore a female version of war and conflict, presenting it in a non-glorified manner and looking at victims and the destruction it causes to those who have no control over it.

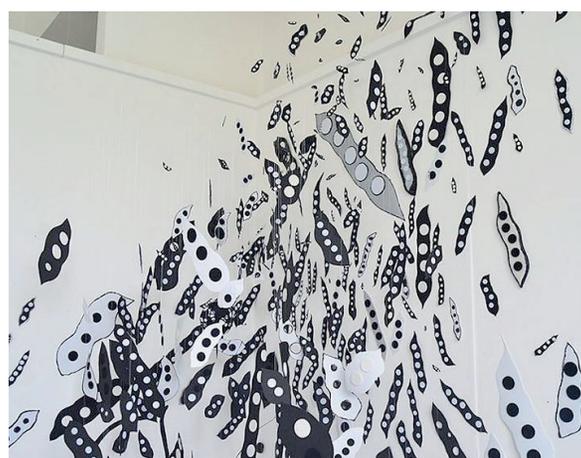


### THOMAS NELSON - PAINTING

"Art is my life. I find inspirations from my environment, culture and also other artists, to present a creative outcome." This can be summed up by Thomas Nelson's personal statement which he lives his life by of "Created by The Creator to be Creative." Nelson considers himself an urban painter; particularly interested in abstract shapes, energetic colour

and movement within his work. All of which denotes an abstract expressionist style of painting, a movement which he is heavily influenced by. Nelson applies these aspects in all disciplines across his life. Born in Birmingham, Nelson comes from a vastly diverse, multicultural city where there is a great emphasis on unity and appreciation of divergence. "My experience at Lancaster University therefore has been quite unique." As a "city boy" with a charismatic, ethnic

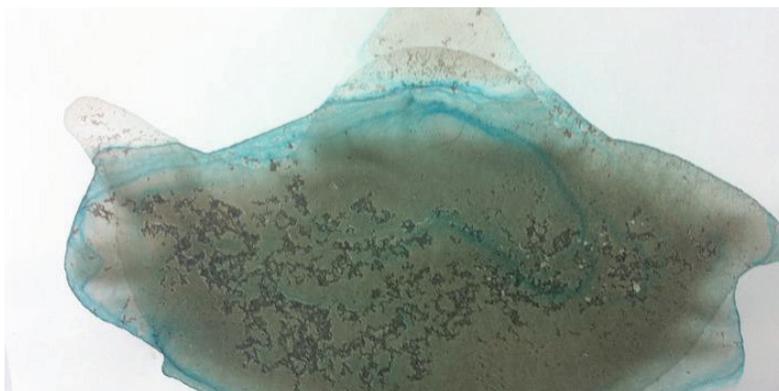
background, Nelson has been able to provide another dimension to the Fine Art course, while also embracing the close and personal aspect that the degree offers, which he confesses has really shaped his character. "Through tutorials to collaborating in teams, and most importantly studio practice, I have developed my beliefs and approaches to art (and life) to formulate an energetic and colourful style of art."



### SARAH OSTRICK SANCHEZ - SCULPTURE & INSTALLATION

Sarah Ostrick Sanchez is drawn to the intricate detail and pattern of natural formations and micro-architecture within the aesthetics of nature. Driven by the shapes and textures she creates tactile and abstract representations of imaginative growths and species. Sanchez uses ordinary materials in unpredictable ways, finding unusual applications for them and

transforming their original formal character into enticing sculptural compositions. Her sculptures balance the minimalistic and therapeutic, found in their monochrome nature and rounded form, with a baroque form of expression in terms of their repetitiveness and abundance. Sanchez creates scenes that are playfully inviting, yet simultaneously evoke an intimate narrative for the viewer to unfold.



**PAMELA PASSI - SCULPTURE & INSTALLATION**

After a recent shift from painting to sculpture and installation, Pamela Passi is interested in the questionable relationship between time and art.

How does art rely on and exist in time, how it is understood? Who really cares about time, why is it

important? Or is it even important?

These are the themes that are currently influencing and evolving Passi's thoughts about art along with artists such as Tara Donovan; who interacts very closely with masses of everyday objects over a long period of time to create enormous sculptural installations.

"In my latest multi-media installation, I have explored the characteristics of chiffon, fishing wire, ice cubes and paper."

Passi is now looking further into how she can push and refine her questioning to make these sorts of questions crop up in the minds of her audience.



**SOPHIE PENNINGTON - DRAWING & SCULPTURE**

Sophie Pennington's artistic practice over the last couple of years has ultimately focused on space and how certain spaces which we may not notice can be filled. With an ongoing interest in repetition and the motion embedded within the process, Pennington began to obsessively question and challenge the nature of space. "By

'space', I am referring to; depths, voids or expanses, ranging from a blank sheet of paper to the surrounding empty space we are outlined by." Pennington therefore began to question the significance of insignificance.

Particularly through gestural mark-making processes where she repeatedly multiply a sole object; her practice explores the relationship between space and time by

questioning the unseen temporalities, possibilities and boundaries.

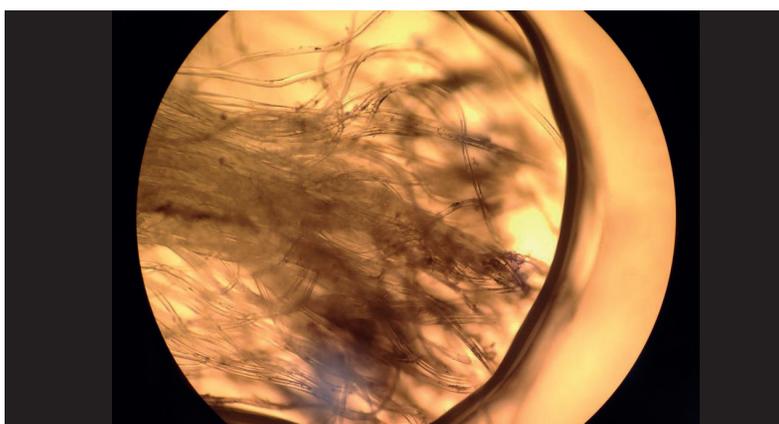
"My work over recent months has portrayed this relationship by repeating one specific iconic symbol of time; whether it be an object, mark, or a gesture to both overwhelm and enhance the space I am working within, but also confront the audience in an intense and inquisitive manner."



**CHRISTINA QUINE - PHOTOGRAPHY**

"My artistic practice was initially drawing. I progressed to photography in my second year when someone pointed out that they really liked my photos just as they were, instead of trying to draw from them." Christina Quine then experimented with photography further and found that she could be more expressive and creative

using this medium than she was with drawings. The primary focus in Quine's photography is that she does not post edit or digitally manipulate the photos. She likes to challenge herself in finding ways to take images that make the viewer question what it is, or how the picture was taken. Quine's work has so far explored macro photography, water and fluids, migraines from personal experience, and perception.



**AMELIA ROBERTS - ANIMATION & INSTALLATION**

Amelia's practice explores the transmission of infectious disease, creating stop-motion animations by combining 2D and 3D sculptural forms.

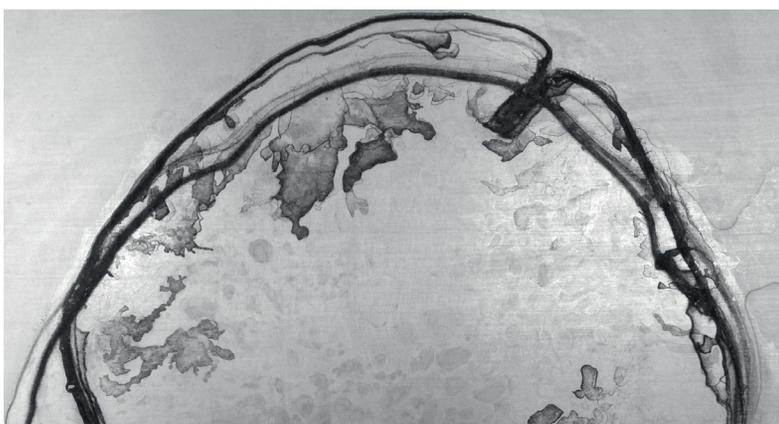
These are developed in her studio, having her space as a metaphor for the body; exploiting the weaknesses around her space to act as

the source of infection. Central to her practice is the thought of making the viewer become aware of their own body, and how everyone is susceptible to catching unpleasant diseases.

She aims to capture this by creating an installation environment, projecting animations and enclosing the audience in an uncomfortable space. Roberts' animations are merged with original audio

thus enhancing the awareness of the viewer's own body.

A fundamental idea to her work is the thought of how diseases can take over and control one's body, so she uses multiple projections to portray this. She is currently working with the medical department of Lancaster University in order to grasp a better understanding of the science behind her ideas.



**MOLLY VAUGHAN-WALLIS - SCULPTURE**

While studying Fine Art at university, Molly Vaughan-Wallis has constantly changed her mind about what she's doing and confesses it's something which probably frustrates the tutors. However, in her final year she has come across something which she simply cannot get enough of; nature. "I have had an attach-

ment to the outdoors since I was a child, something which has strongly come across in my art work throughout college and university." Vaughan-Wallis has become engrossed with structures and patterns in nature. She is currently looking into bio-art and experimenting with the process of growth and time, the main focus being on hand growing sheets of bacterial cellulose and discovering the shapes, patterns and structures

it can produce. "I love the sense of risk it brings, having to leave it to develop itself with the potential of going completely pear-shaped." Vaughan-Wallis is moving away from the sculptural side of the work and focusing more on the process which goes into its creation. Although it should still be an interesting object, Vaughan-Wallis believes it is to be "simple, delicate and not taken away from its organic state."



JAMIE MILLS DEPUTY ARTS & ENTS EDITOR  
@JHRM94



With my final column of the year comes the prestigious Mills on Movies Awards.

#### Worst Film of the Year: *50 Shades of Grey*

Do I need to justify this one? I didn't even see it, but it wins the award for nearly ruining my experience of seeing *Kingsman*, and for condoning rape and abuse for 2 hours.

#### The 'Hey It Won All Those Oscars, It Must Be Alright' Award: *Birdman*

I sat through the Oscars, and having already seen *Birdman* I was incensed to see it collect so many awards. It was complete shit. And since then I've seen so many people sit down to watch it because of all the Oscars it won, before turning it off, bitterly disappointed.

#### Biggest Disappointment of the Year: *Avengers: Age of Ultron*

I couldn't wait. As I took my seat for the midnight Lancaster screening, I came close to tears just at the sight of the titles. I thought this had the potential to be one of the best blockbusters of all time. But it wasn't. It wasn't terrible, it was just nearly 3 hours of missed opportunities, and bizarre decisions. Why was Black Widow dating Bruce Banner? Why did they kill off Quicksilver? Who decided to cast Elizabeth Olsen without at least a read through? Why did *Ultron* decide to kill off humanity?

## MILLS ON MOVIES

### WHAT TO WATCH THIS SUMMER

#### INSIDE OUT

After young Riley is uprooted from her Midwest life and moved to San Francisco, her emotions - Joy, Fear, Anger, Disgust and Sadness - conflict on how best to navigate a new city, house and school. Starring Mindy Kaling, Rashida Jones, and the bass player from Red Hot Chili Peppers this will undoubtedly be the biggest family film of the summer.

WHEN: 24th July



#### SOUTHPAW

A boxer fights his way to the top, only to find his life falling apart around him. The market for boxing biopics is pretty saturated, but this one is truly exciting. Starring Rachel McAdams, Jake Gyllenhaal, and Forest Whitaker (*The Last King of Scotland*) as well as featuring an original score by Eminem, and direction from Antoine Fuqua (*Training Day*), this could end up being the best film of the year.

WHEN: 24th July



#### THE FANTASTIC FOUR

Haven't got your fill of superhero movies this year? Despite being yet another film very heavily influenced by Nolan (seriously at least 4 shots from the trailer are taken directly from Nolan films), this film has the potential to stand out from the crowd with an awesome cast, and a fresh take on a story we've already seen on the big screen.

WHEN: 7th August

#### STRAIGHT OUTTA COMPTON

The film revolves around the rise and fall of the Compton, California hip hop group N.W.A. There's already huge attention for this film, given that it focuses on one of the most influential hip-hop groups of all time.

WHEN: 14th August

#### THE SECOND MOTHER

Val, a woman from Pernambuco, goes to São Paulo, leaving behind her daughter, Jéssica, with Jéssica's grandfather. In São Paulo, Val finds a job as housemaid of a high-class house where she takes care of the family's child, Fabinho. Critically acclaimed film and award winning film from Brazil making its way to the UK this September.

WHEN: 4th September

#### The Feminist Film Award: *Mad Max: Fury Road*

A group of awesome female characters, in a film that could stake a claim to being one of the best blockbusters of the last few years. Not everyone was happy though. Aaron Clarey, a writer for the website 'Return of the Kings', was quoted as saying with regards to *Mad Max*: "Feminism has infiltrated and co-opted Hollywood, ruining nearly every potentially-good action flick with a forced female character or an unnecessary romance sub-plot to eek out that extra 3 million in female attendees". Hahahaha. Ha.

#### Cinematic Moment of the Year: *Furious 7*

There are a few to choose from this film, but the moment when The 'Dwayne Johnson' Rock flexed his arm and cracked open the cast on his broken arm was the most macho thing I've ever seen. I'm sure Aaron Clarey was delighted.

#### Film of the Year: *Paddington*

This was a tough one. It came down to a 4 way contest: *Paddington*, *Interstellar*, *Ex-Machina*, or *Gone Girl*. But ultimately only one of these films had the emotional depth, the effortless humour, and the widespread appeal necessary to win the Mills on Movies Best Film Award for 2015.



## LUFP SHOWCASE AND AWARDS CEREMONY



Sammie Caine

LUFP

Earlier this month Lancaster University Film Production hosted their inaugural showcase and awards ceremony.

### All that Remains

This dramatic short deals with showing the difficulties of a soldier coming back from war. With the main subject of the movie being a difficult one to successfully portray it was a bold move from the society to pursue. The team use their limited funds and effects best when the soldier (Alexander Varey) has an episode, when a fire alarm goes off and reminds him off the time he spent in battle. The editing for this part has a very nauseating and panicky impact on the viewers. Charlotte Larner plays the therapist that is trying to help the reluctant soldier through his difficulties. Charlotte also gave a strong performance, however I do not think that she had enough dialogue. Especially in the later parts of the movie, it is a long piece of dialogue from Alexander that is well delivered but I think that it would have been better if Charlotte had something to say. Overall a good film that delivers on the drama. – Eden Jinks.

### Nerve Endings

Intense. That's the best way to describe the second film of the night. *Nerve Endings* focuses on the story of James (Guillermo Katz) after he loses his girlfriend (Charlotte Larner) in a car crash. Wracked with guilt, and dealing with a difficult relationship with his father, James struggles to survive. Guillermo gives one of the finest performances of the evening, and the natural chemistry between him and Charlotte made the film all the more emotional. Wonderful direction and editing gave us an inlet into the painful emotions of James. One of my personal highlights of the evening is the closing scene in this film, make sure to check it out when the film goes online. – Jamie Mills

### Sundown

Being LUFP's first project, this film represented a significant challenge for the technical team, but they overcame the challenges triumphantly. *Sundown* focuses on the intertwined stories of three students, in an incredibly moving manner. The genuine evocative nature of the film stemmed not

only from the script, but also powerful performances from Ethan Bates, Ellie Berry, and Bella Ward, as well as a wonderful original score from Billy Vinning. As the longest film of the year, it ran the risk of failing to hold the audience's attention but in practice this never became an issue. While at times the film is difficult to follow, it is a genuinely engrossing and powerful movie. – Jamie Mills

### A World Without

*A World Without* tells the story of Anna, exploring the world around her through her photography while overcoming a break up. The most fascinating component of this film is the contrast between the relationship of Anna and her fanatical ex-boyfriend, and the relationship between the characters played by Vitali Bokov, and Jess Turton. Incorporating themes such as love, technology, and empathy, *A World Without's* script is effortlessly wonderful. With the simple yet dynamic direction of Fri Thaug Kyaw the film manages to be as evocative as it is thought provoking. Ultimately *A World Without* is one of the most consistent films produced by LUFP this

year and a must see – Jamie Mills

### Post-Mortem

Building on the tropes of the classic film noir genre, *Post-Mortem* tells the story of a man (Tom Dykes) attempting to find his killer in his last few moments of consciousness. Balancing the brutal and action packed murder scenes, with the intense emotion of a man about to die, *Post-Mortem* is a hugely enjoyable film. Wonderful performances from both Tom Dykes, and Thea Nygård help bring life to the story. A personal highlight is the Tarantino-esque soundtrack, culminating in the final scene of the film as the murderer walks away, apple in hand, as Dusty Springfield plays in the background. The use of the vinyl player in these scenes was a wonderful decision – Jamie Mills

### Counting Candles

An extremely well written, produced and acted side splitting comedy. The film is set at Dale's birthday party. But there are two Dales: one happy upbeat guy and the other a deadpan, serious character. Ishan plays both Dale's fantastically; he is also surrounded by a great cast who play hysterical party goers. The interaction between all the characters is what makes this film such a success. With head writer Will Johnson's superb script in place the jokes and quips are brilliant. The timing from the cast is on point leading to a barrel of laughs from the whole audience.

The contrast of both Dales was the best part of this movie; it is where the laughs come from mainly. The biggest compliment that I can give is that the Lancaster University Film Production attempted one of the hardest genres to get right and they do it in an extremely triumphant manner. *Counting Candles* is a roaring success. – Eden Jinks

### Awards

The executive committee were delighted to announce that the LUFP Special Recognition Award was awarded to Billy Vinning for his stunning original scores for *Sundown* and *A World Without*.

You can view the full list of awards at [scan.lusu.co.uk/culture](http://scan.lusu.co.uk/culture)

## Farewell to Arts City

**SIMON JAMES** ARTS & ENTS EDITOR

[@SJAMES](https://twitter.com/SJAMES)

"How have you found it in Lancaster? I heard there's not much going on." The one good thing about graduating will be that sooner or later people from my hometown will have to stop saying that. That's my hometown that doesn't even have a cinema by the way.

I just can't see where this reputation has come from. Lancaster is what you make of it, and in terms of an arts scene, you can't ask for a lot more – it's the best in the North West outside of Manchester and Liverpool, fact. My role as Arts editor this year has particularly opened my eyes to everything on offer to students. Litfest, the Lancaster Music Festival, the LICA shows, Battle of the Bands, comedians at the Grand, brilliant plays at the Dukes, a cinema on campus, art galleries, Spotlight open mic nights... it's felt like there's never not been something on. The range of things on offer is impressive. I would like to see LICA start putting on some more student-friendly events (comedians etc) and a bit more variety in the acts booked for Sugarhouse, but in general, we've got it pretty good.

Part of me thinks I could have done more while I've been here. Had a couple of extra trips to the Dukes, used Take 2 cinema a bit more often. Maybe I should have had a go at being in a LUTG production, set up a Bailrigg show, gone to watch more LUCI performances... Truth is, when you're in Lancaster you're spoiled for choice.

If you're here again next year, I'm envious of you. Make it your own – a cultured individual with a 2:1 always trumps having a first and nothing to talk about. Download the Lancaster Arts City app. Don't ignore all the posters on the spine. If your friend is in a performance, go and support. Do everything you think sounds good. Oh, and keep reading SCAN, obviously. I doubt that Jamie, next year's Arts editor, will be wishing he'd done more when it's this time next year, because he couldn't be more involved with Lancaster arts. You're in safe hands!

## Plan for the future: what Lancaster's final year students are up to next year

Looking for inspiration for things to do after you graduate? *Features Editor* Abigail Davies caught up with some of our final year students to find out how they intend to cross the bridge into the 'real world'.

*Laura Mason - 3rd year English Language*

**What are you plans for next year and beyond?**

I am going to Thailand and Vietnam for five weeks before starting a full time job at Ripley St. Thomas Academy as an academic mentor. I have a place on the Teach-First course to start in 2016. I was originally going to spend a year travelling and saving up, but when Ripley offered me a job, I couldn't turn it down

**How did you come across this job?**

I completed a ten week placement there as part of my degree, and I must have given a good impression as they offered me a job.

**Have you got any tips for second years who are going to be considering applying for jobs soon?**

I fought for my secondary school placement. It is luck, but it's lucky that I fought for it. Everyone on the module wanted a secondary school placement but I told them that I had already done a primary school placement. So I guess my advice would be that if you want to find relevant experience in what you are interested in, then don't give up. And then when you get there, try your hardest because you never know what might happen.

**What work experience have you completed and do you think it helped you land the job?**

I have done various work in different schools in Lancaster, and have worked with young people from all different backgrounds. I have a part time job at a college for young people with severe disabilities, I have worked for the university on Teach Week and Be The Change,

I have volunteered at a primary school with LUSU for a term, and I was a brownie leader. All of this experience collectively helped me to utilise the skills I'd picked up along the way, which resulted in me being offered a job.

**Is this an area that you have always wanted to work in? Why/why not?**

Yes. I have always known that I wanted to work with young people in the education sector, so this will be great experience for me in preparation for becoming a teacher.

**What are you most looking forward to?**

As well as my holiday, I am looking forward to the responsibilities that come with the job, and being able to apply the skills I have in my own classroom.

*Abie Epstein - 3rd year English Literature and Chinese*

**What are your plans for next year and beyond?**

In September I'll start my graduate job with Fleishman Hillard, one of the largest international PR firms in the UK. The programme is a year long with the possibility of a full time job offer at the end!

**How did you come across this job?**

I came across the job through online research.

**What was the application like?**

The application process was really challenging but I really enjoyed it and learned a lot about what day to day work in the industry includes from talking to different people from FH. It started out with an application form including a range



John Walker

of different questions. Following the application I was invited to the first round of assessment days which involved an interview, writing tests and a presentation. After that I was invited to the second assessment day which involved an hour long interview and after that I was offered the job!

**Have you got any tips for second years who are going to be considering applying soon?**

1. Start early!
2. Take your time doing the applications and do as many as you can!
3. Do your research! On every stage of the process employers will care about how much you know about their company and industry, show off what you know and how

interested you are in it!

4. Be passionate!

5. Interviews and assessment centres are as much about the company getting to know you as they are about you getting to know the company. Don't be afraid to ask questions and be yourself.

6. You will get rejections, everyone does, but don't let them get you down, it's all part of the process!

**What work experience have you completed and do you think it helped you land the job?**

I have completed work experience in both journalism and PR and communications and that really helped me succeed in getting the job with FH. At the same time

though, the extracurricular activities I took part in at university were also extremely important so get involved as much as you can!

**Is this an area that you have always wanted to work in? Why/why not?**

Yes it is! I have always been interested in working in PR as I love working in a team, being creative and building relationships with the media.

**What are you most looking forward to?**

I am most looking forward to the different rotations of the programme because I'll get to experience different areas of PR.

**Joanna Walker - Media and Cultural Studies**

**What are your plans for next year and beyond?**

Next year I'll be moving to Germany to live with a family and teach English to their children whilst also attending a language school part-time.

**How did you come across this job?**

Initially I was actually looking to teach English as a foreign language in German schools, but even with official TEFL qualifications, school positions are mostly freelance work which isn't ideal for trying to support yourself in a foreign country! Eventually I stumbled across a few blogs which talked about au pairing and I decided to check it out myself.

**What was the application like?**

Applying to become an au pair is a unique process, and it varies hugely depending on what agency or website you apply through, your country of origin and the destination country. Being part of the EU meant that it was relatively easy to handle the initial application – I don't need a visa, or extensive background checks, or vaccinations – but connecting with a family and demonstrating that you're the right person to take a large chunk of responsibility for their children is a daunting task.

**Have you got any tips for second years who are going to be considering applying soon?**

In January I received a rejection from a graduate job that I'd had my heart set on. This wasn't my first rejection, and it certainly wasn't my last, but it made me re-evaluate what I actually wanted to do after university, because I wasn't anywhere near as upset about it as I'd expected to be. I study Media, so I've always had a very narrow view of "I must get a job in the media" but this isn't the case at all. To second years, I'd just say that you should widen your options and you may be pleasantly surprised by what interests you. It will perhaps spark a new (or old!) passion that you had no idea was so fascinating. There are an absolute wealth of jobs out there – not just specifically graduate ones, either – and you shouldn't limit yourself to the parameters of your

degree field. My best friend studies Politics and she's got a job in advertising. Go for whatever appeals to you!

**What work experience have you completed and do you think it helped you land the job?**

Again, my job is a bit unique because it wasn't a standard application, but I have 9 years of studying German behind me which of course will help immensely. I've also had a lot of experience working with children which will undoubtedly come in handy. With regards to work experience relating to graduate jobs, however, I'd suggest just putting yourself out there and emailing a few companies in the closest city to where you live at home – ones that are part of an area you're interested in or are curious about. You've got nothing to lose, and a company giving you a few weeks of work experience may even one day lead to a full time position!

**Is this an area you have always wanted to work in?**

Yes and no. I used to be incredibly passionate about German, and loved every second of learning it – at one point I even aspired to be a professional translator. However, once I studied it at A Level, I was put off the subject by a less than wonderful teacher and leant much more heavily towards pursuing both an education and a career in Media. But my knowledge of German has always been in the back of my head and I'm just extremely thankful that I have an amazing chance to re-establish my understanding of it. Plus working with children has always been rewarding for me, so it really is a fantastic combination.

**What are you most looking forward to?**

Being completely immersed in a new culture for sure. One day being able to call myself bilingual! Exploring a new country, trying new foods, meeting people from all over the world, and obviously Oktoberfest. Most of all, the possibilities that this position is going to open up for me.

**James - Accounting and Finance**

**What are your plans for next year?**

Next year I take up a position as a Finance graduate at Jaguar Land

Rover's head office in the West Midlands where I'll be working in their central Finance team and studying for my CIMA qualification to become a chartered accountant.

**How did you come across this job?**

Found the job online and spoke to them at Careers fair after I'd applied and that confirmed it was something I was interested in.

**What was the application like?**

Application was an online application form then a series of online tests from situational judgement, numerical and logic/diagrammatic testing. After this I was put in a waiting list ranked on what I study, where I study, my A-Levels, my experience and how I did in the online tests. 4 months then went by and I was invited to an assessment centre and interview with 11 others who together formed the top 12 on that ranked list. The day after the assessment centre two others and myself were offered the job.

**Have you got any tips for second years who are going to be considering applying soon?**

To second years applying soon I would concentrate on applying to no more than 5 jobs and do your research on what the companies do and what issues they are facing at the moment. I applied to 4 firms in total and made video interviews in the other 3 and went all the way with JLR. Don't apply to 40 in the hope you'll get one.

**What work experience have you completed and do you think it helped you land the job?**

I have quite a lot of work experience and leadership experience which unquestionably helped me. I'm not hugely academic (I'm scraping a 2:1), I'm only involved with one society at university but I have always worked in my holidays and during my time at university.

**Is this an area that you have always wanted to work in? Why/why not?**

I study Accounting and Finance so it was a natural progression to move into a finance role and in first year I studied mechanical engineering as my minor so I guess finance in an engineering firm was

always where I wanted to end up. Two of the others I applied to were Network Rail and Manchester Airports group, so engineering/transport firms.

**What are you most looking forward to?**

I'm most looking forward to getting paid and working for a globally recognised brand to go on my CV as well as becoming a chartered accountant.

**Faye Devlin - 3rd Year English Literature and History**

**What are your plans for next year and beyond?**

My plans for next year are to study for a GDL (Graduate Diploma in Law) at the University of Law in Chester. Beyond that, if I enjoy the course, I hope to do an LPC and then hopefully go onto qualify as a solicitor.

**Why did you decide to do a masters instead of getting a job?**

I decided to do a Masters in Law as it is the only way for non-Law graduates to get into Law. I decided to the GDL as I felt that doing a Law degree would open more opportunities and give me extra skills when I do finally get a permanent job.

**Did you seek advice about the pros and cons of further study?**

I spoke a lot with the University of Law staff about the programme, as well as staff about a History Masters, but decided the GDL would be the most useful for me.

**Which institution are you completing your masters at and why did you choose it?**

I'm doing my GDL at the University of Law in Chester, because the course seems the most fitting for me and Chester is a friendly and beautiful area, which is close to home and my friends.

**What advice would you give to second years who are worrying about life after graduation?**

I would advise second years who worry about what to do after graduating to speak to the careers service, but to also consider what they enjoy most and see if they can turn it into a profession. After all, leaving University at 21 is still very young, so it's worthwhile trying to pursue what you really want to do while you have plenty of time for career changes and new options.

**Have you got funding and if you do how did you go about applying for it?**

I am applying for funding through my government in the Isle of Man, who offer some financial aid to Postgraduate students.

**What are you most looking forward to?**

I'm looking forward to trying something completely new to me and studying something I've always been interested in.

**What do you want to do after you finish your masters?**

After my GDL I hope to go onto study the LPC and then train as a solicitor.



Alex France

## How to make your next year at uni even better

APRIL HAYES

So as my first year of university comes to a close my first thought is – how did it go so quickly? There is no understatement of the fact that time flies when you're having fun (with a pinch of studying at the side). Here are a few ideas about how to make sure you squeeze every ounce of pleasure out of next year, after all, your only an undergraduate one.

### Don't skip class

For me, I've come to realise that actually going to your lectures helps enormously when having to revise for tests and exams. It saves having to learn weeks of material in a couple of days. This is one thing I'll be telling any fresher next year, as well as having perfect attendance myself in second year.

### Use your holidays well

If you want to be able to do more of the things you want during in term time, then use your holidays to do work. The thing I'll do differently next year is using the Easter holidays to revise, rather than just stay in bed. This is especially important for second year since my exams are the first few weeks of the summer term. I can't do what I did this year and just revise for them a couple of weeks before. In defence of this lack of revision I just keep reminding myself that I only need to get 40%.

### Use the disability and mental health services

The University have been really supportive during my first few terms when I struggled with my

mental health. I was surprised at the amount of support I was offered, having come to university with the assumption that I had to fend for myself as I was an adult. It seems to me as if they actually want you to do the best you can do so will do everything in their power to help you. The Disability Service in particular is extremely supportive and I urge anyone who is deliberating whether to ask for their advice on a particular issue you are dealing with to go and speak to them. They are extremely helpful and really easy to talk to, something I thought I might have had an issue with.

### Join a sports team or society

Joining my college netball team was one of the best decisions I made this year. Not just that it made me exercise but that it

helped me make friends in my college who were not just freshers like myself, but who were second and third years. Being part of the team helped me make a lot of friends from a lot of different courses and year groups really quickly, especially with the socials the team captains organised. I would highly recommend getting involved in a sports team of some kind, or any society at all! I know a lot of people didn't join our college team because they thought you had to be almost an ex-England player or something but this isn't the case at all. It's a chance for you to get involved in something competitive and let your hair down as well as making new friends and having a laugh.

### Use the careers service

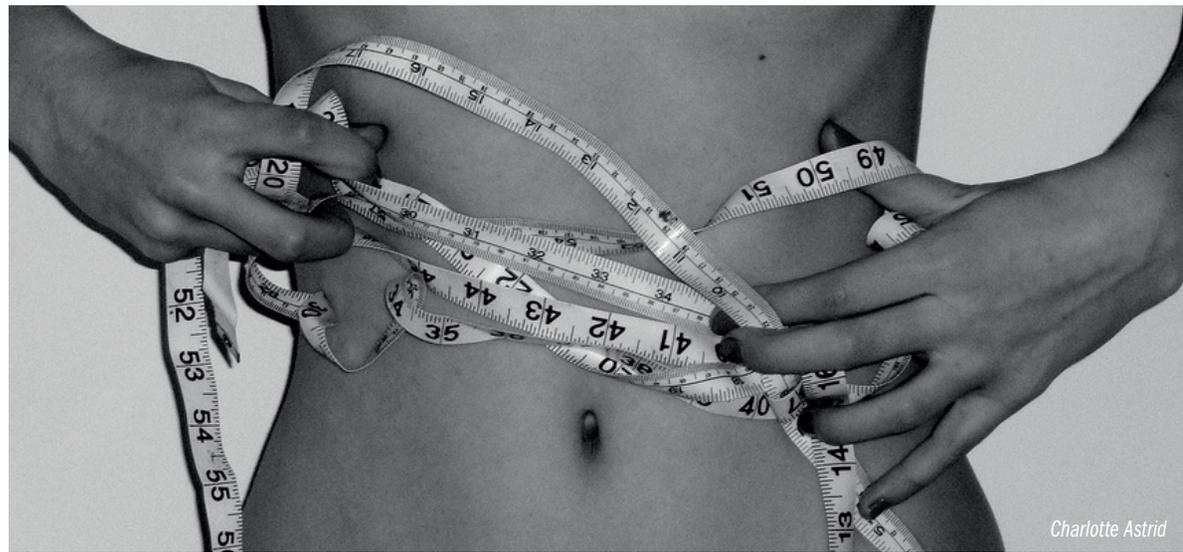
Next year I will have to start think-

ing about career plans and scary things like that. I've made a mini-plan, lined up some ideas for work experience and I am just planning on carrying on as I am, working as hard as possible and trying to keep an eye out for any opportunities that come my way. The careers hub will be my go-to for assistance. From helping you update your CV to doing a mock interview, the team are always there to help you land the job you've always dreamed of.

### Maintain a positive attitude

I am looking forward to second year. Not so much the increased work load and added stress of 'this year counts' but the fact that I have a lot that is going to happen, in the societies I'm a part of, and in the friendship groups I have made. Things can only get better.

## Could your 'beach body' make you less confident?



Charlotte Astrid

EBONY ROOME

It's that time of year again. It's time to strip down and whip out the swim wear. Whether you're off to Greece to laze on a sandy beach or you plan to doze on a garden deck chair you will probably be planning to get your tan on and shed the layers. We all want to look our best, we want to lose those chocolate gained revision pounds and show the world our washboard abs. It's time to get beach body ready.

Hundreds of websites and magazines promote the 'beach body'

The majority of these advise that weight loss is a necessity for going on holiday along with dieting, a fake tan and a tonne more exercise.

The Redbook Mag has developed a "7 days to total beach body confidence" guide. This gives seven steps to ensure we will adapt our bodies to "look amazing" on holiday. Of course they state you must "amp up your work out" to make sure your new bikini is two sizes smaller. They also advise developing a tan stating "everyone looks thinner with a bit of extra colour" to make sure those swimming

trunks don't look too tight.

Everyone feels they are expected to lose weight for summer. Whether to fit into last year's swim suit, grab the attention of a few beach babes or just to feel more confident. It seems that society today encourages everyone to be body confident but in order to do that you must drop a few pounds and conform.

The idea of the 'beach body' merely lowers confidence, there will always be someone thinner than you, always be someone more tanned or with an extra set of abs

on show. The 'beach body' becomes an unachievable goal. However, the conformity is decreasing; people have started to fight back against the confidence defying stereotype.

In 2012 internet blogger Gabi Fresh declared that all women, no matter what size, should get to wear the bikini of their choice without being judged. In 2013 she went on to start the "fatkini" movement, this is any bikini worn or created in a size 10-24, hoping to empower women to reject the 'beach body' stereotype and embrace their own shapes.

The hashtag #fatkini then spread in 2014 with images of plus size women circling the internet, showing that bigger can be beautiful and their refusal to conform. This was closely followed by #losehateandweight demanding bodies be accepted in all sizes.

'Beach body' controversy has already risen this year in April when Protein World displayed posters on the London underground stating "Are You Beach Body Ready?" with a thin athletic woman posing in a tiny bikini. Huge outrage surrounded these posters not only

by women who felt they were being objectified but because the population felt the company were increasing their sales by lowering peoples self esteem. Who should get to say that a certain body type decided if we are "beach ready" or not?

Since April there have been numerous protests in Hyde Park, and brands such as Simply Be have created counter advertisements stating "Every Body is Beach Body Ready". Men and women have started to reject the notion of the perfect body, wanting to feel confident in their own skin and refusing to change to please industries and other people.

It appears that perfecting a 'beach body' is still the expectation, but it come with a side of controversy. Men and women are declining the image of the perfect body wanting instead to be accepted for their bumps and curves. Confidence is only lowered when you question your body image and with such high expectations, if you try to alter yourself, you may never be happy with the result. So, how do you achieve that 'beach body'? Stick on the Speedos and plonk your body on the beach. Easy.

# An interview with Anne Toomey

Anne Toomey spoke about community development and environmental stewardship at Lancaster University's Ted Talk a couple of weeks ago. *Features Editor* Abigail Davies caught up with her before the talk to find out more about her views on 'scientific impact'.

**Hi Anne, tell us a bit about yourself.**

I'm a PhD student at Lancaster University at the environment centre. At the Ted Talk I'm going to talk about how think about impact in our society, and specifically I'm going to be talking about my own personal journey with the concept of having impact for society. I'm doing my PhD looking specifically at how people in the Bolivian amazon perceive the impact of scientific research, but I've also looked at community work and grassroots organisations in Latin America and the US.

**How are they impacted?**

In the Amazon it attracts a lot of scientists; natural scientists, people studying different kinds of biodiversity, anthropologists studying different cultures.

But I think what a lot of people don't realise is that the incredible impact of the fact there are constantly scientists in these places means that the local people don't get very much out of that. We need to think about our roles as impactors; from the US and Europe we think were supposed to go into these places and impact that.

But I'm questioning that from my own experiences, where I thought how I would impact things ahead of time but ended up missing the boat and didn't do anything that was even slightly relevant. So I've had to rethink that and through my research I've had to think about how local people might perceive what would be relevant and useful as far as research and project are concerned.

**What kind of impact did you intend to make?**

I first went there when I was 21. I had this idea of social justice and environmental issues, so I first went with the idea of working with organisations that make change on the ground. But I had my own ideas, and I thing were taught that in the Western world. We think we have better ideas than any culture could come up with when we go to

these places. So I think you have to insert a lot for your degree of humility into what we do. I think that for me in Bolivia it was more about me learning, how I could be impacted, and how that changed my own view of what I wanted to do in New York, and how I acted there.

The reasons I wanted to do a PhD is so that I could be a Professor and help shape young minds, to teach them what I learnt the hard way so that when they do to these places they don't just think, 'Oh I'm going to build or a church' but they do in without an agenda. You've got to keep your eyes and ears open instead of already thinking what should be done in these places.

**What did you study at university?**

I went to university in the United States and I studied communications and International and Political science. In my degree one of the things that had the biggest impacts on me was learning about foreign policies of Latin America. Mexico is right there across the border and we have a really close connection in New York, there are a lot of immigrants in New York especially where I grew up.

I just really wanted to know what was happening, and I'd heard about the impacts of these foreign policies. But it's one thing to hear about them and read about them and another thing to see them on the ground. So I wanted to go there are see what was happening and what I could do. I wanted to fix things, I just saw myself as fixing things, right?

And so it was a really long learning process from wanting to go to learn about things and fix things to just stopping and seeing what was my own position of privilege in all this and how did I have to start understanding people's stories and ideas to take it into account when developing research ideas.

**What advice would you give to students who are about to graduate?**

There is a real temptation to think



Anne Toomey at Lancaster University TEDx Talks

oh I'm going to go and do some volunteer project. I'd say don't just join a project where you think you're going to go and do something because often these projects are built around assumptions. The ideas that are come up with are put together in places very far away from these countries.

If people want to learn about the world I would say go to the world without an agenda and with very little money and see what it's like

in communities, learn the stories without an NGO telling you what the stories are because often they're totally wrong. Often times the biggest NGOs are the ones with the most money, the ones who go out and get people to volunteer, they're the ones that you really aren't going to learn the reality of the situation through.

I mean I learnt through really painful, uncomfortable situations. Everything I knew was put into

question. So if they are able to go into the world they are already in this amazing position of privilege and it doesn't mean that they have to go out and change things in other places, they can also start in their communities. They can start there are learn about their own government and policies. A lot can be learnt from going and having your eyes open instead of just joining on something else.

## War memorials are as important as ever to us

EBONY ROOME

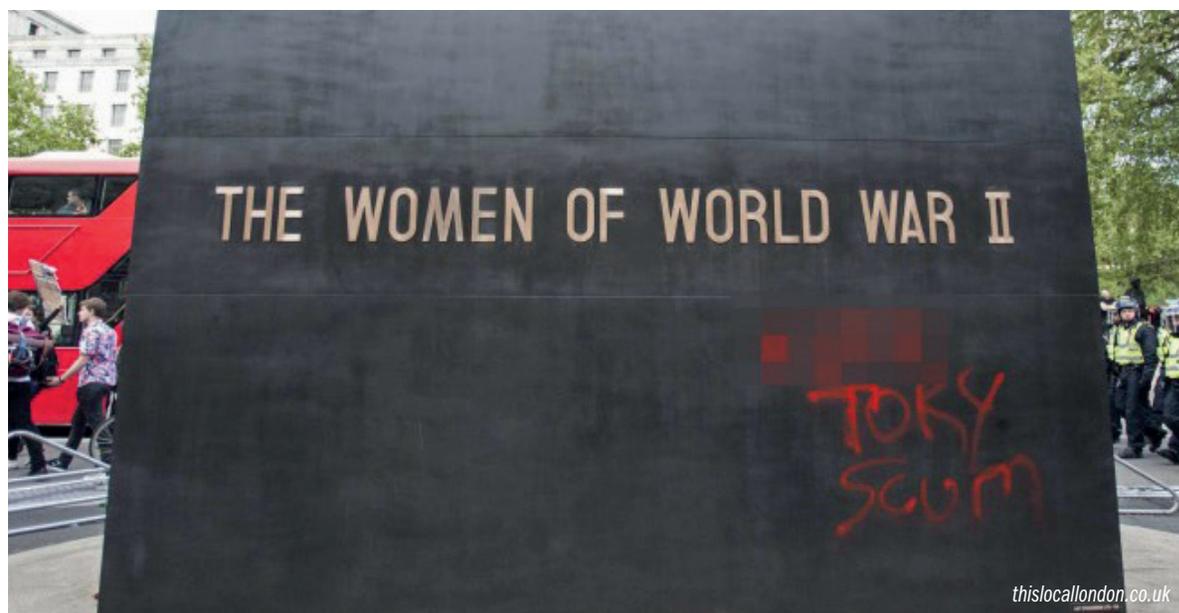
World War Two was devastating. World War One was devastating. The Cold War, the Vietnam War, the Korean War, the Afghanistan war; all wars are devastating. As time has gone on wars have become more destructive, and ever since the First World War it has become paramount they are memorialised. These memorials and monuments have been designed to remember and honour the dead, for society to recall the sacrifices made for war but also to act as a warning. War memorials stand as highly regarded and respected aspects of communities worldwide.

Yet protests in early May resulted in a national memorial being vandalised. Recent election results sparked an anti-austerity protest on the streets of London. It was during this protest that graffiti was scrawled across a monument to oppose the conservative government. The Monument to the Women of World War II was chosen for this attack, having been erected in 2005, it is a fairly recent monument and designed to commemorate the roles and hard work that women nationwide contributed to the war effort.

The country was divided in its reaction to the graffiti, Twitter exploded with responses. Some declared it as incredibly unpatriotic, disrespecting the women that helped build and defend the

world we live in today. Dr. Corinna Peniston-Bird, a specialist from Lancaster University, discussed the graffiti's intention stating it did not give a "profound message". She went on to explain how the monument had been unveiled in a time of "blitz spirit" as it was uncovered two days after the 7/7 London bombings; it showed a time when Britain was great and the monument gave the attitude that "you didn't get us before and you haven't got us this time". So, as can be imagined, the defacement of such a respected monument devastated many.

Nevertheless many argued alternatively. Journalist Laurie Penny led the way refusing to disparage the graffiti. She believes there was no problem with damaging the monument and stating that "what's disgusting is that some people are more worried about a war memorial than the destruction of the welfare state." So what's the big deal? People were protesting, so what if they utilised the monument to draw attention to their point? Perhaps if they had not defaced the monument it wouldn't have reached national news and gained as much attention. Surely there is nothing wrong if it is simply exercising free speech, right? Wrong. Memorials were and are significant to every single village, city and nation. They help us to remember those lost, they aid us in recognising the roles played by civilians and stand tall as evidence



of wartime's impact on society.

Focusing on the Monument to the Women of World War II it highlights the cultural transformation that lay in the wake of the war. This monument in particular is unique in its commemoration of both civilian and soldier roles together. Much argument followed that the women of the Second World War helped lead the way to the establishment of the welfare state. If this is the case then the monument stands for much more than is superficially perceived, it recognises aspects of society important today and stands as a reminder of this, even to politicians.

Memorials became essential during the First World War as the government decided no bodies would

return from the battlefield. And so in effect memorials became the brave soldier's grave stones. Memorials have since developed, they are not always artistic, they can be utilitarian too as a hospital or a park opened in the name of a soldier or war. But we are a hundred years on now, why should memorials still be important? As Dr Peniston-Bird states, memorials do not simply say "you need to remember what you owe these men", they say look at the pain the war caused, they shout this is how we suffered, do not let it happen again. They confirm you fought, you worked, you lost, you won; you've done good. Memorials are there for communities to celebrate and commemorate no matter when or how individuals are related to war.

Memorials don't just glorify the dead, they honour a great effort. Dr Peniston Bird explained that even some of the thankful villages, areas that had no fatalities during the war, still erect memorials so that they too can commemorate with the nation. Memorials signify national pride; they are not a rock, but a time machine. They keep us in touch with our past and our collective memory reminding us of a time the country was great, great in our effort and great in our loss. Monuments are evidence of the phenomenal capabilities of our country and the devastating capabilities of the world. They are there to warn, to celebrate, to commemorate and remind. Memorials are just as important today as they were in 1918; lest we forget.

## How to celebrate the end of exams

PHILIPPA HAWLEY

Hallelujah. Exams are over! No more all dayers/nighters in the library, no more hysterical crying over last year's perfect exam paper and no more stuffing your face with snacks because it's 'revision period and it doesn't count'. It's a chance to celebrate the end of the nightmare and start enjoying uni-iversity again.

First things first, as soon as you finish your exams it only seems fitting to have a night out. After basically months of not having a drink it really marks the occasion

of putting your pen down for the last time.

Having a drink outside in the sunshine certainly welcomes a long fun summer ahead away from your degree; so make the most of the sun when it is actually visible.

It's almost a guarantee in Lancaster that it will rain the next day and you don't want to miss your one chance to enjoy a drink and get your sunny specs on.

But there are so many ways to celebrate your exams that aren't just confined to Lancaster. Your purple

card offers you a great discount on Blackpool pleasure beach tickets and in a few weeks I'll definitely be heading there.

Although as someone who doesn't particularly like rides, I will most likely spend all of my day celebrating by holding the other's bags or going round and round on one childish ride that will not make me have a panic attack – stress doesn't leave you altogether when exams are over you know!

Or you could go up to the lakes for a day out. You can get a direct bus straight to Keswick from the bus

station and have a walk (hike more like) up one of the famous fells or rent a boat and go rowing on the lake, pretending you're in The Notebook and that Ryan Gosling is actually romantically whisking you away.

It's always a good time to go home for a few days as well. Devour the delicious homemade cooking and cherish your beloved bed considering you haven't had those luxuries in a while.

Having to cook, clean, look after yourself on top of all your revision has certainly been a challenge and

it's really important to have some days off. Just make sure you're back in time for the last couple weeks of term.

With grad ball, extravas and the last night of the year coming up, there is so much uni stuff happening to keep you entertained in Lancaster towards the end, or keep you steadily hungover and poor. Probably both.

So celebrate the end of your exams however you want to but make the most of it, it either all starts again in September or you actually have to become an adult and get a job. Neither sound appealing.

# An interview with Bruce Crowther

*Bruce Crowther is an experienced activist who formed the Garstang Oxfam Group in 1992. After quitting his job as a vet, he became Executive Director for the FIG Tree. Features Editor Abigail Davies had a chat with him to learn more about the FIG Tree project.*

The FIG Tree is an international fair trade centre which was set up to support fair trade towns across the world. At the moment, it has 1620 fair trade towns in 25 countries. It's an independent centre to support fair trade towns across the globe. It also acts as a community interest hub in Lancaster, promoting the history of Fairtrade through the slave trade and abolition. You can come and visit us at St. John's church in Lancaster.

**Tell us a bit about how the slave trade links to fair trade.**

There is one simple quote. The slave trade abolition happened two hundred years ago, it is simply immoral that people should be allowed to suffer to provide us with luxuries such as tea, coffee, and sugar at a cheap price. The thing is that today, we don't see that immorality in the same way people didn't see how two hundred years ago didn't know that the slave trade was wrong. It took a handful of people to explain that to them. So what we're trying to say is that although it might seem okay now, you may still be causing people to suffer by buying luxuries at a cheap price.

**How can people act on this?**

By buying fair trade produce. That's the most important thing. We're not asking people to go on marches, or sign a petition, or write to their MPs, we just want them to change the brand of their tea, coffee, or chocolate. It's very simple and easy. The quality of the goods is very good too. Especially chocolate, which is what we specialise in at the FIG tree.

**What kind of work are you doing in St. John's church?**

We've only been there a short while, and at the moment it's absolutely freezing! It belongs to the churches conservation trust and they haven't got the heating on yet. So I would urge people to come and have a look at the place but don't be put off by the cold – we will get the heating working soon! At the moment, we just have a small coffee doing coffee and

cakes – all fair trade produce of course. We do workshops there where we produce chocolate from the beans, we sell bean to bar chocolate and we run workshops for schools. We've only just started doing that. We used to in Garstang, and we've only done one workshop here which was a school of 45 children from France. We have taken our workshops to Norway, had schools from Japan. As far as I am aware, we are the only place that does bean to bar workshops for children. You hear about the bean to bar workshops in all these places and it means that you put chocolate into a mould and you make the chocolate. Here we actually take the beans and let children make it into chocolate, which is very rare. Nobody that I know of does it in a workshop.

**Is it difficult?**

Yes, which is why no one is doing it and it has taken us so long. We've gone through an awful lot of trouble to get it. I was very determined to do it. I thought, if Aztecs could make it from beans, then why aren't we doing it more commonly? It is possible, but getting the beans is very difficult.

**What is the future?**

Fantastic. We've just moved from Garstang. Sadly we had a lot of problems with the council there as they didn't seem to get what we were about. I have to say, credit to Lancaster council, we have been very warmly welcomed here and have built up a fantastic network. We have already got between 30 and 40 new volunteers from the Lancaster area. The Churches Conservation Trust is helping us to restore St. John's to its former glory and we're going to fill it with warmth, first of all, and then have cafe, community hub, library, children's area, and make it into a really good community place for all ages and all walks of life.

**Are the University going to be involved in this?**

Yes, we are already working with the University. We work with a lot of different aspects of the Univer-



TEDx Lancaster U

Bruce Crowther at Lancaster University TEDx Talks

sity, but it's interesting that they never seem to talk to one another. It took us a while to grasp that. I mean there is one person who is doing a global consumerism course, so he brings students to the centre. We also work with the Lancashire university students union. So in august we have students coming from Korea and Japan, and well do voluntary work with them. A lot of our volunteers working in the café are volunteers and then we also have a heritage group who focus on the slave trade and Quaker history.

**How did you get into this project?**

It's a long story. I was a vet originally, so I don't have any background educationally around this area. But in 1985, we had LiveAid, which got me interested in Oxfam. So I signed up and started

campaigning. In those days I was well off and could do it in my spare time and take time off work to do it. But then it became bigger and bigger and we came up with this idea for us to become a Fairtrade town and that started this movement off. Then it started becoming bigger and bigger and taking up more of my time and we had people coming from all over the world to visit Garstang, so I started hosting visits. But it was very difficult to do my job and eventually we set up the FIG Tree centre and I gave up being a vet about two years ago.

**What advice would you give to students about to graduate?**

Don't be a vet. No, seriously, do what your heart tells you to do. It is important to do what your heart tells you to do. Don't chase money. Money doesn't make people

happy. When you're in a job, not earning so much, but you're doing something you enjoy, then you'll be the happiest person on earth. I had money before, I don't have money now. But I'm certainly happy now.

I'm not saying that people don't find being a vet very fulfilling. I'm not trying to knock that. But when I learnt that a child dies of poverty every three minutes I just want to do everything I could to change that. I could not be happy and rets unless I was addressing that issue. It is horrendous that we live in a country with so much wealth and a child is dying every three seconds out of a lack of food and drink. It is totally unacceptable. To me there is no greater cause than that; it is an injustice that is unacceptable and we must fight it.

## McQueen: the man on our money?



GEORGIA SHEPHEARD **FASHION EDITOR**

After the Bank of England recently revealed that either a painter, sculptor or designer will feature on the next twenty pound note there has been much speculation surrounding whom the honour might bestow. Amongst the bookies' various predictions, Alexander McQueen has been named one of the few favourites to soon feature as a regular face in our wallets. Running alongside William Hogarth and Richard Attenborough, the possibility of such a homage to McQueen is to be decided by the public whom are able to nominate designers, directors and artists for the position. Whilst living people and fictional characters are exempt, the main criteria for the role is that the said person has made a considerable contribution to society.

Though the Bank has left the decision to the public to decide on who, with nominations being taken for fashion designers, film directors and artists, sadly, living people and fictional characters are exempt.

Whilst many might consider William Hogarth and Richard Attenborough's contribution to society to be greater than McQueen's, the fashion designer certainly has my vote.

One of the biggest names in fash-

ion before his death in 2010, McQueen was a brave and uncompromising designer, engineering designs that lead French haute couture to critical acclaim. But McQueen's legacy has lived on triumphantly for, immortalised by Sarah Burton his predecessor, in 2011, the Duchess of Cambridge walked down the aisle in an original McQueen design. Yet as a young designer, McQueen admittedly stole fabric from his flatmates to create his clothes, illustrating just what can be achieved with a little imagination at university.

Following the recent decision to put Jane Austen on the five pound note, the result of a huge campaign for increased female representation, if picked to face the twenty pound note, McQueen will also be an equally contemporary choice, as the first openly gay person to do so.

However, though McQueen was open about his sexuality, his past was dark and troubled and eventually lead to his suicide. Whilst such a tragic event often overshadows the incredible work of an individual, I wholeheartedly hope that McQueen might be immortalised on the bank note as proof that though gone, his influence on society is not forgotten and perhaps even in years to come, when our children ask whom the man on our money is, we might tell them about McQueen.

## 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).



**Polly & Beth**

Course:

Fine Art

Favourite shop:

Urban Outfitters and Topshop

Signature piece:

Polly: Summer dresses with black chunky boots

Beth: Anything burgundy

Fashion icon:

"Pinterest rather than people!"



**Jasmine Clarke**

Course:

French and Spanish

Favourite shop:

Topman & Zara

Signature piece:

Big scarves



**Ollie Orton**

Course:

Law

Favourite shop:

Barbour

Signature piece:

Barbour jacket

Fashion icon:

Bradley Cooper or Matthew McConaughey



**Lydia Wang**

Course:

Management Science

Favourite shop:

Topman & Zara

Signature piece:

Dresses

# Summer style diary

**HANNAH CARLISLE**

Though summer might be here, the evenings aren't quite warm enough to go jacket-less just yet! Here, Hannah shows you how to incorporate a simple denim jacket into five different outfits.

Day 1: Keep it casual.

Pairing your denim jacket with this season's must have print: stripes is a casual outfit that's really easy to put together alongside your favourite ripped jeans and boots.

Day 2: Double denim



If you're feeling daring, why not match your jacket to a similar coloured skirt channel this season's denim trend? Pairing it with a feminine top like this lace up one takes away the toughness and makes the look a lot easier to wear.

Day 3: Summertime staple

A denim jacket is a great way to

transition an evening outfit into one for the daytime. I wore mine with a high neck white crop top and navy blue tropical print trousers to channel summertime while in gloomy Lancaster. Adding a pair of chunky wooden heels adds to the holiday feel of the outfit.

Day 4: Boho dresses

70s style dresses are this season's summer staple, but if you want to tone down this very girl look, a denim jacket toughens it up a little.

Day 5: Night out



The end of exams can mean only one thing: parties! A denim jacket is great to tie together a party outfit, as denim is versatile enough to go with any outfit, yet lightweight enough to take off should you get too warm.

You could even tie it around your waist to channel your inner 90s child.

# Less is more: best new swimsuit & bikini trends

**DAFNI TSOVALA**

It's that time of the year again... finally, after all the exam stress, summer is here!! How exciting does it sound? I know, I know, the weather in Lancaster does not inspire you to check out the most on trend bikinis and swimsuits to wear and wow them on the beach. Well girls, we are here and we are going to help you hoping this article will be your life-saver before shopping time! From sexy print to basic bikinis, see what's in style this season.

We all know that shopping for swimwear is no easy fit; everyone's body is different and everyone's idea of the perfect bikini or suit is different - Are you buying for pool-side lounging only or serious splashing about in the sea? Do not forget though, that whatever your shape and whatever your swim agenda, these are the best style rules to follow; be it to hide or show off your assets; to pack smart; or top up that tan!

The 2015 swimwear shows wrapped in Miami and we've pulled together 10 of the season's top trends. Photo prints, high-waist bottoms and tribal prints were still hot on the runway, while fluttering tops, slogan one-piece suits, jewellery worked into swimwear and panelled bottoms were emerging trends. Get inspired and stay ahead of the game with looks you can start wearing now.

1. Panelled Swimwear - Asos £30



2. Prints - Statement tribal prints - Asos £32

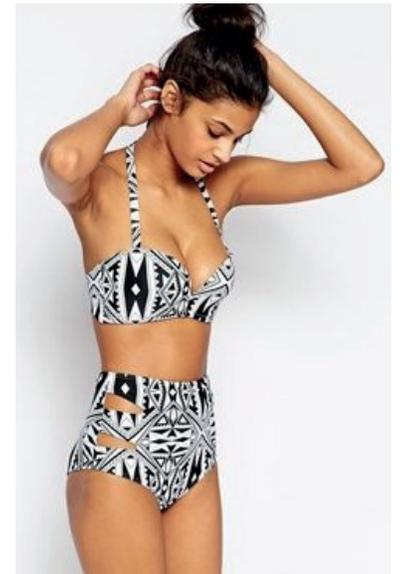


By now you have already grabbed your bags and you are ready to go shopping! This is why I left the best for the end...

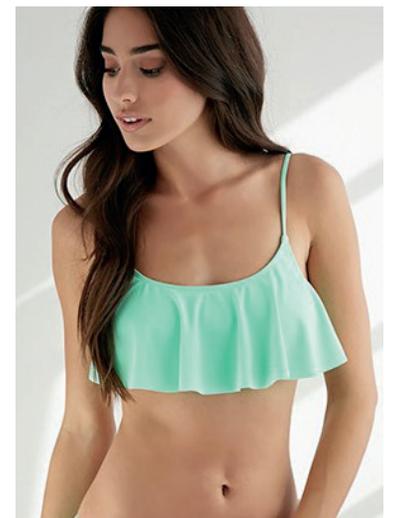
3. A new take on rash-guards - Victoria Secret \$38.50



4. High-waist bottoms continue to be the trend to adopt! - Asos £29



5. Fluttering, ruffle tops - Forever 21 £6



6. Cut-out one pieces - H&M £14.99



By now I hope you have grabbed your bags and are ready to go shopping! For ladies, watch-out, the sales are coming!

## Poppy vs Cara: which sister is the real star?

### POPPY DELEVIGNE



#### ALEXANDRIA DALE

I think it's safe to say, any fashion lover will recognise the name 'Delevigne'. However, most people probably think of Cara before they think of Poppy. Sisters Poppy and Cara Delevigne are both young British models taking the fashion industry by storm, their style as celebrated on the runway as it is on the street, or rather the red carpet.

While Cara burst onto the scene, quickly labelled as the "model of the moment" and the "next Kate Moss," six years her elder, Poppy has slowly been working her way up the fashion food chain and personally, I feel she doesn't get as much attention as she deserves.

Especially in the past few months, Poppy has been killing it on the red carpet. She has an elegant and sophisticated style that she complements with minimal accessories and chooses often to wear her hair up, allowing her outfit to do all the talking.

This was exhibited in the crimson-hued Marchesa gown with chic poppy flower appliqués she wore to the 2015 Met Gala. (Possibly a first to co-ordinate your dress

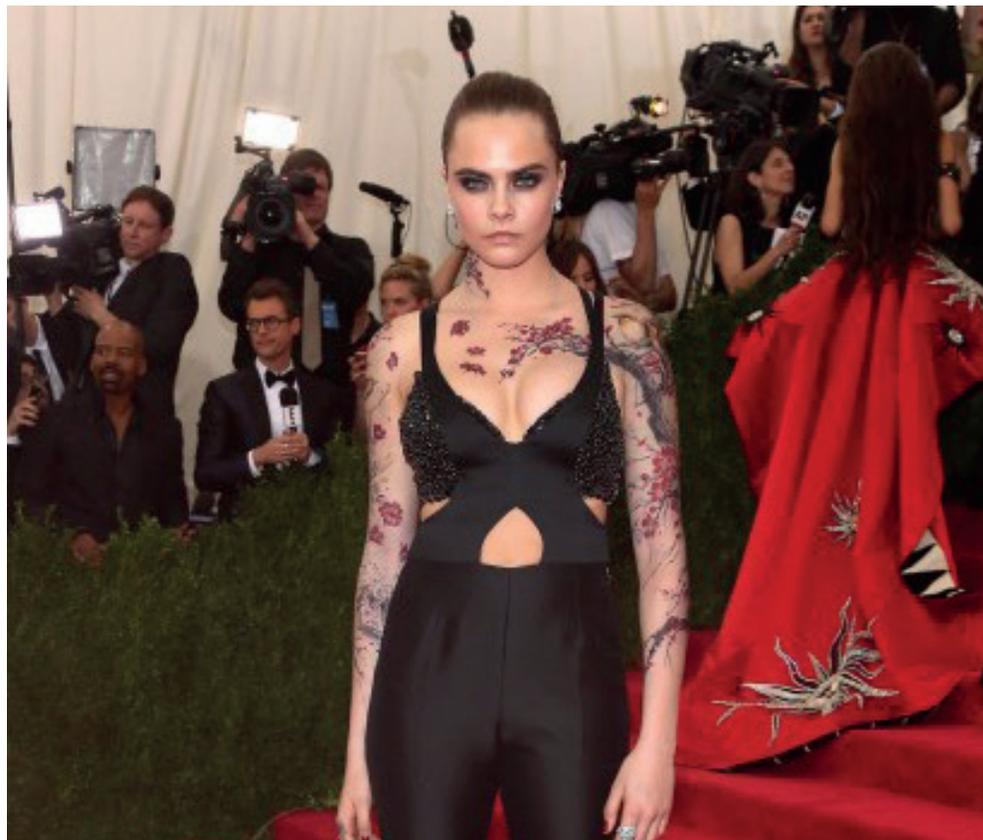
with your name!) She stunned again at the Cannes Film Festival in a Burberry Prorsum sheer green number with whimsical and ethereal details.

Even off duty, the model has proved her styling prowess and ensures she looks chic at all times. In an effort to dress casually, instead of opting for jeans and a t-shirt, the model has previously paired a backless navy blue maxi dress and glitzy clutch bag with a scarf and trainers, embodying the style of relaxed cool.

Don't get me wrong, I love Cara Delevigne and think she is a fashion icon, but I have a real affinity for Poppy Delevigne. I too have a beautiful younger sister, who funnily enough is always being told how much she looks like Cara.

And my sister, like her doppelganger Cara, is able to rock absolutely anything and look incredible in it. While Cara's tomboy style and quirky accessories are celebrated, my own style resembles that of Poppy's and makes her more of a style icon to me. Either way, excellent fashion sense, good looks and serious modelling credentials is clearly a gene in the Delevigne family.

### CARA DELEVIGNE



#### GEORGIA SHEPHEARD FASHION EDITOR

From the moment Cara was hailed 'cooler than Kate Moss', it was clear the fashion industry was in for a treat and a shake-up. Unlike her sister, Poppy, whom appears as a product of high society, a typical, blonde Chelsea girl, Cara's privileged roots are irrelevant to her identity. Cara appears so wholly disconnected from the reputation her rich, good-looking and well-connected family encourage and which inspires much jealousy that it might be more accurate to consider Cara a rebel against the lot she was born into. Simultaneously suggesting to her impressionable young fans that the Chelsea scene isn't worth aspiring to and proving herself to be not only relatable but 'too cool' to even 'act cool'.

For Cara isn't about a public façade of pretentiousness, rather she's down to earth and mischievous, something a mere glimpse at her Instagram account proves. From goofy faces, novelty onesies and beanie hats, the allure of Cara is that she doesn't take herself too seriously. So what, she's a model, that doesn't mean she can't enjoy a burger and post a snap of herself with a mouthful of fries like anybody else! Her kooky, playful personality is reflected in her style too, for even when required to dress up, Cara's style remains edgy and exciting. Exemplified in her recent Met Ball look, Cara was willing to take a punt on something unusual and spent eleven hours prior to the ball being covered

in eye-catching body art. Tattoo artist, Bang Bang, even revealed that Cara had wished for the art to occupy much more space on her body but that time constraints prevented this. On the other hand, Poppy plays it safe, perhaps even boring and wouldn't look amiss amongst the cast of *Made in Chelsea*. Whilst you might not consider that a weakness perhaps, it is telling of how predictable Poppy's Chelsea-girl look is. Unlike Poppy, Cara has ambition and though it is easy to pigeon-hole celebrities, Cara's drive is admirable. For, not content with being 'just' a model, Cara is ambitious to become an actress too and has gone about the transition with determination, landing herself a starring part in John Green's *Paper Towns*. Proving herself to be more than a one trick pony, John Green even commended Cara for the way in which she deconstructs all the constructions we have of supermodels throughout the course of the film.

I suppose what I'm trying to say is, unlike Poppy, Cara is the whole package. She might be a supermodel but that doesn't prevent you feeling like she is your down-to-earth, carefree best friend, with funny stories about nights out, honest fashion advice that will ensure you stand out and even career advice when you need reminding you 'don't want to be a cliché'. What you see is what you get with Cara; and that isn't a *Made in Chelsea* extra, but rather a firework of unstoppable energy.

# Don't sweat it: summer-proof your makeup bag

## ANNABELLE BRITTE

As the weather (very) gradually heats up in Lancaster, we cheer for joy but our makeup runs for cover. Most cosmetics sold in the UK aren't too concerned with being heat-proof (surprise surprise), so I've compiled a handy list of infallible makeup that will withstand the hottest of summer days.

**Soap & Glory Make Yourself Youthful Sunshield Superfluid SPF50+, £15**



It's a bit of mouthful, but it's one of the best broad-spectrum chemical sunscreens around. It sinks in

quickly, mattifying the skin and providing excellent sun protection, and it's completely undetectable underneath makeup.

**Maybelline Baby Skin Instant Pore Eraser Primer, £7.99**



Wearing a primer under your foundation is the best way to make sure your makeup stays in place. It fills in your pores to create a smooth surface and gives your foundation something to grip onto.

**Estee Lauder Double Wear Foundation, £29.50**

One of the most praised long-wear foundations on the market,

Double Wear is used by makeup artists all over the world because it simply does not budge once applied. It comes in 31 shades so there is something for all skin tones.



**Maybelline Color Tattoo 24hr Cream Gel Eyeshadow, £4.99**



Maybelline's Color Tattoo cream eyeshadows provide intense, long-lasting colour with absolutely no creasing. They come in an impressive range of colours; apply with your finger for an all-over sweep of colour, or with an angled brush for a more defined, liner effect.

**Barry M Lash Vegas Waterproof Mascara, £6.49**



Waterproof, smudge-proof, budge-proof; the temperatures can rise all they like because this mascara is staying put. The spiral shaped brush provides length and volume whilst separating and defining your lashes.

**Stila Stay All Day Liquid Lipstick, £16**



Available in 15 stunning shades, Stila's Stay All Day Lipstick is a summer saviour. They don't smudge or bleed, providing a creamy-matte, full-coverage colour.

Guaranteed to stay in place for up to 6 hours of continuous wear, these bold lipsticks are sure to get you noticed.

## DRESSING FOR... Extrav

### ALEXANDRIA DALE

After weeks of planning, weeks of speculation and weeks of waiting - with a few lectures, some revision sessions and exams in between - this year's Extrav themes have finally been released. The huge under grad parties are a great way to end the year and are an event not to be missed. So if you're a first year yet to experience the end of year celebrations, or you just need some costume inspiration, read on to find out what to wear for Extrav 2015!

#### Bowland - World War Bowland: The Fallout

If you're choosing to start your Extrav celebrations at Bowland College, this "apocalypse now" theme has a few costume options. You could dress for the fight in full army gear, be on hand to help the wounded in a nurse's uniform, or if you're unlucky enough to be among the infected, pull on your finest ripped and bloodied t-shirt.

#### County - Neverland

You've seen the Disney film, maybe one of the many spin offs and remakes, and possibly even a pantomime too, but this year will see County College transform into the magical island Neverland from the classic story of Peter Pan. This creative theme will see pirates, Native Americans, mermaids, lost boys, fairies and maybe even a crocodile all mingling together.

#### Pendle - Wild Westrav

Your final choice of destination for day one of Extrav is Pendle College. Located in the West of campus, Pendle will be travelling back in time to the days when cowboys and Indians battled for territory. So which side will you choose? Cowboy hat, boots, a plaid shirt and plenty of denim, or a Native American headdress, war paint and fringed suede?

#### Cartmel - Summer of '69

This year, Cartmel College peace-

fully present a Woodstock inspired Extrav. Reminiscing back to the summer of '69 (and cue the Bryan Adams song to start playing in your head) Cartmel will be a haven of hippies! Grab your waviest garms, peace signs and flower crowns, all you'll need to complete the look is some tie-dye and you're set for a psychedelic evening.

#### Furness - Dead Famous

Break out your Elvis wig, Amy Winehouse inspired eyeliner, and one Michael Jackson glove, Furness is sure to be a star-studded event! Open to interpretation, this theme invites:

- 1) Dead people: think zombies and skeletons and any other costumes associated with Halloween
- 2) Famous people: you know you want to dress up as Miley Cyrus from her "Wrecking Ball" music video
- 3) Dead famous people: the lit-

eral meaning of celebrities from decades past, there's sure to be a Marilyn or two in the crowd.

#### Grizedale - Ictrav

This controversial theme may cause Frozen characters to spring to mind, but take the cooler approach and think "Après Ski" over "Elsa, Princess of Arendelle." Costume choices include dressing like you've just walked off the slopes as a skier or snowboarder, taking inspiration from David Attenborough's Blue Planet and becoming a penguin, or even something as tenuously linked as an ice cream man! Grizedale's Extrav gives you the chance to be a little more creative with your costumes.

#### Lonsdale - Shrekstrav

As disputed over as marmite, you either love Lonnie's theme or you hate it. Surprisingly though, there are more costume options than simply painting yourself green and calling yourself an ogre. The popular films feature a number of fairytale characters, including the big bad wolf, the gingerbread man, the three little pigs, little red riding hood and puss in boots. You

could also go as a generic knight, a princess, or a fairy. If none of the above are appealing, you could always pull on a football shirt and say you're Wayne Rooney!

#### Fylde - 999 What's Your Emergency?

And finally, Fylde College have revealed their theme to be emergency services. Whether you choose to be a law-abiding citizen as a police officer, fireman, doctor or nurse, you could alternatively be a robber or prison inmate. This theme also extends to ghostbusters or super heroes as a slightly more unique costume approach and characters that would definitely be helpful in an emergency situation.

Whichever Extravs you choose to go to, regardless of the theme, it's sure to be a great few nights celebrating a fantastic year! Dress up, have some fun, and spend the night dancing with your friends. Believe it or not, you actually will come to miss Lancaster over the summer, and Extrav is the perfect way to go out with a bang!

## Making habits, breaking habits: *ON THE RUN*

CHARLOTTE DAVEY

Some are born fit, some achieve fitness, and some have fitness thrust upon 'em. I think I fell into the lattermost category when I agreed to take up running for a week for the sake of this column. Exercise has never been a key part of my routine, largely because I don't have a routine, and I rarely exercise. I was almost looking forward to this challenge, as I had started running several times a week over the Easter break and had quickly fallen out of the habit when exam season began, so it would be an excuse to get outside each day.

Running, judging from the Facebook and Instagram posts I am daily bombarded with, seems to be a way of life. I have never been one to own beautiful, painfully expensive fluorescent trainers, I would rather buy 18 9" Sultan's pizzas than spend 60 quid on Nike lux hypercool epic slimming etc etc leggings, and I'm suspicious of

anyone who willingly consumes flax seed, kale and wheatgerm smoothies over a chocolate milkshake. It seemed already that the running life was not for me, as I made do with a pair of fraying Primark leggings and watched my long-neglected smoothie blender gather dust in the kitchen.

My usual running route is 5km, and I was apprehensive about having to attempt it more than my usual half-hearted twice a week. Day one was manageable, but running with friends made me aware of how terrible I really was at running as I crawled along at a snail's pace, trying to avoid small animals and children which may fly into orbit around my vast derriere. I paused to catch my breath several times throughout the run, and was struck by the alarming shade of magenta I had turned as I wheezed and spluttered on the edge of the tow path, resembling one of those shiny plastic dog toys shaped like pigs, my breath

squeaking in a similar manner. I was adamant that it could only get easier and vowed to run as many times as possible over the course of the week.

The second day was hot, and I attempted a shorter campus run which I thought would be more manageable. By the time I reached Infolab I had lost the will to continue and decided to skip out the South West side of campus, which I'm pretty sure is a mythical construct anyway. While I was certain that by the third consecutive day of running I would have woken up as Paula Radcliffe, after an unproductive day of revision I struggled to find any motivation to leave the house at all. I persevered, however, and managed to run for a full two minutes. From the Take Away to my flat. With my boyfriend in tow carrying 3 boxes of pizza. I discovered that this is known as a 'cheat day'. I find the notion of trying to instil a sense of guilt into people for eating unhealthily for a day

frankly appalling. People should feed themselves with what they like, and aim for moderation, not deprivation. At least, that's what I told myself as I worked my way through one and a half pizzas, after cheesecake for breakfast and chocolate soufflé for lunch. I ate my salad in moderation.

I managed nearly 6 km the following day and almost, (almost) enjoyed the experience, distracting myself from the searing pain in my lungs by planning exam answers in my head. Whilst researching what constituted a cheat day (apparently my every day diet), I also read up on the all important 'rest day', for which I am a strong advocate. I was alarmed, however, that one Sports Nutritionist equated 'easy training' with rest days, and counted a 35 minute easy run in this category. For me, my 35 minute runs were more intense than any exercise I had done in several years. I decided to ignore the standard set by elite endurance

runners, as I would clearly never become one of those, and took a night off from running to give my brain a work out in the form of intense last-minute revision before my morning exam. My rest day turned into a rest 48 hours, which was much needed after an exam and 6 hour rehearsal. My final two excursions along the canal were noticeably easier, even when running in the rain, and I found that taking a couple of days off was not detrimental but instead acted as an incentive to pick up my habit again.

I will never be a true runner. I will never classify a 35 minute run as an easy work out. I will probably never be able to jog further than my front door without turning puce. But I will try and run more than once a week as I found my concentration improved, my fitness got marginally better, and I look very fetching in purple trainers.

## Eating gluten-free in Lancaster



HANNAH JORDAN

This article follows on from one in week 25's issue of SCAN titled 'Living with Coeliac Disease on Campus'. To recap: Coeliac Disease is not some contagious illness that Freshers are prone to. It is an auto-immune condition triggered by eating gluten, a protein found in wheat, barley and rye. The disease affects 1 in 100 people in the UK, with only 24% of sufferers officially diagnosed. The only treatment

is following a lifelong gluten-free diet that completely avoids gluten-containing foods such as pastas, breads, cakes, biscuits and so on. So, with that in mind, this article will focus on how to deal with Coeliac Disease and eating gluten-free off campus.

Gluten-free food is more popular now than it has ever been, with celebrities such as Gwyneth Paltrow touting the diet as a healthier way to eat. This is however, both a

blessing and a curse. An increase in public awareness of gluten-free food has meant that it is now possible to find a gluten-free lunch option (typically a sandwich or a wrap) in many familiar high-street cafes, such as Cafe Nero, Starbucks and Costa. But, despite the unprecedented attention that the diet is receiving, the general public seems to have no idea what 'gluten' actually is. This is perhaps best illustrated by an experiment conducted by the Jimmy Kimmel show. As part of the show's 'pedestrian question' segment, Kimmel's camera crew travelled to a popular exercise spot in Los Angeles and asked people there if they followed a gluten-free diet. If they answered in the affirmative they were then asked 'what is gluten?' The correct answer is that gluten is protein. Not a single one of them knew this and even worse, one lady suggested that it is simply something that "makes you fat". She would probably be devastated to know that in fact, the gluten-free versions of pasta, spaghetti, bread and cake contain more salt and sugar than their 'normal' equivalents.

Where can you eat in town?

As mentioned above, every Cafe Nero, Costa and Starbucks up and down the country now offer a gluten-free sandwich or wrap. Gluten-free alternatives can also spring up in unexpected places: M&S's cafe offers a sandwich. Cafe Esquire offers a number of small cakes. There is also Amy's cafe (behind Daltons) that can do you a gluten-free breakfast and the recently opened Roots Cafe that does gluten-free, vegan and vegetarian foods. If you want to go to a restaurant, try Bella Italia, or if you want tapas check out 1725. If you fancy a Chinese, there's a restaurant in Morecambe called The Honey Tree that can accommodate you. If you just want to get a takeaway, Domino's can make you a gluten-free pizza!

Nights out

In terms of alcohol, if you're on a gluten-free diet you can't consume barley: this puts ales, beers, lagers and stouts off the menu straight away. Don't despair though because Sainsburys and other supermarkets offer gluten-free beers! Other alcohols that are gluten-free are: Spirits (vodka is included in this, as long as it is potato-based,

not grain-based) liqueurs, port, sherry and wine.

Important reminder: You may find your friends buying and eating greasy foods like kebabs and chips in town at 3am that are definitely not gluten-free. Your drunken brain might tell you that it is okay for you to eat this food too, just this once, despite the fact that it will make you ill for days. You should therefore try to think through the haze and ignore this impulse. If your friends understand your condition they will hopefully try to stop you with gentle verbal rebuttals or just straight-up slap your hands away from the food.

So, while gluten-free alternatives are more readily available than ever, they are also more misunderstood than ever. With people eating gluten-free voluntarily in a misguided attempt to lose weight or improve their health, restaurants often neglect to prepare food in a way that avoid cross contamination. If you're a Coeliac, someone who is medically intolerant to gluten, even a crumb is enough to make you unwell. If you're a Coeliac it is therefore important to always politely stress your need for a completely gluten-free meal to your server.

# Five cities of summer: top places you should visit



Mantas Volungevicius

## Vilnius, Lithuania

### AMY AMIRA

With 7 different continents and a variety of places to go, which would be the best one to visit? We're usually blinded by the clichés such as "Paris, the City of Love", though it's rather expensive to visit Paris, and there are so many places that we overlook when planning our trips. Some of these usually overlooked cities to visit are the ones around the Baltic Sea. In my opinion, I think there are so many places to visit here and Vilnius, Lithuania is at the top of my list.

What to do? There are the Three Crosses which are a must see. Vilnius is divided into the Old City and the New City, and if you walk up to Gediminas Tower, you'll be able to see the whole city and see for yourself the divide between the old and new town. While in Vilnius, you have to try the šaltibarščiai, which is a cold beetroot soup, eaten with eggs and boiled potatoes. There are many cafes

and once you've tried Lithuanian food, you can never go back! The best form of staying here would be to book a hotel, if I'm honest. Everything is cheap in Lithuania and the only problem would be in conversing in Lithuanian, as not everyone speaks in English, but try to speak their language and they will love you.

Next place to visit is Penang, Malaysia. With the numerous beaches and the authentic Malaysian food that you are able to get for under a fiver, it's no wonder why there are so many holiday-goers swarming the place. Malaysia is rich in its cultural diversity and this means food too, so, whatever you're craving, there is always something for everyone. There is a vegetarian Indian shop called Woodlands in Little India and it's my favourite place to go. While you're around there, don't forget to get some sea coconut – it's not a coconut, but you could do with one with the country being extremely hot, and it's also at a price

of less than a quid. Why not, right? Once again, hotels are cheap, with many boutique hotels or hostels with a variety of backpackers' inn available.

Bolivia, South America may just be your next travel destination. If you travel to the capital, La Paz, there are still many Spanish colonial buildings left to see. With clusters of museums around which you can visit for just 30p, it's amazingly breath-taking and with beds for only a pound, the only thing you'd be splurging on is the flight ticket – otherwise, everything else is easy. Food has a very Spanish influence, for example the common dish Salteñas, a puff stuffed with meat and potatoes, like an empanada. Whilst you're here, note that shops usually close from 12 to 3pm as people go back for lunch and reopens afterwards.

If you're looking for a bit of sun, then, a good place to be at would be either Mykonos or Santorini, Greece. Food and stay are rela-

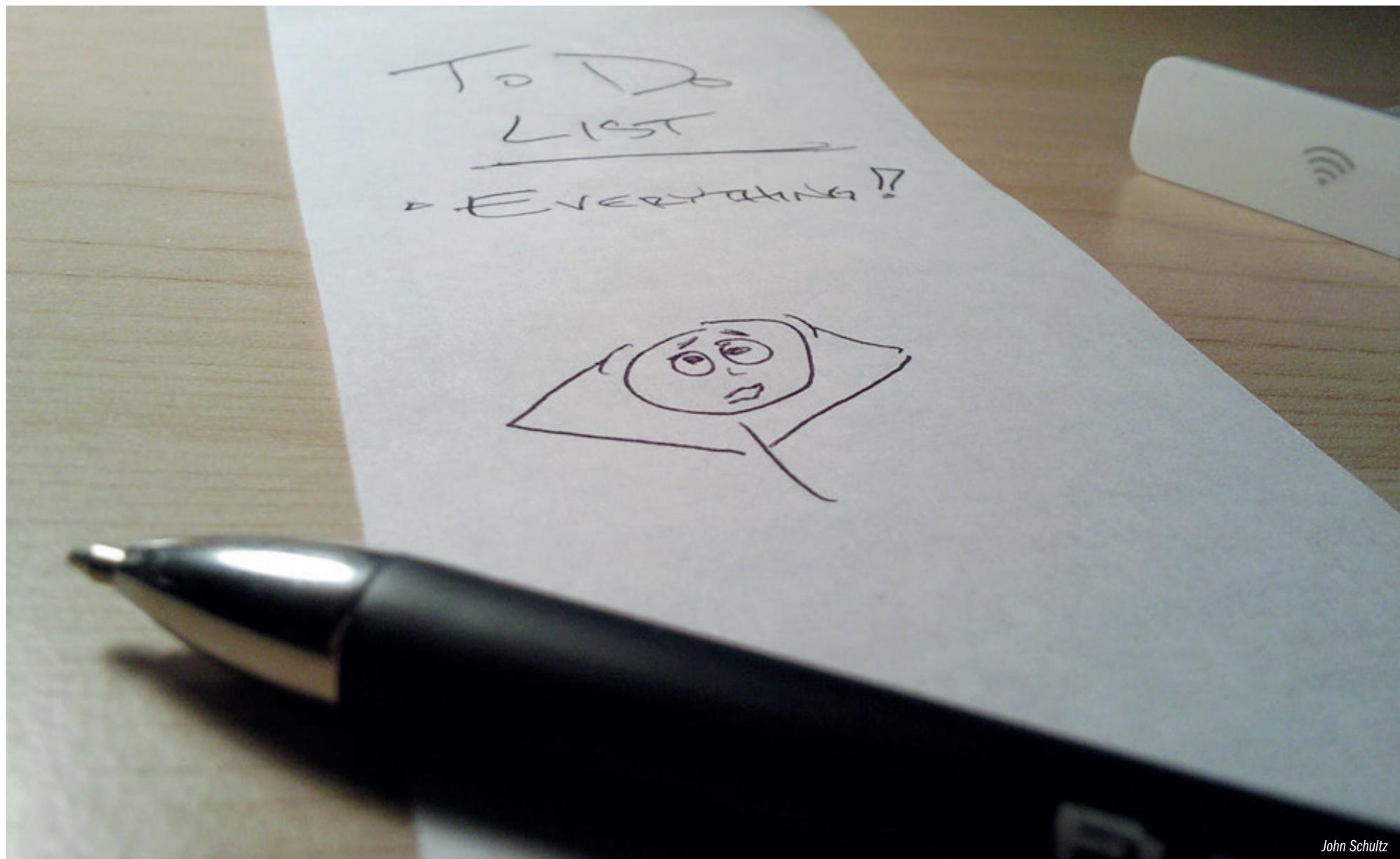
tively cheap, you could get the most delicious food however at Pirofani, you get the best value for money dishes you could ever ask for. Makis Place in Mykonos is a good place if you'd like to stay somewhere that you can trust is clean and has nice scenery. However, if you search online, you could find better deals and decide for yourself where you'd like to go. At Santorini, it's worth taking a boat across to the nearby volcanic island and hiking up the volcano – less strenuous than you'd think, and a very rewarding climb!

Lastly, Norway would be my pick because of the fjords. If you're looking to see these, a good place to visit would be Geirangerfjord and Trollstigen, both of which having many youth hostels. Unfortunately, if you want to have Norwegian food, then you'll probably have to visit a friend's place – otherwise, honestly, pack your own food, as food is quite pricey in Norway. If you were planning to stay in Oslo, then, CityBox would

be a good place to stay and it's a fantastic location because it's central although the downside of it is that it's located in the red light district. But safety wise, personally, I did not feel threatened. The scenery in Norway is beautiful generally, and it's easy to get out of the city to see the fjords (take a fjord cruise), and just appreciate the relaxed atmosphere that the country has generally.

There you have it: my five picks of cities that you could visit in the summer. One thing to remember is to have fun and to take care of yourself, pack sunscreen lotions and be safe. There's an amazing world out there with plenty of options for students, so choose wisely and you'll be fine. Remember not to discount long haul locations either, as the flights are more expensive, but living costs are so much cheaper! Time to have a summer to remember.

## Don't career off the track this summer



John Schultz

**ANNA TROGSTAD** LIFESTYLE EDITOR

The last thing many of us will want to do over summer is think more about our careers and CVs. We get constantly questioned and pressured about this throughout the academic year, and it's for good reason of course: the more of us landing employment after graduation, the better. Now exams are over though, and Extravs are approaching, and you're going to the Med in two weeks... well, I don't blame you if all you can think is "I DON'T CARE!!!".

Please, if you have five minutes – which I know you do whilst the water for your Pot Noodle boils – read this. Quite frankly your progress doesn't halt over summer, and no, 'spent the week smashed in Sunny Beach' isn't going to win you your dream job, but don't brush the notion of future under the carpet entirely. It's the small things that make a difference, and here's what you can do to ensure

that you feel like you're still on track with sorting out your life post-graduation. Without much effort. Promise.

At some point, take time out to look over your CV. It's not exciting, yes, but at the bare minimum it's taking out old news and putting (excuse this lame, middle-aged-as-hell phrase) the fruits of the last year on some paper. Think of it like journaling your achievements, but with subheadings and bullet points. Remember when you volunteered at the Animal Care place, but you want to work with children? Your time there illustrates your compassion towards small, temperamental, and often dirt-covered things, so stick it on there. It's just a case of refreshing the account of everything you have done, and as I learnt recently, there is no reason you shouldn't make it stand out a bit. Don't go all Elle Woods, but if you want to go into graphic design and your CV looks like an essay plan, then

you'll win no marks on very first impressions – or give an initial idea about the ability you know you have.

It is honestly not too late to bag an internship or work experience. I have a couple of friends that are still looking for these things, and they have applied to plenty of places that still have openings. It's fair to say that by now you might have missed your chance for what may be your first choice of internship, but say you have an interest in a creative industry, then consider the whole spectrum, from working backstage at a theatre to helping curate exhibitions at a local gallery. If you're passionate about being creative generally, then you can apply this enthusiasm to several different areas of work, and you definitely will get something out of it.

Alternatively, my friend in medical school needed work experience, so he had a couple of weeks at a lo-

cal funeral directors and then another couple of weeks at hospital where he observed post-mortems. Think outside the box. The more you do, the more you've got to talk about. And hey, even if you don't get anything, find a place at which you can volunteer, or get a summer job somewhere relevant. Even if it's just about earning money, you can illustrate your dedication to a role, and your willingness to give time to working hard rather than spending the whole summer alternating the surfaces you fall asleep on.

Finally, use the resources we have so readily available: [prospects.ac.uk](http://prospects.ac.uk), [Lancaster.targetconnect.net](http://Lancaster.targetconnect.net), and head to The Base before you leave campus with 2 weeks left to go before summer. All these places have opportunities and advice on what you can do, and there is no harm in asking or searching, right? There really is nothing to lose. To further the 'asking' point, network as much as possible. The

more people you meet, the better chance you have of someone emailing you an opportunity that may be exactly what you're looking for.

The bottom line of all of this is, simply, give a s-. The world doesn't holiday together for July-September, and your dream of making potions for a living is getting to the point where it can actually happen now. It's little effort to take a day to get paper-you up to speed with you now, google a little, and realise that your mum's friend Barbara has been making rattan conservatory furniture for the past twenty years now, which is, lo and behold, your dream career!

Get drunk, have fun, get sunburnt (don't do the last one, but you know what I mean). Come back to uni in October feeling like you did something for yourself over summer, because for some of us, these are the last summers we'll have. Go forth. Ring Barbara!

# One year left at uni? Listen up!

ANNA TROGSTAD **LIFESTYLE EDITOR**

For most current second year students, the last year at Lancaster fast approaches. Many of us will be anxious about the thought of our dissertations; wistful, perhaps, of ourselves two years ago when we still had 3 years here yet to begin; scared, because time has gone so fast, and the ominous “REAL WORLD” is grinning at us from twelve months away. It’s not all bad though, as the infamously difficult second year is out the way, and there’s still one year left to complain about the ongoing building works on campus. With the current third years getting ready for Grad Ball, graduation and good-byes, here is some of their advice about how to make the most of your last year in Lancaster.

## Say yes and don’t stress

“My advice for making the most of your time left in Lancaster is just to say yes to things - at Lancaster we get so many cool opportunities to do stuff and you really can’t say yes to enough! And generally just trying to relax and take deep breaths and not completely implode when thinking about life after graduation, as everything will work out in the end.” – Ellie Vowles

## Get out of bed and go

“I know this sounds lame, but I’d say go to every lecture and seminar (especially if you love your course). You’re paying a lot of money for a great resource that you won’t be able to afford without student finance in the future, and also because tutors sometimes take your attendance into account when they mark your work.” – Abigail Davies

## Snap, schedule, society-away and read

Photograph everything as you forget so much. Schedule time in just for you and time for your friends. Make most of societies before third year (first years pay heed to this, but second years, remember to make time for societies in third year as well!). And DO THE READING! – Edward Cave and the road-tripping Geographers

## Enjoy yourself (with a little pragmatism, research, and organisation)

“I would suggest getting on top of your academic work as soon as possible. With things like dissertations and other longer projects, it can be tempting to leave it until just a few weeks before the deadline. Getting researching and writ-

ing early ensures you will not have so much to do when your final deadline comes around. Secondly, be pragmatic when deciding commitments like extra-curricular activities and part-time jobs. It is definitely possible to balance these things with your degree so don’t just drop them all when third year comes around, but if you’re feeling stressed and under pressure or your grades are suffering then it might be an idea to back off these other activities and start focussing entirely on your degree. One other worthwhile use of your time is researching and thinking about what you might do after university – whether it’s a graduate job or a postgraduate course, thinking about these things early on in third year ensures you will be in a better position to go straight into a job or masters’ once you have finished your undergraduate degree. Finally, make sure you enjoy yourself. If this is your final year at university, you should want it to be one which you look back on fondly, not just with memories of essay writing in the library at three in the morning.” – Jack Perry

## Get travelling, your grades are in the bag

“If you live quite far from uni (for example, I live in Kent), try and see as much of the North of England



as possible while you’re at Lancaster. I’ve spent as much time this year as possible trying to travel. Second year was for internships and volunteering, but third year for me was all about exploring and travelling (I’m currently in Rome after finishing my exams, so I haven’t limited my travels to just England either!). Also just to relax and know you’ve got 50% of your grade in the bag after second year, and not to stress yourself out over third year and let yourself enjoy it - it’s a bit of a step up but if you did well in second year you’ll be cruising through third.” – Rachel Hughes

We’re so lucky to be at Lancaster. Here’s to current students, be it those leaving, those with a year left, or you first years who have all the fun to come: all I can wish on behalf of SCAN is an enormous good luck to you all. I’m not going to say ‘live every day like it’s your last’, because I don’t want to induce vomit, but take it from these departing third years: appreciate our university and the time you have here left. It’s the kind of place where you don’t know what you have until it’s gone... ah, screw it. Have that one. Lancaster gives life to these empty clichés.

# Je ne regrette rien!

CHAD BUNNEY

Here we are again and it’s come around a little too quickly, hasn’t it? The end of another year at university and we begin to reflect on how this one has met or failed to meet our expectations.

We consider whether or not we achieved all that we wanted to achieve and begin to think about all the things we want to do with the next year of our lives, whether that be at university or out in the scary world of work.

I guess that it is in this reflection we begin to set ourselves goals, markers of what the next year should be, a path to try and adhere to. However, looking back at the path we’ve walked this year

I’m sure most of us can say that the path we planned was not completely followed.

The diversions of chance led us in ways that we couldn’t have planned, obstacles may have meant we have had to redirect ourselves, maybe meaning we miss that meal we planned with our house of last year, and sometimes we were led to retrace our footsteps, finding that the reason of our promises to keep on top of our workload can only be remembered by firstly failing once more to do so.

So let’s consider, have we done all we wanted to do this year, and, does it matter? General things we might have wanted are to do better in our work, to keep healthier, to

do more things to help our eventual career aims and to just in general to be as happy as can be. On a whole, to me at least, I’ve not met all these aims as life finds a way of getting in the way.

*Does it matter if we haven’t achieved it all last year or if we don’t next year? Not at all. We just have to try to and to take all life throws at us.*

However, when I really consider it I have at least tried with them all, though maybe the success varies. Does it matter that we don’t necessarily achieve all we might set out to do?

Way back in January I wrote my second piece for SCAN about January and New Year’s resolutions. In this I mentioned the origins of the months name through the Roman God Janus, of beginnings

and transitions, who had two faces, one staring forwards and one facing back.

Strangely enough I feel this works again when considering how important a consideration of our year and plans for the future can be. We can’t just look either way, we need to look to the past year and what has/hasn’t worked, we need to look to the future and what we might/mightn’t want to change about our lives.

However, we need to live in the present recognition that life does throw unexpected things at us and that we can’t achieve our goals, and we need to recognise that old saying from Burns’ poetry: the best laid plans of mice and men often go awry.

In the end perhaps it is a good idea to have our end goals in life on the horizon just out of reach and that

we as brief tourists to life have a slight plan of the sites we wish to see on our way there, but we have to allow for the spontaneity of life, of the great not knowing, it can sometimes seem to upend our lives completely, but, other times it can lead to our greatest moments.

Do we need to reflect on our year? Yes. Do we need to plan for next year? Yes, but, does it matter if we haven’t achieved it all last year or if we don’t next year? Not at all.

We just have to try to, and to take all life throws at us, and, ultimately, just aim for happiness when we’re back after Summer – next year will fly by in seconds like this one and it’s not worth constraining ourselves with rigid plans or wallowing in regret when we can be enjoying life with a smile.



## Ideas worth spreading: TEDx Lancaster U

**STEPH MITCALF**  
BUSINESS EDITOR

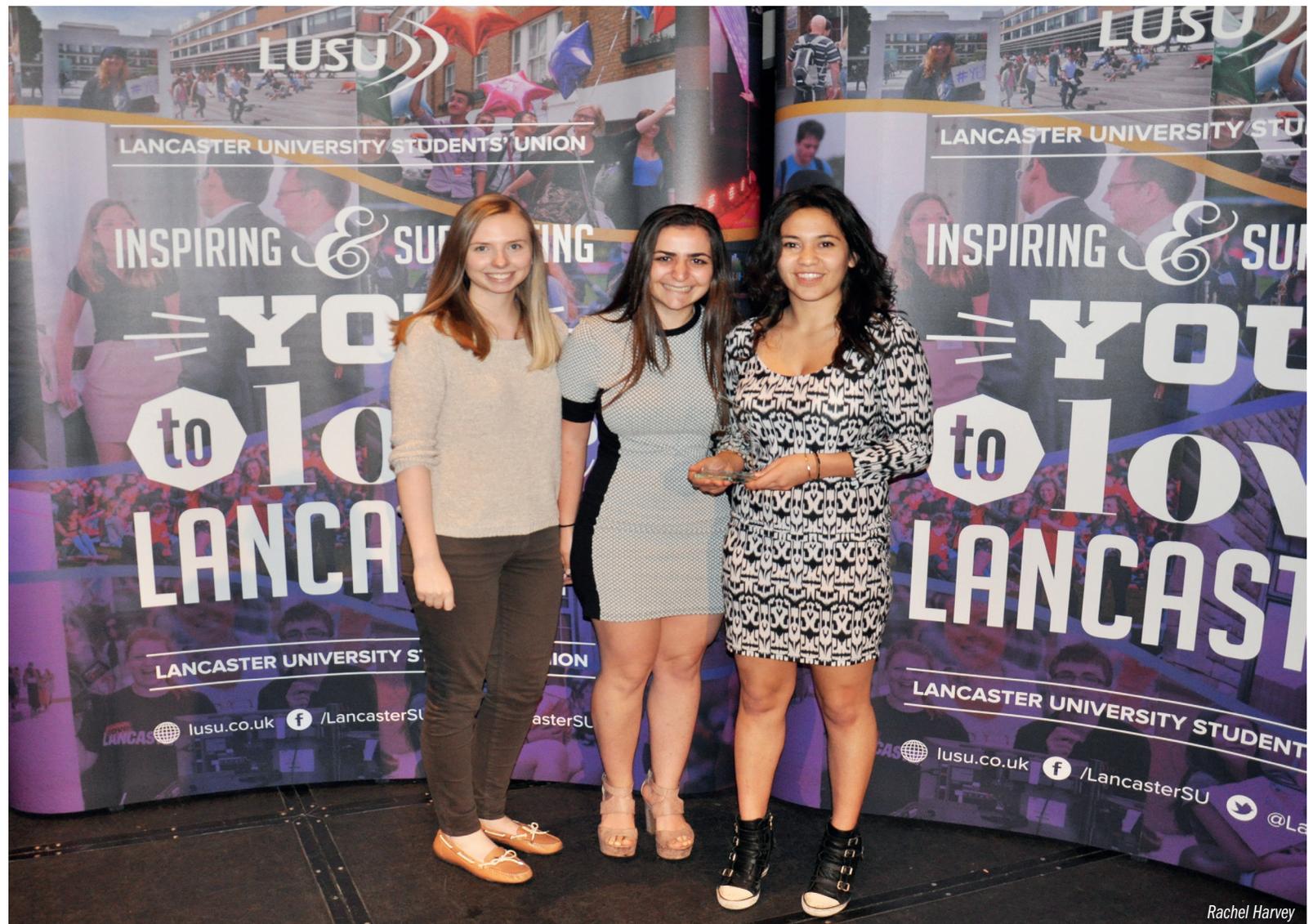
Earlier this month, the TEDx Thinking Forward Conference took place, featuring speakers whose experience ranged from being a student entrepreneur to winning a Nobel prize. The TEDx organising team had been working on the evening all year and it was a huge success. On Saturday Week 7, the team were awarded 'Student Project or Event of the Year' at the 2015 LUSU Awards in recognition of their efforts. Entrepreneurial students may want to be involved in the project next year, or even organise a conference or event. SCAN spoke to Maria Athanasiadou, a member of the organising team, about her experience as part of the exec creating an event of this magnitude.

**How did you get involved in TEDx?**

In the beginning of the year I heard that TEDxLancasterU was looking to find new members for the organising team and volunteers. I am a huge fan of TEDx events and I really wanted to organise one. For me TEDx means change and innovation; change that comes through the process of sharing ideas and inspiring people. Hence, I immediately got in contact with this year's lead-coordinator and after an "interview" with him he offered me the position of Rule Maven and Sponsorship Officer in the team. My responsibilities included contacting sponsors and negotiating offers, drafting contracts and invoices, taking care of all the paper work and the accounts and making sure that the team follows the rules of the TED community. I was also a liaison for the community speakers, helping them with any issues regarding their talks, and on the day of the conference I was the Front House Manager.

**Can you tell us a little about your experiences as part of the organising team?**

I am proud for being member of this team, a team of individuals driven by their passion and desire to share ideas and make TEDx-LancasterU more visible. I will not lie; like every team, we also



Rachel Harvey

had our up and downs, people leaving because they could not handle the amount of work and people going beyond their powers to achieve our final goal. Working for TEDx taught me to expect everything, work efficiently to find quick last minute solutions in case of emergencies and to find alternative ways in order to achieve the main goal. Finding sponsors was tough, our budget was never that big, we had troubles finding a venue and promoting our event, we had a speaker cancelling two days before the event etc. However, there is always a way to overcome obstacles if you are willing to do so. We are thankful for all the help that LUSU offered us but also for all the help that we had from the local community.

**You had a great selection of speakers, including Nobel laureate Tim Hunt. How did you manage that?**

The purpose of every TEDx event is to bring to a community level leading thinkers and doers to

share ideas that matter in any discipline, under the moniker "ideas worth spreading", and tackle humanity's toughest questions, attempting to answer them with innovation, enterprise and enduring optimism. This year's event included 12 inspirational speakers and 2 performances. The speaker nomination was a public procedure; the public could nominate speakers or individuals could nominate themselves. After that, the organising team had to select, contact and invite the individuals that believed that suit better with the Thinking Forward theme. Moreover, the team tried to include speakers coming from a variety of different areas and tried to balance the number of external speakers, speakers from the local community and speakers from the university.

**What advice would you give to students who are thinking of running a conference or event on campus?**

Be prepared, the road to success is

never easy. Whatever you do, do it with love, passion and energy. Aim to have an impact, to influence, to inspire, to change. Be ready to work in a team; believe me, one hand alone does not clap. But also be ready to go beyond your powers; you might need to take more responsibilities sometimes. Do not be selfish, ask for help when you need it; someone else might know better. Be ready to sacrifice your own personal time; time that you could use for other purposes. Work hard, be ready to face the challenges and find quick alternative solutions. Do not give up after the first problem, keep on trying. Seek excellence; do not leave things for tomorrow when you can do them today. But most importantly, have fun and a good time; the journey will end one day but memories and friends will last.

**If students want to get involved in TEDx next year, how do they apply?**

TEDxLancasterU is a student-lead non-profit organisation affiliated

to TED and therefore, does not operate like the other societies on campus. Students can either be part of the organising team, TEDx-ers or TEDxFriends. Anyone can volunteer and be a TEDxFriend and offer their minimum help to the organising team. Contrary, the organising team and the TEDx-ers are not elected but selected by the year's lead -coordinator. The number of the TEDxers is limited to 5-6 and the students work closely with the organising team. The organising team is also a small team of 7-8 members and each has different skills and hence different responsibilities. Anyone that is interested in getting involved will be able to apply in the beginning of the new academic year, so keep an eye on our social media for more information. And please, do not forget that TEDx is about sharing ideas. Even if you cannot actively participate, share your ideas with us. You cannot even imagine how powerful is your voice and the impact that it can have.

# Highlights: Management School in 2014-15

**STEPH MITCALF**  
BUSINESS EDITOR

Every year, the Lancaster University Management School goes from strength to strength. SCAN looks back at the 2014-15 academic year at the highlights of LUMS and affiliated societies.

## Minister of Finance of Poland visits Lancaster

Lancaster University's Institute for the Contemporary Arts (LICA) was the venue for several key Polish dignitaries in week 6 of the Lent term. Among them were Poland's Ambassador to the UK, Witold Sobków, and the current Minister for Finance in the Polish Government, Mateusz Szczurek. Dr Szczurek gave a keynote speech at the Congress regarding current concerns over the Euro, in particular the rise of British Euro-scepticism and the possibility of the UK leaving the EU.

## LUIFS hosts Mark Branson

This year, the Investment and Finance Society hosted Mark Branson, CEO of FINMA, the Swedish government's financial regulatory body. Branson studied Mathematics and Management Studies at Trinity College, Cambridge, before completing a Masters in Operational Research at LUMS. Branson opened the LUIFS City Careers Weekend conference.

Over the weekend, the speakers included employees of firms such as Deutsche Bank, Bank of America Merrill Lynch, J.P. Morgan and others.

## LUMS placed first in the world by the FT

Earlier this year, the outstanding achievements of Lancaster University's MBA programme was noted and awarded by the Financial Times' World MBA Ranking. Lancaster has been placed first in the world for the teaching of corporate strategy, and has also been placed extremely high within several other aspects of the FT's rankings. The University's MBA scheme claimed the top spot in Europe and second globally in terms of its 'aims achieved'; first and second place in the UK, for both the teaching of corporate and social responsibility and for international business respectively, and both subjects claimed 7th position globally in their particular fields.

## Global Entrepreneurship Week

In Michaelmas term, Global Entrepreneurship Work took place across the world. Coordinated by the Enterprise Centre, Lancaster saw a week full of business and entrepreneurship events to introduce students to enterprise and allow access to opportunities. During the week, Matt Smith, the Director of the Centre for Entrepreneurs



and advisor to the All Parliamentary Group on Entrepreneurship came to Lancaster.

## Paul Taylor returns to Lancaster

Paul Taylor, the CEO of Fitch Ratings, returned to Lancaster at the end of Lent to talk to students and staff. Fitch Ratings is one of the Big Three credit rating agencies. Taylor studied Management and Marketing at LUMS from 1980-3, a proud alumni of County College. At the end of 2014, Hearst Corporation purchased at \$1.965 billion an additional 30 percent interest in Fitch Group.

## StartUp Weekend

From Friday Week 7 to Sunday Week 8 in Michaelmas term, the Lancaster University StartUp Weekend took place in the Management School. These events take place all over the world, but this was the first time that it came to Lancaster. The weekend challenges students to start a business, get real experience and see what may be achieved when people work together well.

## LUMS appoints new dean

Professor Angus Laing, formerly of the University of Glasgow and Loughborough University, was appointed Dean of Lancaster University Management School in May. "I am very excited to join LUMS at this juncture in its development. LUMS is firmly established as one of Britain's top business schools, and I look forward to working with colleagues at Lancaster to position the School as a leading international business school at the forefront of management research and education which shapes business and the wider economy in Britain and beyond."

# Opportunities for Lancaster Entrepreneurs

**LIAM BURNS**  
DEPUTY BUSINESS EDITOR

The UK's largest competition for small businesses has made an appeal to Lancaster students to give much greater focus to their entrepreneurial aspirations and enter into their contest for the coming year. The Pitch has seen a notable rise in recent years of the number of student entrepreneurs applying for support for their own business ideas coming directly out of university, and have taken particular interest in Lancaster given how much business-minded talent comes out of not only the Management School but the university in general.

Meg Pope, event manager for The Pitch, best summed up what benefits the competition has to offer successful participants: 'a year long programme of free education, interactive business coaching boot camps and a networking extravaganza - and it's all free! The competition is still at the heart of it, with the overall winner bagging a massive business boosting prize package of mentoring, technology, creative, advertising and pretty much everything a small business could need to get it off the ground'.

The competition involves you making both a written and 90 second video application to the competition judges via The Pitch's website. If successful you will then

be placed on a shortlist of just 100 contestants by the end of July, and will then be welcomed to share your ideas online through your personalised Pitch profile in an effort to win votes in order to claim the competition's Digital Marketing award. In September and October, the shortlisted contestants will be invited to attend The Pitch's 'boot camps' in London and Manchester in order to allow participants to both be mentored on their idea and hone their pitching skills. A second application must then be completed to demonstrate the knowledge you have learnt from the 'boot camps', and following a review of these the 100 shortlist will be downsized to just 30 finalists. In November these fi-

nalists will make their final pitch at a live event in Bristol, where a new Pitch champion for the year

will be crowned and receive the rewards detailed above.



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# Olympic judo player visits Lancaster



Sophie Cox

**BRYONY SEAGER**  
COMMENT EDITOR

It was with excitement that on Saturday Week 7, Olympic Judo Player Sophie Cox, who has also competed at European Championship and the Judo Worlds, came to Lancaster to teach a seminar, having been invited by the Mixed Martial Arts Society. She came to teach a no-gi Judo technique based seminar.

I'd met Sophie a few months previously at a female fighters camp, down at Fighting Fit Martial Arts centre in Manchester, had liked her teaching style and the techniques we did. As soon as I became President of the society I knew I wanted to get Sophie down to learn from her again.

For the seminar we split the class, working on more beginner tech-

niques in the first half and then those who wanted to stay on to do more advanced work were welcome to stay. The first class went over some cool trips and throws, learning how to manipulate your partners balance without jeopardising yours. One thing that we were really keen to learn was how to translate classic Judo throws, done whilst wearing the traditional gi, into throws that could be executed in Mixed Martial Arts, which is done no-gi, and where clothes grabbing and manipulating is illegal (as a matter of fact men compete bare chested, so the option isn't there anyway!). Therefore it's about learning how to grip the opponents and break down their stance without the use of the gi. Focusing on that in the first half was really useful, especially whilst also learning how to do some awesome moves, including the hip throw, MMA champi-

on Ronda Rousey's go-to move. It's unusual that an MMA fighter would attempt a hip throw because if the technique is executed poorly it exposes the back, something that you really don't want to do whilst in the cage! You can tell Ronda Rousey has a background in Judo because before her opponents know her back is there for the taking, she's pulled them onto her hip, over and onto the ground with a bit of a bang. It certainly looks awesome when it's pulled off correctly!

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*One thing that I aspire too when watching Sophie execute her Judo moves is the confidence with which they're taken on. She was manoeuvring guys almost twice her weight as if they were puppets.*

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Judo can give people the advantage in MMA, because it provides different techniques to the standard double leg and single leg takedowns (amongst others). The feet become another weapon, another jabbing tool, a tripping and sweeping tool, which can surprise opponents, who are used to strikes coming from the hands. In the advanced class we moved onto some different grips, and then onto sweeps and ankle picks.

One thing that I aspire too when watching Sophie execute her Judo moves is the confidence with which they're taken on. She was manoeuvring guys almost twice her weight as if they were puppets. One thing about these moves is that they can't be done half heartedly, otherwise you'll be at the disadvantage due to being off balance, or not having a good enough grip. I think this confi-

dence comes with just practice, practice and more practice. Part of this confidence is learning how to fall. Some people can be put off by Judo or by MMA because it looks scary, being continually dumped on the floor, but in fact when training, it's not like that at all. You learn how to fall, how to roll and how to move your body to minimize the risk. Sophie told us today that children often throw themselves (literally!) into Judo because they spend half their lives falling, picking themselves up and falling again. Teaching adults is different, because as a general rule we don't fall on the floor all that often, we need to learn how to fall again, how to do it safely, and how to trust our bodies again.

It was a lot of fun and brought a fresh perspective to the excellent training we normally do.

# Lancaster Fencer goes international

CLAIRE STARR  
SPORTS EDITOR

For most of us, the last couple of months have been crammed full of revision, with little time spent doing or focusing on much else. But, as if his final exams were not enough, Lancaster fencer Patrick Jennings also spent May globe-trotting around Europe in order to compete at two international Fencing competitions.

Jennings' year so far had already been a successful one, placing third at BUCS individuals in May, helping the Men's Fencing Team to victory in a nail-biting Roses match and reaching 19th in the British National Championships.

Having been placed at 8th in Britain in the Men's Sabre Fencing Rankings throughout April, Jennings was selected for both the Madrid World Cup and Moscow Grand Prix which took place across two weekends in May.

After an intense Roses match in York, the next weekend saw Jennings head to warmer climes as he flew to Madrid to compete in the Villa de Madrid, the Madrid World Cup. With 198 of the World's best fencer's, including the world number one, Bongil Gu of Korea, taking part, this was sure to be a top class and challenging competition.

The tournament started with the poules: only 160 would get through this round. The poule consisted of six fights to five points each. Jennings fought fencers from a range of different countries including Mexico, China and Kazakhstan. The Lancastrian won two of his fights, beating Mexican Adrian Acuna Ramirez and Spaniard Fernando Pereda and put up a strong battle in his other four. Thanks to his two victories, Jennings just snuck through to the next round in 160th place.

The Direct Elimination rounds followed the poules. Unfortunately,

these matches wiped out most of the British competitors. For his draw, Jennings faced 42nd seed George Iancu of Romania in the first round of the Direct Eliminations. Despite putting up a good fight, Jennings lost 15-4, but the score line didn't reflect the high quality of Jennings fencing during the match. It had been an excellent match and tournament for a first World Cup, coming 160th overall.

After returning to Lancaster for a few weeks of revision and exams, Jennings returned to the international stage with a trip to Russia for the Moscow Grand Prix during the last weekend of June.

After many hours of flying to reach the Russian capital, Jennings once again faced a round of poules. Tackling six bouts in his poule all against high ranking fencers was to prove a difficulty for Jennings. A mid-poule leg injury also meant Jennings lacked his usual power and speed at several points. De-



spite coming close to winning four of his matches, losing out by just one or two points, victory eluded him. This saw him just missing out when it came to the cut, placing at 165th overall.

Despite their challenges, both competitions had proved Jennings' ability and flair. Since Mos-

cow, Jennings has been awarded a Merit of Achievement, Half Rose and Full Rose at LUSU's recent awards. Being currently placed at 12th in the British rankings and with many more tournaments to come, it seems the future is bright for one of Lancaster's most talented fencers.

# The FIFA snowball keeps on building

CHRIS BICKLEY

Although lingering on the lips of most people even remotely involved in football, it was officially confirmed the other week that FIFA are corrupt. Numerous officials had been arrested on corruption charges, and I wrote an article about it. The most depressing part about this whole scandal was not that our beautiful game had been tainted, but that I had to re-write this article to keep up to date with all of the developing affairs.

Sepp Blatter originally won the election, but then decided to fall on his sword that he had spent the past 17 years crafting. Amidst all the corruption, whether you deem it noble or cowardly, Blatter has resigned as head of FIFA. For context, here is what's caused all of this mess.

FIFA had handed World Cups to the democratic Russia, and soccer legends Qatar. Questions have been raised of both decisions, which are yet to be answered. On 27th May, Rafael Esquivel (president of the Venezuelan Football Federation), Eduardo Li (presi-

dent of the Costa Rican Football Federation) and many more had been implicated in an FBI led inquiry. The arrests mainly centred around fraud and money laundering in the Americas, and were not necessarily linked to the future World Cups in 2018 and 2022. However over time, the inquiries have spread dramatically.

Jack Warner, former vice-president of FIFA, had also been arrested, and not for the first time he has been involved in a bribery scandal engulfing the federation. This time, sons Daryan and Daryll have also been involved. Like father like son eh?

Perhaps the most damning of all, FIFA vice president and head of CONCACAF, Jeffrey Webb, was arrested. Surely with his empire falling beside him, Blatter would have lost the upcoming election the following day. Prince Ali bin Hussein should surely have won and provided a potentially refreshing facelift to FIFA.

Although Blatter didn't win a majority (it kind of ended up as a hung parliament, except he couldn't rely

on FIFA's equivalent of Nick Clegg to form a coalition), bin Hussein withdrew after the first round of voting, sensing the inevitable. It would be easy to spend lots of words speculating whether money had exchanged hands in order to swing this election. But with the amount of genuine stories coming out indicting FIFA, it'd be wasteful.

The almost fictitiously named Chuck Blazer, former executive member of FIFA, was implicated in 2013, and became an FBI informant in their quest to cleanse the footballing organisation. Fair play where it's ironically due, Blazer has perhaps become the most influential figure in unveiling the true extent of FIFA's corruption.

But this only revealed more damning evidence against the American. Transcripts from court cases have been released, showing that bribing had become a regular aspect of bidding processes during the 1990s, with money being involved in the 1998 and 2010 World Cups. Usually that sentence would start with 'unbelievably', but it's all too believable now.

South Africa had supposedly paid to obtain these hosting duties for 2010, which led many to claim that this was just an unjust smear campaign against African countries. It is probably also worth noting that all African FIFA members were said to have voted for Blatter in the election. But soon, people claimed that anti-Blatter European countries were dirty too, as news broke that money was also exchanged in the 1998 bidding process, which saw France host the World Cup. That was before people realised that it was actually Morocco who transferred money in exchange for what was ultimately fruitless votes.

Not just the World Cups were affected, but Blazer (amongst others) 'agreed to accept bribes in conjunction with rights to the 1996, 1998, 2000, 2002, and 2003 Gold Cups.' The Gold Cups for reference, being the biannual tournament between Caribbean, North and Central American countries. With the increasing numbers of events having been heavily influenced, it's impossible to look at some tournaments with an 100%

knowledge of it being pure.

Originally people thought these wrongdoings were just recent, but the fact that some dodgy dealings are over 20 years old has surely given FIFA an irreparable reputation. More details are being revealed now that provoke laughs rather than frowning faces. It turns out that FIFA paid the Irish FA \$5 million to keep quiet about Thierry Henry's deliberate handball in their World Cup qualifier in 2009. And there is also a rumour (which must be stressed as a rumour) that Germany gave Saudi Arabia arms in exchange for a vote. What's worse, is that General Secretary Jérôme Valcke knew all about this.

So it's quite obvious that FIFA is in turmoil. With no actual president at the moment, it begs the question how long this will remain, and when will the revelations stop? The slightly delusional Jack Warner has threatened to spill an 'avalanche' of secrets, but let's just hope that it's all information we pretty much knew.

# Runners win LUSU club of the year



ESTHER JEWITT

Lancaster's Running Club has exceeded all expectations this year, becoming a diverse and extremely popular club. The club has achieved the highest attendance in its history, boasting 120 sign-ups in fresher's week. Nick Barton, the club's president for the first

two terms of the year, has taken care to welcome all standards, from recreational to professional runners. With six separate groups running in Week 1, the club has meticulously catered to all levels of fitness.

This year's exec has introduced a number of new elements to the

club. Group speedwork sessions to improve technique and performance have proved very popular, while new handicap races allow runners of all abilities to compete, starting at different times based on previous performance. New monthly 5km time trials have both helped members to monitor their own improvements over time, and helped the exec to scout for talented runners. This close involvement with the runners' progression has proved invaluable, allowing runners to gain more satisfaction from their achievements. Barton recorded a significant improvement, as runners improved their time by an average of 57 seconds.

In addition, a little competitive spirit has been introduced within the club, with the launch of the Club Championship, in which a leaderboard celebrates the best performances across the year.

The club has seen much success in races over the year. In the Mid Lancashire Cross Country League, the men's team were promoted

from their division for the first time in the club's history. The women's team also had their best ever season, only missing out on promotion by a couple of points.

16 athletes represented Lancaster in the BUCS Cross Country championships, the men's team coming 39th, and the women's team 40th. Tom Roethenbaugh finished in the top 100 of the race, among world championship athletes.

In road racing, Tom Greaves and Jack Okell gained titles in the junior male championships. The men's team also came 2nd in the Lancashire ten-mile championships, and won the Lancaster Valentines Day 10k, in which Roethenbaugh was the individual winner. Both male and female teams won an arranged race against UCLAN.

In this year's away Roses, Lancaster runners massively outnumbered York competitors. The women's team won the 8km, and gained four points towards the Roses total, and Roethenbaugh

was the individual winner of the men's 10km.

The Running Club has also supported many charitable causes this year, including organizing the Alex Lap race, in which all entry money went to charity, and assisting organizing the Lancaster University Run Against Domestic Violence. 13 members also relay-ran the 'Way of the Roses', the 170 mile cycle route from Morecambe to the Yorkshire coast, in order to generate excitement about Roses, as well as raising money for local charity, Unique Kids and Co. They managed this feat in 23 hours 42 minutes, and raised over £1200 for the charity.

Nick Barton reflected: 'I'm incredibly proud that the club has been recognized in this way. It's been partly due to the dedication of the exec, who have worked tirelessly. However, it's the great people that turn up, regardless of the weather, that make the club so special'. Next year sees Matt Mann continue the club's good work as president.

# Women's pool win LUSU team of the year

ESTHER JEWITT

A fantastic year for the Women's Pool team saw them awarded LUSU's Team of the Year on Saturday Week 7. Their astounding success against other universities, as well as their great team relationship has earned them this prestigious award.

The women dominated in their two main events of the year: Roses and the BUCS competition. They did Lancaster proud in York, despite rowdy behaviour from York's spectators. Out of nine games, they had already won by the sixth. Molly Chambers, Vicky Hives, captain Katy Thomas, Charlotte Baker and April Zhou effortlessly won their games, each the best of three frames. With victory in the bag, the remaining players continued to pummel York, with Rebecca Wilson and Hayat Kara also winning their games. This resulted in a phenomenal 7-2 win to Lancas-

ter for the 2015 away Roses, gaining us four easy points towards the total, and allowing Lancaster to retain some much needed dignity.

The BUCS competition took place in February, in which Filson Tarsey, Baker, Kara, Zhou, Gemma Pollock and Thomas formed the 1st team, playing a game each in pursuit of Lancaster's victory. Their league included Manchester, Surrey, Liverpool, UCL and York. The team won every single game, soaring to the top of their league. The highlight of the event was Baker's incredible winning shot, doubling the white to pot the black across the entire length of the table. Everyone erupted - what a spectacular way to win the league. The seconds came fourth in their league, but were proud to have beaten last year's overall champions, Nottingham. In the individual league, Lancaster's Tarsey made it to the quarter-finals.

However, it is not just these fantastic successes that made Women's Pool the team of the year. The women have created a strong team spirit against all odds. It must be remembered that in addition to university pool, many of the team also represent their college team. This means they have often had to face each other competitively in the college leagues. Captain Thomas told SCAN that 'it has been lovely to see that the usual rivalry created by college pool has been ignored for university pool'. The girls have practiced together every week and held mini competitions between themselves, which has allowed them to set aside college differences and form an exceptionally strong team.

As captain, Thomas has made an effort to raise her team's profile; she believes women's sports need drawing attention to, 'as they are often overlooked, especially in bar sports'. She has seized every op-



Rachel Harvey

portunity to talk about the team and how well they are doing, and has attempted to bridge the gap between college and university sport to encourage participation. Despite the assumption that pool

is a male dominated sport, she speaks highly of Lancaster's Men's team, who have supported and practiced with them throughout the year.