

GRADUATION PULL-OUT

SUPERMARKETS VS. FARMERS

SEREN BUSINESS AWARDS



BANGOR UNIVERSITY GRADUATION 2015

Doctors and public win battle for transparent review of Ysbyty Glan Clwyd maternity ward



by JORDAN GLENDEENING

A campaign by locals, doctors, and the British Medical Association (BMA) has won the right to a transparent consultation about a maternity ward that was shut down in Bodelwyddan.

The Ysbyty Glan Clwyd maternity unit was closed without any consultation with the community, though the February closure has since been blamed on a shortage of obstetric doctors in the Denbighshire unit.

Betsi Cadwaladr University Health Board claimed the shortage would have been dangerous to expectant mothers in the area. The board has closed obstetrics and gynaecology services at the hospital for 12 months while they seek a solution

to the problem.

This decision was made without any prior talks with the local community, and these quiet plans would see expectant mothers in the area facing a journey to Bangor or Wrexham if they were in need of a consultant, which is a two-hour round trip.

One of the campaigners, Rhian Roberts, who gave birth to two daughters at the unit via caesarean, explained the situation: "My view is that this decision was made on partial evidence from a very select group of managers who, in my opinion, had predetermined that they needed to make some cost savings and wanted to shut the unit at Glan Clwyd for whatever reason."

"The unit is vital for women living in the area, which is one of the most deprived areas of Wales. Lots of women don't have a means of transport and wouldn't have been able to transfer to Bangor or Wrexham."

Annick Cummings, a local GP from Prestatyn who also had two children born in Glan Clwyd, shared Rhian's opinion. Together, with the support of the BMA, the pair sought a judicial review of the decision.

The Betsi Cadwaladr University Health Board

has replied to the maternity unit's case, where Simon Dean, the interim Chief Executive, issued a statement which said: "After very careful consideration following legal advice and despite significant ongoing concerns about the obstetric service at Glan Clwyd Hospital, we have agreed a consent order with the claimants."

"Our intention is to engage openly and positively with staff and the public to seek views about options for the service in the short term. We expect this consultative process to take place over the summer and we will be making every effort to ensure as many people as possible have the opportunity to participate. We will be working closely with the Community Health Council and clinical staff to shape and carry out this process."

This comes after a report into the conditions at the Tawel Fan mental ward effectively caused the health board to be placed into special administration by the Welsh Government. Former chief executive Trevor Purt found himself being suspended only a year after his appointment. His predecessor, Mary Burrows, stepped down after a damaging report in June 2013.

The 2013 report highlighted "significant management failings" and revealed that bosses had delayed operations to save money.

Dean also said: "We all acknowledge what a difficult period of uncertainty and worry this has been for our staff and patients, for which we are very sorry. We remain extremely concerned about the fragility of the service, which is still short of the required number of doctors across North Wales, and we continue to depend on a significant number of locum doctors to staff our rotas."

"In order to monitor the safety of the service, we conduct shift-by-shift risk assessments to assure ourselves that the service is safe."

"We need to be confident of a robust, safe, fully-staffed obstetric service across North Wales that is sustainable for the future. We know there are differing opinions about how best we can achieve this, and there are no easy answers."

As part of the agreement reached between the parties, the health board is required to pay the legal costs of the BMA, which the British Medical Journal has reported as being as much as £105,000, although they say the final cost could reach several thousand pounds higher.

BODDHAD
MYFYRWYR
2015



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CONTENTS 7



**PHILLIP
SUTCLIFFE-MOTT**

EDITOR
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It is 6am. The lights are on, but we could probably work by the light of dawn. We've been sat in the Seren office for fifteen hours, and the fatigue is beginning to hit us. Such, I discovered today, is the life of the new Editor. And that's me.

I was voted in (we're a society, so all of our positions are filled democratically) at the start of May. This is my first issue, and I have already had to completely rethink the foundations of my work ethic. This, I think, shows how a touch of responsibility can make you reconsider things.

It's been fun though. Everyone I work with is either a friend or a funny, friendly, and generally fantastic person that I hope will become one.

Down the hall, the Sabbatical officers have an office from which we've felt warmly welcomed. You can see what they've been up to and what they have planned on page 10. Nearby, Bangor's many societies are managed by a dedicated team of co-ordinators. You can read more about the fruits of their work on pages 12-13.

We're not all business though. Our new Food Editor has been plying us with her most recent creations, which you can find on pages 30-31. Believe us: three cheese and leek pie is a glorious thing ten hours into a shift of editing. Actually, it's a glorious thing whatever the circumstances.

For the politically-minded of our readers or anyone who has been following the Labour leadership battle, we have analysis on pages 8-9 from Politics Editors past and future.

Finally, the National Student Survey has found Bangor to be the best university in Wales for Student Satisfaction. To celebrate, we've splashed out on a double page spread on this year's graduation ceremony.

It has been a strange week, but I'm proud of what we've produced. I can think of no better way to end it than send this issue out to the good residents of Bangor and beyond.

The views presented hereinafter do not represent the views of Seren Bangor, Bangor Students' Union or Bangor University.

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THE SEREN TEAM

Seren is normally put together by a team of dedicated students, each of whom has a specific role that they fulfill each issue. It being Summer, however, most of them are hibernating. This issue was put together by Phillip Sutcliffe-Mott, Heddwen Bethan Creaney, Jordan Glendenning, Ida Väisänen, Kayla Jones, Emily Houlston-Jones, LJ Taylor, and Daniel Turner.

We would like to thank those who gave up their time to write content for this issue:
Jordan Glendenning, Emily Houlston-Jones, Ida Väisänen, Heddwen Bethan Creaney, Adam Barnes, Kate Benn, Lydia Richardson, Becca Kent, Mark Stanley, Fflur Elin, Ifans James, Helen Munro, Moll Heaton, Jasper Williams, Luke Fears, Sarah Johnson, Katie Burne, J.P. Bebbington, Sophie Holbeche, Anna Kaye-Jones, Daniel Turner, Phillip Sutcliffe-Mott, Zoe Chadwick, Robyn Dodds, Ryan Jones, Eleanor Hirst, Emily Rimmer, Kayla Jones, Bethan May, and Joe Keep.

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In Brief

Sky Sports' Anglesey omission

SKY Sports have sparked fury after failing to include Anglesey during its opening montage of Monday Night Football.

Viewers tweeted their outrage to the network after the programme showed Wales without Anglesey in its usual place.

AM for Anglesey, Rhun Ap Iorwerth, commented on the omission, tweeting from his official account (@RhunapIorwerth): "Not being thin-skinned etc, just that Wales looks the wrong shape without Anglesey – a body without its head."

Sky Sports have yet to comment on the omission.

Welsh unemployment falls

RECENTLY published figures show that unemployment has fallen in Wales.

90,000 of Wales' 16+ population were unemployed during the period of April–June 2015, a marked improvement on last year's figure of 122,000.

The number of people in work climbed to 1.4 million over the same period.

The positive outlook for Wales is at odds with the rest of the UK, as unemployment has increased for the second month in a row, reaching 1.85 million.

First Minister Carwyn Jones commented on the figures, saying that the figures "show employment in Wales at a record level" as the country "outperformed every other part of the UK."

Piano trio wow at Eisteddfod

A MUSICAL trio made up of Bangor University graduates won the Open Instrumental Group competition at the National Eisteddfod – playing the same piano.

The trio Tra Bo Tro — comprised of members Sion Elwyn Hughes, Iwan Wyn Williams, and Daniel Sajko — met while students at Bangor University.

It is their first win at the festival, after first competing in the same category at Denbigh in 2013.

Iwan spoke of the groups win, saying: "I'm pleased it went well this time."

Daniel, who formed the group, also spoke of his inspiration for the trio: "I saw it done at a summer course and thought it was a good idea."

Bangor University best in Wales for student satisfaction



by IDA VÄISÄNEN

Bangor University has scored 91% for satisfaction in the 2015 National Student Survey. It also ranked joint 8th in the list of the UK's best non-specialist universities in the survey, the results of which were announced on 12th of August.

Bangor University, which came joint 11th in the UK with such institutes as Oxford and Newcastle-upon-Tyne universities, ranked joint top for Wales overall alongside Swansea University.

Wrexham's Glyndŵr University saw its overall satisfaction rating go up by 2% to 80%.

Professor Oliver Turnbull, Pro Vice-Chancellor for Teaching and Learning

at Bangor University said: "As well as a long record of academic excellence, Bangor is renowned for providing excellent teaching and student support, and this is borne out by these wonderful results.

"We've successfully introduced initiatives to give students a stronger voice in the university, and that approach is reflected in these results.

"The fact that almost one quarter of our degree subjects have a 100% satisfaction rate is clearly to be celebrated, as is our 91% overall satisfaction score, which places us level with Oxford University, and ranked higher than every other Russell Group institution."

The survey questions students about the teaching on their course, assessment and feedback, academic support, organisation and management, learning resources, and how their personal development is supported.

Bangor University's students responded favourably, placing the Uni-

versity in the "Top 10" institutions UK-wide in four of these areas: teaching; assessment/feedback; academic support and personal development, and leads Welsh Universities in five of the six categories, being placed second in one category.

Glyndŵr University was ranked second in Wales on its assessment and feedback, as well as coming on top for helping students to clarify and understand problems with their work.

Glyndŵr also ranked highly for personal development and academic support and achieved an 85% figure for satisfaction in teaching.

The student survey result came in a crucial moment, as A-level results across the region were announced on 13th of August.

Glyndŵr University interim Vice-Chancellor, Professor Graham Upton, believes the figures point to an even brighter future for the institution, which recently unveiled an ambitious

five-year plan.

Professor Upton said: "These latest NSS results are very heartening and show that Glyndŵr University is moving in the right direction."

"Some courses had the highest possible satisfaction rate, which shows just how hard staff have worked this year."

"We are delighted, but will continue to improve and aim to bring every course up to this standard."

Across Wales, the NSS revealed that overall satisfaction remained steady.



This story in numbers:

91%

Bangor University's overall satisfaction score

8th

Bangor University's satisfaction ranking amongst non-specialist institutions

6

The amount of top-ranking courses (in terms of student satisfaction) at Bangor University

11th

Bangor University's overall satisfaction ranking

No more fracking in Wales, says Westminster



by IDA VÄISÄNEN

The UK government have announced that they would not be issuing any new licences for onshore gas and oil exploration in Wales.

The Department of Energy and Climate Change made the announcement last Friday that they would not be issuing any new Petroleum Exploration and Development Licences (PEDLs) licences ahead of powers being devolved to Wales in the soon-to-be introduced Wales Bill.

The announcement comes before

the 14th round of fracking licences are granted and in light of the moratorium the Welsh Government have introduced on fracking.

First Minister of Wales, Carwyn Jones said: "We have been pressing the UK government for some time with regard to devolving a series of energy-related matters to Wales."

"The announcement is welcome progress in ensuring we are able to make our own decisions in respect of awarding onshore oil and gas extraction licences."

The move however does not affect

already granted licenses, but does include Underground Coal Gasification (UCG), an alternative method of unconventional gas extraction that could potentially be used at Point of Ayr and Dee Estuary."

A spokesperson for the Department of Energy and Climate Change said that the licences covered are not "exclusive to fracking."

Cluff Natural Energy Resources have temporarily postponed their plans to drill at Point of Ayr whilst they explore gas extraction in Scotland.

On a recent visit to north Wales,

Minister Carwyn Jones was asked by members of Prestatyn Frack Free if UCG could be included in the fracking moratorium.

In response Carwyn Jones said: "We have a precautionary approach towards unconventional gas applications. The Minister for Natural Resources is currently looking at this issue."

The fracking license matter was first reported by North Wales Chronicle.

In Brief

Eisteddfod planners announce Hedd Wyn memorial concert

THE opening of the 2017 National Eisteddfod will pay tribute to World War I poet Hedd Wyn, it has been announced.

Elis Humphrey Evans, who wrote poems under the bardic pseudonym of Hedd Wyn, won the prestigious National Eisteddfod Chair posthumously in 1917, after he was killed during the Battle of Passchendaele. The chair was draped in black cloth and transported to his family home in Trawsfynydd, where it remains on display to this day.

The 2017 Eisteddfod will return to Anglesey this year, and organisers will be celebrating the centenary of Hedd Wyn's death with a concert featuring the Eisteddfod choir, a local youth choir, and the BBC National Orchestra of Wales.

Eisteddfod organiser Elen Elis spoke of plans for the 2017 Eisteddfod, saying: "We are hoping to stage a commemoration of Hedd Wyn at the opening concert of the Eisteddfod on August 4, 2017 and have been holding discussions with Anglesey and Gwynedd Councils and the Snowdonia Park authority."

Ysgol Friars pays tribute to pupil

YSGOL Friars has released a statement paying tribute to pupil Josie Rose James, who died after falling from Menai Bridge.

Josie, from Clwt-y Bont, had previously attended the Bangor high school.

Headteacher Neil Foden authored the statement.

He said: "Josie was a very bright girl with tremendous potential whose young life has been tragically cut short."

"She had not been attending school since the autumn as a result of health problems, and we are all shocked and deeply saddened to hear of her death."

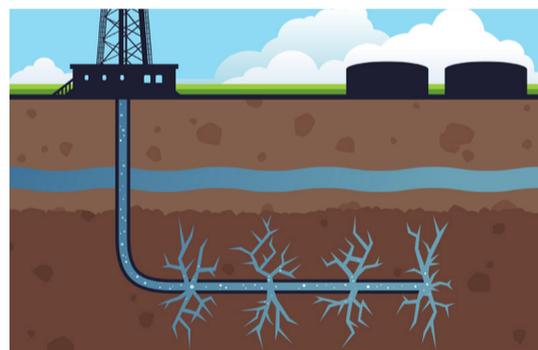
"Our deepest sympathy goes to her family and our thoughts are with them and all who knew Josie and who will be devastated by her loss."

15-year-old Rosie was pronounced dead at Menai Bridge after a fall on August 6th. Police were called to the scene at 6.45pm. Ambulances and the RNLi also attended the scene.

North Wales Police have stated that there were no suspicious circumstances surrounding the death, and a coroner's inquest will be held to determine the exact circumstances of the teenager's death.

What is fracking?

Fracking is the shortened term for Hydrauling Fracturing, and is a technique used to extract gas and oil from shale rock. It involves drilling down into the earth, then directing a high-pressure water mix at the rock which releases the gas trapped within. The high-pressure mix is comprised of water, sand, and chemicals.



Man jailed after Bangor revenge attack

by EMILY HOULSTON-JONES

A man has been sentenced following a revenge attack, which left the victim with a broken nose and the imprint of his attackers' foot on his face.

Gethin Huw Jones, 29, was jailed for 36 weeks on the 4th of August, with sentencing Judge Geraint Walters calling it an "unpleasant" assault.

The victim of the attack, Jamie Wyn

Williams, was beaten at Y Vaults Pub in Bangor in May.

Williams, 22, had been jailed in 2012 for causing the death of Jones' cousin by dangerous driving, after Tomos Wyn Roberts was struck by the car driven by Daniel Owen. Owen was racing Jamie Williams in Llangefni when the incident occurred.

Prosecutor Emily Downing said: "The defendant and Mr Williams had

not spoken for some time after Mr Williams was found guilty of causing the death by dangerous driving of Mr Jones' first cousin."

It was said in court that the encounter led Jones to "lose control", which led to the sustained attack.

Jones admitted the offence to police, saying that Williams was one of the men who had "killed" his cousin.

Defending, John Williams said Jones

had "taken revenge; and the law into his own hands."

When he saw Mr Williams, "memories concerning his cousin came back to him — and he lost it."

During the sentencing, Judge Geraint Walters said it was a "miracle" that Williams had suffered no further injuries, given the nature of the attack, and warned the defendant that he should learn to "control that temper."

In Brief

50's diner for Bangor

THERE are currently plans underway to build a 1950s-style diner in Bangor.

Harvey's New York Bar and Grill have submitted plans to bring their growing business — with two north Wales locations having opened within the past four years — to Bangor, with an empty plot near Tesco Extra being earmarked for construction.

It is estimated that the plans could create 30 new jobs for the city. There are plans for the site to be a drive-thru location, following the success of a drive-thru in Rhuddlan.

The Rhuddlan restaurant is located on the site of the Marsh Warden pub, which had become dilapidated in recent years.

Plans have been submitted to Gwynedd Council and company director Craig Holmes has said that he is working closely with planning officers, though he declined to comment further.

Mr Holmes previously said that he had plans to open six drive-thru locations in North Wales. There is currently only one in Rhuddlan; with another sit-down location in Llandudno.

He said there was a demand for up-scale drive-thru food in North Wales.

Figures on North Wales' anti-ginger crime revealed

NEW figures show that North Wales Police have been called out to five cases of 'ginger abuse' in the past 18 months.

One such offence took place in the Flintshire town of Holywell, and was categorised as a common assault. Similar crimes have taken place in Colwyn Bay, Buckley, and Rhyl, with two such crimes taking place in the latter.

The statistics published by North Wales Police mirror the rest of the UK, with 70 anti-ginger crimes being recorded in the Greater Manchester area over the past 3 years.

The figures were revealed after English tabloid The Mirror submitted a Freedom of Information request to all police forces in England and Wales. The forces were then obliged to provide the newspaper with figures regarding anti-ginger crime.

Currently, police do not categorize ginger-crimes as hate crimes, as hair-colour is not a protected class under the Crime and Disorder Act of 1998 or the Protection from Harassment Act of 1997. However, individual police forces are permitted to use their discretion when categorizing certain offences as hate crimes, as shown when police in Greater Manchester began recording attacks on alternative groups such as goths and punks as hate crimes.



Triumphant North Wales visit for Welsh rugby team



by EMILY HOULSTON-JONES
news@seren.bangor.ac.uk

The Welsh rugby team finished a triumphant three-day tour of North Wales on August 12th.

The tour, which began on Monday, August 10th, began with a warm welcome into the seaside town of Colwyn Bay, with hundreds of fans lining the streets to greet the team.

The 70-strong team were officially welcomed during a ceremony held beneath the Andrew Fraser memorial clock, after travelling to the town on a specially commissioned train provided by Arriva Trains Wales.

The team were in North Wales to train privately and publicly ahead of the 2015 Rugby World Cup, which will be hosted by England and played in

stadiums in both London and Cardiff.

Fans took to social media to express their excitement, with @beckipdee tweeting: "Seeing the whole of the @WelshRugbyUnion walk past me (literally 2ft away) in #ColwynBay has made my day! #iamwales".

Welsh flags lined the street as musicians played to greet the team, and

Zipworld, Sean Taylor, was delighted to have the team try the zip-wire Velocity, saying, "They're great lads, I'm honoured to have them here today as I'm a massive Welsh rugby fan myself.

"It's nice they can come up here and get away from training and all the madness going on down there".

After an adrenaline-filled Monday,

training time was followed by a Q&A and autograph session.

On Wednesday, the team finished their trip with another private training session, held again at Eirias Park, before returning to Cardiff.

The Welsh rugby team were pleased with their time in North Wales, with George North, speaking to The Daily Post, saying: "It's great to have some downtime as a squad — this is something completely different to what we would usually be doing so it's nice to have some time off together."

His sentiment was echoed by fellow squad member Rhys Priestland, who also spoke to the newspaper, saying: "It's important for us to come up and visit North Wales because we know how difficult it is for people to come down to Cardiff to watch us play.

"It was such a nice surprise to get off the train after a three-hour journey to see so many people there to welcome us.

"It made it well worth the journey."

“Wonderful reception for the @WelshRugbyUnion lads in North Wales #Cymru

@jamiehuwroberts”

Wales' squad member Jamie Roberts tweeted his appreciation at the warm welcome: "Wonderful reception for the @WelshRugbyUnion lads in North Wales #Cymru".

The squad then left Colwyn Bay for Bethesda, to try out the world's fastest zip-wire at Zipworld. CEO of

Tuesday was a day for training; beginning with a private training session during the morning before onlookers were invited to watch the afternoon training session. The training sessions were held at Eirias Park, in Colwyn Bay, and were watched by a crowd of 5,000 excited onlookers. The public

Bangor Uni musician scoops top Eisteddfod prize

by EMILY HOULSTON-JONES

A Bangor University student has won the Musicians' Medal and coveted Chair at this year's National Eisteddfod.

Osian Huw Williams, who is studying towards a Masters Degree in composing in the School of Music, won the medal for his original musical 'Gwion Bach'. As is Eisteddfod tradition, Wil-

liams submitted the work under a bardic pseudonym; in this case using the name 'Deg y Cant'.

The adjudicators, Caryl Parry Jones and Robat Arwyn, praised the piece, saying in their final judgement: "Gwion Bach's story by Deg y Cant is extremely exciting. The composer is keen for the show to be produced in the style of 'War Horse' with puppets

and live animation according to his notes, and the song 'Gwion Bach' is fantastic start to the show.

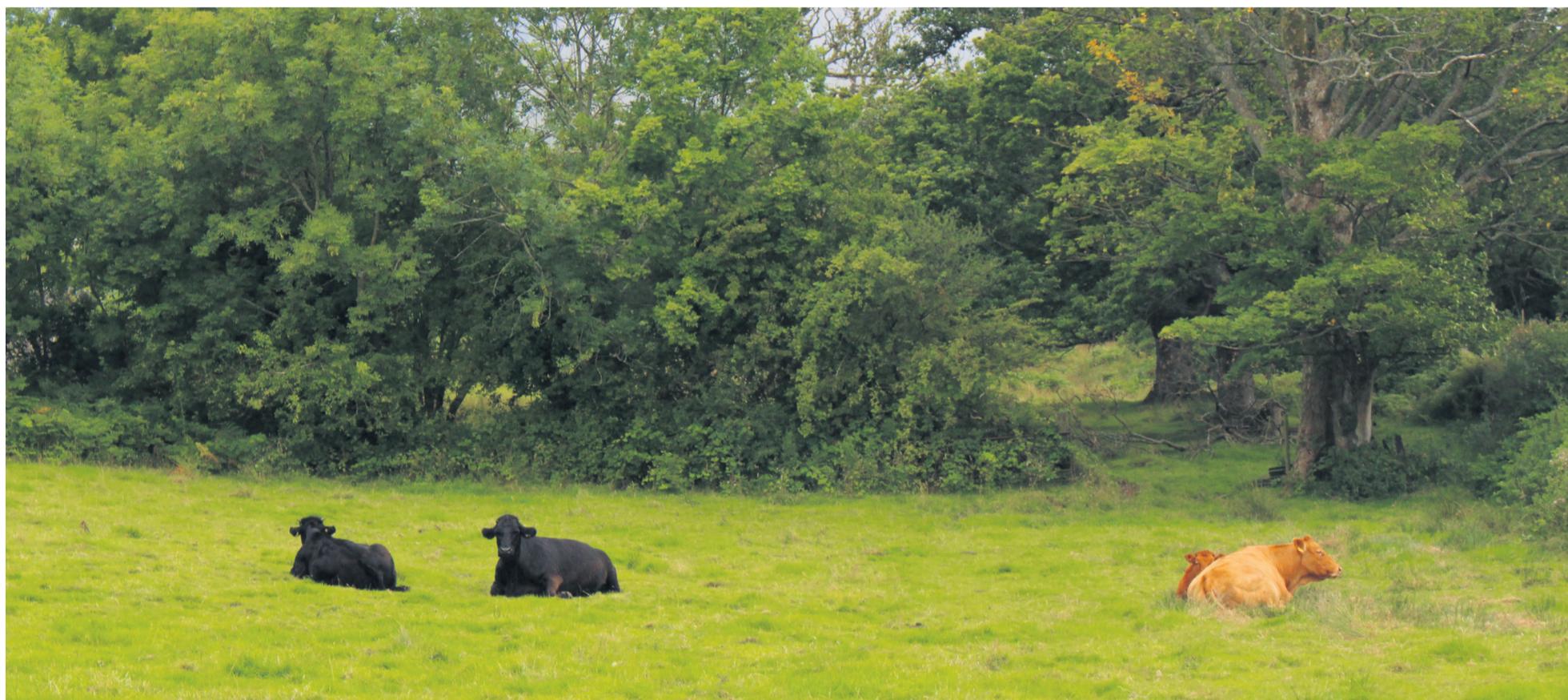
"With its harmonious structure, the strong use of unison, the vocal range, the orchestration and the melody in the solo parts, this composition draws the audience into this world of mythology and fantasy.

"It explodes originality, is excitingly

musical and infectiously dramatic. We can't wait to enjoy the show. Congratulations to Deg y Cant for being totally totally deserving of the Musicians' Medal and thank you to him for taking a great stride forward with the Welsh language musical genre."

Along with the medal and Chair, Williams was awarded £750, as well as a scholarship worth £2000.

MILK WARS: THE FARMERS STRIKE BACK



by HEDDWEN BETHAN CREANEY

After three large milk processors announced that they were going to further reduce the amount they pay to farmers, the latter began to protest and contest their ever-dropping income. The attention of the general public was raised by videos of campaigners emptying the shelves of Morrisons and other major supermarkets, filling their trolleys with all the milk products they could. They then redistributed the bottles and cartons outside the shop to make sure the customers entering the shop still managed to get the milk. The remainder of the produce was given to local food charities and retirement homes. This is the second campaign against the low pay of dairy farmers in three years.

In June, farmers received an average of 23.66p per litre of milk. This is 10% less than January and 25% less than the previous year. On the Facebook page of pro-farmer campaign "I'm Happy To Pay More For Milk", an image comparing the price and cost of milk states that a 4 pint bottle of milk has a retail price of £1.18, with 68p being the farmers' cost of production, while only 56p is

the price paid "to thousands of farmers for their milk from 1 Aug." This image can be dated back to 2012, showing that these problems have been deteriorating for several years.

Last year, Booths launched a Fair Milk scheme. Working with over thirty stores in Lancashire, Yorkshire, Cumbria, Greater Manchester, and Cheshire, Booths pays the farmers they work with 33p per litre, making them one of the highest payers for dairy.

The reaction to the open discussion between Morrisons and Farmers on social media seemed to be either of extreme irritation or pleasure, or met with complete disinterest. Interestingly, it is the activity on social media that acted as a catalyst in this new discussion of farmers' pay, as the general public became aware of the unbalanced cost of production compared to payment. The majority of people seemed to support the campaign, with people either exclaiming "finally" or a nonchalant shrug and "sure, I can pay more." Twitter was bombarded with the amusing hashtag 'udderlyridiculous'. It is amazing to see people raising their voices in an attempt to save our farming industry, despite it boosting the cost of their weekly shop.

The Facebook page *I'm happy to pay more for milk* currently has 38,000 likes and, as we see the beginning of a change to the treatment of farmers, the page is staying active with petitions and questioning the changes and developments made so far. Sharing an image from Morrisons, the page captions an image of the new Farmer's Own brand where they advertise that 10p from every pint goes back to the farmer. They ask, "It's a start...does this mean the base price will be forced down again? Seasonally". One commenter sums up how patronising this new brand is: "It's an insult to us farmers. Why bring out a 'special' product. Just pay more for your existing products".

The price drop was a result of increased dairy production over the last few months due to the weather. As well as this, Britain has had a decline in sales to China, and Russia has banned importing dairy goods from Europe. All these factors have caused a drop in demand, but the farmers have been struggling in the midst of a supermarket price war. Although the pay has dropped a lot recently, the price has been regularly decreasing and farmers have been struggling for some time. BBC Four reported in January that in December

alone, sixty farmers went out of business.

The good news is that evidently, supermarkets and big companies respond to pressure. This year, Marks & Spencers will celebrate their fifteenth anniversary of the "Milk Pledge Plus" initiative, ensuring that payment to farmers fairly reflects production costs. To avoid the fluctuations in pay in the industry, M&S and their farmers operate through their unique industry standards.

By avoiding buying milk from those who do not pay a fair amount to farmers, while supporting markets that work effectively with farmers to ensure a fair living wage, further pressures can be put on big retailers. We have seen that our actions make a difference, and if we keep up public interest, we will all play a part in saving a lot of people's livelihoods and ensuring that the British agricultural industry continues.

Note: M&S, Waitrose, Tesco, Sainsbury's, and the Co-Operative are currently paying a fair price of milk. Asda, Lidl, Aldi, and Iceland are currently paying only 56-59p per 4 pints. Morrisons are introducing out a new payment scheme.

These figures were correct at the time of printing.



by ADAM BARNES

The Labour Leadership election is underway, with ballots having been sent out on the 14th of August, but all is not going to script with Jeremy 'the left-wing dinosaur' Corbyn appearing to be the favourite to win the election. Corbyn only became part of the election due to a number of Labour MPs "lending" him their votes despite not wanting

him as Labour leader.

This was intended to broaden the debates by including a "true" member of the left, as opposed to the seemingly Blairite Liz Kendall, or Andy Burnham, or Yvette Cooper, members of the old Miliband regime.

Corbyn has come under attack, not just from the other candidates, but from the likes of David Miliband, who said that "Corbyn offers only angry defiance. What we need is Kendall's clarity and courage." He went on to claim that a Corbyn win would create a one-party Tory state. Gordon Brown has also urged Labour voters not to vote Corbyn and become a party of protest.

Tony Blair was also critical of Corbyn, labelling him as "old fashioned" and that trying to win the next general election from a "traditional leftist position" would not work. Andy Burnham has also warned that a win for Corbyn could well lead to the splits and factionalism of the 1980s, and this could be a valid concern with Corbyn at odds with many within the party.

Jeremy Corbyn's traditional left-wing stance and the clear differences between himself and the other candidates could well be the reason of his potential success, with him offering clear policies such as a radical housing programme and democratic public ownership of utilities and

services. His refusal to get drawn into the name calling and bickering contest that others have started will also have endeared him to the Labour faithful fed up of the childish behaviour of politicians.

Blair stated that "if your heart's with Jeremy Corbyn, get a transplant", a comment from a man who many believe would make a great claim for being Margaret Thatcher's true heir. Corbyn offers an identity to the party in line with what the Labour party originally stood for, the working-class. Voting Corbyn isn't a ridiculous idea for many Labour supporters because, unlike the other candidates, Corbyn has given some a sense of hope; a hope

for the future, a hope for a fightback against corrupt corporations, and hope that a party may finally put people before profit.

Corbyn would move Labour away from the omnishambles that was the Ed Miliband era, and his campaign is tearing up the script many expected by offering supporters a coherent vision, something the others have failed to do. Despite the potential of the party splitting, Corbyn is now, according to almost every mainstream poll, the best option for taking the party forward with a clear strategy that offers the best chance to oppose the Conservatives.



by IDA VÄISÄNEN

As an EU citizen born outside the United Kingdom, I recognise that the point I'm about to make about whether or not UK should stay in the European Union is more than slightly biased. Still, as someone who has had a chance to live and study in the UK for the past three years thanks to EU free movement, I feel that, at this point, my opinion is just as valid as anyone else's.

The scenario in which the UK would leave the EU is, for lack of a more diplomatic term, ridiculous. This

term is not just fearful slurring of an EU migrant concerned for her own position in the post-non-European UK, but it also carries economic, social, historic, and common sense reasoning.

First, the economic. Regardless of what some members of the former imperial power would like to think, the UK would not make it on their own. If only one reason were needed, it would be import and export taxes, which skyrocket when operating from outside European Union. Many Asian companies have centralised their activities in EU branches in

an attempt to avoid these additional charges. Speaking of taxation, how many international companies would remain in the UK with the current taxation level if UK were to become a non-EU country?

Then the social. The much feared free movement within the EU makes it possible for individuals such as myself to live and study outside their country of origin in a fairly effortless system that I am very thankful for. Still, this works the other way around. All those year abroad study programs, career opportunities, and the pure individual choices to explore life outside the

familiar would be compromised if the UK were to leave. These feared free-floaters enabled by free movement across the EU could theoretically be doing the same to my country.

In fairness, free movement is a more complex issue than this, but even the most EU-critical person cannot deny the other side of the issue; that free movement within the EU has made the nurturing of talent, culture, international collaboration, and know-how possible. With the world becoming more and more connected, one of the most influential countries backpedalling against this trend would

be, again, for lack of a better word, plain dumb.

Then the historical point of view. Whether the UK likes it or not, it's a part of Europe. It has always been and it always will be. In all my three years here, I have failed to understand why Europe is often spoken of as something distant and alien. It's right there. You, though an island, are a part of it.

To finish off this argumentation: plain common sense. Scottish and Welsh nationalists have already announced their desire to remain in the EU. So, what would be the next step after the no-vote: a UK referendum?



L-R: Liz Kendall, Andy Burnham, Yvette Cooper, Jeremy Corbyn
Image by Getty Images

Labour Leadership



by ADAM BARNES

The Labour Leadership began on 14th August, here's a brief reminder of those running for Labour's top job, as well as a small look at some of their potential policies.

First up is Andy Burnham, the Labour MP for Leigh since 2001. Burnham ran for leadership in the 2010 election but lost out to Ed Miliband before becoming the Shadow Health Minister under Miliband. When

announcing his intention to stand in the 2015 election, he claimed that "Labour must support the aspirations of everyone", also claiming that he would widen Labour's appeal. Policy-wise, he has promised to increase the top rate of tax from 45p to 50p, stating that it is "absolutely right" to ask the people with the most to make the biggest contribution. Burnham is also, in his own words, proudly pro-EU and has called for the In/Out referendum to be brought forward to 2016 as well as suggesting that Labour should run its own campaign to keep Britain in the European Union.

Shadow Health Minister Liz Kendall is also vying for Labour's top job,

stating that a "fundamentally new approach was needed". Kendall was elected to parliament in 2010 as MP for Leicester West. She is opposed to the 50p top rate of tax, claiming that she does not "believe in taxing just for the sake of it". With regard to immigration, she argues that Britain needs a similar points-based system like Australia's. She also suggests taking tax credits away from new migrant workers and restricting access to benefits and social housing.

Jeremy Corbyn is the veteran amongst the contenders, having served as MP for Islington North since 1983. Corbyn controversially made it on to the ballot mere minutes before

closing due to some MPs nominating him to broaden the debate, but not because they wanted him as leader. Corbyn has spent much of his time as an MP opposing the actions of his party, such as the Iraq war. Policy-wise Corbyn would like to renationalise the railways and return the energy companies to public ownership. Corbyn also voted against the welfare reform bill, declaring that "we are one of the richest countries in the world and there is absolutely no reason why anybody should have to live in poverty".

Finally, Shadow Home Secretary Yvette Cooper has also joined the race to be Labour's next leader. She

has promised a "stronger" economy and a "fairer, less divided society", and looks set to focus on combating child poverty. Discussing housing policy, Cooper wants to see Labour build 300,000 homes a year. She will also review the mansion tax and would increase the top rate of income tax to 50p, insisting that it would further embrace Labour values.

You can vote either by post or online, with all votes needing to be accounted for by 10th of September. The results will be announced on 12th of September.

Green and Labour MPs criticise Tory government's "attack on young people"

by KATE BENN

Among the many changes promised by the new Tory government, the implementation of a new "jobseekers boot camp" is the latest in a long line of policies to incur the protests of Labour and Green Party MPs.

Matt Hancock, the man heading up the government-run "Earn or Learn" scheme, which is responsible for the new changes, called the new programme "tough but fair" and added that "You should be spending your time trying to get a job. The

only alternative to that is living on the state". But his firm support for these new measures has met with much criticism. Deputy leader of the Green party Amelia Womack called the programme "a damaging short-termist attempt to bring down unemployment figures by forcing young people into some kind of work or work programme as quickly as possible, rather than recognising the diversity of career paths and the importance of ensuring that young people choose one that is right for them". Like Womack, the Labour party's Acting Shadow Work and Pensions Secretary,

Stephen Timms, expressed doubts over the long-term effectiveness of the scheme, saying that "the government needed to make sure that there were jobs or apprenticeships at the end" of the programme. The "boot camp", called the Intense Activity Programme (IAP), has not yet been broadly implemented—it will be trialled in parts of Yorkshire and the Humber as of March next year, and will not be enforced everywhere until April 2017—so its effectiveness remains to be seen, but there are certainly those who are questioning the wisdom and effectiveness of the programme,

the main concern being its effect on the long-term future of those young people forced to participate.

The University and College Union has also expressed concerns regarding the IAP, with general secretary Sally Hunt stating that the programme is an "attack on young people" and further adding that it will "fundamentally fail to deal with the reasons that so many of them are unable to find work or are not in education and training". She, like Womack and Timms, also questions the longevity of the scheme, calling it a "short-term gimmick", but the UCU's main concern, it seems, is

that the "boot camp" will constitute a huge failure to understand the problems faced by young people today.

The classroom-based programme will take place over 71 hours, spread over three weeks. Its aim is to help young people with CV writing, interview techniques and job-searching. With some lauding it for its future success and others condemning its uncompromising attitude towards young people, the nation's youth should be asking the question: are we being handed a bright future on a plate, or being backed into a corner?



**Lydia
Richardson**
VP Education & Welfare

**Becca
Kent**
VP Sport & Living

**Mark
Stanley**
VP Societies & Community

**Fflur
Elin**
SU President

**Ifan
James**
UMCB President

An open letter from our Student Union Sabbatical team

Hi, we're the Bangor Students' Union Sabbatical team for the year ahead. There are five of us sabbs, and we're students who have taken a year out to be the students' elected representatives and to look after the Union.

We constantly endeavour to enhance the student experience through representation and activities; from free clubs and societies to volunteering and academic representation, we are here to ensure that the student voice is heard.

We are also dedicated to working with the community to improve Bangor for all its residents, which we do through our Love Bangor community project and through organising and getting involved in local events and committees.

As a team we also feel that it's crucial that all our work upholds our five key values, which are: Democracy, Equality and Diversity, Accountability, Bilingualism, and Sustainability.

A principle held by Bangor Students' Union is the importance of community cohesion, and we believe in the power that communities can have when they come together, and so to encourage

this, the Love Bangor Community Partnership was created. The aim of Love Bangor is to bring people together, bridge social groups, broaden opinions, and give people a voice, building networks, relationships, and leaders through using the principles of community organising.

This year, waste was identified as a problem in Bangor, particularly towards the end of the academic year when students' moving out of their homes led to an increase in waste, causing unsightly litter which sometimes created an unpleasant environment for Bangor residents. Therefore, Love Bangor, in partnership with the University and the local council, organised the 'Love Bangor, Hate Waste' campaign. The campaign not only secured additional waste collections to deal with the influx in litter and alerted students to when they would occur, but also educated students about how to dispose of their waste in a way that was both responsible and environmentally friendly.

The campaign proved to be hugely successful and, looking to the future, Love Bangor hopes to

further develop ways of raising awareness about correct waste disposal and once again to organise additional waste collections, although this time the aim is to not only run the campaign at the end of the next academic year, but also just before the Christmas holidays when waste can again spike.

On the 15th of October, a national campaign takes place called 'Diwrnod Shwmae' with the aim of encouraging the use of the Welsh language amongst everyone, whether you're a fluent speaker, a learner, shy about using your Welsh, or if you wish to learn. This year, the Students' Union and UMCB will be leading the campaign in Bangor.

As many of our students do not speak Welsh, we feel that it is very important that they be given the chance to learn, and so on 'Diwrnod Shwmae' we will be working with the Welsh for Adults Centre to provide taster sessions aimed at giving people a taste of the language and equipping them with some of the basics.

We will also be organising a tea party for the elderly with the aim of providing a social event in

which the use of the language will be encouraged. In addition to this, we will also be hosting a gig with a line-up comprised of only Welsh language bands and singers. The purpose of this gig is to give everyone a chance to listen to some live Welsh music and to see that the Welsh culture, in particular the music scene, is one that is vibrant, exciting, and for everyone to enjoy.

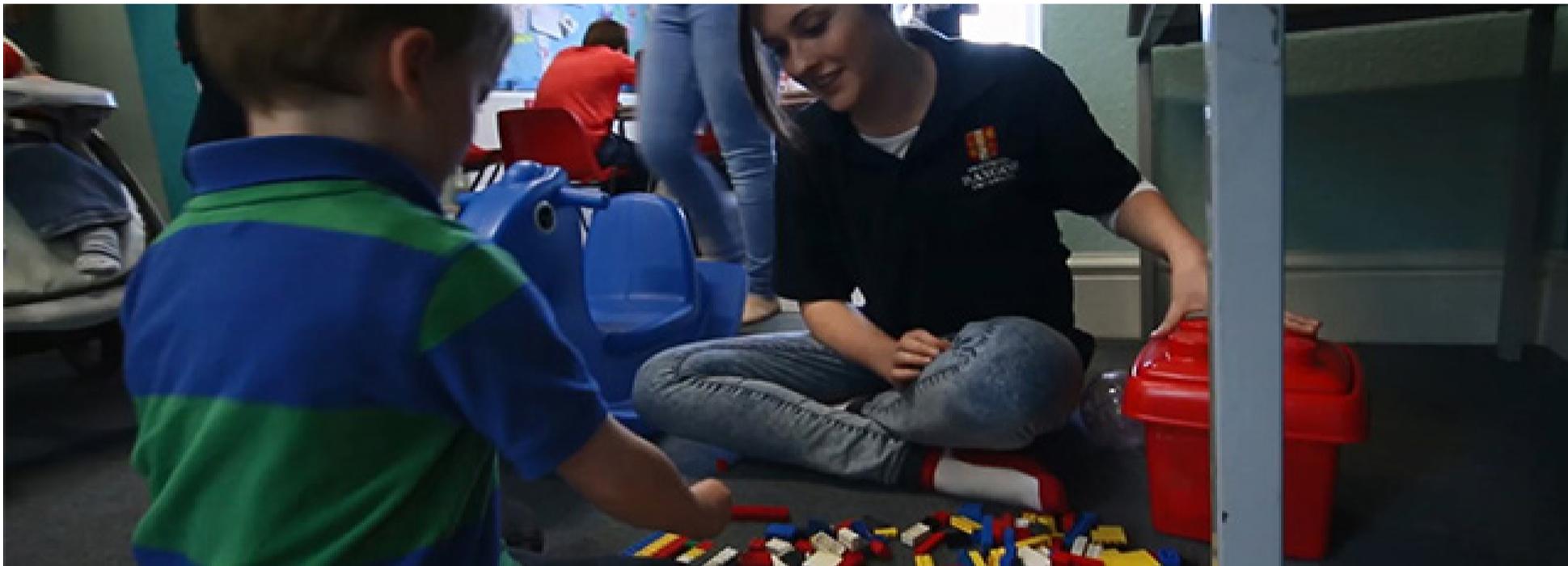
Next year, in May 2016, the Assembly Elections will be taking place in Wales.

It is a crucial election for the country, and as a students' union, we will be discovering what issues our students care about, designing a manifesto based on these issues, and then using the manifesto to lobby political parties, Assembly Members, and candidates.

This in turn ties in with our aim of empowering students to feel like citizens of Bangor and not simply tourists during their time here.

With this in mind, our manifesto will not only be used to support students, but to also support the Bangor community with the aim of creating a stronger, healthier, and more prosperous Bangor.

STUDENT VOLUNTEERING BANGOR



by HELEN MUNRO
In just a few weeks' time, Bangor University students will be returning to the city to embark on another year of studies. As we see the shops and businesses burst back to life and the pavements of Upper Bangor fill up with the footsteps of those hurriedly preparing for a new semester of lectures, seminars, and meetings, another form of preparation will be going on at the Students' Union. Thirty five community volunteering projects will be speedily planning their activities for the start of the new term, keeping over 450 student volunteers busy from September right through until June next year.

Upholding a university tradition at Bangor, these student volunteers will do anything and everything that may be of benefit to the community. Whether it be taking elderly people out on Saturday afternoon trips or helping local sports teams with 'video analysis', there is a broad spectrum of services on offer with more and more being added to the list each year.

Serving vulnerable members of the community of Bangor and working together with local organisations

to provide much needed services is something that can easily go unnoticed to the untrained eye. Indeed, there are even some students at the university and staff that do not know the full extent to which Student Volunteering Bangor volunteers go, to make a difference in their 'adopted' community.

Did you know, for example, that student volunteers provide weekly children's clubs for children from Maesgeirchen? The volunteers enable the children to get creative through arts and crafts and active through games and activities with the older children getting to go on monthly trips to the cinema and other local attractions. Did you also know that for the last 13 years, student volunteers have gone into the Hergest Unit in Ysbyty Gwynedd every Monday and Wednesday evenings to provide activities for the patients?

In all, there will be over 750 opportunities for Bangor University students to volunteer this coming academic year and, in many cases, students will be competing for the chance to take part with some opportunities attracting far more

volunteers than there will be space for. So, what is it about volunteering that has students so enthusiastic to take part?

I have worked at the Students' Union as Student Volunteering Manager for 8 years and in my experience there are many reasons that students want to volunteer. Many may think that it's generally so that students can gain skills and experience in fields that they may want to find work in in the future. Whilst this is certainly true for many and indeed a fantastic way of making students more employable alongside their degree studies, the actual motivations of most people are more to do with doing something good for a community that has welcomed them. I have found that for most student volunteers, it is a mixture of both reasons that motivates them along with a desire to make friends and meet people from different courses and backgrounds to their own.

This summer, I said goodbye to some students who'd been at Bangor for 6 years as both undergraduates and later PhD students. In my role, saying goodbye to people comes with the territory and every year I

watch volunteers, most of which, having worked with us for 3 years, graduate and move on to jobs and other adventures. What has never ceased to surprise me though, is the amount of people that tell me stories about how volunteering has affected them. Last year, a student told me that they wouldn't have stayed in Bangor had it not been for volunteering. They had a difficult time being away from friends and family and they would otherwise have given up their degrees or transferred to a university closer to home. Whilst it doesn't happen very often and it is difficult to hear, understanding how volunteering can add another dimension to a student's experience at university is never more logical. Volunteering gives a person a sense of purpose and a belief that they are needed and part of a team. In fact, my biggest pleasure in my working life is to see volunteers unknown to each other thrown together in their first year and by their third year find themselves as house mates, travelling companions, or best friends. I've even seen couples brought together through volunteering and this summer saw the arrival of the first

baby to be born to students brought together by volunteering with us!

So, when the streets start getting visibly busier at the end of September and as the thousands of new students are delivered safely to their new halls of residence by parents and friends, just think of the potential that each one of these students has to make a positive difference to life at Bangor for the vulnerable members of our community.

Helen Munro works at the Students' Union with her colleagues Judy Morris and Sion Rowlands. Together they facilitate the work of the volunteers and keep everything running well. If you would like to know more about the work of Bangor's student volunteers or have an idea for a project, please get in touch with Helen on h.munro@bangor.ac.uk or by phone on 01248 388021. You can also watch a short film about Student Volunteering Bangor put together by WilPin Visual Media by visiting YouTube and searching for 'Student Volunteering Bangor' or visiting our Facebook page www.facebook.com/studentvolunteeringbangor.



PRESENT

Poetry Events

Book Club

Books and Quills

by MOLL HEATON

Bangor Books and Quills is Bangor University's foremost literature and writing society. We were founded to bring a sense of unity to the English Literature and Creative Writing department and to bring students from different years and courses together - but since then

we've broadened our horizons and students from across the university are welcome. Whether you're a reader or a writer of literary fiction or genre, or whether you prefer prose or poetry, our doors are open.

You may remember our big event earlier this year: the Great Gatsby Ball.

With drinks, dancing, and a live jazz band, it was a roaring success (ahem). That, however, isn't all we do. From taking part in the North Wales Poetry Festival and April's poetry month to theatre trips and themed events, such as the Canterbury Ales pub crawl, Mad Hatter's Tea Party and Harry

Potter Charity Treasure Hunt, there's so much to do.

In this coming year, we'll be adding book swaps and writing workshops to the list, as well as hopefully some more theatre trips and another ball. We're looking to begin taking advantage of Bangor's beautiful surroundings, both

by using it as inspiration for our own writings and as the subject of readings.

It's a busy year we have ahead of us and there's bound to be something you're into - so come join us! See us at Serendipity, like us on Facebook ([facebook.com/bbqbangor](https://www.facebook.com/bbqbangor)), or just drop in at any of our events.

SEREN

by IDA VÄISÄNEN

I have been involved with Seren from the first semester of my first year in Bangor on various editorial posts. So, what makes me still sit in the office late at night for this community issue a month after my graduation? Either I am a bit of a masochist or Seren is a pretty awesome society to be involved with.

As a very recent graduate, I cannot give Seren enough credit for the skills that I currently boast on my CV. It has allowed me to be involved in the making of the newspaper from writing and proofreading articles to creating the actual pages with Adobe InDesign and distributing the physical papers around Ffriddoedd Site, and I now feel confident enough to continue my journey towards a professional career in journalism. Reporting live events such as Varsity via Twitter has made me realise that the late nights (and the early mornings) in the office will not remain as only foolishness of the youth, but hopefully as a career path. I'm very happy with my degree, but I feel like joining Seren gave me the hands-on experience I required to realise that journalism was for me.

The wonderful thing about this society is that you can be involved as much or as little as you want. Want to write just one article and never look

back? Go for it. Want to sit in the office till ridiculous hours proofreading? You are most welcome. You don't even need to write: photographers and multimedia content creators are always in demand. All of this happens underneath the framework of student journalism, but within that term fits a colourful bunch of individuals. In all-nighters, the jokes are bad and the music is loud, but the mood is always friendly and welcoming. We're all friends here.

Seren is not just about writing a paper: every year we organise 90s Night, which is one of the single biggest student events of the year. Whatever is done, everything is very hands-on, and, in true Seren manner, I feel like I have gained invaluable skills in team management and communication. I am more than happy with my degree, but I feel like that Seren has been an inseparable part of why my experience in Bangor has been so amazing.

Sure, it's hard to even imagine now how I found the energy to go to that first lecture of the morning following an all-nighter during my time as Deputy Editor, but time must have already done its job, since I cannot think any of it with anything but fondness. I am a former international student without any previous journalism experience. Now look at me.

FEMSOC Feminist Society

by JASPER WILLIAMS

Bangor feminist society focuses on exploring gender (in-)equality through workshops, campaigns, events and film nights. This year has been a really busy and exciting year. After restarting the society, we organised a candlelit vigil for Leelah Alcorn with activist Helen Belcher from Trans Media Watch, which raised over £200 in donations. We have also had film nights — including *Easy A*, *Made in Dagenham* and *Whale Rider*. We've had a Christmas market, donating all £74 to Bangor Women's Aid. We have also teamed up with the Debating Society and had a university-wide debate on whether there is still a stigma on feminism.

This year, we are co-organising a national feminist campaign, Speak Out, which we also hope will be a massive success. The aim of this event is to send positive messages to people of all genders, and to speak out about forms of discrimination that have been faced, in the hope that others

in the same boat will realise that they are not alone, and that people will understand the importance of such events. Throughout the year, we will also be focusing on other events, one of which will be Reclaim the Night.

Traditionally, a Reclaim the Night march gave women a voice and a chance to take back the streets at night in a safe and empowering event. The Reclaim the Night marches started in the UK on the 12th of November 1977, and we wish to continue this tradition in Bangor this year.

According to the British Crime Survey (2001), an estimated 47,000 rapes, around 40,000 attempted rapes, and over 300,000 sexual assaults occur every year. Yet the conviction rate is the lowest it has ever been at only 5.3%. This means that more rapists were convicted in the 1970s when Reclaim the Night marches first started than they were at the start of the millennium.

Did you know that the maximum sentence possible for rape is life imprisonment? Probably not, because

rarely are rapists even reported or convicted, let alone with a realistic sentence. This situation has to change. This year, we will march to demand justice for rape survivors of all genders. Join us.

In February, we will be hosting a QPOC (queer person of colour) panel. February is national Black History Month, and to celebrate this we will be exploring the intersection of sexuality, gender and race. This will be done from external speakers who will talk about their personal experiences, and then will be part of a Q&A panel.

I would love people to join Bangor feminist society, as we plan to do many more exciting things this year! We are proud to be an intersectional feminist society and welcome people from all backgrounds. For more information, search Bangor Feminist Society/Cymdeithas Ffeministaidd Bangor on Facebook.



B.A.W.L.S.

Bangor Animation Watchers and Lovers

by LUKE FEARS

BAWLS (Bangor Animation Watchers and Lovers Society) is a place where Bangor students can experience and share their love for the artistic medium of animation. We're a relatively new revival of a previous society, coming into being late in the first semester of 2014. In this short time, we have acquired a large and expanding member base and had an official logo created by one of

our members.

Our main course of activities are our weekly animation screenings at Academi's Cinema Room every Thursday at 7pm. Screenings alternate between western (e.g. cartoons from Disney to *Dexter's Lab*) and eastern (e.g. anime from Studio Ghibli to *Soul Eater*), with the screened animations being decided by member polls on our Facebook events. Last year, we had themed screenings such as DC vs

Marvel, Webseries, and Romance and Mecha anime nights.

BAWLS also presents a large number of great socials, including quiz and activity nights, pub crawls, cinema trips, and visits to events such as conventions. We utilised our connections to other societies with several collaborations, including a film night with the Japanese Society, a gaming tournament with BUGL, a Pokemon film marathon with BUMPS

and a trip to Wales Comic Con with Sci-Fi Society.

We finished the year in style by marathon-ing the 26-episode anime series *Fruits Basket* (a feat we aim to repeat again).

This coming year, we aim to increase the portfolio of animation we offer by screening a wider range of genres and styles of animation, hopefully using Pontio's new facilities when they open. We also plan to host even more socials,

including collaborations with other societies and visits to external events such as conventions. Furthermore, we plan to make available high-quality BAWLS hoodies for our members.

We have an absolutely fantastic member base, and exude a fun, friendly atmosphere at all our events and socials. If you have any queries, feel free to contact us at bawls@bangorstudents.com. We'll be glad to help.

Bangor University Brass Band

by SARAH JOHNSON

Bangor University Brass Band is a student-led society that was first set up six years ago. Our players, although mainly drawn from the music department, come from all over the University and each year we welcome a new host of first years who change the band's dynamic. As a group, we're quite close-knit, and making sure that our new players feel at home is one of our main priorities. We begin rehearsals for the year ahead the first week after Welcome Week and, at this rehearsal, we'll usually play a range of the pieces from our library to introduce the freshers to the type of music we play. From then on, we rehearse weekly preparing for the many concerts and gigs that we put on and perform in over the year.

The main event on our calendar is UniBrass which takes place at Warwick University in February, but travelling all that way isn't cheap. To

be able to compete in the competition each year we have to raise as much as we can to fund the coach hire, as well as raising a fee to participate in the first place. This year we did most of our fundraising with the help of the local community, especially around Christmas where we played carols at several festive events in the local area. At these events, the organisers allowed us to put out collection buckets and we raised most of our money through donations from the public.

As a band, we enjoy getting involved in the community in any way we can. In November, we marched through the city centre with the Remembrance Day Parade, and we've also put on a couple of Oompah gigs at Bar Uno and The Menai. These Oompah gigs are a chance for us to let our hair down a bit and branch away from traditional brass band music into some more popular tunes, a favourite being *Bohemian Rhapsody*. However, we

enjoy showing off our traditional skills as well, and, over the past year, we have teamed up with some of the other music societies to play larger concerts in PJ Hall. This coming year, we intend to rekindle our relationship with the Concert Band after the success of last year's Christmas concert and are looking forward to playing again in the Summer Gala Concert which showcases the talents of all the Bangor music societies.

As we face a new year and a new intake of first years, we hope to carry on making links with the local community and are looking forward to returning to play at UniBrass under the baton of our new musical director Guto Pugh. If you feel like you have an event that would benefit from a bit of brass feel, free to find us on Facebook or email us at bubrassband@gmail.com.

Writer's League



by KATIE BURNE

This year, the Writer's League has been encouraging our members to write their own novel during National Novel Writing Month in November, something we shall continue to encourage in the upcoming year. Last year, we organised a theatre trip to see *The Woman in Black*, and, due to the enjoyment of the trip, we are planning to arrange another. This year, we hope to collaborate with some of the other literary groups and the English department to create a chance to meet and greet some

established writers and hear their work and tips for a career as a writer. I would also like to encourage budding poets by arranging a poetry slam or a workshop later in the year. We shall also be encouraging our League members to enter competitions, both internally and externally from the group, whilst continuing to improve and gain confidence and giving critiques of each other's work. Whether you are a keen writer or just fancy exercising your creative side, why not come to the Writer's League? Kind of like the Justice League but more awesome!

Part of a society? Want to be featured in Seren? Whether you have a big event coming up or it's already happened, get in touch!

Email Phillip Sutcliffe-Mott, our Editor: editor@seren.bangor.ac.uk



Breaking news: Migrants are people too

by J.P. BEBBINGTON

I'm about to say something quite controversial; I'm going to defend migrants. This is a very emotive subject and I want to express a viewpoint that is all but ignored in mainstream media. You can scarcely turn on the television or the radio without hearing someone talk about or open the newspaper without someone throwing 'migrant' about like a paper aeroplane – often in conjunction with the words 'vermin' or 'swarm' – before landing it straight in the bin.

Let me get one thing straight: there are migrants trying to get into the country. There are a lot of them, and not all of them are willing or able to do so through official channels, and not all of them are able to contribute to society when they get here. This is a fact and I make no attempt to deny this. You don't have to like migrants or refugees, but there's no need to vilify them as part of the latest trend.

We like to think of ourselves as a fairly moral society: we don't keep slaves, we look after our most vulnerable citizens,

we're renowned for tolerance, and there are few countries in the world who share the same number of rights and freedoms as us. As things go, you could say we have it pretty good. But why is this beginning to change? The most vulnerable are seen becoming seen as burdens, and the abolition of the European Bill of Human Rights doesn't speak well for freedom. The only thing that hasn't changed is the aversion to slavery. (Stay tuned to see what happens with that one.)

It has become socially acceptable to spout what would be termed hate speech if it were aimed at someone British. A simple accident of geography automatically reduces their worth to less than that of someone fortunate enough to have the words 'United Kingdom' on their passport. There's this growing wave of nationalism spreading across the country.

On the one side, it can be a good thing. In times of trouble it can keep a country together, help it to stand strong against threats – but it can also be dangerous. People can get swept up in public opinion and they begin to think

in ways they normally never would.

While this is far from a scientifically accurate survey, I have been making inquiries to test the waters, as it were, and the results are unsettling. One woman I have known for many years is an active member of the WI, a school governor, a loving mother to several children, and a contributor to several charities. She's kind and gentle but, when presented with the news that a desperate Sudanese man fleeing his homeland was killed by a truck while attempting to enter the Channel Tunnel, she was gladdened. She said that they were "no better than animals" and summarily called for live ammunition to be used to get rid of them.

I asked what she would do if the situation were reversed: if she and her family were forced to leave the UK because of famine or violent extremists threatening a genocide and she knew she would have a better life in the Sudan. Surely, she would do anything to ensure the safety and prosperity of her family? Surely she would like to be offered compassion

and shelter from the storm raging in her homeland by the people of the Sudan? For some reason beyond my knowledge, she became defensive and quickly changed the subject.

The majority don't appear fond of migrants and feel that they are like Schrödinger's Cat, simultaneously in two contradictory states of "coming over 'ere and takin' our jobs" whilst also claiming benefits and, somehow they manage to destabilise British values while they're so busy defrauding the state. While we're at it, what even are British values? If it includes such indifference to the suffering of others, then I'm ashamed to call myself British.

Let me clarify a few things. The UK is not subject to invasion by an unstoppable migrant army heading for Dover, nor do we receive the largest number. When it comes to asylum seekers, there were 31,300 applications in 2014 – many of which were unsuccessful. If we compare this to Germany, Turkey, Sweden and Italy (173,000, 87,800, 75,100, and 63,700 respectively), it's ridiculous that people insist in the delusion that we've got it

worse. Many migrants are not coming to steal anyone's job – they are fleeing starvation, poverty, and genocide.

People compare the people so desperately trying to get into Britain through Calais to plagues and diseases, but I feel that they are merely a symptom of a much greater problem: the chaos sweeping Africa and the Middle East. Droughts and famines plague many of the countries in that part of the world; violent extremists: the other. You can keep them out for as long as you want, and hate them for wanting not to die or for wanting a better life, but if you turn desperate people away when they need you the most, then that is the biggest attack on what it means to be British.

Don't let patriotism be a negative force, dominated by tribalism and xenophobia. Migrants are human beings like everyone else. They're just having a hard time. You don't have to love them and welcome them in with open arms, but a little bit of kindness goes a long way.

twitter

doesn't support the Welsh language for advertisements

by HEDDWEN BETHAN CREANEY

Twitter Ads allow businesses to promote themselves on the site and extend their audience. The Ads, which small businesses are encouraged to purchase, appear in relevant situations and increase followers. Almost nagging, they pester a business account I manage, regularly checking whether I want an Ad. I don't, but unfortunately for Welsh businesses who do want that

advertising space, they aren't able to supply the space to Welsh language promotions.

The *Daily Post* obtained emails in which the social media company explain to a Gwynedd car dealership that, although the service is available in thirteen other languages, they are not able to support the Welsh language.

Earlier this week I visited London and got into a conversation with a

makeup artist about our hometowns I was asked, with a large mocking grin on her face, "Oh, well, they don't speak Welsh do they?" To which I stared blankly for a moment. In my head I am realising how satisfying it would have been to respond in Welsh, how many friends of mine hold GCSEs in Welsh, and the multitude of times I've heard people chatting in and out of English and their own language. Welsh is not a joke, or a vague attempt

to help tie a person to their idea of 'Wales'. It's a language, used in the same way as English: to communicate. As the daughter of an Irishman, it is abundantly clear to me that you don't need a Celtic language to be unified with your nationality. Language is to interact with one another, to express yourself and present a message.

And so I said to this smirking Londoner, as I would Mr. Twitter, putting it as simply as I could: Welsh

is needed. She raised her eyebrows a little and busied herself because there was nothing else to say really. You can't try and silence a voice that is still listened to. Welsh people may speak English, but who is to say that more words, more expressions, more language is not necessary. If it wasn't required it would be dead by now. Language only lives for as long as it is used and needed. Welsh is still in use, Welsh is still on Twitter.

GRADUATION



“The entire thing was kind of bizarre. First of all my lecturers walk down the aisle in colourful robes to organ music and then I spent two hours clapping so often it felt automatic. However, when I was on stage and shook the chancellor’s hand, it was a wonderful experience.”

- Anonymous

“Graduation was a lovely way to celebrate the academic achievements of my friends and I. It was an emotional day, in which 3 mostly happy years came to an end. It was the final opportunity to give a sincere thank you to the supportive friends and staff, who stuck with me. The ceremony itself had its bizarre formalities, but my day will not be remembered by that. It will be remembered by the trip to the pub with friends afterwards. Whilst drinking and chatting, I appreciated how lucky I was to spend 3 years with such a kindhearted bunch of people. Also future graduates be warned: parents will be embarrassingly proud and lots of photos will be taken!”

- Jack Bulmer

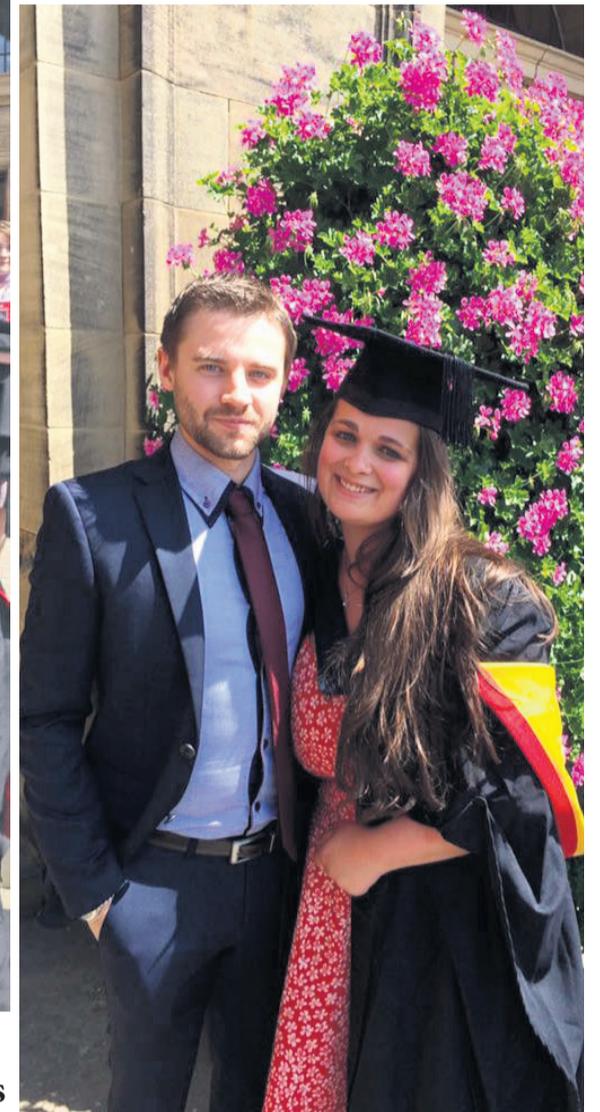




“Well it was initially really nerve-wracking when I first sat in my seat (like most people, I was afraid of falling over which thankfully didn’t happen!) But luckily everything went well and it was just the happiest day of my life.”
- Nicola Ryan



“It was an amazing day and a great way to end my time at Bangor and just a very surreal experience in general...just kind of all a blur.”
- Sian Edwards



“It was a really good day and I enjoyed the ceremony.”
- Emma Hughes



“I really enjoyed graduation. It was a lovely way to celebrate this success of 3 years with family and friends!”
- Catherine Loraine

“It was the perfect way to end the short three years that was uni. It was like that one big firework at the end of the show.”
- Glen Howell

“In all honesty, I did not give much thought to it, as I wasn’t massively interested in the traditional aspect of the event, which was the primary focus. I wasn’t really informed about what was going to happen and tickets for guests were expensive. We visited the ‘hidden gardens’ in Plas Cadnant after everything had finished.”
- Peter Clark

ARTS & CULTURE



Royal Academy of Arts Summer Exhibition 2015

by HEDDWEN CREANEY

“Get ready to discover your favourite artist as we head into a summer of colour at the RA. From painting to installation art, you’ll find it all at the Summer Exhibition,” states the website. It fails to mention one aspect of public galleries: the people. This year’s exhibition focused on colour. In bold statement pieces and subdued, tonal images, colour was used in a variety of ways and to very different results. The thing that caught my eye, however, were the people in the gallery, who were as equally colourful as the 1100 plus pieces of artwork.

Galleries provide the opportunity for the general public to view private work. Entrance fees for the Exhibition were £10, but the RA, like many galleries, often has free entry. This allows the public to view private

artwork and physically brings people into the display area. In doing so, the people and the area where the artwork sits begin to play an important role. I couldn’t help but think of Early Modern theatres. The audience would look at each other during the performance and so they became part of the drama.

Dr. Rachel Willie, prominent author in Early Modern studies explains: “The first purpose-built playhouses in London were erected in the liberties of the City (areas where the Aldermen of the City had no jurisdiction) in the late sixteenth-century. They were open air amphitheatres with a thrust stage that jutted out to meet the surrounding spectators. What this means is that there was no ‘fourth wall’; in most later indoor theatres, the action is framed by a proscenium arch and this provides an invisible barrier that

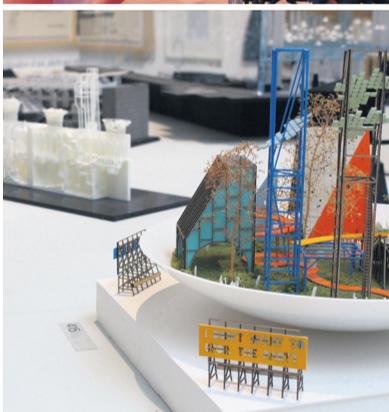
separates the audience from the stage. The most expensive seats in the open air playhouses were situated above the stage, where the spectators could see very little of the performance. Instead, they could clearly hear the words that were being said by the actors and they could also be seen in their finery by the audience members who had bought cheaper tickets.” The public had an opportunity to see what the King and noblemen were wearing, where they were sat, and their reactions to what was on stage.

In the same way, I spent my Wednesday afternoon surrounded by people in their summer clothes, looking bright and loud or elegant and calm. The crowd moved through the gallery together, pausing on certain pieces, pointing at others, and it became a performance in itself.

One of the back rooms collected the largest crowd, despite having the least space. It became clear that everyone was mesmerised by a large yellow tapestry with two strong figures full of character and, from the reaction and atmosphere in the room, it was evident that this image captured the hearts of the majority of the attendees, including myself.

The presence of the other viewers created another form of entertainment and art, and it gave insight into how other people reacted to the same piece of work that yourself were looking at. The building’s architecture also interacted with the subject matter. Entering the Royal Academy, you are faced with a grand staircase covered in thick washi tape. Brightly coloured lines run up to the first floor, covering the marble underneath. Entering

the exhibition, the first thing that is brought to your attention is the vibrant turquoise walls. I spent sometime in this room, enjoying the mix of the smooth, bright walls and the elegant and understated archways. The brown, black, and cream marble was placed in juxtaposition with the modern artwork and sculptures, with the solidness of the building creating a visual anchor in which the installations can assert themselves. In this way, the second room, which was painted a bright pink, popped against the gold features of the structure. The use of colour to interact with the building’s architecture and features further added to the experience of the exhibition, where the exploration of colour extended much further than the canvas.



by SOPHIE HOLBECHÉ

Reflecting on my visit to the London Royal Academy of Arts Summer Show, I was impressed and astounded with the vast variety of works — 1,256 pieces of art in one building. I found myself completely absorbed by the artworks with the vibrancy and amount of works to take in. Ranging from traditional methods, such as sculpture, drawings, printmaking, and paintings, to installation, photography, and film, there was a great deal to take in and be inspired by.

One thing that really struck me at the RA show was how there seems to have been a shift in contemporary art in the last twenty years. It became apparent that London is developing an appetite for the arts as availability has increased due to more people reading, talking, experiencing, and finding relevance to engage with art. Art is not just about people being able to engage with artwork, it’s also about the environment that we view and

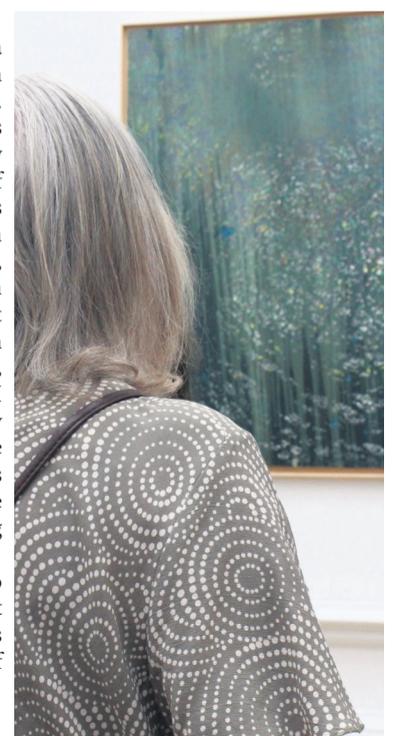
experience art as a whole. As curators have become more aware of this, it has become incredibly important to showcase artist’s work in the best way, with careful consideration of space and creating a way to harmonise diverse pieces of artworks together.

Conrad Shawcross is a sculptor who explores geometry, philosophy, physics, and metaphysics. I wanted to showcase his work in this article purely for the wonderfully ambitious sculpture installation in the RA courtyard, *The Dappled Light of the Sun*. Conrad’s work created an impact as soon as I walked towards the gallery. I feel that it really shows how experience is crucial to engaging with contemporary art as a way of understanding complex ideas, as well as how process in art is used as a way to make sense of these concepts.

The installation, measuring up to over six meters high, is made up of a group of five steel branches compiled of 24,000 tetrahedrons. Conrad describes

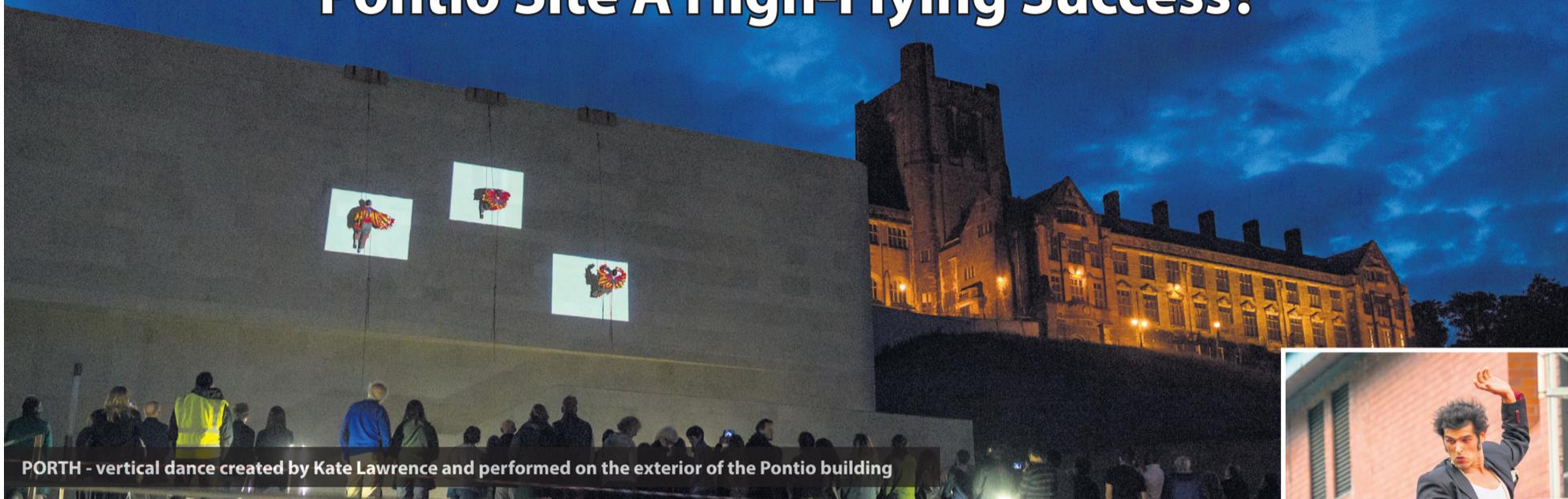
how singularly the tetrahedrons are a symbol of order but when fitting them together, structurally, it doesn’t work. The only way to build the structure is to grow outwards. He describes how the process was an important part of forming the steel structure as it was about forming a balance between mechanical design and organic, unplanned process, with the intention to make it work. This is the idea that compelled him to take influence from his failed theories, and what felt right, when hand-making the sculpture. I feel this showcases what contemporary art has become: a process to make sense, translate, and engage the minds of people — whether it be to change minds, make people aware, or defining an idea.

People are becoming more open to new ideas and there has been a shift in attitudes to art itself which I feel is necessary to our current generation of innovation, which is ever refreshing.



SYRCAS FEAST REVIEW

Was The First Performance At The Pontio Site A High-Flying Success?



PORTH - vertical dance created by Kate Lawrence and performed on the exterior of the Pontio building

by ANNA KAYE JONES & DANIEL TURNER

Between the 17th and 25th of July, the circus came to town. This was no ordinary circus, but a feast of circus themed events organised by Pontio, taking place at various fixed and improvised venues around Bangor.

The headline event, 'FLOWN', was an award winning modern circus show housed in a traditional big top on Beach Road, with 10 performances

The audience were treated to high energy acrobatics interspersed with comical monologues, all set to a live soundtrack performed by the multi-talented cast. The human counterweighted pulley system used to smoothly raise and lower performers as they flew around the stage set on various pieces of equipment was a real novelty and fascinating to watch. Whilst watching the main performer, your attention was often drawn by the impressive skill required to perfectly time the counterbalance move.

The show culminated with a true test of the title Flown, with almost the entire cast taking to the air including the musicians! The sight of a drum kit being played whilst swinging in the air was a truly unique spectacle. The show was performed to a full house, and the audience seemed to relish the quirky mix of acts presented by circus company 'Pirates of the Carabina'.

'FLOWN' seemed to be, justifiably, a huge success and set a high standard for other circus feast events to live up to. I was fortunate enough to see two

water treatment works in Hiraal Bay.

The second free event I attended was a vertical dance act 'Porth' performed, at night, on the outside wall of the yet to be completed Pontio building. This was commissioned by Pontio and created by Kate Lawrence (a Bangor University lecturer) and her Vertical Dance Company. Porth was a visual spectacle – three "dancers" suspended by ropes from the Pontio roof against a changing 3D backdrop projected onto the wall. The three, kitted out in winged vibrant costumes, interacted with the projections: soaring amongst clouds; jumping over chasms on a moving floor; dancing precariously on top of 3D towers. Set to a stirring soundtrack, this was a unique and mesmerising show and was well received by the crowd and surprised passers by.

The feast of events put on by Pontio during the circus week was a rare treat for the residents of Bangor and breathed some much needed cultural life into the city. Let's hope that future, eagerly anticipated performances at Pontio reach the same high standard.

“ high energy acrobatics interspersed with comical monologues, all set to a live soundtrack performed by the multi-talented cast

given over the course of the week. The show opened with a satirical monologue pointing out shortcomings of the previous night's performance, letting the audience know that this was not your typical circus show. The pace soon quickened when a set of stage lights came crashing to the floor with a member of the cast attached, not an accident, but an indicator of the quirky and original show to come.

Other highlights of the show were the tightrope walking (and balancing on it with two legs of a chair!), the graceful swinging Danish pole act, and not forgetting the hauntingly beautiful original folkie soundtrack. At times, the show was laugh out loud funny (the entry of a chariot pulled by a toy horse); at others, daring stunts made the audience collectively take a sharp intake of breath.

other live acts as part of the week's events. The first, **Kaboom / Hugo Oliveira**, was a free pop-up event featuring a solo modern day clown. The act consisted of a series of sketches, in which the "inebriated" clown performed acrobatics and juggling feats within the confines of circular red mat that served as his stage. It was an entertaining, short, and sweet act set against the somewhat unusual backdrop of the



KABOOM - Hugo Oliveira



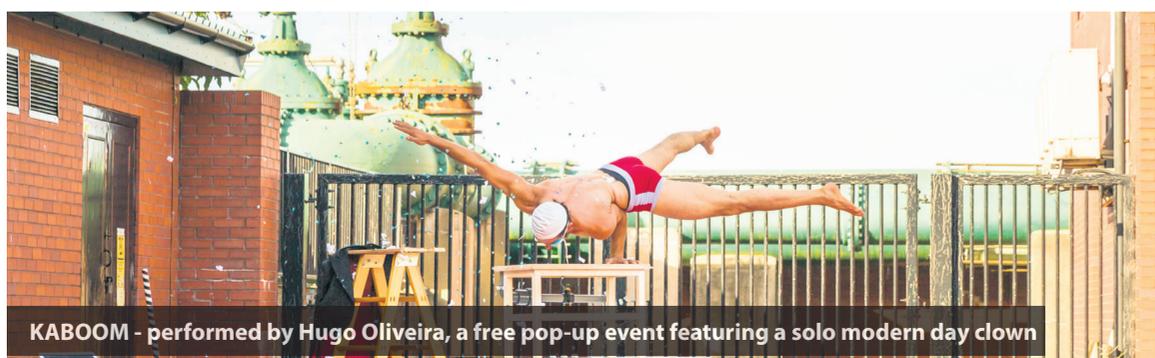
FLOWN - Laura Moy



FLOWN - performed by Pirates of the Carabina in a big top in King George's field on Beach Road



FLOWN - Shaena Brandel



KABOOM - performed by Hugo Oliveira, a free pop-up event featuring a solo modern day clown



PORTH by Kate Lawrence

Can George hold off the apocalypse?



by PHILLIP SUTCLIFFE-MOTT

In an interview with US newspaper *Observer*, George R.R. Martin said that *A Song of Ice and Fire* will not end “in some horrible apocalypse”. Rather, the New Jersey-born writer wishes to emulate his childhood inspiration, Tolkien, with a bittersweet conclusion.

The novelist spoke to hardcore fan and TV critic Sean T. Collins in an exclusive interview about his success, work, and the journalists who follow it. Martin was noncommittal yet candid enough to reassure those who expect a bloodbath:

“I haven’t written the ending yet, so I don’t know, but no. That’s certainly not my intent. I’ve said before that the tone of the ending that I’m going for is bittersweet”.

He added: “I mean, it’s no secret that Tolkien has been a huge influence on me, and I love the way he ended *Lord of the Rings*. It ends with victory, but it’s a bittersweet victory. Frodo is never whole again, and he goes away to the Undying Lands, and the other people live their lives. And the scouring of the Shire—brilliant piece of work, which I didn’t understand when I was 13 years old: ‘Why is this here? The story’s over?’ But every time I read it I understand the brilliance of that segment more and more. All I can say is that’s the kind of tone I will be aiming for. Whether I achieve it or not, that will be up to people like you and my readers to judge”.

This marks a continuation of measured patience from Martin, who has amassed a legion of fans that, according to many commentators, often

miss the realism and socio-political nuance of the series. This has also been a common criticism of the television series, which—given the apocalyptic tone of Season 5—may go some way to explaining the morbid expectations of many *ASoIaF* readers. At least, it would certainly seem the case in Martin’s interview with Collins, who prompted the above response after a discussion about Martin’s future in television.

It can, however, be no surprise that the television series cuts harder and deeper than the books do, as different media will always tell different stories, no matter how close you try to keep them. The first series was a relatively lossless translation of the first text, bar a few character and plot compressions. This meant that the two storylines—the book and the film—inevitably

went in different directions to retain their quality.

Martin’s books have consistently danced along the line of believability. Even with dragons and blood magic, the characters adapt, change, self-contradict, and second-guess. They’re relatable. Their internal and ideological conflicts are the paint that draws us in. The wars and legions of White Walkers are merely the canvas. Oxymoronic portmanteaus describe the illogical paradoxes of real life, which means that terms like “bittersweet” are the ones that fans should be happy to hear from Martin.

REVIEW

The Miniaturist by Jessie Burton

by ZOE CHADWICK

In Autumn of 1686, we follow protagonist Nella Oortman into her arranged marriage to Johannes Brandt. Nella quickly realises that the Brandt household is not within her control. She is intimidated by Johannes’ coarse sister who rules over both the female maid and the former man slave, leaving Nella without purpose. Her lack of sexual engagement with Johannes and lack of friendship upon arrival quickly pushes her to become depressed, but this changes swiftly upon the arrival of a miniature replica of the house.

Upon contacting a miniaturist for help furnishing her miniature abode, Nella exposes the household to untold scrutiny and unnerving predictions. Burton carefully constructs the miniaturist as a force to be reckoned with and a catalyst for many of the plot turns within the Brandt household. As Nella eventually settles herself within the house and develops

a friendship with Cornelia the kitchen maid, the secrets of the Brandt family begin to unravel and tangle Nella deeply within.

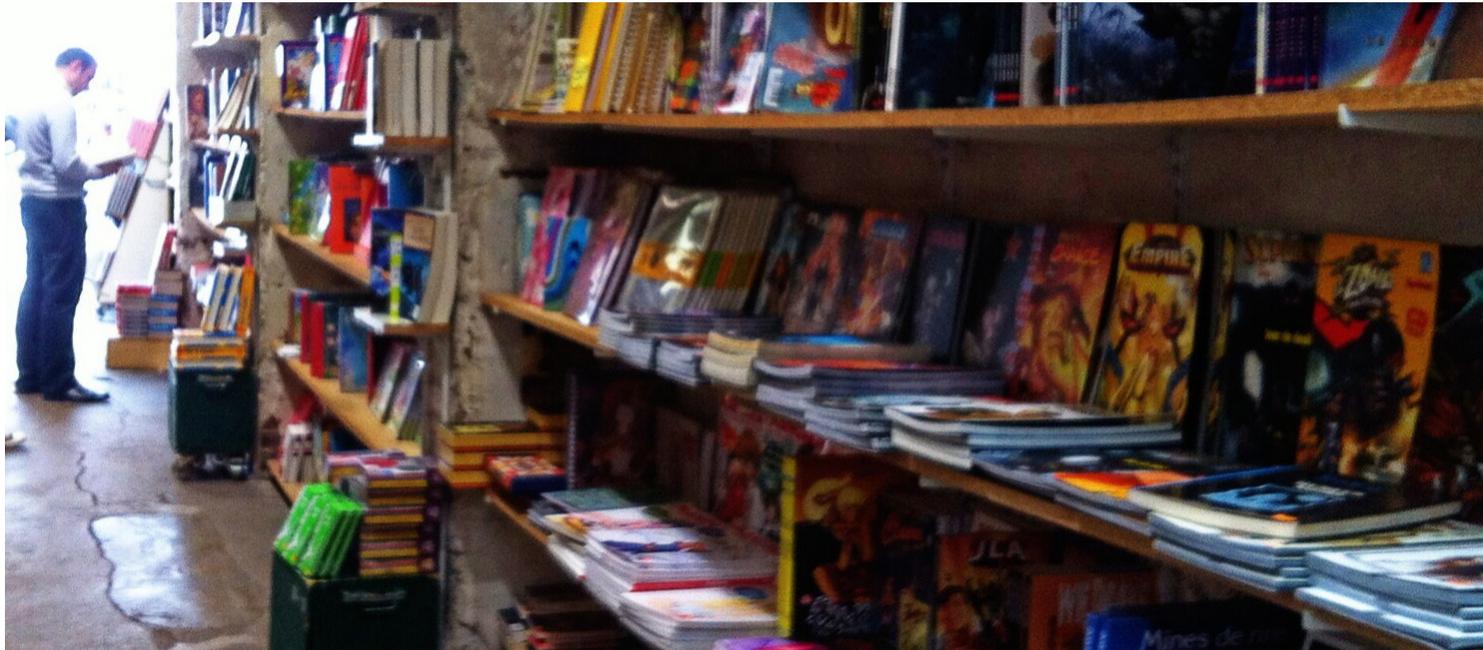
Burton creates a diverse group of characters, which, although modern for the period, serves a wider purpose in addressing long standing concepts of race, sex, and class. The close friendship of Cornelia and Otto works in the characterisation of both servants, establishing their pasts and their relationships with other characters. Otto’s past in particular raises issues of racism and capitalism. Nella’s shock at the information that Otto was bought seems misplaced for the period, yet the sensitive manner with which Butler addresses discrimination against Otto must allow for some modern ideals. Madame Marin, Johannes’ sister, develops into a complex and refreshingly opaque female character. Her love interest and resulting secret pregnancy reveals a life and personality that stands alone from maternal, matrimonial, or sibling attachments. Johannes himself

becomes a sexually complicated character, engaging in sexual affairs with men whilst married to Nella, despite Marin’s intervention. Burton’s inclusive collection of characters allows her to explore a wide collection of themes without being limited by class, sex, or race.

Burton’s themes throughout *The Miniaturist* are addressed in a fairly uninhibited manner. Nella operates as a fairly modern protagonist in an unsuitable time period. Her liberal views in terms of feminism, independence, and her own self-confidence could be chalked up to her young age, yet it seems a stretch for a woman in the late 1600s to be so self-aware. This point is also addressed in the *Guardian’s* review. However, the accusation that Burton inaccurately addresses the main issues of the novel for the period — i.e. Nella’s “radically sympathetic attitude to human sexuality” — is slightly misplaced. Burton’s protagonist does indeed navigate the novel in a progressive manner for the period, but Nella also faints at the first sight of Johannes with another

man and spends the following day in bed in a stereotypically female fit of hysteria. This reaction seems rather appropriate for the 1600s whilst at a disjoint from the progressive protagonist.

Overall, Burton’s protagonist, although somewhat inversely radical, is regularly publicly appropriate for the time period. The interaction of such a broad collection of characters opens out a dialogue for transcendental themes such as racism, sexism, and homophobia that are as relevant now as they were in 1686. Furthermore, complex characterisation makes for a very emotionally invested read: a novel that is a real page turner. After some obviously in-depth research of the period and some extensively creative characters, Jessie Burton’s *The Miniaturist* makes for a classic setting spiked with a splash of modern ideals. A well-developed plot line on the rocks and a bravely condemning twist makes this novel a great tall summer cocktail of love, friendship, and inequality.



Here comes Super Thursday!

by JORDAN GLENDENNING

If you're looking for a good book to buy as a gift this Christmas, you might want to wait for Thursday the 8th of October. The publishing industry are assaulting the shelves with the planned releases of over 500 new titles.

Whether that be a cook book from the likes of Gordon Ramsay, or Nigella Lawson, or Hugh Fearnley-Whittingstall; a memoir, like Sue Perkins', the co-presenter of *The Great British Bake-Off*, or Chris Evans', soon-to-be *Top Gear* presenter; or a

perhaps an insight into the working life of a popstar, like Olly Murs' *On the Road*, marketed with the query, "Want to know what really goes on during an Olly Murs UK Tour?"

This is also the third iteration of the annual Books Are My Bag, a nationwide campaign to celebrate bookshops: collaboration between publishers, bookshops, and authors in the "biggest ever promotion of bookshops", according to their website.

Grayson Perry is designing a limited-edition tote bag for the 2015 campaign. The Turner-prize winning

British artist's designed bag will be available only to bookshops and won't be revealed until October.

The joint chair of the BAMB group, Dame Gail Rebeck, said: "After the success of the first two years, the campaign is going into its third year gathering momentum". The past two years spawned commentaries about whether Super Thursday, and this campaign, can reinvigorate the industry.

The campaign website claims that almost 40% of books bought by customers are bought in high street bookshops, which means that

campaigns like these help wrest control of the book market from Internet giants like Amazon, Kobo, iBookstore, Barnes & Noble's Nook, and Google Play.

The e-book market is almost wholly dominated by Amazon, with an estimated 79% of the market share lying in their hands in 2013 according to *The Bookseller*. Apple's iBookstore held 9% in the same survey, and Google Play had a 6% share. Barnes & Noble, who had launched in the UK only the previous September, did not reach the top ten of e-book retailers.



A Curious Incident of 'Censorship' in a School

Amid concerns over swearing, Mark Haddon's novel *The Curious Incident of the Dog in the Night-Time* was pulled from the summer reading list of a high school in Tallahassee, Florida. The author said that he is "puzzled and fascinated by the way in which some readers remain untroubled by the content of a novel but deeply offended by the language in which it is described".

Written in 2003, the novel made Haddon the recipient of the Whitbread Book Award for Best Novel and Book of the Year, the Commonwealth Writers' Prize for Best First Book, and the Guardian Children's Fiction Prize. Alongside these awards there has been a National Theatre production, cur-

rently showing in London's West End. *The Curious Incident's* narrator is a fifteen-year-old boy with an autism spectrum disorder, but Haddon is averse to labelling the actual condition the character has. Christopher discovers the body of his neighbour's dog and goes on an adventure to figure out the mystery of its death.

Given as a summer reading assignment to the Lincoln High School students, the school soon began to receive "concerns over the delivery of the text", according to the local paper the *Tallahassee Democrat*. The assignment was then cancelled, with the head of the school saying they wanted to "give the opportunity for the parents to parent".

One parent is quoted as saying: "I

am not interested in having books banned. But to have that language and to take the name of Christ in vain – I don't go for that. As a Christian, and as a female, I was offended. Kids don't have to be reading that type of thing and that's why I was asking for an alternative assignment...I know it's not realistic to pretend bad words don't exist, but it is my responsibility as a parent to make sure that my daughter knows what is right or wrong."

This is not the first time the book has been removed from a reading programme; the American Library Association said that, in 2010, it was removed from the Lake Fenton, Michigan summer reading programme after parents complained of "foul language".

Haddon spoke to the *Guardian* and said these issues and reports "always generate a really interesting debate among school kids and librarians and parents, not just about *Curious*, but about literature and freedom and language", which he says is an "undeniably good thing". Some parents criticised the school for participating in what they called "an act of censorship".

It's important to note that the book was not a part of the school's actual curriculum, and though it was removed as a recommended summer reading, it "will remain on the media centre shelves and is not being banned", a school spokesperson said.

UPCOMING RELEASES

PHARRELL TURNS HAPPY INTO A CHILDREN'S BOOK

Following his massive success with the single "Happy" for the children's film *Despicable Me 2*, Pharrell Williams is again trying his hand at children's entertainment by publishing four picture books.

Inspired by the song, the book, also entitled *Happy*, will focus on children all over the world and what it means to be happy.

Penguin Books will distribute 250,000 of the first book, which will feature pictures of children of all different nationalities. Williams, a 41-year old father to 6-year old Rocket Ayer Williams, says that his collaboration with Penguin allows him to "continue a dialogue with these children in a fresh, new way. We're both committed to feeding the curiosity of young minds with imagination". Williams hopes to endorse happiness through his books to children and adults alike.

Happy is to be released in October.

THE LOST STORY OF J.R.R. TOLKIEN

The upcoming release of a previously unpublished novella, *The Story of Kullervo*, seems to show that Tolkien started out very similarly to many other notable sci-fi and fantasy authors of this century, as something of a fan fiction writer.

The new book, to be released in the United Kingdom on the 27th of August and elsewhere on the 13th of October, is inspired by Finnish mythology and more specifically the Kalevala epic.

Tolkien's published documents and letters indicate that he began working on this re-imagining in 1914 and only managed to complete three-quarters of the novella. *The Story of Kullervo* is the first publication of that work, edited by Tolkien-scholar Verlyn Flieger.

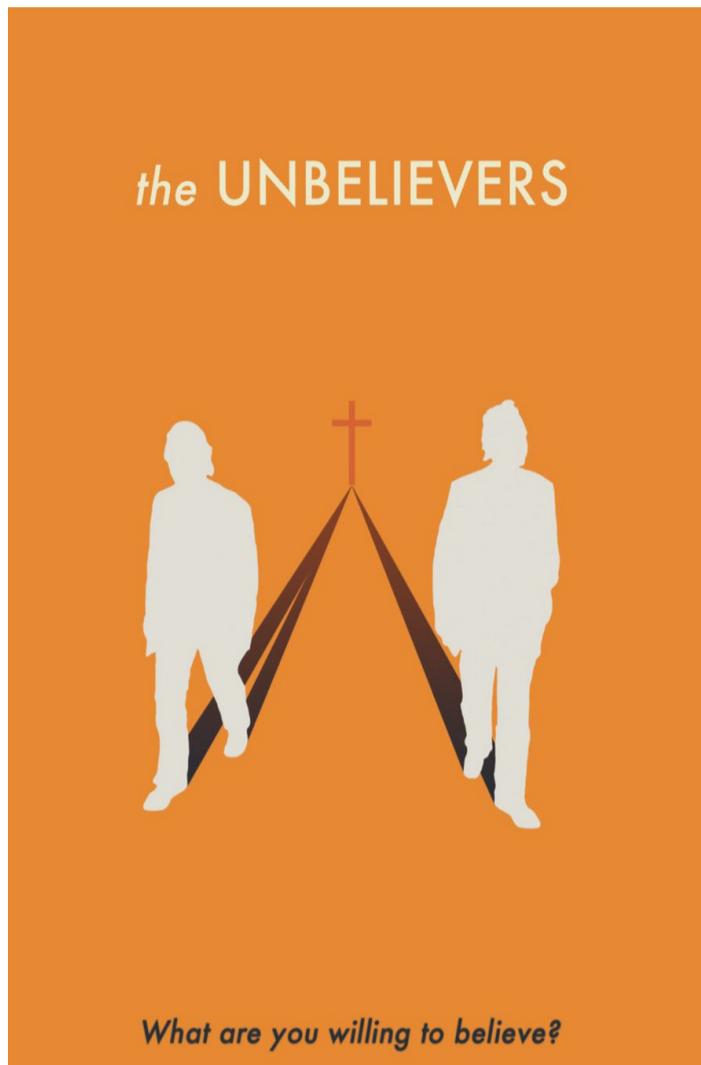
"Hapless Kullervo" is not a lucky fellow, with a bona-fide Finn referring to him as a Donald Duck-like character. Though Kullervo has supernatural powers, a twin sister, and a magic black dog, it may not be enough to save him from a tragic fate, teased the publisher.

As Harper Collins' overview says: this is "perhaps the darkest and most tragic of all J.R.R. Tolkien's characters."

Available on the 27th August for an RRP of £9.99

FUN FACT:

Tolkien taught himself to speak Finnish at the age of eighteen, and was greatly interested in Nordic languages and mythology. He even knew Old Norse. His love of language was an inspiration for the majority of his books.



REVIEW

by PHILLIP SUTCLIFFE-MOTT

I, once an ardent but now relaxed atheist, spent hours of adolescence reading Richard Dawkins. His contributions to literature and science dwarf the work of many exclusive to either field, and I tumble further into the worlds of writing and academia partly because of his ability to explain and inspire.

It's therefore little surprise that I watched *The Unbelievers*, the documentary that followed Dawkins and fellow irreverent Lawrence Krauss to conversations around the world. I was excited. Both authors grace my bookshelf and both have previously produced high-quality screen work. The pair probably provided thought-provoking material this time as well, but nothing in the finished edit suggests as such.

The Unbelievers is a homage to the wit and public dynamism of the scholars: enjoyable, but, as the credits roll, you've seen nothing else. It's feature-length filler that goes to far-off lengths to show how great Lawrence and Dawkins are.

One shot shows Dawkins brooding

after a telephone conversation with an unpleasant interviewer who seemingly attacks (we never hear the other side of the conversation) the biologist for his arduousness. It's touching, and his disdain for ignorance paws at your empathy. Then the shot goes on. And on. And on.

An audience kneels before Dawkins when he walks onstage at an atheist gathering at the film's conclusion. At the same event, a long sequence of Krauss walking through the crowd, shaking hands with his legions, takes up further screen time. Not only was this an intrusion on something intimate (few would enthuse at cameras when meeting those they revere), its presentation was sickly and pointless. Filmmakers better suited to editing TV shows into Youtube montages of fictional romances were evidently those that shadowed Lawrence and Dawkins.

Guest stars also comment throughout. Ricky Gervais turns his comic lens upon the easy targets of Twitter's religious apologists, and, though funny, it's damning litmus in a film that's ninety minutes of

soundbites and straw-man extremes. Cameron Diaz is given several minutes of screen-time; James Randi has scarcely 10 seconds. It seems a questionable attempt to garner resonant names and media attention.

The film's only unblemished grace is the final credit. Without making explicit this understated commemoration, it's a gentle nod to a controversial yet beloved man that's executed, unlike that before it, without lowest-common-denominator direction. It's a tender moment until you realize that his "incomparable Richard Burton voice" (an oxymoron of Dawkins' creation) would have bristled with exasperation as he eviscerated the film's luminous, over-sentimental cliché.

Writing this review saddened me. The meetings, interviews, conversations, and debates from which much of the documentary is woven are evocative and stimulating; that an editorial whitewash has drained from the raw material all balance and substance is a great shame. *The Unbelievers* is a 75-minute trailer for the film that should have been.

REVIEW

by ROBYN DODDS

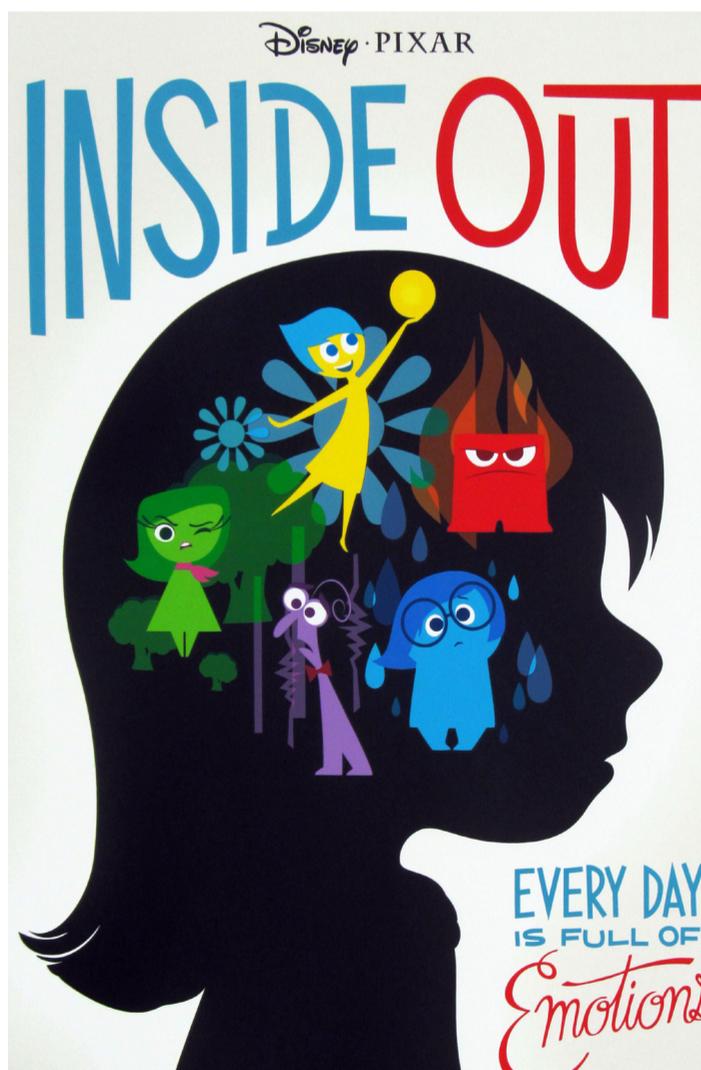
Disney Pixar's summer family feature *Inside Out* focuses on characters of a more emotional nature and something every person can relate to — emotions themselves. This colourful animated full-length feature is set in the mind of Riley Andersen, an 11-year old American girl who, at this delicate age, is experiencing an upheaval of her entire life. Leaving her old world in Minnesota behind, Riley is moving to San Francisco with her parents.

The five personified emotions — Joy, Sadness, Disgust, Anger, and Fear — influence Riley's actions and how she perceives her memories and guide her through her life. After an accident

with Joy and Sadness causing Riley's core memories to be misplaced, she is left feeling depressed, angry, and apathetic. The two lost emotions pull together to find their way back. They realise that combining emotions in Riley's day-to-day life helps create new memories that can have amalgamated emotions within them. This is an essential part of Riley's development and brings a new balance to her mind and effectively makes Riley happy again but with a more matured personality than before.

Inside Out was inspired by the developing personality of Co-Director and screenplay writer Pete Docter's daughter as she was

maturing. This comedy-drama includes features of common things within the mind such as 'The Train of Thought' being an actual train, a long forgotten imaginary friend, the emotions themselves being associated with colours that often represent them, and an imagination generator that processes abstract thought using Picasso-esque visuals. With the voicing talents of Amy Poehler as Joy and Phyllis Smith as Sadness, *Inside Out* can bring laughter and tug on one's heartstrings just as quickly. It is a relatable, yet fun, addition to the list of Disney-Pixar films that children and adults alike will love and cherish.



IN THEATERS

STRAIGHT OUTTA COMPTON

MISSION: IMPOSSIBLE –
ROGUE NATION

FANTASTIC FOUR

THE MAN FROM U.N.C.L.E

HITMAN: AGENT 47

UPCOMING RELEASES

28/8: WE ARE YOUR FRIENDS

18/9: MAZE RUNNER – THE SCORCH TRIALS

20/11: THE HUNGER GAMES –
MOCKINGJAY PART 2

6/11: SPECTRE

27/11: THE MARTIAN

18/12: STAR WARS VII – THE FORCE AWAKENS



REVIEW

by RYAN JONES

Robert Kirkman's *The Walking Dead* is flying high, with Season 5 having amassed an average audience of over 14 million. Season 6 looks to continue the power struggle between Rick Grimes and Deanna Monroe, with deadly consequences. Unfortunately, it will not be airing until this October. This doesn't mean that our television will

not be occupied with zombie gore this month however, as spin-off *Fear The Walking Dead* is set to air this August.

Fear The Walking Dead will take place before the events of *The Walking Dead* and will show the demise of civilization as the dead begin to rise. This is somewhat of a gamble, as many zombie films/shows have dealt with this storyline and so viewers may be growing tired of such content. *The Walking Dead* was successful because

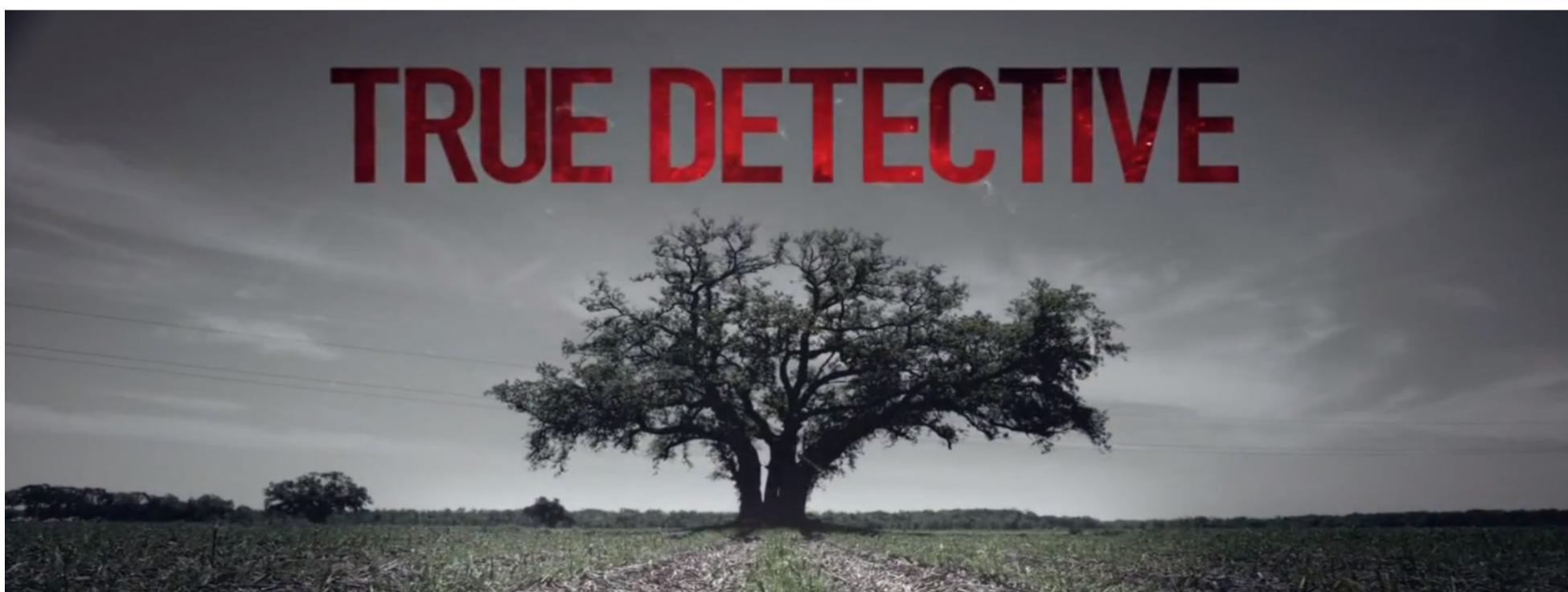
it offered something different, as it focused on the post-apocalypse world and how it has affected the survivors rather than the solely on the action and gore of the zombies. A major theme in *The Walking Dead* is that the humans are worse than the 'walkers', yet it will be hard to show this during the opening stages of the zombie apocalypse. However, it could be argued that this is a positive thing, as *Fear The Walking Dead* will seek to establish its own

identity rather than only copying the same format of *The Walking Dead*.

Unlike *The Walking Dead*, the spin-off is not based on Robert Kirkman's comic books, yet Kirkman is a co-creator of the new series, along with Dave Erickson. *Fear The Walking Dead* focuses on a family, as Travis Manawa (Cliff Curtis), Maddison Clark (Kim Dickens), and her two children look to survive the impending apocalypse. The theme of family looks to be

focused on heavily in the upcoming series. It will take place in Los Angeles, so it is very unlikely that any of the characters will be bumping into Rick's Atlanta-based group anytime soon.

Season 1 will consist of six episodes, while Season 2 has already been confirmed and will be a much longer season. *Fear The Walking Dead* will air on 23rd August in the US, while UK viewers will be able to watch it 8 days later on the new channel AMC Global.



REVIEW

by RYAN JONES

It was only last year when we were treated with the exceptional Season 1 of *True Detective*. Critics and fans alike raved about the show, citing it as one of the leading examples of 'The Golden Age of Television'. Many were hoping Season 2 would pick up where its predecessor left off. Instead, it has been met with much disdain. The second season of *True Detective* admittedly has many flaws, but was Season 2 really so bad?

Season 2 suffered from the anthology format of the series. Each season has its own self-contained story, characters, and setting. Series creator

and writer Nic Pizzolatto had to work with a blank slate and this was no easy task. Serials such as *Breaking Bad* have been allowed to build upon each season, and have improved in quality over time. *True Detective* did not have this luxury, and although having an anthology format helped Season 1 to maintain quality over quantity, it did not benefit the second.

Season 1's Matthew McConaughey and Woody Harrelson gave mesmerising performances, which even outclassed what Hollywood had to offer that year. For Season 2 however, there were four main acting roles rather than two, with Colin Farrell, Rachel McAdams, Taylor

Kitsch and Vince Vaughn meeting much criticism. Some of the criticism was unjust, as Colin Farrell and Rachel McAdams were very convincing as detectives burdened with dark pasts. Meanwhile, Taylor Kitsch suffered from limited screen time, while also appearing in needless scenes that only swelled the convoluted plot. Vince Vaughn received the majority of the criticism and, for the most part, I can see why. Vince Vaughn took on the role as criminal and entrepreneur Frank Semyon. It was hard to take funny-man Vince Vaughn seriously, as he lacked the intimidating characteristics that were so vital for the role. The casting team's intentions

were understandable, as they wanted to humanise the criminal businessman in contrast to the many corrupt police and politicians. However, this decision did not pay off, particularly as the sub plots of Frank Semyon were largely unnecessary and tedious.

What was perhaps the greatest crime of the second season was inconsistent and confusing plot. With the focus of four lead characters in a story full of twists and turns, it became too much to handle for the audience, with so much information to absorb within the eight episodes. Nic Pizzolatto could be accused of being over-ambitious. More significant, however, was the omission of Season 1 director, Cary

Joji Fukunaga, who was only involved in Season 2 as an executive producer. Instead, multiple directors were given the responsibility of directing Season 2 and this greatly impacted the overall quality of the series.

To chastise Season 2 as a failure would be unfair. Had Season 2 been seen as an entirely separate entity and not shared the title of its predecessor, perhaps people would have been more willing to accept it. But with the immense success of Season 1, fans had expected something close to perfection and so perhaps Season 2 of *True Detective* was always destined to fall short.

WINDOWS 10 IS HERE



by J GLENDENNING

If you're sporting a Windows machine, you may have noticed that all users of Windows 7, Windows 8 and Windows 8.1 have been offered a free upgrade to the newest operating system to come from Microsoft this summer.

You didn't read that wrong. It really

is free.

From the 29th of July 2015, every Windows user has until the 29th of July 2016 to choose the upgrade. After that, there will only be a paid upgrade available. But this upgrade, once installed, is a completely free for the lifetime of the machine.

The most immediate change you will notice upon restarting the PC is that

the Start menu is back. A welcome change from the previous software, it merges the tiles of 8.1 and the menu of 7 into one organised space. The Start menu tiles can be rearranged, and the sections that the tiles are placed into can be named as the user requires.

Another new feature Windows' virtual assistant, Cortana, which is built into the operating system at the

most immediate level. The assistant is available at the press of a single button (or two if you use the keyboard shortcut). She can open programs, set alarms and appointments, send emails, tell jokes, and even sing you a song.

A clean interface and a great meshing of Windows 7 and 8.1 means that Windows 10 is shaping up to be a great addition to the world of PC users.

New Kindle device on the books



by J GLENDENNING

Amazon have designed a new e-reader to add to their ever-improving and ever-expanding set of electronics. The Kindle Voyage is an updated Paperwhite and they're calling it their "most advanced e-reader ever".

One of the newest features is a "brilliantly crisp" display: a 300 ppi, 6" screen that has been micro-etched to "eliminate glare and feel like paper to the touch".

They have also said that the new PagePress technology allows you to turn the page "without lifting a finger". You simply need to apply pressure on the bezel to turn the page. The device will apply a small haptic response for "consistent and immediate feedback".

Another new Kindle reader feature is that the Voyage can be read in sunlight or total darkness. They say that it's smart enough to know the difference... like smart phones have been for years.

It's almost to be expected, but the design has been slimmed down to a mere 7.6mm. The marketing for the device says that it was designed to be "one step closer to a sheet of paper", though they don't say why a single piece of paper is the ideal reading size.

You can find the Kindle Voyage on the Amazon shop for £169.99.

REVIEW

The Nancy Drew Series

by IDA VÄISÄNEN

The Nancy Drew series is a set of puzzle-based detective games by Her Interactive, which will have you at the edge of your seat...and up the wall. Even though the series, currently holding 32 individual games, has an appeal with its continuing storyline and plentiful complex puzzles, it makes the player stepping into the shoes of the teenage detective pull their hair out with frustration.

For a detective, the character of Nancy Drew is quite air-headed. She states the obvious long after the player has come up with it, and this is further emphasised by her at-times

patronising tone of voice, compliments of voice-acting veteran Lani Minella. Minella, who also does a lot of guest roles in the game series, sounds too mature as the voice of 16-year-old Nancy, and this takes away further credibility from the character. This infantilising of Nancy becomes even more blatantly obvious with her lack of automatic actions, regardless how many times they need to be done. This is further emphasised by her overdone humming when facing a challenge of this kind.

Speaking of which, the puzzles are one of the issues of the game. Maybe this is just a personal preference, but I find it incredibly frustrating that after

finally cracking a complex puzzle, you are awarded with another, even more complex puzzle rather than a clue. This is the moment when you save the game and hit the internet for a walkthrough because you're just that desperate to make progress. In addition to this, the puzzles are sometimes so ridiculously difficult even at amateur level (the perfect example of this being 'The Silent Spy') that cracking them without a walkthrough seems too near impossible to be entertaining.

Another downfall of these games is that they don't have the tendency to deliver a strong, complete storyline. Either the story is too long to properly take off, as in the 'Ghost of Thornton

Hall', or, after much build-up, faces an anti-climactic, almost sloppy, ending that leaves you disappointed, as in 'The Silent Spy'. Similarly, there is either plenty of detective work to be done with interviewing suspects and figuring out the mystery, as in 'The Captive Curse', or depressingly little, as in 'The Haunting of Castle Malloy'. For a game priced around £15 and aimed at young audiences, the series rarely leaves you with a feeling that you've got your money's worth.

Still, what makes this review quite redundant is that I know that I will still buy the next game when possible. That's how addictive the series is, despite its flaws.



SEREN



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BEST RESTAURANT & BEST INDEPENDENT

"IT MEANS A LOT FOR AN INDEPENDENT RESTAURANT TO BE APPRECIATED FOR THE ALL THE HARD WORK BE PUT IN, SO THANK YOU!" - NOODLE ONE



BEST TATTOO SHOP



BEST HIGH STREET



BEST SALON



BEST SUPERMARKET



JOHN'S CABS

BEST TAXIS



BEST TAKEAWAY



BEST CLUB

THESE WINNERS WERE CHOSEN IN A VOTE ON OUR WEBSITE AT THE START OF THE SUMMER



Wearable tech

by ELEANOR HIRST

With the recent finale of *Humans* on Channel4, you may not want to be talking about wearing technology for fashion purposes. But if you've been following the recent catwalks, the phenomenon of wearing technology is popping up more than your Facebook notifications. The rise of technology

such as 3D printing techniques has led to a new wave of designers turning to 3D printing. But how does it work?

So you see a print you like the look of, so why not make clothes out of it via computers. Danit Peleg, a recent graduate, is hoping to pioneer 3D printing, inspired by the idea that someday individuals will be able to print their own clothes. Having trouble with holiday packing? Too many clothes? The hope is that one day you

will be able to print your own clothes.

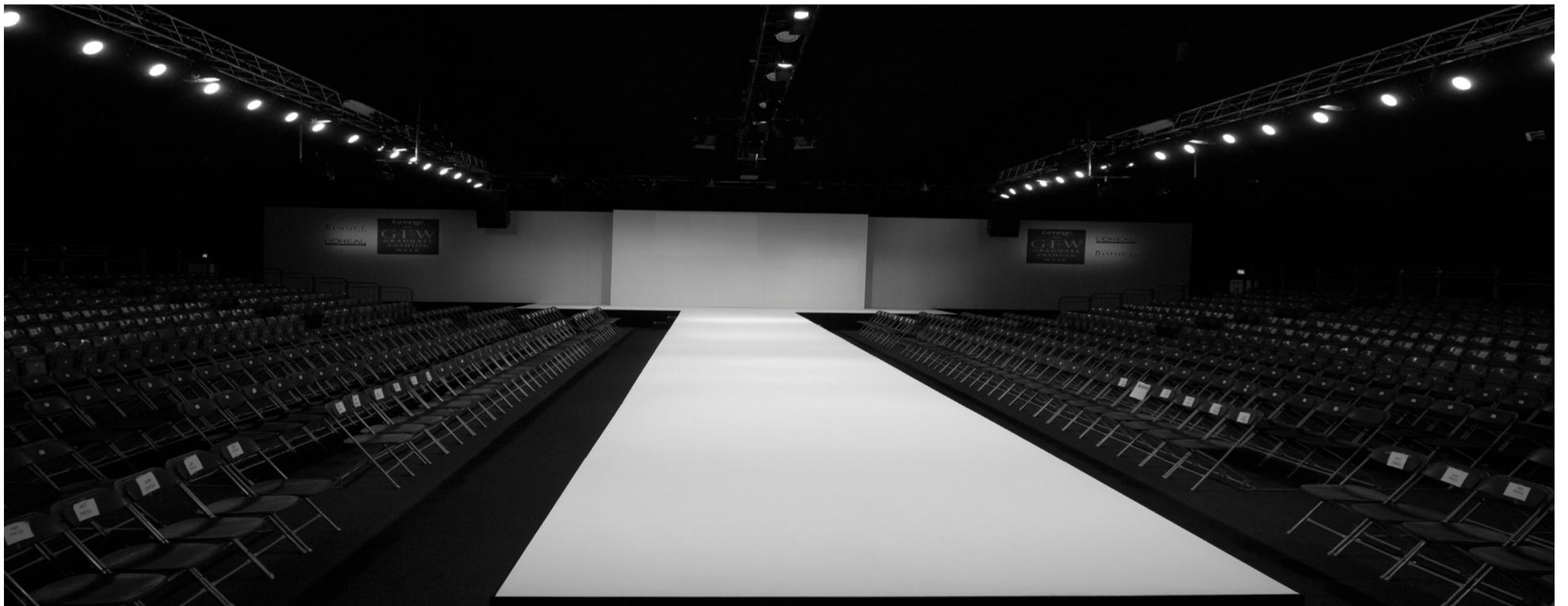
Companies such as Google and Apple have all tried creating wearable technology. But pertaining to the stereotype of these company employees, they've just simply not looked good; they just didn't look cool. Whilst Apple's recent release, the Apple watch, has been successful, it still has not reached its hoped sales goal. Bumping into an old friend who was working in New York around the

release, he described them as looking 'a bit ridiculous', with most people mocking the minority that own them. Technology companies can't seem to tackle the fashion industry, but what about people from its own territory?

Futuristic, geometric patterns are dominating catwalks with simplicity becoming a main focus of collections, such as Craig Green S/S15. Even Miu Miu's S/S16 collection opted for geometric

textures. Modern architecture and geometric patterns that scream pop art are becoming increasingly popular with up-and-coming designers.

The problem I have with the concept of 3D printing is what would happen to designers? Surely the beauty of designing and making clothes is doing it yourself with your hands at some point. I don't particularly think 3D printing will take off with clothes, as frankly it would be so expensive.



Fashion connects

by ELEANOR HIRST

When we look at fashion, we consider it to be a Western phenomenon: a result of our postmodern moment in an age obsessed with what people look like. Iran, Nigeria, and Turkey are not countries we would associate with the world of Karl Lagerfeld and Anna Wintour, but these countries

are hosting a revolution of their own.

The fashion industry across the globe had a revenue of £2 billion for 2013. But the problem is that the increase in cheap clothing is having a knock-on effect around the world. Cheap clothing made in mass production is driving workers into starvation. Buying high-end clothing is one way to combat this, as usually more expensive clothing is made in better conditions with

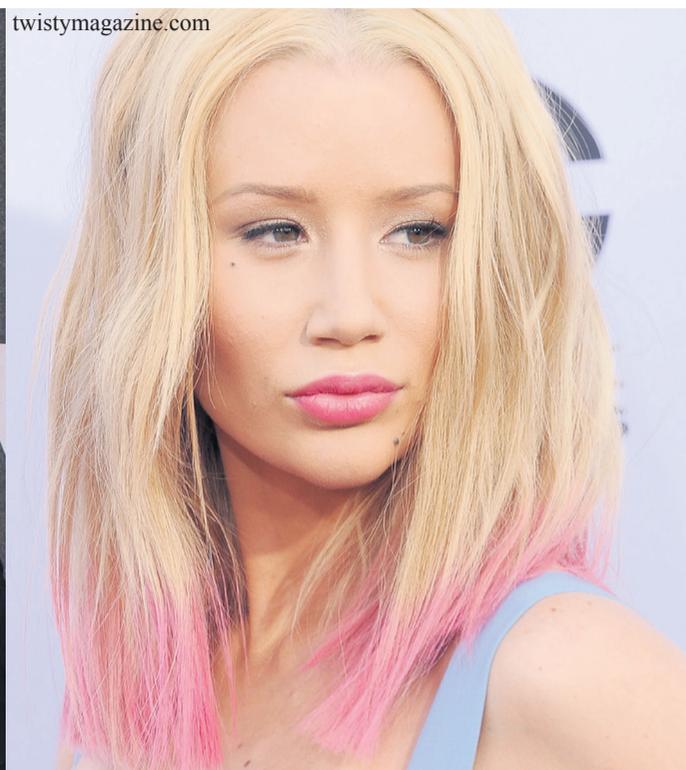
better materials. But when you look at where fashion houses such as Dior and Chanel are based, it's in Paris.

Iran and Turkey, however, are just a few of the countries that are taking the cheap clothing factories on. Sharif Razavi, a *Guardian* reporter, has witnessed first-hand what is going on. He stated that 30 years ago, at most there were 10-15 catwalks in Iran, and now there are more than a hundred filled with hopeful independent

designers. This may seem surprising to a western reader, but this new brand of independent designer throws new light on a country which the likes of the *Daily Mail* berates. In the past couple of years, modelling and fashion has grown exponentially and is being treated more seriously.

Fashion is a way to connect. Ever noticed how at parties or social events, you judge people based on their outfits? How you compliment people's

shoes as an icebreaker? It's a way of familiarising yourself with someone and getting to know the unknown. Models have recalled how they have been overwhelmed with the amount of heartwarming emails they receive. Models and designers in said countries are opening up a new side to a country we associate with less pleasant matters.



Be a shade different this Summer

by EMILY RIMMER

The biggest hair trend this summer has to be the pastel hair from pastel streak, dip-dyed colours ends, or brightly woven in extensions. This

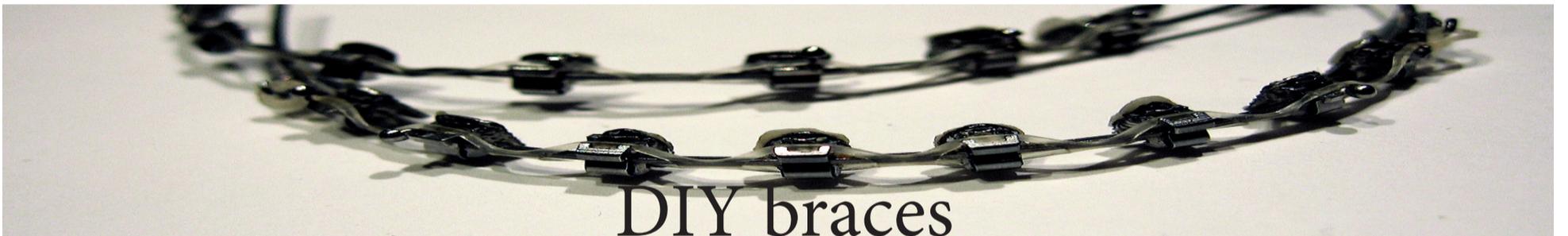
trend is perfect for standing out this summer, as there are opportunities to experiment with your look at events such as festivals. The look has recently been done in Badgley Mischka's catwalk show where the models wore pastel streaks to match their

coloured eyebrows and in Michael De Vincenzo's show, where the coloured streaks were woven into stylish fishtail plaits.

It's not just the catwalks that have got the trend down. Celebrities such as Rita Ora, Iggy Azalea, and Kylie

Jenner have got us inspired to try this stand out look. The hottest shades that have proven the most popular have been blue, purple, and hot pink. If you are unsure and don't feel brave enough to dye your whole head, you can invest in 'Fudge Urban's Hair Art

Sprays'. They're only £3.99 each, easily removed with a quick wash, and come in four different shades: Coral Crush, Pink Ink, Turquoise Noise and Violet Haze.



DIY braces

by EMILY RIMMER

A new DIY trend is sweeping the Internet, but this is one that you shouldn't try at home! We all know that having braces can be an expensive procedure and many people cannot afford it, especially large families, as it

costs up to £3,000. So, many teenagers have taken it upon themselves to create videos - that have gone viral - that show them using Goody hair elastics tied over their front teeth to decrease gaps.

YouTuber 'singerforeverlove' has a video-called "Cheap easy braces!! Without going to the dentist!!!!!" that

has more than 400,000 views. In it, she uses little elastics to basically tie her teeth together to close the gaps. She says, "It's gonna hurt, especially the first few days...but don't give up, because it's totally worth it in the end." And her video is not the only one promoting DIY braces.

It's safe to say that this video makes

it look like an easy thing to do, but attempting to do any sort of medical procedures on your teeth without the proper equipment and experience can cause them serious harm.

Orthodontists have expressed their concerns by saying how the DIY braces can easily make the teeth fall out and cause permanent damage.

This is because you only get one set of adult teeth.

It really is not worth the risk and pain just to try and obtain the perfect smile. Always let trained professionals do their job.

by EMILY RIMMER

The healthy Summer trade-off



1. Your average tuna melt Panini can clock in at 1,000 calories - ouch! A tuna sushi roll will hit the same spot for a lot less damage. We're talking a savings of more than 600 calories.



2. Trade in your morning latte (290 calories) for a cup of black coffee with a splash of skimmed milk (22 calories). Then skip the towering large frappuccino (330 calories) and have an iced coffee with a splash of skimmed milk and some caramel syrup (93 calories) instead. That's 505 calories gone!



3. Choose a couple of slices of Domino's thin-crust cheese pizza with veggies instead of two slices of their deep-dish double-cheese pizza with pepperoni, shredded Parmesan, and anchovies to make a 500-plus calorie saving.



4. Simply trade in your 12-inch dinner plate for a 10-inch one, and you'll eat up to 22% fewer calories, research suggests. Do that for every meal of the day and you'll bank around 500 calories.



5. Swap your oven baked chips for the better option of roasted sweet potato chips as this will save you up to 250 calories. By using sweet potatoes instead of your normal potatoes, it will also give you a vitamin C boost and a slower release of energy throughout the day.



Photo from cardiff.ac.uk

Wales eco-home opens

by EMILY HOULSTON-JONES

Britain's first 'energy-positive' home has been built just outside Bridgend, in South Wales.

The house, designed by experts at Cardiff university, will generate more electricity than its occupants will use and cost just £125,000.

The house, which took 16 weeks to build, should be able to generate £175

worth of electricity exports for every £100 used. It is able to do so by using batteries to store energy generated by rooftop solar panels and retaining heat with massive amounts of insulation. It is estimated that the house will be able to export electricity for 8 months of the year.

The house was designed as a response to the low-carbon housing guidelines set by the Labour government, which were recently scrapped by the current Conservative govern-

ment.

Professor Phil Jones, of Cardiff University's Welsh School of Architecture, led the team who designed the house. He spoke to the Guardian about the project, saying: "The building demonstrates our leading edge low carbon supply, storage, and demand technologies at a domestic scale which we hope will be replicated in other areas of Wales and the UK in the future."

He also spoke of his disappointment after the Tory government scrapped

plans for more sustainable housing: "It was disappointing to see Osborne scrap the plans. But the devolved Welsh, Scottish, and Northern Irish governments can set their own building standards. One reason we built this house was to demonstrate to builders that you could meet the standards at an affordable price with off-the-shelf technology. The housebuilders could do it too if they wanted to."

Edwina Hart, the Welsh economy minister, also spoke of the house

opening, saying: "This unique property has the distinction of being the first building of its kind in the UK. It is a great showcase for the technologies being developed in Wales, with the potential to be adopted and replicated in future housing developments across the UK creating wide ranging long term benefits for the economy, the environment, and occupiers."

Sugary drinks linked to diabetes

by HEDDWEN BETHAN CREANEY

A recent study exploring the role that sweet drinks play in type 2 diabetes has found that regular consumption of sweet beverages is associated with developing the condition.

Type 2 diabetes is when the body does not produce enough insulin or

the cells do not react properly to the hormone. Insulin acts as a key, enabling glucose to move from the blood into the cells where it can be used by the cell for energy. Insulin deficiency is when the body doesn't produce enough and so the blood glucose level is too high. Insulin resistance is when the body does not use the insulin productively. This is what happens in type 2 diabetes.

The BMJ reported that the study found that sugar sweetened beverages were associated with a greater chance of type 2 diabetes. However, obesity and body type did not seem to affect this. It was predicted that, over ten years (2010-2020), sugar sweetened drinks can be linked to 4-13% of cases where diabetes is developed in the US and 2-6% of cases in the UK.

Artificially sweetened drinks and

fruit juice were also associated with type 2 diabetes. However, these cases were likely to involve bias, and so the results are false positives. Although taking this into account, the study concluded that it appears that artificially sweetened drinks and fruit juices are not healthy alternatives to sugary drinks in the prevention of diabetes.

This study brings to light the direct

connection between sugary drinks and type 2 diabetes. The risks can be reduced by avoiding sugary drinks, but also being wary of the 'alternatives.' Diet versions of drinks may play a role in new onset diabetes, as well as fruit juice so consider reducing consumption of fruit juices and diet drinks as they do not necessarily avoid the association with type 2 diabetes.

Source: BMJ 2015;351:h3576



Gwynedd archaeologists “dig up dirt” on Medieval farmers in Anglesey

by KAYLA JONES

On a farm in Rhuddgaer, Anglesey, fields stretch as far as the eye can see. Cars cannot make their way that far into fields, and people have to slog through the grass in order to trudge their way through the farmland. About half a mile into these fields, archaeologists have made a discovery: farmers have been working on Anglesey since Medieval times.

When archaeologists from the Gwynedd Archaeological Trust and Bangor University did a geophysical survey, it revealed signs of people occupying the land since the early medieval period. As most of North Wales reveals archaeological finds of the neolithic period, the find was

unique, as we know very little about this area during the early medieval period.

The land indicated that the inhabitants were farmers who plowed the fields near the discovered structures. Archaeologists were able to identify the type of ploughing as ridge and furrow. There were very little artifacts — no pottery in the area — but there were small dumps of winkle shells, indicating a part of the Medieval diet.

The excavation revealed a structure, field and trench. Sand dunes blew on top of the structure since the 1330s, and archaeologists had the task of uncovering the site under a metre of sand.

The structure is believed to be a house with a thick wall, rubber core,

and threshold stones to stop water coming into the walls. Alternatively, it could have been used for outdoor cooking, or an animal shelter, though the supposed door is too narrow to tell exactly what its use could have been.

The archaeologists did find the skeletons of a few animals from either the 18th or 19th century, one being a horse. With its shoes still intact on its hooves. This detail showed that the landowners took care of their horses to have proper footwear.

Volunteers learnt about archaeological procedures such as mapping, documenting artifacts, excavating, and how to use tools properly. Even school-age volunteers came on some of the days to try out being junior archaeologists.

One volunteer spoke about the

importance of volunteers in the community to conduct the dig.

“Archaeology couldn’t work without volunteers. Volunteer students who don’t have to do this but choose to do this as part of their course, and the Gwynedd Archaeological Trust volunteers can end up all over the place in this area, it is so interesting for them to be able to do that,” she said.

Students from Bangor University were also involved. The dig gave the opportunity for students studying archaeology and history to be hands on with the historical periods they’re learning about in university, as well as training about archaeological procedures such as GPS surveying and documenting ridge and furrow plowing.

The last day of the dig, visitors from

the local community came out to experience an Open Day of the dig. Archaeologist Anita Daimond with the Gwynedd Archaeological Trust organised in-depth tour of the site for visitors, allowing people to see what work archaeologists were doing, and get up close to the site.

Though the archaeologists could have done with some more time to research, they now know a bit more about the inhabitants of farming communities in North Wales during the Medieval period. Though the farmland had to return to its original state, the community were able to learn about their Medieval counterparts in the area before everything had to be covered up once more.



by BETHAN MAY

Grab a bottle of ice cold water, a handful of korunas for your Häagen-Dazs later, and begin your hike in the burning sun past the Old Town and up towards Prague castle. Let the city pull you back in time to a place where the king laid down the first brick of the bridge; to a city so concerned with numerology that the brick was laid at exactly 5:31 am on the 9th July 1357 to increase its strength.

Observe the city from above, gaze over the rooftops of the houses and flats that are just rusty enough to look

quaint but not rusty enough to look outdated and broken.

Let Prague work its magic.

The castle itself; a complex of buildings extending over almost 70,000 m² that represent in some way most of the architectural styles of the last millennium including the dark gothic cathedral interlaced with gold. Throw a coin in the wishing well and hear it clonk to the ground.

Stop at midday in the entrance of the castle grounds and watch the changing of the guard, complete with fanfare and uniforms two sizes too big. Watch them have a stare-off competition for

15 minutes whilst the heaving crowd are restless with confusion.

Then walk over Charles Bridge, admiring the 30 replica statues lining the path and the Gothic cross at the end; replicas because of the tens of floods and disasters to strike but never fully destroy the bridge.

See it at sunrise when the heaving mass of tourists reduces to about ten.

Eat lunch and dinner away from the main square and take a side road to a cheaper, local cafe. Try the strong beef goulash as a starter, or a main with doughy bacon dumplings and drink beer — because it’s Europe.

Admire the astronomical clock in the Old Town, which has been there for 600 years, yet remains a huge attraction of the city. Catch it at the hour when the show starts and the apostles begin appearing out of the clock windows above the figure of death pulling a bell cord.

Visit the John Lennon Wall; once a regular wall, but now covered in Lennon-inspired graffiti and Beatles lyrics. Grab a pen or spray can and leave your mark.

Then when dusk masks the town and the burning sun begins to fade, join a pub crawl or boat crawl, with one hour

of free absinthe shots and end up at the five-storey nightclub — Europe’s largest. An ice bar marks the base and then sits a floor of oldies, a floor of R’n’B, chillout, techno, and electronic dance music.

When it shuts at 5 am, visit the Charles Bridge or turn right out of the night club and stand by the River Vltava, watching the ducks taking their morning dips as the sun rises.

Head back to your hostel or hotel or B&B — I recommend Ragtime — and get a couple of hours’ kip before the sun beats down on you once again and yells for you to explore.

Summer Smoothies

by HEDDWEN BETHAN CREANEY

The summer holidays are soon coming to an end, but there are still plenty of weekends left to fill with picnics and day trips. In the few days of sun we have left, keep your lunchbox or picnic baskets cold with this handy tip.

The day before heading out on a family adventure, make up a fruity smoothie and place it in the freezer. The next day, when packing away your lunch, add your frozen smoothie. Throughout the day it will begin to defrost while keeping your food chilled. The best bit is, after your lunch you have a delicious smoothie to enjoy. This is a cheaper alternative to buying cool packs, it is less messy and more effective than freezing water to chill the bag, and it saves space.

Here is a smoothie recipe to take out and keep your days cool this summer. As a bonus, this is both lactose and gluten free.

Banana and Strawberry Cooler

INGREDIENTS

- 300g frozen strawberries
- 1 banana
- 250g almond milk (normal milk is fine, too)
- 1 cup of ice
- 1 tbsp honey

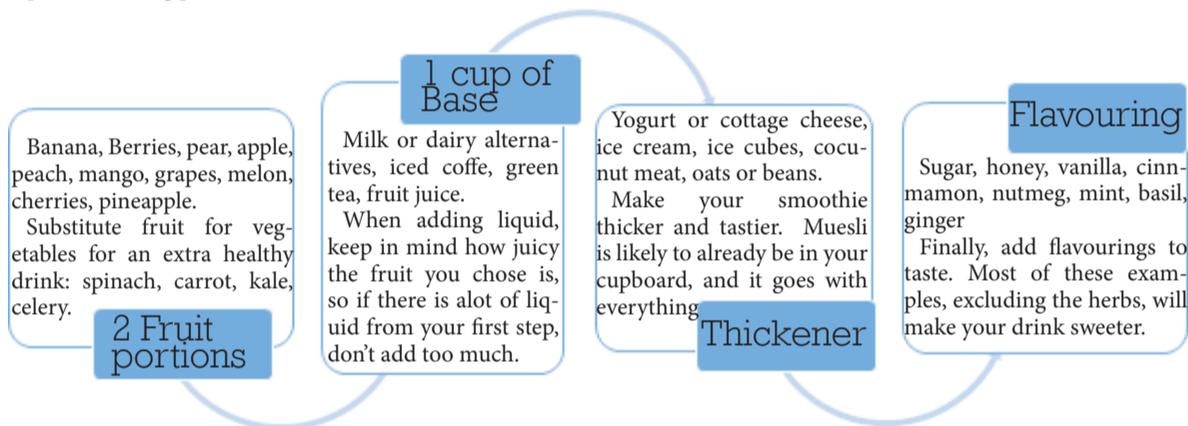
Remember, if you used milk instead of almond milk, this recipe is no longer lactose free.

DIRECTIONS

1. Put all the ingredients in a blender and pulse until combined.
2. Either serve straight away or freeze in a sealed container to use to cool your lunch box throughout the day.

Smoothies are easy and fun to create yourself, so enjoy and get blending.

NB: Keep in mind that using berries in your smoothie means you have to bring a spoon to stir, as they get thick when kept cold for long periods of time.



If you aren't a big fan of smoothies, this technique will also work with frozen coffees. Here's a frappé recipe that can be drunk throughout the day while it stays cool.

Mocha Frappuccino

INGREDIENTS

- 250ml coffee, frozen into ice cubes
- 120ml single cream (I prefer double, as it is much richer)
- 20g cocoa powder
- 30g caster sugar
- ½ tsp vanilla extract
- 30ml water
- Salt

DIRECTIONS

1. First make the chocolate syrup. In a saucepan, over a low heat, stir together the cocoa powder, 30g caster sugar, and salt, gradually adding water. Stop adding water just before the mixture turns too watery. Add ½ tsp vanilla. Bring to the boil and simmer for two minutes. Make sure not to burn the chocolate. Remove from the heat and leave to cool.

2. Blend together coffee cubes and ice cream until crushed. Add three tablespoons of the chocolate syrup once cooled and add sugar to taste.

3. Blend once more and pour into your container. Add mini chocolate chips and stir in for an extra surprise. Place in your picnic bag or lunch box to keep everything cool.

Warning: Although it is very hard to make this drink last very long, make sure it is not consumed once it has warmed as the spoiled dairy could make you ill.



AUGUST'S TOP FOOD BLOG

Looking for a few baking recipes to fill a summer evening? www.apt2bbakingco.com offers a variety of interesting and fruity bakes. The website is entertainment in its own right. The images by aspiring Brooklyn photographer, Yossy Areif, accompany simple and well explained recipes to create miniature masterpieces that the reader can dream of baking (if you can peel yourself away from the site that is). With her first cook book coming out in July 2016, and is a finalist for Saveur's best Baking and Deserts blog, Areif is one cook to keep your eyes on.

Cheesy Corn Cakes

SERVES 4

INGREDIENTS

- 175g self-raising flour
- 1 tsp baking powder
- 2 eggs
- 125ml milk
- 198g can of sweetcorn in water (preferably without salt)
- 100g cheddar, grated
- 1 tsp dried chives
- 2 tsp sunflower oil
- Black pudding, thinly sliced into 12 pieces
- 8 cherry tomatoes
- 2 tbsp tomato ketchup

DIRECTIONS

1. Slice the black pudding and grill for 5 minutes on a medium heat.

2. In a bowl, whisk together the flour, baking powder, eggs, and milk until smooth. Drain the sweetcorn, pat dry with kitchen towel, and stir into the mixture with cheese and chives.

3. Heat a tbsp. of oil in a large frying pan on a medium heat. Spoon out six helpings of the mixture and flatten slightly with the back of the spoon. Cook for 2 minutes on a medium heat, turn, and cook for 1 minute. Make sure they are golden and remove from the pan.

4. Make six more, using the remaining tbsp. of oil.

5. Make a salsa to accompany the starters by quartering the cherry tomatoes and then roughly chopping them. Mix with the ketchup.

6. Serve three corn cakes per person with a slice of black pudding on top. Present the salsa separately for people to spoon onto their food.



Three Cheese Leek Pie

by HEDDWEN BETHAN CREANEY

SERVES 4

INGREDIENTS

- 400g potatoes, peeled and cubed
- 1 leek green, sliced diagonally
- 225g plain flour, sieved
- 100g butter, plus 1 knob for frying
- 60g cheddar cheese, cubed
- 60g Red Leicester, grated
- 80g cream cheese
- 1 tsp. thyme
- 1 egg, beaten
- Salt and pepper

DIRECTIONS

1. Begin by making the short crust pastry. Dice the butter. In a large mixing bowl, add it to the plain flour. Use your fingers to work the ingredients together until it looks like fine breadcrumbs.
2. Add a pinch of salt and stir well. Add 2 tbsp. cold water and mix. Add another tbsp. of water if needed. This should make a firm dough. Flour a clean surface and knead for a few minutes. Wrap in cling film and place in the fridge to chill while making the filling.
3. Heat the oven to 200C/Gas Mark 6.
4. Fry the leek greens on a medium heat for five minutes while simmering the potatoes in a separate saucepan for five minutes. Drain the potatoes.
5. Add the potatoes to the leeks and turn the temperature to low. Add the thyme and some black pepper. Stir in the cream cheese and cook for a few minutes before adding the grated red Leicester.
6. Take the mixture off the heat and empty into your pie dish. Add the cheddar and stir well. Take your shortcrust pastry and, on a floured surface, roll out one piece to cover the top of the dish. Place on top of your filling and trim off any overhang. Pinch around the edge of the dish and make two cuts in the middle of the pie to let out any steam while cooking. (If you have any extra pastry you can cut out a shape to decorate the pie. I sometimes use a cookie cutter).
7. Brush the beaten egg over the top and place in the oven. Bake for 35 minutes. Check the top is golden, and cook for 5 minutes more, regularly checking so as not to burn the crust.
8. Leave to cool for 10 minutes before serving with peas or salad.

We ate this in the Seren office with salad drizzled in Chipotle and Smokey Bourbon sauce from the Tabasco brand.

Variation of Tequila Sunrise

by HEDDWEN BETHAN CREANEY

My favourite spirit is tequila, but it can go straight to my head, so I prefer to drink it as a long drink. I extended the traditional Tequila Sunrise to add a bit more fruit juice and make it a little less alcoholic. This works fine without grenadine syrup, but it does taste a little sweeter and looks a little prettier when you use it. I store my strong spirits in the freezer because I use them so rarely I am sure more alcohol evaporates than is drunk.

This cocktail is great for a quiet evening in, as it isn't too alcoholic and it's not too expensive because it uses just one spirit. If you're thinking about serving this at a summer gathering, adding 2 parts vodka turns it into more of a party drink.

INGREDIENTS

- 5 parts orange juice
- 3 parts cranberry juice
- 2 parts tequila
- 1 part grenadine syrup

DIRECTIONS

Fill a 1/3 of the glass with ice cubes. Pour over the grenadine, followed by the cranberry juice. Add the orange juice and then the tequila. If using vodka, add it now.

Tip: For some fun, before serving, dip the rim of the glass in water. On a plate pour out some table salt and place the rim of the glass in the salt. Wait until it dries a little, then make the drink, and add a lemon wedge on the edge of the glass to make an elegant and long version of a tequila slammer.



REVIEW

Treborth Garden Centre Cafe

Arriving just after 4, I had missed the hot food. Doing the take-out run for the house without dealing with traffic or having to go into Bangor, I had to make do with a sandwich from Treborth Garden Center, on the A487.

Despite the limited choice – all the hot food was off the table, so to speak – I settled on an egg mayo, a prawn marie rose, and a turkey sandwich

with a slice of Alabama Chocolate Cake to end. I picked it out from quite a large range of cakes and teacakes. When the kitchen is open (i.e. before 4), there is a wider variety of food with soup, pie and toasties.

The café is a little independent-looking place situated at the back of the garden centre. The general smell of the place reminded me of a dollhouse shop I used to spend hours window

shopping in when I was a child. It was quite pleasant to think about as I waited for my food. The wait felt long considering it was only for some sandwiches, but they offered me a seat and I was quite content to wait ten or fifteen minutes. They offered free wi-fi and I was tempted to try a coffee with the variety of syrups they had available, but I knew I wouldn't be able to carry it back to the car. The servers

were slow, but very friendly and eager to help. There was space to sit and eat in, as well as a patio area. I spotted two men chattering away outside the window and sharing a coffee.

The sandwiches were well presented and surprisingly tasty. I was expecting to be rather indifferent. We all like a sandwich, but it's nothing special. However, these had the perfect amount of filling on nice brown bread.

I expected the chocolate stack cake to be good, mainly because chocolate is hard to ruin, and my suspicions were right. The cake was very creamy and moist. I can see myself using them more regularly as they are located both out the way of the busiest roads, but also on the way to and from Bangor town.

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SPORT



Bangor University's men's football in Varsity 2015

SPORT 2015

A Year in review

by **JOE KEEP**

The past year has seen Bangor's sporting teams take a few ups and downs. Bangor City F.C. was unable to live up to the previous year's results, which saw them finish fourth in the 2013-14 season whilst also being crowned play-off champions. Instead, the 2014-15 season saw Bangor narrowly avoid relegation from the Welsh Premier League as they managed to claim only 35 points over the course of the season as well as claiming the record for the longest losing streak which stood at ten games.

The build up to this season has highlighted defensive fragility at the club as their friendly matches have seen just three clean sheets out of nine friendlies held over the summer. However, with a flurry of signings coming in throughout August, the club look determined to strengthen in this area and get back up to the end of the table the fans want to see them at.

With the league kicking off just days ago on the 21st of August, it remains to be seen if these new signings are enough to fix the fragility; especially as many of the transfers were made on the 19th of August, giving them very little

time to play with the team. However, without the UEFA qualifications there to distract the team and test their depth of squad, the team are in good stead to repeat the feat of 2014, which saw them finish fourth.

One of the ups Bangor saw this year was the victory of Bangor University's sports teams over university rivals Aberystwyth in Varsity 2015. With Aberystwyth claiming victory in both 2013 and 2014, the pressure was on Bangor to perform well. The pressure mounted, especially with bringing Varsity back to Bangor to coincide with the opening of Canolfan Brailsford

and extensive work being undertaken to improve the sports facilities within the university. A comprehensive win, emphasised by the incredible turnout to the final event of the day, Men's Firs'ts football, at The Book People stadium, which showed that a spirited Bangor outfit had emerged following previous years' heartbreaks. With Varsity returning to Bangor in 2016 the teams will be looking to exceed this year's results, pushing the winning margin even wider before a return to Aberystwyth is on their hands.

Finally, in terms of community sports facilities, the renovations to

the swimming pool are coming to an end. The renovations signal a £850,000 investment into the facility by Gwynedd council, allowing the existing facilities to be modernised whilst also allowing for new facilities and classes to be provided. This, connected with Canolfan Brailsford opening, signals a belief that fitness is key to everyone and that everyone should have access to a facility in which they can fulfil their fitness desires.