EMPLOYMENT TIPS

90S NIGHT ISSUE

BANGOR SCIENCE FESTIVAL

New SU SABB Team Elected

by EMILY RIMMER & MARINE DESSAUX

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he new Student Union Sabbatical team for the next academic year have been elected. The recent election saw a record breaking amount of candidates to run in an SU election, with a total of 21 candidates overall. The election also reached new heights beating the number of votes compared to last year with a huge 1,989 people voting.

The voting saw the re-election of Becca Kent for VP Sport & Healthy Living, who through tremendous effort was from social media platforms including YouTube videos to publicise their manifesto and the candidates Facebook pages were they could promote themselves to a wider audience.

The return of Question Time was positively received for another year by students and SU staff alike. The question time that was held in Pontio was a great way for students to ask the candidates any questions and get to know each candidate a little more before having to choose who to vote for.

Apart from Becca and Ifan, for the other sabbatical members this will be their first experience in charge. Their official term starts in July 2016 where they will move into the SU office on the 4th floor of Pontio and assume their sabbatical roles.

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Nos Sul, 20 Mawrth, 7.30pm
Tuesday, 20 April, 7.30pm
Tangram Theatre Company

The Element in the Room:
A Radioactive Musical Comedy about the Death and Life of Marie Curie
Stiwdio/Studio
£10/£8
gostyngiadau a myfyrwyr/students and concessions

Nos Fawrth, 19 Ebrill, 8pm
Tuesday, 19 April, 8pm
Adam Rowe
Phil Jerrod
Andy Robinson
Comedy Central Live
Stiwdio/Studio
£10/£8
gostyngiadau a myfyrwyr/students and concessions
Caniateir cario diodydd i mewn i'r Stiwdio i'r digwyddiad hwn. Oedran: 16+
Drinks are permitted in the Studio for this event. Age guidance: 16+

Nos Wener, 15 Ebrill, 7.30pm
Friday, 15 April, 7.30pm
Treacherous Orchestra
Theatr Bryn Terfel
£14/£12
gostyngiadau a myfyrwyr/students and concessions

Nos Sadwrn, 23 Ebrill, 7.30pm
Saturday, 23 April, 7.30pm
Cymdeithasau Drama Prifysgol Bangor yn cyflwyno
Bangor University Drama Societies present
Prosiect Drama’r Myfyrwyr
The Student Drama Project
Theatr Bryn Terfel
£3
As some of you may have been aware or have noticed from reading this issue, the role of editor has been placed in my care for the remainder of this academic year. The position of editor is not one I take for granted or take lightly as I wish to continue the great success of Seren and the previous editors that have gone before me.

I am taking this editorial as a chance for you as readers to get to know your new student newspaper editor. I am a third year, English Language and Journalism student (so yes this means I am also up to my eyebrows in dissertation work) that has been with Seren throughout my time in university. I started in my first year writing articles here and there for other sub-editors and then at the start of second year I decided to take the plunge and run for health and beauty editor, which is what we call lifestyle now. I worked my way up to deputy design editor at the start of this year and now step up to take on the position of editor for the last couple of issues. I am also a proud Bangor Dragons cheerleader here at the university so have both a connection with the SU and the AU. Later this year, I will be embarking on a new chapter in my life of ‘trying’ to complete a Masters degree in Linguistics at Bangor University. I have fallen in love with Bangor, the university and especially the people and guess I didn’t think it was the right time for me to leave just yet (to my mums disappointment).

It’s fair to say March has been a chaotic month so far for me with taking over Seren, my dissertation looming, assignments piling up, two cheerleading competitions and organising 90’s night! But I wouldn’t have been able to do it with the support of my Seren team, family and friends!

For all the older students out there you should know that 90’s night is a tradition in Bangor that has been going strong for 8 years. For all the new students to Bangor this year, all you need to know is that it’s a fun night full of old school 90’s tunes and classic 90’s character fancy dress. Thank you for supporting Seren!
Love your clothes campaign comes to Bangor

by MARINE DESSAUX

Love your clothes and Bangor University are organising several events to promote clothing sustainability from 11-16 March. Workshops, clothing swapping, talks and masterclasses were set up to help reduce the amount of clothes thrown away - 350,000 tonnes every year in the UK. Catrin Palfrey from Love Your Clothes, said: “Four out of every five adults have not worn some of their clothes in the last 12 months. We want to work with the public to work together so as to reduce environmental footprint of clothing and prevent waste. This comes in a logic of circular economy: keep resources in use for as long as possible, extract the maximum value from them whilst in use, then recover and regenerate products and materials at the end of each service life to insulate less waste and less carbon footprint. It is not only better for the planet but also for the economy.”

Love your clothes is part of the Sustainable Clothing Action Plan (SCAP) which brings clothing retailers, brands, suppliers, local authority representatives, end of life organisations recyclers, charities, academics and the public to work together so as to reduce environmental footprint of clothing and prevent waste. This comes in a logic of circular economy: keep resources in use for as long as possible, extract the maximum value from them whilst in use, then recover and regenerate products and materials at the end of each service life to insulate less waste and less carbon footprint. It is not only better for the planet but also for the economy.

The SCAP 2020 engagement, which is coordinated by WRAP, a not-for-profit organisation supported by UK Governments, sit along with other sector initiatives such as Ethical Trading Initiative, Greenpeace ‘Detox’ commitment, etc.

Dr Einir Young, Director of The Sustainability Lab, explains that this project is in line with Bangor University’s values. “Bangor University has long held an aspiration to become ‘the sustainable university’; but we are aware this is not a journey we take alone. These events are a fantastic example of what can be achieved when staff, students and the wider community come together with a common goal.”

The event was supported by Bangor University and charities such as British Heart Foundation Cymru. For further information and to book workshops visit www.loveyourclothes.org.uk/bangor.

Bangor Science Festival

by MORGANE VIALA

From the 11th until the 20th March 2016 Bangor University, in partnership with Bangor University Widening Access Centre, is hosting the Bangor Science Festival. Bangor Science Festival, part of the British Science Week, offers something for everyone, with activities, entertainment, stimulating debate and showcasing the latest in science, technology and engineering.

The 6th Annual Bangor Science Festival: Hidden Worlds Exhibition groups exciting experiments that go on behind the doors of Bangor University, and what the local Scientific Organisations are doing to further science and the environment on your very doorstep.

Bangor Science Festival also brings a unique competition as part of British Science week 2016. The competition aims to celebrate the talents of young artists and raise awareness of science, the environment and the importance of sustainable living but also highlight the beauty and diversity of Welsh natural history.

The themes of the competition are ‘Patterns in Nature’ and ‘Climate Change’. Explore your local environment and discover the wildlife of Wales, from mountain to coast, river to roadside. How is climate change affecting our local area, the weather and the wildlife around us and what can we do to help?

This competition has been established to encourage young people to feel inspired to create powerful and passionate artwork around the themes of wildlife and changes in our climate.

The winning entries will be framed and displayed in a special exhibition during British Science Week 2016 (11 – 20 March) at Storiel the brand new Gwynedd Museum and Art Gallery on Deiniol Road, Bangor. An awards ceremony and preview of the winning work will be held on Friday 11th March 2016 at 5pm.

Bangor - one of Europe’s Best!

Bangor University is one of Europe’s best, according to the Times Higher Education magazine. A table, published by the magazine, ranks Bangor in the top 200 European Universities based off of teaching environment, research environment, research influence, industry income and international outlook.

Cardiff University is the only Welsh university to be placed above Bangor University in the ranking’s, with the university claiming that this confirms its growing international stature. “Bangor University is really making its mark in Europe. We provide a unique experience to all our UK, European and international students and exchange students. One of our current aims is to increase opportunities for our own students to experience working and studying abroad, while we feel that providing a multi-cultural campus enriches everybody’s education experience” said Vice-Chancellor Professor John G Hughes.

The Times Higher Education World University Rankings places Bangor in its top 350, another great achievement for the university. In January, Bangor was named the most international university in Wales.

“Our vision is to be a leading University with an international reputation for teaching and research, promoting and exporting our own and the region’s capabilities and values” said Professor Hughes.
Drugs control in Bangor

by MORGANE VIALA

On Thursday 25th February 2016 North Wales Police's continued crackdown into the supply and possession of controlled drugs in Gwynedd North when local Police executed a Misuse Of Drugs Act search warrant in Bangor.

Officers seized in Holyhead Road a quantity of what is believed to be controlled drugs as well as associated paraphernalia. One local man aged in his late teens has been arrested following the interview, and was bailed pending further enquiries concerning the supply of Class A and Class B Drugs.

"The enquiries continue but we are eager to hear from anyone who has any information about the supply of controlled drugs in the Bangor and Caernarfon areas to contact Police or Crimestoppers. I am confident that with the help and support of the public we can effectively target those few individuals who sell drugs in our towns and cause the most harm in our communities" Sergeant Andrew Davies at Bangor Police Station said.

This case follows that of Paul David Williams, 41, of Belmont Street, Bangor used phones smuggled into Dovegate Prison, Staffordshire to arrange the supply of Class A and B drugs into the Bangor and Llangefni areas, on July 2015. The man who ran a "sophisticated and large-scale" illegal drug, dealing network from behind bars has been sentenced to 19 years in prison.

Caernarfon Crown Court heard how Williams was observed by North Wales Police using his phone 295 times in one day while already serving a sentence for playing a leading role in another Class A drug dealing conspiracy. Sentencing Williams, nicknamed "Willybur", to a 19 year jail term, Judge Nichas Parry said: "The damage this network has caused to North Wales and the Bangor area is incalculable."

Remember that if you are concerned about any aspects of your own drug or alcohol use, you are welcome to talk to our student counsellors, who offer a completely confidential service to students, or to call the 01248 38 38 83 Nightline's number, for a confidential listening from students to students every night of term from 8pm until 8am.

Fairtrade Fortnight

In the first two weeks of March, the University, Campus Life, the Sustainability Lab, and in particular the Student's Union organised a great number of events as part of the nationwide Fairtrade Fortnight. Students, staff of the University and the whole local community were invited to take part in food tasting sessions for example, or in having a look over a diverse range of fairtrade products on a little market.

The Fairtrade Fortnight is a campaign held by the Fairtrade Foundation with the main goal to raise the interest and the awareness in Fairtrade products. The concept of fair trade is to support (by spending a little more money) the producer and organisations to help creating sustainability socially, as well as environmentally. As a result, even

Brexit referendum from a student point of view

by MORGANE VIALA

On June 23rd a referendum would be held by the Prime Minister David Cameron on membership in the European Union. The wording of the question would be "Should the United Kingdom remain a member of the European Union or leave the European Union?" Brits, Irish and Commonwealth citizens over 18 who are resident in the UK, along with UK nationals living abroad will vote. Teenagers would also be allowed to vote since the House of Lords gave the right to 16- and 17-year-old UK citizens to participate in the upcoming British referendum on whether Britain should remain in the European Union.

The British public are fairly evenly split, according to the latest opinion polls. The 'No Partisans' believe Britain is being held back by the EU, which they say imposes too many rules on business and charges billions of pounds a year in membership fees for little in return. They also want Britain to take back full control of its borders and reduce the number of people coming here to work.

On the other side, big business tends to be in favour of Britain staying in the EU because it makes it easier for them to move money, people and products around the world. They also believe Britain's status in the world would be damaged by leaving and that Britain is more secure as part of the bloc.

Analysis of polling suggests that young voters tend to support remaining in the EU, whereas those older tend to support leaving, but there is no gender split in attitudes. YouGov have also found that Euroscepticism correlates with people of lower income and support for the Conservatives. Scotland, Wales and many English urban areas with large student populations are more Europhile. As political heavyweights begin the EU referendum campaign in earnest, students are taking sides. Around two million student votes are up for grabs, students are taking sides. Around two million student votes are up for grabs, students are taking sides. Around two million student votes are up for grabs, students are taking sides. Around two million student votes are up for grabs, students are taking sides. Around two million student votes are up for grabs, students are taking sides. Around two million student votes are up for grabs, students are taking sides. 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On June 23rd later this year the UK will be holding a referendum on whether or not to stay in the European Union.

For those unclear the European Union is an economic and political partnership that currently includes 28 European countries. The Union was established after the Second World War under the idea that countries who traded amongst each other would be less likely to engage in war and conflict. The EU has grown remarkably since the Treaty of Rome was signed on January 1st 1958 that created the ‘European Economic Community’. In 1993 the word ‘Economic’ was removed as part of the Maastricht Treaty which also led to the creation of a single European currency, the Euro. The Maastricht Treaty has since been amended by the treaties of Amsterdam, Nice and Lisbon. Britain has been a part of the European Union since 1973, with the decision being made by the Conservatives under Edward Heath. However the membership wasn’t officially confirmed until 1975 with a referendum under Labour.

The European Union has grown into a single market that allows people and goods to move freely between the involved countries, as if it was simply just a single country with many different languages and cultures. The Euro is the official currency of the EU, although is only used by 19 of the 28 member states, and was introduced January 1st 1999 replacing the former European Currency Unit at a ratio of 1:1, Physical Euro coins and banknotes didn’t enter into circulation until January 1st 2002.

But why is a referendum even taking place? The British public has been sceptical of the EU since Britain joined and this scepticism has only grown fiercer in recent years as evidenced by UKIP. Prime Minister David Cameron finally called for a referendum after increasing pressure from the right side of the party and by calling a referendum on the EU would likely put an end to the threat of UKIP in future elections. Despite calling a referendum the view is that Cameron would rather renegotiate Britain’s position within the Union that would satisfy his party, euro sceptics and the public.

Cameron is seen to have two key demands during negotiations, the first of which would be to impose restrictions on child benefit and work benefits for EU migrants, which he faces strong opposition from the EU member states of eastern Europe. The second demand is the option to opt out of the EU’s founding ambition to create an ‘ever closer union’, a move which will likely please euro sceptics fearful of Britain losing its sovereignty.

As it stands public opinion polls are suggesting that it will be an extremely close result as the British public seems evenly split. The overall opinion of those wanting to leave the EU is that the Union is holding Britain back by imposing too many rules on business as well as the Union charging billions each year for membership despite receiving little in return. Those opposed to remaining in the EU also aim to see Britain have complete control of its borders and reduce the number of people coming into the country. Whilst the Conservatives have pledged to remain neutral in the referendum, Labour, SNP, Liberal Democrats and Plaid Cymru all look set to campaign for Britain’s continued involvement in the Union. The general view of those seeking to remain in the Union is that they believe that Britain gets a big boost from its EU membership, they also argue that the constant ebb and flow of immigrants from other EU countries helps fuel economic growth that helps to pay for public services.

Junior Doctors Strike for the Third Time

At 8am Wednesday March 9th junior doctors began a 48 hour strike over the health secretary Jeremy Hunt’s decision to impose a new contract on junior Doctors. Over 5000 operations were cancelled due to the strike. The strike is the first since Hunt decided to impose the new contract, but is the third since disputes began. The first having been a walkout on January 12th and a strike on February 10th, although previous strikes only lasted for 24 hours. NHS England’s Dr Anne Rainsberry has said that the “sustained nature of action was making it difficult for hospitals.” The total number of cancelled operations due to the dispute is estimated at around 19,000 with hospitals struggling to cope and re-arrange treatments. Check-ups, appointments and tests have all been heavily affected as well.

Hunt’s attempts to end the continuing disputes by imposing the new contract was met with defiance by the British Medical Association (BMA). The Union has stated that its members, which includes around 38,000 junior doctors, have no confidence in the new contract. One of the key issues with the contract is the removal of overtime payments, which junior doctors currently receive for working between 7am-5pm on Saturdays. The BMA argues that the changes put forward in the contract will jeopardise patient care as it will remove safeguards that prevent junior doctors from having to work dangerously long hours. Jeremy Hunt defended the changes claiming that they were necessary to deliver the government’s pledge of a seven day NHS.

Further 48 hour strikes are planned to take place on the 6-7th April and the 26-27th April.
You are eligible for the NSS if you are a final year undergraduate or on a flexible part-time programme. If your final year cannot be easily predicted, you will be surveyed during your fourth year of study. If you were due to be in your final year in 2016, but have withdrawn or are repeating your penultimate year, you are also eligible to take part.

DURING YOUR TIME AT BANGOR YOU’VE LEARNED A LOT. NOW WHAT WILL YOU LEAVE BEHIND? SHARE WHAT YOU THINK AT:

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Bhutan - poor but happy

Bhutan is a small country with a population of less than a million located at the eastern corner of the Himalayas. This mountainous country borders China in the north and India in the south, but despite the crushing power of the two cultural giants, Bhutan has its own unique identity and sense of purpose. This is the country that some call the last Shangri-La but do not be misled by that, this country has many other appealing strengths, it's not necessarily on delivering better living standards, they have also learnt how to turn on and off environmental commonsense. They have started by others, burning houses of tantrism are taken up 6.2 million tonnes of CO2, three times the amount it emits. Furthermore, while not contributing to climate change, Bhutan is suffering from it. In the past 20 years, many of Bhutan’s glaciers melted, which created flash floods and landslides. The destruction that these climatic events have brought to Bhutan are a flame started by others, burning houses of not involved. But despite all the harm that the outside has caused, Bhutan is resolved to keep working on the environment, focusing on maintaining its citizens’ optimism. So why is this country managing to be both content and poor, how come there is a country that is not willing to compromise its nature to the sacred notion of development? Maybe there is something wrong with us...

How green are ‘green’ products and how it actually works

As we learn more about how harmful some of our consuming behavior is to the environment, we are becoming increasingly self-conscious about the products that we buy. It is now widespread to carry grocery in plastic bags and print hard copies of your lecture notes, so now we carry reusable bags and restrain ourselves to digital notes. These are undoubtedly good causes and they easily become new habits. Nevertheless, we still rely on information we are being given. We cannot measure the total environmental impact of any good we buy, so we expect producers to do that for us. Since their goal is to sell, they will concentrate on our approval and not necessarily on delivering better results. There are very few who truly understand how the environmental impact of a product is calculated and even fewer who have access to the data. In a simple world, the impact of a product during its lifetime (from cradle-to-grave) is measured according to certain standards and compared to equivalent products. The difference, either positive or negative is what determines the ‘greenness’ of an item. This technique called the Life Cycle Assessment (LCA) has become an occupation for growing number of environmental scientists. Nevertheless, business is business and the industry is full of imaginative individuals. As producers know how to focus on their strengths, they have also learnt how to market their goods respectively, this means that a product doesn’t have to be ‘green overall according to LCA, it could just simply score well on one parameter. Therefore, we might be led to believe that what we buy is greener than the alternative product while in reality, there is no solid proof of that. But it’s not just that, it’s also about how the ‘green’ industry’s initiatives are functioning back on them and not making the change we need. A recent paper in the Stanford Social Innovation Review took an opportunity to bring some clarity into how things stand on a bigger scale. Let’s start with recycling. Recycling is definitely better than extracting stuff from the ground. But is it as good as we think it is? In theory, 1kg of recycled metal should prevent 1kg of primary metal from being made. But according to the scrap metal industry, there isn’t enough supply of recycled metal, so each time one chooses recycled, another buyer is forced to choose primary. The result of this is that as one’s impact is reduced, another one’s is increased. Moreover, as recycling gets cheaper, it drives the prices down expanding the market for metals. This is the effect that along with eco-efficiency it was aiming encourages more stuff to be used in general. Another important phenomenon seen with some green products is called the “direct-rebound effect”. This is the effect that influences the rate at which we use things. Let’s imagine a family that previously owned an old hatchback and decided to buy a Prius. When compared mile to mile, the Prius is considerably better at saving fuel, but what actually tends to happen is that people who buy fuel efficient cars are likely to move away from their workplaces or take jobs that are farther away, simply increasing their mileage and therefore using up the advantage the car is providing. The same applies to our use of electricity with the invention of LED lights. Historical analysis of our electricity usage is showing that consumption of electricity has increased dramatically over the years and as the price of electricity is getting cheaper, demand has been growing. LED lights have made use of electricity more efficient, but it has also led us to buy bigger things with brighter lights and in some cases has contributed to creation of new ways of its application, one example is the rapid development of touch-screen soda fountains. This all adds up to no change or even increase to the net impact of green products.

What we are seeing is that the market doesn’t have a certain understanding of how different systems interact with one another and what the real outputs of their activities are. This is also magnified by consumers relying on external agents to fix the issue without setting the necessary limits. At the end of the day, the idea of green products was to reduce our impact on the planet and not to have an excuse to compensate the efficiency to be able to use even more.
1992 and I was one of them. I was (CCW), which was formed following new Countryside Council for Wales working in nature conservation in of people who know Wales like the to be working with a great group of people. That's the fun bit of it for me, of a thing new just by interacting with people. The exciting task then?

We have three main roles: 1) To build up the strategic evidence base for Wales. We try to build up relevant data sets, like spatial data sets of habitat coverage or pollution. 2) To give advice to underpin policy, both within the organisation and the Welsh Government, (such as air quality, river pollution, and biodiversity loss). 3) Finally we support lots of operations within the organisation in terms of environmental management, such as habitat restoration and species reintroduction.

My job is to manage and work with these specialists but the best thing about my job is that most days, no, I'd say almost everyday, I learn something new just by interacting with people. That's the fun bit of it for me, to be working with a great group of people who know Wales like the back of their hands. I started working in nature conservation in Wales in 1992 when I joined the then new Countryside Council for Wales (CCW), which was formed following the breakup of the Nature Conservancy Council. I was really lucky; CCW hired a whole bunch of ecologists in 1992 and I was one of them. I was their freshwater and peatland specialist - all on my own with all the freshwaters and wetlands of Wales to explore. It was quite a daunting and exciting task then!

It was fantastic! You could get in the car on a Monday morning and just go see those places. I had a really good boss who was very open to that and equally I realised it was essential because, for example, if you had someone phone you up from South Wales saying I'm working on limestones and I'm worried about pollution - can you give me some advice? It could be difficult to advise people without setting foot on site. That's the fun bit and I did that for about ten years. But that was only a temporary summer contract. During that summer I went to a paleolimnology (the study of sediment cores from lakes) conference at Windermere in the Lake District and met a lecturer from Aberystwyth University who was looking for a (paleolimnology) postdoc student. He offered me the place right then on the spot. I don't know whether you call postdoc employment or not though, it's more of a transition. A key reason I got the job (at CCW) was because one of the questions I got asked in my interview was 'what new scientific application would you bring to nature conservation in Wales?' And I answered 'paleolimnology because I had done a postdoc in paleolimnology and I also worked with one of the US experts in this field during my PhD. Since then we've done quite a lot of work, mainly with University College London, conducting lake surveys. We now have a database of over 100 lakes in Wales that we have built up, consisting of water chemistry data, aquatic macrophytes maps and analyses of short cores of sediment. So conferences are good places to search for jobs? Yes, conferences are absolutely essential for networking and finding out about opportunities. And also just to build up your confidence by talking to experts in the field.

So it's about having a good portfolio of experience?

Yes, I appreciate it might be difficult to survive on internships. But if it's a means you get valuable experience, do it. So it's about having a good portfolio of experience?

Yes, I appreciate it might be difficult to survive on internships. But if it's a means you get valuable experience, do it. What kind of experience is preferred by ecological consultancies?

At the moment nature conservation and environmental management in Wales is going through a transition. We still have nature conservation legislation that is focused on being able to identify plants and animals in particular. Organisations are under resourced in terms of staff with these skills; we don't think universities are producing many people that can identify things anymore. In some cases we are putting time into trying to cultivate people that we recognise with the talent for taxonomy. But equally there's a lot more of a shift now in government policy, and indeed legislation in Wales, towards what they call The Ecosystem Approach. So looking at things like ecosystem structure and function, rather than looking exclusively at habitats and species. There really is a mission now to cultivate a broader picture and to value the environment from a wider perspective. Also, there's a great scope for interdisciplinary research, like the links between biodiversity and ecosystem services, our human health and well-being. They would be good fields to be in.

And it's a means you get valuable experience, to give you a step-up in your career. It's a means you get valuable experience, do it. Communication is a skill I look out for, people that are good at it will go far in this kind of world. So it's about having a good portfolio of experience?

Yes, conferences are absolutely essential for networking and finding out about opportunities. But if it's a means you get valuable experience, do it. What kind of experience is preferred by ecological consultancies?

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Help us to help you

W e’re at the start of an exciting three year journey. A journey to become the best Union for Bangor students. In 2011 we shared our plans to build a bigger and better Union; since then we’ve delivered amazing things. We’ve rolled out free membership to all clubs and societies, supported thousands of students to reach their full potential, put Bangor on the map by arranging some of the most important student events in the University calendar and ensured that the student experience is at the forefront of the University’s agenda. We’ve been awarded Wales’ best Higher Education Union for the last two years by the National Union of Students Wales, secured the What Uni Award for Best Clubs and Socs in 2015 and we recently moved into our brand new home in Pontio. It’s now time for us to start thinking about the next phase of our development. We need you to help us shape our ideas. What would you like to see Bangor Students’ Union do from now on? What should we be doing to be relevant to every single one of the 12,000 students at this amazing University? We are developing a strategy that will take us to July 2019, a strategy that will result in us becoming the best Students’ Union. Over 1000 of you filled in our Bangor Student Survey in January and now we really want to talk to you face to face about your ideas and open up a wider conversation about the Union, how it can support you and what’s important to you. It’s important to us that we speak to as wide a range of people as possible, so we have put together 25 different focus groups over the next few weeks so that you can talk to us and allow us the opportunity to gather as much info and feedback as possible. We have designed some of the sessions around major student demographics so that some discussions can go deeper into the needs and wants of specific students but hopefully there will be a session that suits you at a time that is convenient. A full list of focus groups are available on the news page on the Union webpage and all will be held in the Union on the 4th floor of Pontio. If you would like to attend one of the groups (they’ll only last an hour and there will be food and drink provided) then please e-mail dylan.williams@bangorstudents.com

Canine Calming

W hat a turn out for the Canine Calming Room! With a queue going the whole way round Academi and onto Deiniol Road it’s safe to say that the day was a success. With 601 students turning up £889.28 was raised for Guide Dogs Cymru by our ever so dedicated Bangor RAG team. Lydia Richardson, VP Education and Welfare, the organiser of today’s event was pleased by the turn out and is looking to hold the event again in May. Talking about the event, Lydia commented ‘Students have the opportunity to de-stress and learn about self-care while learning more about guide dogs and local charities. This tackles mental health as we all know affects 1 in 4 people at the moment’. Stressed-out students can unwind in the company of some friendly guide dogs in this event while supporting a good cause.

Sport Relief Mile

O n Sunday 20th March, The Sport Relief Mile is coming to Bangor. Organised by Bangor Students’ Union RAG and Bangor University it promises to be a fun day for everyone! You are invited to come along and do your bit for this fantastic charity as well as show the nation how well we all come together as a community to achieve a common goal. Entry is simple, register at this link which takes less than a minute and bring £2 on the day per adult. Kids under 10 are free. You can of course donate more if you choose to seek sponsorship! The event will compensate at 1pm sharply but the organisers ask participants to be there ready at 12.30pm.

To register for the event please visit the link below. You can also choose to donate at www.sportrelief.com
March Issue 2016 | Seren

University Mental Health Day

It was Uni Mental Health Day on Thursday 3rd of March. What a success it was! The Union was bustling with enthusiastic students participating in this event supporting the #HeadsTogether campaign. The new Union space at Pontio came alive with activities. Bangor RAG were presenting giving away cakes with special inspirational messages as well as selling tickets for their raffle. The angelic sounds of the University choir were drawing people in as soon as they entered Pontio. According to NUS, 78% of students say they have experienced mental health problems and those seeking support is up 132% in just four years. The #HeadsTogether campaign is about raising the profile of these issues and getting more support for HE institutions when it comes to mental health. The #HeadsTogether mind board allowed students to write down how they think we can all help each other through difficult times of mental health problems. The messages written on this board will help the SU to come up with some top tips on mental health and will contribute to the brand new Welfare guide that’s coming soon! The Mental Health advisors were present as part of their weekly drop in service at the Union. They are here to give tips and advice and can guide students through their education. Self-care being high on the agenda for this particular day. Up on the 5th floor of Pontio was a fantastic project called ‘My Universe’, organised by the University; a chance for students to partake in some mindful drawing and put forward their ideas for an ideal universe for mental wellbeing. The participants really impressed us with their visions. A fantastic part of the day was ‘My Universe’ organised by the University; a chance for students to participate in some mindful drawing and put forward their ideas for an ideal universe for mental wellbeing. The participants really impressed us with their visions. A fantastic part of the day was the mind apple tree, as well as being aesthetically pleasing to our surrounding 

RAG & SVB Week

The 22nd and 28th of February was both RAG week and Student Volunteering Week. RAG is a project run by student volunteers who are truly dedicated to raising funds for charities. Each year RAG chooses four charities to donate to, this year their chosen charities are the Children’s Air Ambulance, New Life Foundation, Tiny Tickers and the Child Brain Injury Trust. RAG kicked off their week with the annual Harry Potter feast on Friday 19th of February. The rest of the week saw events such as a cinema night, karaoke at the Belle Vue, a Casino Night and a table top ‘Game-a-thon’. A Great Bangor Bake off was hosted at Barlows in St Mary’s; the end results were just delicious! A pet handling event went down a storm with participants making donations in exchange for a chance to handle some rare breed pets. Some of the biggest earners of the week came from a sponsored leg waxing and a fantastic raffle, with prizes donated from local Supermarkets, the Anglesey Sea Zoo and Rib Ride. With money still coming in from the sponsored events of the week, the total raised currently stands at an amazing £1,308.68! SVB started their Student Volunteering Week with the release of their brand new bilingual blog; the number of views for the blog were in triple figures as well as having an international readership. To raise awareness of the week the volunteers all wore their t-shirts for t-shirt Tuesday. The week continued with a successful night at Costa on the High Street, to promote Connect@Bangor, a great SVB project that helps students that may be feeling isolated by pairing them up with volunteers who will help them integrate with a range of activities throughout the University. The week ended with free tea, coffee and biscuits at the Union and an activity which encouraged volunteers to come in and note down what volunteering means to them. The week was a big success, funds were raised, engagement increased and awareness of SVB’s many community projects was improved. ‘As SVB staff members, we are incredibly proud of the effort that our members have made over the past few weeks in preparation for this mammoth week of events. We’re also really happy to have seen so many other students and community members come out and support our events, helping us to raise so much money for our 4 chosen charities’ said Helen Munro, Student Volunteering Manager at Bangor University Students’ Union. Helen has also been involved in promoting the Student Volunteering Week National campaign in Wales during the past year and has enjoyed working with other Welsh universities to increase involvement in this great opportunity to raise awareness of the student volunteering movement in the UK.
by MARINE DESSAUX

Organised by Bangor Indian Society (BIS), Holi Festival was a hit among Bangor students. Around 300 hundreds attended the “Holi Party” on Thursday 10th and, two days later, some of them seized the opportunity to celebrate it the traditional way by throwing colored powders in the air.

Originally, Holi comes from Hinduism and its celebration started in India. It is praising the “true devotee” and its celebration started in Indian history. It usually lies with young children. The Indian community was present along with people who did not know much about Holi. Sanna and Anna, both Bangor University students, really enjoyed the show. Sanna said: “There were really nice performances, I particularly liked the Indian clothing and all its details. I am discovering what Holi is, I have heard about it but never really knew what it was. I know from Indian culture, I have seen on TV.”

And Anna added: “I never heard of Holi but I came because I used to take Bollywood dancing classes in Finland.”

Happy Holi!

Holika who turned into ashes. ‘Hol’ comes from ‘Holika’, who was a demon. In celebration of the victory of good over evil, people applied ashes to their forehead. Hence, the colored powder that is now used to celebrate Holi.

Nowadays, the festival takes place every year at the approach of the vernal equinox and lasts several days. People spend them with friends and family. They celebrate the end of winter, good harvests, and the victory of good over evil. The tradition of throwing colors in the air recently became really popular and spread around the world.

In Bangor, the Indian society organised a “Holi Party” in PJ Halls, Main Arts. The show was composed of 12 performances including Bollywood dancing, singing, piano playing and belly dancing. Two buffets, one of them free, were full of delicious Indian food (samosas, onion bhajis, dipping sauce, etc.). There was also a ‘photo booth’ (where you could try on Indian clothing) and a ‘Mehndi’ (henna) stall.

The event entertained more than 250 people: students as well as families with young children. The Indian community was present along with people who did not know much about Holi. Sanna and Anna, both Bangor University students, really enjoyed the show. Sanna said: “There were really nice performances, I particularly liked the Indian clothing and all its details. I am discovering what Holi is, I have heard about it but never really knew what it was. I know from Indian culture, I have seen on TV.”

And Anna added: “I never heard of Holi but I came because I used to take Bollywood dancing classes in Finland.”

Bangor University Dragons Cheerleading Team

Bangor Dragons are Bangor University’s cheerleading team consisting of 4 separate teams: co-ed, all-girl, group stunt and Pom dance. The club has recently celebrated its 10th year anniversary of being founded at the university.

Bangor cheerleading club offers a unique opportunity of being part of an inclusive team no matter your experience or skill; all are welcome! If you want to try cheerleading as something new you will train to gain the strength and skill to compete in university level cheerleading competitions. Our co-ed team which consists of boys and girls compete at level 3. And all-girl compete at level 2. Pom dance is also part of Bangor cheerleading and is great if you have a dance background as it involves ‘sassy’ choreography in which you also get to shake some pom-poms! As well as competing in national level university cheerleading competitions against other UK university teams, we also cheer on many other Bangor University sport teams such as basketball, American football and hockey. We as fellow students feel it’s important to support our sports team and show the love of being part of a Bangor University sports team! On the 19th March and the 24-25th March we will be competing at ‘Legacy Cheer’ and ‘BCA Cheer’ where each team will be competing and hope to bring home a victory for Bangor! If you have an interest in joining cheerleading please come along to one of our taster sessions at the beginning of the year in September. These sessions will show you the basics and let you try out some of the moves we perform. We would also like to thank everyone who came along to our annual showcase last Saturday to support us and show the love, we always appreciate it! Hopefully we have a got a few of you interested and see you in September.

Bangor University has a diverse student population with a wide range of sexuality and gender identities. Unity LGBTQ+ society is there to represent those students who identify as Lesbian, Gay, Bisexual, Transgender, Queer, Questioning and Plus. But in the last few years they society has lost its way and need to be reinvigorated with new ideas and a proper purpose so that it can fulfil its role within the students union. The new chair Joe Heaford (SU Sexuality Equality Representative and Out In Sport campaigner) has taken on this mammoth task! In the next few months Joe will be working with the committee to rebrand the society and create a plan for what the society should do year on year. Current ideas being worked on is the creation of Bangor Pride, a pride celebration which brings students together to celebrate LGBTQ+ culture and have a great time! They will be hosting more social activities. What is going on! Or you can email joseph.heaford@bangor.ac.uk with your ideas or talk to Joe about what you think should happen to Unity in the next few months!

Want your society to be featured in our next issue?
Email: editor@seren.bangor.ac.uk
SPOT THE DIFFERENCE
Look at the ‘identical’ photos of 90s night event, can you find the four differences?

BEFORE

AFTER

SUDOKU!
EASY

RUGRAT RUN!
Can the lack of diversity at the BRITs be justified?

by TIARNA ARMSTRONG

First the Oscars, and now the Brits. Once more, concerns have been raised for the lack of diversity at the Brit Awards which took place on 24th February in London’s O2 Arena. All the winners were white and the only nominated non-white artists fell into the International Artists sector. In a similar backlash to the Oscars, people took to Twitter with the hashtag #BritsSoWhite to express their concerns with this year’s nominees.

I have never personally been a fan of the Brits anyway so this didn’t come as a shock to me. However, these allegations have caused a divide in opinions. I have had this argument many times with many different people and they always say the same thing to me: they argue that there aren’t enough non-white artists who have released music over the past few months or throughout the year – what a load of rubbish.

All over the world there are people of various ethnic denominations making music over a plethora of genres and subgenres all the time. To say that there are not enough non-white artists releasing music is, well, utter drivel. These people are releasing music everywhere all the time, but it very rarely gets the recognition it deserves and, therein, lies the root of the problem.

Grime is a prime example of this. Although 2015 was an excellent year for both underground and grime music, both Stormzy and Big Narstie - two of the biggest names in grime in the UK - were among many black artists who took to criticising the lack of diversity and recognition for grime at the Brits. While joining Clara Amfo for the BBC Radio 1 Live Lounge at the end of January, London MC Stormzy said he felt disappointed that the grime genre had been overlooked by the Brit Awards Voting Academy. Whilst grime is becoming one of the most popular genres in the UK, an artist must have chart success to be nominated for a Brit Award, which few grime artists do despite their massive followings on social media. However, Stormzy is one of those few grime artists to have had chart success. Not to mention winning the BET Award for Best International Act as well as Best Grime Act and Best Male Act at the MOBO Awards, it is no wonder why people began to question why he wasn’t nominated for a Brit Award.

Meanwhile, the eligibility period for artists to be nominated by the Brit Awards Voting Academy was extended for several weeks. Why? So Adele’s highly coveted third album ’25’ could bag four nominations – and win them all, including Best British Albumb split.

So, will things be different next year? Will this speaking out for people of colour in the music industry make a difference in next year’s nominations?

We’ll just have to wait and find out...

Interview: Golden Fable at the Teras Lounge

by FINNIAN SHARDLOW

There’s no justifiable excuse which suppresses the influence of Golden Fable at the Teras Lounge last Saturday. It didn’t cost a penny to get in. It didn’t plunge you into nausea. And, notably, it didn’t make you leave with an overwhelming sense of regret. In fact, it probably would have been the most morally correct decision of your life.

I first saw Golden Fable three years ago at Bestival. They had me sold. Despite the grating rasoo of the festival environment – where I was cold, muddy and cold – the Welsh duo’s elegance blossomed through the very noise that swathed them.

Three years on and some things never change. The sky will always be blue and Golden Fable will always be mesmerising.

This isn’t a gig review as such. “This isn’t a gig review as such.”

Basically (and less pretentiously), it’s just me and the music. On that basis, Golden Fable – for me – stand majestically with the likes of Julia Holter, Joanna Newsom and Bjork.

As it happened, I wasn’t the only one who enjoyed the gig. Rebecca and Tim, of Golden Fable, also found the setting of the Teras Lounge rather apt. “We really enjoyed it. It was a brilliant atmosphere and a wonderful room to play in. Especially when we play stripped back like that.”

This time last year, the Flintshire pair played at SXSW in Austin, Texas. Now, they find themselves back in the familiar land of North Wales.

“The offer for Austin came through and we couldn’t say no. It was a really good experience. But with this (Teras Lounge, Bangor), it was a very appreciative crowd, and much more relaxed.”

With the relaxed ambience, Golden Fable saw fit to showcase some of their newer material, boasting a more resonant, atmospheric sound.

“I think we’ve just been experimenting really. With different styles, different tempos, different arrangements. So far things have been stripped back.

“It’s about trying to test the water with a few different things. There are some songs that are fairly downbeat. We have some instrumental ones. And coming up we have some more upbeat thinkable.”

Since last October, Golden Fable have been releasing a new song every month. A method that has already seen tracks such as Burning Song picked up by BBC Radio 6 Music.

“We’ve released two albums so far. Whenever you do an album cycle, you’re often sat on the same material for a long time.

“We wanted to break away from that and have a more organic approach, and just have a different kind of style of releasing music so people have access to material quicker.”

As a music fan, I find myself despairingly losing faith in the integrity of most artists I cherish.

However, you can erase Golden Fable from that list. I find their consideration for the audience nothing short of a glimmer of hope in an otherwise commercially driven industry.

“We do have quite a dedicated group of fans who will listen to everything, so that’s the main thing really. It’s about making sure everybody keeps sticking with us.”

Golden Fable’s material is available at fullofjoyrecords.bandcamp.com.

Ellie Goulding taking a break

by SASHA DEACON

Many fans were left worried when it was publicised that singer Ellie Goulding was going to be quitting the music business. However, Ellie’s fans shouldn’t panic because the lady herself has taken to Twitter to clear up the matter. She has stated that she isn’t quitting, just taking a break. “It’s been seven years since I had time off... love you all”, the 27-year-old singer born band has had a busy career so far. In between her endless recording sessions and tour dates, she has had some gems. Milestone moments which include performing her version of the Elton John classic, Your Song, at the Royal Wedding of the Duke and Duchess of Cambridge. As well as having one of the trademark songs (Love Me Like You Do) of the anticipated 2015 film 50 Shades of Grey.

Many articles have reported that the “break” is due to the recent split between the songstress and McFly bassist Dougie Poynter after a two year relationship. This may have had a huge impact on her music, but after seven years I would simply suggest that she deserves a break. Until then however, Goulding is currently on her tour of Britain and the United States, which started on the 8th of March this year and will end in America on the 14th of May.

It seems fans can rest assured that Miss Goulding is just taking a well earned break and that it doesn’t mean that this is the last we’ll hear from her.
JK Rowling facing backlash over Native American wizards

by JORDAN GLEN DENNING

J K Rowling, who needs no intro-
duction, has long been ‘done’ with the series which made her the most beloved of children’s writers of our generation. Once the novels were tied up in 2007 with the final book Harry Potter and the Deathly Hal-
lows, Rowling opened the website Pottermore in 2011, which has thou-
sands of words of extra backstory about the world of the Boy-Who-
Lived. Fans can sign up and receive their wand, take the Sorting Hat quiz to discover their House, and read all sorts of behind-the-scenes informa-
tion that they would never have from just reading the books or watching the films.

Recently, Rowling has faced back-
lash over some of her additions to the Harry Potter world. It begins, I imagine, with the new film. Fantastic Beasts and Where to Find Them is set in New York, in the 1920s. As most fans will already know, the series was firm-
ly rooted in the UK, until now. Along-
side this foray into the other side of the Atlantic, JK revealed the name of the American school of magic (Hogwarts), the term American wizards use for muggles, ‘no-maj’ or ‘no mag-
ic’; and the ‘History of Magic in North America’.

The problem, it has been said, is the inclusion of real Navajo beliefs in the fictional setting of Harry Potter; the equation of Animagi and that of the legend of ‘skin walkers’, a Navajo term for people who turn into ani-
mals sparked this debate. An issue, says Leanne Howe, a Choctaw Nation citizen, is that Rowling attributes the tradition of a ‘skin walker’ to all Na-
tive Americans as if they were some kind of culture with one set of beliefs. They aren’t. Another issue is equating Native American concepts with magic, which is a way of margin-
alising these real beliefs.

Rowling isn’t the first writer, nor will she be the last, to use the real world as the basis for her fiction. Stephenie Meyer wrote in Twilight that Quileute people were born with the ability to turn into wolves. Jim Butcher uses the same Navajo word, skin walker, to denote one of the most evil be-
ings in his urban fantasy setting, of The Dresden Files. Neil Gaiman in his novel American Gods uses ancient gods from all pantheons as charac-
ters. Marvel use Thor in The Avengers.

Real life mythology infuses with the fictional in almost every story. It’s hard to imagine fiction without that influence. Indeed, to remove it com-
pletely is impossible.

But, the main argument here is that Native beliefs are far from ‘dead’, like the Nordic, Egyptian, or Greek pan-
theons of gods. Native fans of the se-
ri
er were understandably upset when their childhood books started to ven-
ture into their own, actual beliefs, us-
ing them as fantasy.

Pottermore has declined to answer to any request for comments from the bloggers and Native Americans crying out for information. Twitter is abuzz, and from Rowling’s typical fan-
tation there’s likely going to be some kind of response eventually.

Mass-market To Kill A Mockingbird to be pulled from production

by KAYLA JONES

A t the end of the day, the pub-
lishing world is like any other busi-
ness. The aim is to make money. This fact has been made evi-
dent in the events leading up to the death of To Kill a Mockingbird’s author Harper Lee. Beginning with the sur-
prising publishing of its sequel, Go Set a Watchman. Known only for the standalone book, Lee’s avoidance not to publish any other books was evident for dec-
dades. Before her death at 89, Lee was suddenly ready to publish the next book as her lawyer Tonja Carter had discovered the sequel and has con-
trolled over Lee’s estate.

Now that Lee has died, her will has been sealed from the public and all control goes to Carter. The Harper Lee estate is full steam ahead, and making changes to the rights of her books at a rapid speed. It was an-
nounced in early March that To Kill a Mockingbird would no longer be sold in the mass market version that it has been for years, and will only be avai-
lable to be sold in the larger format trade paperback by HarperCollins. Jacking up the price of the book from $8.99 to $16.99 and no other publishing company can distribute the book from HarperCollins. For those just purchasing the book as a collector’s item to fulfill some sort of is all well and good. For schools who don’t have the budget to buy 100 books at $17 bucks a pop for a bunch of 6th graders, this is a massive prob-

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lem. Though cheap used versions will obviously be available in bookstores and online, the mass produced pa-

erback version is the book most used by schools, and threatens the book from not being taught in class-
rooms at all because of the cost.

The same paperback copy that has been sold in stores for years is the one I have sitting on my bookshelf, full of highlights, notes, smudged corners and my name and address in the front pages. My high school self wrote about the things I thought about different scenes or characters, and wrote down witty quotes that my literature teacher said during class.

While it would be nice to have a hardback or trade paperback edi-
tion of To Kill a Mockingbird, my high school self didn’t need that. I needed a book I could flip through with ease, circle important phrases and crease favorite pages. I absorbed the life lessons in To Kill A Mockingbird by being comfortable enough to make it my own. Had it been property of a library, or a hardback with expensive pages, I don’t know that I would have been as participatory.

To Kill a Mockingbird is not one of those books that should sit nicely on a shelf for visitors to admire the cov-

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er, what’s inside its pages is far too valuable to to collect dust with other become classics. The message in the story of To Kill A Mockingbird is need-
ed now more than ever. As racial, gender and class issues run rampant in the States, and especially in the ju-
dicial system, it is the perfect story to show children the impact of racism on the past, and help them combat similar events in the modern age.

As it is used primarily as a teach-
ing tool within school systems, it’s included on most curriculums in the US, and the mass production ver-

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sion of the book is sold more than any other version. Through the years, countless numbers of people have come forth detailing how the book has changed their lives because of reading the book as a child, which is undoubtedly one of the reasons the book ever became a classic in the first place. But the word ‘classic’ has turned many other books such as The Great Gatsby and Huckleberry Finn into highly ornate and expensive ver-

sions with deals at Barnes and Noble and other chain bookstores, and it seems To Kill A Mockingbird is follow-

ing suit. But then, at the end of the day, the publishing world is like any other business. The aim is to make money.
SEREN 90s NIGHT 2016

See more on facebook.com/serenbangor
FILM

THE PICK OF THE WINNERS

Best Picture
This fantastic dramatization of the Boston Globe's journalism team 'Spotlight' follows its ground-breaking investigation into cases of systemic child sex abuse within the Catholic church. It wonderfully handles the difficult themes it wishes to discuss and it's best picture win was completely deserved. The plaudits have to go to the cast who perform expertly, and Mark Ruffalo in particular was unlucky to miss out in the best supporting actor category. If you haven’t seen this film yet, make it your top priority. As the story continues to grab the audience, it’s hard not to feel immersed, as more of the facts are uncovered. This is a film that will be remembered for decades.

Best Actor
The elusive wait for DiCaprio's academy award is finally over. The actor received the award for his performance as Hugh Glass in The Revenant and his preparation and execution of the role proves how far the actor has gone to secure his biggest prize. Whilst the film is arguably not everyone's favourite film or performance from DiCaprio, the revolutionary way in which this was filmed and acted is what saw this piece of cinema receive so much attention. Now that DiCaprio has finally succeeded we can now look forward to whether he will pick up any more awards further into his career. Below is what Seren believes is the actor's best performance and some of his career highlights.

Best Supporting Actor
Mark Rylance's rise to prominence is one that has baffled many. Initially garnering success in the UK for his role as Thomas Cromwell in Wolf Hall, Rylance received international recognition for his Oscar winning performance as Rudolf Abel in Bridge of Spies. The film follows Abel, a KGB spy, as he is being under the custody of the US during the cold war and part of a negotiation for the release of US pilot Francis Gary Powers. The performance between Tom Hanks and Rylance is what drives this film. Considering that the area of the cold war has been explored so much, it's remarkable that it wasn't able to run out of steam like much other iterations during this period have done.

Best Actress
Brie Larson's performance in the independent drama film Room has given the 26-year-old actress a space with Hollywood's finest. More widely known for doing big budget comedy films such as 21 Jump Street, Larson has garnered critical acclaim for her role and has surely shifted the path of her career. She manages to find a way into the character's psyche that isn't often seen, evidently pushed forward by a fantastic script as well. Simply watch the film to realise how Larson's performance tears you apart just to pull you right back in. What's next for Larson we do not currently know. But what's clear is she's on a straight upward trajectory.

Best Supporting Actress
Alicia Vikander's Oscar winning performance for her role in The Danish Girl was one of the more understated winners of the evening. The film itself, whilst praised for exploring some tough themes, was actually criticised for its inaccurate portrayal of historical events. However, that doesn't take away from Vikander, whose role as Gerda explores the difficulty of having a husband who decides to have sex reassignment surgery. The acting is what makes the film, the story itself has its problems but that doesn't take away from the fact that Vikander and her team are attempting to explore themes that get people talking, and open debate up.

A Celebration for Leonardo Di Caprio

by SEBASTIAN ELLIS

Leonardo DiCaprio's elusive wait for an Academy Award was finally over on the 28th February this calendar year. It seemed the world wide watched as 41 year old finally picked up his first Oscar for Best Actor in a leading role for his part as fur trapper Hugh Glass in The Revenant. It has been a long time coming for the six time Oscar nominee, five for acting roles and one for producing. But the people’s choice for this year's best actor finally picked up his award and it was the shining light in a ceremony that was shrouded in controversy over the lack of diversity in the best actor and actresses category.

However, DiCaprio's success was a moment that everyone could enjoy as undoubtedly his performances have often exceeded standards set by other actors in this era. His character was exemplified by his ability to remain humble in his greatest of triumphs, where DiCaprio took to the stage to talk about environmental issues. His closing sentence “Let us not take this planet for granted, I do not take tonight for granted” typified how his acting and activism work in tandem with each other. It was a sombre moment for the man of the day and was arguably one of the most eagerly anticipated acceptances in recent film history.

First nominated at the age of 19 for his supporting role as younger brother Arnie in What's Eating Gilbert Grape, DiCaprio played the role of a boy with a developmental disability who is looked after by his older brother, Gilbert (Johnny Depp). He received critical acclaim for his role and was described as having an acting maturity beyond his years and bringing a huge amount of credibility to a difficult role. After achieving monumental fame for his role of Jack Dawson in Titanic, the renowned actor began to put together a string of successful performances that put him at the top of his craft. One of his more recent performances that garnered recognition was as Jordan Belfort in The Wolf of Wall Street, where DiCaprio showed exactly what it meant to be an actor in a leading role as he stole the screen in what was a truly captivating performance. More than anything, this showed how DiCaprio could daub his hand into any role he wanted, highlighting Belfort’s own arc from relatively honest stockbroker to a wholly corrupt businessman.

The film is a fun watch, but does take a dark turn in its closing scenes but what it shows is how deep the actor can go into his character and would have been a shoo-in for the Academy Award in 2013 had it not been for the strength of all the other nominees that year. Leonardo DiCaprio’s success and versatility is recognised because of the differing opinion of his fans. Audiences cannot agree on what his best performance has been. It is true to say that his role in The Revenant was a stunning piece of work and he was fully deserving of the Oscar this year. But Leo, you won the hearts of millions for long before this year and for many of the same if not higher standards of acting. So congratulations and keep up the good work.
Captain America: Civil War
29th April
Following the events of 2015’s Avengers: Age of Ultron, our heroes are under political pressure to be held accountable for their actions. It’s a move that Cap disagrees with whilst Tony Stark is all for it and eventually leads to a Batman vs Superman style battle of the heavy-weights, leaving the rest of the heroes to choose a side.

It looks to be an exciting movie, even if it’s unlikely to be the best Marvel has to offer and will feature Black Widow, Hawkeye, the Winter Soldier, Falcon, Scarlet Witch, Ant-Man, the Vision and War Machine, as well as introducing Black Panther and the new Spiderman.

X-Men: Apocalypse
27th May (USA)
The immortal Apocalypse, the world’s first and most powerful mutant, is awoken and along with Magneto who seeks to create a new world order along with a selection of other mutants. Both Professor X and Raven must form a team of mutants and try to stop them.

The movie will give us our first introduction to X-Men icons Jean Grey and Storm. Don’t be expecting Storm to zip-up that famous yellow and black suit just yet - she’s working with Apocalypse!

It’s possibly the most exciting looking of the X-Men prequels and hopefully won’t disappoint.

Doctor Strange
4th November (USA)
Marvel’s latest addition introduces Benedict Cumberbatch as Dr. Stephen Strange, the world’s top neurosurgeon. After a car accident Strange is injured and soon meets The Ancient One, a sorcerer played by Tilda Swinton, who pulls him into a mystical world where he learns to use magic to fight evil.

Cumberbatch will star alongside names such as Rachel McAdams, Mads Mikkelsen and Chiwetel Ejiofor who will play Doctor Strange’s adversary Baron Mordo.

As part of Marvel’s Phase Three it’s likely that Doctor Strange will play a part in Avengers: Infinity War when it’s released in 2018.

Suicide Squad
5th August (USA)
Technically not a superhero movie, but who cares? Presumably in preparation for the upcoming Justice League, Suicide Squad introduces us to some of DC’s nastiest, and coolest, villains.

With the fate of the world resting on a dangerous Black Ops mission, who else do you send in but the most expendable people society can muster? A secret government agency recruits imprisoned super-villains for the job with the promise of freedom if they succeed and the hope that success will not cost their lives.

Suicide Squad already looks like one of the best movies of 2016!

Deadpool
Out Now
Okay Deadpool is already out but it’s so much fun and just a little crazy that we’d recommend you see it now and if you already have then go see it again! The ‘Merc with a mouth’ returns in his very own movie and breaks the ‘fourth wall’ to tell you the story of his mission to kill Francis, the guy behind him looking like ‘an avacado had sex with a older, more disgusting avocado’.

It’s a movie that you’re not completely sure you want to see or if it’s going to be a little too insane - turns out it’s insanely fun and you’ll walk out of there with tonnes of new one-liners!

Batman v Superman: Dawn of Justice
Release Date: 25th March

Following on from Snyder’s 2013 Superman revival, the not so critically-acclaimed Man of Steel, Batman vs Superman returns to Metropolis and the mild mannered Daily Planet reporter Clark Kent (Henry Cavill) who, in his thick rimmed specs and trenchcoat, is virtually indistinguishable from hero of the hour - Superman.

It turns out things aren’t completely rosy for Metropolis’ latest hero, you know, despite him saving the world heroics weren’t quite enough to convince everyone, with a number of the population more concerned that the alien could melt the planet at any moment.

Enter Bruce Wayne: the billionaire entrepreneur, with Affleck’s portrayal of Wayne comes to Metropolis after the sudden rampaging of Metropolis by a super-sized, scaly, spiky CGI monster of course is enough to force the Dark Knight and the Son of Krypton to join forces to save the city - and the world.

With the Justice League movie finally planned for release in 2017 (with its second part in 2019) Batman vs Superman: Dawn of Justice is definitely the start of something huge. Along with the return of Amy Adams as Lois Lane and the introduction of Jeremy Irons as Batman’s ever faithful Alfred moviegoers will get the first glimpse at Gal Gadot as Wonder Woman as she joins our heroes to battle Doomsday.

Whether you’re a fan of the DC cinematic universe so far or not, this is a movie you may not want to miss!
Having been born in the early part of the eighties, the nineties are an extremely special decade for me. It was my era, the decade I became a teenager and came perilously close to my twenties. Certain things from that final decade of the millennium always conjure up special memories for me. The music, the technology, the movies but, above all, the television.

It was the decade in which we met and fell in love with sex. We became acquainted with Chandler, Monica, Phoebe and Rachel all became fixtures in our lives as we followed their trials and tribulations, each of us wishing we could be the seventh friend. It was also the decade in which we became acquainted with Mulder and Scully from *The X-Files*, in which we became acquainted with the seven friends. It was my era, the decade I became a teenager and came perilously close to my twenties. Certain things from that final decade of the millennium always conjure up special memories for me.

**The 90’s: The Decade of Television Gold**

by EMMA JEWKES

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FAVE 90’S SHOW: F.R.I.E.N.D.S

by CHARLOTTE HOWE-MCCARTIN

There are not many television shows that can claim to have influence over several generations yet my favourite show from the 90s, I think you will all know, is of course Friends! The American sitcom which aired between 1994-2004 followed the lives of the six twenty somethings, who didn’t even have a ‘pl’ let alone a plan.

Everyone always has their favourite character, whether it is Chandler’s sarcasm, Phoebe’s weirdness, Ross’s nerdy side, Rachel’s gossiping, Joey’s sweetness, or Monica’s competitiveness, you can always relate to one. Personally mine is Chandler, when he fell in love with his best friend, despite Phoebe’s best efforts.

Even from the reviews in 1994 which said: “Friends has so many good moves that there is really nothing to dislike,” it is not surprising that twenty years on people still quoted he show. ‘How you doin?’ became a popular phrase, and Rachel’s hairstyles were copied around the world. Friends taught us so many life lessons. For example, never mix lotion or powder with leather pants, always double bag toiletries otherwise bad things can happen to good people, dance like nobody’s watching, and drawing on a friends face when drunk is funny, but try not to bet your apartment in a game and don’t get your head stuck in a turkey, pivot is the only word you need when moving furniture, but most importantly ALWAYS say the right name at your wedding!

THE WORST SHOWS OF THE 90’S

THE AMANDA SHOW
by LIZZY DILLON

After a long day of playing and drawing at primary school, I enjoyed nothing more than relaxing in front of an episode of The Amanda Show when I got home. I used to laugh out loud as I watched sketches of ‘Hill Billy Moments’ and Judge Judy, who’s Dancing Lobsters I always joined in with. My obsession with the show meant I could easily relate with Penelope, Amanda’s number one fan who created ‘amandaplease.com’, and I would proudly use the catchphrase ‘not a problem every time I fell over. I must admit that Tasha Kyle, who had long blond hair, wore tie dye T-shirts and gave Brian May a run for his money was my first crush. And I always loved the girl who really liked eggs in ‘The Girl’s Room’. Even today I struggle to say the name of the show without singing the theme tune. I still don’t understand how Moody’s mother managed to stay floating in a hot air balloon for so long, without it deflating.

Now, when I re-watch episodes (not that I do that often, I swear) I can’t help but laugh at how young Drake and Josh look, and I still find the sketches incredibly funny. However, I don’t know whether that means it’s a timeless classic or whether my sense of humour has just never grown up.

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I remember when the PlayStation 4 system first came out, back in 2013, I was adamant I would never buy one. Why would I? My love of gaming was mostly just a love of the Uncharted series, and its protagonist Nathan Drake, and Naughty Dog had pretty much said that the introduction of a new console spelt the end for their flagship franchise.

Fast forward a couple years and I’m on the edge of my seat waiting for Uncharted 4 to (finally) be released. In all honesty I wasn’t as excited as I probably should have been when the fourth addition to my favourite gaming franchise was announced. I think perhaps it was something to do with the slightly uncertain reasons as to why Amy Hennig, the Creative Director behind all Uncharted titles to date, left the company leaving the Last of Us creators Neil Druckmann and Bruce Straley to take over. Now though, just months away from the (final, final, final) release date I’m definitely more hyped.

Uncharted 4: A Thief’s End is set a number of years after the events of 2011’s Drake’s Deception and protagonist, Nathan Drake, has finally settled down with his wife Elena, and given up the treasure hunting business. That is until his long presumed dead brother, Sam, turns up and draws Nate back into the game for one last adventure.

Together Nate and Sam seek to unravel the conspiracy surrounding Libertalia, a long lost pirate colony and it’s treasure. The brothers will be joined on their journey by Drake’s long-time friend and mentor, Victor ‘Sully’ Sullivan. Their travels will take them to Madagascar in search of Captain Henry Avery’s long-lost treasure, whilst the series’ latest antagonist Rafe Adler, and sidekick Nadine Ross, try to beat them to it.

**GAMEPLAY**

The gameplay in Uncharted has always been pretty good, it was never particularly innovative but it did what it said on the tin and was pretty smooth. First impressions of A Thief’s End are that the franchise has definitely developed since Drake’s Deception in 2011. Nate’s ridiculous ability to climb pretty much anything has always been the staple of Uncharted’s gameplay and will remain as such in the new release. Naughty Dog have introduced a number of new features to the gameplay which will make Drake even more versatile - he now carries a piton which can be used to climb rock faces and has a rope that can be attached to a number of items allowing Nate to swing across un-jumpable gaps.

Other new features include enhanced melee combat, a flashlight, driveable vehicles, destructible environments and also the introduction of a dialogue option system which will make the game a little more individual and personal to each player.

**MULTIPLAYER**

Naughty Dog recently released the Multiplayer ‘stress test’ for Uncharted 4’s multiplayer mode which ran over a weekend. Multiplayer was first introduced to the franchise with Uncharted 2 and hasn’t changed a whole lot since. Uncharted is never going to be the type of game that is renowned for its multiplayer offerings but it’s a nice little addition which adds a bit of replay value and to be honest it is quite fun. Though it’s not likely that it will stay popular for long.

The recent stress test gave all PS4 users to test it out and from my own experience of it there didn’t seem to be a whole lot that Naughty Dog need to iron out. However, Team Deathmatch was the only game mode that was put out in the test so it’s hard to tell whether other modes will work as well. The multiplayer mode offered a number of different characters from not just Uncharted 4 but previous releases too; bad guy Lazarevic along with Harry Flynn, Chloe Frazer and Tenzin were playable alongside new characters.

**GRAPHICS**

Uncharted has always been renowned for fantastic graphics, even going so far as to create a tongue-in-cheek ad for Uncharted 2 advertising it as a movie, and it would seem that the latest instalment will follow that trend. Whilst many have commented that Drake looks a lot older, and different in Uncharted 4, you’ve gotta admit he looks a lot less like a computer game character and more like the latest Hollywood heartthrob.

What I love about Uncharted is that they don’t focus on making cutscenes look spectacular and let the gameplay be a bit hit and miss - everything in Uncharted is pretty amazing. Plus this is the first (probably last) of the series to be made for the Playstation 4 system so updates in graphics are definitely to be expected. Naughty Dog have previously stated that the new system allows them to add immense depth to their character models - for example, Nate’s skin colour will change with blood flow in cutscenes. It’s all about the details!
Apple F.B.I.

Apple have taken on the F.B.I. and a federal district judge in California said that the dealing of a phone to a child of interest, and a right to keep the data on their phones private and secure, even when they have potentially committed a heinous crime. In this particular case, the F.B.I. have requested that Apple make it easier for them to access and decrypt data on a shooting suspect's phone although Apple are claiming that what is being asked for is tantamount to a back door meaning that it would also make the device more vulnerable to criminals.

The dispute between Apple and the Department of Justice is not clear cut as the DOJ stated it is only asking for access to a single device. In fact what has been asked is for Apple to force a software update which would disable some security features within their OS, the wiping of the device after ten wrong password attempts and the incremental wait time between attempts. In theory they then use a brute force attack to unlock the phone by trying a different password every 1.5 seconds. As a result it has been estimated that a six character password containing only lowercase letters could take over five and a half years to crack.

The way Apple devices receive updates is by sending their device ID along with a group of devices to their servers asking if there are any updates. If an update is available for you, your phone is sent back to the device along with the information it was sent and Apple's public key, which is compared with the one stored in the devices boot code, so that the device can verify that it is a legitimate update. In theory each Apple device could receive a unique update, but once this has been implemented it would be easy for them to replicate.

Tim Cook (CEO) has hit out in a passionate letter to customers, which may be giving off a false impression over what is being asked of Apple, stating: "While we believe this is a matter for the government to force us to build a backdoor into our products. And ultimately, we fear that this demand would undermine the very freedoms and liberty our government is meant to protect..."

Whilst some may see Apple's defence of Article 12 (Universal Declaration of Human Rights, Right to privacy) as a fable back the internet" from terrorists. In regard to Apple he also stated that he is "gonna get Apple to start building their dam computers and things in this country [America]."

Trump's views regarding Apple's stance was that "American, the technique is supposed to bring you into therapists and make you more relaxed and aware of your surroundings.

This month's app is Sleepfulness. Although it is a cheap Android app, a number of its users have sworn to it helping them get a better night's sleep by taking you through guided meditations concentrating on the various parts of the body in order to be more present. During the first few meditations it is not unusual to fall asleep as you become completely relaxed.

There are four stages of meditation for you to experience, each designed to make you feel more calm and relaxed. The main option people will use the app for is to get a better night's sleep. With a variety of guided meditations to choose from, you are not stuck with the same one each night which may become monotonous. If you cannot fall asleep there is another option to try and rest your mind when you are having a bad night. After a presumably relaxing night's sleep there are more meditations designed to help you wake up and feel more refreshed, with the final option being just to make you feel more relaxed during the day.

The app is presented with ten free tracks, all designed to help you relax your mind. There are then additional packs which you can purchase for specific needs such as Anxiety, Stress or Brightness. Alongside the mindfulness tracks, the app also gives you additional sleep insights as well as helpful tips and tricks when it comes to getting the most out of mindfulness, although we have not fully explored these features.

If you are hoping to get a foot in the mindfulness movement then this app may be for you, although recently people have had issues with the signup process.

High Tech Bobbies

With the raft of cuts the Police forces of England and Wales have had to endure, they have had to look at new ways of working smarter to be able to still deliver the service the public expect.

One of the latest forces have done this is to look at technology to assist in the officers jobs easier. Where in the past has been to replace the simple pocket notebook with a smart phone. Some of you may ask why, but the phone has many uses as well as being able to record notes from incidents.

The phones have now allowed officers to keep on top of their workloads by making use of digital data. Instead of being like a yo-yo having to keep up with updates and paperwork on the go. Needless to say they are more accessible to colleagues and the public via e-mail or phone and by not returning to the station, they remain more visible out on the streets and available to respond to incidents.

Providing safety isn’t compromised. Instead of radioing their control rooms, they can access the police national computer records for what law enforcement describe as “warrant-proof spaces” although law enforcement also used. Zoe Lofgren seemed to side with Apple when she stated that “The statement that an iPhone is a device is something that is private. Once you have holes in encryption, the rule is not a question of if, but when these holes will be exploited and everything you thought was protected will be revealed.”

Cardine Congressman Trey Gowdy offered the argument how is it possible to live in a world where the FBI has the authority to snoop on someone’s rear in search of drugs, but not the power to look at the locked iPhone of that same suspect? Although one has to ask if such an act is likely to be widely used, when a phone is more likely to be exploited by a third party where a vulnerability exists. Although a crass comparison, he did make the point of asking Apple to make clear what it is precisely that the request could be carried out safely.

California Congresswoman Zoe Lofgren stated that it was a breach of every American’s Constitutional right to privacy and a breach of privacy. Lofgren called the quest to provide entry into encryption exclusively for law enforcement “a fool’s errand.”

Trey Gowdy told Apple he was unimpressed with the company’s contributions to lawmaking and demanded the company draft a bill to implement a so-called “back door” through a technology problem. Apple retorted by stating when they draft legislation they are not going to prop up a bill that they consider incompatible or in opposition to their own interests, although Apple are claiming that this has been implemented it would open the phone so we can see who killed my mother”, said Louisiana Congressman Cedric Richmond. Mr. Sewell [Apple’s representative at the hearing] said that they had done a lot to help with that investigation, just without creating the kind of tool demanded by the FBI, it will be unable to assist further.

Republican Congressman Darrell Issa said the FBI had not explored all the options for accessing the data and circumventing Apple’s security, and that they should be investing in bringing people that expertise, not relying on companies like Apple to do the work for them. This call was backed up by Prof Landau, an independent cryptography expert who argued, that there was no way the request could be carried out safely.

If you find that your power adapter is affected you can either order a free replacement, worth £17.99 by using the code AFFECTEDADAPTER, or have your account credited with £12 of credit. Personally, I would suggest that if you are losing and purchasing a multi port surge protector with USB port. These devices often come with a high level warranty for connected devices which could save you an arm and a leg if something should go wrong and you are not insured.
INTERVIEW

This week I had a phone interview with the blogger behind Full Figure, Fuller Bust. We discussed her career as well as the issues surrounding body positivity today.

by HEDDWEN BETHAN CREANEY

How did you get started with your blog, and what inspired you to get started?
The blog started in 2011 after George Horne took part in a bra designing competition. Although she came third, George was inspired by the positive feedback she received. As the biggest model in the competition, she found that women loved seeing a model more like their shape. “They could see how the bra fits on a frame more like their own,” and finding that people liked what she was doing, George began her blog. “I was inspired by Thin and Curvy, a blog that reviews lingerie. I loved the way it was done, George began her blog. “I was inspired by Thin and Curvy, a blog that reviews lingerie. I loved the way it was done, George began her blog. “I was inspired by Thin and Curvy, a blog that reviews lingerie. I loved the way it was done, George began her blog. “I was inspired by Thin and Curvy, a blog that reviews lingerie. I loved the way it was done, George began her blog. “I was inspired by Thin and Curvy, a blog that reviews lingerie. I loved the way it was done, George began her blog.

Have you ever had any backlash from being in the public eye as someone promoting self love?
“Yeah, some people will make comments, saying things about obesity, but it’s not as bad as what some people get.” Unfortunately, she thinks that this might be because of her balanced social media feed showing her healthy diet and gym trips. “It’s a bit bad that you have to do that to prove that you’re healthy though.” She went on to say that some people publicly laugh at her on the comments in videos and pictures, tagging each other on social media. She recalled being called “a fatty” and said it was a shame that people think that kind of behaviour is okay.

Are there any major debates at the moment that you’d like to comment on with regards to women’s issues or size matters?
There was debate around Ashley Graham being on the cover of Sports Illustrated. It was argued that this was promoting obesity. “They were just showing a woman looking good. If this promotion theory was really a thing, then, after decades of being shown slim frames, we would all be thin.” There is also the old debate around the term “plus-size.” “There is nothing wrong with being plus-size. If you are a size 22 and you type in ‘dress’ to Google, you will be flicking through loads of pages before finding a company that even does your size. Put ‘plus’ in front and you’re straight to what you want. It’s not bad to be plus-size, and it’s not bad to call someone plus-size. It’s just a description.”

In your opinion, what role should the media play in body positivity?
“The media should show fat characters as not always being about their size, not having to lose weight, or characterised by being fat or frumpy.” She’d love to see big people being presented as people rather than just “fat or funny.” There are other gaps in our media’s representation of older bodies or shorter people. “I wish the media could show variety without making a big deal out of it.”

Your blog led on to modelling opportunities, and you worked with the clothing line Lady Voluptuous. How did that come about?
“A few years ago I came across Lady V London and asked about blogger reviews.” Now, George is rather embarrassed by her boldness, but it did put her on their radar. After a while of buying and reviewing their line, they did send a dress for her to feature. “I kind of proved that I really loved them and that I didn’t just want the dress for myself! The company introduced a plus-sized line and asked Georgie to the shoot. They asked her to design one dress. “At the shoot they told me if goes well, and the dress is well received, you can help with the line.” It was successful, and just one year later there is already a wide variety of dresses. “The line being exclusively for plus-size is important. The Lady Voluptuous dresses start from 16 and run up to a size 32.”

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If you could give one piece of body positive advice to the young men and women of Bangor Uni, what would it be?
“It is important to focus on what your body can do. Think about what is great about yourself.” George says. She isn’t a fan of her temper, but she thinks about it positively and appreciates the passion she has. “If there is something you can change that uplifts you, then do it.” She continued. If you’ve always wanted to dye your hair, then go for it. George says she doesn’t love her legs, but she thinks they look great in flared skirts, and she does squats to improve them. “Work on things to make your mind happier.”
Body positivity: time to be positive about the skin you’re in

Happy Image
by ANNIE PATEL

IMAGINE two selfies of women wearing bikinis with the same caption: #bodypositivity. The difference is that one woman is slim and the other is plus-size. Which one gets more Instagram likes? Both women are happy enough in their own skin to post on social media, but the comments differ massively. Body positivity comes in all shapes and sizes and to me it’s inspirational. I’d love to feel that confident one day. When my eyeliner matches up, my day is usually great because I’m confident and that affects my mood.

If you aren’t happy with your image, don’t change to fit in with how people want you to look. Change until you like what you see in the mirror. Remember that the only person that has to put up with you for the rest of your life is you.

Big is Beautiful
by TIARNA ARMSTRONG

FAT. There’s that word again. We only ever seem to hear it used in two ways – either in nutritional, scientific terms or as a malicious insult. Instead of my friends saying to me “You’re not fat,” I would rather hear something like: “There’s nothing wrong with being fat.” The main misconception is that fat equals lazy and unhealthy, which is not always the case. Thankfully, however, the media are slowly becoming aware of this and, slowly but surely, fat is being represented as being – not just normal – but beautiful. For me, that’s pretty damn important.

It is the idea that all bodies are good bodies. That weight, age, and shape doesn’t matter. While the modern day media celebrity culture would have us believe that thin, straight and white equal good, the body positive attitude aims to dispel those attitudes.

When you see someone like Jennifer Lawrence in a magazine or on television, the main word to describe her that comes to mind is ‘healthy’. This image of ‘health’ goes hand in hand with thin, which by default means that fat equals unhealthy. Is this really the case though and is it even socially acceptable to call someone fat based on their weight? Recently, the rise of the body positive movement has given people a place in which to fight back against society’s attitudes of what makes a body beautiful. Blogs such as Stop Hating Your Body, The Militant Baker and Fuller Figure, Fuller Bust boast thousands of subscribers and that figure is only rising. With the increase of celebrities who don’t subscribe to society’s outdated notion of beauty, the body positive movement is only going to get bigger.

What is Body Positivity?

Body positivity can be a truly great attitude to have but like most things, there is perhaps a dark side to the movement. What exactly is body positivity? While it’s most obvious definition is that of loving your body and being happy in the skin you’re in, it’s also a term which can easily be misconstrued or manipulated. What does being plus-size actually mean? Is it being a size 16 or something a bit more extreme?

Also, should we be championing body positivity over actual health? While many bloggers have sprung up to encourage women to be more positive about their weight, there have been reports of backlash against some of them. Bianca Blundell (host of the blog Sugar and Spice) was nicknamed Miss Skinny by followers after she dropped from 22st to 16st. Many of them also warned her not to lose much more weight. In a similar case, winner of Miss British Beauty Curve, 2013, Elena Raouna was chastised for dropping from a size 22 to 16. While she had health reasons for losing weight, that didn’t matter to her army of detractors, with many claiming that she could no longer be a role model and that she couldn’t claim to be plus-size anymore. If she’s not plus-size then which category does she fit into?

The notion of categories is dangerous in itself because it brings labels into play. Surely the body positivity movement is about everyone, inclusive to all regardless of size of appearance? Thinking about appearance then brings sex-appeal into play. Body positivity celebrates the fact that plus-sized women are sexy too which then only adds to the objectifying of women.

Body positivity is a good attitude but only if it’s used in the right way. All women should be celebrated for being beautiful, regardless of weight, appearance or race. It shouldn’t matter about how big someone is. Being happy about who you are and the skin you’re in is the only thing that should matter and that is what the bare bones of the body positive movement should be all about.
Yes, I do think fashion is important in society because it allows people to express their personality. Throughout the ages fashion has been an important part of society and culture. As the human world developed so did the practice of clothing and what people developed out of different materials to wear. From the beautiful arcs of printed silk dresses made in dynastic China, to the elaborate corseted ball gowns of eighteenth century England, what a colourful and imaginative array of designs that mankind has developed over the years! It is true that there are some stigmas with the fashion world which are understandable. Some people believe that the modern world of fashion can be restrictive, harsh and projects an unrealistic expectation of models and a price tag. However, I think that fashion doesn't need to be expensive, or a small size to be enjoyed. Fashion is about uniqueness and not adhering to what is considered the 'latest' or 'trendy'. Fashion is important in society because it has the potential to bring different people together to celebrate their own individuality. The best way to enjoy fashion is to wear what you love and be yourself!

Why does one's appearance hold such importance these days? I can't leave the house without making sure that I look acceptable for others, never mind myself, and it's infuriating. In countries like South Korea, keeping up with the latest fashion and appearance is so important, it can affect your ability of gaining employment. That is taking fashion too far don't you think? In modern society, we place fashion too high on the scale. The fact that wearing a tracksuit or a suit changes people's perceptions of someone's personality is so ridiculous. And don't get me started on brands. It doesn't make you a better person if you wear a designer brand than a cheaper brand, it makes you a worse person if you think it does. Dress codes in a work environment are something that doesn't need to exist. I just don't understand how wearing a tight pencil skirt is acceptable office wear for sitting down in an uncomfortable chair from 9 to 5. On the opposite end of the spectrum, those women that risk their health for wearing 4 inch stilettos to work every day are plain crazy, brave but crazy. Fashion is so fickle and it's exhausting having to keep up with trends. I don't know how Anna Wintour does it.

by KATHERINE BARNES

by ANNIE PATEL
**CREPERIE CAFE REVIEW**

*by PHILLIP SUTCLIFFE-MOTT*

Sweet waffles are tricky, and it's not because of some special recipe or secret incantation to be uttered before adding toppings. Simply, there is a narrow goldilocks zone where a waffle's toasting time in which it is perfect: something close to crispy around the outside, yet fluffy and sweet within. The Creperie Café on Holyhead Road gets it right every time. There's something to delight everyone, whether chocolate and nuts are your game or you prefer something a little fruity, and they don't skimp on the portions. I recommend the white chocolate waffle with strawberries to anyone inclined towards indulgence the next time they wander past. It might not be too surprising that a creperie also produces crepes. Lots of them. Sweet and savoury options are on offer for a very value-savvy price, which means you can grab a filling meal to go for under £5. While it's different variations of the same ingredient set, there is nothing wrong with sticking to what works. High quality aside, it is fast food after all. Hot dogs, sandwiches, and breakfast foods are on offer too, but you don't go to Spain for fish and chips, and it's always a good idea to order what you can't get elsewhere, especially when standards at the cafe are so consistently high. The crepes and waffles at the Creperie Café are by a large measure the best in Bangor. The standard range of hot drinks is on offer, and they're mostly up to scratch. The espresso is sometimes made with too fine a grind, and the resultant latte or cappuccino has a slightly burnt flavour. It is only marginal though, and the barista is generous with their syrups. The mint latte in particular is a triumph. The Creperie Café offers a reasonable choice of fresh, affordable food to go. A real treat.

**MINI INDIVIDUAL TARTS**

Makes 6
1 sheet of filo pastry per tart
2 red onions, finely sliced
2 tbsp brown sugar
½ tsp salt
1 slice of goat's cheese per tart
60g butter
Splash of olive oil
Black pepper

1. Heat butter in a saucepan with the sugar and salt. Cover with the lid, turn the heat down and cook for ten minutes. Then leave to cool down on the side.
2. Preheat the oven to 170 degrees C.
3. Brush a muffin tin with the melted butter. Work with one sheet of filo pastry at a time. Brush the sheet of filo pastry with butter and cut into four squares. Place the pastry into the muffin tray. For each tart, use four layers of pastry.
4. Once you've made how many tarts you need, fill the tarts with about one and a half teaspoons of onion mix.
5. Top each with a slice of goat's cheese and pop in the oven for 15 minutes until golden on the top.
6. Top with black pepper and serve hot.

**QUICK MEXICAN BEAN DINNER**

Here's my favourite Mexican-inspired meal that is pretty much straight from the can.

**Top tip for looking flash:**

Cooking for a date? Have dinner almost ready for when they arrive. Keep the beans on a low simmer, cook the rice, drain and then submerge in cold water to cool them down without them going sticky. Leave them resting in an empty pan in the sieve. When your guest arrives, you can show off crushing the coriander seeds and toasting them. Then boil a kettle and pour the hot water over the rice to reheat it, and serve up. If you will be cooking the beans for longer, just make sure to add a bit of water if it starts to go dry.

1. Preheat the oven to 180 Degrees and butter or line a baking tin that can hold 1½ litres.
2. Beat together the butter and sugar, then fold in the flour. Add the milk, beaten eggs, and vanilla extract and mix well.
3. Stir in the dates and pour it into the tin. Bake for 45-50 minutes.
4. About 10 minutes before the cake is ready, make the sauce.
5. Gently heat the butter and sugar in a small saucepan, stirring until the butter has melted and the sugar dissolved. Add the cream and heat until the sauce is warm through.
6. Remove the pudding from the oven, cut into 8 pieces and spoon over the toffee sauce. Serve immediately with a scoop of ice-cream.

**For the sauce:**
125g butter
175g light muscovado sugar
6 tbsp. double cream

1 can chopped tomatoes
1 can five bean salad
1 can chickpeas
1 tsp. coriander seeds
1 tsp ground cumin
1 tsp smoked paprika
1 tsp tomato paste
(1 tsp. tomato ketchup)
black pepper
rice
optional: spring onion, finely sliced
optional: any chopped veg you like eg. Mushrooms, peppers

1. Heat some oil in a pan and add the optional veg. Let that cook for two minutes, then add your beans (drained) and chickpeas. Stir in the smoked paprika, cumin, and any other spices you want to add.
2. Let that cook for a few minutes, but don't let the mixture go dry. Turn up the heat and add the tomatoes and ground black pepper. I like to add in a bit of turmeric (about half a tsp) because I think it gives it a nice colour.
3. Bring to a simmer and reduce the heat a little more. Let it cook for 15 minutes, while you cook the rice.
4. Use the end of a rolling pin, or the flat of a table knife, to crush the coriander seeds. Toast for a few minutes on a dry pan over a low heat and leave to the side.
5. Plate up the rice, topped with the beans, and sprinkle over the spring onion and toasted coriander seeds.
City Break to Kraków

By CHARLOTTE HOWE-MCCARTIN

What is your favourite city in Europe? Most people look at me with a touch of bewil-derment in their eyes upon receiving my answer, expecting the usual of Rome, Berlin or Budapest, however, my answer is Kraków, Poland. This medieval capital is a cultural jewel in Poland’s steeped history, and if you were to believe the legends, such as the Wavel castle, which is built upon the caves that was home to a fire breathing, virgin eating, dragon… You can wander through the 200ft cavern called dragon’s lair yourself. Wavel Castle was built at the de-mand of Casimir III the Great, and since then it has only grown in pres-
tige, you can explore the state rooms that have housed many kings, filled with tapestries and gold, as well as the occasional sword.

On the other side of the river the tragic Jewish history of Kraków is un-mistakeable, the Podgórze suburb, once left as a dispirited industrial dis-trict, it is now in the midst of rejuvenation, sparked by the cultural interest of World War Two. During which 90% of the Jewish population in Kraków were driven out, and forced into the overcrowded, inescapable Jewish ghetto by the Nazi Party. On the site of the Plac Bohaterów Getta, stands a dominating memorial to those resi-dents, 70 oversized chairs are spread across the small square (designed by Piotr Lewicki and Kazimierz Latka) represent the furniture left behind, but also waiting, waiting to find out your future, waiting to find out if your loves ones are alright, waiting to be free. The ghetto housed over 16,000 people at any one time and once in the ghetto most of the population were transported to concentration camps. Just south of Podgórze is one such camp, Plaszów Labour Camp, which at its largest point held 25,000 people; deep in a quarry, little re-mains except the many memorials. Just outside Kraków, however, is per-haps the most unfathomable disso-nant site of Auschwitz and Birkenau where over 1.6 million people lost their lives. Also in Podgórze is the factory of Oskar Schindler, famously known as the hero of Schindler’s Ark by Thomas Keneally and later on in Steven Spielberg’s Schindler’s List, who saved more than 1,000 Jewish lives, the factory is now open as a museum dedicated to him and the Jewish population. However, and here is why Kraków is my favourite city, despite it’s recent history, they do not hide it and they do not ignore it, (as some European cities could easily be accused of), instead they have created memorials so that peo-ple may never forget, yet can move on.

On the other hand, Kraków is sur-rounded by beautiful neo-classical architecture, it is home to one of the oldest medieval market squares in Europe. All around there are cafe’s and bars to just sit and relax, some of them serving the most unusual fla-vours of vodka, and cocktails made with a spoonful of brown sugar, which certainly added an interesting twist! Yet the square itself is domi-nated by the renaissance Cloth Hall, one of the most iconic buildings in Poland, which exhibits some of the best pre-romantic art, as well as the 14th century gothic St Mary’s Basili-ca. However, in one corner, dwarfed by most of the other architecture, and with most people just walking past, is the Church of St. Adalbert. It is one of the oldest stone churches in Poland, however, if you should be so lucky, the Royal Orchestra per-form here occasionally (or some of them – it would be impossible to fit a full orchestra inside…), but it is simply sensational.

Anna in Australia

T
eleven days, two girls and an un-reliable van, we ventured on a trip of a lifetime. Driving up from Victoria to Queensland, Byron Bay and Nimbin being our last and favourite destination. An absolutely gorgeous town where the trademark laid back, new age populace lives an escapist, organic lifestyle against a backdrop of evergreen hinterland and endlessly surfable coastline. It truly fit in well with the stereotypi-cal ‘austrie town’ as we would imag-ine back at home. Everyone surfed, walked barefoot and were more wel-coming than imaginable. We were lucky enough to have considerable time to spend in Byron, meaning we were able to experience everything the town had to offer. Endless hours on the beach, kayaking in the clear ocean in the hunt for dolphins and turtles to skydiving over the beauti-ful town and witnessing phenom-enal views from such a height. There wasn’t much of a ‘clubbing scene’, but you’re more likely to find yourself at 3am surrounded by 30 odd people singing and dancing on the street, high as hell in comparison to any other town at 3am where the town would be filled with the stench of urine and vomit. The majority of our nights would end like this, groov-ing to music by talented, new art-ists till the crack of dawn. However, you would also see your fair share of ‘social media attention seeking’ individuals. The type that were more concerned with taking photos of themselves wearing overly priced ‘hippy clothing’ along with cultur-ally inappropriate head dresses and bindi’s stuck on places where they shouldn’t be stuck for the sake of a couple of Instagram likes. The type that would join a self reflection beach class but not with the intention of becoming a better person, more con-cerned about getting the right shot whilst doing the right pose as the sun starts to set. Nimbin on the other hand, was completely different, only a 40 minute drive from Byron but lo-cated in the middle of what seemed like a British countryside, so much greenery and not a coast in sight to be seen. Nimbin, was truly the most intriguing but strangest town I have ever witnessed, basically the drug hub of Australia. The majority of the population consisted of gypsy fami-lies, elderly fortunetellers and deal-
ers. Upon arrival, there was a huge tent labelled ‘the mingle tent’, where you could go to buy drugs or have sex. They wouldn’t ask to have sex with you for the sake of having sex, instead making it sound as if it’s for a beautiful spiritual experience: “we could make love on mother nature’s work of art.” I was told. I had to kindly decline but it made me realise how nearly everyone in this town was cooked. You couldn’t walk down the street without being offered any sort of drugs or sexual experience. It was quite entertaining to be blunt. Just seemed as if everyone in Nimbin was at one with nature and in their own little world all the time.
Bangor City Latest Performances

by JOE CAINE

After a very impressive 4-3 comeback win at home against Rhyl, Bangor City’s next game didn’t go in a similar fashion. Bangor faced off away against Haverfordwest where they found themselves in a struggle as Haverfordwest had a clever control of the game from kick-off. Bangor found themselves a goal down when a brilliant half volley was saved by Bangor goalkeeper Connor Roberts, only for the ball to fall at Jason Bertonelli who struck the ball towards Connor Roberts goal only for Roberts to pull off a magnificent save. Both sides were equal and so a draw and a point for each team was fair. Bangor certainly looked hungrier for more points and will hopefully get the all needed three points and a win in their next match.

2016 Davis Cup is Back

by JOE CAINE

Round four of the 2016 Six Nations saw the giants of Wales take on England. It was a very tight and close affair. However, the first half was completely dominated by England in terms of scoring. Farrell scored three penalties within the first 20 minutes to put England into a 9-0 lead. England then got the game’s first try after good play from Itoje and Brown who released Watson to put his side further in the lead. Farrell then scored the conversion to make it 16-0. Soon after the break, Farrell scored another penalty to make it 19-0. 10 minutes later and Wales began to come back. Biggar broke the strong England defence to get a try, later scoring the conversion to make the score 19-7. Farrell then put the match to bed by scoring another two penalties. Wales still didn’t give up, putting up a good fight when North scored a try and Priestland scored the conversion.

Minutes later, Faletau touch downed Priestland and scored another conversion to win Wales with minutes remaining. But Wales couldn’t get the much needed points.

The other game saw Ireland dominate Italy with a record breaking nine tries. Ireland had a 12-0 lead after scoring two tries when Padovanu got Italy’s first points by scoring a penalty. Italy’s first try of game came from Odete. At this point, Ireland were well in the lead and looking like they were picking up all the points needed from the match. The match finished at 58-15 making it Ireland’s first win of the tournament, whereas Italy are still sat at the bottom of the table and still yet to win or get any points on the board.

The next round sees Wales take on the battered Italy. The victorious England will face France in Paris. Recorded try breaking Ireland will play Scotland.
## Bangor BUCS: Latest Results

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<td>Bangor Uni Mixed Golf 1st</td>
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## 2016 Six Nations Round up

### by JOE CAINE

After only just winning the last Davis Cup competition, Great Britain sprang back into action when the competition started again this month where they faced Japan. The Davis Cup sees many national tennis teams made up of 4 players face off against one another with the winning team progressing through to the next round.

There are five matches in each round, for one team to go through to the next round they must win three matches. The first match was between Great Britain number one and world number two ranked Andy Murray and Taro Daniel. Murray out classed Daniel in what was a very straightforward match where Murray won in straight sets by quite a margin. The young and up and coming Daniel Evans faced Japan’s best and world number six Kei Nishikori in the second match. Nishikori won the first set comfortably, using his advanced skill, experience and power to win. Though Nishikori went on to win the second and third sets to win overall, Evans did put up a good fight, even taking the final set to a tie break. Evans certainly does look like an exciting prospect for the future for Great Britain. The fourth match of the round was a doubles match between the Murrays (Andy and Jamie) and Nishikori and Uchiyama. This was the closest match of the round, in which the Murrays took the first two sets but with a struggle. Japan clawed back by winning the next two sets comfortably, making the final set all important. Britain sprang back to life however and won the final set 6-3 to make the overall score of the first round 3-1, seeing Britain go through to the next round.

### by MARK JAMES KELLY

March 12th 2016, a group of young men from Bangor embarked on a 596 mile trip journey to Edinburgh in search of the British University Division 2 Championship final. The journey began in September when a recruitment drive was required to fill a team as we lost a few key players last year. We were so short of players in September the University threatened to pull the team from competition this year but a discussion with the committee and our VP of Sport, Becca Kent allowed us to push for triumph. We were given a lifeline by the student’s union and promised them success in return for their support in the team. As you can imagine getting boys out to train 8-10pm on a Friday night can be a task but the lads we picked up were keen to learn and happy to train late into the start of their weekend. In the BUCS league we were up against the toughest teams in Britain. This gave us little chance of victory but allowed us to gain valuable match experience. We managed to learn a lot through defeat and when we got the chance to play Liverpool John Moore’s 2nd team we capitalised and showed the university what we were capable of. 18 – 42 was the score we won by. Which is a great achievement, considering the sheer amount of Irish students at Liverpool universities. The rest of the league didn’t reflect our efforts as teams are often reluctant to travel to Bangor as we are without a proper Gaelic pitch. After the league finished in January, it was time for the real competition, British University GAA Championships. From our league position we were put into division 2 of the championships which were to take place in Manchester over a weekend but due to waterlogged pitch our games were moved to Leeds last minute. This added extra travel time to leaving Bangor at 6am may have explained our poor start to the group games, losing our first two but after beating Cardiff Met it was enough to get the ball rolling and managed to win our next two games which was enough to secure our place in the Final on Sunday. After our games on the Saturday we returned to Manchester where we had accommodation booked. Once back at the hostel we got the news that the Final was postponed due to the state of pitches a day of use and rain had left them in. This allowed us to return to Bangor with the clear goal of putting our University on the map for Gaelic football throughout the UK and the determination to put in those extra nights of hard work on top of other commitments to ensure come March 12th Bangor/University Gaelic Football was respected and feared when alongside any university name on a fixture list.

The Gaelic Football Team winning the Division 2 Championship.
Team Bronze for Women’s Judo

by LJ TAYLOR

Bangor University’s Judo Club have claimed their first team medal in BUCS Championships.

The team was composed of Aimée Boyd, Ola Finnigan and Sam Hemming - a lightweight, a middleweight and a heavyweight.

“I’m really happy with our performance at BUCS. It was a really hard, high level competition and I think we did very well” Ola Finnigan, who is studying Sport Science and is currently ranked 15th in 78kg category in the UK says: “During the three years I’ve participated in judo I’ve done so much, and it’s nice to finish university with another BUCS medal.”

The team were initially in a group against Durham and Manchester University, needing to win two out of three fights against each rival team. They defeated Durham but only won one of their fights against Manchester though that was enough to come second in the group and give them a chance to fight for a place in the quarter finals. Against Glasgow Aimée fought a competitor 20kg heavy than her and just narrowly lost, however, both Sam and Ola won their fights and the team were able to advance to the quarter finals against Bath.

Bath are considered to be a club at a very high level, coming 1st place in team events for a number of years, and Sam was up against a full time judo player.

Aimée, who studies Psychology with International Experience says: “We all gave it our best shot and fought well, but it just wasn’t enough this time round. We were awarded the club’s first Bronze though - which we were all chuffed with.”

The team also competed in the Individual’s Women’s High Grades category with Sam winning against a player ranked 8th in the country, earning another Bronze medal.

“I’m really pleased to win my bronze as I beat the one that pipped me to the post last year, who was also the highest grade entered in the competition” explains Sam.

Next for the club is the Lommel International in Belgium where they will be competing individually in their own weight categories.

Women’s Lacrosse Win the League

In the final match of the season for Bangor University Women’s Lacrosse team they beat Keele 13-1 at the Ffriddoedd pitch in Bangor. This meant they finished top of the BUCS Northern 2A league with a goal difference of over 100
Wednesday 9th March saw the final of the BUCS Northern Conference Cup competition held at a neutral pitch at the University of Lancaster. Out of the 64 teams that entered the cup Bangor Ladies 1st team made it to the final against York University 1st team. This is the furthest Bangor have ever committed Women’s 1st team coaches Aaron Cobb and Scott Warburton have worked together to provide effective training sessions this season. The core players of the squad have consistently played and trained together for two seasons now, escaping the destructive annual player rotation typical of the university club arrangement. This has been a key part of the team’s success this year along with Beth Kenny’s passionate Captaincy. This year the team finished 3rd in the local league and are hoping to finish 2nd in BUCS league with two games still to play. In previous years this would have been considered a successful season in itself but this year the team have broken Bangor records as well by winning the BUCS Northern Conference Cup.

Bangor came out hard, playing with a high tempo from the offset which lead to the first goal from Amy Ward set up by Lily Helme in some fast pace play. An intentional foul on Celina Hackett by a York defender while inside the D gave rise to a penalty flick taken by Beth Kenny, first team captain. Kenny stepped up to the spot and slotted the ball into the right corner of the goal just above the backboard giving Bangor a 2-0 lead.

York fought back hard winning penalty corners in succession, one of which was converted by a cunning deflection from a York attacker positioned by the right post. End to end play ensued with some fantastic saves by goalkeeper Heidi Kenny and intelligent defensive play by Bangor. The whistle went for half time with Bangor holding onto a 2-1 lead.

York pulled it back to 2-2 with another penalty corner conversion at the start of the second half. Bangor’s team spent a significant period of the second half with 10 players on the pitch, after the umpire showed green cards meaning a two minute suspension to a number of Bangor players for unnecessary somewhat careless fouls. The game became scrappy as Bangor’s confidence dropped. With encouraging cheers from the supporters, three minutes from the final whistle Amy Ward came through once again by sweeping in another goal, this time set up by Rachel Faragher. The final whistle blew with the score of 3-2 to Bangor, winning the cup and making BUHC history.

The team wanted to thank the supporters for giving up their time to travel away with Bangor on a number of occasions and also to the huge crowd who supported the semi-final game against Leeds Beckett 2nd team at home. They also wanted to give credit to the players who have contributed to the Cup efforts but were unfortunately unavailable on the day of the final.

Ladies Hockey bring home the cup

BANGOR 3-2 YORK

1st team beat York to make club history and win BUCS Northern Conference Cup

by LILY HELME

Wednesday 9th March saw the final of the BUCS Northern Conference Cup competition held at a neutral pitch at the University of Lancaster. Out of the 64 teams that entered the cup Bangor Ladies 1st team made it to the final against York University 1st team. This is the furthest Bangor have been in the competition to date, with both Men’s and Women’s hockey teams never making it past the semi-finals in the 5th round of the Cup. Ever committed Women’s 1st team coaches Aaron Cobb and Scott Warburton have worked together to provide effective training sessions this season. The core players of the squad have consistently played and trained together for two seasons now, escaping the destructive annual player rotation typical of the university club arrangement. This has been a key part of the team’s success this year along with Beth Kenny’s passionate Captaincy. This year the team finished 3rd in the local league and are hoping to finish 2nd in BUCS league with two games still to play. In previous years this would have been considered a successful season in itself but this year the team have broken Bangor records as well by winning the BUCS Northern Conference Cup.

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