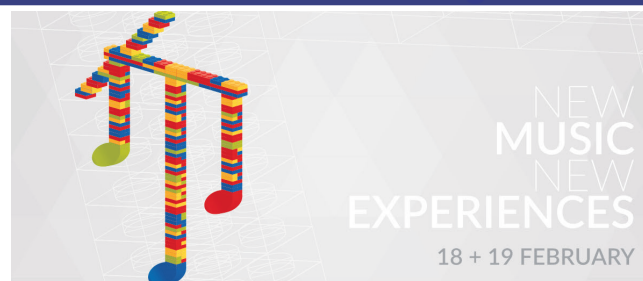




STUDENT VOLUNTEERING

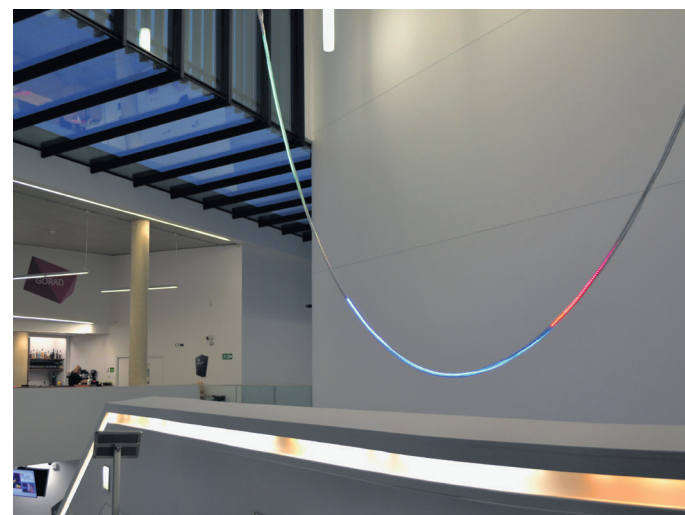
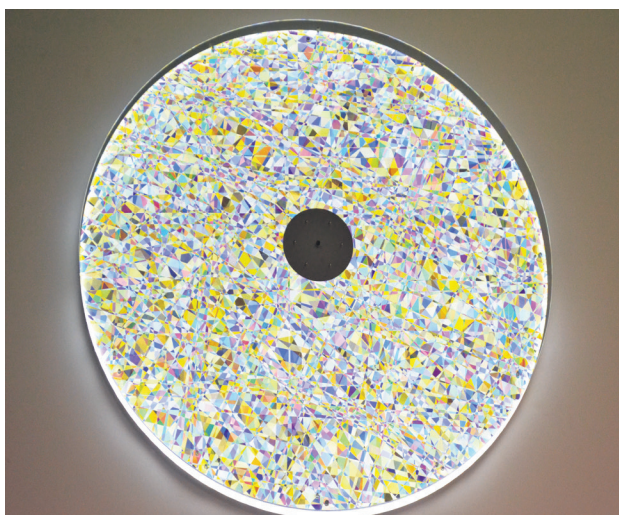


VALENTINES ISSUE



BANGOR MUSIC FESTIVAL

Bringing light to Bangor



Local artist displays new public art exhibition at Pontio

by **EMILY RIMMER**

You may have noticed certain pieces of technology that have been appearing throughout Pontio over the past couple of months. These pieces are part of a public art commission called 'Changing Light'.

The artist behind the collection of works is called Jessica Lloyd-Jones. Jessica is a local artist based in Llangollen. She is a visual artist who merges art, science and technology as she investigates the interaction of materials and processes with light. She does this by creating artworks and installations that encourage us as an audience, to look at the world in a different way.

Her previous site-specific works include a permanent light installation at Ruthin Craft Centre, Ruthin and wind responsive architectural lighting at Plas Heli, Pwllheli. Jessica attended Staffordshire University in 2005 where she graduated with a 1st Class BA Hons in Fine Art and later in 2007 received a MFA Sculpture from Edinburgh College of Art. She has also gone on to win various awards such as

the Arts Council Wales Creative Wales Award recipient and being shortlisted for the Royal British Society of Sculptors Public Art Award in London.

Her work has now brought her to Pontio, Bangor where over the past five months, Jessica has been testing various ideas for temporary installations and interventions involving light, which are now being installed in public spaces throughout various floors in Pontio.

Her collection will carry a total of five pieces of artwork that will be revealed between now and March when Jessica will give a talk and do a walk



through of her artworks. The talks will be free of charge and take place on the

11th March at 11am, 1pm and 3pm and booking in advance is essential. The talks will coincide with Bangor Science Week and Jessica will discuss the creative processes behind each of the pieces of art.

The first of Jessica's artworks is inspired by a visit to the Photonics Academy of Wales at Bangor University and is named 'Light Wheel'. An everyday material; sellotape produces changing colours and patterns when viewed through a specialised filter - revealing an otherwise invisible phenomena. The work changes throughout the day, becoming more vivid as evening draws in. Jessica worked with local engineers to realise this large scale artwork.

Her second piece is named 'Arc' in which, Comets of red, green and blue light intersect the main atrium space in an 'arc' formation referencing the motion of a swinging pendulum. Jessica worked with lighting specialists and programmers to carefully design and choreograph the dynamic display of movement.

Thirdly, her piece named 'Spectral Sensing'. The piece works by sensing

light and shadow to activate a programmed sequence of animated lights concealed behind an array of lenses.



Walk near to the artwork to 'activate' some spectacular visual effects.

Her final two pieces are named 'Spectral Shift' and 'Solar Chroma'. 'Spectral Shift' employs a similar spectral effect to 'Spectral Sensing'. A series of light tubes are suspended vertically within the window of the Gorad restaurant. The tubes appear almost transparent in the day, but as the evening draws in, they reveal a spectral array of colour, heightened by their mirror image reflections on the windows.

'Solar Chroma' are series of suspended colour-changing panels display transparent and reflective hues against

the ambient daylight. In moments of sunlight colourful projections can be seen on the surrounding walls, activating the space to create a sensory walk way.

Jessica talks about the artworks stating: "Many of the pieces created have a kind of transience about them - changing throughout the day in different ambient lighting conditions. They are in a continuous state of flux. Some artworks increase in intensity from day to night, some are enhanced by sunlight and others are interactive. It is these inherent qualities in the works that excite me; the fact that they are always changing and never look the same."

She goes on to state: "The project has been both liberating and challenging, giving me creative freedom to realise whatever my imagination could come up with. The public art commission has been a unique opportunity to respond to the architecture of the new building and experiment with unconventional materials."

All photos by the artist - Jessica Lloyd-Jones



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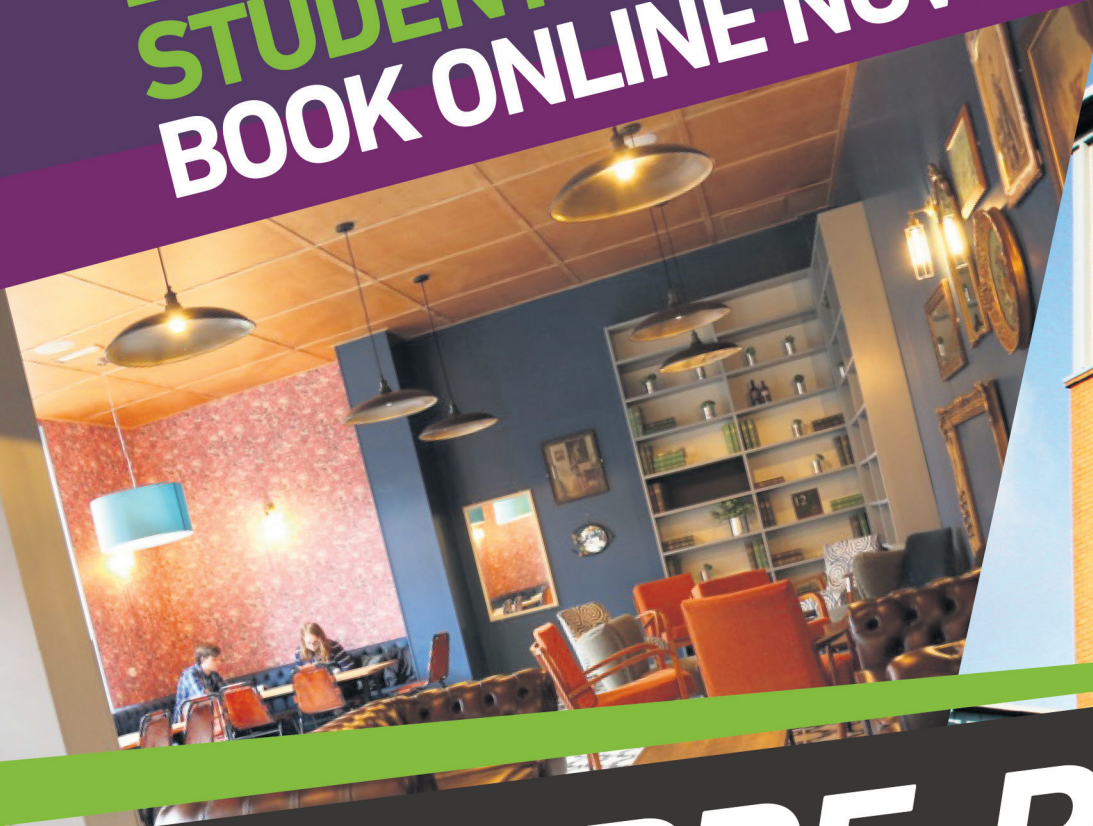
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EMILY RIMMER
EDITOR

editor@seren.bangor.ac.uk

It's that time again when you see our friendly faces popping up in your kitchens and around bangor to deliver you the latest news from the university and the local area. This issue is based around the biggest thme of February, Valentines Day. Valentines Day is one of those where people love it or they hate it, it always devides opinion. For the singles out there its just another reminder that you don't really need and for the ones in relationships it's an excuse to flower your other half with affection all day. For someone who is in a relationship though, I don't really get the whole Valentines Day thing as aren't you suppose to show your other half how much they mean to you everyday? Surely getting them a novelty card and a gift doesnt show that? But as much as I am a skeptic, the day still gives me an excuse to go out for a nice meal!

Another exciting day this February is the best day of all... Pancake Day!! As of tradition for my whole time in uniersity, I make my house mates and of course myself, as many pancakes as we can eat, which normally involves a few full stomachs. Pancake Day is the ultimate cheat day but what historically follows Pancake Day is having to give something up for lent. As for myself, I have tried every year at giving up crisps, swearing, carbs but all have failed so as of yet I have not wrapped my head around what I am going to fail to give up for Lent.

The front page story of this issue focusses on the new art pieces that you have probably notice pop up around Pontio. It was a delight to get to write about Jessica who is the local artist whose pieces are being showcased around Pontio. This front story explains a little about the artist herself and also about her present art pieces and her pieces still to come up until the end of March.

I hope you will enjoy our issue this month and don't forget to keep an eye out for our March issue which will be a big one as we are talking about SAB election results and of course the upcoming Varisty in Aber.

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

Seren is printed by NWN Media.

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CONTRIBUTORS

Ffion Jones	Jess Simms
Charlie Wilson	Francesca Sciarillo
Simran Prasad	
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NEWS

IN BRIEF

Beyonce pregnant with twins

BEYONCE and her husband Jay Z say they "have been blessed two times over"; using Instagram to announce that she is expecting twins.

"We are incredibly grateful that our family will be growing by two," the pair wrote, and "we thank you for your well wishes".

The post, signed "The Carters", has a photo of Beyonce with a baby bump, wearing lingerie and a veil.

The couple already have a daughter, Blue Ivy, who has just turned five.

The star, 35, is due to headline the Coachella music festival in southern California in April. The announcement gave no indication of the babies' due date.

In 2011, Beyonce revealed her pregnancy to fans during the MTV Awards.

She opened her performance of Love On Top by announcing: "I want you to feel the love that's growing inside of me."

During the closing bars of the song, she opened her jacket to reveal her baby bump. The camera then cut to Jay Z, who was being congratulated by Kanye West.

Blue Ivy went on to inspire a song on Beyonce's self-titled album, and appeared several times in last year's Lemonade.

Jay Z revealed in the lyrics to his track Glory that Beyonce suffered a miscarriage before the birth of Blue Ivy.

Anglesey swimming pool causes burning and rashes on schoolchildren

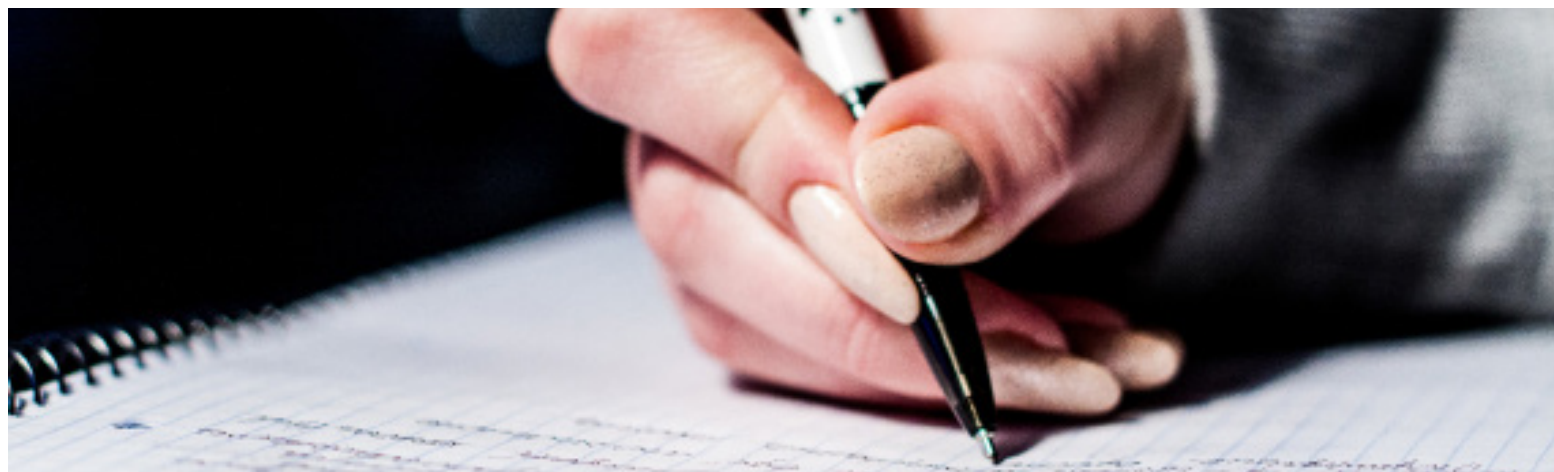
EMERGENCY Services were called to an Anglesey Leisure Centre on Wednesday to treat 30 schoolchildren.

The students from Gaerwen's Ysgol Esceifiog complained of burning and stinging on their skin whilst swimming.

The ambulance response treated the students whose injuries were not thought to be serious, and students from Ysgol Gyfun Llangefni were also assessed.

Leisure Centre staff closed the pool and it remained closed for the remainder of the day, whilst the rest of the centre opened once again in the afternoon.

The incident has been called 'isolated' and is thought to have been caused by a high exposure to chlorine. The Council is looking into it in full.



University applications fall with drop in nursing and EU students

University applications have fallen by 5% - with the decline driven by a drop in European Union students and a sharp fall in nursing applications.

Universities Minister Jo Johnson said that despite the overall drop, more 18-year-olds were applying to university.

These Ucas admissions figures, up to the January deadline for courses starting in the autumn, show a 5% drop in UK students and 7% drop in students from the European Union.

Universities have been warning about the impact of Brexit on their finances if European applications fall and these figures show a significant

decline in candidates from the EU.

There has also been a decline in UK students applying and this has been when fees are being increased. The fall in applications in England of 6% has been three times greater than in Scotland at 2%, which remains without tuition fees. Applications from Wales fell most, by 7%, and Northern Ireland by 5%.

Nursing had the biggest fall of any individual subject, and Janet Davies, general secretary of the Royal College of Nursing, blamed this on the switch from grants to fees and loans.

"We warned the government the removal of student funding would see a sharp drop in nursing applications.

These figures confirm our worst fears," said Ms Davies.

But there were drops across other subjects - particularly among older students not applying directly from school. Among 19-year-olds, numbers were down 9%. And among 25-year-olds, applications were down 23%.

However, 18-year-olds, such as sixth-formers applying from school, numbers have continued to rise to record levels, up to 37% of the age group. There could be an upside for those who are seeking places - with universities likely to be competing to attract students.

Sorana Vieru, vice-president of the National Union of Students, said the

fall in applicants was "disappointing, but not a surprise".

"Uncertainty around increases in tuition fees, loss of maintenance grants and the rising costs of living and studying at university are too much of a risk to some potential students," she said.

Labour's shadow universities minister, Gordon Marsden, said: "We warned the government at Christmas their sneaked-out tuition fee increases and the accompanying increased debts would have damaging impacts on students and their numbers."

Emmet Till's 'victim' lied



After more than a half-century of living a lie, Carolyn Bryant Donham, the supposed victim of Emmett Till, decided to tell the truth.

Emmet Till never grabbed her by the waist and said, "You needn't be afraid of me, baby I've (done something) with white women before."

She can't remember now if the 14-year-old Chicago youngster even whistled at her on his way out the door.

Her confession to historian and author Timothy Tyson in 2007 may have helped clear Donham's conscience and

bring her to this place of "tender sorrow" she says she now feels for Till's deceased mother. But for many individuals who are just learning of this revelation in Tyson's new book, "The Blood of Emmett Till," it does nothing.

It is not right to elevate the status of her lie by calling it a catalyst for the American civil rights movement. Nor is it right or needed to ask her to step forward tomorrow and warn America about the consequences of hatred.

If there is a single incident that ignited the spirit of a fledgling civil rights

movement in the U.S., it was Emmett Till's mutilated body lying in an open casket in a South Side mortuary.

Since he was brutally killed in 1955, Emmett Till's story has been shaped by the lie that Bryant told. While his murder has been used to highlight the atrocities of the Jim Crow South, it has also painted Till as a clueless teenager who was killed because he didn't understand the social mores of the Deep South.

Rise in number of North Wales Police staff off sick with mental health issues

The number of North Wales Police staff taking time off work with mental health problems has significantly risen in the last five years.

The amount of employees in the force being signed off work long with long-term psychological issues has also rocketed by 77%.

The statistics, which were released by North Wales Police following a Freedom of Information request, showed that 197 of its workers took time off with mental health issues in 2015/16 - 40 more than in 2011/12.

Meanwhile the number of employees recorded as being on

long-term sick leave - defined by the force as 28 days or more - also increased from 49 in 2011/12 to 87 in 2015/16.

During the time period, the force has seen its overall number of police officers and staff increase from 2,587 in 2011/12 to 2,609 in 2015/16.

Sara Moseley, Director of Mind Cymru, said: "It's worrying but not surprising that the number of days lost to stress-related sickness absence has seen such a significant increase in North Wales. Police Officers do an extremely challenging job day in, day out, frequently encountering

difficult and traumatic situations. But they're not immune to mental health problems - in fact, our own research has found over nine in ten emergency services workers have experienced stress, low mood or poor mental health while working for the emergency services, and over one in four admitted that this had caused them to contemplate suicide. That's why it's so important that comprehensive, ongoing mental health support is available."

North Wales Police and Crime Commissioner Arfon Jones said he has provided additional funding for a counselling service to

support staff officers affected by psychological illnesses "so they can make a better recovery and hopefully reduce future sickness."

He added: "I have already spoken to the chief constable about the number of assaults on police officers which is a cause of absence and I will be scrutinising the work of the human resources department to understand the reasons for the increase in long term and psychological illnesses and to find out what is being done to address the situation."



IN
BRIEF

Storm forecast
delays home-
coming for
Bangor-born
sailor Alex
Thomson



AN event to mark the achievements of sailor Alex Thomson in the round the world Vendee Globe race has been postponed due to forecast storms. Thomson, who is based in Gosport, was due to sail from France to Portsmouth Harbour the weekend of the 4th of February after finishing second in the race last month. But organisers called off the event as heavy rain and gale force winds have been forecast. They said the event will be rescheduled for the 11th or 12th of February. Bangor-born Thomson, 42, crossed the line 15 hours, 59 minutes and 29 seconds after winner Armel le Cleac'h - who set a record time of 74 days, three hours and 35 minutes. Thomson had threatened to overtake Le Cleac'h with 309 miles left of the race before a malfunctioning autopilot ended his challenge. Organisers said full details of the rescheduled celebrations will be announced soon.

Donald Trump protest brings a big crowd to Bangor

Around 200 people turned out to demonstrate in Bangor against Donald Trump's travel ban on refugees. Protesters gathered by the clock on the high street at 7pm with placards including a variety of different phrases, while an effigy of the US President was set alight. Those who attended were outraged by his decision on Friday to issue an executive order that made it harder for refugees from seven majority-Muslim

countries to enter the United States. There has also been confusion about dual-national UK citizens being able to get through border control in America. Protests have been held today across the United Kingdom against the move including Manchester, Glasgow and London. The demonstration in Bangor was organised by Katie Gill from Y Felinheli. She said: "I saw my newsfeed on

facebook and twitter update with things happening, but I didn't see the executive order coming at all. It was a very personal reaction and an emotive response. I was going to book a day off work and go to London for the protests. But then I thought why go to London when people in North Wales are so passionate and fiery? I'm just going to do it here. Sunday night I was in bed and I thought about it and I just made the facebook event then and there. I was worried I was

just going to be stood against a poster for two hours on my own but I was so wrong. I didn't want to have a group of people feel unsupported. I think the fact she (Theresa May) remained silent speaks volumes. When she did say something it was too little too late. I cannot believe the amount of people that have turned up."



Colwyn Bay
Pier collapse

A large section of an historic Welsh pier has collapsed into the sea. The pier has been in a state of ruin for years and it began to collapse at around 1pm on the 1st of February. Conwy council said it has been "quite clear about the deteriorating state of the pier". The pier has been fenced off for some time because of its condition and the public has been urged to stay away from the area. The Colwyn Victoria Trust Campaign, set up to redevelop the structure, said it had been warning of the danger of collapse for several years. A statement on the group's Facebook page said: "Well what a day the poor pier has had. So sad to see her broken. Half the decking at the end which we knew was rotten has fallen into the sea taking with it the balustrade. On the positive side the stanchions are still standing solid as far as we can see."

Historic Bangor Chapel up for sale



A historic chapel in the heart of Bangor has been put up for sale with future potential conversions including a nightclub or restaurant. Pendref Chapel was built in 1882 in a classical style designed by local architect Owen Williams. The interior of the church illustrates the fine craftsmanship prevalent of

the day with a polished wood gallery supported by elegant pillars, curved benches and pews and a striking, painted domed ceiling. It has now closed and is being put on the market with Dafydd Hardy estate agents for £200,000. Occupying a prime site on the High Street, it could now be transformed. Dafydd Hardy said: "The chapel

shows tremendous potential for re-development. The site lies within the city centre where a range of other uses would be acceptable subject to the necessary change of use planning consents, including retail use; hair bar/restaurant; public house; nightclub or financial institutions. It's even got a kitchen.

NEWS

IN BRIEF

Vegetable shortage panic

Shops are being forced to ration a variety of vegetables after floods and storms ruined crops across the Mediterranean.

A combination of floods, snow, cold winds and poor light levels has resulted in poor growing conditions for crops in Spain and Italy. Spain's Murcia region supplies 80% of Europe's fresh produce but after suffering its heaviest rainfall in 30 years only 30% of its growing fields can be used. Italy has actually been forced to import vegetables that they usually export to other countries. These shortages have a direct effect on Britain which imports around 50% of its veg and 90% of its fruits from these countries.

Courgette and spinach supplies have been severely affected by the cold weather and are hard to come by in stores. Iceberg lettuce, cabbages, broccoli, peppers and aubergines are also in low supply.

To attempt to make stocks last longer, Tesco is rationing Iceberg lettuce by limiting bulk purchases to three per person. Morrisons is limiting its sale of Iceberg lettuce to two per person and has put restrictions on broccoli too with three heads per person. The supply of oranges and tomatoes is also predicted to hit a low.

Welsh mosques welcome all

WELSH mosques have opened their doors to the public in an effort to help people understand Islam.

Visit My Mosque day saw 150 venues across the UK take part.

These included nine in Cardiff, Newport, Swansea, Wrexham, Bangor in Gwynedd and Rhyl, Denbighshire.

Mohammed Alamgir Ahmed of the Muslim Council of Wales (MCW) said it was a "great way of coming together across boundaries".

This is the second year the project has run and MCW said about 2,000 people took part in 2016.

Mr Ahmed said: "With Trump banning Muslims and sowing division, it's more important than ever that we in Wales reject his message and come together in solidarity."

Mr Trump's executive order halted the entire US refugee programme for 120 days, indefinitely banned Syrian refugees and suspended all nationals from seven Muslim-majority countries.

Those who were already mid-flight were detained on arrival - even if they held valid US visas or other immigration permits.

The order has been suspended by a US Federal judge, but faces further legal challenges from Mr Trump's administration, which filed a fresh motion to implement the decision on Saturday.



Blue Peter 1998 time capsule dug up too early

The Blue Peter time capsule has been accidentally dug up by construction workers 33 years earlier than planned.

The Millennium Time Capsule was buried under the Millennium Dome, now the O2 Arena.

Former Blue Peter presenters Katy Hill and Richard Bacon buried the capsule in June 1998.

A spokesperson for the BBC said: "Although a little earlier than anticipated, we're looking forward to sharing these memories with our viewers and making new ones as we return the capsule to the earth so that it can be reopened in 2050 as originally planned."

In a competition, viewers had been asked to submit ideas for items they would like put inside.

The winning entries included roller blade wheels, an asthma inhaler, Tellytubby dolls, a France 1998 World Cup football, a picture of a dove to symbolise peace in Northern Ireland and a Roald Dahl book.

A spokesman for the O2 Arena said: "The team at The O2 and our contractors ISG have been searching for the Blue Peter time capsule since we

started construction work in 2016. We found it yesterday but sadly it was accidentally damaged during excavations. The capsule and its contents are safely stored in our office and we've let the team at Blue Peter know. We're going to work with them to either repair or replace the capsule and bury it again for the future."

North Wales parents can triple their free childcare



Parents in North Wales will be able to triple the amount of free childcare they get this year.

The plan will see children aged between three and four cared for at no charge for up to 30 hours a week.

The scheme will be tested in Gwynedd, Anglesey and Flintshire before being rolled out in the rest of Wales.

In Gwynedd the council has announced where in the county a £1.8 million trial will be run to test successful it is.

Currently, parents of three and olds get 10 hours free childcare a week but this will jump to 30 hours a week for 48 weeks a year.

272 children in Bangor will be eligible for the free care from next September as well as offers made to 87 children in Porthmadog, 81 in Dolgellau and 56 in Ffestiniog.

Councillor Mair Rowlands, Gwynedd council Cabinet Member for children and young people said:

"Securing suitable child care provision is vitally important for families. The days when parents are able to stay home for years to care for their children is far less common these days, and parents need to be confident that they can depend on the best possible child care facilities so that they can return to work knowing that their child is in safe hands. We were therefore delighted when Gwynedd was announced as one of a number of counties selected by the Welsh Government to pilot an extended free child care provision for three and four year-olds. This will allow us to work with partners in the sector to ensure that Gwynedd's children receive the best start in life, to look in detail at child care provision in rural areas as well as helping to provide valuable employment opportunities in this important field."

Once the results of the pilot scheme are known it is expected to become available across Wales from 2020.

Museums hit with budget cuts but Bangor shines through

Museums hit by falling budgets because of council cuts will find a way of reinventing themselves, a charity which represents them has said.

The Federation of Museums & Art Galleries of Wales (FMAGW) said some of the 90-plus venues have been hit hard but others are in a better position after years of cuts.

A 2015 report into provision said a cycle of decline "has already started which will at best lead to 'zombie' museums". It warned the result would be

waning interest which would lead to further funding cuts and closures.

However, one museum which has been successful is Storiell in Bangor, Gwynedd. The £2.5m project replaced Gwynedd museum and art gallery which lost half its funding in 2008 and closed in September 2015. It attracted 12,000 to 15,000 people a year, but Storiell has had 80,000 visitors since it opened a year ago.

"It's staggering," principal museum and arts officer Nest Thomas said. "With a new vision and business case,

we were able to access grants and open Storiell in the new building at Bishop's Palace. Obviously the offer is different. It's got lifts, a café and an improved shop. We change our art exhibitions every six to eight weeks and the museum collection is the same from the old place.

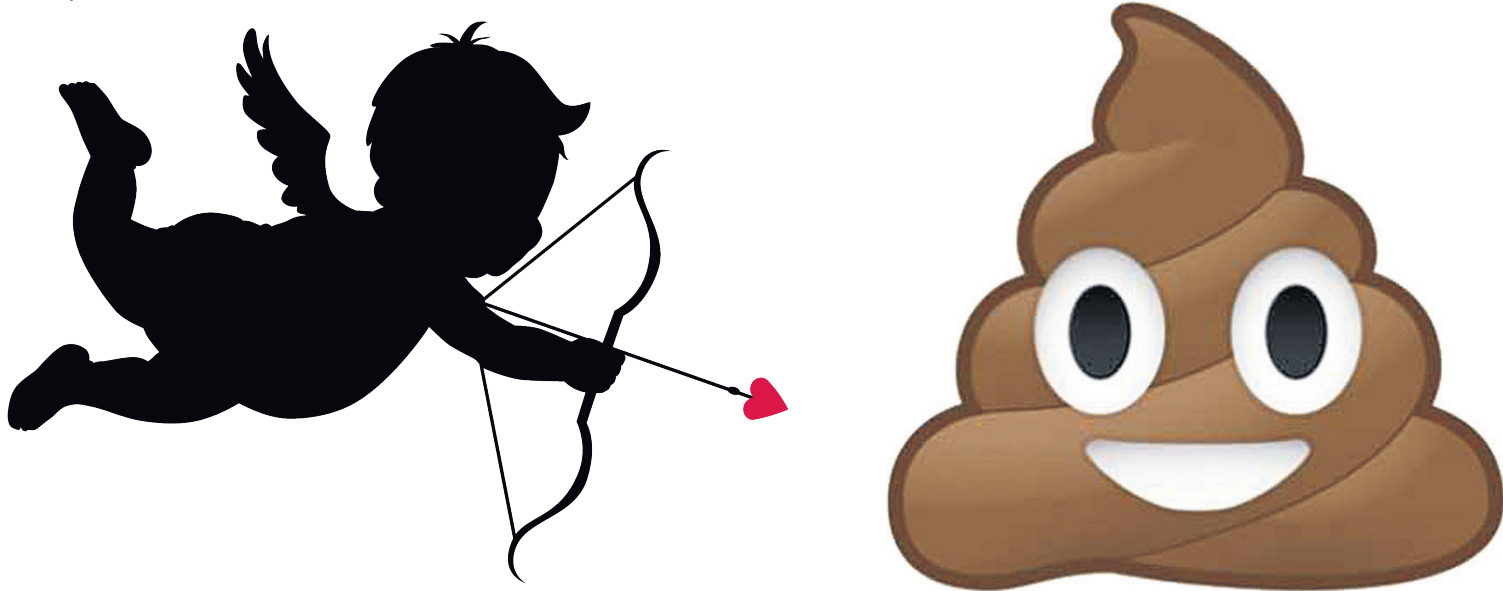
We will be introducing digital interpretations and apps and 3D interpretations. We've also got community spaces to work with local groups and spaces for activities and events which has proven more popular than we were

anticipating."

But she warned other museums facing difficulties will have a much tougher task to turn them around.

"Gwynedd museum and art gallery was one of the first to take a big hit and we were fortunate that we were given time," she said. "Now, change is quicker. You have to look for premises and for funding and you are working in a harder climate."

Why some of us aren't as love-struck over Valentines Day



by **SIMRAN PRASAD**

The month of love is upon us! Whether it is the romanticized dates, the expensive gourmet chocolates, or the lavish trips to Paris, it's apparent why people are in awe. For some people, it's a deciding factor for many things: longevity and direction to the relationship, commitment and loyalty, and the immense responsibility being in a relationship holds. However, you get penalized whether you're in a relationship, or you aren't. The pressure to find the perfect gift for your significant other isn't something that's taken lightly. Societal convention dictates candle-lit dinners and walks on the beach, but those ideas don't meet expectations sometimes. It ends up being a vicious cycle that often leads to people judging your relationship, and you wondering where you went wrong while you blow out those candles and pack up all that food, while on the beach. These sky-high

expectations prematurely force people in or out of relationships at times. Some relationships end up disintegrating weeks before Valentines Day, because of how intense the event can be. Valentines Day dinner dates end up being at a crowded restaurant, surrounded by people going through the same awkward pressure of defining their relationship and upstaging one another with extravagant gifts wrapped in red and pink paper. Ironically, it ends up being the least romantic setting ever. This event has lead couples to channel tremendous importance on Valentines Day, regarding their milestones. Couples don't celebrate relationship milestones on the days it happened anymore, like the first date or first kiss. Instead, these milestones are merely marked on the calendar but aren't celebrated on the days they happened. Valentines Day gets all the importance when it comes to couple milestones, which makes the milestones lose their significance in a way. On the other hand, single people

have it hard. Valentines Day serves as a cruel way to alienate half the population simply because they happen to be single mid-February. This in itself seems very immature in comparison to the important significance other events have. This harsh silent reminder usually causes a lot of single people to drown their problems in alcohol, and some cheap candy purchased at the local store for themselves. Though being spoilt with gifts and affection are a solid indication of validation, often Valentines Day is hyped up to be an event celebrated for the romantics of the World. However, if Valentines Day is intended to celebrate love, different relationships should be celebrated. As romantic relationships impact our lives, so do parental and sibling relationships. A variety of relationships shape individuals at the end of the day, therefore, every bond has the authority to be celebrated and validated. However, putting aside other relationships in life, one main bond that deserves respect and appreciation is

self-love. In today's World, self-love is a very hard thing to do. Often, it is easy to criticize and pick yourself apart, and sometimes can even lead to becoming force of habit. In a single day, people criticize their decisions and principles numerous times. Why not make Valentines Day center on the beauty and necessity of self-love? Self-love leads to a higher self-esteem and greater appreciation for yourself, and when people reach the stage of accepting themselves, it becomes much easier to accept and love someone else. With internal battles conquered, and heads held high, you can confidently go on to finding that special someone. The best thing about self-love is, even if you don't end up finding that special person, you are completely content and satisfied with celebrating yourself this Valentines Day. It's time to celebrate what makes you unique. Celebrate your beauty, kindness and individuality, and in turn, people will learn to appreciate those qualities too. Valentines Day may be an event that has your

heart fluttering, or has you reaching for a barf bag, but at the end of the day, its about the celebration of love. In all honesty, it doesn't matter whether it's a celebration of romantic love, or any other type of love. Love is an emotion that can be translated in many ways. Therefore, I'm hoping people realize that like love, Valentines Day should be a celebration translated in many ways. The celebration of parental love, self-love or even just the contentment of loving life, are all-equal in Cupid's eyes. Hoping this Valentine's Day is a true celebration of a relationship, or relationships that matter the most to you. Breaking down the stigma associated with Valentines Day can definitely lead to happier single people, and relaxed couples who don't have to wonder if their candle-lit dinner and walk on the beach-plan qualifies as a high standard date. Let's break societal norms and convention, and embrace the truest definition of love.

Is the Pontio lift making students lazy?

We all know that Bangor can be a struggle to get around, with huge hills and mountains of steps, however students of Bangor have been finding their way around this. The lift in Pontio has become a beacon of hope for student's legs and heart rates but the use of the lift is getting slightly out of control. On a daily basis, the lift is crammed every hour of the day with students making their way to Upper Bangor for lectures, resulting in lengthy queues on the ground floor and people shoving their way into the lifts. Understandably the lift is useful to getting to the Main Arts university building but for many years before Pontio arrival, students found their way, without with suffering injury or cardiac arrest, to the top of Bangor. People should start using the lift on a limited basis and try to either walk through Pontio or walk up the hill behind it. Both of these ways actually take the same time as it does to use the lift as it takes so long to get everyone in and with the lift stopping on every floor. For the people that cannot walk from the bottom floor to the second floor, who are able, you really need to start judging your level of fitness!

With the increase in the use of the

lift, the lift has been out of action quite a lot of times this year already. We are wondering though is there something else behind the closure of the lift apart from the overuse and wear and tear it is receiving. The closure of the lift is receiving some conspiracy theories from the students that the staff at Pontio are closing the lift now and then to make the students walk their lazy arses up the stairs. If this is the case I both applauded the effort and the sneakiness behind it. But we must take into consideration that the lift is not there to take students for can walk up and down Bangor, it is there to serve the purpose of prams, wheelchairs and other disabled people. Consider the implications, if the lift breaks down its because of the amount of times a day its used so if we can all avoid it and start using our legs then the lift will be open more often and also the staff of Pontio might not put their sneaky sign there to warden us all away. With it being Healthy Living Week let's start by taking a pledge to not use the lift at least once a week and see where you go from there, you never know you might lose a couple of pounds on the way! Win-Win situation for all!



IRAQ CONSIDERS
RECIPROCAL TRAVEL
BAN

Responding to President Trump's ban on Iraqi travel to the United States, lawmakers have voted in majority to call on the government to "respond in kind to the American decision". While the vote is not binding on the government, it reflects the hostile sentiment resonating from those nations impacted by the ban. Iraqi Shiite militia coalition, the Popular Mobilization Forces (currently in conflict with Islamic State), have called for "a ban on issuing visas to Americans visiting the country and for those in Iraq to be expelled". Such an extreme response would mark a considerable blow in the fight against ISIL, as US military advisors are currently embedded in Iraqi forces in the bloody campaign to recapture Iraq's second largest city, Mosul, from ISIL occupation.

US Senators John McCain and Lindsey Graham, in a joint statement, said the executive order risked damaging military cooperation and security both domestically and in the Middle East. The Iraqi vote echoes calls from fellow nation under the ban, Iran, whose Assembly is also considering a reciprocal travel ban for American Citizens. Iranian government officials have vowed to implement legal and political measures in response to the US policy.

BAN IS ISLAMOPHOBIC,
SAYS TURKISH
OFFICIALS

Deputy Prime Minister Numan Kurtulmus has criticised Trump's travel ban as offensive and motivated by Islamophobia. "It is not possible to accept this" said Kurtulmus, who also acts as chief government spokesman. "The policy should be reviewed." While Ankara has avoided further criticism of Trump's administration, hoping to amend ties which had deteriorated under Obama, Prime Minister Binali Yildirim warned against "putting up walls" as a response to the refugee crisis. Turkey has taken the brunt of the refugee crisis, now acting as home for more than 2.7 million Syrian refugees.

In a statement contrary to the Turkish position, Foreign Minister Sheikh Abdullah bin Zayed al-Nahyan, of the United Arab Emirates, criticised claims that the travel ban was "directed against a particular religion" pointing to the fact it did not apply to "the large majority of the world's Muslims." Abdullah also stated that some of the countries banned have "structural challenges" regarding security that they still needed to overcome. Over the last five years, the United Arab Emirates has provided over \$750 million (approx. £600 million) toward the refugee crisis, and has pledged to take 15,000 refugees over a five year period.

Anti-Trump hysteria sweeps globe



by WILLIAM KEELEY

Protests have erupted across the globe in response to executive action suspending travel to the United States from seven high-risk countries in the Middle East. Nationals from Iraq, Iran, Syria, Libya, Somalia, Sudan and Yemen, regions identified by the previous administration as posing a risk to national security, have been suspended from travelling to the United States for 90 days. The action also suspends admission of refugees for 120 days; however the targeted yearly admission of 50,000 refugees remains in line with those accepted in previous years.

The White House hit back at media-fuelled controversy, stating "The United States admits, from the Muslim majority countries, more people every year than any other country on earth" adding "the notion that this is a Muslim ban is ludicrous". Muslims

currently compose 1% of the US population, with the largest foreign Muslim populations (Indonesia, Pakistan, India and Bangladesh) still eligible to migrate by usual means. White House officials praised the actions of judges, citing two Iraqi Men (local contractors who worked with US military in Iraq) released from the ban as an example of successful vetting. They noted that the purpose of the order was to gain control of the "ever present threat of domestic terrorism," allowing for the vetting and screening process to be reviewed.

The move, which had been a key policy proposed by Trump during his election campaign, came as a shock to politicians and media across the globe. Former President, Barack Obama, issued a statement condemning the recently imposed travel ban. Obama's spokesman admitted he was "heartened by the level of engagement taking place" and pointed to Obama's

outgoing speech where he encouraged Americans to "be the guardians of our democracy". Obama's actions, and those of his former advisers, mark a break from past American political custom whereby outgoing Presidents would grant a grace period to a new administration. His words have been criticised as hypocritical, following comparisons with Obama's own barring of migrants, many Muslim, of which he had done six times before, citing the same legislation now criticised as giving Trump too much power. Critics also point to Obama as leading over the destabilization of the Middle East, being responsible for arming jihadist groups in Syria and utilizing over one hundred thousand bombs in the countries now banned from travel.

The statement was limited in comparison with fellow Democrats, foremost Senator Chuck Schumer who, appearing alongside refugees, broke

down into tears whilst condemning the ban. Senator Schumer had been a key proponent in the bombing of Libya. Senator Bernie Sanders, previous democratic Presidential hopeful, accused Trump of "fostering hatred" and "empowering fanatics wishing to harm America."

In the course of 2016, fifty Americans were killed and sixty-four injured in terrorist-related incidents. This figure was up significantly from fourteen killed and twenty-five injured in 2015. Only a month into 2017, the first ISIL-related attack took the lives of five Americans and injured thirty-six.

The action has recently been blocked by a federal judge. The government, whose appeal for immediate restoration was rejected, is expected to appeal further, whilst Trump hit out, saying "blame courts if America is attacked". The judgement has been criticised by academics, who claim the action was within the power of the President.

Criticism leveled at Trump as race for Germany
Chancellorship tightens

Martin Schulz, previous President of the European Parliament and current centre-left candidate for German Chancellor, has criticised Trump's latest policy, calling it "un-American" and arguing it drives "a wrecking ball through [American] values." Schulz, who is currently vying to become German Chancellor, is making steady progress on incumbent, Angela Merkel, in polls leading up to the election in September.

The two candidates, competing for support from Germany's vast liberal voter base, are releasing increasingly critical statements regarding the new administration. Merkel was earlier praised for public criticising the travel ban, saying the fight against terrorism does not warrant putting groups of people under suspicion. The comment

follows repeated criticism of Trump, Merkel having previously accused the President of anti-Muslim bigotry. Trump levelled his own criticism at the Chancellor, stating her acceptance of illegal migrants was but one of "her catastrophic mistakes" during her time as head of Germany and de facto leader of the European Union.

Significant criticism has been given from other members in Merkel's government, including Minister Heiko Maas, who similarly condemned the new President as un-American, saying "it is disturbing when people are lumped together according to their beliefs or origin".

Despite unpopularity with right-wing voters, Merkel is leading by six points, a low unexpected by pollsters. It is expected the two political giants will form coalition government.

MPs vote to implement Article 50

Brexit could end live animal trade, says Joanna Lumley



With 498 for and 114 against, Parliament has granted Theresa May the power to trigger Article 50. In a historic vote, the EU (Withdrawal) Bill cleared through the Commons with ease, though the bill will return to the Commons for MPs to table amendments, before going through the House of Lords where it will face, alongside potentially more opposition, a similar amendment process.

Theresa May has outlined plans to trigger Article 50 when she meets with

European Union leaders in Malta next month, restricting the timetable for passage through the Lords. She had criticised MPs who planned to vote against the bill, hoping “when people look at the Article 50 bill they will recognize it is a very simple decision – do they support the will of the British people or not.”

Of the total 114 members who voted against, forty-seven came from the labour party, defying Corbyn’s whip to vote for the bill. The significant number of MPs is set to increase

when MPs debate the bill again. It is expected even more MPs will oppose the position of the leadership, especially if amendments are not added. With pro-remain backbenchers criticizing the way in which Corbyn handled the Brexit campaign, and almost 2000 members resigning from the party in the past three weeks alone regarding the party’s position on Brexit, it seems inevitable that Corbyn will be facing a fresh rebellion. In a critical blow to Corbyn, Shadow Home Secretary Diane Abbot failed

to vote, having left Parliament several hours earlier ‘due to illness’, leading to calls for her resignation and the criticism of political commentator and columnist Katie Hopkins, who said she was “morally repellent”. A single Conservative MP, long term Europhile Kenneth Clarke, voted against the motion.

Commenting on the result, Former UKIP leader Nigel Farage declared “We have done it.” While former Tory Minister Owen Paterson said “the House has voted to take back control.”



Joanna Lumley has joined with the Compassion in World Farming (CIWF) campaign to call for the end of the “horribly cruel” practice of exporting live animals. Campaigners have long called for the British government to outlaw the exportation of live animals, an act already taken by New Zealand, who banned the practice in 2003 after almost seventy thousand sheep died on a journey to the Middle East.

Successive British governments have claimed the European Union’s rules have prevented them from putting an end to live animal exports, with a spokesman during the Blair administration stating “we would prefer to see a trade in meat rather than live animals, but a unilateral ban would be illegal.” In a Country Life investigation, it was claimed that the trade suffers from “chronic overcrowding, lack of adequate water and food, excessive heat and cold, lack of ventilation and almost always no qualified veterinary assistance.” CIWF reports that animals are transported into Europe before transported beyond, to the Middle East and North Africa, where conditions and legal protections are limited.

In her statement, Joanna Lumley stated “live animal exports are economically insignificant, but cause unbelievable suffering – with Brexit, they can be consigned at long last to the dustbin of EU history.”

Marie Le Pen promises revolution for France



Far-right French Presidential candidate Marine Le Pen has warned of the dangers of globalization and Islamic fundamentalism as the two great threats to France, as she officially launched her campaign for the Presidency. Le Pen gave her speech to a crowd of 3000 people in Lyon, who responded to her rallies against migrant crime with a thunder of applause and cries of “on est chez nous” (we are in our land).

Promising a “revolution”, based on “patriotism, proximity, liberty”, Le Pen outlined her vision for France in her 144 manifesto commitments, including withdrawal from the European Union and NATO, whilst delivering health care and other services to its own citizens and limiting immigration dramatically.

Le Pen and her supporters are hopeful that the same trend which brought Trump into power in the United States will bring victory for their own campaign. Supporters of the National Front, which was established by Le Pen’s father, have welcomed the disarray of the opposition, as unpopu-

lar left-wing incumbent, Francois Hollande, decided not to run for re-election, and opposing candidate, Francois Fillon, finds himself caught up in a corruption scandal. The political chaos has opened up the floor for centrist candidate, former Minister for the Economy, Emmanuel Macron, of the progressive and socially liberal party, ‘En Marche!’. Most polls suggest Le Pen is set to win the first round of elections, before being beaten in the second by Macron, who will take the Presidency. But this is the most volatile election in French political history, and, following Brexit and Trump, commentators remain skeptic of the accuracy of pollsters.

If elected, Le Pen promised a “government of national unity” and an end to globalization which she claimed to be “erasing” France. She pointed to muslim veils, mosques and public prayer in the streets of France as unacceptable threats to French culture.

The election will be held on April 23rd. Should no candidate take majority, the two leading candidates will head off in a vote on the 7th of May.

Bercow vows to block Trump from addressing Parliament

Speaker of the Commons, John Bercow has declared he will block Trump from addressing the Houses of Parliament during his visit to the UK.

Addressing MPs, the speaker said that while he was not able to stop the state visit going ahead, he would do everything in his power to stop the President of the United States speaking in any chamber of Parliament. Bercow stated that to address Parliament is “not an automatic right” but “an earned honour.”

The speaker went on to accuse the President of “sexism and racism”, stating he would of sought to block the President prior to the migrant ban, after which he is now more steadfast in his opposition.

He concluded by stating “our opposition to racism and to sexism and our support for equality before the law and an independent judiciary are hugely important considerations in the House of Commons.” Trump is set to visit later this year, where it is expected he will be welcomed by the Queen.

SCIENCE OF LOVE

by AZAT KALYBAY

Love is a concept that encompasses complex emotional and behavioral responses in our brains, which make it very hard to study. Apart from that, we also tend to place love into different categories – love we feel towards our partners, love

speaker. Her research, published in 2005, was the first study that included functional MRI (fMRI) brain scans of people who were in 'mad love'. In a study of 2,500 college students, her team observed that a part of brain rich in dopamine, the feel-good neurotransmitter, becomes active when photos of loved ones were shown to

pleasure.

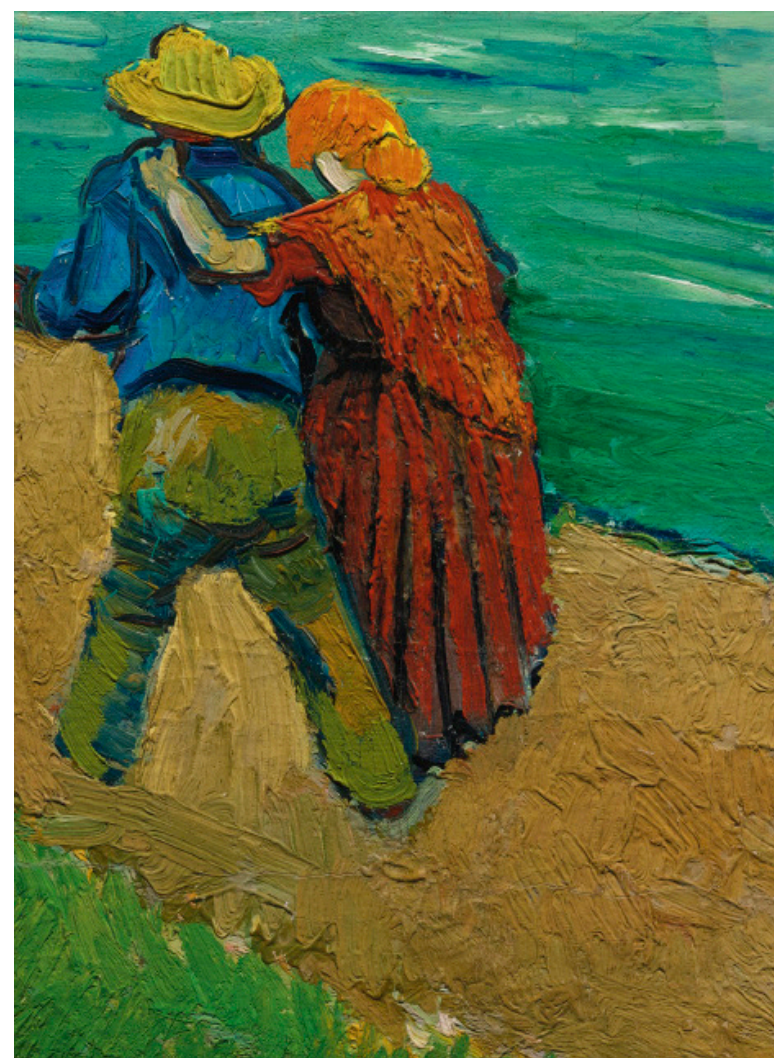
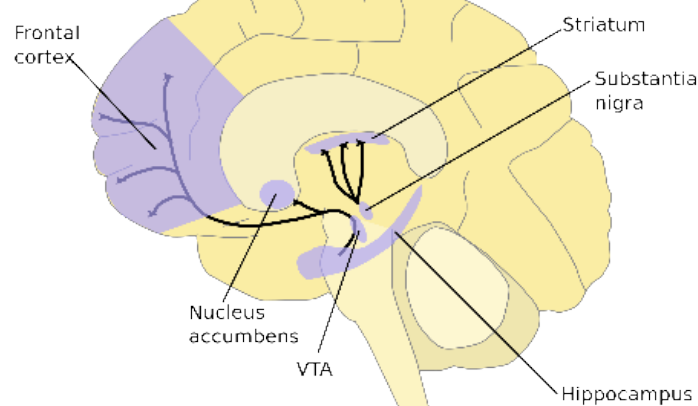
During the first stages of love, physical and emotional reactions such as racing heart, sweaty palms, anxiety, passion and flushing cheeks overwhelm the brain. This response is caused by chemicals associated with the reward circuit. The stress hormone, cortisol is supplied in abnormal amounts triggering our bodies to try to deal with the event by using up serotonin. Serotonin is a neurotransmitter that is linked with feeling of happiness. As a result, the obsessive-compulsive behavior correlated to love occurs: "Intrusive, maddeningly preoccupying thoughts, hopes, terrors of early love," as described by Richard Schwartz, professor of Psychiatry at the Harvard Medical School. Additionally, high levels of dopamine are released transforming the process into a pleasurable experience much alike to the feeling of euphoria caused by alcohol or cocaine. According to a research conducted at the University of California, San Francisco male fruit flies compensated dopamine by consuming four times more amount of alcohol when they were sexually rejected compared to successful flies.

Oxytocin and vasopressin are other hormones that play a part during romantic love. These chemicals are involved during pregnancy and nursing of an infant. Oxytocin is heightened by skin-to-skin contact and is released during sex. This hormone strengthens a feeling of security, calmness and contentment. Vasopressin in turn deepens a feeling associated with long-term, monogamous behavior. The balance between these two hormones gives an

towards friends, parents, siblings and so on. At the same time, it is virtually impossible to prove that what one calls love is the same to what someone else does. Considering this, there is a body of research that tries to explore the mechanisms of love. In this instance, I would like to turn the attention on the type of affection we most often think of - romantic love.

Perhaps the most notable researcher in this field is Helen Fisher, biological anthropologist with several decades of experience under her belt. She is the most cited scholar in love research community and is a frequent TED

participants compared to pictures of acquaintances. The two regions in the brain that fired up during the experiment were the caudate nucleus, which is linked to the reward system and social behavior integration and the ventral tegmental area (VTA), associated with attention, pleasure and motivation. The ventral tegmental area that relates to the brain's reward circuit is a primitive neural network with an extensive evolutionary history. Together with the amygdala, the hippocampus and the prefrontal cortex, it contributes to our reward circuit and is highly sensitive to actions that invoke



Vincent van Gogh: Two Lovers

insight into why passion gives way to attachment over time.

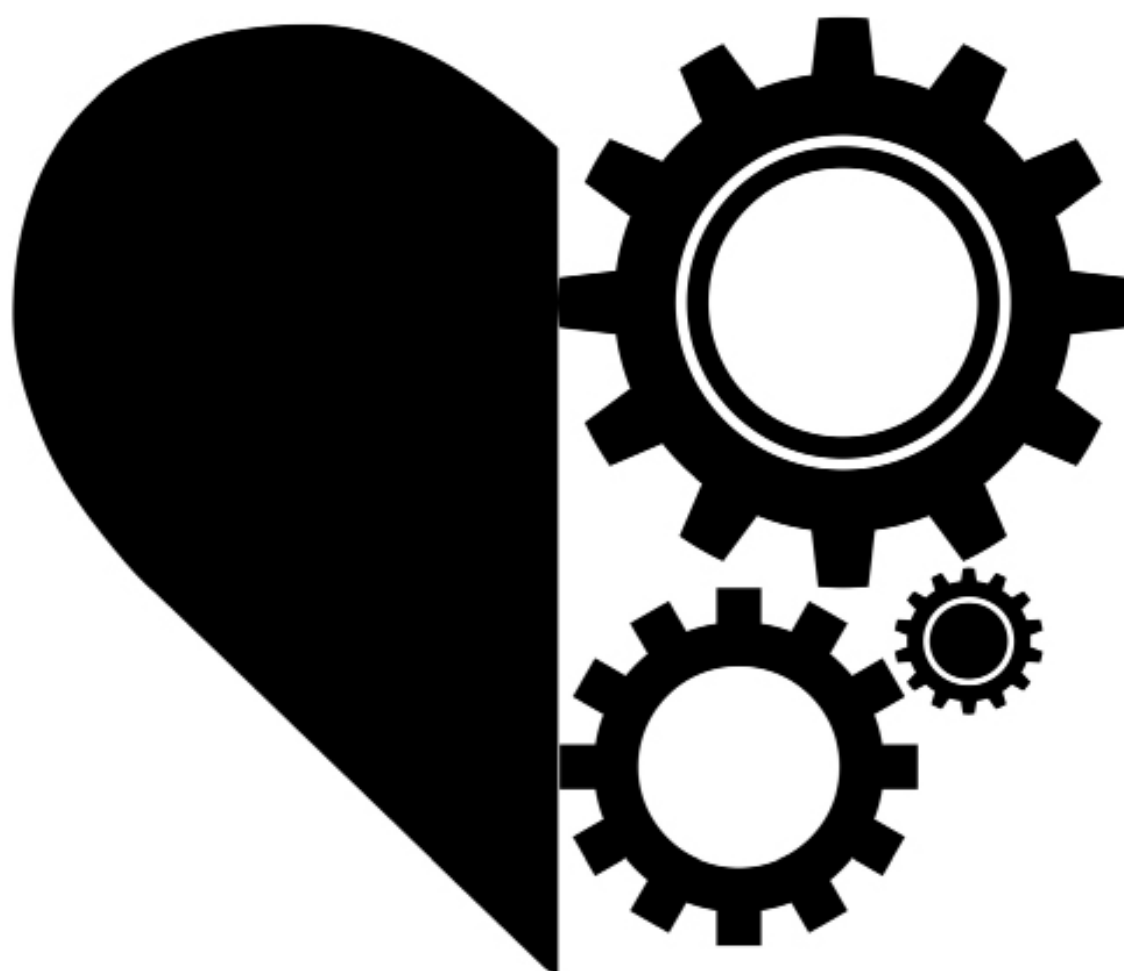
On top of the activation of a pleasure response, our brain also reduces the supply of neurons responsible for negative emotions, such as fear and social judgement. By deactivating certain neurological pathways, our brain diminishes our ability to make critical assessments of people around us including the loved ones. Thus, this response provides the neural basis to the old aphorism of 'blind love'.

Luckily to those of us who are idealists, if love lasts, the stress of love induced by cortisol and serotonin returns to normal. If at first, love is a stressor, over time it turns into medicine against stress. Our reward system and the parts that produce pleasure remain active, but the craving and desire often lessen, passionate love is followed by compassionate love.

As illustrated in a study from Stony Brook University in New York, MRI scans of people who on average were married for 21 years, who stated to be madly in love revealed that the same intense activity in the ventral tegmental area is present in couples. Dopamine levels were still high, but the anxiety that comes with fresh love was lost. This research thus provides some evidence that backs some couples' assertion that they are still crazy in love even after twenty, thirty years.

On a side note, Dr Helen Fisher also observed that men and women tend to

assume different postures when getting intimate. Women were found to prefer looking directly into the partner's eyes establishing so-called anchoring gaze. As Fisher suggests, this may come as a result of continuous pattern of caring after offspring holding the baby right before eyes. Men on the other hand, feel most at ease when they do not have to turn their bodies towards the other and lock eyes. When one is looking the other tends to turn away. This is theorized to be an instinct developed through men's primarily hunting role, where one has the eyes fixed on the opponent while friends are stood by their side.



Animal grown human transplants close to reality



Organ transplant shortage is a worldwide issue with an estimate that only one out of ten who need a kidney, the most in demand body part, get it. According to the NHS, about 500 patients died waiting for a transplant in the UK last year and another 900 patients were removed from the waiting list prior to an organ being found for them. Although public education programmes regarding the need and benefits of donating an organ after death are very much in need to be reassessed, scientists are constantly trying to find an independent way to alleviate the crisis.

One of the promising solutions was thought to be growing organs artificially in a lab using stem cells, but after the first wave of enthusiasm subsided,

researchers became increasingly aware that the intricate chemical processes that take place in our organism that stimulates growth of organs is incredibly complex and very hard to replicate.

Instantly, some researchers turned their attention in a different direction. What they essentially came to realise is that it is not worth going into such lengths attempting to find out how every little element of nature's mechanisms works. They thought that we should rather let nature do what it does by itself only guiding it the way we need. Instead of using human donors, they hypothesized that we could grow human organs inside animals that have similar physiological development and organ size. The advantage of a transplant harvested this way is

that the organ would be composed of patient's own cells. This would significantly reduce a chance of immune rejection. The animal that met these criteria was the domestic pig.

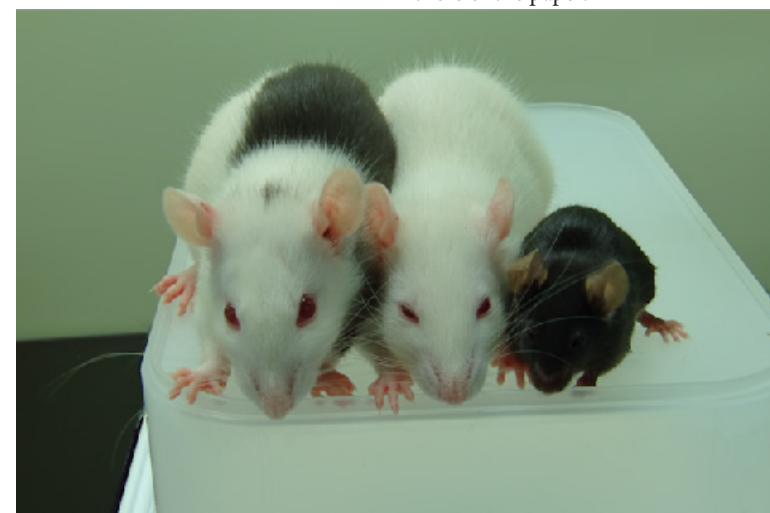
Last month, two papers were published almost simultaneously describing recent findings that brought animal grown human transplants closer to reality. A group of biologists at the Salk Institute in California, headed by Juan Carlos Izpisua Belmonte and Jun Wu were able to grow a pig embryo that had human stem cells contributing to its tissue formation. This was a crucial discovery since humans and pigs have approximately 90 million years of independent evolution between them. In a second paper, a transplantation experiment was performed with mouse

stem cells grown in a rat with an aim to cure diabetes by transplanting pancreas glands. The experiment, led by Tomoyuki Yamaguchi and Hideyuki Sato of the University of Tokyo, and Hiromitsu Nakauchi of Stanford was performed all the way into the birth of a 'chimera' rat followed by a successful transplantation of a pancreas into a mouse. The operation fixed diabetes in mice allowing them to live healthily for a year after the surgery. This provides evidence that a chimera donor's organ could cure Type 1 diabetes for the recipient and complements to Belmonte and Wu's research on pigs.

The former paper, published in the journal *Cell*, described how researchers transferred embryos with human stem cells into 2000 sows. Among those, 150 of the embryos developed showed a small human contribution, roughly one in 10,000 cells. These

chimera embryos were removed after 28 days, a third of a pig's regular pregnancy period. The reason why researchers cut the pregnancy short is to avoid ethical concerns regarding creation of human-like animals. Nevertheless, researchers stated that every experiment is performed responsibly and the possibility of human cells taking over the development of pig cells are not real. The method that allows scientists to ensure that the right organ is grown and not the opposite is by targeting specific genes that are in charge of growing a given organ. For example, by switching off a certain gene, scientists could prevent pig cells from resisting to human cells contributing to development. Similarly, disabling certain genes in human cells would prevent undesirable humanization of the embryo and would isolate human cell interference to the target organ. Interestingly, the team observed that rat chimeras could develop a gall bladder, which it stopped developing since it diverged from mice in the last 18 million years. This finding suggests that some genes that we stopped using could potentially be reactivated. "Many animals have this extraordinary ability to regenerate," said Izpisua Belmonte. "Humans don't have that. [This study] could provide a platform for human cells to do that."

But before scientists can move on to this stage, they have to solve another issue. Pig pregnancy lasts only 112 days compared to nine months in humans. The difference in development rates is significant and remains the chief obstacle towards successfully growing a chimera organ. The Salk Institute team had to therefore inject stem cells at a precisely right stage of its development for them to survive, but even then, the favorable cases were low. "It's like if you're going onto a highway where the cars are travelling three times faster than you are, you need to choose the right timing, otherwise you cause an accident," said Jun Wu, one of lead authors of the paper.



From left to right: Rat-mouse chimera, rat, and mouse
(Image: Tomoyuki Yamaguchi)

FARM-BRUARY

You may by now have noticed that the theme for this February issue of Seren is romance. As a keen team-player, I have decided to name this section Farm-bruary, because there are probably some people that find farming impossibly romantic.



Post-Brexit policy issues for agriculture and the environment

A cross-party committee of MPs recently discussed some of the major challenges facing agriculture and wildlife in Britain. The Environmental Audit Committee (EAC), comprising 16 MPs, has specifically warned that environmental legislation must not be compromised in the negotiation process of Britain's departure from the EU, or thereafter. In respect of this, the committee suggests the creation of a new Environmental Protection Act during the Article 50 process.

Even with the so-called Great Repeal Bill, which seeks to trans-

pose EU laws into UK law, it is possible that current legal protections for farming and the environment could be rendered inapplicable. According to a report drawn up by the committee, entitled 'The Future of the Natural Environment after the EU Referendum', roughly a third of the 800+ pieces of EU environmental legislation will be difficult to transpose. Furthermore, transposition without renewed governance arrangements would mean 'significant weakening of environmental protections in many areas, such as the lack of reference to a higher court and the absence

of a body updating and enforcing legislation.' The report concludes that a new Environmental Protection Act will be necessary, in order to uphold the UK's high environmental standards against such outcomes. In terms of the British agricultural industry, a few significant points were raised. At present, EU subsidies account for 50-60% of farm income in the UK. The EAC's chair, Mary Creagh, expressed concern that Andrea Leadsom had given no reassurance to the committee that subsidies for farmers would be continued after 2020. Whether or not you believe

in the sustainability of these current subsidies (it could be argued, for example, that we should take inspiration from New Zealand's removal of government subsidies in 1984, and its modern, thriving agricultural industry), their sudden disappearance would no doubt cause an equivalently drastic disappearance of many UK farming livelihoods. To compound this issue, farm and food businesses are also under threat from novel trade relationships that impose tariff or non-tariff barriers on UK exports, as well as increased competition in the global market.

There will, inevitably, be a period of great political turmoil while the UK establishes itself as independent of the EU. An important perspective within this complex, long-term debate will be that of the environment. Leaving the EU could provide opportunities to create innovative, environmentally sound legislation, but doing so will require balancing age-old trade-offs between conservation and production. Hazards such as those outlined by the EAC indicate that we will need to tread carefully in feeling out a middle ground.



34 new turbines proposed for Kentish wind farm

Energy firm Vattenfall has released plans to add 34 wind turbines to its Thanet Offshore Wind Farm site. These larger turbines would be erected on the edges of the existing site, which stands approximately 12 km from Foreness Point in Margate. According to Andy Paine, Vattenfall's head of offshore wind development, the additional turbines would double the site's current electricity output.

Robotic farming experiment begins in Shropshire

Engineers from Harper Adams University have begun an experiment in robotic farming. The Hands Free Hectare project hopes to demonstrate that robots can cultivate a field of barley, from planting to harvesting, without any human intervention. If successful, the demonstration of this technological prospect for future farming will be a world's first. Aided by Precision Decisions, an agricultural technology company from North Yorkshire, the team are currently testing prototype equipment, with an aim to begin planting in March.

NFU angered by Sainsbury's 'anti-meat agenda'

The National Farmers' Union have accused Sainsbury's of pursuing an 'anti-meat agenda'. This accusation follows news that the retailer is working to encourage customers to eat less meat and more green vegetables. Supported by scientists from Oxford University and the Wellcome Trust, the Our Planet, Our

5000 donkey skins seized in South African farm raid

In a recent raid on a farm in Benoni, east of Johannesburg, South African police seized 5000 donkey hides. It is thought that the skins were harvested from illegally slaughtered animals and destined for China, where

the gelatine of donkey hide is sold for supposed medicinal properties. Police described the raid as a breakthrough in the fight against illegal and uncertified animal trade.



Tenant set to reintroduce sheep at £1 pa Great Orme farm

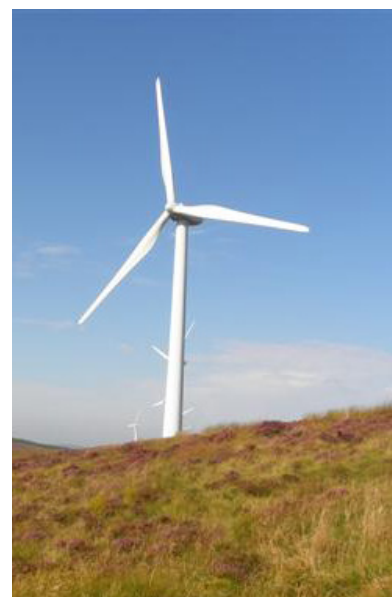


Dan Jones, the tenant farmer at the National Trust's Parc Farm in Conwy, will soon reintroduce 360 sheep to the Great Orme headland. Sheep have reportedly not been seen on the headland since the

foot and mouth crisis, over a decade ago. Jones, who rents the million-pound farm for just one pound a year, hopes that this reintroduction will support the recovery of rare species and habitats.

Application made for south Scotland wind farm

Energiekontor UK have lodged an application for the development of a wind farm on the uplands near Hawick. The company had originally intended to erect 15 turbines, but the proposed number has been reduced to 12 after public exhibitions in the area. If permission is granted by the Scottish Borders Council, the development could meet the annual energy requirements of 22,000 local households.



Study indicates that climate change could negatively affect crop yield

A recent US study into crop responses has revealed that the negative impacts of climate change could outweigh the positive impacts. Published in the journal Nature Communications, the study encompassed nine crop models to simulate responses of maize, wheat, and soybean crops to business-as-usual scenarios of climatic warming. The results suggest that high temperatures can have highly damaging consequences for crop yield. Irrigation was shown to mitigate some of the damage, indicating that heat-induced water stress plays a key part in yield loss. Sufficient irrigation, however, would be an unsustainable option in many parts of the world, particularly in light of an expected rise in water demand over the coming decades. Similarly, the theoretical benefits of increased carbon dioxide levels for plants were shown to have no significant effect, due in part to the corresponding lack of available water.

Although a dramatic loss in yield of these staple crops could have grave implications for global food security, the researchers point out that their projected circumstances are not inevitable. The scenario examined by the

team may not necessarily reflect future conditions, and there are a number of possible adaptation strategies, including the development of crops with increased heat tolerance. Bernhard Schauburger, the lead researcher, stated that 'the best adaptation is mitigation,' and that 'the less climate change we cause, the less we have to deal with the impact.'



Spilt Skittles were to become 'cattle feed'

Hundreds of thousands of Skittles, found spilt across an American road, are believed to have been intended as a cattle feed ingredient. The sweets fell from a flatbed lorry on 17 January in Dodge County, Wisconsin. Linda Kurtz is a corporate environmental manager at Mars, the company that manufactures Skittles. She revealed that unused ingredients are often sold as a bulking agent for animal feed. The

BBC reported that some farmers feed livestock the offcast sweets because they are cheaper than corn, and that by-products from the food industry are also fed to livestock in the UK. So long as the feed is safe, and the nutritional profile is balanced, this system can help to reduce supplier-side food waste.

According to the county sheriff, they were unmarked, red Skittles.

Calling all short shory lovers...

We're looking for submissions from creative writers who want an opportunity to get into the world of published work. Our publication is open to everyone and we accept submissions in any genre. This publication is an opportunity to give you a voice and a chance to get your work out into the world. It is also a chance to gain experience in working with a team of editors and having your work professionally published. What we're looking for are stories with passion and soul: we want the theme of inspiration to be interpreted and used however the author sees fit, be it in the tone, narrative, characters or themes. A few things we would like authors to consider before submitting:

We do accept all genres of fiction: these can include short stories inspired by real life events. All characters and events in the story should be fictionalised. We are not looking to accept non-fiction submissions,

personal essays, translations or transformative writings. All submissions must be the writer's own work. If you think your work falls into one of these categories and want to check with us, you can email us at profpublishing@gmail.com. Please allow five working days for a reply.

The submissions must be no longer than 3000 words and no shorter than 1500. They must conform to these submission guidelines:

- Has a title and your name/pseudonym
- Contact details including email and telephone. These won't be shared with anyone else.
- Submissions must be in English.
- Either a .doc, .docx or .odf. No PDFs will be accepted.
- Double-space, 12 pt font Times New Roman, 2 cm margins (unless the font is impor-

tant to the story).

- Indent the first line of each paragraph 1/2 inch (1.3 cm).
- Do not include extra line spaces between paragraphs (unless it's to indicate a scene change).
- This publication will conform to the University's acceptable content guidelines. Contextual profanities and violence are acceptable but please do not submit erotica.

In the email submission, please include a short (no more than 100 words) biographical statement. This could include your history with writing and what inspired you to write this story.

Submit to profpublishing@gmail.com no later than the 28th February 2017 at 6pm GMT.



New Year only happens once, for most of us that is. However, there is a second celebration each year, only a month or so after ours. This is of course the Chinese New Year, where we move along to the next animal of the Zodiac, this year being the Rooster, and celebrate life and fortune with street parades, cultural exhibits and performances.

Bangor saw its first Chinese New Year events this past weekend with a paper dragon parade and a number of incredible performances from local schools, our own Confucius Institute and the Confucius Institute of London South Bank University.

Those involved in these performances garbed in beautiful, traditional costumes, with red being the most prominent colour, due to its significance to Chinese culture, as it stands for fortune, happiness and good luck, as well as the warding of evil spirits.

Events like these are what makes it

all the more obvious how our multicultural society embraces foreign ideas and holidays, using them as ways to educate ourselves on the world, and of places we may never get the chance to see in person.

Our growing population, composed of people from all over the globe, is testament to our willingness to take in new things and add them to our daily lives, without changing anything about ourselves.

I, for one, am glad we have ways like this to learn about international days of importance, as I feel more able to understand and comprehend ideas that might otherwise be considered "alien"

Hopefully, we will continue along this road and find even more wonderful things to celebrate, even more customs to explore and understand, and even more people to bring in and make part of us.



Valentine's Day. Some people love it, some hate it, some are just indifferent, waiting for the February 15th chocolate sales. But no matter your opinion on this holiday, we have to agree that it does bring happiness to people during an otherwise cold and miserable time of year. The history of this holiday is rather interesting too, it began, as most holidays did, as a Pagan celebration of fertility called "Lupercalia", celebrated around February 15th, before being turned into a feast day, celebrated on the 14th. However, it didn't have any romantic connotations till the 14th century when poets began use it as a way of selling their works.

Another thing to mention is as a holiday named after a Saint, there was no Saint Valentine till after its inception.

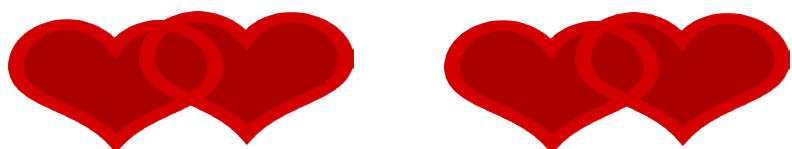
Many cultures around the world have their own unique ways of celebrating this holiday, which can be observed on many different days.

For example, Dydd Santes Dwynwen is known as the Welsh Valentine's Day, and is observed at the end of January each year, with couples presenting each other with carved, wooden Lovespoons, an old tradition dating back hundreds of years, along with gifts commonly associated with valentine's day.

On the other hand, we have the Qixi Festival, also known as the Qiqiao Festival and the Magpie Festival, celebrated on the 7th day of the 7th month of the Chinese Lunar Calendar, this year it is observed on August 28th. Traditions of this holiday include single and newlywed women giving gifts and prayers in hopes of happiness, fertility and longevity.

On this day, couples gaze to the sky to look for Vega and Altair in the Milky Way, while a third star forms a symbolic bridge between the two stars. It was said that if it rains on this day that it was caused by a river sweeping away the magpie bridge or that the rain is the tears of the separated couple. Based on the legend of a flock of magpies forming a bridge to reunite The Weaver Girl and the Cowherd, the story of whom inspired this holiday and its traditions, a pair of magpies came to symbolize conjugal happiness and faithfulness.

Whether you are single, taken or otherwise, there is always something to look forward to this time of year, even if it is just cheap chocolate on sale, and Love Actually on repeat.



REVIEW

Rob Beckett: Mouth of the South Tour

Rob Beckett played to a sell-out show on Thursday 12th January at Pontio, a month later than his original date was set but, through his own accord, he admitted to his fashionably late arrival. The show was a huge hit from the beginning, selling out tickets almost within the week. When telling friends and family who I was going to see they all replied the same answer: "is that the guy on 8 out of 10 cats with the big teeth". But he is not just all gnashers, he is a pretty talented comedian as well. The show started with a support act by the name of Lloyd Griffiths who was a chubby choir boy from Grimsby, of course what else. He was also Rob's mate which showed as their humour was similar but also very funny. The main part of his act saw him use his vast knowledge of cathedrals to interact with the audience, stating facts as the audience shouted names of cathedrals. The crowd was also witness of a small rendition of some opera stylings from Lloyd himself. Then it was the turn of none other than Rob Beckett himself, who I thought does look different in person than on TV. The funniest parts of the show had to be the improvisation he did when interacting with the audience. One or two audience mem-

bers had enjoyed the bar a bit too much before the show but added to the hilarious interaction. The content within his show focused on his recent marriage, being the man or not so much the man of the household and spending Christmas with the in-laws. Content that relates to everyday life is always a winner as the audience can relate, even down to the designation of household chores and arguing with the Sky representative over the phone. The six years Rob has had perfecting his craft shows as he delivered a confident and impressive performance that had everyone in the palm of his hand. I don't think there was one moment in the show I wasn't curled over with tears in my eyes. At the end of the show Rob stood outside the theatre and greeted every member of the audience with a handshake, thanking them for coming. He would also take pictures with anyone that asked. This was the cherry on the top of the comical cake that was the whole show. It was an unexpected and gracious gesture that all comedians should take note of.



Clwb Comedi Chwefror / February Comedy Club

Rory O'Hanlon
Nigel Ng
Gary Delaney



Stiwdio
Nos Fawrth 21 Chwefror, 8pm
£10/£8 myfyrwyr a gostyngiadau

Studio
Tuesday 21 February, 8pm
£10/£8 students and concessions



Opera Prifysgol Bangor / Bangor University Opera

The Bartered Bride

Theatr Bryn Terfel
Nos Fawrth 7 Mawrth, 7.30pm
£15/£12/£5 myfyrwyr
ac o dan 18

Theatr Bryn Terfel
Tuesday 7 March, 7.30pm
£15/£12/£5 students
and under 18s



Y FORY

Stiwdio
Nos Fercher 8 a
Nos Iau 9 Mawrth
7.30pm
£12/£10 myfyrwyr a
gostyngiadau

Studio
Wednesday 8 and
Thursday 9 March
7.30pm
£12/£10 students and
concessions

THEATR
BC
BARACAWS

Nick Williams + The Bristol Old Vic yn cyflwyno/presents

Pink Mist

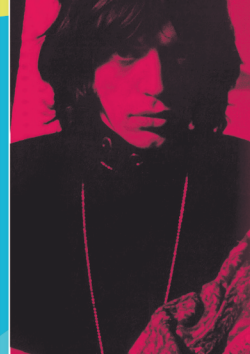
Theatr Bryn Terfel
Nos Fawrth 14 Mawrth
7.30pm
£15/£14/£12 myfyrwyr
ac o dan 18

Theatr Bryn Terfel
Tuesday 14 March
7.30pm
£15/£14/£12 students
and under 18s

Vamos Theatre + London International Mime Festival
yn cyflwyno/presents**The Best Thing**

Theatr Bryn Terfel
Nos Fercher 15 Mawrth
7.30pm
£14/£12 myfyrwyr a
gostyngiadau

Theatr Bryn Terfel
Wednesday 15 March
7.30pm
£14/£12 students and
concessions

**PSYLENCE**
SINEMA PONTIO CINEMA, BANGOR 2017

**CERDD BYW A
FFILMAU**
GWENER 17 -
SUL 19 MAWRTH

**LIVE MUSIC &
FILMS**
FRIDAY 17 -
SUNDAY 19 MARCH



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www.pontio.co.uk



Gostyngiadau i Fyfyrwyr!*
Student Discounts!*

*ar gynhyrchiadau penodol
* on selected productions

27 - 01. Thriller Live
Where: Venue Cymru

Time: 7:30pm
Price: £19.50

Ash Dykes: Surviving Madagascar
Where: Galeri

Time: 7:30pm
Price: £12

07. The Bartered Bride - Opera

Where: TBT

Time:7:30pm
Price £5

Ash Dykes: Surviving Madagascar
Where: Galeri

* all prices are based on student admission



18th - 19th February 2017



The Bangor Music Festival runs every year, holding workshops, concerts and educational programmes. The theme this year is 'Architectures and Urban Landscapes'. This years festival hosts several paid and free events throught out weekend including:-

18 FEBRUARY

Urban Landscapes
Juliet Fraser (soprano), Richard Craig (flute) & Electroacoustic CYMRU
Studio, Pontio – 1:00pm
£5

Bridges
Various films exploring bridges with accompanying music performed by the Bangor University Session Orchestra Saxophone Quartet.
Cinema, Pontio – 2.30pm
£3 students

The Towers of Silence
Fidelio Trio
TBT, Pontio – 7.30pm
£5 students

19 FEBRUARY

Shades of Pierrot
Cantamus
PJ Hall, Bangor University – 2:00pm
Tickets will be sold on the door.

FREE EVENTS

18 FEBRUARY

10.00am
William Mathias Composition Prize Workshop
led by Roger Marsh and the Fidelio Trio performing selected works from a call for score.
TBT, Pontio

10.30am
Minecraft / Lego
An event that combines Lego and instrumental improvisation, aimed at all ages of the general public! There will also be a project that explores music and Minecraft.
Pontio's public spaces

12.00pm
Meditation
The Fusion Ensemble will provide live instrumental improvisation.
Caban, Pontio Grounds with Ensemble Fusion Prifysgol Bangor

3.30pm
Fusion Welsh Cakes
Gorad Restaurant, Pontio.
Manon Llwyd & Band

4.30pm
Architectonics I
Level 2, Pontio
Bangor New Music Ensemble

6.00pm
Pre-concert Talk and Festival Reception
Lecture Room 2, Pontio
Looking ahead to the evening concert with featured composers Roger Marsh and Sarah Lianne Lewis.

REVIEW

Brendan Cole - All Night Long

by MADDIE TOWELL

As a dancer I was certainly thrilled to find that Strictly Come Dancing's Brendan Cole was coming to Venue Cymru, to dance and present his latest tour All Night Long. It's fair to say that everyone was enthralled from the moment the lights rose, until the lights dimmed after the final dance. The show was full of all the glitter, sequins and bright colours that you would expect to see in any Strictly Come Dancing show. It also contained a fantastic 13-piece band, featuring two vocalists and their amazing musical director. Alongside the band and stunning costumes, were flashing lights, pyrotechnics and even shadow work performed behind screens.

As you would expect, Brendan was his usual cheeky self as he pre-

sented and compared the show in the breaks between the dances, with help from his singers and musical director. These fills involved Brendan even playing guitar, something he was challenged to do a year ago. He also sung a trio with two other members of the band. During the rest of the fills he spoke about the crew on his tour or about life on Strictly.

The atmosphere of everyone on stage seemed calm at all times. The show seemed to contain an almost family spirit, with many of the members working together for several years, leading to lots of jokes and a relaxed atmosphere.

Brendan was joined onstage by 7 other dancers and between them they danced almost every style of ballroom and latin dance, including an interest-



ing take on the waltz (about an affair), a beautiful rumba, a firey (and almost scary) pasodoble, an insanely quick jive, a funny Charleston and a fantastic Argentine Tango. Whilst Brendan danced nearly every dance, occasionally he let a few of the other couples take the spotlight whilst he either changed or took a short break.

If you missed the show Brendan has several other tour dates around the UK. But, if you don't want to travel further than Venue Cymru than Anton and Erin will be performing there in March and Kevin and Karen in June.

It was a fantastic night of clapping, singing and watching amazing dancing, well worth a visit!



SODA - Winter Variety Show

by ARRON WILLIAMS

If you appreciate musical theatre and enjoy singing and dancing, there is a society just for you! Bangor University's musical theatre society (SODA) was founded 30 years ago and since then unified like-minded thespians to produce variety shows and a full musical each academic year.

On the 11th of December 2016 SODA performed the winter variety show 'Singing in the Rain - A Night

at the Musicals'. It featured songs from hit musicals, Singing in the Rain, Les Misérables, Grease and a song from upcoming production Fame. The choreography for group numbers was well executed, especially in the song America from West Side Story which was eye-catching and fun. The choir pieces as well as the various solo and duet numbers showcased vocal ability, charming us audience members

to return to see Fame and other future productions.

Talking about Fame - their main musical of the year - tickets are already on sale for the one-night-only show on March 30th at 7:30pm. The show will be performed in Pontio, which with its professional quality of sound, lighting and stage design, makes us eager to see how the 1980's style, musical energy and leg-warmers

extravaganza is brought to stage. Especially exciting will also be the live student orchestra.

Don't forget to mark FAME in your calendars! Tickets are on sale on the Pontio website. The show is Thursday March 30th at 7:30pm. SODA is open for anyone to join find them on Facebook or at rehearsals every Thursday 6-9pm and Sunday 7-10pm.



UNION

RAG
Week

13-19th Feb

Bangor RAG (Raising & Giving) will be celebrating RAG Week 2017 to help raise money for this year's four chosen charities; Mind UK, Cancer Research UK, Itala Foundation & Maesgeirchen Brownies. Please find below our schedule of events for RAG Week. To find out more visit our Facebook Page and our Website.

Student
Volunteering
Week

20th-26th Feb

Student Volunteering Week is a national campaign designed to raise awareness of the work student volunteers do in the community and the volunteering opportunities available to students. This year it takes place from the Monday 20th-Sunday 26th February and students in Bangor will be treated to a range of daytime, evening and mini volunteering events throughout the week.

Course Rep
Dragons
Den

Last year we held the first ever Course Reps Dragons Den and it's back again for 2017, taking place on Wednesday 1st March! If you're interested in getting involved get thinking about any ideas and get together with your fellow reps. As well as getting some funding to develop your academic experience it's a great opportunity to develop loads of professional skills such as teamwork, planning, project management, presenting and many more. Express your interest in taking part by Wednesday 15th February

Student Led Teaching Awards

The Student-Led Teaching Awards are back! After the success of last year's awards the Students' Union, together with the University will be holding the Student-Led Teaching Awards 2016-17 on Friday 28th April. To nominate any member of staff that you feel is deserving of an award at this prestigious event visit the Undeb Bangor website.

School of the Year
Teacher of the Year
New Teacher of the Year
Postgraduate Teacher of the Year
Welsh-Medium Education Award
Dissertation / Thesis Supervisor of the Year

Award for Outstanding Pastoral Support
Open Award
Engagement Award
International Award
Student Service Department Award
Unsung Hero Award



Course Rep Awards

The Course Rep Awards are back! As a course representative, this is the time where you have the opportunity to be recognised for your work with Students, Staff members and the Students Union. Nominations open for all awards on Wednesday 1st February until Wednesday 1st March at midday. The winners will be announced in a joint awards ceremony at the SLTA's on Friday 28th April 2017.

VP Award

This Course Rep is able to show high involvement over the past year as a Course Rep, attending and contributing University meetings, lobbying for change and feeding back into the Students' Union via Lydia or Rebecca. This pro-active nature ensures vital involvement in the course rep scheme in order to make necessary or desired changes to their programme, department or the student experience of their colleagues. This Course Rep is able to show how their actions have had a positive and tangible effect on the lives of their fellow students and/or the Students' Union

Student Choice Award

Course reps work in partnership with the University and the Student's Union to make sure that the teaching and learning experience at Bangor is representative of all student opinion. The Student Choice Award is nominated by students in recognition of a course reps ability to work with their fellow students to ensure they have a constant voice in feedback and development to improve academic experience.

Staff Choice Award

As a course rep in your school, it is really important to work in partnership with both staff and students to ensure a constant student perspective when looking to improve lectures, modules and courses. To recognise this collaboration, Staff members are given the opportunity to nominate students for this award. The winner of the Staff Choice award will have stood out for their engagement with staff, been proactive in sourcing student opinion or really helped to improve the experience of your students.

Ede & Ravenscroft Innovation
Award (£1000 Prize)

Course reps must be able to demonstrate that they have worked with their fellow students to ensure there has been a regular dialogue for feedback in order to generate positive change in their school. The panel is looking for evidence that the course rep has shown initiative and dedication to their role, good communication with reps and staff and new and innovative ideas to gain feedback that contributes towards developments within the school and/or curriculum.

Eligibility criteria: 1st/2nd year undergraduates only



UNDEB BANGOR PRESENTS



RAG WEEK

13TH- 19TH FEBRUARY 2017

MONDAY

CAKE SALE @ SU 10:00-13:00
STAFF FANCY DRESS - ALL DAY LONG
'ANYTHING BUT CLOTHES' FASHION SHOW @ POWIS HALL 19:30

TUESDAY

RHODRI LOVES YOU @UNI LIBRARIES 12:00-16:00
TAKE ME OUT @ BAR UNO 20:00-22:00
LONLEY HEARTS @ ACADEMI FROM 22:00

WEDNESDAY

RAG FITNESS SESSION @POWIS HALL 15:00
FACE PAINTING @ AU NIGHT, ACADEMI FROM 22:00

THURSDAY

CAKE SALE @ SU 10:00-13:00
WATCH OUT THERE'S A TIGER ABOUT @ UNI LIBRARIES 12:00-16:00

FRIDAY

90'S PARTY @ SU 11:00-15:00
STUDENT ART FAIR @ SU 17:00

SATURDAY

CUFF COUPLES 11:00 - 23:00

SUNDAY

FILM DAY @ ACADEMI CINEMA ROOM 10:00 - 17:00
QUIZ NIGHT @ BELLE VUE 20:00

PLUS A WEEK LONG SCAVENGER HUNT



FOR MORE INFORMATION ABOUT ALL OF OUR EVENTS, VISIT
www.facebook.com/bangorrag

SOCIETIES



CoppaFeel! Uni Boob Teams nationwide are asking students to take-up the ultimate New Year's resolution, it will only take up five minutes of your time every month and one day could potentially save your life.

What is it? I hear you scream. Quite simply we want you to check your boobs. It is that easy. Every month give your boobs the once over, there is no right or wrong way to do it. Just get coppin' a feel of your hooters to learn what is normal for you so if you detect a change you can go and get it checked out.

CoppaFeel! are on a mission to ensure all breast cancers are diagnosed at the earliest stage possible. At which treatments are more effective and survival rates higher, and the best way of doing that is to get everyone in the country checking their boobs regularly.

Chat with your local Uni Boob Team. They will be active all over campus in the next few months to remind students to get a coppin'. Expect Boob Ball, club night takeovers and boob costume bingo! Uni Boob Teams have a whole host of activities up their sleeves in order to get you boob aware.

Uni Boob Teams are also inviting students to sign up to CoppaFeel's free SMS reminder service, which sends you a free monthly reminder to check your boobs. It's easy to join, simply log onto <https://coppafeel.org/remind-me/> to set up your monthly reminder.

Kristin Hallenga, Founder of CoppaFeel! said "I envisage a world where boob checking is a standard part of a person's routine, like brushing your teeth! Start a habit of lifetime today and let's stamp out late and

mis-diagnosis of breast cancer".

Fancy juggling the final year of a degree, a part time job, work experience, social life, future job hunt and being a UBT Leader? Sound alarming? It's time to nip those jitters in the bud. Here's why your third year isn't too late to get involved with your Uni Boob Team.

Phoebe Lazell, Uni Boob Team Leader at Royal Holloway says: "Working as a UBT Leader or part of the team is the perfect accompaniment to any university degree. CoppaFeel! assigns you a monthly mission which gives you plenty of spare time to spend in the library (or binging on Netflix – no judgement here!) so the role needs less commitment than most societies. However, it is also an opportunity to collaborate with tonnes of societies.

"For me, being a UBT Leader has established a real love of charity work and not only have I spent the year finding glitter in every nook and cranny of my house (sorry, flatmates), and not to mention fabricating a breast themed, double entendre into every sentence I can muster – which is definitely worth a mention on my CV, right? – it has made me realise that I want to continue to work in charity: fundraising; organising and creating content with a fun voice in order to spread a life-saving message is definitely my calling. Heck, and maybe the sexy voiced radio presenter can be a back up."

Visit coppafeel.org/uniboobteams to find out how to join a team or find out what your boob team is up to.

Alternatively, you can follow @CoppaFeelPeople on Twitter for all of the latest news on how you can get involved.

Bangor Linguistic Society

The BLS offers a wide range of opportunities for students to get involved with numerous events. The committee, in tandem with staff, provide an array of resources including a personal library with over 900 books, as well as linguistic workshop, led by fellow students to support your course. These workshops run weekly between 3-4:30pm every Friday during term time and the topics are released weekly. As well as curricular activities, we host various social events from welcome week, right through

the year. They include; linguistic films nights, quizzes, meals and nights out. Most importantly, each year, alongside the department, we host David Crystal day. The man himself hosts multiple talks and many members of the university are attracted to this event. To find out more about the BLS; visit our Facebook page: "Bangor Linguistic Society", where you can find out anything and everything about upcoming events and any questions will be answered.

THE BANGOR ARTS SOCIETY WOULD LIKE TO CORDIALLY INVITE YOU TO
THE STUDENT ART FAIR

WHEN? 17TH FEBRUARY, 5 - 9PM
WHERE? ROOM OF REQUIREMENT, 4TH FLOOR PONTIO/STUDENT UNION



WE'LL BE SHOWCASING ART MADE BY A VARIETY OF BANGOR UNIVERSITY STUDENTS, SO COME ALONG AND TALK TO THE ARTISTS, BUY PRINTS, DRINK (FREE) WINE, AND MORE!

CAMPUS LIFE

CAMPUSLIFEBANGOR.CO.UK

#LOVEHALLS

WHAT TO LOOK OUT FOR?

We have loads of events running throughout the term. Just take a look at our helpful guide below...

- FOOD EVENTS**
There's food involved! From Sunday roasts to pizza nights.
- HOT DRINKS**
Grab a FREE hot drink at these events.
- MUSIC**
From dancing to singing our nights have got it covered!
- ACTIVITY**
Enjoy a variety of fun activities around campus.
- BILLS & BUDGETS**
Want to learn how to stretch your cash? Come along to our workshop.
- WET & WILD**
2 hours of FREE fun in our great outdoors! Pre-booking essential.
- LEARN TO COOK**
Time to test your cooking skills or learn some new ones with our Uni chef!
- SPECIAL EVENT**
Special events not to be missed!
- QUIZ & BINGO**
Love your quizzes and bingo? Then get your mind ready!
- BIG SCREEN MOVIE TIME**
Choose your favourite from our online poll and grab your free popcorn!
- TRIP**
Amazing off campus trips. Pre-booking essential. See Facebook page for more info *small cost payable
- GET CRAFTY**
Love glue and glitter? Come along and get crafting!
- MEET THE CREW**
Keep an eye out for the Campus Crew team and come say hi!
- HALLS TO HOME**
Helping smooth the way from halls to private accommodation
- TIME TO RELAX**
Chilled out events to help you unwind.

JANUARY

MONDAY 9TH Hot Chocolate Morning Ffridd and St. Mary's Halls Office / 8.30-9.00am	
THURSDAY 12TH Brain Break! Board Games & Biscuits St. Mary's Barlows / 6.30-8.30pm	
FRIDAY 13TH Friday Night Film Acapela and Braint Common Room / 8.00pm	
SATURDAY 14TH Yoga St. Mary's Acapela / 10.30am	
SUNDAY 15TH Free Sunday Roast Bar Uno / 7.00-9.00pm / PRE-BOOKING ESSENTIAL	
WEDNESDAY 18TH Brain Break! Board Games and Biscuits. Braint Common Room / 6.30-8.30pm	
SATURDAY 21ST Yoga St. Mary's Acapela / 10.30am	
SUNDAY 22ND Wet and Wild Meet outside Ffridd Security Office / 12.45pm	
SUNDAY 22ND Meet and Mingle with tea and biscuits Braint Common Room / 5.00-6.00pm	
MONDAY 23RD Hot Chocolate Morning Ffridd and St. Mary's Halls Office / 8.30-9.00am	
WEDNESDAY 25TH Santes Dwywen Spread the love! Check out My Bangor or Facebook for more information	
THURSDAY 26TH Campus Life Curry Club and Karaoke! Half price Curry with your Campus Life Badge! Bar Uno / 7.00-8.00pm	
FRIDAY 27TH Friday Night Film Braint Common Room and Acapela / 8.00pm	
SATURDAY 28TH Yoga St. Mary's Acapela / 10.30am	
SUNDAY 29TH Meet and Mingle with tea and biscuits Barlows / 5.00-6.00pm	
SUNDAY 29TH Open Mic Night Acapela / 8.30pm / email campuslife@bangor.ac.uk to perform	
MONDAY 30TH HALLS TO HOME Learn to Cook Barlows kitchens / 7.00-9.00pm	

FEBRUARY MARCH

THURSDAY 2ND Table Tennis Acapela and Braint Common Room / 7.00-9.00pm	
FRIDAY 3RD Friday Night Film Premier! Foreign Language Film Special Acapela / 8.00pm	
SATURDAY 4TH Yoga Acapela / 10.30am	
SUNDAY 5TH Barlows Live Lounge Barlows / 8.00pm	
SUNDAY 5TH Handball St Mary's MUGA / 2.00-4.00pm	
TUESDAY 6TH - SUNDAY 12TH Healthy Living Week	
MONDAY 6TH Hot Chocolate Morning Ffridd and St. Mary's Halls Office / 8.30-9.00am	
TUESDAY 7TH HALLS TO HOME Bills and Budgets Barlows / 5.30-6.30pm	
FRIDAY 10TH Free Fruit Friday! Ffridd and St. Mary's Halls / 8.30-9.00am	
SATURDAY 11TH Yoga and Free Fruit Smoothie! Acapela / 10.30am	
SATURDAY 11TH Student Opportunity Fair Pontio / 12pm - 4pm	
SUNDAY 12TH Wet and Wild Meet outside Ffridd Security Office / 12.45pm	
SUNDAY 12TH Free Sunday Roast Bar Uno / 6.00pm / PRE-BOOKING ESSENTIAL	
MONDAY 13TH - SUNDAY 19TH RAG week	
MONDAY 13TH Rapid Rendezvous! Bar Uno / 7.00-9.00pm / check out Facebook for details	
TUESDAY 14TH Cupid Fun Run Meet outside Ffridd and St Mary's Halls offices / 12.30-1.00pm	
TUESDAY 14TH Puddings for 2 Bar Uno / 6.00-8.00pm	
THURSDAY 16TH HALLS TO HOME Learn to Cook! Barlows kitchens / 7.00pm	
FRIDAY 17TH Friday Night Film Braint Common Room and Acapela / 8.00pm	
SATURDAY 18TH Yoga St. Mary's Acapela / 10.30am	
SUNDAY 19TH Ice Skating Meet outside Reichel Halls / 12.00pm / £10	
MONDAY 20TH - SUNDAY 26TH Student Volunteering Week	
MONDAY 20TH Hot Chocolate Morning Ffridd and St. Mary's Halls Office / 8.30-9.00am	
WEDNESDAY 22ND Quiz Night and Nachos Bar Uno / 7.00-9.00pm	
THURSDAY 23RD Campus Life Curry Club and Karaoke! Half price Curry with your Campus Life Badge! Bar Uno / 7.00-8.00pm	
SATURDAY 25TH Swap Shop! Acapela / 11.00am-3.00pm / see Facebook and posters	
SUNDAY 26TH Open Mic Night Acapela / 8.30pm / email campuslife@bangor.ac.uk to perform	
MONDAY 27TH FEB - SUNDAY 12TH MARCH Fairtrade Fortnight	
TUESDAY 28TH Pancake Day! FREE PANCAKES! Barlows Kitchens / 7.00-9.00pm	

FAIRTRADE FORTNIGHT

WEDNESDAY 1ST St David's Day! Free Tea and Welsh cakes Barlows and Braint / 5.00-6.00pm	
WEDNESDAY 1ST International Twmpath Night Rathbone / 8.00pm	
THURSDAY 2ND Get your free Fairtrade Fruit Ffridd and St. Mary's Halls / 8.30-9.00am	
FRIDAY 3RD HALLS TO HOME What a load of Rubbish! Braint Common Room / 5.30-6.30pm	
FRIDAY 3RD Friday Night Film with Fairtrade tea and coffee Braint Common Room and Acapela / 8.00pm	
SATURDAY 4TH Yoga Acapela / 10.30am	
SUNDAY 5TH Wet and Wild Meet outside Ffridd Security Office / 12.45pm	
MONDAY 6TH Start the week with something sweet! Fairtrade Hot Chocolate Morning Ffridd and St. Mary's Halls Office / 8.30-9.00am	
TUESDAY 7TH Easter Crafts Braint / 6.00pm	
WEDNESDAY 8TH Undeb Bangor BIG Elections Voting Opens!	
THURSDAY 9TH HALLS TO HOME Learn to Cook Fairtrade Brownies Barlows kitchens / 7.00-9.00pm	
FRIDAY 10TH Undeb Bangor BIG Elections Voting Closes!	
SATURDAY 11TH Yoga Acapela / 10.30am	
SUNDAY 12TH Chippy Tea! Bar Uno / 6-7pm	
MONDAY 13TH Bingo and Pizza! Bar Uno and Barlows / 7.30pm	
TUESDAY 14TH HALLS TO HOME The Next Step - Living in Private Accommodation Braint Common Room / 5.30-6.30pm	
WEDNESDAY 15TH 5-a-side Football. MUGA, St Marys / 2-4pm	
SATURDAY 18TH Yoga Acapela / 10.30am	

SUNDAY 19TH Bangor's Got Talent 2! To perform contact campuslife@bangor.ac.uk Acapela / 8.30pm	
MONDAY 20TH Murder Mystery Night Braint Common Room / 7.30pm	
TUESDAY 21ST Board Games and Biscuits Braint Common Room and Barlows / 6.30 - 8.00pm	
THURSDAY 23RD Pool Tournament Barlows and Bar Uno / 7.00pm	
FRIDAY 24TH HALLS TO HOME Fair Check out My Bangor for more information 11.00am-3.00pm	
FRIDAY 24TH Friday Night Film Braint Common Room, Acapela / 8.00pm	
SATURDAY 25TH Yoga Acapela / 10.30am	
SATURDAY 25TH Varsity!	
SUNDAY 26TH Wet and Wild Meet outside Ffridd Security Office / 12.45pm	
SUNDAY 26TH Easter Egg Hunt Ffridd and St Mary's Halls offices / 3.00-5.00pm	
MONDAY 27TH World Quiz Night and Nachos! Barlows / 7.30pm	
TUESDAY 28TH Hot Cross Bun Baking! Barlows Kitchens / 7.00pm	
THURSDAY 30TH Campus Life Curry Club and Karaoke! Half price Curry with your Campus Life Badge! Bar Uno / 7.00-8.00pm	
THURSDAY 30TH Undeb Bangor Annual General Meeting	

GREAT STUDENT VENUES

Academi
WWW.BANGORACADEMI.COM

BAR UNO
WWW.BARUNOBANGOR.COM

sky SPORTS

Barlows
MEET • EAT • DRINK

CHECK OUT
THE BANGOR CAMPUS
LIFE WEBSITE OR
FACEBOOK PAGE
FOR ALL OUR
LATEST NEWS!

WWW.CAMPUSLIFEBANGOR.CO.UK

EVENTS ARE
FREE

FUN, RELAXED
& FRIENDLY

GREAT
EVENTS

STUDENT VOLUNTEERING WEEK HITS BANGOR

Student Volunteering Week 2017 is a national campaign designed to raise awareness of student volunteering. This is a great way for universities across the country to get students involved with opportunities in their local area, but also to show off the work student volunteers do in the local community. This year Bangor is holding events every day during the week Monday 20th February – Sunday 26th February. We will have opportunities to volunteer your time, whether it be 10 mins between lectures, or spending the day helping out. There will also be a variety of events for everyone to access such as live music nights and a quiz night. We will also be holding an information evening on the Tuesday night to talk about the projects that will be recruiting from March onwards and how to apply, and we'll also be helping out with applications and interview tips to give you the best possible chance of getting onto projects. Take a look at the next couple of pages to find out more about what's going on in the week and find a way to get involved. *by REBECCA PAYNE*



Monday	<p>We are kicking the week off with a huge social media presence. We'll be out and about talking to students and we'll also be on Storm FM talking about the week. Our first mini-volunteering project of the year is one of our regular projects. The Parc Dudley Nature Reserve project will be taking an extra special trip out. To get involved, make sure you're signed up to our mailing list. Our first event of the week supports one of our campus projects. Connect @ Bangor are a group of volunteers who help students who may struggle at university. Anyone can struggle with the move, whether this be because they are too nervous to join clubs and societies alone, or because they don't know about the opportunities they can get involved in. Connect @ Bangor is a confidential service which aims to help these students get involved and make the most of their time at university. Whether this be showing them around Bangor, or joining a club or society with them to help them meet new people and make friends, a Connect volunteer will be there to help. On the 20th February, we will be holding a coffee and games night at Two Guys From Brussels. The Connect volunteers will be there to talk about the service they offer and help anyone who may be struggling.</p>
Tuesday	<p>Our pop up stalls will be around Bangor during the day. Their locations will be published on our Facebook event on the day, with them moving around various areas of the university. If you visit our stall, they'll be BEA points for those who fill out a postcard for a long term hospital patient. Hospital patients can find their stay difficult and a few words of encouragement or positivity can make their day. It will take five minutes to fill in a card and find out more about volunteering with SVB at the same time. We'll also be out and about across Bangor in collaboration with The Big Give collecting food tins for the Bangor food bank. In the evening we'll be holding an information evening for individuals who want to find out more about volunteering with SVB. There will also be current volunteers there to give advice about writing your application and interview technique. This is a great opportunity to meet volunteers and talk to staff about volunteering with SVB.</p>
Wednesday	<p>There will be more pop up stalls today where you can find out more about SVB. Again the locations will be revealed on our Facebook event on the day. In the afternoon we'll be taking a minibus of volunteers to a local dog sanctuary to walk dogs. If you want to walk the doggies and have fun messing around whilst volunteering for an afternoon, then email svb.promotions@undebbangor.com or sign up to our mailing list on the website. Places will be allocated on a first come first serve basis. In the evening, we'll be at the Menai for a night of live music. Live Music Soc and SVB will be hosting a variety of bands from 8pm till late. They'll be a raffle and prizes to win on the night and it's a great way to celebrate a win (or commiserate a loss) with your teammates whilst raising money for a great cause.</p>
Thursday	<p>Everyone loves cakes, and what's better than buying cake to support a good cause? We'll be outside the SU from 12pm till 3pm and if you have time, why not decorate an Easter basket at the same time. We're making up Easter baskets of chocolates for children who are spending their Easter in hospital rather than at home with their families. Come along to the room of requirement in the Students' Union to help decorate a basket to send. Whether it be with lots of colour, or a message or positivity to cheer them up, you'll get some BEA points for taking out and be able to eat cake and have a chat at the same time. In the evening, we'll be holding a casino night with the chance to win prizes. It'll be £1 for 10,000 worth of chips. With roulette, blackjack, and poker there's many games to try your game at to win the most. With prizes for first, second and third place what's the harm in trying your hand whilst raising money for local volunteering projects.</p>
Friday	<p>With the second of our cake sales in the SU from 12pm till 3pm, it's a great chance to get involved with another mini-volunteering project. The Easter Tea Party is our oldest project, and gives older people in the local community a chance to socialise, have some food and listen to live music. This year, we are hoping to give every attendee an Easter card to go home with and need your help to decorate and write them all. Again, there are BEA points available, a great way to help out during a break between lectures. In the evening, we'll be holding the first of our SVB socials for the week. Anyone is welcome to come along to find out more about our projects, and meet current volunteers. We'll be starting the Bangor safari at the Harp at 8pm. They'll be a competition on the night which will be revealed on Facebook earlier that day.</p>
Saturday	<p>As the weekend starts, so do our two days of volunteering. Meeting outside Pontio at 11am, our volunteers for the day will be heading to Tesco to help with bag packing. This is a great opportunity to promote our work to the local community and raise funds for our projects at the same time. We'll be there all day and again, volunteers will get BEA points for helping out. We'll be rounding off the day with a pub quiz at The Harp. £1 entry and donations on the night with prizes to be won. Starting at 7pm, they'll be a mix of questions including some about SVB and Bangor.</p>
Sunday	<p>We're ending our weekend with a second day of volunteering and a chance to help clean a local beach in North Wales. This will be the final chance to gain BEA points and volunteer this week so come along for the fun and food, whilst helping in the local area. Throughout the week, we'll be giving out film night tickets to all those volunteers who help out, whether this be on projects or at our mini-volunteering events. We'll be holding a cinema evening in Pontio Lecture Theatre 5, starting at 7pm, with a choice of three films on the night. It's a really relaxed way to end the week, whilst thanking everyone for all their help. Extra tickets can be picked up at any of our events throughout the week if needed. We hope you can join us to celebrate the end of what we hope will be a very successful week.</p>

Student Volunteering Bangor is a department within Undeb Bangor offering over 40 community based projects. With something for everyone, it's a great way to gain new skills and experience whilst making friends and helping out in the community. We have a wide range of projects to choose from, whether you want to help at the Nature Reserve as a one off, or regularly volunteer at the local school helping with after school sports clubs. If you want to get involved, we'll be recruiting for our projects in March and we'll also be recruiting for summer opportunities too.

Life as a Promotions Volunteer by Emma Williams

As part of SVB's Promotions Committee I have been involved in a variety of activities from helping at Serendipity trying to encourage students to volunteer to helping to plan socials for the volunteers involved in all SVB projects as well as big events during the year such as SVW and Annual Review. There are also opportunities to fundraise such as being on a stall at the Christmas Market to cake sales around the university. Being part of promotions for the last year and a half has helped me boost my confidence massively, to the extent that I'm now helping lead events during Student Volunteering Week, something that I would have never thought I would be able to do. This has made feel that I have a better chance of getting a job after university due the skills I have gained from this project. Being a member of promotions also makes you feel part of the whole SVB community rather than just working on a project because the tasks you do are all in aid of SVB and helping to voice the impact of the work it does. Finally, being part of SVB has allowed me to meet people I would have never met otherwise and have made some truly great friendships from this experience. For anyone interested in event planning, want to improve your employability or just generally want to help promote volunteering around the university, promotions is the project for you!



Why I Volunteer by Rachael Gibson

In my first year I applied for a number of volunteering projects and was unsuccessful but I continued to apply and I am now a volunteer on Hergest Wednesday and the Promotions Committee as well as a project leader for AGRO. In my second year I was successful in gaining a volunteer role for AGRO and in my third year I became a project leader; this project involves providing different activities for people who are in recovery from alcohol and other drug problems. At the end of my second year I was also successful in gaining a volunteer role on Hergest which involves providing activities for service users at the Hergest Unit which is the mental health ward at Ysbyty Gwynedd. Finally, during my first semester of my third year I also joined the SVB Promotions Committee which involves organising events and encouraging more students to get involved in volunteering. Each of these different projects has helped me develop a range of skills and helped me to know what it is that I want to do after university as well as giving me the confidence to know that I am capable of doing it.



PROPOSE A PROJECT!!!!

Have a good idea for helping the local community? Student Volunteering Bangor are running a propose a project competition where you can tell us all about your idea. The winner will be the person with the most original and feasible project idea and that idea will be developed into a working project within SVB in the next year. Entries can be submitted via the SU website so if you feel like you can help the local community, give it a try and tell us all about your idea! by MARK HOBLEY

www.undebbangor.com/opportunities/volunteering/svw/proposeaproject

MUSIC

INTERVIEW



with Ben, Dave, Luke and Erin from
Idle Frets

by FINNIAN SHARDLOW

How did Idle Frets start?

Ben: We have all been involved with music or enjoyed music from an early age. I got asked to get a band together for a function gig, and I managed to persuade my best mates to play in a crappy band with me and to this day I'm still doing my best to not let them leave the crappy band.

What did your early stuff sound like?

Ben: Rubbish, at the time we thought it was mega though. Everyone has to write rubbish tunes

EVERYONE HAS TO WRITE RUBBISH TUNES FIRST, NOBODY WAKES UP AS A KID AND IS JUST A SONGWRITING GENIUS

first, nobody wakes up as a kid and is just a songwriting genius, it takes time for a band to mature and get a way of writing that works for them.

What kind of bands influenced your earlier material?

Erin: Our earlier material was very much influenced by indie rock bands, like most bands we covered the usual's: Arctic Monkeys, The Kooks, The Courteeners etc. They influenced us massively into writing our first basic indie-rock tracks. Ben's always been a major fan and idolised Thin Lizzy so I would say they influenced his writing somewhat, but since we've grown up, we've all found our genres of music that we love, and now we're influenced by a lot more

pop than before, more sub genres like electro pop-rock and indie-synth music, and since Dave has been around that funk and soul element is a heavy hitter in our new tunes and the way we write!

How would you describe your sound now?

Luke: Tumultuous tunes! Whilst not straying too far away from what you've already heard, the sound we've been working on is a lot beefier.

How has your sound evolved to reach where you are now with single, *Glow*?

Luke: Besides from maturing along

with our music, in a word, 'Rave'. The first few releases were mostly already written prior to Rave (Dave) joining the band. We love nothing more than playing live so when in the creative process, this is at the forefront of our minds.

What's *Glow* about and how happy are the band with it?

Ben: In short; it's about wanting to be with a girl, but she's with a lad who's a bit of a weapon. We are dead happy with it, Al Groves (who produced it with us) is a top lad and we really enjoyed the whole recording process and it worked for us, I think it's easy to hear that within the track.

Erin: We're so happy with how *Glow*

turned out and how well it's been received, it was a hard but enjoyable time in the studio to get it right, and we've been sat on it for so long, little tweaks here and there, it's been great to finally get it out and for more just go to Idle Frets HQ to hear it!

What's your reaction to the publicity it's been getting in the form of Radio 2 airplay and featured on This Morning?

Ben: It's been mad. Very surreal as we are just some kids making music because we enjoy it. The fact that anyone else enjoys it is class. We can't wait to get out and play it to as many people as possible.

When you were writing *Glow*, did you ever think to yourself that you had a great song that would resonate with people?

Ben: I guess if I said no I'd be lying. We took so much time off to get this right, that when we came back with new music we needed to pick something to make a mark. When we heard it we thought it was a tune.

Luke: Yeah absolutely, once we had the structure of the song sorted and we were playing it through over and over, we were all buzzing with it. With regards to resonating with people, if it happens, that's a complete bonus. Primarily, we write songs we love listening to and playing live so if other people can get the same enjoyment from them then it's all gravy.

What's it like, playing *Glow* live? Good reception, everyone singing it?

Ben: Since releasing it we haven't

played it live yet to be honest, after gigging, recording and writing last year we took Christmas off as Dave was having an operation. Like I said before we can't wait to get out and start playing it to people.

Dave: We haven't actually played *Glow* live since it has been released! I had to have an operation which lead us to cancel all tour dates over Christmas (what a liability). We are buzzing that it has done so well and we can't wait to get out and play it to everyone.

I've seen a few quotes which describe your sound as "radio ready" – what's your thoughts on this? Is it a feature of your music which comes about naturally?

Erin: We've spoken about this recently as it's such a great thing to hear. We definitely agree that that *Glow* and the new tunes are very radio ready, but as far as writing them goes? We just love to make music that would appeal to as many people as possible, while keeping the 'commercial element' in mind.

WE WRITE MUSIC THAT WE WOULD LIKE TO LISTEN TO OURSELVES AND THAT'S THE MOST IMPORTANT THING TO US

It isn't something that's a major concern though, we write music that we would like to listen to ourselves and that's the most important thing to us.

Are you writing any new music at the moment?

Dave: Yes and it sounds f*****g great. We have been busy recording

at The Motor Museum with the legendary Al Groves. I won't say too much but if you're into *Glow*, then you're going to love these next few tunes coming your way.

What's it sounding like? Any different?

Erin: It's sounding good! Different to our old stuff for sure. With *Glow* we felt like we had found 'our sound' and we feel like the other new music is very in keeping with that sound.

Dave: It's sounding sick, not dissimilar to *Glow*. It's anthemic; it has groove. There's lots of strange textures and sounds going on, in a good way. We can't wait to show everyone.

Album or EP in the works?

Luke: We have loads up our sleeves! Not too sure what I'm allowed to give away right now but there'll be no shortage of tunes this year.

If not, are there any genres or sounds Idle Frets would like to explore?

Ben: We write music we enjoy listening to so nothing springs out as 'yeah let's try this'. We like to mess around with loads of different sounds anyway without taking the usual caution some bands take to try and fit into a particular genre, so to speak.

Music Festival Round-Up



Reading & Leeds

Reading and Leeds are a firm favourite for those with a broad taste ranging from hip-hop and R&B to rock and indie. It's probably the one on the list I'd recommend to those wanting to get closer acquainted to the mud.

Apart from the toilets looking like a factory farm and the possibility of seeing the odd idiot in a football shirt, you can't really say anything too negative about R&L. Good music. Good company.

Must See: Danny Brown. The Detroit rapper is an absolute maniac and will surely get a riveting atmosphere going.

WTF: Surprised to see Muse still getting headline spots, seemingly off the back of token value.



Parklife

Parklife places an emphasis on urban music. Backing the grime scene massively with spots for Giggs, Wiley and Boy Better Know alongside the stature of hip-hop icons like A Tribe Called Quest. It's a line-up which illustrates grimes humbling rise to prominence.

No camping at Parklife. Bit disappointing. For many, camping is part of the festival experience.

Must See: Frank Ocean. Will no doubt be a very special performance with tracks from his critically acclaimed sophomore album, *Blonde*.

WTF: Chaka Khan is a weird one. But a bit of funk will likely complement the grittiness of the other acts.



Green Man

The most picturesque festival by far; a nature walk in its own right. Located in the Brecon Beacons, Green Man is a pleasant balance of comedy, cinema and music.

Though, make no mistake, the music stands on its own two feet. It's an eclectic mix of folk, rock and indie – from PJ Harvey to BADBADNOTGOOD, Jon Hopkins to Michael Kiwanuka.

Must See: Angel Olsen. Those seven-minute prog-psyched indie-rock anthems from her 2016 album *MY WOMAN* will fit right in on the Mountain Stage.

WTF: Shocked about Future Islands headlining, in a good way. They'll thrive off a late night party.



Download

If you like anything alternative, Download is essentially your only prominent option. For me, that's lead to some complacency. I saw Aerosmith at Download 2010 and they were struggling then. Seven years on and they're headlining again. Where are the new ideas?

One thing I'll say is that rock festivals are by far the friendliest. There's always a sincere comradery amongst metal heads, it's almost brotherly.

Must See: Tie between System Of A Down and God Damn, both eccentric metal bands.

WTF: Biffy Clyro headlining the main stage whilst Slayer are relegated to the second stage is an absolute travesty.



Isle Of Wight

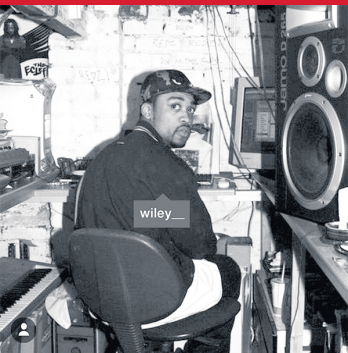
Going to the Isle Of Wight Festival is one of the more special commutes. Especially on the way back. Hundreds of tired, sweaty, muddy reprobates swarming onto a ferry as if the apocalypse was nigh.

Since attracting the legendary Fleetwood Mac in 2015, Isle Of Wight are the latest festival to indulge itself in dual headliner pap. Basically, take two acts who aren't quite good enough to top the bill alone and put them together. It's a cop out.

Must See: Rod Stewart. Don't judge. He's got more memorable hits than the rest of the line-up.

WTF: Have Kaiser Chiefs done anything impactful since 2007? Yet somehow they crop up every year.

Album Reviews: 2017 So Far



Wiley - *Godfather*

Wiley, until recently, has been understated musical royalty. Now, finally, the king of Grime gets his coronation. Trademark 'Eskibeat' pounds of raw bass constantly spar with Wiley's formidable, elastic flow which, at times, seems almost impossible.

Godfather's beats are fierce but, in grime, the MC must always win. Wiley's lyricism is unsurprisingly astute: "Drink 'nough beers before the game, what d'ya call that? Georgie Best MC."

9/10 – A celebration of grime with collabs from Skepta, JME and Ghetts. However, the feature of Devlin is a historic landmark within the genre.



The XX - *I See You*

I See You represents a courageous gamble from The XX to reverse from their self-imposed cul-de-sac of moody, barren atmospheric indie – a sound which, like antihistamines, should come with a drowsiness disclaimer.

Make no mistake, that pensive breeze of soft-souled indie is still there, it's just been stripped of its lethargies.

The XX deserve genuine credit for parting with the sonic security of *Coexist* and *XX* to embrace an experimental palette of bubbling synths and quaking percussion.

8/10 – A unification of the diverse creativity within the band that, until *I See You*, remained dormant.



Rose Elinor Dougall - *Stellular*

After a seven year wait, Rose Elinor Dougall returns with an explosive, striding, attention seizing album which dreamily drifts in and out of multiple genres.

Stellular is evidently mature. It's less passive, less delicate. Dougall seems to have escaped the shackles of her own reservation. Instead, emerging as a dominant, assured songstress.

The versatility on *Stellular* is engulfing. Sounds are rarely recurrent. All tracks retain their own sphere of motifs, establishing a hotbed of unique ambiances.

8/10 – Disco, synth-pop, dream-pop, indie. It's all there. *Stellular* gushes with colour.



Julie Byrne - *Not Even Happiness*

Julie Byrne's meditative, exhaled choruses pacify the frenetic 21st Century mind. Worries, negativities – ejected. Close your eyes and solemnly stride through Byrne's ethereal daydream.

Not Even Happiness isn't droning folk. It's snappy. Each track a fleeting gust of plush, intense strings that wistfully carry you to the cliffs edge but don't push you off.

Natural Blue illustrates this perfectly. You could call it cloud-folk. Byrne elevates the track with an engrossing trance of layered, abounding harmonies.

7/10 – Honestly, stick this on if you're under the cosh with work. Soothing stuff.



Shy Girls - *Salt*

Salt occupies that vacuum between contented and contemplative. Injecting a lingering vulnerability into otherwise restful, textured instrumentation. It's all to do with Dan Vidmar's vocals; his tenderness; his insecurities.

A few critics are quick to slap the 'Alternative R&B' tag on this album and have done with it. For me, *Salt* mingles far more with pop delicacies.

Soft, memorable hooks, simple but grand melodies, clean-cut production. If you don't enjoy it on first listen, you probably never will.

7/10 – Infectiously lavish. *Trivial Motion* is my favourite pop song of the year so far.

LIVE REVIEW: Fara - Pontio, Bangor

SEREN



Photography by Claire Powell

by FINNIAN SHARDLOW

After the artificial 'smokey bar' effect had subsided, the dazzling elegance of Cabaret Pontio's façade was there for all to see. A classy arrangement of seating crowded the stage, glimmered by a striking sheet of twinkling white lights. An apt aesthetic for the melodious character of the music to come.

Firstly, huge praise for support act Plu (meaning 'Feathers' in Welsh). The Snowdonia trio captured the audience in a net of traditional Welsh folk and subtle pop structures to form a catchy, endearing hybrid.

As a non-Welsh speaker, never was my attention swayed. Nor did I feel distanced from the passion of the music. In fact, when engaged in song, you come to realise how mystically beautiful the Welsh language is.

That aside, it's the guitar picking excellence of Gwilym Rhys that instrumentally drives Plu's performance. His ability to dictate the mood of the room with interchanging sombre tones was quite remarkable.

At the end of their set, the mood imparted by Plu was a mixture of tranquillity and anticipation for Scottish quartet, Fara.

The Orkney band were met by an instantly warm reception from Cabaret Pontio.

It's not surprising. In my experience, folk followers are arguably the most emotionally invested of all live music fans. They are completely dedicated to the musical experience. The mere sight of a fiddle will enthuse them.

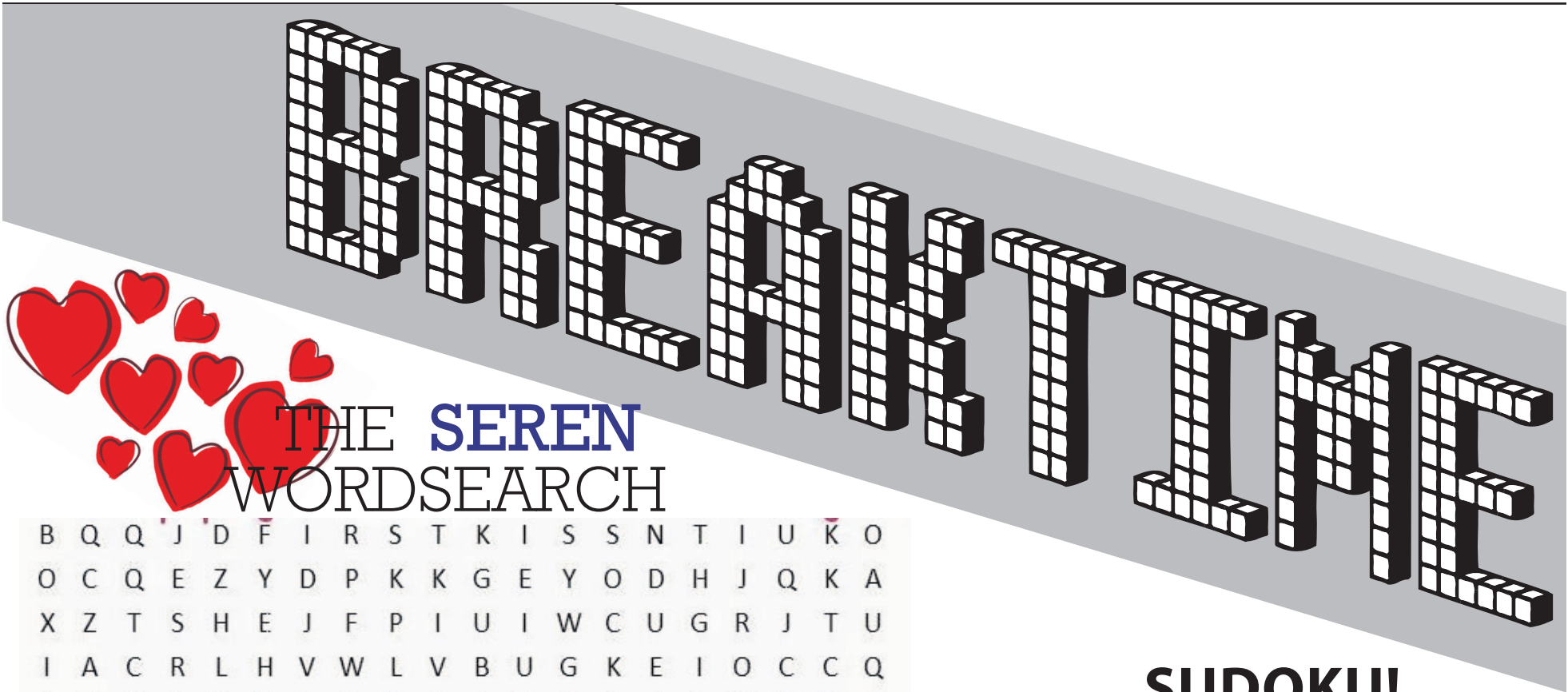
Also, studio versions never quite do justice to the grandeur of classical instruments. Especially when harmonised in the effortless fashion that Fara adopt. It's a complex artistry that must be seen to be appreciated.

Fara embraced their Orkney origins in a rich triad of strings, propelled by rhythmic piano. And, on a few occasions, they serenaded the crowd with Scottish-influenced ballads such as, *Whiskey You're The Devil*.

Whilst, of course, jaunty, foot-stomping numbers like *Cheeky Vimto* and *Where's Neil?* are to be expected. Fara can also cast a thoughtful spell over audiences in the form of *My Heart's In Highlands* and *I've Endured*. They can really arouse any emotion they wish.

Even without vocals. Fara's instrumentation is truly captivating. Each track possesses its own sentiment; its own geography; its own voice. Whether you like it or not, Fara are taking you on an introspective guided tour of the Orkney Islands.





THE SEREN
WORDSEARCH

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CANDLE LIGHT

CARDS

CHOCOLATE

CUPID

DATE

DINNER

FIRST KISS

MEMORIES

MOVIE

PINK

POEM

PROPOSAL

RED

ROMANCE

ROSES

ST. VALENTINE

SWEETARTS

TEDDY BEAR

SUDOKU!
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HARD

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CATCH UP



First Dates Hotel

In the spirit of love, treat yourself to a dollop of romantic mush with the added class of a hotel in Southern France. For those familiar with *First Dates*, the premise remains simple - unlucky in love singletons come together to wine and dine and, just maybe, fall in love. But this time, the people-watching paradise extends to a luxurious hotel and we go before starters to way beyond desserts with the would-be lovers; not even calling this one a guilty pleasure, it's just good as it gets romantic reality TV. *Catch up now on All4*



Celebrity Big Brother

In the interest of fair coverage, apparently *Celebrity Big Brother* came back this past month. Though the show has become a media circus of its own devising in recent years, warranting more tabloid headlines than TV guide features, should you desire to survey the breadth of semi-celebrities and how they cope in the BB house then there's a fair amount to catch up with on demand now at Demand5.

On The Horizon



BBC's Les Misérables

The BBC, not resting on the success of their adaptation of literary behemoth *War & Peace*, are in the casting phases for another ambitious project. Victor Hugo's *Les Misérables*, a masterpiece of storytelling, has been transformed into a musical sensation in the west end, and an Oscar winning film with an all-star cast, but never has a fully faithful adaptation struck gold. Veteran writer Andrew Davies is on board to change all that and, at the ripe old age of 80, has a vast budget and wide casting net to haul in to finally do justice to an epic tale. Watch this space for more developments.

NTAs 2017



STARS, SHOCKS, AND THE YEAR

This past month saw the annual **National Television Awards** take place, hosted by **Dermot O'Leary**, and whilst certain things are never hard to predict - **Ant & Dec** taking best presenter yet again - there were a few shockers. **Casualty**, the long running medical drama from the Beeb, edged out stiff competition from the likes of **Game Of Thrones** to claim the award for **TV Drama**, whilst confirmation of **The X Factor's** decline came with **Strictly** winning **Best Talent Show** and the legend that is **Mary Berry** taking the award for **TV Judge**.

Whilst by no means a newcomer, *Call The Midwife* deservedly won the award for Period Drama as it continues to go from strength to strength, although with the likes of *Netflix* phenomenon *Stranger Things* and *Pol-dark* in the running too, it was by no means a foregone conclusion. And let's not forget the Special Recognition given to **Graham Norton**, a man who is a national treasure and the lynchpin of British talk show hosts, getting rid of desks and getting up close and often too personal with the highest caliber of the famous and the

talented. Watching his show you cannot doubt the ease at which he coaxes his guests into brilliant anecdotes, spontaneous acts, and **Benedict Cumberbatch** into posing as an otter in the arms of a giant teddy bear (if you haven't seen it, YouTube is your friend, go now and return).

On a night for which more attention is often placed on attire and gossip behind the scenes in the media than an excellent year for British television, I for one was bowled over remembering the outstanding television we were entreated to in 2016. As ***SPOILERS*** *Game Of Thrones* saw **Jon Snow** arise from the dead to wreak sickening revenge on the twisted 'Lord' **Ramsay Bolton** and reclaim **House Stark's** honour, four young actors came together in *Stranger Things* to create a sci-fi show that harkens back to a nostalgia we could tangibly feel - though out of our time - and it was scintillating viewing. *Emmerdale's* resurgence as a force in the Soap world hit us as hard as **James Barton** on a car bonnet, whilst *Bake-Off's* BBC swansong was a treat as ever. Not to mention the beguiling messurs **Hiddlestone** and **Laurie** in

The Night Manager, and the return of **Charlie Brooker's** *Black Mirror* for a triumphant third series. *Westworld* picked our brains apart and we loved every moment of the visual feast we were given. There were so many more moments too, I just do not have the print space to ramble on about.

Looking ahead to this year it's set to be a cracking one for television. The final season of *Thrones* kicks off in a mere few months, whilst **Peter Capaldi** will be leaving the **TARDIS** after Series Ten of *Doctor Who*, with *Ice Warriors* and a new companion to eagerly await before the sad departure. *The Walking Dead* continues next month after the mid-series break, and *Stranger Things* will return for another series this Halloween. Already we have had *A Series of Unfortunate Events* and the latest series of *Sherlock* to set the bar in terms of quality and scope, so I may just be in for the best year of TV to write about in a very long time. Thank you to those who have read these pages up until now. I endeavour to meet your telly addict needs and you provide me with a chance to do what I love, which is to write. Here's to 2017!

SERIES REVIEW



Sherlock

Following my preview in the last issue of 2016, I spent much of the Christmas holidays impatiently awaiting the first episode of *Sherlock* Series 4. And did **Steven Moffat** and **Mark Gatiss** live up to expectations and deliver another night on five hours of television gold? Here are my thoughts.

The first episode, *The Six Thatchers*, neither disappointed nor exceeded expectation, as a new tone was set for the show - the case comes second now, and the characters are very much front and centre. Whilst there is a case, the relationship between *Sherlock* and **Mr and Mrs Watson** dominates the episode. With a new-born child, sleuthing is subordinate to parenting, and whilst *Sherlock* tries to adapt to the new dynamic, **John** discovers yet more about **Mary** that she has hidden. This leads to a sequence of events that shatters the established canon as we know it, and arguably unnecessarily so. Having said this, the episode by no means was bad, and a comfortability like old slippers was felt as soon as **Cumberbatch** and co got going.

Episode two, *The Lying Detective*, took us to Christmas special depths of trippiness, but this time it works. There is a mental journey through *Sherlock's* addiction and **Watson's** grief that parallels a very physical one - not only does the episode explore the relationship between the main characters through their individual states - it brings real danger back. **Calverton Smith** - played sublimely by **Toby Jones** - gives us a foe unlike any other; he is a millionaire celebrity with murderous desires. High-as-a-kite *Sherlock* sees through him, but the genius of **Smith** is that he uses **Holmes' accusation** for publicity, hiding in plain sight whilst *Sherlock's* state renders him on the blurred line between hallucination and reality. The pacing of this episode felt markedly better than the first, and though many have cited the dark nature of it as a flaw, I enjoyed the decadence as it was captivating to witness.

I won't divulge the details of the finale, because if you haven't seen it you need to go in clueless, and if you have then you don't need to be told what you already know. Suffice it to say, *The Final Problem* encapsulates all that is good about the show, from the puzzles to the purpose, everything pays off our faith. If no more episodes are made, then let me say that we should savour this finale and, 'When all else fails, there are two men sitting arguing in a scruffy flat like they've always been there, and they always will.' And from myself, I thank them for being there at all, because it has been a privilege to watch.



Complete Round-Up Of Winners



Entertainment Programme: **Ant & Dec's Saturday night Takeaway**

Drama Performance: **Sarah Lancashire**

Factual Entertainment: **Gogglebox**

Serial Drama Performance: **Lacey Turner (EastEnders)**

Comedy: **Mrs Brown's Boys**

TV Judge: **Mary Berry**

Daytime: **The Chase**

Period Drama: **Call The Midwife**

Live Magazine: **This Morning**

Newcomer: **Faye Brooks (Coronation Street)**

TV Presenter: **Ant & Dec**

Special Recognition - **Graham Norton**

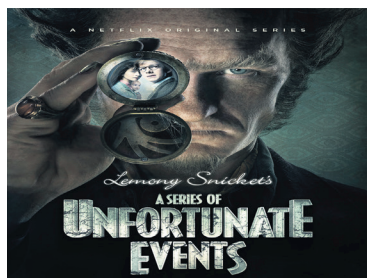
Drama - **Casualty**

Challenge Show - **I'm a Celebrity Get Me Out of Here**

Serial Drama - **Emmerdale**

Talent Show - **Strictly Come Dancing**

SERIES REVIEW



A Series Of Unfortunate Events

2017 kicked off with a series of unfortunate events, Trump's inauguration and the ongoing disaster that is Brexit just for starters. 2017 also kicked off with Netflix's long awaited adaptation of the Lemony Snicket novels, 'A Series Of Unfortunate Events'. Though there had previously been a film starring Jim Carrey as the nefarious Count Olaf, condensing thirteen books into a sub-two hour film left a yearning for something more complete. Fast forward twelve years and Netflix revealed to us their new show. Eight episodes a series, three series, starring Neil Patrick Harris as 'The Count'. Sounds good, but how do things pan out on screen?

The format for the series gives writer Daniel Handler a lot of time to develop the story, as there are two forty-five minute episodes covering each book. It also allows the series to make up for a sorely missed feature in the film, Lemony Snicket's deliciously unique narration. Patrick Warburton (*Kronk to you and I*) at key moments appears in scenes, breaking the fourth wall and explaining occurrences with a delightful dryness. He also however provides poignancy, explaining emotions in a way both bizarre yet true, with the show's musical arrangement being on point throughout and highlighting these moments subtly.

Neil Patrick Harris is clearly having the time of his life in the role of Count Olaf, with his stage experience giving him the pantomime villain persona that made Olaf so iconic in the books. Newcomers Malina Weissman and Louis Hynes impress too as Violet and Klaus, though it wasn't until the series finale that I felt entirely convinced by them.

Elsewhere, K. Todd Freeman is a fantastic Mr Poe and the recurring theatrical troupe are all suitably bananas. With guest stars such as Catherine O'Hara as Dr Orwell and Joan Cusack as Justice Strauss, it's clear that Netflix decided to go big on this venture. Aasif Mandvi was the only real disappointment for me amongst the big name cohort. He is so reminiscent of Billy Connolly's Uncle Monty that if you closed your eyes you'd be forgiven for confusing the two; he is by no means bad in the role, it just didn't exactly seem praiseworthy.

The series hurtles along and is perfect for binge viewing. Some faltering moments in the latter half of the series come where running gags fall flat and some comedic devices get overused, but there is plenty to enjoy here. Though by no means electrifying or revolutionary, the series is compulsive viewing tailor-made to enjoy, leave, and return to as each series arrives, and that's fine by me.



LOVE IS ON THE AIR

No sooner has the year begun than our minds turn towards Valentine's Day. Now I cannot vouch for everyone, but being in love is something you just can't quite explain, and being out of it you can very easily find the whole notion completely alienated. Over the past few years however, our television screens have helped us glean some truth from the fiction and provided us with relationships that go to show that love can be found in the most unlikely of places and can consist of far more than romantic gestures and kisses in the rain. In tribute to the occasion, here are a few of the TV romances that captured our hearts, broke with convention, and that you can indulge in this Valentine's.

Ygritte & Jon Snow - Game of Thrones

A classic romance; two rival clans, forbidden feelings, sexual advances in a cave and an arrow through the back. Sarcasm aside though, the relationship that forms between Night's Watch-man Jon Snow and prisoner turned saviour Wildling Ygritte, has its roots in Shakespearean tales of love.

Whilst coming from warring peoples, the pair are brought together by their refusal to be what is expected of them. When Snow is expected to kill, he shows humanity and mercy, and in return, Ygritte protects him from the bloodlust of her people.

Though their 'love' is never an openly declared one, the way in which their paths cross constantly suggests fate is at play, and though we may never know what happened that night in the cave, Ygritte's wish to have stayed there in her dying moments suggests a sanctuary for her love for Jon who, in her final moments, must know something more than Ygritte always says he does.

Mary & John Watson - Sherlock

Though much of the series revolves around the relationship between John and Sherlock, Series 3

introduced us to Mary Morstan, later to be Mrs Watson.

What sets the Watsons' story apart from many others is the strength shown by Mary, and by and large the fierce loyalty of John Watson. Here is a couple consisting of a traumatised ex-soldier with a penchant for psychopaths, and a woman haunted by her deadly past, running from herself to become a better person. Their wedding was a murder mystery, the best man got shot by the bride, and then the bride sacrificed her life for the best man in front of an already conflicted husband.

The playful jibes of one another made us believe in their relationship, and the unimaginable events that could tear them apart are the very same which most strongly bond them together. The fact that for much of filming Martin Freeman and Amanda Abbington were married shows in their chemistry, and the episodes filmed following their split shows an immense respect for one another as actors.

Smithy & Nessa - Gavin & Stacey

By no means are Smithy and Nessa a love story in the traditional guise, but there is something to be said when the most remarkable relationship in a sitcom entitled Gavin and Stacey is that which is shared by the leads' best friends. Though James Corden and Ruth Jones wrote the series together, they never seek to steal the limelight - they just kind of do.

From their first awkward encounter with Smithy ending up in Nessa's knickers (literally), to the birth of their child whilst Nessa is with Dave, the course of true love never did run smooth. Whenever the pair meet, as hard as they try, they cannot resist each other.

An iconic moment that sums the characters up best is the 'Final Cob Flirtation' as I now term it; a piece of food and a slew of innuendos and hilariously uneasy sexual tension sees the urges of the two best them in what will surely go down as one of the best moments in sitcom history.

Nessa and Smithy, you could never suit anyone other than each other,

and you prove there is somebody for all of us.

Becky & Steve - Him & Her

Not all that many people I talk to have seen BBC Three's Him & Her, but take it from me - you really should. The charm of the series is not in lavish set pieces or even much that you could call romance, but in the simple things that make Becky and Steve unique.

Yes they may live in a flat that makes student lodgings look like a Hilton Hotel, and admittedly most of their interactions rely on sexual innuendo, general uncleanness, and overly weird quirks, but they show a kind of love that doesn't feel constructed - it comes across as natural and, in turn, captivating.

The way they deal with day to day life, and the simple pleasures they get from things that 'ordinary' people do not, is an incredibly life-affirming thing to see. I'll bet any couple sat watching this (Netflix has the first three series!), will turn and nudge each other at so many of the moments and trivialities we all relate to, I know my girlfriend and I did for sure.

Ross & Rachel - Friends

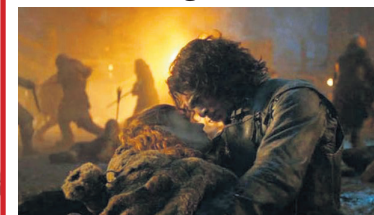
I have to round off with a classic here, because unless you've been on a break from TV all your life (which would be daft if you're reading this), then you'll be more than familiar with Friends' Ross and Rachel, and their hot mess of a romance.

Over the course of ten series, the pair got together and broke up more times than I've had hot dinners (give or take a few hundred), and any time they sought love elsewhere, it just didn't work out. Ross fell for a lesbian, whilst Rachel got so desperate she gave Joey a chance, but no matter the drama or the will-they won't-they's, they just had to end up together. They stand as proof of the fact that if it's meant to be, it'll be, and no TV moment has ever quite topped that final episode and the airport; that's true (fictional) love for you.

LOVE LINES

As well as an abundance of couples and car-crash romances on TV, over the years, some shows' characters have managed to say 'I love you' in ways that baffle, break hearts, and show us a little bit more about what it is to be human, so here's a few personal favourite quotes to engage your inner Mr (or Miss) Lover-Lover.

1) 'You know nothing, Jon Snow.' Ygritte, *GoT*



As she takes her final breaths following an arrow to the back from devil child Olly, Jon Snow cradles Wildling Ygritte in his arms, and though it had been said in many other episodes before, when she gasps 'you know nothing, Jon Snow', it feels very much like a feels-shattering and fitting alternative to 'I love you'.

2) 'I loved her. I loved her more than anything.' Jesse, *Breaking Bad*



When Jesse discovers that Walter was there when Jane died, we as an audience watch a man break down in a way that feels so true and so raw that Aaron Paul deserved every award he has earned, and a hug. When hit with the cruel reality that his former friend caused his greatest heartache and stole his chance at a better life, his eyes are afire and he is broken as he says he loved her, but it's the simple 'so much' that stabs you in the heart most.

3) 'She's your lobster.' Phoebe, *Friends*



Whilst Ross struggles to adapt to single life after breaking up with Rachel, it is Phoebe's quirky words that provide poignancy. She tells Ross that Rachel is his lobster, because lobsters 'fall in love and mate for life'. When Rachel realises the depth of Ross' love at the end of the episode and kisses him, Phoebe comically breaks up the moment and declares 'she's his lobster', and yup - she certainly was.

FILM

Films to Watch this Valentines Day

Casablanca

Considered is not just the greatest romantic film of all time but also one of the greatest films of all-time. Set during the second world war, a bar owner Rick Blaine (Humphrey Bogart) who after meeting with his former lover (Ingrid Bergman) must choose between love or helping rescue her Czech resistance leader husband in escaping Casablanca to fight in the war against the Nazis.

When

Harry Met Sally

This classic rom-com is a must watch for anyone this Valentine's Day. Starring Billy Crystal and Meg Ryan as two friends who happen to cross paths over multiple years, but continue to fear entering in a relationship with each other as it could ruin their friendship. An incredibly sweet and funny film, with great acting, direction and one of the most amusing scenes in film history.

Before Sunrise

A film about a young man and a woman, played by Ethan Hawke and Julie Delpy, who meet on a train in Europe and end up spending the whole day together and get to know each other. A very simply but beautiful film with a great script and direction from Boyhood's Richard Linklater. So successful that there are sequels, which are also greatly received.

Punch Drunk Love

Probably the least well known of this list but just as good if not better. From the genius which is Paul Thomas Anderson, the film depicts a lonely and troubled novelty supplier Barry (Adam Sandler, who is surprisingly brilliant in this film) who falls in love with an English woman (Emily Watson). It's not your typical straight forward romance film in how it's filmed and presented, but that's what makes it so special and unique.

Crazy, Stupid, Love

The most recently released. This film has an all-star cast, with Steve Carell, Julianne Moore, and La La Land stars Ryan Gosling and Emma Stone. The film is about a middle-aged man, Cal, whose life is changed when his wife asks for a divorce. In result of this, Cal seeks the help of the young and confident Jacob who teaches him how to pick up women in bars. This smart and comical film is worth the watch.

REVIEW



La La Land Review

By JESS SIMMS

So soon after his triumph writing and directing 'Whiplash', Damien Chazelle has hit the mark again with the hugely successful La La Land. Upon first glance, you might expect La La Land to be your typical musical. If by typical musical you mean it has a soundtrack to rival some of the greats, you would be right but don't underestimate; La La

Land offers up so much more...

With the charm of Ryan Gosling and Emma Stone, it was always going to be hard to dislike but La La Land is more than just "good", it is utterly refreshing! The film follows Sebastian (Gosling) and Mia (Stone) as they try and find success in Los Angeles. In a classic boy meets girl story, Mia yearns to be a star, an adored actress, and Sebastian dreams of owning his own Jazz bar. From bright costumes to the vibrant construction of colour,

La La Land is stylised to near perfection. The film is a visual feast that leaves no room for dessert. It feels modern and yet somehow timeless, thus, creating a most beautiful contradiction not often seen in today's cinema.

The film stands out in an industry that often sacrifices creativity for box office profit. However, it is easy to see that La La Land is a labour of love not a conformist's cultivation of capital. In what seems to be a love letter to

musicals, Chazelle will surely win the hearts of his audience. He has included something for everyone; there is an incredible blend of witty and sombre moments. After already winning a record breaking amount of Golden globes and receiving an overwhelming fourteen Oscar nominations - the same amount of nominations Titanic received - the critics clearly agree that this film is a must see.

Should Video Games be made into Films?



Over the past 10 years and especially in the past couple of years there has been a considerable amount of video game transitions to film. The most recent of course was Justin Kurzel's Assassin's Creed based on the game of the same name. The film stars Michael Fassbender as Callum Lynch who enters the memories of his great ancestor Aguilar during the Spanish Inquisition and learns skills to become the ultimate assassin. Prior to the film's release people's thoughts were split, with some really enthusiastic due to the popularity of the game, whilst others felt sceptical due to the previous video game to film transitions. Whilst the film had its good points, it ultimately followed its video game predecessors down a disappointing spiral. I liked how the film was set in two different time settings, but what ultimately let the film down was its overuse of CGI, which in turn ruined a lot of the more than impressive stunts. The music and casting of Fassbender also proved strange.

Assassin's Creed proved yet again that video games are possibly not supposed to be made into films. This is shown time and time again, with examples including Lara Croft: Tomb Raider, Hitman and Need for Speed. There are some exceptions in some cases, such as Resident Evil, Warcraft and Prince of Persia: Sands of Time, but these have all received their fair share of criticism. This begs the questions of whether video games should really make the transitions to films. Whilst it does prove exciting for fans of the games, no director has seemed to have found the formula to make these kind of films truly stunning to a wider audience and in turn be successful.

Other games that have been speculated to be made into films include: The Last of Us, BioShock, Red Dead Redemption and even GTA. Whilst these could be brilliant to see on the big screen, it may be for the best that they remain as games, unless a considerable amount of time, effort and thought are put in.

Oscar 2017 Nominations Announced

Film News in Brief

Han Solo Film begins Shooting

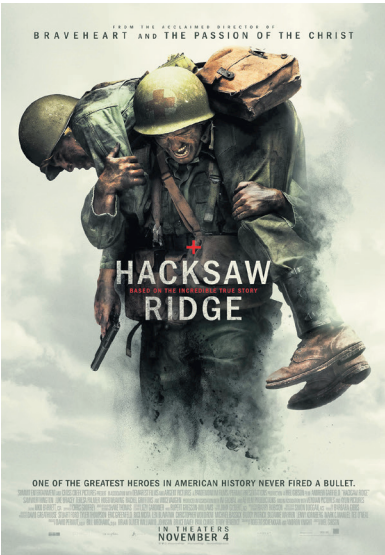
It was recently revealed that the Han Solo Star Wars film has started filming after the directors Phil Lord and Chris Miller teased an image on twitter. The film set to be released in 2018, though there is no specific date. All we know about the film so far is that Alden Ehrenreich (Hail Caesar) is casted as the young Han, previously played by the famous Harrison Ford, Donald Glover is playing Lando Calrissian as well as Woody Harrelson and Emilia Clark being casted in undisclosed roles. Though the film is more than a year away, hopefully we'll be given more information soon in the lead up, and at least we have another Star Wars film before then to help the wait feel shorter.

Empire Release Nominations

It seems to be award season as Empire have followed the Oscars and BAFTAs by recently announcing their film nominations. Rogue One: A Star Wars Story is the most popular film with a total of nine nominations, including Best Film and Best Actress for Felicity Jones' performance. After being snubbed at the Oscars all together, Deadpool picked up a considerable amount of nominations, including one for Ryan Reynolds. Oscar heavy weights La La Land, Manchester by the Sea and Arrival also picked up nominations. The Awards will be given out on the 19th March giving people plenty of time to vote for who they think deserves each individual award.

Split Stays top of the Box Office

It definitely looks like M. Night Shyamalan has finally got his mojo back as his new film Split maintains its spot at the top of the US box office for a third week in a row. Split stars James McAvoy as Kevin, a deeply troubled man suffering with dissociative identity disorder who kidnaps three girls who must escape before Kevin assumes his new and threatening identity. The film very impressively made \$128 million worldwide (\$98 million in America) from just a \$9 million budget. Other films that just missed out on beating Split include the reboot of the horror classic Rings, the comedy A Dog's Purpose and the Oscar nominated Hidden Figures. Safe to say that Split is a definite need to watch, and all most certainly Shyamalan's best film since The Sixth Sense.



This year's Oscar nominations were released last week as we ease ever closer to the main 89th ceremony - which will be held February 26th - leading everyone to discuss who and what they think will take home the famous golden statues. The main category is Best Picture, where nine very different films of varying tones and genres are nominated. The favourite contender is the much talked about La La Land. I myself would be very surprised if it didn't win, with great acting, music and direction, not to mention the fact that it's broken records for the joint most Oscar nominations. La La Land just offers something completely different over the normal, serious and gloomy Oscar winners of the past. Other films in the category which have a good enough chance of beating La La Land are Manches-

ter by the Sea, Arrival, Hacksaw Ridge and Moonlight. As for Best Director, Damien Chazelle - who was previously nominated for Whiplash - looks like the front runner for his film La La Land. Barry Jenkins (Moonlight) and Kenneth Lonergan (Manchester by the Sea) also look like strong contenders. The Best Leading Actor category certainly looks the most interesting as any of them have a good enough chance of winning. The front runners seem to be Denzel Washington (Fences) or Casey Affleck (Manchester by the Sea). Viggo Mortensen (Captain Fantastic) seems to be the dark horse, with his performance both surprising and impressing me, so much so that it wouldn't shock me if he won. Whilst the Best Actor Oscar could go to any of the nominees, the Best Actress Oscar looks like it will go to either Emma Stone (La La Land) or

previous Oscar winner Natalie Portman for her stunning portrayal of Jackie Kennedy in the biopic Jackie. Even the Supporting Actor and Actress categories look like they'll be close affairs. Three-time nominee Viola Davis (Fences) looks the favourite to get Best Supporting Actress but does face stiff competition from Naomi Harris, Nicole Kidman and Michelle Williams. The Supporting Actor Oscar also looks like it could be anyone's with a strong mix of first time and multiple time nominees. They include Jeff Bridges, Dev Patel, Michael Shannon, Lucas Hedges and Mahershala Ali. Both Best original and adapted screenplay look interesting. After its golden Globe win, La La Land looks almost certain to win, but it does have very worthy contenders, such as Hell or High Water and even the dystopian black comedy The Lob-

ster, which I am glad to see has been recognised. Moonlight also looks set to win the Best Adapted Screenplay Oscar, despite the controversy that the academy ruled it as adapted though it could easily be seen as original. Both Arrival and Lion on the other hand do stand a good enough chance. Other major categories include Cinematography, where Arrival, La La Land and Silence seem like the main contenders, Zootopia looks like the frontrunner for Best Animated Feature and anything music related looks like it will go to La La Land, and deservedly so. The 89th Academy Awards will almost certainly be a night to remember and will no doubt be full of surprises as it is every year. You never know, even Suicide Squad may win an Oscar.

REVIEW

T2 Trainspotting Review



By **EMMA JEWKES**

It's been twenty one years since we were first introduced to Rent-boy, Spud, Sick-boy and Begbie. Thankfully, despite the two decade gap, the long awaited Trainspotting sequel doesn't disappoint. One of the great things about Trainspotting is that, for many, it is reminiscent of its nineties setting. What Director Danny Boyle does with Trainspotting 2 is put these very nineties characters

into the unfamiliar territory of the modern world and middle age and it kind of works. All of the main players from the first film are back. Ewan McGregor, Jonny Lee Miller, Robert Carlyle and Ewan Bremner all reprise their roles as the four central 'friends' and they all slot back into their roles like they've never been away. The biggest surprise is how little Lee Miller has changed! Boyle is clearly having fun in the director's chair too with much of the

imagery which made Trainspotting so iconic making its way into the sequel. In terms of plot, the film revolves around Mark "Rent-boy" Rentons (McGregor) return to Edinburgh following the climactic events of the first film. While we, the audience, may be glad to see him back, that's not the case with his three former pals. Sick-boy (Lee Miller) is running a pub with no customers, Spud (Bremner) is back on heroin and Begbie (Carlyle)

is still in prison, a place he has been for the previous twenty years. All in all, Trainspotting is a sentimental affair; a love letter from Boyle to the film which made his name. It's great to see these iconic characters back on screen together again in many of the old settings too. While many will complain that the two decade gap is perhaps too long, it is actually perfect in relation to the characters and how they now make sense of their world.

New-er Games for a New Year

Will this be the final nail in the coffin?

REVIEW

SEREN ★★☆☆

Developers: Square Enix
Business
Division 2

Release Date: 29th Nov 2016

Platforms: PS4, Xbox One

Genre: Action Adventure
Roleplay

Multiplayer: No

Age Rating: 16

By LAURA ASPIN

Final Fantasy XV tells the story of Noctis Lumen and his friends; Gladiolus Amicitia, Ignis Scientia and Prompto Argentum, who must save the crystal that belongs to the kingdom of Lucis which has been stolen by the military empire of Niflheim.

Overall, the game's graphics are visually stunning, especially with the cinematic cut scenes that are beautiful animated and well voice acted. As well, everything else about the world is wonderfully detailed, which makes it feel large and expansive. However, when you're travelling from each area in the car there's a lack of NPCs that you can interact with which

soon makes the world start to feel empty. Although when you enter a town or rest point, the vast number of NPCs and quests that you can complete within these areas stops you from getting bored too soon.

Instead of the traditional turn based strategy of previous instalments in the Final Fantasy franchise, it has been replaced with a real-time system which helps increase the intensity of battles. But when there are more than three enemies on screen, it may become chaotic and sometimes you lose track of what's happening. Fortunately, your teammates will help you out in situations like these. Also, Noctis can teleport a certain distance with his weapon and it lets escaping the enemy's attack range easier. However, when you're trying to teleport to a high place, the game may not respond and you can take unneeded damage.

While based upon your usual stereotypes, the chemistry between these characters make them feel like they have more personality than that of a spoon. However, after a while of listening to them they can become tiring and predictable.

Even though Final Fantasy XV has some control problems, its expansive open world and likeable characters allow this game to be a great edition to the Final Fantasy franchise.



REVIEW

SEREN ★★☆☆

Will The Last Guardian last the test of time?



Developers: SIE Japan Studio

Release Date: 7th Dec 2016

Platforms: PS4

Genre: Action Adventure

Multiplayer: No

Age Rating: 12

By LAURA ASPIN

The Last Guardian tells the story of a nameless boy, who has been kidnapped, and finds himself in a mysterious castle called The Nest. He then meets and befriends a strange creature he calls Trico, who then tries to help him escape The Nest.

The art style of The Last Guardian is gorgeous, which allows the castle complex to feel large and foreboding. Also, the added detail of some of the walls having symbols etched onto them makes you want you to explore every part of The Nest, so to find out the whole story. Although, the exploration can be enjoyable, it becomes frustrating when there are no maps or hints that help guide you to the next puzzle. Yet, Trico's character

animation, which has him acting like a real animal, makes him feel like he's full of character. However, the character animation of the Nameless Boy can sometimes glitch, which results in him become a terrifying combination of broken physics and endless nightmares.

The controls are easy to grasp but sometimes it can be unresponsive, especially with Trico, because he often ignores you or is slow to respond. This is bad in certain situations because you wind up falling to your death, since Trico fails to respond in time. Although, the way Trico behaves could have you believing he's a real animal, because most animals are slow to respond or will just ignore you.

As Trico and the Nameless Boy are the only characters, the bond between them is remarkably believable and it stays that way from the very beginning to the end. Also, as the bond between these characters grows stronger throughout the game, it feels like you were the one that allowed that to happen.

The Last Guardian is a treat to play, if you can get past the sometimes unresponsive Trico, and just want to see a beautiful and detailed world, with a believable bond between Trico and the Nameless Boy.

This Month in Games.

Square Enix to Assemble New Marvel Game Series.

Last week, Disney announced it will be working with Square Enix to produce a set of connecting games based on Marvel's The Avengers, called The Avengers Project. While Square Enix have put out an announcement trailer, they also said not to expect anymore information on the games until 2018. It was revealed that both Crystal Dynamics and EIDOS Montreal have been put to work on the games, who are the people behind the recent reboot of the Tomb Raider franchise. So

far the only characters confirmed to be in the games are Captain America, Iron man and Thor as their primary weapons are all seen in the trailer. However, at this time it is not known which iteration of the characters we shall see, or what the plot of the games are. Our only clue is the obvious wear on the weapons seen and the phrase reassemble, implying that this game takes place after the team has split up.



Single Player Coming to Star Wars Battlefront 2

Electronic Arts recently confirmed that Star Wars: Battlefront 2, the sequel to 2015's Star Wars: Battlefront, has a single player campaign. It was a welcome announcement to fans who were unimpressed by Battlefront's lack of single player campaign, in favour of several multiplayer maps. The developers also announced that the game's content will span across several Star Wars Era's, rather than focusing primarily

on the Original Trilogy like the previous game does. This will hopefully allow for a varied campaign that could start during the Naboo Blockade, or The Clone Wars, and go up to the events of Episode VIII. And may also mean a larger variety of the characters available in the Heroes vs Villains mode. Star Wars: Battlefront 2 will be released winter this year for PS4, Xbox One and PC.

Developers: Crystal Dynamics
Eidos Montreal

Release Date: 13 November 2015

Platforms: PC, XBOX One, Xbox 360, PS4

Genre: Action Adventure

Multiplayer: Yes

Age Rating: 18

By CONOR GLACKLIN

The Tomb Raider franchise is known for its edgy and adventurous play style, with you being able to stealthily explore tombs or go in all guns blazing. It follows the classic gameplay of the original Tomb Raider games, with key tombs to explore and return of the previous game's villains, Trinity. So, from a franchise standpoint, this latest addition is great.

Rise of the Tomb Raider is graphically stunning, with amazingly in-depth and picturesque scenery. It's so beautiful that you might find yourself distracted from the game's story. However, be warned, can cause an in-game death, as the best visuals are often found when leaping across grand and deep caverns. Although this wouldn't be bad, but these leaps are followed by a quick-time event. Therefore, ignoring Lara Croft in favour of seeing gloriously rendered mountains can lead to short and brutal scenes of Lara bouncing lifelessly down the cliffs.

Unfortunately, after a while, it soon shows that the developers have prioritised the graphics over the gameplay, as the use of repetitive actions across the open-area maps eventually become dull and uneventful. This game is similar to QTE games that are full of many non-interactive scenes that are quickly followed by limited actions, which makes the gameplay feel limiting and clunky. The interface is the same as other games, such as Shadow of Mordor, making it feel unoriginal and underwhelming for a new entry into the Tomb Raider series.

Overall, this game has beautiful visuals and amazing to watch, but not so great to play.

Release Date for Prey Announced

Despite the rumours that it had been cancelled, and years of being stuck in development hell, Bethesda's Prey finally has a release date: May 5th 2017 and will be released onto the PS4, PC and Xbox One. As well as the announcement of the release date, a trailer showing new gameplay aspects was released, with it looking like a mixture of the Dishonored and Doom franchises.

Prey is set on Talos I research facility space station as it is invaded by monstrous Typhon aliens. You play as Morgan Yu, a man who has had modifications made to his body that are based on the Typhon aliens. To survive, you must fight your way through the facility, and discover secrets about the aliens and yourself.



Is Kingdom Hearts 2.8 heartless?

REVIEW

SEREN ★★

Developers: Square Enix 1st Production Department

Release Date: 24th Jan 2017

Platforms: PS4

Genre: Action Role-Playing

Multiplayer: No

Age Rating: 12

By LAURA ASPIN

Kingdom Hearts 2.8: Final Chapter Prologue is a collection of games, which includes the remastered edition of Kingdom Hearts: Dream Drop Distance, a new game called Kingdom Hearts 0.2: Birth by Sleep - A Fragmentary Passage, which focuses upon events that occurred between Kingdom Hearts Birth by Sleep and Kingdom Hearts One. Finally, there's Kingdom Hearts X: Back Cover, a cinematic film that acts as a prequel to the series and tells the history of the foretellers.

Throughout all three titles, the graphics are consistent and visually impressive. Especially, in Kingdom

Hearts 0.2 which, with the minute details added to the worlds, makes you feel as if you're inside the Disney films that they depict. Unfortunately, while the graphics shine in Kingdom Hearts 0.2, Kingdom Hearts: Dream Drop Distance is only a reskin of the original Nintendo 3DS game. However, even with these graphical updates, the worlds feel dead and empty, because there isn't much to interact with.

In Kingdom Hearts 0.2, a simple form of free running has been added, allowing Aqua to now slide down slopes and leap across canyons. However, it can sometimes be clumsy and occasionally Aqua will go running off in a random direction.

Also returning is magic, with it now interacting with the environment. For example, the ice spell, 'Blizzaga', creates a rail of ice upon the ground, which allows you to get across area quickly. As well, there's the option to customise Aqua, after you unlocking certain items after completing objectives, but this gives no input on how Aqua fights. The game's camera can become stuck in corners, which is annoying when you're trying to leap from platform to platform or trying to fight a boss in a small area.

Overall, this collection, while hindered with control issues, are still something that will tide fans over until the eventual release of Kingdom Hearts Three.

Review: The Five People you Meet in Heaven

From a young age, we are often introduced to the question of “what happens to us after we die?” Or more simply “is there life after death?” We simply will not know until the time arises.

Mitch Ablom, once again has written something of pure elegance. The five people you meet in heaven, as the title suggests is about the five people that our main character; Eddie meets on his trip to the pearly gates. The five people, each introduce him to a lesson he will need to understand and comprehend before he can truly make the transition to his idea of heaven. The simple concept of this book is elaborated through moral standings and raw emotion. Personally, the brash character of Eddie helps to emphasise these emotions.

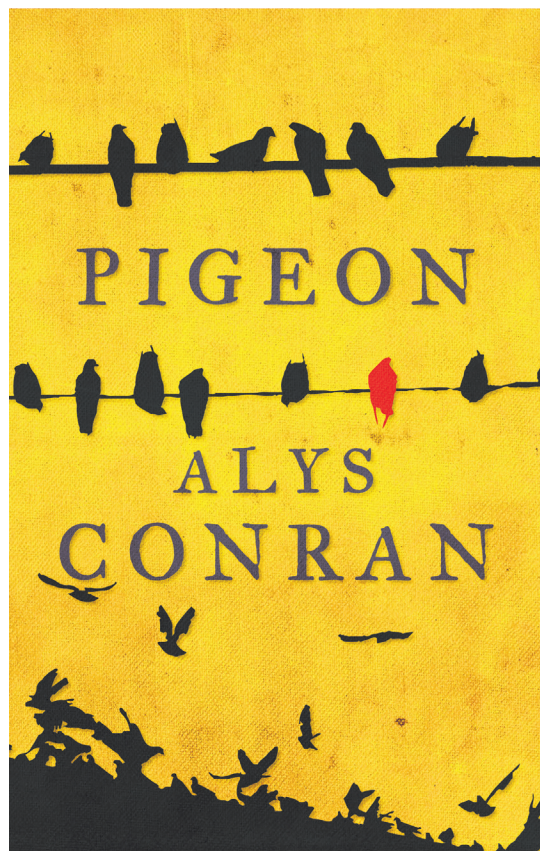
We are introduced to a grumpy old man (sorry Eddie, it's true) and as the story progresses we too go along with Eddie, discovering his emotions and consequences of some untimely actions on his behalf. Now, where is the link to the ever-present Valentines Day theme in this edition? This book displays love in such a wonderful way. The encounter of his wife, and the story that they share is evident of true love. The words I use here do not do this set of chapters justice. But what makes this section of the book grasp the reader's attention so much is the contrast to the Eddie the reader is first introduced to; Eddie displays some of the most ardent feelings that a human can possess; love and admiration for another person.

As well as going on his journey to heaven, we also go on an emotional journey with Eddie. From the brash character we meet at the amusement park, we soon realise the cause of this strong front. And as he gets closer, his front begins to fall and we are introduced to quite a vulnerable character full of intense emotions.

A story that shows love, even after life has departed... What could make a better love story than that? Just make sure you have the tissues at the ready, because you're in for an emotional ride.



Local Talent: Interview with Alys Conran, author of 'Pigeon'



by FRANCESCA SCIARRILLO

Alys Conran is a lecturer here at Bangor in Creative Writing and fortunately enough, she kindly accepted my request to ask a few questions about her brilliant debut novel *Pigeon*. The novel is published in both English and Welsh and is yet another example of the ever growing literature which stemming from Wales.

Alys herself is from North Wales and sets her novel within a Northern Welsh landscape, a landscape which we as students at Bangor can very much relate to!

What was your inspiration behind the book?

The characters are not based on specific people that I know, but I was living away from North Wales and I was aware that there was this stereotype of North Wales and people who live in North Wales, that wasn't as interesting or as unusual as the place that I knew. That was what was behind the writing of *Pigeon* and I also think that I was aware of kids and young people struggling when I was growing up, more than you'd expect. There was this idea that North Wales was rural and agricultural and actually, a lot of it is post-industrial. The landscapes are more harsh, edgy and gritty.

Do you think there needs to be more writing about North Wales or

a specifically Welsh perspective?

I don't think we write about it enough. We get to a point where we think maybe interesting stories happen elsewhere. There's also maybe a perception that readers won't be as interested in North Wales. They might be more interested in say London or somewhere more cosmopolitan. So yes I do think there needs to be more and I hope that, that will happen.

Are there any particular authors you take inspiration from?

A big one is Caradog Prichard One Moonlit Night, which I read in Welsh. There's no question of that, I think if you read *Pigeon* you can see it. Other writers that I really love are William Faulkner and I love a lot of American

writers, the way they deal with voice.

What has been your favourite part about the writing process of *Pigeon*?

One of the things that I really love is the way that if you write about the place that you're actually from, it completely changes the way that you see it. Now, the place that I live is now this imaginary landscape as well as being this real place and I've really enjoyed that. When I go home I'm kind of surrounded by the novel as well as what's actually there.



For the Love of Books: Valentines Day Edition

Valentine's Day is fast approaching (apparently). If you are in a loving relationship, or have a long-term commitment to afternoon naps and gin, books will always be a good shout.

Whether you want it as a gift for your significant other, or simply as a treat to yourself, there will be a book out there for you.

If the thought of Valentine's Day alone is not something for you, then you are going to want something uplifting and motivational. The Secret by Rhonda Byrne may just be the

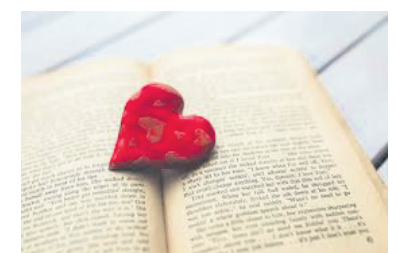
book for you. This book sets out the key ingredients that create success, and fundamental basics for overcoming the many hurdles that life puts in our way. The short extracts from some of the most successful people in history provides a positive standpoint for us all to achieve. So rather than spending the day with a tub of Ben and Jerry's, fill your life with positivity.

If you are in a relationship, then good for you! There are also plenty of books out there for you too. If you are present buying for your other

half, or just fancy treating yourself whilst shopping then you can't go wrong with a good book. A Little, Aloud edited by Angela Macmillan is a thoughtful selection of short stories to read aloud to the loved ones in your life, or just to quietly enjoy. The book is split into sections, and there are extracts suitable for any occasion and emotion.

I could have suggested the classic love stories here, but there's a world of opportunity and whether you are going down the romantic route, or using Valentine's Day as a moment

to better yourself, then books full of optimism and clarity are just for you.



David Crystal Day, 2017

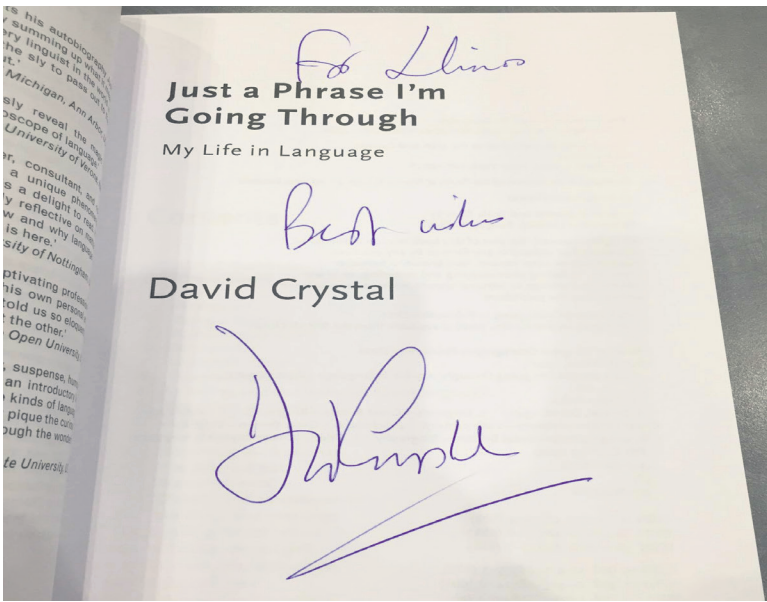
Classics Corner

by FRANCESCA SCIARRILLO

The Great Gatsby- F. Scott Fitzgerald

The Great Gatsby is described by many to be one of the most iconic American novels of all time. Therefore, it is widely acknowledged as a classic, making it a perfect choice for this month's classics corner. Set in America in the 1920s, the story revolves around the life of Jay Gatsby and is narrated by his next door neighbour, Nick Carraway, a young man attempting to learn about bond business who coincidentally lives across the water from his cousin Daisy Buchanan. It may be a coincidence for Nick to live across from his cousin, but is it coincidental for Gatsby to live across from Daisy? Gatsby appears as glamorous, mysterious and wealthy to all who know his name including Nick at first. Nick receives an invitation to one of Gatsby's renowned social gatherings. Gatsby has a very important favour to ask of his new neighbour, one that will reveal the true nature of Gatsby's character.

Although the novel tends to be classed as a novel concerning themes of social class, post-war society and the American Dream, to me, the novel is centred upon romance and the pursuit of love. Love of all nature is explored within the novel, whether it be expressed from afar or in secret. Fitzgerald examines the lengths people will go in order to show their love and how a bond that ties two people cannot easily be undone. The Great Gatsby is a classic all year round but is especially fitting for reading around Valentine's Day for its romantic themes. Although it is not a classic romance novel it still belongs in classics corner for providing some great love quotes, I'll leave you with this one, "There are all kinds of love in this world but never the same love twice."

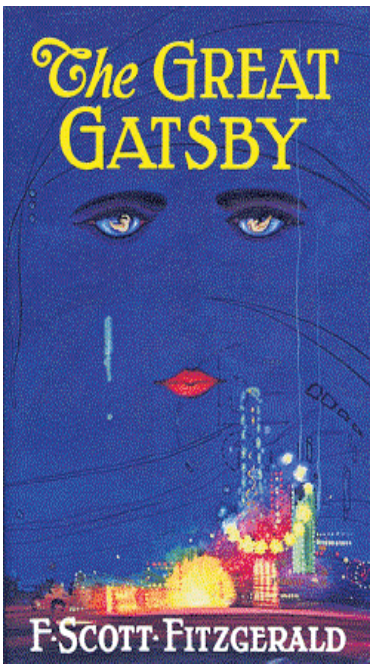


On Wednesday 1st February, Bangor University was blessed with the presence of David Crystal: talented linguist, author and inspiration to many. With over 100 pieces of literature written, it's no wonder the university thrives upon his presence. One talk in particular seemed to inspire many. Leaving the room, buzzes of praise and admiration were given to the talk of eloquence. It is safe to say that during this talk, Crystal's talents as a public speaker were really emphasised. The talk focused on 5 segments, and the transitions explained the true artistic nature of public speaking. The part that truly stood out most was the simple concept of the rule of three. I have even used it above in the first paragraph. The rule seems to piece to-

gether both public speaking and writing so wonderfully, and emphasises the artistic nature that comes with such tasks. As I continued on my curiosities, another part that people enjoyed was that this talk on eloquence was so relevant. The references to the sensitive topic of politics, especially Donald Trump and Barack Obama, really caught the attention of the room. What made this so wonderful, is that it wasn't a comment on their political actions. The emphasis was purely artistic and linguistic. The segment gave emphasis on the 'eloquence' of both participants, and put public speaking in a different light, along with the strengths of both infamous politicians in their core domain; public speaking. Speaking of eloquence, this is some-

thing that David himself possesses so naturally. His talks are more of a performance, than a lecture like the titles often suggest. It is closer to a one-man stage show; the audience are involved, we hear laughter and most importantly, enjoyment. This is what the day is all about; enjoyment and appreciation for language. The day wouldn't be complete without the wine and cheese reception at the end (seriously, who could say no to free cheese?). And discussions continued further and the appreciation for such a talented individual was evident (and cheese too, of course). If you were one of many lucky individuals who managed to go and hear the talks, get a book signed, and enjoy the free snacks, then why not read one, or several of the books that David

has published. As a linguistics student myself, I have a wide collection. But, on recommendation of non-linguist friends and family, a good starting point to enlighten the linguist within you is "Wordsmiths and Warriors". This book tells the tale and progression of the English language in Britain, in the form of a road trip. Kind of like a linguistics version of The Hairys Bikers, if you will. And if history isn't really your thing, then you have around 99 things to choose from. If the influence of technology on the way we communicate is more up your street, then give "txting: the gr8 db8" a try. Essentially, if some part of language interests you, then David Crystal has most likely written a book about it.



DAVID CRYSTAL DAY WAS INSPIRING AND EDUCATIONAL. CRYSTAL IS AN EXCELLENT PUBLIC SPEAKER WHO IS THOROUGHLY ENTERTAINING, AND IT IS A HIGH LIGHT OF A LINGUISTICS CALENDER

- ELLIE POWLING.

#Studentlife

by LIZZY DILLON

There's a stereotype that charity shops are full of smelly rubbish that nobody wants, and I've even heard people say that they are embarrassed to be seen in one. I can't get my head around it.

Every charity shop I've stepped into has been a gold mine of cheap DVDs, CDs and vintage originals that, if found in a vintage shop, would be triple the price. Racks and racks of dresses, skirts, shirts and jackets never usually stretch to more than £10, and their quality is usually superb. At a glance their stock may seem to consist of just homemade jumpers and shirts that should only be worn for fancy dress, but after a 'good rummage' you are bound to come across at least one or two vintage 'gems'. However there is a catch. Most of these 'gems' will have skirts down to the floor, long sleeves and shoulder pads big enough to knock people out. No one would blame you for not wanting to be seen dead in them. I have been a charity shop fanatic for around five years now, and my sew-

ing machine is my best friend. I pick out items from the racks that catch my eye. Whether it's the shape of them I love, the material or even just the buttons. I then, before buying them, think about what I could do to make the items more current and wearable. Ninety five percent of the time all you have to do is shorten a skirt, shorten the sleeves (or cut them off entirely) and undo a few buttons around the neck. This is exactly what I did to the dresses pictured. You don't even need to have a sewing machine. A pair of scissors and neat hand stitching will do the job brilliantly; it will just take a bit longer. Vintage shopping can be incredibly expensive, especially on a student's budget. Therefore, for those, like myself, who dream of walking around like they have just been dropped into 2017 from a 1980s Delorian, charity shops and the confidence to sew are the perfect combination. Your sewing doesn't have to be perfect because, after all, it is only you that is going to wear it. You will also end up with completely one of a kind items of clothing, that you can be rest assured no one else will be wearing in Academi.



'A blast from the past'



On the contrary to the previous piece, look out for our involvement with the Vintage shop in Upper Bangor, Holyhead road.

This place is one that has a very unique vibe, which allows you to feel as though you have just stepped into 1922 or 1955 or 1988. This unique selection of clothing changes with the seasons but takes you back to another place. Another time.

Obviously not as cheap as a charity shop but equally beautiful, this shop is a great shop to venture in to without having to travel miles out of your way.

When I was in my first year I used to pop in to 'Lookachu' two or three times per week.

Look out for the new summer stock that we have been granted first access to at the end of this month. I will be putting photographs of the latest stock and reporting on what the shop has to offer for this coming summer.

If you ever find yourself with a spare hour or two, have a look and venture into 'Lookachu', you never know, you may find your new favourite jacket or

pair of boots in there.

There is so much to offer in 'Loochachu' that it would be a shame for anyone to bypass it and miss out.



Who was the ‘wackier’ bride?

Seeing as this is an issue about Valentines and love, I figured it would be a good opportunity to have a look at some of the weirdest celebrity bridal decisions.



Who doesn't love Emma Thompson and the films that she has chosen to make. However, one decision that the 57 year old, English actress made that I fail to be able to be in support of is her choice in

wedding dress when she married Northern Irish actor Sir Kenneth Branagh. The dress in question looks in no way shape or form like a wedding dress but rather like a dress that had been handmade from the drapes by Maria VonTrapp.



Angelina Jolie. A woman with unique tastes and sometimes quite controversial decisions. However, this long anticipated wedding dress did not disappoint her fans when it made its debut in OK magazine. The dress itself is beautiful and

elegant, with a long satin train cascading down the staircase. The unusual element of the dress is undoubtedly the child like doodles that covers the back of the dress and the train. However, the public know about Jolie and her many

children that she shares with her groom Brad Pitt. Therefore the doodles on the most important dress of her life make this a touching sentiment and tribute to those children.

WINNER: Emma Thompson... Unfortunately this dress isn't bridal in any sense of the word. Jolie's wedding dress; whilst unusual was bridal it just added a few unique touches. Thompson on the other hand looks like she is about to nip off to a production of Heidi. It just doesn't seem like a dress that should be worn for this occasion. It even can't be said that it is of its time, it just isn't bridal and doesn't show her off in a way that she deserves to be.



To be sexy or not to be sexy: Should that be a question?

I know, I know. We are students and not many of us have a TV license. Not many of us were able to watch the national television awards, and if you did so happen to catch it did you look at what the celebrities were wearing? Of course you did, it is human nature to look at a person's appearance and judge them. You may not mean to judge them, and you may in fact change your mind but no matter what, in that first 5 seconds of looking at them your first judgement has been made. I wonder what your first judgement of Scarlett Moffatt's outfit choice was. Do you agree with many others in the nation that her outfit wasn't 'sexy' enough or do you think that Scarlett reigned supreme? One comment that has been made is that the short suit was not 'Sexy' enough. The colour of the suit alone I think defies this suggestion. It is a hot pink coloured suit that screams 'look over here! Look at me!' Now if

my outfit screamed that and could be called a 'head turner', then I would definitely deem my outfit a success and I would definitely call it sexy. Also, I don't want to get into the whole, 'what is sexy?' and 'who decides what's sexy and what's not'. BUT, seriously, who has decided that what she is wearing is not sexy, and Dermott O'Leary was wearing suit, why can't she be wearing a suit too. Nobody ever said Dermott shouldn't be wearing a suit it's not sexy. So really what is so wrong with Scarlett's outfit choice? I completely understand that as a girly girl, I myself would have chosen a pretty dress for the occasion. However, if that's not her style and she doesn't want to, (she said she chose it the morning of the awards) then she really shouldn't have to. Personally, I think that she is an inspirational young woman who has been judged by her appearance for far too long. It was a brave decision and one which

I think worked for her, she should be allowed to dress how she deems appropriate without people bringing up her previous weight and deeming her unsexy.





Let's talk about sex baby!

Oh no. She did it, she used the corny song lyrics and wants to talk about... sex. Why is it that so many of us still shy away from discussing the natural act of sex? The act of pleasure, the act of passion... Come on, you know the one. February screams the month of love, lust and giving, so if you feel as if you've lost your mojo this year, why not try a few simple lifestyle and dietary changes to help rebuild that fire and turn up the heat in the bedroom once more.

Let's start with Aphrodisiacs, though there is no scientific proof of their effectiveness, they have been used for centuries in order to boost sexual appetite and enjoyment. Hey, bet you didn't know that morning cup'o'coffee was not only waking you up but also increasing your dopamine levels and your sexual pleasure

by increasing blood flow – an essential to achieving an orgasm.

If you're a man, try giving your lover a good ol' hug a little more often. Research suggests that men need to cuddle more than women, thus men who reported frequent kissing and cuddling with their partners were, on average, 3 times happier with their relationships. Women, on the other hand, sought importance in a long-term relationship accompanied by good sex.

Get sweaty. Exercising 4 or 5 days a week has been shown to lead to above, or much above average sex lives in 88% of women and 69% of men. With those who exercised more, getting more. A top advantage for men is that exercise also increases blood flow to the penis, warding off erectile dysfunction. So get pumped, then get pumping.

Yoga-aaaaah. A recent study found a study of 40 healthy women participating in a 12-week yoga programme improved their sexual function in 6 areas (desire, arousal, lubrication, orgasm, pain and overall satisfaction.)

Stop worrying. Sex can enhance your health, not only does it protect your heart by decreasing your risk of cardiovascular disease, but it can also relieve pain by up to 74%, burns the equivalent of a 1km walk followed by a climb up two flights of stairs in calories, reduces stress by returning your blood pressure to normal faster and boosts your immune system by resulting in higher levels of an antibody called IgA, which wards off infections. So let yourself go and allow yourself to get going.

Oh... and always stay protected. (You know the drill.)

Lovely or Lonely

Whether you're deeply devoted to 'The One' or fiercely independent, strong and single, there's no escaping the commercial construction that dawns upon us towards the 14th February. Yes, you know the one, Valentine's day. Though it originated as a Western Christian liturgical feast day used to honour numerous early saints named Valentinus, the day first became associated with the concept of romantic love during the 14th century, as the tradition of courtly love began to flourish. By the 18th century, the occasion had evolved and lovers would express their adoration for each other by presenting flowers, offering confectionery and sending cards. Valentine's cards have since continued to be created and presented, offering businesses the opportunity to mass-produce and rake in the money. In 2015 alone, around £1.9billion was spent on cards, flowers, chocolates and other gifts to celebrate the supposed day of love.

February 15th, however, brings upon us the humorous National Singles Awareness Day, a day for the single ones amongst us to share and celebrate, buying each other (or yourself) presents. Many people often wear green on this day, being the complementary opposite of red, or black, to symbolise an absence of celebration. The idea originated with singletons reminding those involved in romantic couplings that they do not need to be in a relationship to enjoy and celebrate life; that the key to being happy, is to be happy with yourself. So if you're alone this Valentine's, it's not all down and out, the day stands as an announcement that you are single and happy to be so.



Lipstick Lovers

Nothing says passion like a kiss, so pucker up and pout with the best long-wear lipsticks this Valentine's.

1) VELVET MATTE LIP PENCIL in CRUELLA.

Avoid the red smear with Nars's richly pigmented and matte finish, smear-proof pencil. Not only will you look the piece, but you'll also be hydrating those lips whilst you do.

2) INFALLIBLE ROUGE LIPCOLOR in FOREVER FUCHSIA.

The vivid colour of this L'Oreal Paris is sure to keep your lips moisturised and kissable with its Vitamin E-packed formula, it's a sure upgrade from that gentle pink and sure to catch an eye or two.

3) MATTE REVOLUTION LIPSTICK in 1993.

Urban Decay offer this rich brown shade as a cheeky alternative to those traditional reds and burgundy go-to's. Look subtle, yet sultry as you try something outside of your usual comfort zone.



FEED YOUR LOVE THROUGH FOOD

Rich Raspberry Chocolate Fruit Cake

Cherry Shortbread Hearts



SERVES 8
£2.02 PER SERVING, ASDA
INGREDIENTS
For THE BASE:
100g 70% PLAIN CHOCOLATE, BROKEN INTO PIECES
100g BUTTER
1tbsp GOLDEN SYRUP
200g HOBNOBS
For THE MOUSSE:
100G 70% PLAIN CHOCOLATE, BROKEN INTO PIECES
200g MILK CHOCOLATE, BROKEN INTO PIECES
4 EGGS, SEPARATED
300ML WHIPPING CREAM
3 X 150G PUNNETS RASPBERRIES

- METHOD**
- 1) For the base, melt the chocolate with the butter and golden syrup in a bowl over barely simmering water or on a low heat in the microwave.
 - 2) Put the hobnobs into a bag and crush with a rolling pin until a crumb consistency is reached.
 - 3) Combine the two and spread over the base of a 23cm springform tin. Refrigerate for about an hour until set.
 - 4) For the mousse, melt the remaining plain chocolate and milk chocolate together in the same way and allow to cool until lukewarm.
 - 5) Using an electric beater, whisk the egg whites in one bowl to stiff peaks.
 - 6) In another bowl, whip the whipping cream until thickened.
 - 7) Stir the egg yolks into the chocolate, before beating the cream into the mixture. Work quickly if the chocolate appears grainy, before gently folding in the egg whites.
 - 8) Spread the mixture over the biscuit base and return to the fridge overnight.
 - 9) Release from the tin and decorate with raspberries to serve.



MAKES 14-16
£3.16 PER SERVING, ASDA
INGREDIENTS
100g ICING SUGAR, PLUS EXTRA FOR DUSTING
200g PLAIN FLOUR, PLUS EXTRA FOR DUSTING
50g CORNFLOUR
50g GROUND ALMONDS
250g COLD BUTTER, CUBED
50g GLACÉ CHERRIES, FINELY CHOPPED
½ TSP ALMOND EXTRACT
8tbsp CHERRY JAM

- METHOD**
- 1) Heat oven to 180c/160c fan/gas 4. Sift the icing sugar, flour and cornflour together into a bowl.
 - 2) Stir in the ground almonds and butter, rubbing the butter until smooth.
 - 3) Stir in the chopped glacé cherries and almond extract, forming a dough.
 - 4) Roll out onto a lightly floured surface, then stamp out biscuits using a heart-shaped cutter.
 - 5) Carefully transfer to a baking tray lined with parchment paper and bake for 8-10 minutes until a pale golden colour.
 - 6) Using an upturned bottle top, or similar, press gently into the centre of each biscuit to make a round indent.
 - 7) Spoon in a little jam and return to the oven for 2 minutes.
 - 8) Remove and cool on a wire rack, dust with icing sugar before serving.

SHINING A LIGHT ON... ASPERGERS

Similarly to other forms of autism, Asperger syndrome is a lifelong developmental disability which affects the way people are able to perceive the world and interact with others, it is not an illness, nor a disease and it cannot be 'cured'. Affecting around 700,000 people in the UK alone, it is far more common than most people believe, this is because the symptoms are not always obvious to all. Those with Asperger syndrome see, hear and feel the world a lot differently to those around them. They are often of average or above average intelligence but may have specific learning difficulties and troubles understanding and processing language. They may also suffer from other mental health issues or conditions, meaning that different

people need different levels and forms of support. The world can often feel overwhelming, causing considerable anxiety. They may wonder why they are 'different' to others and believe their social differences cause others not to understand them. Diagnosis can be difficult; Asperger syndrome varies widely between individuals and therefore it is not always recognised or diagnosed until adulthood. For a diagnosis to be made, a person will usually be assessed as having had persistent difficulties with social communication and interactions and restricted and repetitive patterns of behaviours, activities or interests since early childhood to the extent of limited and impaired everyday functioning.

Social Communication: Difficulties interpreting both verbal and non-verbal language, using and understanding facial expressions, tone of voice, jokes and sarcasm, vagueness and abstract concepts. Though language skills are often good, understanding the expectations of others within conversations can be hard and repetition of others speech or talking about their own interests at length may occur.

Social Interaction: Difficulties recognising or understanding others' feelings and intentions, as well as expressing their own emotions. This can lead to them appearing insensitive, seeking time alone, not seeking comfort from others and appearing to behave 'strangely' or in a socially inappropriate manner.

Therefore, forming friendships can feel daunting.

Repetitive Behaviours and Routines: As the world can seem unpredictable and confusing, a daily routine is preferred. This may include travelling to work the same way every day, or eating the exact same breakfasts every day. The idea of change may cause discomfort, but the ability to prepare for change in advance can be beneficial.

Highly-focused Interests: These interests often form from a young age and may be lifelong, they may also be unusual. However, the pursuit of these interests has been said to be fundamental to the wellbeing and happiness of those with Asperger syndrome.

Sensory Sensitivity: Over or under-sensitivity to sounds, touch, tastes,

smells, light, colours, temperatures or pain can also occur, causing anxiety or even physical pain.

Formal diagnosis can help those with Asperger syndrome to understand why they are potentially experiencing certain difficulties and provides information as to what they can do about them, as well as enabling access to services and support. Though the exact cause is still unknown, a combination of factors – both genetic and environmental – may account for differences in development. It is of no fault of the individual with the condition. Whilst there is no cure, there are a range of strategies and approaches helpful for those with Asperger syndrome and those around them.

TRAVEL

Indiana, Actually

by CHARLIE WILSON

The first question anyone asked me upon hearing that I'd be spending New Year's Eve in America was: 'Whereabouts?' They expected to hear New York, or San Francisco, or maybe even Florida. When I answered them with 'Indiana', the next question they asked was always 'Why?'

Well, the answer is that I have friends there. But it's more complicated than that; yes, I wouldn't have gone if I didn't have friends to put me

up (meaning that I could afford to eat, if only barely), but experiencing the Mid-West of the USA, particularly in the current political climate, is a great way to tear away your preconceived notions about America. America on screen is shiny and expensive, or (when showing the South) violent and dusty. Indiana is neither.

Indiana is big. It is flat. It is possible, when standing outside, to turn in a full circle and see an uninterrupted horizon. Indiana is cold: there was snow on the ground the entire time I was there. Indiana is poor; Indiana is a trap.

In the town I stayed in, Shelbyville, the favoured 'hang-out' is Denny's. Most of the social plans in the three weeks I stayed there were centred around food.

That's not to say we didn't do other things; I spent hours looking through book stores and comic stores (enough time to make friends with the owners of the latter, who then gave me a free comic). We drove up to Indianapolis Museum of Art and saw a Van Gogh, a Picasso and then laughed throughout the modern art exhibition. We travelled to Ohio to see other friends, who introduced

is to their kitten, Willy, and their giant dog, Dozer. But still, the 20 days I spent there seemed focused more on trying different American chains than they were anything else.

It is, after all, easy to forget that you have a twelve-hour shift tonight if you are full of good--or at least tasty-- food. The coffee is endless (something I appreciated greatly) and so are the sodas. The breadsticks from Olive Garden are remarkably tasty as well. And if you can only get a job in farming or steelwork, well, don't worry, you can go down to IHOP later.

And this is how I want to explain Indiana to anyone who asks. It is a large, flat state full of people who work in an industry they aren't interested in. There are two ways to get out of Indiana: education, for those who can afford it, or the military. It has left me feeling empty.

When I call Indiana a trap I am not being facetious; I truly believe that growing up and living in Indiana is a sinkhole that none but those with assistance can escape. Travel there: see for yourself, and tell me if I am wrong.



Life in Abu Dhabi

by SIMRAN PRASAD

Change is usually one of those necessary factors in life that is vital for self-growth, but can be one of the most terrifying things you'll ever experience.

For me, this came in the form of adapting from one drastically different country of residence to another. From living in sunny Abu Dhabi (pictured below and right), United Arab Emirates, to Bangor, a small town with chilly weather, it was definitely one of the toughest things to adapt to.

Being an international student, you tend to encounter small reminders of home. From the food you eat, the people you meet, and the experiences you go through, they serve as both, a familiar and a foreign feeling. My experience, when it came to dealing with the emotions of moving, was heavily influenced by the new friends I made.

Meeting new people from different walks of life opens up your mind to how different life is for people.

Listening to a variety of stories and meeting new people with cultural differences, tends to alter your thinking and moral principles. You learn to adapt accordingly to the feelings of nostalgia, which becomes easier when surrounded by new friends. There were many contrasts when it came to life here compared to back home. In Abu Dhabi, we'd take taxis everywhere and would never think twice about making a walk to the nearest shop. I was in for a surprise when I came to Bangor!

The walk to and from lectures and up and down steep hills definitely opened my mind up to how pampered life is in the United Arab Emirates. Living in such a different place also made me realise how impactful the weather is.

In Abu Dhabi, there were hardly ever any rainy or windy days, and in turn that was never a factor to worry about. Living in Bangor, and having to go through rainy, dark days for most parts of the year, has definitely made me much more appreciative of the sunny weather back home. Un-

less you put yourself in situations like this, you never truly comprehend the impact small changes have on you.

It got to a point, where I'd have to convince myself to still be productive and get work done, despite the weather outside. The internal motivation you give yourself shines through when put in a situation that tests you to the limits.

To conclude, there are many obstacles and challenges you face with change. It can be a reason to either back away from a challenge, or embrace it. Though adapting and entering a situation when having so many reservations is stressful, the end result often leads to a successful direction in life.

In this case, having the opportunity to travel, meet new people and step outside the comfort zone guarantees a lot of self-confidence and exposure, which often proves useful in later stages of life, and sets you up for a secured future.



Top 5 Romantic Getaways

With Valentine's day around the corner, here's a sickening look at some of the top romantic getaways around the world. In no particular order, let's begin.

PARIS:
Paris is a destination synonymous with romance. A city with plenty to do and a public transport system so simple to figure out that any language barrier is knocked down with the ease of a large bulldozer crashing through it. The City of Love offers boundless opportunities for romance with its candlelit wine bars, perfect gardens and wonderful architecture in the form of Sacré-Cœur Basilica, Arc de Triomphe, Notre Dame and

of course, the Eiffel Tower. On top of this, Paris offers a vast number of cultural sites to visit such as the Louvre Museum.

BARBADOS:
An eastern Caribbean island famed for its white sandy beaches and turquoise waters, Barbados is considered to be ideal for a relaxed romantic getaway. Cattlewash beach is the most romantic beach on the island. It's ideal for stargazing, where couples can go lay on the sand and look out for shooting stars. Boat cruises offer a particularly exciting day of exploration, where visitors can drink cocktails and snorkel, although most likely not in that order.

CANCUN:
Another sun-soaked destination. The city of Cancun is situated on the Mexican Yucatan Peninsula bordering the Caribbean Sea. It's composed of two distinct areas: the more traditional downtown area, El Centro and Zona Hotelera, a long beachfront strip of high-rise hotels, nightclubs, shops and restaurants. The Mesoamerican Barrier Reef, the second-largest coral reef in the world, runs parallel to the Yucatan Peninsula. Scuba diving and snorkelling is possible from locations in and around Cancun. Unique to the Yucatan Peninsula are cenotes. These natural sinkholes have formed pools connected by an underground river

system, providing them with cool, fresh water perfect to be explored.

SYDNEY:
Arguably one of the world's most iconic cities, Sydney (pictured below) rivals any city in the world. In terms of transport, Sydney with its trams, trains and buses is easy to use – easier than Paris in that there is no barrier in need of knocking down. There are landmark areas such as the Sydney Opera House, Sydney Harbour Bridge and the Sydney Tower to visit. Failing that, there are beaches to relax on and improve the tan, the iconic Bondi Beach being the perfect location for a lie down, a swim, a surf or even just a walk. With areas such as

Darling Harbour available to explore too, you can't go wrong with Sydney.

LEEDS:
Yes, Leeds. As in the English one. Please bear with me. Leeds may not have the climate we all so desperately yearn for, and neither does it have the Eiffel Tower, the Sydney Opera House, the Mesoamerican Barrier Reef, or any reef at all for that matter. What all these destinations can offer, including Leeds, is the same person to go with. If the person is right, does the destination matter that much?

I said it would be sickening.



Southend-on-Sea

by JAMES WILLIAMS
Southend is fundamentally flawed. From an English language perspective, it's no where near the end of the south. Thankfully, this is not the case from a tourism perspective. Southend is one of the most diverse places I've ever been to, which led to me spending a lot of my time visiting and working in the area. At 2,158m or 1,341 miles, Southend has one of the UK's largest pleasure piers. Having burnt down (at least partially) three times at this point, the pier has been a may stay of the seafront for many years now, and within itself is a reason to go to Southend. The walk itself with the amusements located on the end is a day trip within itself. Another of the major sights on Southend Seafront is Adventure Island (pictured right). Adventure Island is the biggest "no entry fee" amusement park in the UK, giving a reason to at least look around. There

are a large variety of amusements, for all types of thrill seekers, making the location great whether you like white knuckle rides or not. On the slightly calmer side, there are literally miles of amusements and places to eat along the seafront. For a low cost, there are a ludicrously large amount of different pay-to-play amusements and variety of foods to eat. I'd honestly recommend looking at Southend Seafront on Google maps will honestly give the best perspective of this. Southend is again, one of the most diverse places I've been to. In this article I'm yet to mention the nearby high street, multitude of beaches, aquarium or live music venues. Southend is one of my many homes. One of the many reasons I came to Bangor is thanks to how similar the two are. With that said, Southend has more sun, less rain and far more to do within walking distance.



Locked in Love

For those unaware, the love lock tradition consists of a couple visiting a location – often a bridge, locking their padlock often with their initials written or etched into the lock before throwing the key into the river below. A lesser known site than Paris but definitely more picturesque, is located at Mt. Huangshan in China. Situated in the Huangshan mountain range in southern Anhui province in eastern China, the area is known for its incredible scenery, so it's no surprise that couples seem to consider the spot to be special. It's also a UNESCO World Heritage Site and an area

fabled for its teas, so definitely worth a visit if the incredible views weren't already a big enough draw. Love locks are left on railings seemingly all over the mountain in numerous declarations of love, with the padlock keys being thrown over the side of the mountain and into the plunging gulf below. Each individual lock with a unique, complex story of its own, yet they all share the same promise locked in love around a railing. Whatever your opinion on love locks, they can certainly highlight some magical places which the planet has to offer.

FOOD AND DRINK

Voltaire Review



by Alice Heeroma

Whether it's to do with morals, fad diets or just following the new celebrity trend, veganism is growing in popularity, especially among students. Bangor isn't far of the trend with restaurant 'Voltaire' and café 'Kyffin'.

Descending towards the pier, Voltaire is hard to miss with its deep red exterior compared to the faded houses situated around it. Upon entering you can see why people like this place. Its soft lights and Mediterranean style let you feel at home. However, looking back the lighting was possibly a little too 'soft' as it was a little difficult to read the menu if you weren't near a candle. Being brought up with a vegetarian as a mother this restaurant sounded just up my alley, and although my partner was slightly reluctant to something new.

You would think that a vegan restaurant would have a restricted menu. However, you would be pleasantly surprised by the vast quantity of foods varying from 12 different types of burgers, a burrito to the length of your forearm and a Rogan Josh that sounded delicious. We decided to get Nacho's as a starter, wanting to test the cheese alternative that Voltaire had to offer, followed by the ninja burger for myself and the burrito for the other half. With delightful service and speedy time we were served our starter.

A little sceptical at first, having never tried vegan cheese before, we were both surprised by how nice this was, although the 'cheese' seemed to have a little trouble melting properly. It was the perfect size starter for two people, and although a little messy worked up our appetites perfectly. Following this our mains were served quickly. The Ninja burger was amazing, the filling containing vegan steak topped with two spring rolls and of course seeing as there was no extra cost we switched our normal chips to sweet potato fries.

The huge burrito that my partner was served was worth the money, filled to the brim with various beans and spices it went down a treat and although he could not finish his meal the leftovers were doggy-bagged up for the next day's lunch.

All in all, a lovely evening, with good food and is a must if you are a bit of a foodie and want to try something new. The prices were reasonable for what you are receiving and the customer service is fantastic.



What even is pancake day?



On Tuesday the 28th of February, people up and down the country will have stocked up on chocolate spread, bananas, lemons and sugar for Pancake Day 2017.

There are a lot of traditions we follow in the UK. Some more popular than others, but is any more popular among the student population than pancake day. Shrove Tuesday better known as pancake day is an odd tradition because it isn't the celebra-

tion of anything. Shrove Tuesday is all about preparing for life without some of our favourite foods for lent.

Firstly, why do we call it Shrove Tuesday?

Well Shrove Tuesday is the day that precedes Ash Wednesday. As it is determined by Easter, for which the actual date changes on an annual basis. The name Shrove Tuesday comes from shrive, meaning absolution for

sins by doing penance. The day gets its name from the tradition of Christians trying to be 'shriven' before Lent.

Why do we eat pancakes?

The Pancake tradition arrived much later as a way of using up rich foods, like eggs, milk and sugar before the 40 days of fasting - Lent. Eggs, milk and sugar aren't traditionally eaten in fasting season, so need to be scoffed

beforehand.

Do many other countries celebrate Shrove Tuesday?

Ever heard of Mardi Gras? Or the Rio Carnival? These celebrations started as a way to drink all the booze, have all the fun and eat all the fat food before lent started. Mardi Gras translates to Fat Tuesday.

American Pancake Recipe

Ingredients:

135g/4¾oz plain flour
1 tsp baking powder
½ tsp salt
2 tbsp caster sugar
130ml/4½fl oz milk
1 large egg, lightly beaten
2 tbsp melted butter (allowed to cool slightly) or olive oil, plus extra for cooking

Method

1. Sift the flour, baking powder, salt and caster sugar into a large bowl. In a separate bowl or jug, lightly whisk together the milk and egg, then whisk in the melted butter.

2. Pour the milk mixture into the flour mixture and, using a fork, beat until you have a smooth batter. Any lumps will soon disappear with a little mixing. Let the batter stand for a few minutes.

3. Heat a non-stick frying pan over a medium heat and add a knob of

butter. When it's melted, add a ladle of batter (or two if your frying pan is big enough to cook two pancakes at the same time). It will seem very thick but this is how it should be. Wait until the top of the pancake begins to bubble, then turn it over and cook until both sides are golden brown and the pancake has risen to about 1cm (½in) thick.

4. Repeat until all the batter is used up. You can keep the pancakes warm in a low oven, but they taste best fresh out the pan.



Welsh crempog (Welsh pancakes)

Unfortunately not many know about welsh crempog (also known as Ffroes), these are a bigger, fluffier relative to the English

Ingredients

2 oz/ 55g butter
15 fl oz/ 450 ml warm buttermilk
10 oz/ 275g all purpose/plain flour
3 oz/ 75g sugar
1 tsp bicarbonate of soda
½ tsp salt
1 tbsp vinegar
2 eggs, well beaten

Method

1. Stir the butter into the warmed buttermilk until melted. Gradually pour the milk and butter into the flour and beat well.

3. Leave the mixture to stand for at least 30 minutes (or a few hours if possible) before stirring in the sugar,

crepe styled pancakes and personally I think they're better. So why not try something new this Pancake Day

bicarbonate of soda, salt and vinegar into the beaten eggs.

4. Pour this mixture into the flour and milk mixture and beat well to form a smooth batter.

5. Heavily grease a griddle or hot-stone and heat, then drop the batter, a tablespoon at a time onto the heated griddle and cook over a moderate heat until golden brown on both sides.

6. Keep the crempog warm and continue this method until all the batter is used up. Spread butter on each pancake and eat while warm. Jam, banana, syrup, currants and even a chocolate drizzle are of course optional!



Noodle One goes from local to national awards



Local business noodle one is running for best oriental in the Welsh food awards. Noodle one has been a firm favourite in the Bangor food scene since it opened, almost 10 years ago, since then it has changed management a few times yet has managed to stay consistently one of the best and most popular restaurants in Bangor, shown by their many Seren awards. Their dedication to the craft is evident and customers can expect to enjoy the finest in oriental cuisine from Japan, Thailand and Indonesia in a unique setting.

Locals will not be surprised that this restaurant is a contender. On TripAdvisor over half of commenters rated in excellent or very good. Noodle one will be hoping this same loyal customer base will help vote them to the main prize. The awards will take place on 18th April 2017 at the Mercure Cardiff, Holland house hotel. Where one Noodle will hope to join the ranks with past winners from north wales such as 'The Coconut Kitchen' in Abersoch. This will be the third year of the Welsh food awards, which aims to promote and recognise the hard

work and efforts of the Welsh food industry. Other categories include everything from best street food to best tradition welsh restaurant. The awards are decided by votes from the welsh public. If you wish to vote for noodle one visit their Facebook where they have posted a link to the vote.

Valentines Dessert: Apple Rose Tart



- Ingredients:**

Crust:

 - 1/2 cup Flour
 - 1/4 cup Sugar
 - 1/2 stick Butter melted
 - 1/2 Tbsp Salt
- Filling:**

 - 4 oz Cream Cheese
 - 1/2 cup Sugar
 - 4 cup Sour Cream
 - 2 Tbsp Lemon Juice
 - 2 Large Apples
 - 1 cups Water
 - 1/2 cup Sugar
 - 1/8 cup Lemon Juice

- Preparing the crust:**
1. In a food processor, crush hazelnuts to a fine ground and preheat oven to 350 degrees.
 2. Mix flour, sugar, salt, and melted butter in a bowl until a dough is formed.
 3. In a 9" tart pan, press dough evenly around pan, roughly 1/4" in thick and poke several holes in the bottom with a fork to prevent rising.
 4. Place tart pan with crust inside the oven for 15 minutes until crust becomes golden brown (blind baking).
 5. Remove when slightly firm and cool.

- STEP 2**
1. Mix sour cream, cream cheese, lemon juice, sugar, and rose water in a bowl until smooth.

2. Spread evenly over cooled crust.
3. Bake at 350 degrees for 15 minutes until slightly firm.
4. Remove and cool in the refrigerator while apples are prepped.

- STEP 3**
1. Thinly slice apples with a mandolin or knife, the thinner the better.
 2. Put all slices into a large microwaveable bowl, and mix in water, sugar, lemon juice until sugar is dissolved.
 3. Microwave on high for 2 minutes, until apple slices are pliable.
 4. Roll 6 thin slices into 6 small rolls. These will serve as the center for the roses.
 5. Arrange each roll around the tart, pressing them into the now cooled, slightly firm custard. The custard will hold the apples in place.

6. One at a time, arrange apple slices around the center of one rose until the rose is big enough.
7. Repeat process with remaining 5 roses, making sure that each rose is similar in size.
8. After all 6 roses are complete, fill in remaining gaps between the 6 roses with small rolls of apples. These are the "buds" or the "small roses".
9. Chill tart for 1 hour, and wow your loved one with a creation worthy of Cupid himself. Refrigerate for best results. Brush apples with lemon juice and sugar as necessary to prevent browning.

Top five Food & Drink related gifts for Valentines day



Ultra-Ber Thing
£24.99 - Amazon

The 'Ultra-Ber Thing' is an ultrasonic powered gadget that vibrates to release dissolved CO₂ in beer forming a protein and an acid laced foam on the surface, better known to most beer drinkers as the head. Probably the best gift out there if your partner is into their ales.



Banana Surprise Yum Station
£6.99 – Toys R Us / £9.99 - Very

Have you ever eaten a banana and thought 'this could do with a creamy chocolate or even jam filling' well then here's your gadget. The surprise station allows you to hollow out a banana and impregnate it with just about anything you want. Well not anything...



Kebab Rotisserie Grill
£79.99 – Red5

Bring the essence of that late night post-academi booze filled midnight trip to a kebab house into your student home for the attractive price of only £79.99. You're probably making excuses about why you don't need this gift or you don't know anyone who does but you do... and if we're honest £79.99 isn't bad when you consider it's like an 24/7 kebab house in your kitchen.



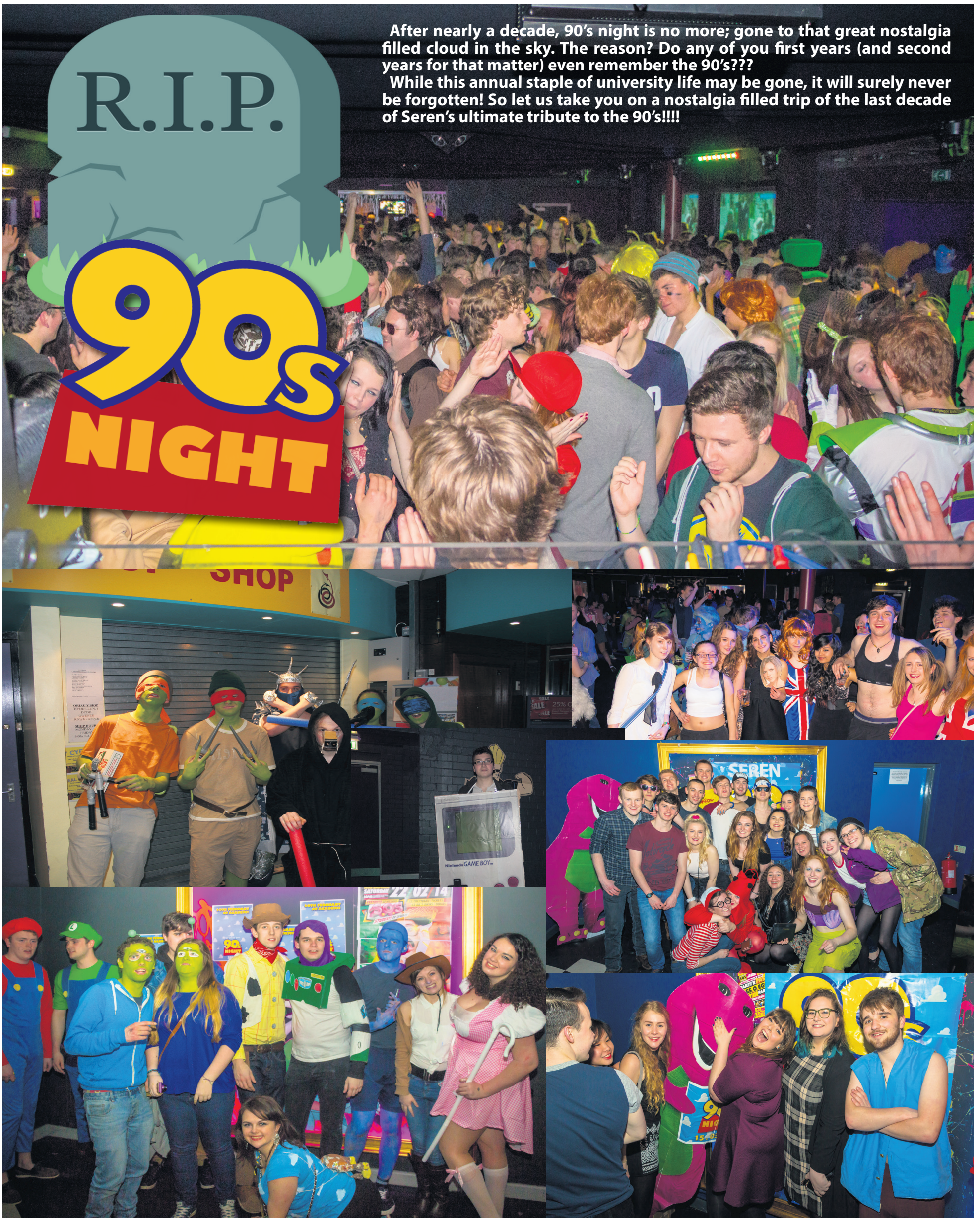
The Full Stop Bowl
£14.99 + VAT – Full.Stop

The full stop bowl is a novel idea to portion control and is shaped to mimic the size and capacity of the average relaxed stomach. Whilst this isn't the romantic gift it would go well with the kebab rotisserie grill as if you had an unlimited amount of kebab meat you might need some way of controlling your portions.



My Ice Cream maker
£18.95 – Amazon

Some would say that this is my only serious gift recommendation but they would be wrong. However this is definitely the best out of the 5. The 'My Ice Cream Maker' can make ice cream, milkshake or sorbet in roughly 20 minutes.



SEREN

AT VARSITY

WE NEED YOU!



Calling all Seren contributors, members and readers!! Varsity is fast approaching and we are putting together a team of students that will venture to Aberystwyth to report on all the action of Varsity!

The day will consist of taking photographs of each event, feeding live scores and generally reporting on the fixtures. Our job is to keep everyone back in Bangor in the loop on the day's events, meaning they can support their teams in Bangor.

We have mini buses arranged and will be provided with a guide and a partner who is a Seren sub editor. If you fancy sports writing, photography and live broadcasting then please get in touch. It is always a fun day and a good excuse to get a free lift to Varsity...

Here's an idea of some of the things we are looking for:

NEWS REPORTS PHOTOGRAPHERS
BROADCAST JOURNALISM
LIVE SPORT COVERAGE

FOR MORE INFORMATION PLEASE CONTACT THE EDITOR USING EITHER OPTION BELOW:



Seren Members
2016-17



editor@seren.
bangor.ac.uk



Bangor City's Shaun Cavanagh goes up against Liverpool youngster Harry Wilson.

Mixed start to 2017 for Bangor City FC

Over the course of January, the Citizens played four matches as they looked to make a strong start to the new year. However, it wasn't the best start, with a narrow 1-0 defeat away to MBI Llandudno on New Year's Day.

Wednesday 4th January 2017: Bangor City 0-6 Liverpool FC U23s

Bangor City suffered a second defeat of the year at the hands of Liverpool's Under 23s team in a mid-week friendly. With a record 2,006 people in attendance, the Blues were unable to find their rhythm as a dominant, start to finish performance from the Red-men proved too much.

Bangor found themselves pinned in their half for most of the game. In the first half, Liverpool worked the ball from left to right and back again, with the fullbacks overlapping, allowing Harry Wilson and Sheyi Ojo to come inside and create. It wasn't long before Wilson dinked the ball over goalkeeper Connor Roberts after latching onto a through ball from Paolo Alves, who was constantly working the ball alongside Jordan Williams all evening.

To the Citizen's credit, they kept their structure and organisation, stopping the away team multiple times in the area through blocks from Paul Connolly. The Blues were regaining possession in good areas of the pitch through Danny Gosset and Jack Metcalf, but were unable to move the ball forward fast enough; a common

theme throughout the game. Liverpool pounced at every opportunity to win the first and second ball successfully, pushing towards goal. Bangor remained resilient but struggled to turn defence into attack.

Liverpool finally found a way through and doubled their lead after Matty Virtue's shot deflected into the path of Toni Gomes who slotted the ball into the bottom corner. The Citizens could feel a bit aggrieved in the way the goal was conceded, but Liverpool were rewarded for their relentless pressing and pushing. Bangor's Braydon Shaw saw a free-kick attempt comfortably saved just before half time with the visitors winning by two goals to nil.

Halftime substitutes saw Bangor's Shaw replaced by Shaun Cavanagh, while the visitors brought on Madger Gomes for Ojo. Liverpool continued to dominate most of the play in the second half, winning aerial balls in midfield, continuing to switch the play from side to side. Fatigue became a factor, with the Reds showing no signs of slowing down and the Citizens' shape becoming disorientated, the floodgates opened in the final 20 minutes.

Liverpool substitute Jack Dunn looked lively as soon as he came on. After some long-range shots skimmed over, he was rewarded with a 10-minute hat-trick, consisting of some brilliant efforts combined with intricate

build up play and finding pockets of space in between the Citizens defence and midfield. In between Dunn's trio, Wilson got his second of the night, putting in the rebound of his saved penalty after Madger Gomes was brought down; a comprehensive win. A deflated Bangor City team pushed for a consolation, but Henry Jones' saved effort was the closest the Blues came to scoring.

Despite being a disappointing night for the Citizens, the young red-men were very impressive. Their play was very fluent and the desire to win the first and second ball back after losing possession looks to have filtered down from the first team, with many of the under 23s training with the senior squad and under professional contracts at Anfield.

Unfortunately, things were going from bad to worse, as Bangor suffered a third consecutive defeat to bottom of the table team, Airbus UK Broughton. First half goals from Connolly and Nardiello saw them go into half time level at 2-2, but were unable to push through in the second half and two late goals from Airbus sank the Citizens.

Saturday 28th January 2017: Bangor City 4-0 Llandudno

Despite players returning to their clubs' parent clubs after loan spells, Bangor were able to turn the tables by putting four past Llandudno to secure a spot in the Quarter-Finals of the

Welsh JD Cup. The blues had delved into the transfer market, with the side to face Llandudno consisting of three debutants in defender Sergio Uyi, forward Louis Robles and former Premier League player Gary Taylor-Fletcher in an advanced midfield role.

Both teams looked to dominate possession, and Llandudno tested goalkeeper Connor Roberts early on. It wasn't long before the Citizens took the lead, with the new boys combining as Taylor-Fletcher chested the ball down into Robles path who neatly slotted home into the right-hand corner. The away team looked to level immediately, with Roberts having to tip a well struck volley from Hughes over the bar. However, Bangor doubled their lead, with captain Gary Roberts finding Robles in the box, who grabbed his second of the game with a neat half volley.

Robles nearly claimed a first half hat trick, but could not find the net. Llandudno began to grow back into the match with a few good chances, but the Citizens managed to avert conceding. Taylor-Fletcher was instrumental throughout the game, and his quick free kick gave Robles his second chance for a third but he was denied by the visitor's keeper. The score heading into half time was Bangor City 2-0 Llandudno.

In the second half, Bangor picked up where they left off, retaining possession well and working the ball into

good areas. It wasn't long before Taylor-Fletcher and midfielder Damien Allen exchanged intricate passes to set up Henry Jones for the third of the game. The Citizens continued to press, but a Llandudno effort from range hit the post - with Roberts rooted to the spot - but the ball was scrambled clear.

Taylor Fletcher was rewarded for his build up and passing work by weaving past several players before lifting the ball into the far side of the net to seal the victory; he clearly displayed his vast array of experience after previously playing in England's top flight and was subbed later on in the game to a standing ovation from the 373 fans in attendance.

An impressive display from a new look Bangor City. They explored vital areas of the pitch well and moved the ball about with tenacity, alongside working hard to close the ball and regain possession. This was a well-deserved win after string of poor results, and manager Ian Dawes will be looking to replicate this display as they move forward through the second half of the season.

The Quarter Final draw sees the Citizens drawn away to undefeated league leaders The New Saints (TNS), with the games being played on the 25th/26th February.



Cena wins historic 16th title while Orton secures Rumble victory

by JACK HOLLINSHEAD

The long-awaited road to Wrestlemania finally got underway at the 30th annual Royal Rumble in San Antonio, Texas. 52,020 fans in attendance to find out who will headline the main event of the biggest show in the WWE calendar.

Kick-off Show

The night started off with the routine 'kick off show', which saw the team of Becky Lynch, Nikki Bella and Naomi see off Smackdown Live Women's champion Alexa Bliss, Natayla and Mickie James. The second match was for Raw tag team titles, with Karl Anderson and Luke Gallows defeating holders Cesaro and Sheamus. This was nice to see Anderson and Gallows pick up their first belts since coming to WWE. To close out the kick off show, Nia Jax defeated 'The Boss' Sasha Banks.

Raw Women's Championship: Charlotte (c) v Bayley

The first contest of the Royal Rumble event saw the Raw Women's Champion Charlotte take on Bayley. Bayley had Charlotte's number after defeating her on Monday Night Raw, but 'The Queen' extended her extended undefeated run at PPV's to sixteen, by hitting a natural selection on the edge of the ring for the victory, retaining her crown as the dominant woman on Raw.

WWE Universal Championship: Kevin Owens (c) v Roman Reigns

The second of three Raw titles on the line was the WWE Universal Championship, with Kevin Owens defending against Roman Reigns in a no disqualification match. Kevin Owens has had help in recent weeks from his 'best friend' Chris Jericho in retaining his belt, therefore Jericho was hoisted high above the ring in a shark cage for this match, which ensured he wouldn't have a hand in the result. The bout ensured the no disqualification stipulation was adhered to, with Owens frog-splashing Reigns through a table. But Reigns got his revenge, sending Owens crashing onto a pile of chairs on the outside from the top turnbuckle and powerbombing him through an announce table. Jericho managed to influence the match by tossing down some brass knuckles from the shark

cage, but it was Braun Strawn who intervened, smashing Reigns through a table, allowing Owens to pick up the win and retain the Universal Championship.

WWE Cruiserweight Championship: Rich Swann (c) v Neville

Next was the Cruiserweight Championship, with the holder Rich Swann facing off against British wrestler, Neville. The two have had some heated exchanges on Monday Night Raw and the next Cruiserweight division show 205 Live, but in this fast paced match style we've become accustomed to, Neville came out on top to claim his first championship since moving up from NXT.

WWE Championship: AJ Styles (c) v John Cena

History was made as John Cena beat AJ Styles to claim his 16th WWE Championship in a classic bout between the pair, just like two outstanding singles matches last year, with the one at Summerslam a contender for match of 2016. The two went back and forth, exchanging a series of impressive moves. Both Styles and Cena hit each other with finishers, producing close call after close call with Styles even using Cena's submission to finish the job. The pair used everything in their arsenal, but as Styles went for the 'phenomenal forearm', Cena caught him and used the 'Attitude Adjustment' before rolling through, hitting a second one in succession to capture that elusive 16th WWE World title. Cena now ties with two time WWE hall of famer Ric Flair, but take nothing away from AJ Styles, who since his debut at last year's Royal Rumble, has produced nothing but the best when performing inside the square circle and I'm sure he will continue this heading into Wrestlemania season.

Royal Rumble Match

So onto the main event; the Royal Rumble itself. 30 WWE superstars battling to determine who headlines Wrestlemania. Whoever is participating in the Rumble picks a number between one and thirty. The duo who picked numbers 1 and 2 begin the match and every 2 minutes, another superstar enters to the number they picked until all 30 competitors have entered the ring. Superstars can only be eliminated by being thrown over

the top rope and both of their feet hit the floor. The winner faces either the WWE or WWE Universal Champion in the main event of Wrestlemania.

The most notable moments from this one hour match up firstly consisted of British Cruiserweight, Jack Gallagher entering at number 5 with his umbrella William the Third (a gimmick he has been using on Monday Night Raw and 205 Live), upending Chris Jericho and other wrestlers in the ring, much to the entertainment of the crowd, before being the first man eliminated. At number 10, to the WWE Universe's delight, was NXT's (the WWE developmental brand) 'Perfect 10' Tye Dillinger; it had to be. However, he was the sole NXT superstar, which shocked me as it's the perfect opportunity to promote new talent to the main roster.

'The Beast', Brock Lesnar was eliminated by Goldberg, with the two undoubtedly meeting at Wrestlemania, with Goldberg then thrown out by the Undertaker. Notable performances came from entrant number 2 Chris Jericho who lasted an impressive 61 minutes alongside number 8, Sami Zayn (48 minutes) and number 13, Baron Corbin (33 minutes).

However, the shock of the night was Roman Reigns coming out at number 30. Fans were universally annoyed and frustrated by this, as Reigns has been pushed to the moon and back over the past 12 months, and were expecting either the return of the injured Finn Balor or the promotion of Samoa Joe from NXT.

In the end, the final three came down to the Wyatt family member, Bray Wyatt and Randy Orton alongside Roman Reigns, with Orton coming out victorious, winning his second rumble match. As a fan, looking into the near future, I felt it would have been more legitimate and satisfying for Bray Wyatt to win the rumble. Bray has deserved his chance in WWE for a long time, and would have been nice to see him get an opportunity at a major championship.

With pay-per-views Elimination Chamber (Smackdown Live) and Fastlane (Raw) before Wrestlemania, it will be interesting to see how the landscape unfolds and who will be squaring off on the biggest stage of them all.



by ARRON WILLIAMS

On February 4th 2017, Bangor University Archery Club (BUAC) attended the northern qualifier for the British Universities and Colleges Sport (BUCS) archery championship. BUCS is an annual event which features several sports and is split into a northern qualifier and southern qualifier where universities compete before the finals. This year's archery qualifier was hosted at EIS Sheffield with the final being hosted in Bristol on the 18th of March. The event was well attended by a large variety of universities from England, Scotland and of course, Wales.

The atmosphere of the event was friendly and welcoming with members of different universities talking and shooting together. BUCS was also a good experience for those new to archery and those who have not shot in a competition before.

The event provided novices with a chance to get the experience and feel of an archery championship and to win

medals. BUAC had a decent turnout of archers attending the shoot with a variety of different disciplines such as longbow and recurve.

In this year's, BUCS, Bangor University won two medals for Novice Ladies Longbow with Phoebe Hills winning Gold and Christine Brennan winning Silver. The two were loudly cheered on by the rest of the team as they went to receive their medals during the awards ceremony at the end of the long day.

At the end of the awards ceremony came the awards for university teams, while Bangor didn't make the top 10 on the day in the listings, everyone was still pleased with the medals won and had enjoyed the day. The team which won the northern qualifier and took the trophy was from Edinburgh University.

The next main competition for BUAC is Varsity in Aberystwyth, which is a large sporting event that features a variety of sports and not just archery. Varsity is in March and various sports teams from Bangor will be attending to compete against Aberystwyth.



Tennis: Australian Open 2017

Serena Williams made history at the Australian Open as she beat her sister Venus to win a record 23rd Grand Slam singles title. She won in straight sets 6-4, 6-4 to claim the honour.

In the men's singles final, two legends

collided as Roger Federer beat Rafael Nadal 6-4, 3-6, 6-1, 3-6, 6-3 to win his 18th Grand Slam title and extend his lead at the top of the honours table. Andy Murray was defeated in the fourth round of the competition by Mischa Zverev in four sets.



The Six Nations is one of the biggest international rugby tournaments in the world, with England looking to retain their Grand Slam title. The champions won their opening fixture against France 19-16, but sit behind Wales who top the table after crushing Italy 33-7 and Scotland in second (beating Ireland 27-22).

The remaining fixtures are as follows (available on either BBC or ITV):

Saturday 11th February 2017:

2:25pm - Italy v Ireland
4:50pm - Wales v England
Sunday 12th February 2017:
3pm - France v Scotland
Saturday 25th February 2017:
2:25pm - Scotland v Wales
4:50pm - Ireland v France
Sunday 26th February 2017:
3pm - England v Italy

Friday 10th March 2017:

8pm - Wales v Ireland
Saturday 11th March 2017:
1:30pm - Italy v France
4pm - England v Scotland
Saturday 18th March 2017:
12:30pm - Scotland v Italy
2:45pm - France v Wales
5pm - Ireland v England



Bangor looking to create history against Aberystwyth in Varsity

Varsity 2017 is the biggest sporting event of the year against our rivals Aberystwyth and will be coming on Saturday 25th March. This is the 7th year of the competition, with Aber taking turn to host.

Throughout the competition, only the home team has taken the coveted Varsity trophy. We know the fight is won in training, so we have been preparing to #winaway since day one. of the academic year to return the trophy to its rightful home.

We will be travelling down to Aberystwyth as one under our mighty lion #togetherweroar to defeat them on their home turf and #slaythedragon.

If you want to get involved, we will be selling supporters packs so you can travel with the teams to watch history in the making of our teams who bleed out AU colours of green and gold get those wins.

42 teams, 29 sports, 11 venues, 2 universities, 1 winner...

#letsGoBangor

You can still support and follow all of the Athletics Unions in their remaining fixtures of the season by checking out the Athletic Union's Facebook page.

