



**VARSITY**



**UNIVERSITY AWARDS**



**LOCAL BUSINESS AWARDS**

## Possible redundancies at Bangor University



by **EMILY RIMMER**  
**B**angor University has released that they may be planning cuts to staff. The news comes as a shock to staff as they learned of the news through their union representative, Unison Cymru/Wales. Bangor University has told the unions that redundancies are very likely among staff as they look to make cuts over the next two years to reduce costs. It is not known as yet exactly how many jobs will be at risk as a result of these cuts. The university issued a statement to Unison Cymru/Wales on the 11th May 2017 stating it was "currently in a very difficult financial position" and warned the situation could get worse if these redundancies are not made. Bangor University issued a statement the following afternoon of the initial announcement stating, "For some months Bangor University has been carrying

out a wide-ranging review of its activities to ensure that it can respond to the changes that will arise over the coming years.

"The review will create scope for future investment in new and existing academic programmes, as well as improved facilities that will ensure that Bangor continues to provide its students with a high quality education".

"Over the coming weeks and months we will seek to identify ways in which current resources can be deployed differently to enable Bangor University to respond to the emergence of new opportunities to meet student needs within higher education, while at the same time ensuring that we achieve the highest levels of efficiency across our operations." The news came just days after Aberystwyth University wrote to their entire staff asking for voluntary redundancies. It is known that up to 150 jobs at Aberystwyth are at risk as

the university tries to save £11 million over the next two years.

Aberystwyth University blame their situation on competition for students, a drop in number of people wanting to go to university and the affect of Brexit. In a statement Aberystwyth University said, "Like other UK universities, we are facing changes and challenges including increasingly intense competition for students, a demographic decrease in the current pool of 18-year-olds, and rising costs.

"Universities also face uncertainties caused by Britain's decision to leave the European Union, as well as tighter visa regulations for international students." The university said it wanted to avoid the need for compulsory redundancies stating no departments would need to close under the savings plan. In March, the University of South Wales said up to 139 jobs could be at risk as it tried to balance rising costs

with an anticipated reduction in students due to Brexit.

It is not just Welsh Universities that are feelin the pressure to save money by cutting jobs. Manchester University have recently been accused of planning a 'clearout' of their senior staff members to make way for less well-paid, junior academic staff. Manchester are planning to axe 171 jobs in schools such as the arts, languages, biology, medicine and business. Once again the university blames the prospects of Brexit as a major factor threatening it's future income. But the University and College Union (UCU), which represents lecturers and researchers, said Manchester's finances were in good health and that the university was making excuses in order to implement cuts. Martyn Moss, UCU regional official for the north-west, said early assessments of the plans suggested the university wanted to get rid

of more expensive, senior academics. "I think they want to shake it up and have a clearout," he said. "The whole question of them bringing in a significant number of early years academics at a similar time raises real questions about the genuineness of the redundancies and whether they would be fair dismissals." The University of Sunderland is also amongst the universities to announce compulsory redundancies for cost-cutting reasons. Over the past few months, about 100 jobs were predicted to go at Heriot-Watt University, the University of Kent announced the closure of its school of music and fine art and Manchester Metropolitan University said it would close its campus in Crewe, threatening 160 posts. The effects of Brexit are beginning to show themselves, as universities across the country feel the squeeze from no EU funding.





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**EMILY RIMMER**  
EDITOR  
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Welcome to the final issue of Seren for this academic year. We shall be back in September with our freshers issue as usual but with a new leader and team. I am so proud to pass on the torch of Editor to my deputy, Emma who I know will do a fantastic job, and so will all the team for next year. So as you would have gathered this is my last issue as Editor and as a part of Seren. It will be very hard to let it go as it has been a part of me for the past 3 years. But I have told the team that I will be checking up on them from time to time if I come back to visit Bangor and also stalk their progress online (in a non creepy way of course). I hope you have all enjoyed reading Seren as much as I have creating it, it may have caused me alot of stress and panic attacks over the years but it has been a highlight of my time here at Bangor. It has introduced me to great people and taught be great skills that I know will stay with me in the future.

I cannot believe that my time at Bangor University is almost up. These past 4 years have absolutely flown by and I want to do them all over again. I've know many people who have said that university is the best time of your life and I can honestly say it has been and I don't think I am ready to let it go. The experiences, the memories and the people I have met have been some of the best in my life and I will treasure them forever. The friends I have made are the best of friends and I know we will stick by each other for a long time as they hold a special place in my heart. My university experience would have been second to none without them so I am saying thank you for putting up with me all these years!

As we get older we come to times in our lives where we want to look back and remorse over the times we have had at university but we still have so much time to make more memories and experiences that will carry on shaping us as we go through this life together. The biggest thing i have learned through university is to accept people for who they are! Don't judge as they could turn out to be a great friend one day. But also to live each day and don't hide in your room watching boxsets of Game of Thrones. Get out and about and make memories. Like good old Ronan Keating said: "Live each day like it's your last"

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

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## NEWS

## IN BRIEF

## Deliveroo hop into Bangor

FOOD delivery service Deliveroo has launched in Bangor.

Nearly 10 restaurants have signed up for the launch with delivery riders taking meals from the sites to people's doorsteps. Deliveroo said the service will create work opportunities for more than 50 riders in Bangor over the year. They have advertised job opportunities by placing business cards on bikes parked up at the University bike racks. The delivery company have said its orders will be cooked and delivered from restaurant kitchens to the customers' door in Bangor and Menai Bridge within 30 minutes. Among the restaurants already signed up are Wok & Go, Tom's Hamburger House, Pizza House, Harvey's New York Bar & Grill, Cairo Restaurant and The Belle Vue. Caroline Hazlehurst, general manager at Deliveroo, said: "We're extremely excited to be launching in Bangor and we're looking forward to bringing some of the town's delicious dishes straight from the hands of local chefs to customers' doors."



## Kylo Ren is the U.S's fastest rising baby name

STAR Wars is one of the world's biggest phenomenons, it's no surprise to learn the long-running franchise provides inspiration to parents on the hunt for baby names. The Social Security Administration has released its annual list and jumping 2,368 spots to 901 is Kylo, the character played by Adam Driver. It ended at 3,269 in 2015. The category's popular culture-inspired runners up include Creed, Adonis (from Rocky sequel Creed) and Zayn, presumably after former One Direction singer Zayn Malik who is now enjoying a solo career in his own right. As for the girls, the fastest-growing name was Kehlani with experts believing this to be due to the American singer-songwriter.



## Blind Gwynedd photographer helping others see the beauty of Wales



Ranging from Afon Dwyfor to the animals in the Welsh Mountain Zoo, Paul Jenkinson's pictures show north Wales in all its glory. The images are all the more striking when you consider that Mr Jenkinson, 42, from Y Ffor, near Pwllheli in Gwynedd, is blind. He suffers from panhypopituitarism, a condition which has left him with just 5-10% vision in his left eye and 50%

in his right eye. He has no perception of 3D and is also colour-blind. This doesn't stop him being a keen photographer who works hard to capture "the best shot I can". "The last 10 years or so have been crushing, medically," he said. I was put on hormone therapy and have been taking steroids for 14 years but a side effect of that is that I now have osteoarthritis in both knees and hips."

An operation to try to correct his vision was not successful and temporarily left him with seizures. He has also suffered a "severe" aneurysm and 18 months ago, he was diagnosed with prostate cancer. "I have had some very, very low days after my cancer diagnosis, even some suicidal moments," he said. "But my photography helps me cope. When you're concentrating on something, like how to get the

best shot or where to set up your tripod, you're not thinking about your problems. I hope my story will help others in the same situation to know that there can be some light at the end of the tunnel, as I have found in my photography."

## North Korea launch more missiles

by PAIGE BROOK

A series of North Korean missile tests this year have sparked international alarm and tensions with the UN. Banned by the UN, the two missile launches last month both failed, with the rockets exploding just minutes after taking off. The launch itself, at 5:27 a.m. Seoul time, came two weeks after North Korea fired a missile that disintegrated minutes into flight, marking its fourth consecutive failure since March. As Woody exclaimed in

that scene in reaction to Buzz, the new toy, entering Andy's room "that wasn't flying, that's falling with style", which is exactly what every country is hoping right now. North Korea, defying calls to rein in its weapons programme, fired a ballistic missile that landed in the sea near Russia on Sunday; days after a new leader in South Korea came to power pledging to engage Pyongyang in dialogue. The U.S. military's Pacific Command said it was assessing the type of missile that was fired but it was "not consistent with an

intercontinental ballistic missile". The U.S. threat assessment has not changed from a national security standpoint, a U.S. official said. Japanese Defence Minister Tomomi Inada said the missile could be a new type. It flew for 30 minutes before dropping into the sea between North Korea's east coast and Japan. North Korea has consistently test-fired missiles in that direction. North Korea is widely believed to be developing an intercontinental missile tipped with a nuclear weapon that is capable of reaching the United

States. Trump has vowed not to let that happen. South Korea's new president Moon held his first National Security Council in response to the launch, which he called a "clear violation" of U.N. Security Council resolutions, his office said. "The president said while South Korea remains open to the possibility of dialogue with North Korea, it is only possible when the North shows a change in attitude," Yoon Young-chan, Moon's press secretary, told a briefing.

## NHS cyber-attack worries the country

A global cyberattack using hacking tools widely believed by researchers to have been developed by the US National Security Agency crippled the NHS, hit international shipper FedEx and infected computers in nearly 100 countries on Friday the 12th of May. Hackers have been spreading "ransomware" called WannaCry. It is often delivered via

emails which trick the recipient into opening attachments and releasing malware onto their system in a technique known as phishing. WannaCry exploited a vulnerability in Microsoft, which released a patch to fix it in March. However not everyone had updated their system. In Britain, the NHS was the worst hit. Hospitals and GP surgeries in England and Scotland

were among at least 16 health service organisations hit by a "ransomware" attack, using malware called Wanna Decryptor - with reports potentially dozens more were affected. Staff were forced to revert to pen and paper and use their own mobiles after the attack affected key systems, including telephones. Hospitals and doctors' surgeries in parts of England were forced to

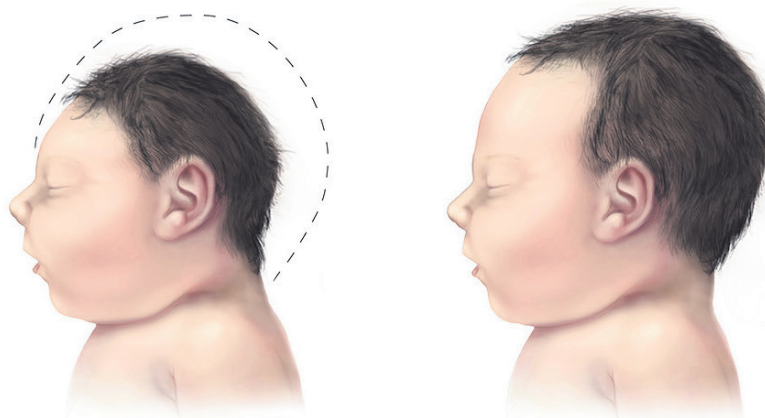
turn away patients and cancel appointments after they were infected with the ransomware, which scrambled data on computers and demanded payments of \$300 to \$600 to restore access. People in affected areas were being advised to seek medical care only in emergencies and avoid attending A&E if possible.



# Brazil announces end of Zika virus public health emergency

Brazil has declared an end to its public health emergency over the Zika virus, but doctors have warned that victims of the disease must not be forgotten. It was not considered a major health threat until the 2015 outbreak revealed it can cause birth defects. Thousands of babies have been born with microcephaly, leaving them with reduced head size and symptoms including stunted development, seizures and delayed speech skills. "The end of the emergency doesn't mean the end of surveillance or assistance" to affected families, said Adeilson Cavalcante, the secretary for surveillance at Brazil's health ministry. "The health ministry and other organizations involved

in this area will maintain a policy of fighting Zika, dengue and chikungunya." All three diseases are carried by the *Aedes aegypti* mosquito, which Brazil has been battling to eradicate to stop the spread of Zika. But the World Health Organisation (WHO) has warned that Zika is "here to stay" even though there has been a decline in cases. They highlighted that continued efforts are needed to fight the disease. Adriana Melo, the Brazilian doctor who raised alarm early in the outbreak about a link between Zika and birth defects, said the official lifting of the public health emergency had been expected.



## IN BRIEF

### Police search for Bangor flasher

A man has indecently exposed himself to a woman in Bangor leading to a police hunt. Police have said the man was seen by the woman as she walked alone on Belmont Road near its junction with Holyhead Road. He is described as white with a pale complexion, 5'10" tall, of medium build with short, curly black hair. He's said to be in his mid-20s, with a round face and dark features. At the time of the incident he was wearing jeans and a black T-shirt. Police are appealing for witnesses, and Inspector Owain Llewellyn said: "We have increased patrols in the area to reassure the public whilst investigations continue."



# Honouring a lifetime of achievement

The list of Honorary fellows has been released for this year's graduation ceremony

Individuals who have made a lifetime's contribution to the arts, sciences and business in fields as varied as poetry, international shipping and zoology join Bangor University's graduating students to be rewarded for their work. Twelve individuals will receive Honorary Fellowships as a mark of recognition of their significant contribution in their chosen fields during the University's annual degree ceremonies (17-21 July). They are:

**Lord Merfyn Davies CBE** served as Chair of Bangor University's Council from 2008-2015. He also served in government as Minister for Trade, Small Business & Infrastructure from January 2009- May 2010, following a highly successful career in financial services. He currently holds a number of Chairmanships and Directorships. He is to receive an Honorary Fellowship for his services to Business and the University.

**Prof Julian Evans OBE** will receive an Honorary Fellowship for his services to Forestry. A Bangor graduate and the first to receive the University's DSc in Forestry, Prof Julian Evans received his OBE for services to forestry in the Third World. He is Chair of the Forestry Commission's Expert Committee on Forest Scissions and immediate past-president of the Institute of Chartered Foresters and has published numerous research papers on both tropical and temperate forestry.

Poet and television executive **Ifor ap Glyn** is to receive an Honorary Fellowship for his services to the Welsh language. Ifor ap Glyn is currently the fourth National Poet and has already served as Welsh Children's Laureate. He has won the National Eisteddfod Crown twice. He is also a producer and broadcaster, and director of independent television company Cwmni Da.

**Professor Constantin Grammenos CBE** is a leading expert in international shipping and Finance. He established the International Centre for

Shipping Trade and Finance at City University's Cass Business School, which has been renamed the Costas Grammenos Centre for Shipping Trade and Finance in his Honour.

Following a Greek degree in Politics and Economics, Professor Grammenos studied his MSc in Financial Economics at Bangor University. A leading academic at City University, his banking shipping finance policies have been applied by most international banks. He has served as Pro Vice-Chancellor and Deputy Dean at his University and holds numerous honorary and executive positions.

**Nicolas Jackson OBE** is to receive an Honorary Fellowship for his services to zoology. He has over 40 years' experience of working in zoology. His career began as an animal keeper at the ZSL London Zoo. He is Chief Executive of the National Zoological Society of Wales, Welsh Mountain Zoo at Colwyn Bay. His contribution includes his practical support of captive breeding programmes for animals to be re-introduced to their habitat and his valued support in educating the next generation of zoologists from Bangor University.

**Dr Raj Jones** is to receive an Honorary Fellowship for her services to conservation and the community. A particle physicist during her working career, who has lectured and published widely on the history and philosophy of science, Dr Jones is honoured for her conservation and philanthropic work. With her husband, the late Tom Parry ones, she established the Tom & Raj Parry Jones Trust to support young entrepreneurs, and continues this work. She was the first Chair of the Red Squirrel Trust Wales and is an active member of several conservation bodies.

A Ugandan who came to Britain as a refugee is to be awarded an Honorary Fellowship for his services to Business. Kailesh Karavadra chose to study at Bangor University over Oxford

University and graduated with BSc and MSc degrees in Electronic Engineering from the University, adding additional accounting and financial modules to his Master's programme. He joined Ernst & Young and progressed to become Office Managing Partner in Silicon Valley, serving clients across northern California. He receives an Honorary Fellowship for his services to business.

Barrister, **Gwion Lewis** is to receive an Honorary Fellowship for his services to Law. Originally from Llangefni, Anglesey, Gwion Lewis is one of the brightest barristers of his generation. In addition to his work in Chambers, he is the editor of the 'Wales' section of the Planning Encyclopaedia. He speaks regularly about legal affairs on television and radio, receiving a BAFTA Wales award for 'Best Breakthrough' for his television work in 2013.

These days, **Prof. Gareth Ffowc Roberts** is known to many for his taxing and tempting mathematical 'tweets'. He is also the author of numerous books on popular mathematics. Through his books, broadcasts, talks and use of social media, he has contributed to popularising mathematics through the Welsh language. He is also a former head of the Coleg Normal and former pro Vice-Chancellor of Bangor University as well as Emeritus Professor of Bangor University. He is to be honoured for his services to education.

**Dr Ceu Williams**, is to receive an Honorary Fellowship for his services to the Welsh language. Dr Williams contributed to education both nationally and internationally and is internationally renowned for his work among experts in the field of bilingual education. Following his career in the local education sector and at Coleg Normal, he led the University's Canolfan Bedwyr from its inception in 1996, developed 'Cymraeg Clir', the Welsh language equivalent to the 'Crystal

Mark' awarded by the Plain English Campaign, and, through his secondment in 2000-02, established the body which became the Coleg Cymraeg. He has published two volumes of poetry and won the Crown at the 1997 National Eisteddfod.

Actor **Llion Williams** recently became the first person to win both English and Welsh language performance prizes at the Wales Theatre Awards. He was awarded the English language best male performance prize for his role in bilingual play Belonging/Perthyn and best Welsh language male actor for Chwalfa, Pontio's opening production in conjunction with Theatr Genedlaethol. An associate of Theatr Clwyd, Llion has extensive theatre and television experience and is to be honoured for his contribution to the Theatre.

**Osiar Roberts**, assistant manager of the Welsh national football team, is to be honoured for his contribution to Welsh sport. Born on Anglesey, he played for Bangor City, before moving to the United States at the age of 19 after receiving a scholarship to attend Furman University – the first from Wales to receive a soccer scholarship to a US University. He played professionally in the American Soccer League and became a player manager at age 26. He then returned to Wales, becoming the Football Development Officer for Anglesey, coaching daily in primary schools and leisure centres. At the same time he coached and managed in the Welsh Premier League for eight years with Porthmadog and Rhyl. He has coached the youth teams of Wales for several years and over 150 games, and on 21 July 2015 became the assistant manager of the Welsh national team. He was a key part of Wales' success at Euro 2016, when the national team reached the semi-finals in an historic and memorable campaign.

### Avoca-don't raise the prices

CURRENTLY, the average UK retail price of an avocado is £1.05, up from 98p last year, according to Press Association. The wholesale price of a the ever-growing popular fruit has rocketed 50% to the late harvest in Mexico, and strikes by workers in the country which grows 70 per cent of the world's avocados, according to the Mintec consultancy firm. Floods in Peru and a drought in California have also lead to a strain on supplies. As if this couldn't be bad enough for the Instagram hipsters of today, this blow for the Avocado comes after the horrific repercussions of the lettuce shortage. However, our answers may have been solved with Morrisons, by selling misshapen and superficially blemished fruit for 39p a kg, which tastes the same as a regular avocado but it just might not get as many likes on Instagram.





## IN BRIEF

**Mother of lovely boy suffering 'Elephant Man' condition urges people to be friendly**

THE family of an eight-year-old boy who has a rare tumour growing on his face hope to highlight his condition so other children aren't afraid "to just come up to him and say hi". Koren Jeffcoate suffers with neurofibromatosis. This causes a large number of tumours to appear over his body and this has made other children 'wary' of approaching him. He has two tumours on his brain, one on his stomach and a large one on his right eye which continues to grow every day. His mother, Rhian Backhouse, has said that: "A lot of children look and stare at Koren because they don't understand what he's got. He would love children to just come up to him and say hi, but children are really wary of him because of his appearance." Rhian, 28, added: "When he was born we had never heard of this condition so we weren't aware of the symptoms. We want to raise awareness so other people are aware of the symptoms and so no other parent has to go through what we have been through with Koren. The more people that are aware, the more help we can get to find a cure." To help raise awareness and funds, Rhian's brother, Aled, will take on the Bangor half marathon later this year for the Neuro Foundation, a charity which supports research into prevention and treatments for the condition. Aled hopes to raise up to £2,000 and has said: "I don't think enough is being done to raise awareness of NF1. I ran 10k last year for my friend's son who had a heart condition, so this year I wanted to do something to help Koren." The fund-raising page is <https://www.gofundme.com/neurofibromatosis-type-1>

## In memory of Henry Esin

A charity game between the current Bangor University football team and an Old Boys team is being held in memory of Henry Esin, who was tragically killed outside Peep night-club last month. Henry was a big part of the football club here at Bangor and so his friends and fellow team mates are paying tribute to him, giving all the proceedings made on the day to his wife and two young children. The charity event will be held on the 27th May at the 3G pitch at Nantporth between 2pm and 4pm. Gaz Williams who is organising the event is inviting anyone down who wants to remember Es, as he was known by his friends, or just to play some football.

# Bangor University in the UK's top 10 for five subject areas



Bangor University has been rated among the 10 best UK universities for five subject areas. The Complete University Guide (CUG) 2018 league table has named Bangor in the top 10 for agriculture and forestry, Celtic studies - Welsh (third), Italian (third), medical technology (fourth) as well as social policy.

The CUG also rates the university top in Wales and eighth in the UK for student satisfaction. This is in addition to being the third-highest ranked university in Wales, according to the recently published league tables. Simon Emmett, chief executive officer of the Hotcourses Group, which acquired TheCompleteUniversityGuide.co.uk in October 2015, said:

"The rankings provided by TheCompleteUniversityGuide.co.uk are widely respected and cited both at home and, importantly, overseas. Vice-chancellor Professor John G Hughes said: "The University continues to provide students with an excellent education combined with

outstanding student support and opportunities to learn and gain valuable career-enhancing experiences. We always recommend that prospective students consider every aspect of their university experience."

## Angry absinthe drinker? Tearful tequila inebriate? Vexed vodka nights?

By PAIGE BROOK

Though it seems our personalities may change from a cheery cheese night to aggressive AU night; as a matter of fact the stereotypes regarding how alcohol intoxication alters individuals' normative personalities have now been turned. Dr Rachel Winograd, of the University of Missouri, St. Louis, recently concluded that in fact our drunken alter ego is in fact our own personalities just a little more extroverted. Therefore, perhaps the credibility of the statement 'drunk minds speak sober hearts' may have some research behind it. Winograd's study of 'An Experimental Investigation of Drunk Personality Using Self and Observer Reports' was based on the idea that we transform into different people when we're under the influence. A popular ideology, so much so that the differences in an individual's behaviour when drunk even informs clinical determinations about whether someone has a drinking problem. The study was to find out if personality really did change when drinking recruited 156 participants, completed an initial survey assessing their typical alcohol consumption and their perceptions of their own 'typical sober' and 'typical drunk' personality. They then visited a lab with groups of friends and given vodka and lemonade cocktails to drink, while being asked to take part in group activities,



such as discussion questions and puzzles to bring out certain personality traits. After drinking, participants reported lower levels of conscientiousness, openness to experience, and agreeableness, and they reported higher levels of extraversion and emotional stability. However the observers only noticed changes in extraversion. "We believe both the participants

and raters were both accurate and inaccurate - the raters reliably reported what was visible to them and the participants experienced internal changes that were real to them but imperceptible to observers," added Dr Winograd. "Of course, we also would love to see these findings replicated outside of the lab - in bars, at parties, and in homes where people actually

do their drinking." "Most importantly, we need to see how this work is most relevant in the clinical realm and can be effectively included in interventions to help reduce any negative impact of alcohol on people's lives." The research was published in the journal Clinical Psychological Science.



# HIV life expectancy ‘near normal’ thanks to new drugs

Young people on the latest HIV drugs now have near-normal life expectancy because of improvements in treatments, a study in The Lancet suggests. Twenty-year-olds who started antiretroviral therapy in 2010 are projected to live 10 years longer than those first using it in 1996, it found. Doctors say that starting treatment early is crucial to achieve a long and healthy life. Charities say

there are still too many people unaware they have the virus. This is particularly true in the developing world, where the majority of HIV deaths occur because access to drugs is limited. The study authors, from the University of Bristol, said the extraordinary success of HIV treatments was a result of newer drugs having fewer side effects and being better at preventing the virus from replicating in the body. It

is also more difficult for the virus to build up a resistance to the most recent drugs. Improved screening and prevention programmes and better treatment of health problems caused by HIV are thought to have helped, too. But many people with HIV still do not live as long as expected, especially those infected through injecting drugs.



## IN BRIEF Fakebook

THE social network system Facebook have now taken to higher security around the spread of fake news. This includes identifying fake accounts and articles shared. By analysing certain patterns of activity, such as repeated posting of the same content, Facebook is monitoring the ways in which users interact. “We’ve found that if reading an article makes people significantly less likely to share it, that may be a sign that a story has misled people in some way,” it says. In April, Facebook pinned a box to the top of users’ News Feeds, directing them to a post about spotting fake news. They even made a list to help users recognise fake news: Be sceptical of headlines, look closely at the URL, investigate the source, watch for unusual formatting, consider the photos, inspect the dates, check the evidence, look at other reports, and think critically. Though fake news is still very much present on the internet, Facebook, along with Google, has also revealed that it is supporting Full Fact and First Draft, in order to address the spread of misinformation ahead of the UK general election next month.

# The UK still didn’t win Eurovision



Portugal has won the Eurovision Song Contest for the first time in the competition’s history. Salvador Sobral, 27, won with his love ballad Amar Pelos Dois, which was written by his sister. Lucie Jones, representing the UK with I’ll Never Give Up on You, came 15th. Bulgaria came second and Moldova third. Jones received 111 points for her performance but didn’t seem too upset, tweeting: “I wonnnnnnn!!! Oh no wait..” It is a considerable improvement for the UK, after last year’s entrants Joe and Jake came 24th with 62 points. Jones secured the UK’s highest placing since 2011, when boyband Blue came 11th with 100

points. It wasn’t all about the singing, though - last year’s winner Jamala had her performance briefly interrupted by a man flashing his bottom. BBC Monitoring reported that Ukrainian TV identified him as “scandalous” Ukrainian prankster Vitaliy Sedyuk. Jamala continued to sing “unfazed”, the broadcaster 1+1 TV said. The stage invader, wrapped in an Australian flag, was swiftly wrestled off the stage by a security guard. The contest this year took place in the Kiev International Exhibition Centre in Ukraine. The host country could only manage 24th place out of 26 this time round. Portugal will now host the contest next year.

# Controversial comments about “boys” and “girls” jobs leave majority confused

By PAIGE BROOK

Theresa May has commented that she believes there are boys and girls jobs. “There are boy jobs and girls’ jobs, you see,” the PM said. “I do the traditional boy jobs, by and large,” her husband clarified. But while the PM’s ironclad truth is irrefutable, a changing world throws up jobs that can’t easily be parsed into “boy” or “girl”. We analyse the modern chores that are boy job (BJ) and girl job (GJ). Returning the Asos package- A tricky one, as it concerns both fashion (girl job) and heavy lifting (boy job). For walking distances of less than a mile and packages of less than 5lb, it should count as GJ. In all other conditions, a big strong man will have to step in. Charging the vacuum-cleaning

droid- This adds complexity as it concerns vacuuming (GJ), but also technology (BJ). The latter is the cardinal value here. As in olden times, boy would be required to “fix” girl’s sewing wheel, so plugging-in is a kind of restoration work. This can be read as: “Boy uses boy magic to make girl thing real.” Staying on the line for an hour to a British Gas call centre- Traditionally, the phone is the domain of the lady when it concerns a social engagement or gossip about a neighbour living in sin. Some business tasks are GJ when there is a phone involved. However, a gruff tone of voice is needed around minute 27, to coincide with the phrase: “Right, what’s your agent ID?” Sadly, this only reaches its natural timbre in a man’s larynx, so must count as BJ.



## Rouge proposal

JACOB Peters, a wedding photographer from Arkansas, was contacted to photograph a sunrise proposal at Whitaker Point on the Hawksbill Crag trail, which overlooks a forest. The soon-to-be fiancé wanted to surprise his girlfriend with the photos. At 2am, Jacob hiked to the beautiful spot and set up to shoot a couple’s proposal from afar waiting for the couple to arrive. “Around 6:17am a young couple shows up. It’s them. I’m sure of it. A little late but still not too late,” he wrote on his photographer Facebook page. “They go up onto Hawksbill Crag. Hang out for a few minutes and then it happens. He pulls out a ring, kneels down behind her. She turns around and starts crying and hugs him and it’s obvious she said yes and all went well.” At 9am, Jacob texted the groom-to-be to congratulate him and to reassure him that the photos were “beautiful”. To which the groom-to-be replied: “I’m confused, we never saw you and we got there a little late, are you sure it was us?” Spending six and half hours setting up and taking the photos, \$40 in gas and food, and 450 photos to the wrong couples name. Jacob then proceeded to call upon Facebook to find the mystery couple, soon enough they had been found and received their photos. Jacob adds “Thank you to everyone who shared,” he said, adding: “The internet never fails to amaze me.”



IN  
BRIEF**Telegraph fined  
£30,000 for asking  
its subscribers to  
'Vote Tory'**

CALLING the email 'unprecedented', the Information Commissioner has condemned Telegraph Editor Chris Evans for, on the eve of last year's general election, sending an unsolicited email to the hundreds of thousands of Telegraph subscribers, urging them to vote for the Conservative Party. The Commissioner stated the email was in serious breach of consumer regulations from online marketing.

Evans argued in the email that the election marked a watershed moment for the United Kingdom, and that voting for Ed Miliband would lead the country back to the old-style "government-knows-best" culture championed by the Left-wing.

The Telegraph will now have to pay a £30,000 fine to the commission. A spokesman for the Telegraph Media Group stated "although we are disappointed with this ruling... the response to the email was overwhelmingly positive and the [Information Commission] agreed in its ruling was unlikely to cause distress."

**Trump hits back  
regarding shared  
intelligence with  
Russia**

WRITING on twitter, Trump has defended his "absolute right" to discuss sensitive material regarding terrorism with Russia following a barrage of media reports regarding leaked news that Trump allegedly had discussed classified Intel with the Russian Foreign Minister. Leading politicians from both sides of the political sphere, though most prominently Democrat politicians such as Senate Democrat Leader, Chuck Schumer, have widely criticised the event and have joined calls, matched by the US Senate Intelligence Committee, for the transcripts of the meeting to be released by the White House. However, the White House continues to deny the story, naming the report as complete fabrication. Any disclosures by the President are not however illegal, with the US president retaining the authority to release classified information, and thereby making it no longer classified. This has formed the crux of the President's defence who, commenting over Twitter, has argued that he has the authority to share information with Russia, especially those facts pertaining to terrorism and airline safety. Supporters argue the move advances US national security priorities, while detractors claim the event is the latest in a long succession of diplomatic and civil faux pas and gaffes.

**Corbyn launches official Labour election  
Manifesto**

Opposition Party Leader, Jeremy Corbyn, has launched his vision for the United Kingdom in the run up to the election set to take place next month. Speaking at the University of Bradford, a short journey from the birthplace of the party itself, Corbyn has set out a blueprint "for a better future for our country". He promised hope to the poorest and attacked the Conservative Party for their record on inequality, which has consistently increased since David Cameron took office in 2010. Espousing Socialist ideals in his manifesto titled 'For the Many, Not the Few', Labour set out radical changes to take place should they win the election. Here are some of the largest:

**1. Scrapping University Fees**

Setting out plans to scrap university fees entirely, the cost of this policy estimated at over £11.2 billion pounds, the Corbyn government would bring an end to the practice started by his Labour predecessor. Fees had been first introduced under the Blair government in the late 1990s, then challenged by Miliband seeking to bring them down from £9000 to £6000. The proposal marks an evident play for the student vote, and if implemented, is sure to be popular.

**2. Nationalise the Water Industry and new 'public-owned' energy firms**

Confirmed in an interview by Shadow Chancellor John McDonnell, the Labour Party plans to bring the water industry, now in private hands, back into public ownership, a pledge not accounted for in the party's list of costings. McDonnell considered that the Party may seek to buy the firms outright, marking an immediate and significant expense for a new Corbyn government.

**3. Tougher Stance on Immigration**

Potentially unpopular with traditional Corbyn voters, but marking a capitulation to the rising opposition to high levels of immigration, the manifesto details pledges to bring an end to the freedom of movement following Brexit, and the introduction of 'fair' immigration rules for Europe.

**4. Support for Trident Renewal**

Following a heavily criticised, and in some areas heavily applauded, stance in opposition to the use of nuclear weapons, the manifesto pledges to continue support for the renewal of Trident. In a version of the manifesto leaked earlier this month, included had been statements that the Prime Minister would be required to be 'extremely cautious' in the use of any nuclear weapons and only using military action 'as a last resort'. Both these statements have now been cut from the manifesto.

**5. £37 Billion Pounds for the NHS**

One of the largest expenses of a Corbyn government would be the prioritization of over thirty-seven billion pounds in an attempt to create a "properly funded" NHS. The Manifesto sets out how this increased funding would come from significant tax increases upon those earning over £80,000, and upon Corporation tax and hikes in private medical insurance tax.

**6. Axe the benefit freeze**

Though the manifesto makes no mention of a plan to axe the freeze currently placed on benefits by the Conservative government, Corbyn has stated that it is clearly the parties' position in an ITV interview. However, only an hour later, Corbyn stated he had not made a commitment on this point, leaving the Labour party in confusion. However the manifesto does make a pledge to allocate an additional £2 billion pounds for universal credit and supports a review of cuts to work allowances.



# Plaid Cymru manifesto promises to protect Wales after Brexit

## IN BRIEF

### Hilary Clinton returns to politics

RETURNING from her absence following her defeat in the US election, spending months out of the public spotlight, Ms Clinton, who no longer holds any public office, has opted to start a new political group, calling the initiative 'Onward Together'. Her new group, appealing to those who identify with left-wing Democrat politics, will be "dedicated to advancing the vision that earned nearly 66 million votes in the election". While the site doesn't mention Donald Trump by name, it does reference protests led against the President and calls upon supporters to "resist", a common buzzword used by anti-Trump protesters. In an email to supporters, Ms Clinton said the campaign would initially support five groups: Swing Left, Emerge America, Color of Change, Indivisible and Run for Something, a mix of causes which support racial equality, left-wing politics and citizen participation in politics. Ms Clinton has promised funding and assistance in amplifying the work of these groups and the growth of their influence.

### Blair plans return with new political party if Corbyn faces defeat

ALLIES of the former Prime Minister, Tony Blair, are said to be drawing up contingency plans in the event the Labour Party remains beneath the hard-left Corbyn administration. A source close to Blair told the Sunday Times that "people are waiting to see just how bad the damage is" following the election, and considering whether the Labour Party can recover from what is currently predicted to be a major defeat. Up to 100 Labour MPs are planning to abandon the party should Labour face defeat, having proven themselves unable to wrestle control away from Corbyn and his support in the membership, according to the source, with plans to resign the party whip and become independent MPs, acting as a loosely associated back-bencher group, to return to Labour should Corbyn step down. Such a position would be dependent upon those MPs retaining their seats, now under threat, in part, due to a polarising Labour party struggling to appeal to centrist or centre-right voters. Some MPs have taken to distancing themselves from the recently published manifesto, while those in safer Labour seats are seeking alternatives. Any public association with Tony Blair is however likely to be kept limited, with Blair remaining a highly criticised figure in British politics.



Plaid Cymru, the Party of Wales, has launched its manifesto in support of more devolution and funding after Brexit, arguing that only they can protect their party from a dominant Conservative Government at Westminster. Speaking at Pen-y-graid, in the Rhonda Valley, Party Leader Leanne Wood called on Welsh

voters to vote for Plaid Cymru as the bulwark against an overbearing Tory government, and warned of the risks facing farming, communities and the Welsh identity. She stated that, in the event of a May win, "jobs will be jeopardised, our tourism and farming industries plunged into uncertainty and our public services targeted". She also

highlighted the risk of the devolved powers being withdrawn by "a Westminster power-grab". The Manifesto 'Action Plan 2017' calls for Wales to maintain free trading links with the rest of Europe, and seeks guarantees for the continuation of funding for the £680 million received from the European Union. It will also seek a pledge

that the rights of European workers in Wales, and push for the rights of Welsh agriculture and industry in any Brexit deal. Further, the manifesto seeks additional funding for transport and rail, and greater powers for the Welsh government. Plaid Cymru won three seats in the 2015 election, and is fielding 40 candidates across Wales.

# Merkel ally calls for compromise on UK Brexit bill



The leader of the largest group in the European parliament, Manfred Weber, Chairman of the centre-right European People's party of which Angela Merkel is a leading figure, has said that the negotiations between Britain and the European Union should be "easily" be negotiated. The position marks the first significant sign that the EU is willing to compromise with Weber suggesting the bloc could be open to reducing its initial demands of a €100 billion. Weber said the UK would need to fulfil its commitments to the EU budgets up to the point it leaves the union as to form a "solid basis" for negotiations, but did leave some suggestion that Britain's total bill for leaving the European Union would include buildings and investments. He also suggested that the

Union and the United Kingdom would need to "find a middle way" regarding the status of the Irish and UK border, though stated that avoiding a breakdown of the peace in Ireland would be the most challenging issue to deal with. The suggestions mark a significant distinction from the comments of the European Commission who has already insisted the UK could make no claim to European Union assets. His comments come as a response from leader of the Green group in the European parliament, Phillippe Lambert, who criticised Weber for the European Union's position on Brexit talks. Lambert had said the position of the EU, that they should "share its part of liabilities" but "has no claim on any of the assets", could not be properly supported.



## COMMENT

## THE DEEP, DARK TRUTH ABOUT THE BLUE WHALE CHALLENGE

by SIMRAN PRASAD

The Blue Whale game is a twisted suicide challenge that convinces vulnerable teenagers into committing suicide, and has recently caused uproar due to hundreds of thousands of posts relating to this chaotic trend on Instagram.

It is speculated that a group administrator assigns daily tasks to members and gives them a time frame of 50 days to complete these horrendous challenges. The manipulators control the game and reportedly instruct the teenagers to commit suicide on the 50th day. This is seen as a 'win' in the game. The NSPCC have warned children to not do anything they feel pressured into, and to remain vigilant about cyber bullying threats. Parents should discuss these issues with their children and emphasize boundaries and cyber security. The Blue Whale game has caused a lot of panic and in order to take the next step and promote cyber security, preventative actions such as awareness of this toxic game, monitoring of electronic devices and knowledge of how potentially dangerous this game can be, will prove

to be instrumental in educating teenagers on the vital importance of cyber security.



## GOOGLE EXTENDS A HELPING HAND

by SIMRAN PRASAD

Google has been a source of controversy recently due to criticism that it hasn't made an active effort to tackle online hate and bullying. Google has settled this sentiment by launching a series of workshops catered to teenagers on how to take on cyberbullying and hate speech.

The workshop, named Internet Citizens, will be launched by YouTube, which happens to be a Google-owned video streaming service. This programme is part of Google's campaign known as Creators for Change, and is centred towards people aged 13 to 18 in cities across the UK.

YouTube has confirmed that Internet Citizens will be specifically aimed towards teaching skills on being responsible and safe online, and will also include constructive advice from the youth mentor, Efe Ezekiel.

The ultimate aim of the programme is to educate teenagers on mechanisms to tackle hate speech and to ensure online safety to a maximum. There's hope that the programme will contribute to minimizing hate speech and thus providing a secure online environment for teenagers to voice thoughts and opinions, without being bullied or hated.



## GLOBAL WARMING: THE BREAKDOWN

by KAYLEIGH LAVORNIA

Global warming is something that every environmentalist, scientific study and policy change alike has raised a red flag on, but what exactly is it? Why should we be concerned, and what exactly can we do to help combat it? According to the NRDC, over the past 50 years, the average global temperature has increased at the

fastest rate in recorded history. Experts see the trend accelerating: all but one of the 16 hottest years in NASA's 134-year record has occurred since 2000. It has been widely agreed upon that once the amount of carbon dioxide exceeds 400 PPM, the severity of the situation will increase dramatically. Now that carbon dioxide emissions broke through that ceiling in March, what exactly is in store for us? Global warming contributes

to an array of issues globally, in particular with regards to climate-related issues such as floods, earthquakes, tropical storms, and an increase in a vast amount of other natural disasters. Due to this ongoing crisis, coastlines are rapidly disappearing, creating more and more issues annually for those who live near beaches and coasts. Although this is a dire situation that requires immediate addressing, we still have time to reverse

these pressing matters. In order to do our part in fixing these matters, we need to address the behaviour in which got us into this predicament in the first place. The rapid configuration of mass produced goods, emits an exuberant amount of carbon dioxide into the atmosphere, the greenhouse gas that creates the atmosphere in which global warming prevails. All in all, there is a direct link between the global warming epidemic and

human behaviour, making a revision in our carbon dioxide emissions an extremely important topic to address. In the meantime, the NRDC has outlined a list of small changes you can make in order to lessen your carbon footprint, including doing things such as eating what you buy, cutting down meat intake, using more efficient light bulbs and, most importantly, supporting clean power as a whole.





# STRESS SURVIVAL 101

by **ABI ROBINSON**

It's May! Spring is slowly blooming into summer, the sun is setting later and winter is becoming a cold distant memory- what isn't there to love about this month of new beginnings? Well if you're a student like myself, you'll agree that there will be a slightly different outlook on this

well anticipated month. Summer is on the horizon, but for us, we cannot hear the word May without an exam related sentence following shortly afterwards. We greet this month with fear and trepidation! So, in a bid to lift your spirits, I have selected a few ideas that will ease your exam season jitters: It's important to spend a lot of time studying, but it's equally important to

stay sociable. Balance work and free time. A healthy mindset is vital for surviving exam season and achieving the grades you deserve. Eat well, but don't concern yourself too much with a strict healthy diet. If you want fast food or a slice or three of chocolate cake then go ahead and treat yourself! Exam period is stressful enough without the added pressures of strict diets

(unless they're necessary of course). A final quick tip is to avoid revising for prolonged periods of time in your bedroom. Instead change your scenery by revising in the library or in the common room or even in the kitchen! You'll be surprised by how a change of scenery can brighten your mood and help your productivity. No one likes exam season. It's a time of year we'll

undoubtedly always dread, but it's also something we cannot avoid, so we may as well embrace the situation and deal with it as best as we can. For those of you with upcoming exams I wish you the best of luck. Persevere! Have faith! And enjoy the well-deserved summer that follows!



# COULD BOB MARLEY POSSIBLY HAVE PRVENTED HIS OWN DEMISE?

by **SIMRAN PRASAD**

May serves as a crucial month in health awareness as this month focuses particularly on Skin Cancer Awareness. One particular case that could have resulted in the longevity of life was Bob Marley's case. The world-renowned Jamaican musician and songwriter passed away 35 years ago due to metastatic melanoma. Marley had previously concluded that his discoloured toenail of his big nail was down to a soccer injury and had dismissed it as nothing serious. By the time his condition had been diagnosed, a condition called acral lentiginous melanoma, Doctor's had to perform an amputation of the big toe in order to prevent the spread of melanoma. Due to Marley being a keen soccer player, he opted towards a conservative excision only. However, the melanoma spread to major organs, and unfortunately Marley died of metastatic melanoma in 1981. In 1981, the signs and symptoms of melanoma weren't completely uncovered and after further scientific research, various warning signs have been discovered:

- People with dark skin type are more at risk of melanomas on acral skin, this being soles of feet and palm of hands. This also includes mucosal surfaces.
- One of the best ways to prevent melanoma spread is to perform a wide excision around the biopsy site where

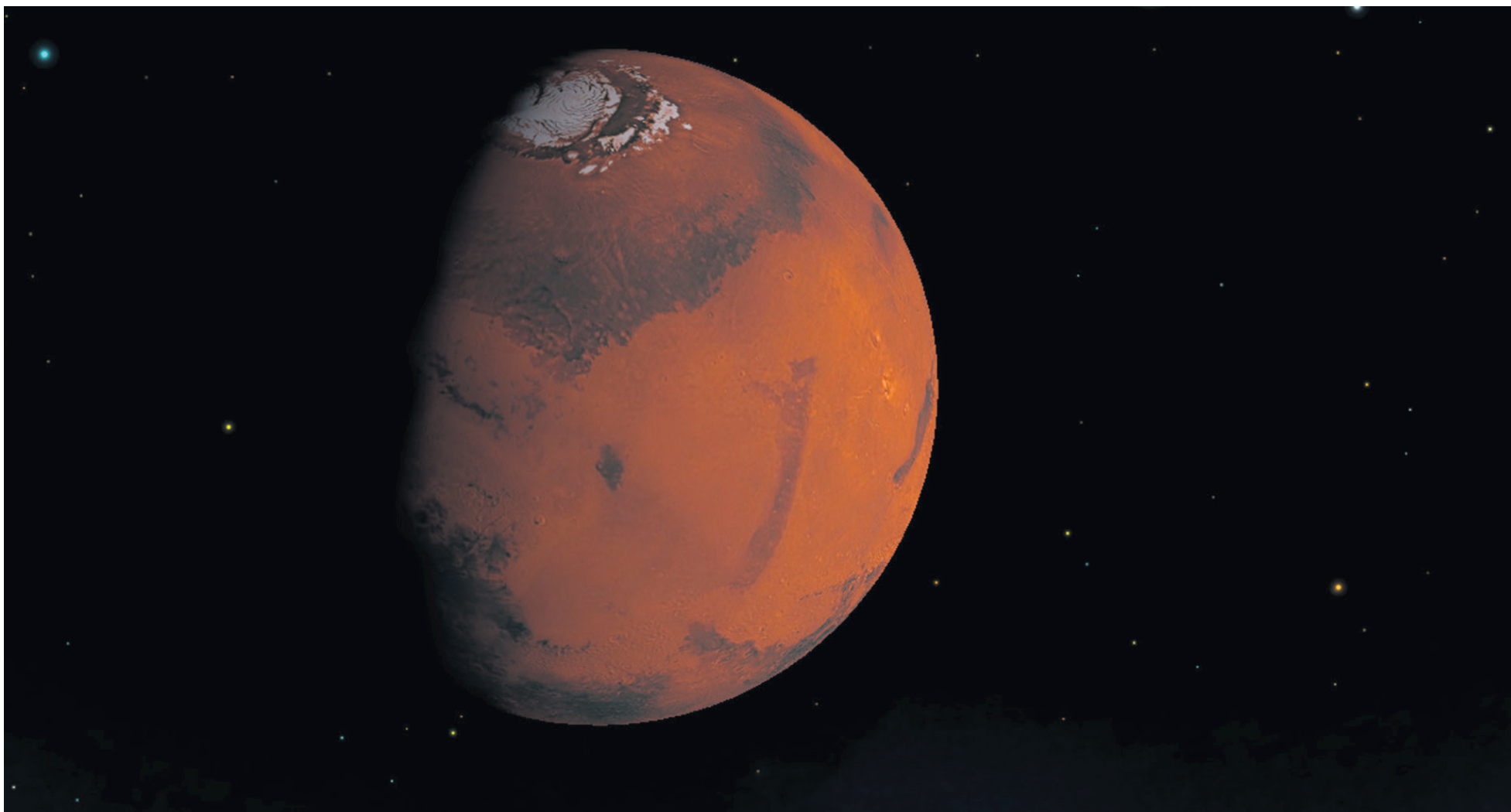
the melanoma has been identified. Often, a wide excision of 1-2 cm's of normal skin is all that is needed, but in some cases where aggressive melanomas is proven (often on toes and fingers), an amputation may be necessary.

- The symptoms often appear harmless, such as moles that increase in size with irregular edges, lumps in the skin, which might be black or red in colour and, in the case of Bob Marley, a rare case of melanoma occurring in the toenail. Though we know far more about the Melanoma condition than we did in 1981, breakthroughs regarding cancer eradication are yet to occur. However, there are ways to prevent skin cancer, such as avoiding getting sunburned, regularly checking your skin and using sunscreen and dressing sensibly when exposed to the harsh sun. All we can do is hope, that as the World progresses, the breakthrough to cancer eradication will edge closer and closer to a brighter tomorrow. If we knew then what we know now, Bob Marley could have possibly lived a longer life, and the pain he experienced could have possibly been lessened or even maybe avoided. Hopefully the severity of this situation, and the impact it had on an influential figure will make people aware and conscientious of the prevalence of Skin Cancer.





# HUMAN MISSION TO MARS



by AZAT KALYBAY

With a delay of almost half a century since the first predicted human missions to Mars, once again, we are nearing the dream of flying humans to the mysterious red planet in the near future. But first, we need to understand a few things about the human body and mind to send a manned crew on a 30-month long mission, a period of time that no one has ever come close to spending in space at once. Among the long list of challenges for the future crew are radiation, high freeze-dried food diet, muscle and bone deterioration in weightlessness, highly calculated daily work schedule and inescapable confinement with a small group of co-workers. NASA has identified the potential risks of such extended missions and grouped them into five categories: gravity fields, isolation/confinement, hostile/closed environments, space radiation, and distance from Earth.

Gravity fields is one of the primary factors that poses considerable danger during the mission. The crew on the Mars mission will experience three gravity fields: first, the zero g-force on the six-month journey on their way to Mars; then, during their work on the red planet which has a gravitational force, which is approximately a third that of the Earth's; lastly, the crew will have to readjust to the gravity field back on Earth upon their return. This transition from one gravity field to another takes a toll on the human body affecting spatial orientation, head-eye and hand-eye coordination, balance, locomotion

as well as likelihood of causing the space adaptation syndrome (SAS) that is observed in around half of astronauts and cosmonauts. It has been shown that in weightlessness, our bones lose mineral density at a rate of over 1% per month. In contrast, elderly people on Earth lose about 1-1.5% per year. And after the return, full recovery is not guaranteed even with extensive rehabilitation, which suggests a greater risk of osteoporosis-related fractures later in life. Maintaining vital biomedical characteristics, such as muscle strength and endurance will require well-planned physical exercise and good diet. Otherwise, it could also lead to cardiovascular deconditioning as it takes very little effort to float in space. As a result, in space, fluids in our body shift upwards to our head, which was observed to cause vision problems. In zero-g, dehydration and increased calcium excretion from bones makes you prone to developing kidney stones. Drugs in space react differently than on Earth meaning that ideally, potential health risks must be mitigated early on. Currently, people at the International Space Station (ISS) could wear compression cuffs on their thighs to keep the blood in their lower extremities. Also, medicines such as potassium citrate are found to reduce negative physiological changes that develop kidney stones, while bisphosphonates were effective in preventing loss of bone density. In addition to these drugs, vitamin D supplements are taken since astronauts are confined indoors. Daily nutrition is modified according to detailed health checks

of the crew members, such as spinal ultrasounds, fine motor skill testing, functional task testing, periodic self-fitness evaluations and urine tests.

The second category, behavioral effects of isolation/confinement is an issue that even the most highly-trained groups cannot fully prevent during spaceflight. Crew members flying to the ISS undergo a scrupulous selection process and preparation to ensure that they can work effectively for the duration of six months. Mars mission crew will go through even more rigorous testing and examination as they will voyage farther and for a time longer than any other human ever had. Psychological impacts of a such journey are mood, cognition and morale decline as well as potential relationship issues between the members of the crew over the course of the mission.

In Mars, the days are 38 minutes longer, which could disrupt the circadian rhythm and lead to sleep disorders. Fatigue is another important element since the crew will inevitably have very busy and often shifting timetables with heavy workloads. All of this in combination with a restricted food variety, occasional monotony, and communicational issues might negatively affect the crew's performance and mission success. As the signal between Earth and Mars will take some time to reach both directions, the crew will also have to often work autonomously and make decisions according to their own judgement. Thus, there are significant concerns over the crew forming psychiatric disorders. NASA is conducting extensive research on developing methods and devices to counteract these factors. Smart tech such

as the actigraph records the user's movement and the ambient lighting environment and assists with sleep and alertness. Individual sleeping patterns and fatigue levels could also be assessed with a five-minute self-test, whereas personal journals could help with negative emotions and later studied for psychological changes. Circadian rhythm is likely to be regulated by employing specialized LED technology that will change the color temperature as well as creating a more calming environment. LED technology is already used in planes and is being used in more diverse ways than ever as commercial airlines learn more about human behavior in confined environments.

A third component of the risks of the Mars mission is what NASA calls hostile/closed environments. The Space Agency has identified that astronaut's daily activity is partially reliable on the ecosystem inside the aircraft. Microbes are more easily transmittable in closed environments and behave differently in space than they do on Earth. The immune system is thus under stress as hormone levels are altered making the crew members more susceptible to allergies and diseases. The interior design and sterilization must be planned well enough to accommodate the crew with the right balance of space, lighting, and noise. Air quality monitoring systems are put in place to ensure the air is safe to breathe and not contaminated with noxious gases like formaldehyde, ammonia, and carbon monoxide. Up to 95% of humans contract the Epstein-Barr virus (EBV) during their lives, and it was



Docked Soyuz Over Gulf of Mexico and Florida

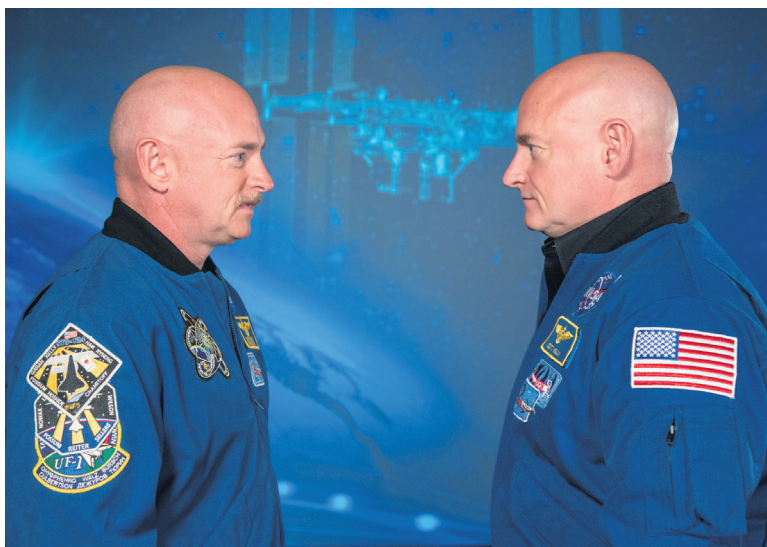




*Cygnus automated cargo spacecraft approaching the ISS*

shown that spaceflight might cause reactivation of the virus. To prevent such cases, space travelers take and measure their urine and blood samples to guarantee that the stress of the flight is not causing infectious illnesses. The potential risks will also be assessed using advanced molecular techniques. The microbial eco-

more radiation than on Earth, the station is still within the protective layer of its magnetic field meaning that the crew on the Mars mission will encounter much more radiation than during a usual space travel. At the moment, NASA is in the process of finding solutions to minimize the adverse impacts of above Earth orbit



*Mark Kelly (left) and Scott Kelly (right) are the subjects of a twin study*

system on the spaceship is analyzed from the readings taken from various parts of the body and space station surfaces. The changes in the immune system in space will be constantly monitored via novel techniques that analyze blood, saliva, and urine samples.

The most dangerous feature of flying to Mars is space radiation. The astronauts and cosmonauts on the space station receive over ten times the amount of radiation than people on Earth. Our planet's magnetic field and atmosphere shields us from cosmic radiation, but in space, the protection is lost and the detrimental effects of radiation impact our health in a multitude of negative ways. Its potential damage to our central nervous system could affect the cognitive and motor functions leading to behavioral changes. Radiation sickness is also likely with its effects being nausea, vomiting, anorexia, and fatigue. Our tissues are also vulnerable to radiation and could develop illnesses such as cataracts, cardiac, and circulatory diseases. In these circumstances, the nutrition and medicine consumed need to be extra safe and well-designed. The Mars transportation vehicle will require considerable protective features, but some types of space radiation is simply impossible to avoid. While the crew on the ISS is exposed to ten times

fort to address sufficiently.

Lastly, planning for food and provisions on this three-year journey is another important element that needs to be carefully considered. Mars is about 140 million miles away, compared to 0.239 million to the moon. There is a communication delay of 20 minutes and in case of emergencies, the crew will have to act on their own discretion. So any potential medical events must be identified in protocols and written out in step-by-step procedures, the required equipment and medication stored securely within the cabin. Due to mass and volume limitations, sufficient Intravenous (IV) fluids cannot be carried on space vehicles. But the IV solution is now possible to be produced from purified space station cabin water. The IV fluid can then be mixed with salt crystals to make normal saline solution, which is essential in medical administration. Also, crew members will be taught how to perform ultrasound scans to monitor bone and organ health during spaceflight. NASA is investigating different ways to improve food formulation, processing, packaging and preservation so that the crew is provided with safe food with appropriate nutrients. Medications are also being tested to guarantee space-resilience and preservation during long duration space missions.

Little over two ago, two space explorers were sent to spend 342 days at the International Space Station to monitor the health effects of prolonged stay in space on the human body. In a Russian-American collaboration, Scott Kelly shared almost a year in zero-g with Mikhail Kornienko. Luckily, Scott Kelly has a twin, a retired astronaut. They are involved in a twin study, where the brothers will be monitored during and after Scott's flight and the results of the health examinations between them compared for effects of space trips. During their one-year mission, Mikhail and Scott had a task of performing constant medical readings to study medical, psychological and

biomedical impacts of long term spaceflight. The pair successfully returned to Earth last March and are now subjects of many biomedical studies. Prior to the mission, longest time spent on the ISS consecutively was 215 days, by Mikhail Tyurin and Michael López-Alegría. The longest space mission though is still unbeaten, Valeri Polyakov spent 437 days on the now deorbited Mir station between 1994 and 1995. Polyakov, a medical doctor volunteered to take part in the extra-long space mission to demonstrate that the human body is capable of surviving a trip to Mars. He maintained a strenuous workout regimen during his time on Mir and when he landed on Earth, walked to the nearby chair from the flight capsule on his own to prove his point.

NASA's timeline of the Mars mission consists of four phases. It was re-

Gateway", which will serve as a testing vehicle in the lunar missions to prepare the soil for the bigger project and the technology required. The vehicle is then going to be used as a launching point of the actual Mars space vehicle, the "Deep Space Transport". The Gateway has been announced to utilize the Solar Electric Propulsion (SEP) system that will power the space vehicle. This technology is observed to use ten times less energy than conventional rocket propulsion systems. "If we could conduct a yearlong crewed mission on this Deep Space Transport in cislunar space, we believe we will know enough that we could then send this thing, crewed, on a 1,000-day mission to the Mars system and back," said Greg Williams, NASA's deputy associate administrator for policy and plans in the agency's Human

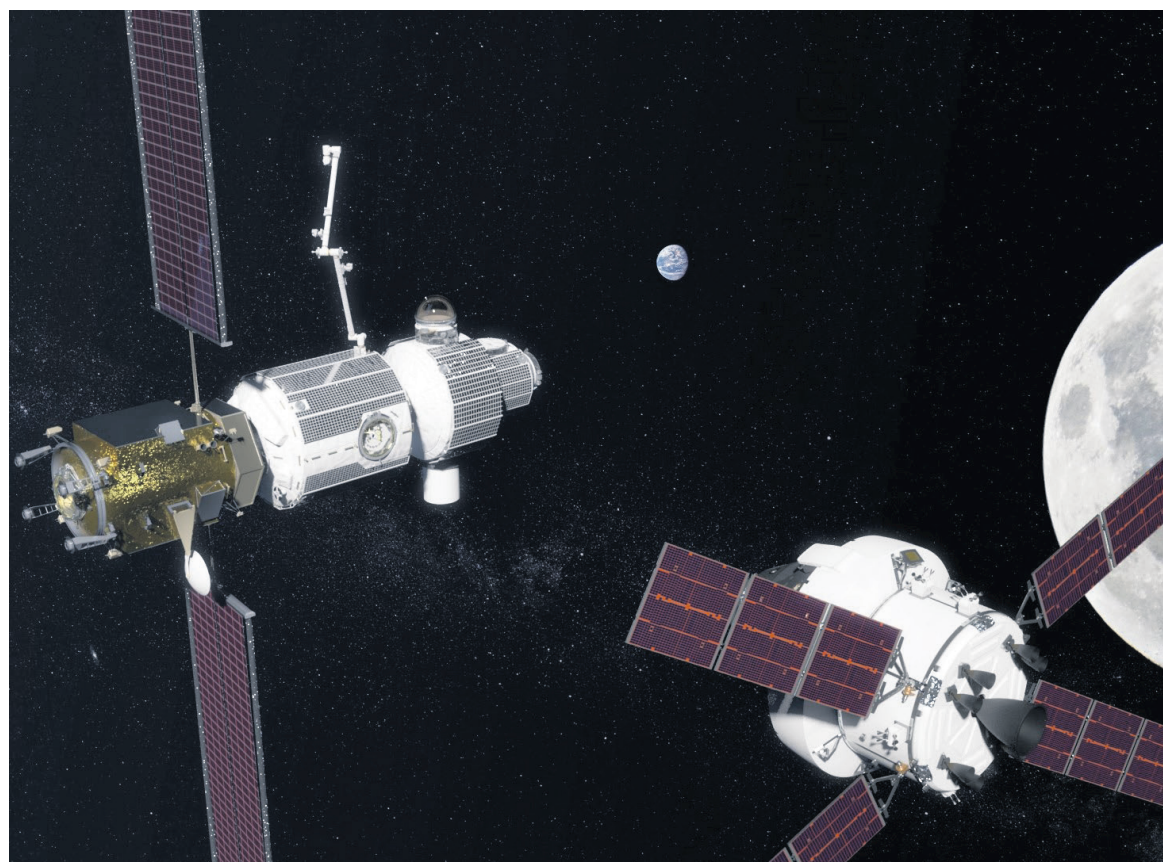


*Valeri Polyakov looking through a window on the Mir Core Module in 1995*

vealed recently that the Space Agency is planning to send a manned crew to spend a year in orbit around the moon in 2027. Prior to the lunar journey, at least five missions are in development, four of them crewed. The goal of these pre-Mars missions is to deliver crew habitat unit, a power and propulsion bus, a logistics module for science research and an airlock for other visiting vehicles. The agency will build the "Deep Space

Exploration and Operations Mission Directorate, who spoke at the Humans to Mars Summit in Washington D.C. in May 9th to provide a detailed look at the first two phases of the project. The first phase of the mission is scheduled to take place between 2018 and 2026. Phase two, will start in 2027, when an uncrewed mission to cislunar space will deliver the Deep Space Transport. Then, a group of astronauts will fly to the facility and spend a year in space. More flights will follow to supply deliveries for the Mars mission. Nevertheless, this is not a fixed plan, which NASA says is possibly going to change as the agency sets up international and industry collaborations. "We're trying to lead this journey to Mars with a broad range of partnerships," Williams said. "One of the things we'll be doing over the next few years is, putting that package together: what players want to provide what — both nationally and internationally — and how we can together, with NASA in an orchestrating role, really move out on these crewed missions to Mars."

As we are facing major environmental challenges here on Earth, Mars missions might seem to be illogical or counterproductive. Nevertheless, as most space travellers highlight after their time in space, one starts to value Earth more after experiencing how much the planet provides for us. There are theories stating that man has a deep-rooted, unconscious connection with the Earth. And as we journey farther from it, we start to understand its hidden significance to us. Whether the missions go ahead as planned or not, the desire to explore and learn is likely to stay.



*Deep Space Gateway (left) and the Orion capsule (right)*



# Grey plaque scheme highlights NO2 pollution in London



*London's Choking initiative aims to draw attention to areas where nitrogen dioxide pollution threatens public health.*

Joe Dennett and Rob Donaldson took their inspiration from the well-known signs linking people from the past with the buildings they once inhabited, but the symbols now appearing across London are to highlight a different connection. In the past week, grey plaques – direct copies of the English Heritage blue plaques identifying the homes of the dead and famous – have been put up on buildings across the capital to identify streets and houses in areas where air pollution threatens public health. Each plaque carries the phrase London's Choking to point out areas where levels of NO<sub>2</sub> – predominantly from diesel traffic – regularly reach levels that are harmful to human health. Joe Dennett and Rob Donaldson came up with the idea to try to raise awareness of the invisible threat from air pollution to tens of thousands of Londoners. UK's new air pollution plan dismissed as 'weak' and 'woefully inadequate' "It is an issue which Londoners are becoming more aware of, and which we have become increasingly concerned about. But we realised a lot of people were not aware of where pollution levels are high because you cannot see the pollution, it's quite nebulous. "We wanted to try and create awareness and anger about it at grass roots and to come up with something that would identify the air pollution.

"The English Heritage blue plaques

highlight the invisible past of a building and this is trying to highlight the invisible danger of the pollution in the areas where the grey plaques are being put up." The first plaque – with a skull and crossbones at its base – appeared on Brixton Road, which by 4 January this year had breached annual legal limits for NO<sub>2</sub> pollution. Further plaques in Putney High Street, Farringdon Street and Oxford Street have also been erected. Joe Dennett from London's Choking. "We realised a lot of people were not aware of where pollution levels are high ... it's quite nebulous": Joe Dennett from London's Choking. Photograph: Linda Nyland for the Guardian The plaques were put up in the week after the government was forced by the high court to publish its new air quality draft plan to tackle illegal levels of NO<sub>2</sub> pollution. Ministers have twice lost in the high court after their original plans were challenged by the environmental law firm Client Earth. But the government's latest policy – published on 5 May – has, say campaigners, fallen short again. It contains no commitment to a diesel scrappage scheme to subsidise the public to get rid of their diesel vehicles and also fails to mandate local authorities to impose charges on drivers of diesel cars in clean air zones. The draft plan has been condemned as "woefully inadequate" by Client Earth. The government has to produce a full plan by 31 July. While English Heritage has 900 blue plaques across London, Dennett and Donaldson are just beginning to identify air pollution blackspots

with their grey plaques. Children at nearly 90 London secondary schools exposed to dangerous air pollution As well as on streets and main routes through London, the pair have put up plaques outside schools in areas where air pollution exceeds legal limits. Figures released by the mayor of London, Sadiq Khan, revealed in February that more than 800 schools in London are in areas where NO<sub>2</sub> pollution is above legal limits and considered harmful. Khan said: "Toxic air causes more than 9,000 early deaths every year in London, as well as stunting the growth of children's lungs, causing dementia and strokes. Londoners are understandably concerned about the possible damage to their health of living in high pollution areas and want to make informed choices. "That's why I'm writing a new London plan with policies in place to make sure pollution levels are considered when deciding where to build new homes and schools in London, as well as a whole host of other measures to make our air cleaner. "The Tories are refusing to take any action to clean up our dangerously polluted air, while Labour is delivering the most ambitious clean-air plans of any city on the planet. The best way to clean up our air is to vote Labour." Nationally, a Guardian and Greenpeace investigation revealed that more than 2,000 schools and nurseries are within 150 metres of a road where NO<sub>2</sub> exceeds the legal limit for long-term exposure of 40 micrograms per cubic metre.





# Ghost Beach



In the spring of 1984, a whole beach disappeared. Over just two days, the golden sands of Dooagh on the island of Achill, off the west coast of Ireland, were stripped away to reveal bare rocks. This occurred during a series of southwesterly (from the south west) storms and, crucially, during peak equinox – short periods in spring and autumn when tides are particularly strong due to the nature of the Earth's movement around the sun. Jutting out into the Atlantic, Achill is exposed to the worst the ocean can throw at it, and southwesterly winds can generate substantive waves. Thirty-three years later, in April 2017, the beach returned and the rocks were covered with sand once again. First, let's consider how Dooagh beach disappeared in the first place. The movement of pebbles, sand and sediment around the coast is caused by a mixture of waves, tides, and what is growing on the seafloor. Waves not only have the ability to stir up the sea bed and to wash beach sand into the ocean, but they can also create longshore drift as they strike a coast at an angle, gradually shifting sediment along the coast. Rip currents are created in certain circumstances when water piles up close to the shore, and can only exit the beach in narrow and

intense flows. These strong currents are best known to humans for causing many fatal swimming accidents, but they can also carry sand and pebbles far offshore. Seaweed can help stabilise those fragile sediments, but its growth is limited in the early months of the year. When a beach gets unlucky and all of these factors come together – strong tides, abnormally high sea levels, a lack of seaweed – it can suddenly disappear. This is what happened to Dooagh in spring 1984, and had previously happened in a similar incident there in 1890. So, what brought the beach back in 2017 (and in 1927)? Almost the same processes that stole it in the first place. Some of the conditions were identical: April has the highest tides of the year and low algal growth. However, this time the beach replenishment occurred during northerly winds. It's hard to say for sure where the sand has been for the past 33 years, but likely it was simply sitting on the seafloor some miles offshore and in adjoining bays. The strong tides lifted the sand from the seafloor (and from the neighbouring bays that had benefited from the loan). Unhindered by algae, the northerly winds caused the waves to carry the sand onshore. This didn't happen overnight. Over the past

two years, surfers had reported seeing sand offshore. By March 2017 (the second highest tide of the year), local fishermen reported the appearance of a sand bar offshore and a small amount of sand was deposited at the low water mark. The continued northerly winds followed by the exceptional April tides gave the final push and returned sand to Dooagh, depositing it well above the mean water level mark on the beach. People in Achill shouldn't get too complacent, as there's no doubt Dooagh beach will disappear again at some point in future. It just needs to experience similar conditions to those of 1890 and 1984. A beach disappearing so quickly is rare but not unheard of. In January 2015, for instance, the residents of Porthleven in Cornwall woke to a rocky shore after a strong southwesterly storm stripped the sand from their beach, again overnight. The bay has the same southwards orientation as Dooagh. It occurred during a spring tide, which is a fortnightly high tidal flow (not to be confused with the spring season). However, in this case a shift of the wind (and hence waves) to southeasterly returned the sand just one day later.



# Trump to put Americas intrests first over climate change



The US will consider its interests first as it reviews its climate change policy, the secretary of state says. Rex Tillerson told a meeting of the eight Arctic nations in Alaska that the US would not rush to make a decision and would consider their views. President Donald Trump has expressed doubts over the human role in climate change and has said he may pull the US out of the Paris Accord to fight it. Meanwhile, other Arctic countries have called for a cut on greenhouse gases. They signed an agreement which stated there was a need for urgent global action.

Climate change was the biggest issue at the biennial meeting of the Arctic Council in Fairbanks, which was overshadowed by the uncertainties over Mr Trump's policy. Mr Tillerson, the former chief executive of Exxon Mobil, told the meeting that the administration was reviewing how it would approach climate change. Climate campaigners fear US policy will damage attempts to combat climate change. "We are appreciative that each of you has an important point of view, and you should know that we are taking the time to understand your concerns," he said. "We're not going to rush to make a decision. We're going to work to make the right decision for the United States." Mr Trump is to decide whether the US will leave or reduce its commitments to the Paris agreement to reduce greenhouse gas emissions, which was negotiated by around 200 nations and signed in 2015. An announcement is expected after a trip to Europe later this month. The joint agreement by

the Arctic Council mentioned the Paris accord only in a passing reference, which noted the deal's entry into force and implementation. But the text did not recommit its members to meet the pledges made. Some climate scientists here in Alaska say they are pleasantly surprised by the relatively tough language on climate change adopted by all eight Arctic Council nations including the United States. The thrust of the text, argues Prof John Walsh, chief scientist at the University of Alaska's International Arctic Research Center, actually echoes the approach of the Obama administration. The acceptance of the urgent need to reduce greenhouse gases (such as methane and carbon dioxide) and pollutants (like black carbon and aerosols) appears significant. But a couple of things are missing. Although the logic of the statement insists that human activity is causing climate change, the word "human" is not actually present. Nor is there a commitment to implement the landmark Paris accord, an omission which is causing alarm among environmentalists. Not only that, but many of the Trump administration's early policy decisions prioritised economic growth over environmental protection, and Mr Tillerson continues to insist that American climate policy remains under review. So, in short, it is far too early to conclude that the White House has suddenly been persuaded by mainstream scientific opinion on global warming – and with US politics in astonishing flux, the Fairbanks Declaration may be no more than a holding statement.



WHAT'S ON?

MAY

19-21 BEDS: Macbeth the farce  
Where JP Hall

Time 7:30pm  
Price £4



20 Monteverdi Singers  
Where TBT

Time 7:30pm  
Price £10

Al Murray The Pub Landlord  
Where Venue Cymru

Time 7:30pm  
Price £27.50

21 SODA Showcase: You'll Be Back  
Where The Menai Bar

Time 3pm  
Price Free

22 - 27 Sister Act  
Where Venue Cymru

Time 2:30/7:30pm  
Price from £14.50

25 Y Twr – Music Theatre Wales  
Where TBT

Time 7:30pm  
Price £5

26 Altan – 30th Anniversary Tour  
Where TBT

Time 8pm  
Price £13

27 Summer Ball  
Where Main Arts

Time All Day  
Price £50

28 KT Tunstall  
Where Venue Cymru

Time 7:30pm  
Price £17.50



29 – 03 The Play that goes Wrong  
Where Venue Cymru

Time 2:30/7:30pm  
Price from £9.50

31/01 Gair o Gariad  
Where Studio

Time 7:30pm  
Price £12.50

Andy Parsons – Peak Bullsh\*t  
Where TBT

Time 8pm  
Price £15

8-10 Hairspray  
Where Theatr Colwyn

Time 2:30/7:30pm  
Price £8



9 Al Lewis Band  
Where TBT

Time 8pm  
Price £13

10 Dan Thomas and Phil Cooper  
Where Studio

Time 8pm  
Price £8

15 A Midsummer Night's Dream – Ballet Cymru  
Where TBT

Time 7:30pm  
Price £10.50

16 A Night of ELO  
Where Venue Cymru

Time 7:30pm  
Price £22.50

17 Cor y Penrhyn And Black Dyke Band  
Where Venue Cymru

Time 7:30pm  
Price £17.50

22 Summer Classics – Welsh National Opera Orchestra  
Where TBT

Time 7:30pm  
Price £12



Kevin and Karen Dance Tour 2017-05-14  
Where Venue Cymru

Time 7:30pm  
Price £34.50

24 Prom Praise  
Where Venue Cymru

Time 7:30pm  
Price £10

26 – 01 Wonderland  
Where Venue Cymru

Time 2:30/7:30pm  
Price from £14,50

27 Comedy Central Live  
Where Studio

Time 8pm  
Price £8

JUNE

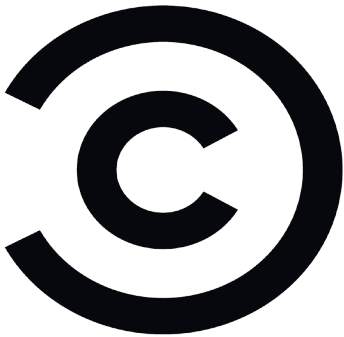
2 End of Year Gala  
Where PJ Hall

Time 7:30pm  
Price £5



5-10 Footloose the Musical  
Where Venue Cymru

Time 2:30/7:30pm  
Price from £9.50



COMEDY CENTRAL

TBT – Theatr Bryn Terfel - Pontio  
Studio– Pontio  
PJ Hall – Main Arts, Bangor  
Powis Hall – Main Arts, Bangor  
JP Hall – Theatre next to Management Centre

\* all prices are based on student admission



What are the students up to?

Review

**Music Societies**

The end of the academic year is approaching and every year the music societies round off the end of the year with a huge gala concert. This year's concert features Bangor University Symphony Orchestra, Bangor University Chorus, Bangor University Brass Band, Bangor University String Orchestra, Bangor University Concert Band and Bangor University Music Society Orchestra and Choir. All

the ensembles have been rehearsing all semester to end the final day of the university term with a bang. The concert is in PJ Hall on Friday 2nd June and starts at 7:30pm, with tickets costing £5.

**BEDS**

Bangor English Drama Society are presenting another show this month. Following on from last month's production of Far From the Madding Crowd they will now be

presenting *Macbeth: The Farce*. *Macbeth: The Farce* will be shown in JP Hall from Friday 19th to Sunday 21st May. Tickets cost £4 and the doors open from 7pm and the show starts at 7:30pm. *Macbeth: The Farce* is, as the name suggests, a farce on Shakespeare's *Macbeth*. It follows The Farndale Avenue Housing Estate Townswomen's Guild Dramatic Society as they try and put on a production of *Macbeth*.

as expected the path does not run smooth for them, but will it all work out in the end? Only one way to find out, go and watch it.

**SODA**

SODA have their summer showcase coming up in The Menai Bar on Sunday 21st May at 3pm. The Showcase, entitled You'll Be Back, is said to be a relaxed afternoon with everyone's favourite Musical and Disney songs.

From 11th - 14th May, Wrexham was host to FOCUS Wales 2017. FOCUS Wales is an annual multi-venue festival that takes place in and around Wrexham. It focuses on Wales's emerging new bands while presenting bands from around the world, including over 200 bands on 20 stages. Now in its 7th year, the festival is going from strength to strength. With an overall friendly and welcoming feel, it was easy to engage with various musical styles in a short space of time. The inner city location means that everything is easy to access, with all the possible amenities you could wish for, including hotels and supermarkets, it's certainly different to big summer camping festivals. With so many venues you can easily just follow your ears, heading between bars, teepee's and even art galleries. All the bands are extremely welcoming, and post gig everyone is up for talking and mingling before moving on to the next show. With such varied venues this means going from a solo artist to full bands which creates great diversity. Alongside music, FOCUS Wales also hosts artists, comedians (including Shappi Khorsandi), talks, film viewings and a conference.

Top Suggestions

**Drama**

**The Play That Goes Wrong**

This play is the funniest thing that could ever be seen. From the moment the theatre doors are open the action starts and the humour only ends as the final round of applause has died away. This play is currently on tour having just finished a run in London's West End. Whilst touring the country it is coming to Venue Cymru in Llandudno and is well worth travelling to see it. The play follows the story of a murder in a country home, but as the title suggests everything that could go

wrong does go wrong. The jokes never get old, even the predicatble ones are included in such a way that they catch you out, and some of the set problems leave you wondering if that was really supposetd to go wrong. It's definitely worth a visit.

**Ballet**

**A Midsummer Night's Dream**

Ballet Cymru are coming back to Pontio to present A Midsummer Night's Dream. Never a company to present a ballet with a huge cast the company always works out ingenious ways to include all their dancers and make it look like a cast of more.

Last time they presented Romeo and Juliet on the Pontio stage, so it'll be exciting to see what they will do with another Shakespeare play. It features music by Mendelssohn, choreography by Darius James and costumes by Yvonne Greenleaf. This production was nominates Best Dance Production 2013 at the Theatre Critics of Wales Awards, so is deffinately worth trying to see if you're still around in June.

**Musical**

**Wonderland**

Coming to Venue Cymru at the end of June is the musical *Wonderland*. Alice Liddell, the young girl the

story was originally written for, often spent her holidays in Llandudno, so it seems appropriate that the musical has made its way to North Wales. This musical adaptation of *Alice in Wonderland* stars Rachel Wooding, who appeared on Britain's Got Talent early last year. Accompanied by a wonderful cast, and a faithful adaptation of the source material, this is definitely one to watch!

Off The Kerb Productions

Andy Parsons

Peak Bullsh\*t

Theatr Bryn Terfel

Nos Fercher 31 Mai

8pm

Wednesday 31 May

8pm

£15



Cyngerdd Gala

Diwedd Blwyddyn

Neuadd Prichard-Jones

Nos Wener 2 Mehefin, 7.30pm

£12/£10/£5 myfyrwyr a rhai dan 18 oed

End of Year

Gala

Prichard-Jones Hall

Friday 2 June, 7.30pm

£12/£10/£5 students and under 18s



Pontio

Cabaret

Al Lewis

Band

Theatr Bryn Terfel

Nos Wener 9 Mehefin, 8pm

£14/£13 myfyrwyr a gostyngiadau

Friday 9 June, 8pm

£14/£13 students and concessions



balletcymru

A Midsummer

Night's Dream

Theatr Bryn Terfel

Nos Iau 15 Mehefin, 7.30pm

£12.50/£10.50 dros 60, myfyrwyr a dan 18

Thursday 15 June, 7.30pm

£12.50/£10.50 over 60s, students & under 18s



Circolombia:

Acéléré

Theatr Bryn Terfel

21.07.17, 6pm + 8.30pm

22.07.17, 2pm + 7pm

23.07.17, 2pm + 7pm

£15/£10 myfyrwyr a gostyngiadau

£15/£10 students and concessions

10% i ffwrdd i grwpiau o 5 neu fwy, gyda'r cod: ACELERE10

10% off for groups of 5 or more, using code: ACELERE10



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2 DOCYN!

I gymryd rhan: Anfonwch eich enw, rhif ffôn a'ch cyfeiriad e-bost i info@pontio.co.uk gan roi'r teitl 'Acelere' erbyn Dydd Gwener, 30 Mehefin. Bydd enw yn cael ei dynnu allan o'r het ar Ddydd Llun, 3 Gorffennaf a byddwn yn hysbysu'r unigolyn buddugol. Pob lwc!

WIN 2

TICKETS!

To take part: Send your name, number and email address to info@pontio.co.uk stating the title 'Acelere' by Friday, 30 June. A name will be drawn out of a hat on Monday, 3 July and the winner will then be contacted. Good luck!





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## A Fantastic Year for Course Reps

It's been yet another fantastic year for Course Reps at Bangor, with students feeding back and working together with their schools and the University to ensure that the academic experience at Bangor University is the best it can possibly be.

There are too many success stories to list them all, but here are some highlights of what course reps have achieved this year...

- Fed in to the Universities first ever Student Led Teaching and Learning Strategy
- Friday afternoon maths lectures moved to different times of the week
- First year students identified root causes and consequences of issues and came up with visions of positive change, how to achieve them and the effects these changes would have on students. Students then presented this to Directors of Student Engagement

and Heads of School.

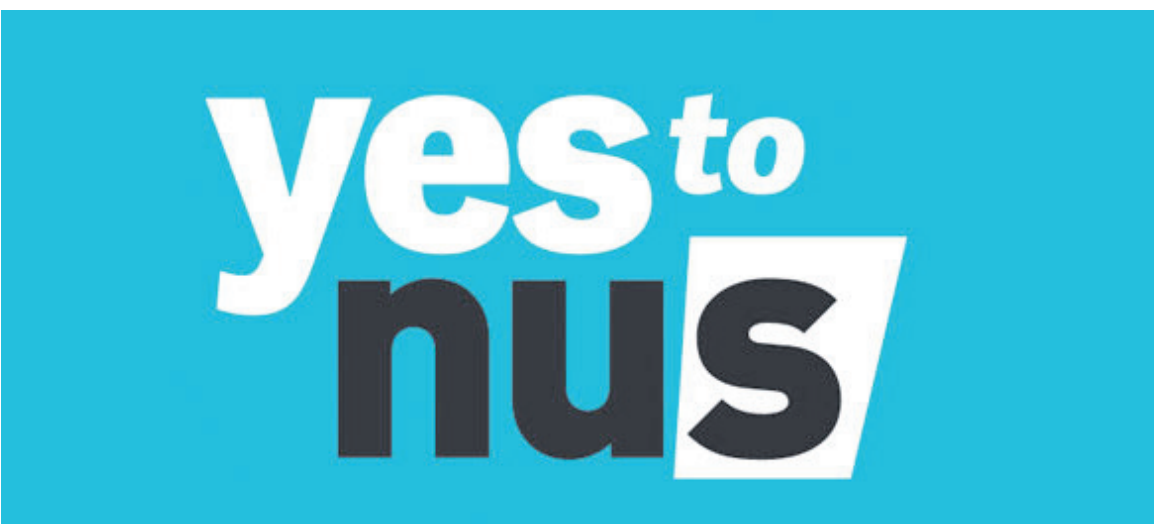
- Tackled deadline bunching.
- A student led History/Archaeology Newsletter has been set up which has already become a feature of the school.
- A student led trip to Krakow and Berlin
- An increased number of lecturers are now using Panopto across a number of schools due to student feedback.
- Narrow range of third year module choices flagged up by students and

subsequently changed by the school.

To top it all off, the joint Student Led Teaching and Course Rep Awards was a night to remember and a fantastic opportunity to celebrate the success of Course Reps across the University. As well as all reps receiving recognition for their hard work, Amy Greenland (SENRGY) was awarded the Student Choice Award, Luke Bidder (Education) was awarded the Staff Choice Award, Naomi Coulton

(Medical Sciences) was awarded the VP Choice Award and Mark Barrow Barrow (History) was awarded the Ede and Ravenscroft Award.

To view who was shortlisted for each award and hear about their fantastic work and experiences go to: <https://www.youtube.com/playlist?list=PLMtx-qFKcf59Eiar9N-tSNDV2ZzIMJdMUf>



## Bangor Says Yes

Bangor Students came out in their hundreds to vote in the recent referendum on whether Undeb Bangor (Bangor University Students' Union), should be affiliated to the National Union of Students (NUS). After two weeks of campaigning and three days of voting, Bangor Students made a clear decision that Undeb Bangor should be affiliated to NUS.

Students' Union President Conor Savage commented, "It's great to see

so many students coming out to vote. Students have spoken and we will be remaining affiliated to NUS. This referendum was called for a reason and we know that NUS needs to change for the better. Now students have voted to say Yes to NUS and remain affiliated we are in a stronger position to make this change happen."

Full results of the referendum can be found here - <https://www.undebbangor.com/news/article/6013/nus/>



## Your New Student Trustees

While students were busy deciding whether Undeb Bangor (Bangor University Students' Union), should be affiliated to the National Union of Students, there was also another election taking place to elect three new Student Trustees for the next twelve months.

Student Trustees make sure that

Undeb Bangor is running well and is doing what is set up to do, including ensuring the Union has the money it needs and that it spends this sensibly on the activities it was raised for. They also help to set the strategic direction of the Union. Congratulations to Paul Sturges, Thomas Jones and Katv Hughes on being elected.





# Societies in 2017

WHAT A YEAR! We've reached the end of the academic year; it seems like only yesterday we were welcoming everyone at Serendipity! We've seen a few changes at Undeb Bangor, including welcoming Jess the new Societies Co-ordinator, a welcomed addition to strengthen the ability of the team.

Societies have gone from strength to strength hosting a range of different activities and events. Choosing the award winners on the awards panel was no mean feat, with so many societies and individuals having achieved so much through the year. We're pleased to have welcomed new societies this year. It's a big ask for

students to take their idea and turn it into reality, but our new societies have taken this in their stride and successfully recruited members, put on events and developed hugely in a short period of time. We look forward to watching these societies grow over the next academic year. Anyone that has a great idea for a new society should come and

see us, and we'll discuss your options! We would like to thank both the Societies Exec Committee and Matt Day your VP Societies and Community 2016/17 for all their hard work over the last year. Next year we look forward to welcoming our new VP Societies and Community James Williams and our new Societies Exec

Committee, I am sure they will bring great things. Undeb Bangor would like to thank all the members for their contribution to societies over the last year. Whether a part of a committee or a member, these successes and achievements couldn't happen without you. We are excited to see what next year brings.



# Achievements of the Year

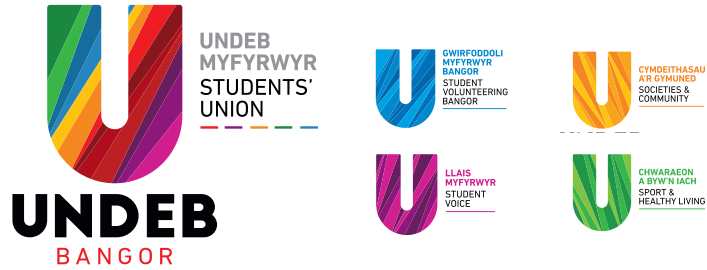


SVB has been fortunate enough to work with amazing students once again this year. The dedication each and every volunteer has given to their project has positively impacted the local community in a variety of different ways. This year SVB has managed to expand on the amount of active projects including Profi, Tech Angels and Community Safety to name but a few. Undeb Bangor recently won NUS Wales' Best Student Opportunities Award 2017. SVB couldn't be prouder of the students who without their work

we could never have achieved such recognition on a national level. Individually, SVB volunteer's Abbi Gosling and Tom Jones have both been nominated for Wales Council for Voluntary Action's Environmental Volunteer of the Year and Under 25's Volunteer of the Year. The SVB Awards Night was another magnificent night showcasing the fantastic work Student Volunteers deliver

in the local community. Altogether there were 39 award winners on the night ranging from Outstanding Contributions to Project of the year. A special mention should be given to Thomas Jones and Abbi Gosling for winning Volunteer of the Year and VP President Award respectively. On behalf of all the staff at Student Opportunities, thank you very much too each and every student who has volunteered this year. Your dedication to your project really is appreciated and we hope you enjoy your summer.

## Post SVB Awards



# What's to Come Next Year

As the Summer break is fast approaching, SVB is entering an exciting phase whereby we are planning exciting new projects ready to roll out for the next academic year. Some of these exciting prospects are

collaborations with local Dog Shelters, the National Trust, and the Royal Voluntary Service. On top of all this we are developing projects to help students learn Welsh, teaching computer coding to local school children and much

much more. Please keep an eye out for upcoming opportunities by checking out our page on the Undeb Bangor website.



# Student Led Teaching Awards & Course Representative Awards

Award for Outstanding Pastoral Support

Lucy Huskinson  
School of Philosophy and Religion

Open Award

Thomas Caspari  
School of Medical Sciences

International Award

Ali Khan  
International Education Centre

Award for Welsh Medium Education

Nia Griffith  
School of Psychology

Support Staff Member of the Year

Iwan Davies  
School of Welsh

Support Team of the Year

School of Electronic Engineering and Computer Science Admin Team

Dissertation / Thesis Supervisor of the Year

Peter Shapely  
School of History & Archaeology

Student Service Department Award

Fiona Zinovieff  
Disability Services

Postgraduate Teacher of the Year

Joshua Andrews  
School of Philosophy and Religion

Student Engagement Award

Andrew Davies  
School of Ocean Sciences

Unsung Hero

Paul Maclean  
Property and Campus Services

New Teacher of the Year

Rebecca Sharp  
School of Psychology

Teacher of the Year

Graham Bird  
School of SENRGy

School of the Year

School of Environment, Natural Resources and Geography (SENRGy)

# SVB Awards

VP Award

Abbi Gosling

Volunteer of the Year

Tom Jones

Project Leaders of the Year

Conor Schirk & Lydia McDonald

High Sheriff Award

Conor Schirk, Tom Jones & Leah Jones

Best Newcomer

Kerri Anstead

Heroes Award

Amy Bennett



# AU Awards

AU President's Awards

Ruth Plant

Club of the Year

Powerlifting

Team of the Year

Women's Football

Team of the Year

Women's Football

Male Fresher of the Year

Idriss Kamtcheu

Steve Connor, Spirit of the AU Award

Pole Fit

Varsity Team of the Year

Women's Football

Sportswoman of the Year

Chrystal Williams

Sportsman of the Year

William Chambers

Female Fresher of the Year

Charlotte Clare

Alan Marsh Cup

Jack Bamber & Paige Skillicorn

AU Super Teams winners

Badminton

Sustainability Award

Sailing Club

AU Superstars

Lily Anna Stokes

RAG Award

Men's Football

Open Award

Neil Harold

# Society Awards

Collaborative Event of the Year

The Guto Pugh Memorial Concert

Best Performance

Fame by SODA

Campaign of the Year

Tree Planting Project

Achievement of the Year

Afro-Caribbean Society

Most Improved Society

Assassins

Society of the Year

Zoological

Welsh Culture Award

BEDS

Presidents Award

Joseph Smith

Event of the Year

Indian Society

Community Award

BUGS

International Award

Indian Society

Environmental Award

STAG

Best New Society

IEEE Student Branch

Academic Society

Zoological



# SEREN

**LOCAL BUSINESS  
AWARDS 2017**

**CONGRATULATIONS  
TO OUR WINNERS:  
NOMINATED & VOTED  
FOR BY YOU:**



**BANGOR'S FAVOURITE BUSINESS  
& MOST STUDENT FRIENDLY**

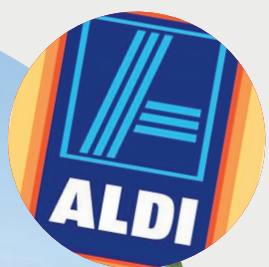


**BEST NEWCOMER**



**BEST LOCAL BUSINESS &  
BEST RESTAURANT**





**BEST SUPERMARKET**



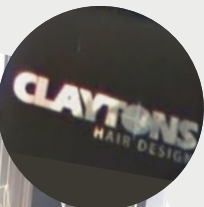
**BEST HIGH STREET**



**BEST NIGHTCLUB**



**BEST TAKEOUT**



**BEST HAIR/BEAUTY**



**BEST TATTOO SHOP**



**ACE & GWYN'S  
CABS**

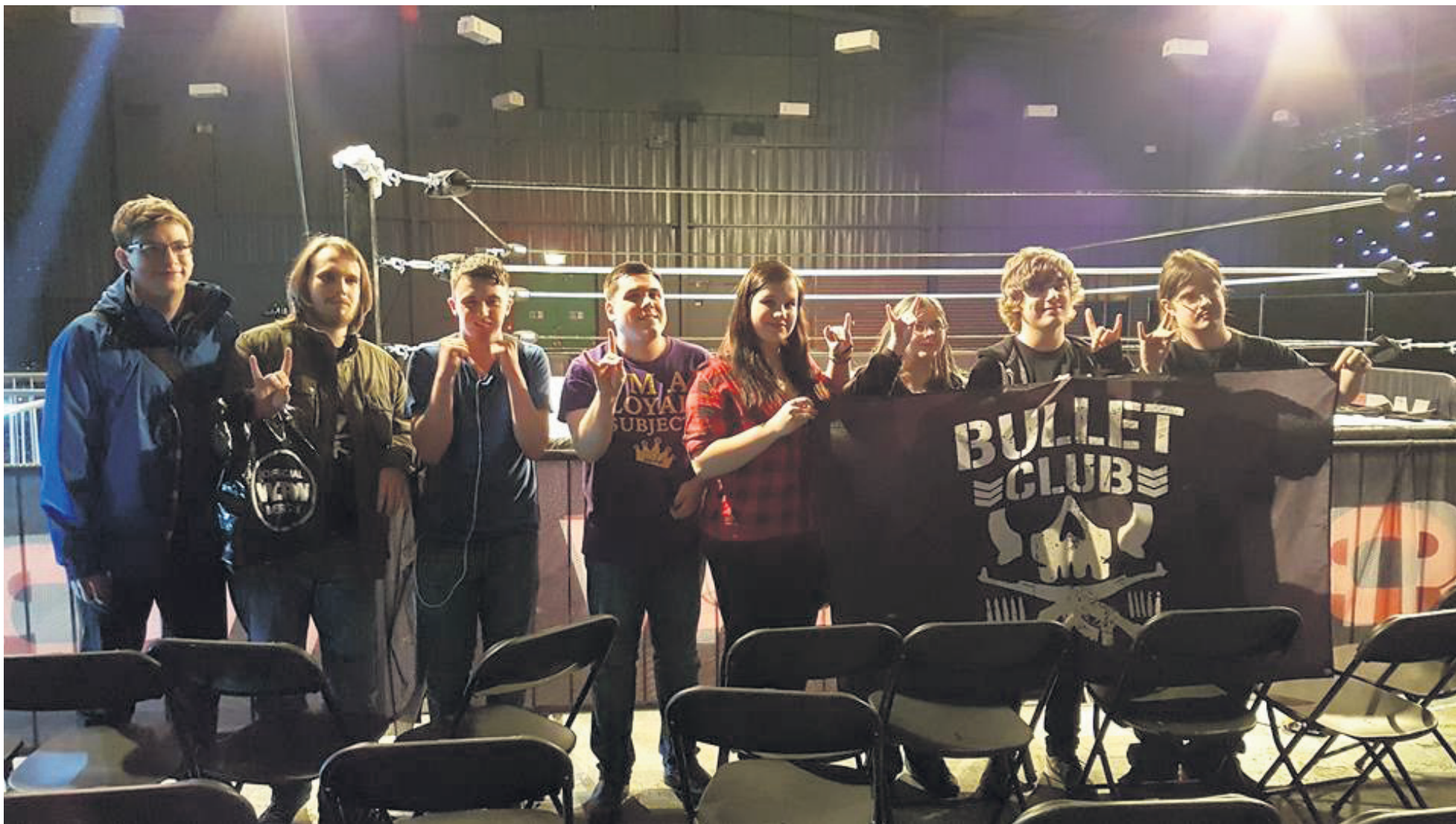
**BEST TAXIS**





## SOCIETIES

# Wrestling Appreciation Society



**W**e are the Bangor University Wrestling Appreciation Society, or BUWAS. We started up in 16-17 because I found out that there are wrestling fans all over Bangor uni, it's only a case of finding them after I was getting a lot of good

reactions wearing my wrestling t-shirts out and about. And since then we've become a society that enjoy watching professional wrestling.

Anyone from the most casual of fans who only watch one company to the more die hard fans who watch

multiple companies and wrestlers are welcome to join us at our weekly meets on Monday where we watch themed nights if it isn't after a PPV event, and we gather to watch the bigger events like Survivor Series, Royal Rumble and Wrestlemania live.

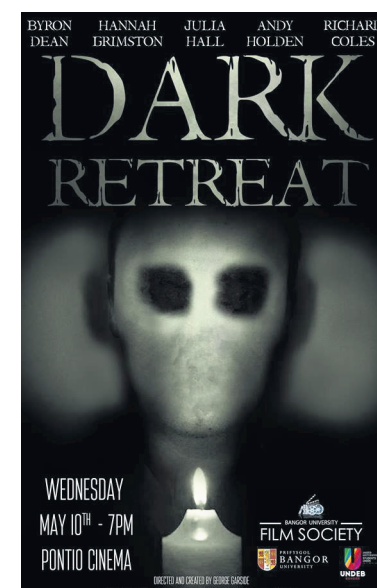
We'll also go to a few shows a year as well, once a semester. We also have a weekly talk show on Storm FM called The Hootski Show where all manner of the week's topics are discussed on Wednesdays from 6-8pm.

Find us on Facebook, join us and

enjoy wrestling for what it is. And that's the bottom line, because like the Bullet Club, BUWAS is "4-4-4-4-4 (unless you're Adam Cole this past weekend at War of the Worlds) life".

<https://www.facebook.com/groups/BUWAS/>

## Film Society Showcase



**O**n May 10th 2017, Bangor University Film Society held a showcase in Pontio cinema displaying works from not only the school of creative studies and media but also from the society itself. Nineteen films in total were screened to a packed cinema of students, families and the general public which sold out hours before the show began. We had the privilege of hosting Hannah Reybould, a director associated with BAFTA Cymru, who held a short Q&A and rewarded filmmakers for their

talents via various awards. The first showcase to be held within Pontio cinema proved to be a huge success with many films receiving a positive reception. As well as the events in the cinema, an exhibition was held in PL2 which showcased games, animation, creative writing etc. from students of all years at Bangor University. Special thanks to Geraint Ellis, Emma Thomas, Emyr Williams and the various other staff members who helped and supported us kickstart the event.



Academi  
**DAWNS  
YR HAF  
SUMMER  
BALL  
2017**

BANGOR

**TINIE &  
CHARLSEY  
DJ SET**

**JAX  
JONES**

**Sigala.**

LLWYFAN CAMPWS BYW  
**CAMPUS LIFE STAGE**

TEYRNGED I / TRIBUTE TO

**FALL OUT BOY  
GREEN DAY  
+ CALFARI**

**CASINO  
ROYALE**

GWOBRAU AR GAEL!  
**WIN PRIZES!**



**CYNTEDD  
CARIOCI**

**THE KARAOKE  
CONCOURSE**

GYDA / WITH  
**DJ MORGAN**

**'THE REAL REEL  
CINEMA CLUB'**

**DISCO TAWEL  
SILENT DISCO**

GYDA / WITH

**'SOCIETY'**

**JACK & JOSH  
+ MWY / MORE**

GYDA CHLASURON DONIOL  
WITH COMICAL CLASSICS

**DJs**

**ED MACKIE  
PAUL HOGAN  
GAVS DISCO**

**B A R**

**COCTEL  
COCKTAIL**

**B A R**

**BWYD AR GAEL  
FOOD AVAILABLE**

STIWDIO FFOTOGRAFFYDD AR GYFER EICH COFRODD

STUDIO PHOTOGRAPHER FOR YOUR GLAM KEEPSAKE

**FFAIR**

AM DDIM  
TAN 1:00AM

GYDA REIDIAU YN CYNNWYS OLWYN FAWR

**FUNFAIR**

FREE TILL  
1:00AM

WITH RIDES INCLUDING FERRIS WHEEL

**THEGANAU HWYL\*** RHEDEG BYNJI | RODEO  
CASTELL BOWNSIO | SIWTIAU SUMO | PHEIRIANT SYRFFIO!

**INFLATABLE FUN\*** BUNGEE RUN | RODEO  
BOUNCY CASTLE | SUMO SUITS | SURF SIMULATOR! \*12-5PM

'LLUN O'R GOROESWYR' 'SURVIVORS PHOTO' @ 5AM BRECWAST SIAMPEN CHAMPAGNE BREAKFAST @ BAR UNO



## SUMMERBALL

# DAWNS YR HAF SUMMER BALL 2017

NODWCH Y DYDDIAD

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SAVE THE DATE

## This year's acts...



by FINNIAN SHARDLOW

**Y**ou know the drill. It's that time of year again. The temperature has soared past 14 degrees Celsius; the winds are marginally less windy. Summertime has hit Bangor (technically). You know what that means – the Summer Ball returns for yet another year of melody, mates and movement.

Last year's headline act Example passes the baton to his confident – and this year's headline act – Tinie Tempah. The pair have worked together previously on *Game Over*, a promotional single from Tinchy Stryder which showcased a host of UK rappers such as Chipmunk, Professor Green, Giggs and Devlin.

With six UK number ones to his name – the highest for any British rap artist – Tinie Tempah will be one of the most prestigious names to headline Bangor's answer to Glastonbury.

Tinie Tempah has also won two Brit Awards – Best British Breakthrough Act and Best British Single for his 2011 chart-topper, *Pass Out*, which will no doubt be a nostalgic favourite amongst Summer Ball goers next Saturday.

However, the 28 year-old's musical catalogue doesn't comprise solely of throwaway 'blast from the past'

tracks. His 2016 top ten single *Girls Like* – featuring Swedish pop starlet Zara Larsson – will instantly trigger ripples of enthused movement within the crowd.

It's rumoured Tinie Tempah will be partly DJ'ing. However, I find it hard to believe that he won't reel off some of the classics from his platinum selling debut record, *Disc-Overy*, including hits such as *Written In The Stars* and *Wonderman*.

Whilst his pop repertoire will be the main crowd-pleaser on the night. Spectators tuned into the recent grime surge will find pleasure in his performances of tracks taken from *Junk Food*, Tempah's 2015 grime mixtape which featured verses from MC's such as Stormzy, Wretch 32 and JME.

Supporting Tinie Tempah is Jax Jones, who rose to prominence in 2014 for appearing on Duke Dumont's 2014 number one single, *I Got U*. Previously, the 29 year-old had only co-produced albums for Rachel Furner and The Vamps.

Since then, the English DJ, record producer, singer and songwriter has achieved solo success with the dance-y singalong track *You Don't Know Me* featuring RAYE.

Any fans of the FIFA football game franchise will be mesmerised when they hear Jones' 2015 single

*Yeah Yeah Yeah* – from the FIFA 16 soundtrack – blaring from the Summer Ball stage as opposed to their tinny TV speakers.

Jax Jones' touring history primarily consists of one off festival performances, so don't pass up the rare opportunity to see him live because you think you'll catch him another time.

2017's Summer Ball is destined to have you sweating through your fancy clothes, as next on the bill is another sterling dance act.

Opening the line-up is Sigala, a British DJ, record producer and remixer from Norwich, Norfolk.

Sigala sprang into the UK Dance scene with *Easy Love*, a debut single which famously samples The Jacksons' *ABC*. The track shot to number one within a week of its release.

Electronic maestro DJ Fresh, funk legend Nile Rodgers and UK garage pioneer Craig David are just a few of the blockbuster names to work with Sigala. If anyone can kick-start this year's Summer Ball – it's him.

Ticket numbers are dwindling and the event is expected to sell out. If you want to go to the Summer Ball, get yourself to the Academi Shop now to purchase tickets.

# Congratulations!

**Kerryn Anna-Marie Nelson is our winner and gets their hands on a VIP entry experience at Summer Ball! Thank you for entering!**



# What to expect at the Summer Ball?



## BY DAY...



## BY NIGHT...





## MUSIC

## LIVE REVIEW: Clean Cut Kid

by CLAIRE POWELL

Infectious, unique and dangerously-talented indie-pop band Clean Cut Kid appear to have arrived out of nowhere and hit the UK indie-pop scene by storm. They have recently supported The Corteeners and The Kooks and have been featured in NME and Clash. Their wonderful newly released debut album is entitled *Felt*.

The proudly Liverpoolian four-piece band effortlessly synergise bold, challenging arrangements with beautiful harmonies and melodies, and rhythm that keeps you rocking to the music long past the end of the concert into the night.

Only starting out in 2015, the band comprises of married couple Mike and Evelyn Halls, Saul Goodman and Ross Higginson. Mike Halls, frontman, lead singer and guitarist, displays wildly impressive vocals and sports a seemingly infinite beard. Evelyn Halls is the multi-talented, energetic, pure yet powerful singer and master of the keyboard. Her clear voice at one with the audience can be heard with sheer clarity through the music. Saul Goodman is the brilliantly

lively and animated bassist, seen bouncing rhythmically around on the stage with his half-shaven and half-dreadlocked flair. He thoroughly engages with the audience, jumping out to the edge of the stage, onto the barriers and leaning into the crowd, while encouraging the audience to clap and sway hands at opportune moments in the songs, urging the audience to feel connected with the music. Ross Higginson is the backbone of the band. His powerful drumming keeps the infectious beat robustly in check.

With their rapid rise to success ongoing, it was inevitable they would be good. Despite this they still managed to surpass expectations at the venue. The group's clear grit, dedication and passion bordering on obsession was obvious from their impassioned renditions of *Brother of Mine*, *Evelyn* and *Vitamin C*, each from their new album *Felt*, and all 'musts' to add to your playlist! With it's delightful dovetailing harmonies and incredible guitar riffs, *Brother of Mine* is a beautiful, modern piece with an indie twist and reflects the band's true chemistry and shared love for music. *Evelyn* is an incredible indie-

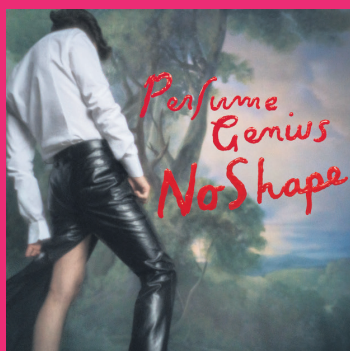
style ballad written about Mike's wife and fellow band member Evelyn Halls. *Vitamin C*, one of my favourite songs and penultimate song of the night, had the crowd chanting the lyrics. The whole concert was an incredible, intimate experience in the small (500 capacity) Manchester venue, especially with Mike and occasionally Evelyn chatting between songs to explain the true meanings and stories behind them. The band's soundscape with *Felt* ranges from quiet guitar solos to infectious guitar riffs. From captivating harmonies between Mike and Evelyn and occasionally Saul, to their general, smooth indie-pop muse.

These four musicians are truly talented indie-pop stars and are truly flourishing this year. Catch them while you can. Clean Cut Kid is now appearing around the UK on their 10 date tour. The tour which extends from May 6th to May 31st includes a hometown show at the Liverpool O2 Academy as well as dates in Exeter, Glasgow and Belfast and culminates in Dublin. The much anticipated debut album, *Felt* is now available.



## Album Reviews: 2017 So Far

by FINNIAN SHARDLOW

Perfume Genius - *No Shape*

Mike Hadreas, A.K.A. Perfume Genius, takes another ambitious stride forward. *No Shape* illustrates how grief, love and anguish don't have to be restricted to a bare, subdued piano ballad. These emotions can be grand, brash and multi-coloured.

Finally, Hadreas has ripped through the self-woven cocoon of vulnerability present on his previous projects.

*No Shape* is coated with a self-assured swagger. But it's not airbrushed. Hadreas doesn't cover in the shadow of his fears. He unleashes them in a barrage of hefty, twinkling synthesizers.

8/10 – Art-pop with stature, grace and a beguiling spirit.

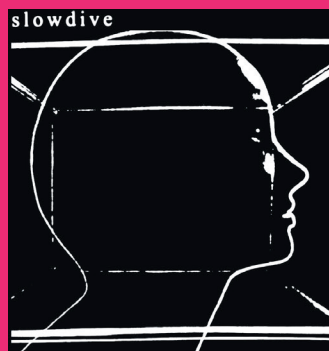
Kendrick Lamar - *DAMN.*

Stripped back, enraged scrawls of indignant rage. Predictably, *DAMN.* is boundary pushing hip-hop, but Kendrick is the most wrathful and scathing he's ever been.

*DAMN.* lies somewhere between the politically fuelled narrative arc of *To Pimp A Butterfly* and the introspective personal journey of *good kid, m.A.A.d. city*. Lamar brews a captivating blend of multifaceted, meaningful raps with direct, punchy instrumentals.

As always, Kendrick's bittersweet witticisms drive the album. Even when dwelling on the childhood fear of his mother, Lamar effortlessly forces a laugh: "I beat yo ass if you tell them social workers he live here/I beat yo ass if I beat yo ass twice and you still here."

9.5/10 – 100 words don't do albums like this justice. Kendrick is officially one of the greats.

Slowdive - *Slowdive*

The wait for an album is over. 22 years of abject silence have been saturated by Slowdive's humid haze of reverberant guitars and gradual, fluid percussion. So familiar, yet so fresh.

Whilst Slowdive renew the signature 'shoegaze' characteristics of *Souvlaki* and *Pygmalion*, this is not a 90's throwback. *Slowdive's* gushing, tranquil melodies are intensified by a crisp, modern production style.

Credit to Slowdive, they've opted to nurture an album patiently over a 22 year period where they could have easily cashed in. Undoubtedly, *Slowdive* is a cosmic and legacy preserving record.

8/10 – Submerge yourself in the sea of noise. Slowdive is shoegaze mastery.



## Olá Portugal: Eurovision Review

by FINNIAN SHARDLOW

"This could be a victory for music. For people who make music that actually means something. Music is not fireworks, it's feeling," said a passionate Salvador Sobral after cleaning up at the Eurovision Song Contest 2017. He's got a point. Listen back to some of the tracks. A good majority sound like they were written by David Guetta with labyrinthitis.

By sweeping the jury and tele vote, Sobral's position is somewhat justified. Maybe the Portuguese singer does reflect the public's rejection of the current musical tedium. However, he could have s\*\*t all over the traditions of the competition a little more subtly. The irony is, I don't think the winner of Eurovision quite seems to

understand the point of Eurovision.

Watching Eurovision for genuine artistry is like ordering a salad at McDonald's. You're simply not there for that. It's about the unification of a continent through music. It's about celebrating diversity. It's about a bearded Moldovan miming the saxophone. It's about an Azerbaijani man in a latex horse mask propped on a step ladder. It's about a Romanian's making yodelling genuinely catchy. It's about that poor Spaniard's horrendous voice crack mid-chorus.

So, Sobral, whilst I agree that music should have artistic integrity. It should also be fun. That's what Eurovision is – a bit of fun. Don't expect that to change in Lisbon next year.



## INTERVIEW

With January Thompson

by FINNIAN SHARDLOW

**How did you start making music?**

I was raised as a musician. My mother is a classical musician. As a child I knew that I wanted to sing. But I didn't start writing songs until I was about 20. I grew up in LA and it's very pop driven. I didn't want to go down that route of 'singer-songwriter with an acoustic guitar' which always seemed very boring to me. So I came to London and started working with DJ's that loved downtempo and

of production and the people working on it are a different class of professional.

This was a very long album to make. It was a 3 year process of writing songs. We thought the album was finished over a year ago. But then the Copenhagen Cello Quartet wanted to get involved, so then it was suddenly another 3 songs added on. However, I do know some artists can bang out an album pretty fast.

**I DIDN'T WANT TO GO DOWN THAT ROUTE OF 'SINGER-SONGWRITER WITH AN ACOUSTIC GUITAR'**

electronica music. That became my sound. Generally, I start writing songs from a couple of chord progressions. It's much more sound orientated.

It's difficult writing songs because I was raised more as a singer. I studied classical music but I never studied songwriting. Also, because I was a bit older when I started, it was more challenging to find the words I wanted to write and put them into melodies. It was a massive struggle but it's something I've always had an ache to do. It took about 5 years for it to get to the point where I was writing strong songs.

**Only a couple of those early tracks have made it onto your album, *Whelmed*, why is that?**

You just get better at songwriting. Also, it depends if you're working with different people. Some of my previous EP's are heavily electronica. This album has that downtempo electronic influence in the background but it's much more song orientated. All the musicians on it are classically trained. *Whelmed* has a completely different level

I very much grew with the album. The first song I wrote was *You For Me* and the last song I wrote was *Whelmed*. It was a huge emotional process which I think you can hear in the music as well.

**How did you know that the song *Whelmed* was going to be the basis of your album?**

I didn't really. It was going to be one of the last tracks on the album.

Art is such an incredible thing. It really takes on a life of its own. It starts leading you along. It's like the chicken and the egg. You think: "Did I think of this song first or did I go through this experience first?" It came about because I was getting into a new relationship at the time.

The word 'whelmed' came to me when I was talking to a friend one night. It's a word that nobody uses at all. It can mean capsizing. For the album, it means drowning in feelings for another person. It perfectly summed up the album because every track on the album is about an emotional connection.

**Is it important to stress the emotional side of your music?**

I can't help but be a very emotional person. Hopefully it comes through. My father joked that the album would be too emotional and that only girls would want to listen to it. But I think a lot of men have responded to the emotion in *Whelmed*. The musicality of the album reaches out.

Every song on the record is deeply personal. That's why the writing process is trickier for me. It feels like I have to go through something in order to sing it with emotion. *Too Soon* took a very long time to write. I had the idea that I've showed up too soon for something and I was waiting for someone who wasn't there. I couldn't quite get the melody. And I didn't have the person in my mind who that song was for. So it ended up taking 10 months. All the songs are very heart wrenching. It's exhausting!

Writing personal music is also a terrifying process. At first you have to be sh\*t. It can't be something you're just doing for fun. Music is something you have to do. With *Whelmed*, because the musicians and producers are so great it gives you a lot of confidence.

It's good that I'm really connecting to the listener with something real. I'm not acting. But I really do admire songwriters who can churn out songs. I have friends who can sit down to write a song and it's like: "Bing! There you go." That is amazing.

**Does the emotional way you write music effect how you feel about the reaction to the album?**

For a long time I didn't care about reaction because I was so drawn to my own sound. But there is an inherent part of me that wants to

connect to wider audiences.

None of *Whelmed* is really radio friendly. I think *Too Soon* has been grabbed by a few radio stations because it's an easier listen. Radio is a necessary evil. It's a fine line between wanting to connect to people and having full integrity and control over what you're doing.

I also can't stand social media. Facebook, Twitter – I hate it. But I have a social media guy who does it. When you see the numbers and how people respond you realise that it's something you have to do to connect with people.

A lot of my classical musician friends – who are very professional – have always felt that if you're good then your music will get heard. But I disagree, social media is our tool and we've got to use it.

**RADIO IS A NECESSARY EVIL. IT'S A FINE LINE BETWEEN WANTING TO CONNECT TO PEOPLE HAVING FULL INTEGRITY**

As much as I hate seeing pictures of people getting their nails done, I have to remind myself that this is my career and I'm pushing myself as a product.

**Tell me more about your ambient sound and the thought behind it.**

Every project that I've done, I consider it more of a collaboration than 'The January Show'. So I can't help but mould sounds according to who I'm working with. My producer was in a 90's band called Bliss. If you go back and listen to some of their stuff you'll hear the similarities with *Whelmed*. However, I've always loved ambient music. I love oscillations that sound like you're underwater.

So there's a part of me that has absolutely pulled that in.

Ambient sounds work really well with my voice. If it was just me producing on my own, I usually drown my voice out with reverb and echo. But my producers have brought my voice to forefront a bit more. Everyone seems to be loving that.

**Your sound has earned comparisons to Kate Bush and Bjork – how do you feel about that?**

I think I have a very distinct sound and I look forward to people just referencing the 'January Sound'. But of course, I'm very flattered. Bjork is a hero to me. I would love to see my music, strings and beats go in the direction of Bjork. I don't know if I would say I sound like her yet.

I wasn't a fan of Kate Bush before I came to the UK. Here everybody grows up hearing her voice. And I can hear it now. She's epic. They're both iconic women. How could you not be happy being compared to them?

I think the music industry has to say you sound like someone for people to listen. People have to have a box for you to fit into so they'll start responding.

Again, music is something you have to do. It's hard to be original without being yourself completely. You need to have a strong vision of what you want to do and what you want to say and believe in it whole heartedly. Hopefully then, people will listen.



MUSIC

We asked every artist who was interviewed in this year's music section to curate their own festival stage. Introducing... Seren Festival.

(Disclaimer: Not a real event. As you'll notice, some artists have been resurrected from the dead)

SEREN  
FESTIVAL

FICKLE FRIENDS STAGE

THE BEATLES  
MICHAEL JACKSON  
FRIENDLY FIRES  
MUTEMATH  
FICKLE FRIENDS

ALEXIS KINGS STAGE

FOO FIGHTERS  
KASABIAN  
KINGS OF LEON  
ROYAL BLOOD  
PEACE

I SEE RIVERS STAGE

BJORK  
NEWTON FAULKNER  
SUFJAN STEVENS  
FLEET FOXES  
HIGH AS A KITE

BEARCUBS STAGE

FRANK ZAPPA  
KRAFTWERK  
SAMPHA  
YELLOW MAGIC ORCHESTRA  
JOHN MARTYN

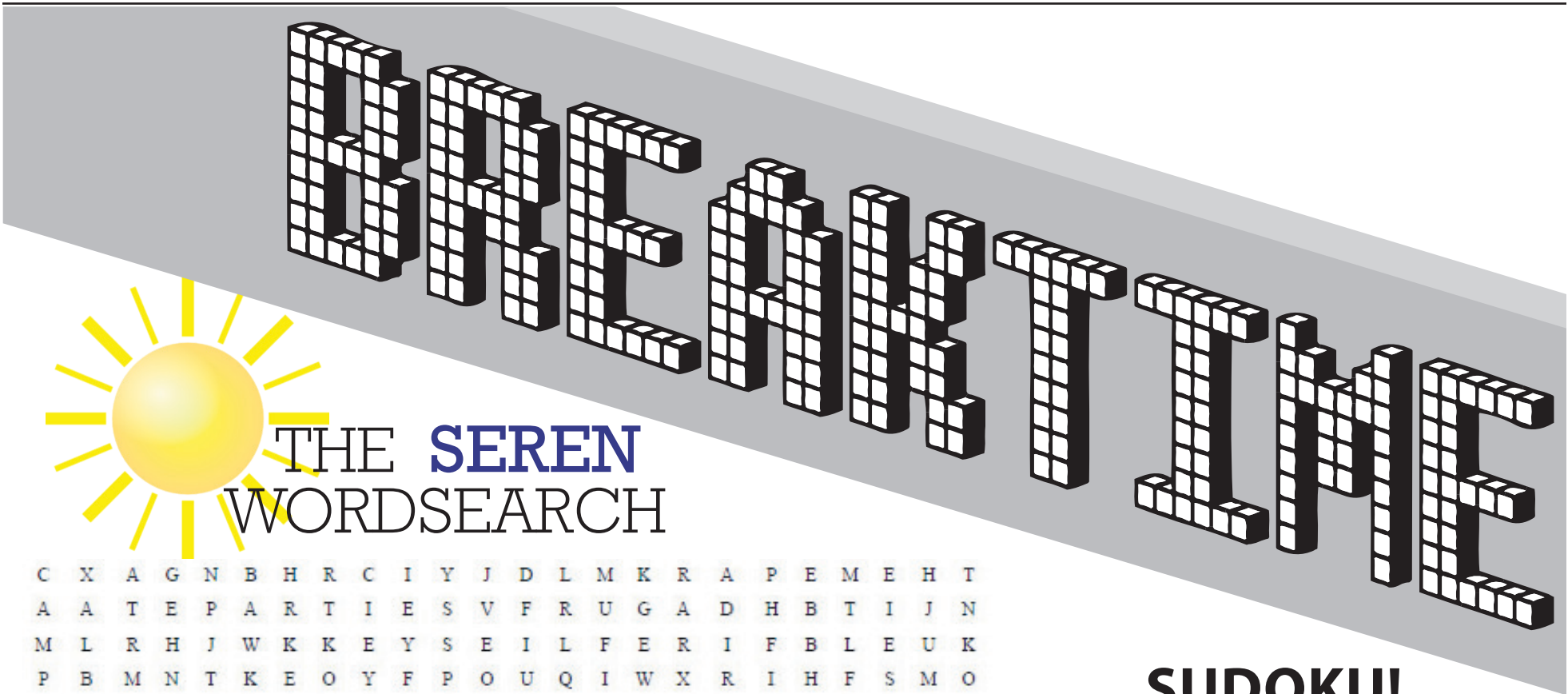
NIMMO STAGE

LAURENT GARNIER  
THE SMITHS  
MISSY ELLIOT  
TEARS FOR FEARS  
CAROLE KING

IDLE FRETS STAGE

JIMI HENDRIX  
AMY WINEHOUSE  
THE 1975  
CHANCE THE RAPPER  
D'ANGELO





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- AUGUST

BEACH

BIKES

CAMPING

CARNIVAL

COOKOUTS

FIREWORKS

FISHING
- ICE CREAM

JULY

PARADES

JUNE

PICNICS

POOL

POPSICLES

SANDLES
- SPRINKLER

SUNGLASSES

SUNSCREEN

SWIMMING

THEME PARK

VACATION

SPLASH

FLIPFLOPS



# SUMMER IS COMING, BUT WINTER IS HERE



The holidays are fast approaching and the wait is nearly over. The undisputed overlord of TV shows (or at least the only one bold enough to lay claim to it), Game of Thrones, is about to return for the start of its final series. I for one have waited for this eagerly since this time last year, and with July 17th only a matter of a couple of months away there is a lot to discuss. Pre-warning, \*SPOILERS\* will be contained but if

you aren't up to speed treat yourself to 60 hours of glorious fantasy fodder as a reward for winging that last bit of coursework you handed in and then get back here to get yourself ready for series seven. Here's a rundown of where we're at now and where we can expect to be heading to get you hyped for the new series.

The last few episodes of series six left us with some answers, some questions, and a lot of open mouths.

Jon Snow - yep, everybody's favourite bastard - came back to life after an Oscar-worthy two episodes as a corpse under the knowledge that there is no life after death (1-0 to atheism!) and with a score to settle with everybody's most hated bastard, Ramsay Snow. This led to the most stunning episode I think of the show so far - Battle of the Bastards - where Jon Snow showed he has the cajones to lead an army and the strength to beat the absolute bejeezus out of Ramsay before letting Sanza get her revenge by setting his own dogs on him. So House Stark got to the end of the series with Jon Snow hailed as the rightful Warden of the North, Sansa looking a bit miffed with Littlefinger's manipulative ways, and the revelation that Jon is actually part Targaryen. So that'll be interesting seeing as Daenerys' dragons look about ripe for an onslaught on King's Landing as she crosses the sea with Tyrion and her vast army.

Elsewhere we saw King Tommen do his best impression of a Lemming and hop out the window on the day of his mother's trial, which saw a Guy Fawkes beating plot by Cersei executed to perfection, wildfire

absolutely scrubbing the Faith Militant, High Sparrow, and Margery who to be fair was a bit annoying anyway (2-0 to atheism?), This sequence of events has left Cersei on the Iron Throne for now, and I haven't even had chance to discuss the return of The Hound, Arya's transformation, Sam Tully entering the citadel, and the countless other events that have occurred to bring us up to now. One thing's for sure though, the throne isn't won til the rest of the bodies line the floor and one man or woman reigns supreme.

In terms of predictions, there are no safe bets. The white walkers are marching ever closer and I think Sam's time in the citadel may play a big role in finding a way to stop them - after all, he has killed one before and what with the expanses of wildfire about and his buddy Jon Snow needing all the help he can get, there simply has to be a higher purpose for Sam or else he'd have been bumped off by now. With all of Cersei's children now dead as prophesised, it is safe to presume that The Mad Queen will be fully unhinged in series seven, and with Dany making her way

west there is a tantalising prospect of a battle to come between the two, made all the more exciting by the presence of Tyrion as Daenerys' Hand of the Queen, the dragons, the mountain who is creepy as anything, wildfire, and did I mention dragons? Littlefinger will still be seeking to strike up a compliance with Sansa in his bid for ultimate power, and Arya may yet strike off the remaining names on her kill list. Oh and just for the heck of it, Jon may realise he is a Targaryen, join forces with Daenerys, and why not just Warg into a dragon or something for the absolute epicness of it?

Anyway, getting carried away here, but with just one series left you can see it's going to be an absolute feast for viewers. And if you want to know my pick for the Iron Throne, I'm still somehow veering towards Littlefinger, it would be chaos but, as he once said, 'Chaos is a ladder'.. anyway, see you in September to kick off the year with a full series review! Valar Morghulis chaps and chapettes.



CATCH UP**Murder In Successville**

If for any reason you haven't seen it already, I thoroughly recommend the brilliantly bizarre Murder In Successville, starring the underrated genius that is Tom Davis. Now in its third series, the premise is simple; DI Sleet (Davis) takes a celebrity each episode along with him to solve crimes, inspiring some of the most awkward and outrageous comic moments you've seen on TV. Guest stars have included Reggie Yates, Martin Kemp, and Jamie Lang to name but a few - but it is the parodying of celebrities and the warped reality of Successville that truly makes this great. Catch Up Now on iPlayer.

**Britain's Got Talent**

My soul crumbles every time I put the obligatory talent show into my catch-up section but... Britain's Got Talent is back and, if nothing else, it's fun to sit and use the show as a platform to discuss what is going wrong with a society where anytime anyone who doesn't conform to established images of 'talent' comes on stage, there are mocking glances and sighs from the judges. Oh aye, there's a sociological goldmine, and to be fair, Ant and Dec are always a good bant. So just in time for the 'live' shows, catch up on the auditions so far. Available now on ITVPlayer and Saturdays at 8pm.

**Netflix Binge-Up:  
Bates Motel**

Now that exams and essays are finally coming to a close, it is about time you treated yourself, you deserve it. And do you know what? You deserve a big ol' binge watch for your hard work. Cue Bates Motel and the unparalleled delights of the origins of Norman Bates, everyone's favourite mummy's boy psycho. Now in its fourth series, there are plenty of episodes to catch up on and the performances of Freddie Highmore and Vera Farmiga are quite frankly disgustingly good, they are the Bates' and Charlie Bucket seems a million miles away. It's dark, dangerous, and compelling. Catch it on Netflix now.

# DOCTOR WHO: SERIES SO FAR REVIEW



Over the last month, as well as powering through a load of coursework and exam prep, my longterm favourite series arrived back on our screens. Doctor Who has a personal significance for me, having been raised with my uncle's old videos and getting the excitement of its return to BBC in 2005. There have been ups and downs in the twelve years since and current showrunner Steven Moffatt has been both hero and villain with his tenure so far at the helm. So how has the most recent series been shaping up so far?

Firstly, the times (and soon to be timelords) are changing. New companion Bill, played by newcomer Pearl Mackie, has been a surprising revelation - though her character's sexuality sadly seems to have drawn more attention than her refreshing performance. Matt Lucas' Nardole is also a more permanent fixture and is as quirky as ever, acting as custodian of both the Doctor and also Moffatt's last great mystery of his tenure - 'The Vault'. Though most of us can presume The Vault to be housing the Master/Missy, there is still enough questions being posed to make it worth the watch and reveal. Moffatt and Capaldi also will be signing off after this series and it has been a mixed bag as of yet, though Capaldi



to me is a real classic Doctor and never ceases to amaze.

The first four episodes have seen the Doctor and Bill tackle a creepy psycho alien lesbian, emoji robots, Thames terrors, and Poirot's haunted house. No, I haven't got a banging hangover from a night in Peep (I don't even drink, I do TV Reviews for kicks), and nope, I'm not on any substances - this is what we've had. And do you know what? It's absurd but it is riotous fun. I've been thinking about whether we expect too much from Who now in the age of series like GoT and Sherlock where there are intricate layers of plot and subtext, but to me, Who has always been

about the entertainment. Its mythos is established and the characters are deeper than a thick crust Goodfellas, but the joy of being a Whovian is sitting down on a Saturday and just switching off for a while for some space frolics and banter. Yeah, the modernisms that seep in can be cringeworthy at times, but with revolution in the air, I think a new golden era may be approaching, I'm just sad to see Capaldi won't be there with it. Great first part of the series, can't wait for what's to come! Catch up on iPlayer now, new episodes Saturdays BBC1, 7:25pm.

## REVIEW 13 Reasons Why



by JESSICA SIMMS

If you're present on any social media, you will probably now be aware of the show 13 Reasons Why or of at least seen the "welcome to your tape" memes on your timeline. Good! It's a show you should know about and most definitely a show you should watch. For those of you who haven't heard of it, 13 Reasons Why is a Netflix series based upon a book written by Jay Asher. The series follows teen, Clay, as he listens to tapes recorded by fellow student, Hannah Baker, detailing the 13 reasons she killed herself; These 13 reasons happen to be people.

Thanks to Jay Asher, the show has a beautifully original premise and has been designed very thoughtfully. Just the idea had me hooked and then watching the show I found myself growing more and more curious. From the instant you hear "Hey, it's Hannah, Hannah Baker", you're entranced. It is impressive that the show manages to undertake so many sensitive topics and yet doesn't wash over any in a hurry or cower away from exploring the issues in more depth. Some of which are rarely delved into like the ever present problems of slut shaming, victim blaming, and bullying, and for once we haven't been given a romanticised perspective of suicide. I can't help but feel like this is a show we need, a show that actually feels relevant to current teenage life. The honesty of it was admittedly difficult to watch at times but also extremely compelling. So compelling that I pretty much binge watched it all and proceeded to talk about it to whoever would listen.

Due to a touching performance from acting newcomer Katherine Langford, Hannah Baker feels real. She seems like she could be the girl you always see alone in class, your next door neighbour, or even a work friend, but surely that's the point of the show. She could be anyone and we shouldn't underestimate how powerful that is.

Even after finishing the series, thoughts of it still linger in the back of my brain including the all important question of whether there will be another series or not. So far there has only been speculation, but regardless I think it's positive that the program has sparked discussion about mental health and will hopefully resonate with viewers so if you haven't watched it yet get yourself on Netflix and prepare to be captivated.



## FILM

# What to Watch this Summer



## Wonder Woman

2nd June

The summer kicks off with a superhero outing from outside of the MCU with DC's Wonder Woman. The film stars Gal Gadot as the title character, who previously appeared in Batman Vs Superman: Dawn of Justice, who comes across a young American soldier named Steve Taylor (Chris Pine) after he is washed ashore during the First World War. After telling her about the ongoing conflict, Wonder Woman steps forward to help bring the war to an end. From what we've seen the film looks very promising (despite rumours from the inside members who think otherwise) and seemingly looks like it could reach the same heights as Captain America: First Avenger, as a superhero film set in the past.



## Spider-Man Homecoming

7th July

Marvel's next big film in phase three following Guardians of the Galaxy Vol. 2. Spider-Man Homecoming, stars Tom Holland yet again after his more than impressive outing in Captain America Civil War. Robert Downey Jr also stars as the beloved Iron Man who sets out to mentor Spider-Man, as the web swinger balances high school work with super hero work as a new threat named vulture (Michael Keaton) emerges. The second reboot of the franchise looks set to be the biggest yet and from what we've seen so far it looks just as if not more thrilling and fun as its predecessors. Let's hope it makes up for the disappointment of the last solo Spider-Man film, Amazing Spider-Man 2.



## War for the Planet of the Apes

14th July

The third instalment of the wildly popular prequel series to The Planet of the Apes. Set after the events of Dawn of the Planet of the Apes, Caesar (Andy Serkis) and his apes are forced into a war against an army of humans lead by Woody Harrelson that will determine the fate of either the apes or mankind. The film also sees the return of the character Nova from the original film though as a child. Directed by Matt Reeves and written by Mark Bomback who were both involved with the last film in the series, which was met with extreme critical acclaim. Each Planet of the apes film from this current series is better than the last and I only hope this continues with the release of War of the Planet of the Apes.



## Dunkirk

21st July

Set during the second world war concerning the Dunkirk evacuation in 1940, where allied soldiers including British, French, Belgian and Canadian troops were attempted to be saved after they were surrounded by the German army during the Battle of France. The film stars an epic cast including Cillian Murphy, Tom Hardy, Kenneth Branagh, Oscar winner Mark Rylance as well as Harry Styles. If this wasn't enough star power, The Dark Knight trilogy creator, Christopher Nolan wrote the screenplay and is directing, whilst the great Hans Zimmer is also composing the music. Possibly the biggest film of the summer on paper and from what we've seen from the trailers it assuredly looks to stay that way.



## The Dark Tower

4th August

Based on the famous western science fiction series of books by the great and versatile Stephen King. The film stars the young and up and coming Tom Taylor as Jake Chambers, an 11-year-old adventurer who is transported from the modern world to another dimension where he comes across Ronald Deschain, 'The Gunslinger' played by Idris Elba. The two set out to find and protect the Dark Tower in the hope to save mankind from extinction whilst avoiding the evil sorcerer, The Man in Black (Matthew McConaughey). From looking at the trailer it doesn't look quite as dark in tone as the books, but it does promise exciting set pieces and stunning visual effects with great action sequences.

## REVIEW

# King Arthur: Legend of the Sword Review



This past week legendary director Guy Richie (Snatch, Lock Stock and Two Smoking Barrels) invited audiences to watch his take on this historical tale with a very modern twist.

The film stars Charlie Hunnam (Sons of Anarchy) as the historical figure Arthur, who after witnessing his parent's death is forced to leave his father's kingdom and grow up in a tougher and harsher manner than he should be accustomed to. After pulling the sword from the stone however he is forced to realise his legacy and take back the kingdom which is rightfully his.

It was certainly interesting to see Guy Richie's take on the tale as I did enjoy many aspects of the film, mainly elements familiar in any Rich-

ie film such as the sharp use of cross cutting, use of slow motion during fast sequences and the mix of action and humour. One major negative point however came with the use of CGI. Most of it was amazing throughout, especially the opening fight scene, but in other scenes like the second to last battle which pitted Arthur against numerous guards the CGI looked awful, almost like a video game which ruined the film in places for me.

I did enjoy Charlie Hunnam's performance as Arthur but Jude Law was the stand out who played the villain of the piece Vortigern. Other cast members included Aiden Gillen from Game of Thrones and Eric Bana who all played their individual characters extremely well, bringing both

humour and seriousness naturally to their roles.

The sets of the film were also a major positive with the majority of the film being filmed in North Wales and in Snowdonia, capturing the Welsh beauty throughout.

Despite decent reviews from critics the film itself seems set to flop at the box office, reaching under \$50 million in its opening week from a budget of \$175 million.

Guy Richie has also stated that he has more films in mind for the series, reaching up to six. I could perhaps see another film to answer some questions left open, but I don't know if I'd care for up to six more despite a decent first film.



# Guardians of the Galaxy Vol 2



By JOE CAINE

All the way back in 2008 a new and unlikely gang of heroes unknown by the majority of audiences hit the big screen and surprised us all with its new and unique spin on superhero films, and as you can imagine when the sequel hit screens people packed into cinemas to be the first to view it. The film includes previous team members including Star Lord (Chris Pratt), Gamora (Zoe Saldana), Drax (Dave Bautista), Rocket (Bradley Cooper) whilst introducing Baby Groot (Vin Diesel) who after escaping the sovereign race crash lad on a planet where Star Lord/ Peter Quill

discovers his father, played by Kurt Russell. Though not as good as the first outing in my eyes (but I never expect it to be) I thought the film held itself extremely well in trying to reach the same heights as the first. The humour was brilliant throughout like the first but one plus point of the sequel was that there were more heart-warming and touching moments. People may argue that this is what let it down but I thought it helped improve the film, making it stand out from its predecessor instead of being a carbon copy. Like with the original the acting was outstanding all round, with Chris Pratt being great as always but a

lot of praise deserves to go Michael Rooker's way who plays Yondu as his character was given a lot more depth. Even new actors to the series such as Pom Klementieff who played Mantis and Elizabeth Debicki as new villain Ayesha held their own very well. The Soundtrack was perhaps the best part of the film with artists like ELO and Fleetwood Mac but what would a Guardians of the Galaxy film be without amazing songs? The star of the piece however which gave the film overwhelming success was Baby Groot who was brilliant in every scene, including the opening credit scene which arguably beats any moment from the two films put together.

My only concern with the film was its structure. The film is split into two, one half following Star Lord with his dad along with Gamora and Drax whilst the other half focused on Rocket, Baby Groot and Yondu. Whilst I appreciate the change in structure which helped it stand out from the first film I couldn't help but find the section with Star Lord and his dad weaker than the other and found myself wanting more of Baby Groot and Rocket. Despite this the sequel was tremendous and anyone who loved the first one will love this just as much if not more. It will be a long three to four years for the third film.

# Alien Covenant Review



Five years after the release of Prometheus, legendary director Ridley Scott got fans ecstatic with the release of the sequel Alien Covenant. Despite being an quite an enjoyable film, Prometheus did receive critical backlash, which Scott promised to reconcile with this film, to reach the heights of the incredible original films in the franchise. Alien Covenant stars Michael Fassbender, Katherine Waterston, Danny McBride and many others as a crew traveling to a new remote planet where they come across a frightening discovery which threatens their lives as they attempt escape. The film itself is a satisfying watch for any fan of the series and is a much

improved alien film from that of Prometheus, mainly due to the inclusion and threat of both neomorph and xenomorph alien creatures, but I still came out of the cinema slightly underwhelmed, though that might possibly be due to my high expectations. There were many positives such as the acting all round, with particular praise going to Michael Fassbender for playing two roles very different from each other convincingly as androids Walter and David (who previously appeared in Prometheus). I was also pleasantly surprised by Danny McBride's performance as the crew's chief pilot as well as Katherine Waterston as the Ripley style character Daniels. Another major plus point

were the action scenes, especially the discovery of the neomorphs and the fight between Daniels and the xenomorph on the flight carrier as teased in the trailers, which interestingly took place in daylight, producing a strange but nice twist on horror films. The final action scene however was disappointing because of how abrupt it was, leaving audiences wanting and pleading for more. The alien creatures themselves were brilliant, having been sorely missed from Prometheus but their inclusion felt slightly forced as the story focused more on questions unanswered from the last film. I also found the set pieces beautiful and the CGI brilliant, though it had its moments.

One bad point however was the films pace as despite an interesting opening with a conversation between Michael Fassbender and Guy Pearce what was to follow dragged quite horribly until the first alien attack. After this the pace did remain fairly consistent throughout but I was getting slightly impatient at the lack of action and certain questions not being answered and left open for future films. All in all, a greater improvement of the last alien outing Prometheus though Ridley Scott still needs some way to go to make another Alien film that will blow us away like Alien and Aliens achieved in 1979 and 1986 respectively.

## Hidden Gems of the Past Month Lady Macbeth



Possibly the biggest hidden gem of the month, Lady Macbeth stars the young and up and coming actress Florence Pugh as Katherine, a young bride who is sold into marrying a middle aged man during the 19th century. Based on the novel Lady Macbeth of the Mtsensk District by Nikolai Leskov, the film has received critical acclaim upon its release, with praise going to its acting but especially to Florence Pugh who is already favourite for next year's BAFTA amongst critics.

## The Belko Experiment



A Twisted social experiment from a company named Belko based in South America locks 80 of its workers in a high rise corporate building where they are ordered by an unseen commanding voice to participate in a game which involves killing or being killed. Directed by Glen McLean and written by James Gunn (Guardians of the Galaxy) this film is extremely clever in so many ways as it mixes comedy with intense horror whilst playing with genre conventions in new and exciting ways.

## Free Fire



From director Ben Wheatley (High Rise), a gun exchange meeting in an abandoned warehouse during the 1970s between two gangs goes horribly wrong as a conversation turns into a shootout with survival being on everyone's mind. The film has a very impressive all-star cast including Cillian Murphy, Oscar winner Brie Larson, Armie Hammer, Sharlto Copley, who is hilarious in his role, and so many more. The film mainly stands out for its technical nature as pretty much all of the film takes place in the one location, which is an impressive feat.



# Bangor Students: Blue Pencils Press Release



by **CHARLIE WILSON**  
Bangor University's School of Creative Studies and Media are pleased to announce the publication dates for two anthologies – Blue Pencils and SCSM's Media Medley. Four students in the School of Creative Studies and Media (SCSM) have been working together for the past four months to produce and publish an anthology of short, original fiction. The resulting anthology, Blue Pencils, features work by authors across the world, from as far afield as Tunisia and the USA, as well as writers in the UK. Originally the anthology invited submissions based on the idea of 'inspiration', but the work has since evolved into a more far-reaching study of humanity on every level of the imagination. The book will be unveiled at a public book launch taking place on 26th May at Teras Conference Room 2 and 3, in the Main Arts of Bangor University. Advance copies of Blue Pencils will be available for purchase prior

to the launch through the University's online shop. "We're so excited to finally be unveiling the anthology," Leslie Sextius, the Marketing Editor of Blue Pencils said. "It's been a really interesting project. I'm proud of what we've achieved." One of the students on the Blue Pencils team, Charlie Wilson, has also taken on another publishing project this semester. SCSM's Media Medley is a collection of work by both current and former Creative and Professional Writing BA students. This exciting and varied anthology includes short stories, scripts, poetry and essays by students of the graduating years 2014-2016 and those graduating this July. SCSM's Media Medley will be available from 26th June. Dr. Eben Muse, Head of SCSM, said: "The editorial team of students, under the supervision of Dr. Skains, have designed and published a pair of beautiful volumes that make the creative writing of Bangor students available for the first time to a worldwide audience." Both students and

staff in the School of Creative Studies and Media welcome the public to the book launch with an invitation to join them in celebrating the achievements of these students. The Book Launch will commence at 7pm on 26th May and is open to all. Copies of Blue Pencils will be available for purchase on the night and further information about SCSM's Media Medley will be announced during the event.

Further information and the latest news about Blue Pencils can be found here. If you would like more information about the Book Launch, please contact: [profpublishing@gmail.com](mailto:profpublishing@gmail.com).

## Top Picks: What to Read when Exam Season has finally left us

*Into the Water- Paula Hawkins*

Normally, I am quite slow at getting on the latest book craze, because most of the time I am probably rereading something by Kurt Vonnegut. However, *Into the water* is something that I AM SO EXCITED ABOUT. A murder mystery, based around the death of Jule's sister Nel. A suspected suicide, with a different element; Jule's is sure her sister would never do it for several reasons, which we will all have to read to find out. After reading the girl on the train, I have super high hopes for this one! This is the first book that is going straight in my amazon basket!

*Happy- Fearne Cotton*

I have always been a massive fan of Fearne, her carefree presence is so warming. When I was made aware that she had not only been selected as an ambassador for Mind- the mental health charity, but also created a book bringing Mindfulness into context, I could hardly contain my excitement. Focussing on letting go of the things that keep us tied down in our sadness and depression, this book brings in exercises to help us deal with issues; whether mental health, or simply as a means of improving our lives for the better. As a result, I couldn't not include this book when we are in such a stressful period in our lives!

*Thirteen Reasons Why- Jay Asher*

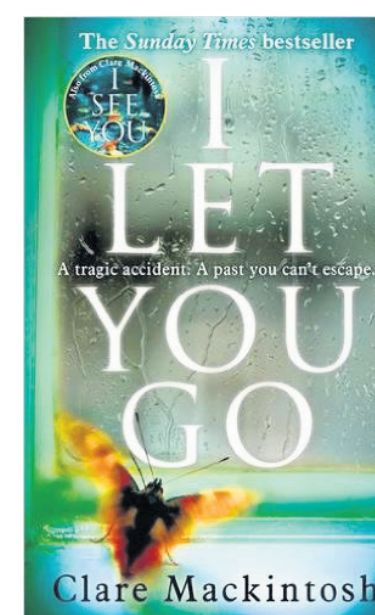
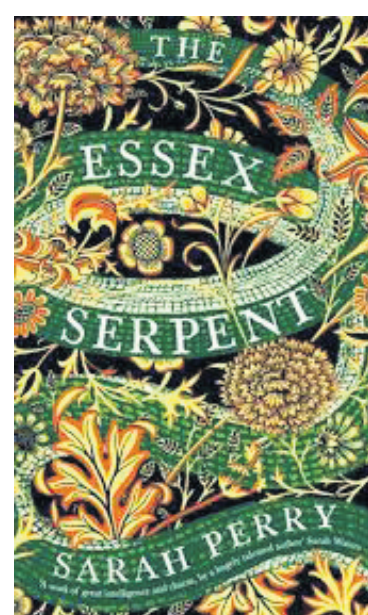
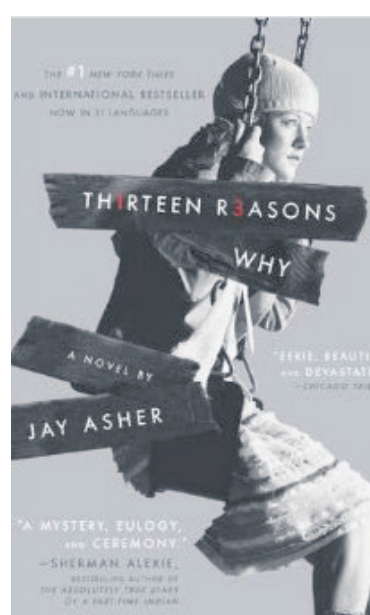
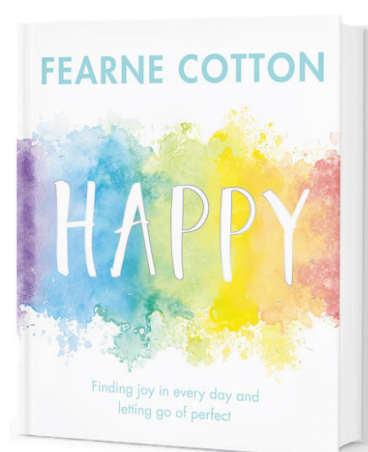
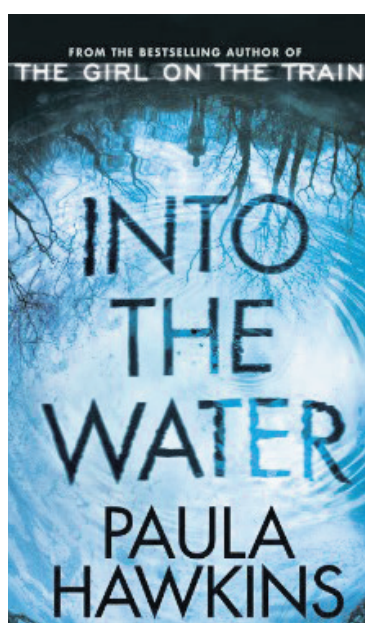
If you loved the Netflix series, then it only makes sense to read the book. Or, read the book first, it's up to you. Published in 2009, this book has gone unrecognised by many for years. If you have somehow missed the media hype surrounding this show, the story unfolds of Hannah Baker who took her own life, and a box is left for a friend and inside is 13 tapes, each providing a reason as to why Hannah committed suicide. As a first novel for Asher, the book provides a gripping storyline and focuses on some of the prominent issues today that NEED more awareness; sexuality, mental health and just the general struggles growing up in such a fast-paced world. This book is what we need to break down some of the barriers today.

*The Essex Serpent- Sarah Perry*

They say never judge a book by its cover...but when I saw this beauty staring at me in Waterstone's, it was hard not to go and pick it up...I'm a sucker for a botanical print. The story is set in the late 19th century, and tells the tale of a recently widowed, Cora who has escaped an abusive and controlling marriage. Cora then ups and moves sticks to the countryside with her son, there's discussion of the mystical Essex serpent which is held accountable for so many deaths in the area. Bringing in the issues of science and faith, Cora finds her match in an unlikely person. Again, this book is waiting in my amazon basket, and I for one cannot wait to read it!

*I let you go- Clare Mackintosh*

I accidentally appear to have a bit of theme with my book selections to read this summer...but it is hard not to love a good mystery! I have no regret in saying that I am a massive fan of youtuber, Tanya Burr. This book was in her April favourites, and I had heard so many good reviews that it is not waiting in my basket. The book tells the tale of a young woman involved in an accident, so she moves away to the Welsh countryside and the story unfolds of her coming to terms with the tragic accident.





# Lottie Middleton (Jade’s secret book 1): Interview with the Author

by **SASH DEACON**  
Sash Deacon was lucky enough to have the opportunity to interview Lottie Middleton and her exciting opportunity to have her own work published.

**When did you first start writing your book?**

I started when I was thirteen, I was at my Granny's and I was looking for something to do because I couldn't sleep at night and umm it stemmed from there.

**Most authors identify with at least one of their characters. Who do you identify with most and why?**

Definitely Jade, when um, when I was first writing this book she was a portrayal of me and what I wished I could be. Like she was strong but she also had flaws that I kind of wish I had.

She was a lot more human in a lot of ways that I could never be 'cause she was never afraid to show what she was feeling whereas I hid behind a lot of barriers so she was, kind of my way of portraying what I wished I could be.

**Did you have much support from friends and family writing a book at such a young age?**

Umm my family never really knew about it, they still haven't actually read it, (laughs). Yeah but I have had a great support system from my friends and they have an acknowledgement at the front. (Both laugh

knowingly).

**What was your favourite book growing up?**

Ok, well my favourite book growing up, well, series of books was definitely Harry Potter. Umm Harry Potter is a great inspiration to me.

**Do you have a favourite now?** (Laughs) It still remains.

**First book to make you cry?**

First book to make me cry was "A series of unfortunate events" and I cried from fear! It absolutely horrified me. (Both laugh)

**What is your writing kryptonite?**

Hmmm. (Pause) Oh wow I don't know. I don't know. I can't stand the Lord of the Rings books, probably, I can't (pause) I mean some of his writing is incredible but he just drones on and on and on and I can't. I just can't so that would be my kryptonite. It destroys me. (Both laugh)

**Are you friends with any other writers? Do they help or hinder you?**

Umm I'm not friends with anyone else who has a book but I'm good friends with people who write and have good knowledge of the English language and they do help me, they proof read and advise me on where I can improve, (pause) yeah, which is nice.

**If you could tell your younger writing self anything what would it be?**

It would be to keep going and not just think it's a silly little night time project just for fun, it is actually something and you can make it public and don't be ashamed of it.

**How much time went by before your book was published?**

Well, as I started writing it when I was thirteen, it was just for fun, it wasn't technically very good, it didn't have a very intricate story line, and then when I was about fifteen I went back to it and I actually started to edit it. Put a lot more into it, a lot more twist and turns and then was

“ [...] kind of my way of portraying what I wished I could be ”

I was eighteen or nineteen I published the book so it took a good six or seven years to actually publish the book.

**What book do you consider to be a hidden gem?**

Do you remember that book called Fallen that you lent to me? It was about that girl that kept dying but in every life she fell in love with the same immortal guy. I really loved that book. I also really like historical books, those I find really interesting.

**Are any of your characters based upon real people in your life or are**

**they entirely fictional?**

Well, actually Amy is largely based off you. When I was writing Amy I was thinking about you and so you and the character are similar. Umm, Danny was initially based off my dad but as I continued writing he strayed further away from my dad but that was who Danny was initially based off. Everyone else was just a fictional figment of my imagination.

**Do you find it easier to write male or female characters? Why? What makes writing for the other so difficult?**

I find it easier to write for male characters, just because when I was growing up, I mainly surrounded myself with men, like there was my dad and my brother and my next door neighbour and I'm definitely more tomboy than girly girl so I just find it easier to get inside the headspace of men.

**How did you choose the names for your characters?**

We have this baby name book at our house back home, (Lottie is currently away from home studying at Chester University) and I love 'J' names and so I was looking through the 'J' section and I just really loved that name. All the other characters sounded wolfish and so they seemed fitting. Then the children of Danny and Selena are obviously is combination of their names.

**What was the most difficult scene to write?**

The most difficult scene? That was probably when I killed Amy because she meant a lot to Jade putting that across in words I was pretty down at the time, you can always tell when, I'm down because there are always brutal nasty scenes and pretty much someone dies, it was pretty hard to write because I was trying to convey my feelings of loss to the paper.

**When are you hoping to have the next one released by?**

Hopefully by the summer

**Ooh so are you nearly finished?**

I'm about halfway through the second book, I'm just really busy at the moment but as soon as exams are over I'll be able to get into it.

**How many books are you hoping to have with this series?**

I'm thinking five, maybe four but hopefully five.

**Last question then, how is the process of the other book you are writing that is separate from the series going?**

Umm, I've written certain scenes of it which are the key scenes, so I know (pause) I know exactly what will happen in the book and I know how scenes will be it's just getting round to it.

**Well thank you Lot**  
Okay, not problem.

## Spectacles: A Memoir by Sue Perkins

Personally, I feel as though we can consider Sue Perkins to be a national treasure of sorts. From comedy shows, to being the life and soul of Bakeoff, it is hard to not be drawn to her comforting sense of humour. On my midnight trawl around Tesco with a friend, I noticed this little treasure in the corner of my eye, as an avid Bakeoff fan, I had always been captivated by Perkins' way with words. So, in a mist of procrastination, I picked up this little goodie, along with the 12 crème eggs, and had a right cheeky little reading sesh.

The book, written in a form of a memoir, we are taken on a journey through the life of Sue Perkins'. Little extracts of dialogue from her much adored family create an overwhelmingly personal account for her life story. Like most people I speak to, I had only had encounters with Sue Perkins' from Bakeoff, but being the

talented treasure that she is, we are introduced to a multitude of life events. Firstly, her stubborn attitude rang true with me: someone told her she couldn't study English to a good level, so she went a got accepted at Cambridge University...to study English. Comedy shows with the other half of Mel and Sue, to day time TV shows, reading this I just thought "WHY AM I NOT THIS WOMAN".

As well as career progressions, a strong sense of family and personal life is also accounted for. From exploring her sexuality, experience with mental health, the diagnosis of a brain tumour. You would think with heart wrenching events like those, anyone reading this would be a blubbing mess, in a corner. Yet, Perkins' deals with these events in the way she knows best...a good old dose of humour. To see someone, portray these events in such a dynamic way

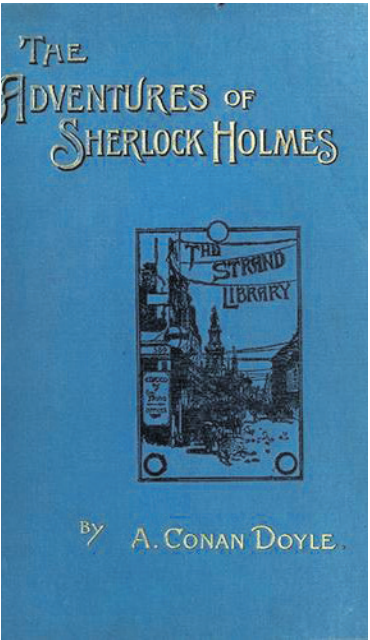
is a true reflection of not just an incredible person, but a very gifted and talented writer that one day I hope to be half as good as!



**The Adventures of Sherlock Holmes**

by **FRANCESCA SCIARRILLO**  
Everyone has heard of Sherlock Holmes and Doctor Watson, but what is it that makes them such an iconic duo? Within Arthur Conan-Doyle's collection of short stories 'The Adventures of Sherlock Holmes', we trace the movements of Holmes and Watson through each intriguing case; step by step seeing the world through the eyes of Doctor Watson, Sherlock Holmes' trusted companion and sidekick. Watson as a narrator presents his reader with all of the facts needed to solve the mystery, yet like his reader, is continuously stunned by Holmes' apparently clear and easy methods of deduction. Each adventure tells of strange and captivating mysteries which require Holmes to show off his superior intellect and wit. (Here's a tip- read some of the short stories within the collection then binge watch the BBC adaptation to see how Holmes can still be seen as classic in today's society!) Although originally published in 1892 in a magazine, these stories have lived on through the decades and are still popular and considered classic today. The collection is so popular partially due to its easy reading aspect. As they are separated into short stories you will find yourself either reading them all in one go or as and when you please. For me, this

differs from the other Victorian writings I have encountered which have been rather long novels. Although enjoyable, they can sometimes take forever to get through! Therefore, Doyle's stories enable us to still get a view of Victorian London and see Victorian elements of, for example, the Gothic, yet allow us to get through them all pretty quickly. I personally believe this collection deserves a place in Classics Corner for its ability to transfer decade after decade, surprising the reader time after time.





# Some Games to Play This Summer

## Is Yooka-Laylee on the Same 'Pagie' as Old Platformers?



Developers: Playtonic Games

Release Date: 11th April 2017

Platforms: PS4, Xbox One, PC, Nintendo Switch, Mac

Genre: Open World Collection Platformer

Multiplayer: Yes

Age Rating: 7

**SEREN** ★★★★★

### REVIEW

By LAURA ASPIN

**Y**ooka-Laylee is an adventure, platforming game developed through funding on Kickstarter. You play as both titular characters Yooka and Laylee, who have to stop the villainous duo Capital B and Dr. Quack from stealing all the literature and turning it into profit for their publishing company Ivory Towers. The game's graphics are colour-

ful and visually stunning, with each world having its own unique cartoony art style, which offer a different experience for each level. However, because there is no game map you can find yourself getting lost and occasionally running around aimlessly in circles. Also, the levels can be expanded through collecting 'pagies', that are scattered throughout each world, and this can add to the enjoyment of new chances of exploring or to the frustration of getting hopelessly lost. Yet, the character designs and their animation show the per-

sonality of each character rather well, but sometimes the characters may glitch, which either leads to unintentional hilarity or the nightmares that you will be having for the next week.

Whilst there are many differing forms of mechanics that make the gameplay fun and appealing, the occasional difficulty spike and little to no guide can make playing Yooka-Laylee rage inducing. Fortunately, the controls are quick and responsive, which makes platforming easy and as you are allowed to leap onto every ledge, gathering the collecta-

bles is a joy to do. However, the camera is useful at its best and painful at its worse, as it sometimes becomes confused and unable to correct itself, which may lead to many unfair deaths.

Overall, Yooka-Laylee is a great call back to the old platformers of the 90s, but due to a terrible camera and no maps this game isn't as great as it should be.

## What to Report of Edith Finch?

### REVIEW

Developers: Giant Sparrow

Release Date: 25th April 2017

Platforms: PS4, PC, Mac

Genre: First-person narrative adventure

Multiplayer: No

Age Rating: 16

**SEREN** ★★★★★

By LAURA ASPIN

**W**hat Remains of Edith Finch uses the titular character as a lens as she explores her old family house, which she is returning to for the first time in seven years. Each room holds part of the story of the Finch family, most notably their

bedrooms, which were sealed up after their deaths. You unearth each part of the story as you get to play each family member shortly before their demise. The families' stories, and the tragedies that befell them, are told from the point of view of each family member.

Graphically this game is visually stunning and near perfect in regards to its presentation, with each of the separate family members' 'bedrooms' having its own design and art style, which fits the personality of each character. The design of the house itself makes it feel bigger than it actually is, with its secret winding passages that connect to each room. Also, the soundtrack can occasionally trick you into thinking that something or someone is watching you. Playing each level also changes the visuals, which can range from you having to fight off monsters in a comic book styled level to having to play as a prince in an old-school fantasy roleplaying game.

The gameplay is changed up in

every level, with an imaginative twist that fits well with each story that is being told, which adds a different style and occasional difficulty spikes in the few puzzles that you have to solve. However, as there is no guide on what to do, it can sometimes come down to guess work on how to complete some of the stories. At times the controls can become clumsy and dampen down the otherwise fun experience. Some stories can be disappointing, because they may not be playable and you are stuck watching, what could have been a fun scenario to play, as a none skippable cutscene. Also, if you missed a clue or hint then you can't back track to find it, potentially causing you to miss an important part of the story, or possibly causing a game breaking glitch.

Overall, What Remains of Edith Finch is a beautiful game with a great story, imaginative gameplay and level design, but it is hampered by the inability to backtrack and missed story opportunities.





# This Month in Games.

## Ubisoft Announces New Information for Two of Their Long Running Franchises.

After numerous leaks and rumours Ubisoft have announced that the release date of the latest untitled Assassin's Creed game, which will possibly be set in ancient Egypt, is going to be released before March 31st 2018. Ubisoft have

release a GIF with the phrase 'A New Era Begins' appearing below the Assassin's Creeds logo, which has supported speculation that this new game will be an attempt at rebooting the franchise and shall be called Assassin's Creed: Origins. Whilst no oth-

er further details for this game have so far been released, more details are expected to follow.



# ASSASSIN'S CREED

Ubisoft has official announced on their twitter page that a new game in Far Cry's main franchise is to be released before March 31st 2018. This will be the first new game since Far Cry: Primal, which was set in prehistoric times and consider a spinoff title. Although, no other details about story, gameplay or were the game will be

located has been released, there have been rumours among fans that the game might be a western similar to Red Dead Redemption. It has also been rumoured that more details will be revealed at E3 later this year.

## Top 5 Games We Have Reviewed This Academic Year.

By LAURA ASPIN AND MEG RICHARDS

These are the games we have thought were the best and most enjoyable to play over the course of this year and last year.

### 5. Until Dawn

Even though this game came two years ago, it still feels fresh and new.

It is a great game to play both alone and in large groups, because you can investigate the mystery aspect of the story or have everyone taking turns to play each of the characters that you can play as the story progresses.

The tensions are high early on, with a good use of atmosphere

which keeps players in suspense throughout its ten chapters.

While it sometimes the dialogue will make your eyes roll and it has its fair share of horror movie cliches, these add to the enjoyability, because we spent as much time hiding from the screen as we did laughing at the terrible puns, and the characters strange yet brilliant exclamations of fear.



### 3. Dishonored 2

This game is on this list due to its wide variety of playstyles it encourages, and it's engaging and interesting plot. It is however primarily being a stealth game, but you can use a more gunho approach, at the risk of affecting your moral standing throughout the game. Moral's aside using different playstyles affects how you enjoy the game, as a stealthy playthrough could make the game

tense and suspenseful, where as a more direct approach could lead to some funny moments. Another thing that appealed to us about this game is the style and worldbuilding in general. The game's aesthetics are similar to the steampunk genre, and has an almost cartoon-like appearance.



### 4. Pokémon Sun and Moon

This long awaited game in the Pokémon franchise was worth the wait, because both the new roster of Pokémon and the region where a breath of fresh air for the series.

Many of the changes and additions were a welcome change, with the removal of HMs being the most needed development. However, the

changing of gyms to 'Island Trials' was great to begin with, but became more tedious later on.

Although, regardless of this the story and character made the game compelling and had us playing up until the end.



### 2. What Remains Of Edith Finch?

Whilst What Remains of Edith Finch looks like a simple walking simulator, from the outside, it often uses each story to switch up aspects of the gameplay. It has a great story and the voices of each character, as they tell their stories, makes the characters feel alive and the tragedies that befell them all the more bittersweet.

However, it did not make it to the

top spot due to some graphical glitches, missed opportunities in level design, and not showing you clearly enough what you should do. It is still a great game that nearly knocked Zelda: Breath of the Wild off the top spot.

### 1. Breath of the Wild

Zelda: Breath of the Wild was an easy choice when we were creating this list, because we both had a lot of fun playing it and we found the game story simple but incredibly engaging.

The open world fit in cleanly with the Legend of Zelda mythos and franchise, and it was a great move and we hope it keeps this aspect in future games. It freed up the gameplay so that it was less linear. This means you could focus on the multiple main missions of the game, or you could go and do any number of

the sidequests, which ranged from fighting monsters to cooking food to solving shrines so that you can unlocking the runes on your sheikah tablet.

Overall, this was a visually stunning game, with great level and mission design, interesting story and characters that you could easily become invested in. We were glad that we had the chance to play this game.





# Brexit, Billionaires and Big, Big Data.



by JACK BRICKLES

With third year students talking a lot on social media about the amount of work that they have completed for their dissertations and other final pieces of work (I can't help but think that they'd have less to do if they stopped talking about how much they had to do on social media...) the idea of big data crossed my mind. It used to be that big data was generated by office workers inputting data into a computer database at work in an office block somewhere (sounds like fun), however big data has evolved into a new state of being, it is no longer a shapeless, colourless mass

of figures and statistics, with a wealth of knowledge so large that it would make Bill Gates blush anything seems possible. Generated by internet monsters like Google, YouTube, Ebay, PayPal and Facebook into which people collectively pour... of data every single day; the ill-informed political opinions, borderline racist jokes, a list of about a million new pronouns or genders to remember (lest we offend someone), pictures of cats and spicy memes. It seems probable then that in amongst all that data there might be some useful nuggets of information which can be collated, whittled down and refined in order to track current trends and perhaps even uncover them before they explode onto the front pages of the internet, one could almost create an algorithm predicting the next big meme for example. Imagine

the power of being able to have predicted the rise in Italian memes before they were plastered all over your social media?! (For those of you invested in Italian memes, the market is saturated, cut your losses and get out now, sell, sell, sell!) However it seems there might be a more serious side to all of this madness as stated by the head of MI6, Alex Younger in December last year. "The connectivity that is the heart of globalisation can be exploited by states with hostile intent to further their aims.[...] The risks at stake are profound and represent a fundamental threat to our sovereignty." It seems logical to conclude that massive amounts of data floating about in the ether are just waiting to be mined and analysed to produce some large scale socio-political shift hidden in plain sight and you and I are just stood

too close as if looking at a Monet painting, the true nature of which cannot be seen until we take a step or two back. One such data company is Cambridge Analytica owned by Conservative, American, billionaire Trump supporter and hedge fund manager Robert Mercer. Mercer was an activist in the Brexit campaign. According to Andy Wigmore, communications director of Leave.eu, Mercer donated the services of data analytics firm Cambridge Analytica to the head of the United Kingdom Independence Party (UKIP), Nigel Farage. The firm was able to advise Leave.eu through its ability to harvest data from people's Facebook profiles in order to target them with individualized persuasive messages to vote for Brexit. However, Leave.eu did not inform the UK electoral commission of the donation. A law

which demands that all donations valued over £7,500 must be reported, but the donation given does not have a hard-set value. That's all well and good as long as you remember that no amount of advertising or virtue signalling that you see just on Facebook should ever be enough to sway your vote one way or another. The somewhat subjective question remaining is, was this just good advertising, or something more pernicious? At any rate, with so many American billionaires on both sides such as Bob Mercer and George Soros respectively, pushing vast sums of money into special interest groups and using rapidly evolving tech to do so, we can only expect more political revelations during and after upcoming the upcoming snap election on the 8th June.



## Facebook on the brain



Mark Zuckerberg confirms Facebook are working on mind-reading technology

by EMILY RIMMER

Facebook is developing technology to let users communicate using only their thoughts, the internet giant confirmed on Wednesday night. A secretive division at Facebook's California headquarters has been experimenting with mind-reading technology for several months, the company revealed. Mark Zuckerberg, Facebook's founder, has previously described telepathy as the "ultimate communication technology", but the social network's ambitions have been unclear. At Facebook's annual developer conference on Wednesday, Regina Dugan, head of the company's

experimental technologies division Building 8, said Facebook was working on "optical neuro-imaging systems" that would allow people to type words directly from their brain at 100 words per minute: five times the speed possible on a smartphone. "It sounds impossible but it's closer than you think," said Ms Dugan, who joined Facebook from Google last year and previously led DARPA, the US government's advanced defence research division. She said that allowing people to rapidly transcribe thoughts would allow them to privately send texts and emails in an instant, but said the project was only the beginning of Facebook's mind-reading efforts. Ms Dugan suggested

that in the future, people may be able to share thoughts directly, removing the barriers of different languages. "You may be able to share your thoughts independent of language: English Spanish or Mandarin, they become the same," she said. Despite Facebook's almost 2bn users, Mr Zuckerberg is investing heavily in ideas such as virtual reality to ensure that the social network is not brushed aside by new technologies. Ms Dugan said a major barrier to reading thoughts would be developing non-invasive sensors capable of detecting brainwaves.

## Wake Up and Smell the Coffee!



The latest from Kickstarter: A phone case from Mokase that can make you a coffee on the go. Who hasn't been at a bus stop in the rain or on a rollercoaster or some other place where you can't usually get the quick caffeine fix you

need? Well now you can, the Mokase smartphone case is a miniature espresso machine, which uses a battery, special coffee capsules and an electrochemical charge to heat your portable chemical caffeine fix to temperatures

which can only be achieved by sheer electronic force, all in just a matter of seconds and at a cost nearly as large as the unwieldy looking case itself of £67! Grab 'em while they're hot enough to melt a hole through your pocket.

## Smile You're On DSLR



by ASHLEIGH MORLEY

Photographs have become a large part of our everyday lives – social media has brought with it an easier way to share pictures of, well, just about anything. If you have a smartphone, the likelihood is you have taken at least one picture on it, even if just a selfie and with the growing technical advances, taking a good picture is becoming easier and easier with each new improvement.

But no matter how good your iPhone photos may be, with or without that Instagram filter, there is no denying that the DSLR cameras (Digital Single-Lens Reflex) still hold the crowning glory of photography. Although the iPhone is easier to carry, and much easier to use, you will never see a professional photographer use one during their shoots, unless to send a message. This is because the DSLR cameras allow much more creativity within your photos and when using manual mode, allows the photographer the most control on how that image will look – and that is before any editing software is used.

DSLR cameras allow for the exposure (sensitivity of light) to be altered using the shutter speed and the aperture setting. By changing these two things, you can make water look like mist, or catch a bird in flight without any blurring motion. With a longer shutter speed, you can capture light trails that brighten your night-time photography and a smaller aperture

will bring your subject forward by blurring the background more. However, you can't change one without the other, and that is the only drawback. If only there was something that would help ... Oh, wait. ISO. The ISO usually should be at the lowest you can get it, as this avoids having a lot of noise in the image (dotty pixels), but sometimes changing the ISO allows for your camera to process more light and allows for more changes in the shutter speed and aperture.

But just because it sounds easy on here, doesn't mean it is. Aperture is the hardest thing, I found, to really understand. Shutter speed is simple. 1/125 means that the shutter is moving at 125th of a second – so pretty fast and 1" means it's moving at a second interval. But aperture seems to stump people. The lower the aperture, f1.8 for example, means the lens opening will be bigger and the larger that number gets, f22, the smaller the opening will be. The smaller the opening, the more of the image will be in focus. Confusing, right?

But once you have worked your way around a DSLR camera, you'll never go back. The images are sharper, more creative and just all round better, not that I'm biased. With a DSLR any type of photography, food, animal, landscape, will come out with the look of a professional. For amazing pictures, us a DSLR, unless you want to take the typical drunk selfie at Academi, in which case, I suggest using your phone – DSLR cameras can't make everything look better!



## LIFESTYLE

## SHINING A LIGHT ON.... MENTAL HEALTH AWARENESS WEEK



It's more than likely been mentioned previously in our 'Shining a Light On...' column, however that is merely because Mental Health is so incredibly important. From May 8th-14th the Mental Health Foundation hosts Mental Health Awareness Week, focusing upon aspects such as mindfulness, anxiety, sleep deprivation and relationships and how all of the previously mentioned can impact our mental health. 2017's theme is 'surviving to thriving'.

Today, many of us experience daily life as a battle, juggling various tasks and challenges at once and experiencing high levels of anxiety, stress and depression – and all to keep our lives on track and our heads above water. The Mental Health Foundation want to outline the practical steps that can be taken in order to help ourselves and others build a mentally healthy country. 'Surviving to Thriving' aims to focus upon why so many of us believe that

ongoing stress is merely something we must put up with in order to go about our daily lives. A survey conducted in March 2017 found that only a small minority of people (13%) report living with high levels of good mental health, nearly two-thirds of people have experienced a mental health problem and a majority (85%) of people out of work have experienced a mental health problem in comparison to two thirds of people in work and just over half of people who have retired.

The results clearly depict that current levels of good mental health are disturbingly low, suggesting we are in no way a thriving nation. Collective mental health is deteriorating, this is a real and emerging problem with those who are female, young adults, on low income, living alone or in a large household all at higher risks of facing mental ill health. If the barometer of success for any nation is the health

and wellbeing of its people, then mental health awareness needs to be raised immediately with more focus placed on finding solutions and helpful pathways for those struggling.

The Mental Health Foundation propose five steps for a 'Mentally Thriving UK', believing that we must spread public understanding about how to look after our mental health and build community resilience, withhold a Royal Commission to investigate effective ways in order to prevent poor mental health and develop good mental health, whilst also reducing risks and highlighting opportunities, a Mentally Thriving Nation Report held each year to track progress, emerging issues and actions required, a '100% health check' to help people manage their mental health and reduce their risks, whilst also identifying where they may need professional mental health support and, finally, fair funding for Mental Health Research, equivalent with the scale of mental health problems in our society.

Whilst we may be becoming fitter physically, the same cannot be said for our mental health and this is an incredibly vital point that needs addressing. It is predicted that depression will be the leading cause of illness globally by 2030. Raising awareness for good mental health means enabling the public to realise and reach their potential whilst being kinder to themselves and making decisions that mirror what they value. We are capable of more than just surviving; we are strong, we are resilient and we are made to thrive.

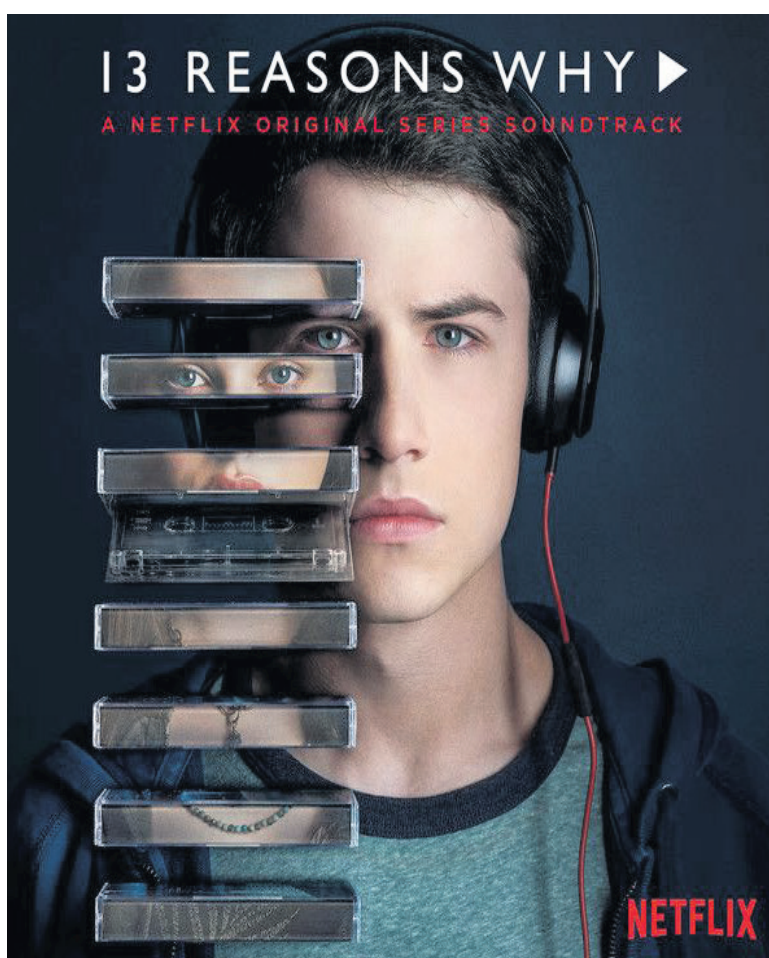
To find out more visit [www.mental-health.org.uk](http://www.mental-health.org.uk)

## PASTEL POWERED PUMPS



Spring 2017 is the season for all things pastel, especially footwear! There's just something about pastels that screams sweetness, with every colour on the pastel palette making its wearer appear soft and delicate, as well as mature yet stylish. From peaches to pinks, pale yellows to minty greens and lavender lilacs to sky blues; every colour looks fantastic. Converse are already down with the trend releasing exclusive new colours including: buff, bisque, vapour pink, eggnog and egret rose gold. All of which make for a fantastic summer shoe choice, perfect for the festivals awaiting. They're not the only brand touching down on the trend either, Reebok X Local Heroes collaboration have taken one of Reebok's most classic silhouettes and moulded them into a fiercely femme profiles complete with faux-fur pom-poms, tie-dye in-soles and a detachable heart-shaped keyring. They're available only in lilac and pale pink and are sure to sell sharpish! Even Vans are perking up with the pastels, with pairs such as their seafoam Vans Solana SF Bay adding a dainty twist to any leggings, jeans or pencil skirts as well as their delicately coloured Vans Authentic Lo Pro (Speckle Jersey) Pink/True White kicks that add a speckles threat to a delicate pastel pink. The speckled pastel thread is also available in the Vans Classic Slip-On's which look amazing in Blue/True White.

## 13 REASONS WHY... MENTAL HEALTH SHOULD BE DISCUSSED, JUST NOT LIKE THIS.



It's one of the highest trending Netflix series to have been released, yet 13 Reasons Why has faced more criticism than many after focusing upon the delicate topic of a high-school suicide. The series follows the story of Hannah Baker, a young student who kills herself following a series of traumas in her life. The 13 reasons behind her death are discovered through tapes she has recorded in which she narrates and pinpoints both reasons and people responsible for her choosing to take her own life.

Concern has been raised by both educators and mental health professionals who believe the programme may glorify suicide if it is taken out of context. Whilst it is important that mental health awareness is consistently brought to the attention of the public, it must be done in a way that is open and honest. Some experts believe that there is a good risk of copycat suicides occurring amongst its young audience, due to the show displaying suicide so graphically and in a manner that almost appears fun and triggering for those already at risk. However, many young viewers have simply claimed the programme is a representation of the reality of today's school life; a comment which may surprise those of elder

generations as it is one that is both harsh and brutal.

Overall, the series covers: complex mental health issues, the depiction of suicide, rape culture, bullying and the division between popularity and being not-so-popular. Many of those viewing the programme are young teenagers, most of which are watching without their parent's knowledge. Some may relate to issues raised in the show, potentially leading to the imitation of the actions of the shows characters to deal or cope with their own feelings. The most significant aspect of the show is how it perpetuates the idea suicide has someone to blame; there is often no straight path or reason as to why a suicide has happened and therefore it should not be defined by the placement of blame onto another. It could be deemed ignorant of the producers to focus upon portraying suicide as somebody wanting others to feel guilty rather than focusing upon the suicidal person's thoughts and emotions. This can then be perceived as fuelling the perception that suicide is 'selfish', as the show presents the tapes as Hannah's way of exposing those who have wronged her, yet bullying is not a direct cause of suicide and suicide is not a direct outcome of bullying.

Whilst the moral of the series

is poignant, that we must recognise how our actions do have consequences and the way we treat others can have significant effects, it most definitely could have been done in a far more appropriate manner rather than such a graphic and detailed portrayal of suicide. It could also have emphasised the concept of successful help-seeking, none of the characters within the show appear to seek help from or talk to their parents, staff or each other about their feelings. Hannah's "one try" could be perceived that help is unattainable for those actively or considering seeking it. The show accentuates examples of what not to do, yet seemingly neglects what should be done and any image of hope for those who are feeling hopeless.

It would seem the series had good intentions, beginning with a strong message and warning that reminds us all we need to be more considerate of our actions. Yet the morals highlighted appear lost at times, stories of actual experiences within these situations must be presented in an honest, responsible and effective way with an encouraging and hopeful pathway that highlights how help is available and possible for all.





Fancy a change this May? Then why not try out National Vegetarian Week an event occurring from the 15-21st May 2017. Head over to [www.nationalvegetarianweek.org](http://www.nationalvegetarianweek.org) to sign up for the newsletters which will include handy tips, giveaways, recipes and ideas to help encourage you and open your eyes to new and creative meals – without the meat. Classic cookery duo, The Hairy Bikers are just a few of many getting involved and have even released their very own vegetarian cookbook, ‘The Hairy Dieters Go Veggie’. So if you’re up for the challenge and ready to try a new range of nutritious and delicious meals, give it a go!

# ASPARAGUS FRIES AND BACONNAISE

**SERVES 4**  
**INGREDIENTS**  
*For THE FRIES:*  
**2 BUNCHES OF ASPARAGUS**  
**PLAIN FLOUR**  
**3 EGGS**  
**50g PARMESAN, GRATED**  
**50g PANKO BREADCRUMBS**  
**4tbsp OLIVE OIL**  
  
*For THE BACONNAISE*  
**250g SMOKED STREAKY BACON**  
**2tbsp SUNFLOWER OIL, PLUS EXTRA**  
**1 EGG, PLUS 1 EGG YOLK**  
**1tbsp MUSTARD**  
**1tbsp CIDER VINEGAR**

**METHOD**  
1) Separate one of the three eggs for the asparagus.  
2) Put the white in a bowl with the remaining two eggs, beat with a fork and set aside.  
3) To make the baconnaise, chop the bacon finely before adding to the heated oil.  
4) Fry over a low heat for 15 minutes, until crisp.  
5) Sit a metal sieve over a jug and tip the bacon into the sieve, you need around 200ml of fat in total, so top up with extra oil if necessary. Leave to cool for 10 minutes.  
6) Tip the egg, egg yolk and mustard into a bowl, whisk to combine, then slowly add the bacon fat and oil mixture. A drop at a time, then gradually quicker until it starts to come together.  
7) Once a thick mayonnaise, add the vinegar and chopped bacon and season to taste.  
8) For the asparagus, snap off the woody ends, get out three shallow dishes and tip flour into one, reserved eggs into another and the parmesan and breadcrumbs into the third.  
9) Dip asparagus into the flour, then the egg, and then the cheesy breadcrumbs before placing onto a plate.  
10) Heat the oven to 220c/200c fan/Gas 7.  
11) Drizzle oil over baking tray and heat in the oven. Once hot, lay the asparagus spears in it and turn them.  
12) Roast for 20 minutes, turning halfway through until the crumbs have browned to a crisp coating.  
13) Leave until cool and then serve with the baconnaise.



# QUICK SPRINGTIME PASTA

**SERVES 4**  
**£0.47 PER SERVING AT ASDA**  
  
**INGREDIENTS**  
**1tbsp OLIVE OIL**  
**1 GARLIC CLOVE, CRUSHED**  
**400g CHOPPED TOMATOES**  
**HANDFUL OF BASIL LEAVES, CHOPPED**  
**400g SPAGHETTI**  
**290g JAR ARTICHOKE HEARTS, CHOPPED**  
**SPRINKLE OF GRATED PARMESAN**  
**HANDFUL OF PARSLEY, CHOPPED**

**METHOD**  
1) Heat olive oil in a large saucepan. Tip in the garlic and cook for a minute until slightly coloured.  
2) Pour in the chopped tomatoes and stir in the basil.  
3) Bring to the boil, then turn down the heat and leave to simmer for 10 minutes.  
4) Boil the spaghetti.  
5) Drain the spaghetti, reserving a little of the water separately then return to pan.  
6) Add artichokes to the tomato sauce until heated through, pour over spaghetti.  
7) Stir in some of the parmesan, most of the parsley and a splash of the cooking water.  
8) Serve immediately with remaining parmesan and parsley sprinkled over.





# Representation of men's clothing in Disney

I have looked at Belle's dresses from *Beauty and the Beast* actually got me thinking, how the Princes and the men are represented through their clothes. I am guilty of never really looking at what the men are wearing in Disney films, I'm too caught up in what the princess is wearing to notice. So, I thought, why not look at what the men are wearing.



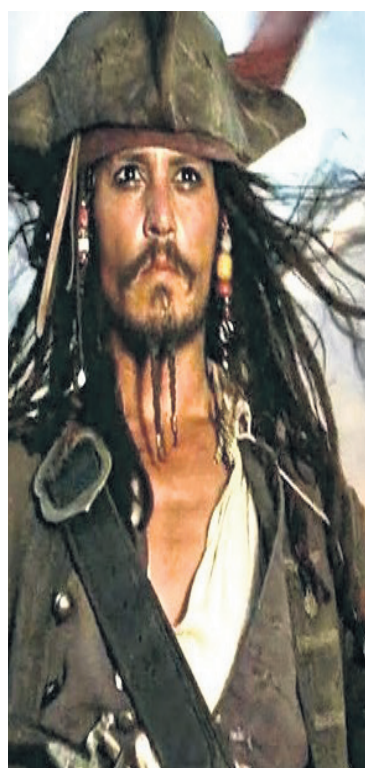
Clearly the minimalist affect is the preferred option in this 2016 flick. I know this isn't technically what he is wearing but I do love the fact that Maui is covered in tattoos. It's a very cool look for this character, it kind of shows the character's experiences that he was able to document everything on his skin and wear them as a "costume". Maui tells Moana that he gains the tattoo when he has earned it, so it's really a costume that has a lot of depth and the character gets real development because of the tattoos he has. I think this is a costume that helps tell a story of the character. As for the leafy skirt thing. I have no comment. All I can say is we should be grateful he is wearing it. Although it does remind me of that time Sinitta came out of Simon Cowell's house dressed only in a leaf.



I like this "Prince" look about the character. I like the fact that as Eric is a sailor he has a very practical costume. There is no romanticised cape flowing behind his as that would be impractical and get in the way of what he is trying to do. At the same time it is a strong masculine costume that shows that the character has status. This is a simple costume but it is an iconic look for the character. I think that this look is even more memorable than the suit he is wearing during both of his wedding's one to Ursula in disguise and the one to Ariel in the finale scene. I also think that this costume helps separate the character from the other prince's wearing the generic Disney prince costume. It is a memorable look. Out of all the princes the look of Eric is one I remember.



This is what automatically comes to mind when someone say Disney Prince. This is the generic look for a Prince in the Disney universe. He is the first Disney Prince so I suppose it should be the look automatically presumed. However, this isn't a look I personally prefer, I mean I had to look up what the prince wore in *Snow White* and *Snow White* was my favourite film when I was growing up. It says a lot that I couldn't remember in the slightest what this Prince wore. He is just wearing what is considered to be the norm. This is almost as presumed as the social norm as it is when a lot of people say men only wear suits. Most princes wear this and most guys in modern day society only wear suits. This, of course is wrong, both statements are a stereotype, this Prince unfortunately doesn't help the case of Disney Princes. *Snow White* is a favourite but this look is not.



I know, but *Pirates of Caribbean* is Disney and Captain Jack Sparrow is an amazing character. Jack has the costume to match his personality. Pirate through and through. I really like the worn clothes that this character is wearing. It shows that they have been used for years as it's highly unlikely that Jack Sparrow has time for shopping. He is too busy running for his life for that. The beading in his dreadlocks and at the end of his goatee tells a lot of things about the characters personality. It shows the quirkiness of the character and the uniqueness from the other characters in the films. I know that the theme it seemed that I was approaching was one of a Disney hero. However, not every character is a prince and likewise, not every Disney character is the villain of the film. Jack Sparrow is the protagonist of the film and the outfit in which he is dressed in, has become just as iconic to the character as Eric's is to him.



## Belle's celebration dress

**S**poiler Alert... If you haven't seen the live action version of *Beauty and the Beast* look away now. Now, I know that I have spoken about the live action version of *Beauty and the Beast* and how those iconic dresses were brought to life. However, a dress that was introduced in the ending of the film has never been seen before, by which I mean that it is not a dress that was captured in the film's animated predecessor. I do believe that this dress could become a classic though. This dress is only seen once and it appears in the very last scene of the film. Despite this, the dress makes an impact on the audience watching the live action remake of the Disney classic. The final

scene includes the celebration ball in which the prince and Belle dance together surrounded by pretty much everyone that made an appearance in the film. What I like about this dress is that it came as a surprise, anyone who has ever seen the animated version of this film knows that at the celebration ball, Belle wears her iconic yellow dress. In this version however, Belle is wearing a beautiful white dress with pink/peach flowers with green leaves with sheer sleeves that drape as she holds her arm out, ironically called bell sleeves. The Disney princess wears her hair in a gorgeous vintage up do that again makes her stand out due to the time period being Edwardian, most are

wearing wigs. A lot of people were disappointed to see her in this dress rather than the iconic yellow dress again due to the fact many people believe that it shows that Belle has a lot of sentiment for the dress. However, I like the fact that the film decided to create some original costumes to give a whole new generational feel to it. Nobody complained about the new songs so no one should complain about the dress, it's not as though they replaced the yellow dress entirely, they just didn't keep using the dress. Besides that yellow dress needed a trip to the launderette after the last we see of it is in a heap on the floor.



# Throwback to Catherine

In spirit of the Duchess's younger sister getting married later on this month, I thought that it might be nice to take a visit down memory lane and have another look at the memorable wedding dress that the Duchess wore as she went from Kate Middleton to The Duchess of Cambridge. bEveryone gasped as Catherine exited the car on the 29th of April 2011. The lady is question was wearing a beautiful lace and satin dress with sheer lace sleeves and a plunging neckline. Catherine looked every bit the princess that she was destined to be. The Duchess accessorised with a beautiful tiara that she had borrowed from the Queen herself. She also had diamond acorn earrings that glittered but didn't draw attention away from the main attraction of her outfit. It will be interesting to see if there are any similarities in Pippa's dress to this now iconic dress.



# It's Pippa's turn!!



Prince William, she was about to become royalty, and nobody loves a wedding like they do a Royal one. However, this is still a huge event of this year and the paparazzi is going to be all over it. So despite the fact that the event isn't going to be televised like her sisters was on the 29th of April 2011. We can rest assured that we will at least get a glimpse the dress belonging to the younger Middleton sister.

There has been a lot of speculation as to who is going to be designing the dress for the brunette bombshell. Pippa's bridesmaids dress drew nearly as much attention as Catherine's 'main event' dress. However, these dresses were custom made by Alexander McQueen designer Sarah Burton. However, it can be assumed that Pippa

The Duchess of Cambridge's younger sister Pippa Middleton is getting married on the 20th of this month. This begs the question that will be first on everybody's mind. What is her dress going to look like? Granted, the excitement level isn't as high as when her older sister was getting married but it's to be expected, Catherine was marrying

will not be wanting something like her big sister's dress. Pippa will probably want something unique and will therefore likely want to avoid anything similar because there will be many people comparing the two dresses. It won't be fair that they will be compared but when your sister is royalty, it is something that can't be helped.

# Pattern Vs Plain

by LIZZY DILLON

Patterned suits always split opinion. At the Oscars earlier this year, red carpet pictures showed every male nominee wearing a plain coloured suit. With the vast majority being black, Damien Chazelle's boring navy blue suit captivated audiences, and Dev Patel's white dinner jacket over black trousers seemed simply outrageous.

Such safety with their dress, even amongst such eccentric personalities, brilliantly expresses the social stigma against patterned suits. With their attire being a huge topic of conversation and speculation all across the world, I'm sure that I too would have steered clear from such a risk.

But this is a huge shame. Patterned suits are stunning and are a brilliant way for men to start expressing their personality through their clothing. There are patterns for everyone. The more simple ones are just pin striped or checked. I know a lot of people that swoon whenever they see a tweed suit, and even just an unusual coloured lapel is a step in the right direction. Floral suits are being seen more and more on red carpets with Harry Styles' white and grey one being probably the most memorable. Adding a feminine twist to such masculine clothing is a bold move that makes heads turn for all the

right reasons. Given that high street shops, including Asos and Topman, are starting to sell floral suits in an array of different colours, I think more and more people are beginning to agree with me.

Of course there are more outrageous suits. Sometimes known as 'novelty' suits, these include the union jack suits and the shamrock suit that has hung in the window of Relics on Bangor high street for months. Although usually worn for a laugh, these suits can be worn confidently and add a light feel to serious events. This was shown brilliantly a few weeks ago on Britain's Got Talent. The World Record holding balloon sculptor sported a fantastic, comic book inspired suit that made his serious act feel light hearted, despite the snappy adjudicator.

So, rightly so, patterned suits are starting to pop up everywhere, and are finally giving men a chance to express their individuality through their formal dress. It is an exciting change within the high street fashion industry, and soon maybe even Donald Trump will be chanting with crowds, in a suit covered in little American flags.



# Alexa Chung releases new fashion line



Alexa Chung in her cut-offs in 2009. Alexa Chung has designed a new fashion line that will be released this month. The 32 year old said "With this first collection, I aim not only to delight your eyeballs but to furnish your wardrobe with all of your soon-to-be fa-

vourite pieces." The launch is set for the 30th of this month and is said to feature 100+ pieces including clothes, jewellery and shoes. The presenter turned designer has collaborated with M & S clothing to release this line. The line is going to be self named, Alexachung, (the lack of

space is deliberate). I am personally excited to see what Alexa is releasing to the public. The celebrity has always had a quirky vintage feel to her own wardrobe and I'm hoping what she likes to wear comes across in her own designs of clothing.



## FOOD AND DRINK

## Self taught Anglesey chef wins highest score on Great British Menu



**E**llis Barrie, from Anglesey, was given the highest score on the hit cooking show 'The Great British Menu'.

Elis who is originally from Liverpool but now lives in Marram Grass, near Newborough, was competing against other chefs from the north-west for the chance to compete with cooks from all over the UK.

Elis taught himself how to cook and runs a very popular eatery at the white lodge caravan park with his brother and business partner Liam.

Anglesey's Marram Grass Cafe is a new entry on the 2016 guide and Ellis and Liam Barrie, from Garston, Liverpool are over the moon that the cafe restaurant, that started out from a chicken shed, is now in the 'Good Food Guide' and that Ellis is doing so well on the show.

The four-tabled cafe has been extended to a 40-cover restaurant that has gone from serving 30-diners a week to up to two thousand covers in a week. The brothers now employ 30 members of staff to ease the increasing workload.

Judge Daniel Clifford said:

*"The presentation of your picnic box was bang on the summer brief. I really enjoyed the use of the cucumbers within your summer dish."*

*"The soda bread was delicious but your oyster butter, it was slightly curdled. The dish itself needed a bit more excitement to make it banquet worthy."*

## DO COUPLES THAT DRINK TOGETHER, STAY TOGETHER?



**S**tudy finds, couples who get drunk together have better relationship

A ten year research project analysing interviews with more than 2,700 couples found women were particularly unhappy in their relationship when they were the only drinker

Research of US heterosexual couples showed that married couples who drink together have been shown to be happier than couples where only one half of the couple drinks regularly.

*"We're not suggesting that people*

*should drink more or change the way they drink,"* said Dr Kira Birditt

*"We're not sure why this is happening, but it could be that couples that do more leisure time activities together have better marital quality."*

The research look at interview data from 2767 married couples participating in a 10 year health and retirement survey. The study also shows that is not about how much they're drinking but whether they drink at all.

## EATING FULL FAT FOODS 'CAN LOWER CHANCE OF OBESITY'



**U**rging people to follow low fat diets and to lower their cholesterol is having disastrous health consequences; a health charity has warned.

According to the recent report; low fat diets are failing to address Britain's obesity crisis, while snacking between meals is making people fat. Processed foods labelled "low fat", "lite", "low cholesterol" or "proven to lower cholesterol" should be avoided at all costs and people with Type 2 diabetes should eat a fat-rich diet rather than one based on carbohydrates.

The report also said sugar should be avoided, people should stop counting calories and the idea that exercise can help you "outrun a bad diet" is a myth. Instead, a diet low in refined carbohydrates but high in healthy fats is "an effective and safe approach for preventing weight gain and aiding weight loss", and cuts the risk of heart disease.

The report added: "Eating a diet

rich in full fat dairy – such as cheese, milk and yoghurt – can actually lower the chance of obesity. The most natural and nutritious foods available meat, fish, eggs, dairy products, nuts, seeds, olive, avocados all contain saturated fat.

*"The continued demonisation of omnipresent natural fat drives people away from highly nourishing, wholesome and health promoting foods."*

Professor Iain Broom, from Robert Gordon University in Aberdeen, said:

*"The continuation of a food policy recommending high carbohydrate, low fat, low calorie intakes as 'healthyeating' is fatally flawed. Our populations for almost 40 years, have been subjected to an uncontrolled global experiment that has gone drastically wrong."*

## EVER HEARD OF WUSHI?



**C**onwy was recently voted the most beautiful place in Wales by the Japanese tourist board and the only UK town to make it in the Japanese tourism council's top 30 places to visit in Europe.

To celebrate the council of Conwy commissioned 'Wushi'. 'Wushi' or Welsh Sushi was created at East restaurant in Llandudno and combines tradition Japanese sushi with the finest Welsh ingredients including: lamb, leeks, cockles, laverbread,

Welsh cheddar and sewin Sam Nayar, Chair of the Destination Conwy Steering Group, said:

*"It was a huge honour for Conwy town and Wales to be recognised in this way and our Welsh sushi is a fun, but respectful nod back to Japan, also a way to celebrate The Year of Adventure in Wales and encourage people to try Welsh ingredients in a unique way."*

## Brits throw away £80 million worth of bananas each year

**T**urns out that all those banana's that you bruised up before lunch add up

The average Brit enjoys 3 banana's a week and 20% of us eats one every day. This data is all according to a survey of 1,200 Sainsbury's customers done by 'WRAP'.

The biggest surprise found in the study was that some Brits are throwing away banana's that aren't even ripe yet. One in 10 Brits will discard a banana if it shows any green on skin.

To combat this Sainsbury's is now making banana bins where you can take ripened banana's to be made into banana bread.

The survey suggests that the British need to be more inventive with our banana's and find new ways to add them to our diet. An example of this would be 'Nice-Cream' otherwise known as banana ice cream. Which is blended overripened banana's.





# IS A LITTLE BIT OF WINE EVERY NOW AND AGAIN, GOOD FOR US?

**W**hilst heavy drinking is a definitely unhealthy for us, moderate wine intake can be beneficial in delaying the onset of cognitive impairments in aging and neurodegenerative diseases like Parkinson’s and Alzheimer’s disease. After analysing the chemical compounds that are left after wine has passed through the gut, researchers found out why wine might be good

for you. They found that the wine-derived human gut metabolites are protecting cells from dying due to stress conditions. The most interesting find was that the composition of wine metabolites was important in the protective cell affect and thus this means that whether wine is great for us depends on different peoples gut microbiota composition.

*“In other words, differences in our gut microbiota are leading to the different metabolites. Which underpins the idea that humans benefit from food in different ways,” Dr. Esteban-Fernández explains.*

*“This individual difference is a factor not to be neglected to understand the health effects of certain foods. We are now in need to*

*advance our understanding of the effect of diet in the promotion of normal brain function.”*

*“It is very important to understand that certain food compounds are responsible for this health benefit in protecting against the onset of neurodegenerative diseases; no medication was involved. I am not advocating to replace medicines by*

*diet, but I want to raise more awareness how your diet is helping to prevent diseases or reduces the risk of getting sick. It is more than feasible to go to the supermarket and buy vegetables and fruit: it depends only on the individuals to maintain a balanced diet.”*

## AVOCADO PRICES HIT RECORD HIGH AS GLOBAL SHORTAGE GROWS



**I**nstagram food favourite, avocado is going to be a little bit hard harder to get due to a global shortage. World supplies of the super food have shortened after a late harvest in Mexico, flooding in Peru and drought in California.

Fruit and vegetable shortages aren't new for us this year after the great lettuce and courgette shortage of January, which was caused by rain and snow in Spain. Wholesale prices of the green fruit in the UK have surged more than 50% since the beginning of this year.

Another factor in the shortage is said to be increased attention in China. Five years ago, Mexico, Chile and Peru shipped 80 tonnes of avocados to But Chinese consumers are now beginning to catch on to the trend that has swept through Australia, the US and Europe, with China last year

importing 24,000 tonnes from the three South American countries.

The shortage has led to criminal activity in New Zealand. Recent thefts have taken place in the middle of the night, with the crop taken from the tree and collected in blankets or sheets on the ground, or hand-picked and driven away to pop-up road-side stalls, grocery stores or small-scale sushi, fruit and sandwich shops in Auckland.

If you do manage to get your hands on an avocado, make sure to watch out. Leading plastic surgeon Simon Eccles has said he treats about four patients a week at Chelsea and Westminster Hospital for an injury he's dubbed "avocado hand". Where a very unlucky person hammers their knife all the way hough the avocado straight into their palm.

## MAKE YOUR OWN: CHICKEN PICCATA



**C**hicken piccata is nothing more than chicken breast cutlets, dredged in flour, browned, and served with a sauce. But that doesn't mean it isn't delicious. Here's a quick and easy recipe for a great dinner.

- Ingredients:**

  - 4 boneless skinless chicken breasts
  - 1/2 cup all-purpose flour
  - Salt and pepper
  - 5 tablespoons olive oil
  - 4 tablespoons butter
  - 2 garlic cloves, minced
  - 2 tablespoons capers, rinsed and drained
  - 1/2 cup dry white wine
  - 1 cup chicken broth
  - 4 tablespoons freshly squeezed lemon juice
  - 2 tablespoons chopped parsley
  - Cooked pasta
- Directions:**

  - 1) Using a mallet, pound the chicken breasts until slightly flatten. Season with salt and pepper, and dredge both sides of chicken in flour. Shake off the excess flour.
  - 2) Melt 2 tablespoons of butter and oil in a large skillet. Fry chicken breasts in hot oil, about 5 minutes each side, until cooked through and golden brown in color. Transfer chicken breasts to a plate.
  - 3) Add the remaining butter to the
- skillet, add garlic and capers. Add lemon juice, wine, and chicken stock, bring to boil, scraping off the brown bits from the skillet. Season with salt and pepper.

  - 4) Return chicken breasts to the skillet. Cook for another 5 minutes until the sauce is slightly reduced.
  - 5) Transfer chicken to a large plate, pour the sauce over the chicken and sprinkle with chopped parsley. Serve with cooked pasta.



## TRAVEL

# A Nation We Can All Learn From

by FAYE BOYD

Iceland. A destination that's on everyone's travel wish list and yet when people reveal which exotic countries they've travelled to and I say Iceland, it still shocks people. It's not typically seen as a relaxing break away like a trip to the Mediterranean. Iceland is more notoriously known for being an adventurer's playground, or a geographer's paradise.

With 80% of the country being inhabitable, this sparsely populated island marooned at the top of the globe only has 360,000 residents, with most of them living close to the capital Reykjavik. Despite this, Iceland has a great national identity in

its own right. With such a small population, community ties are close and the sense of tradition and heritage is very strong, with an emphasis in education on retelling their nation's stories to younger generations and visitors. Although originally discovered by the Vikings and remaining under Danish control until becoming a Republic in 1944, Iceland is one of the youngest land masses on the planet. It contains some of the world's most active volcanoes due to an aggressive volcanic hotspot in the mantle and a fissure in the Mid-Atlantic Ridge, where the Eurasian and North American tectonic plates meet at a divergent plate boundary to form the landmass. It was also one

of the wealthiest economies around the world with heavy reliance upon the fishing industry. However, the country's banking system almost collapsed entirely in 2011 from the Great Recession. Since then, Iceland's economy has slowly increased with the rise of the tourism industry.

Iceland is very much a country of two halves, of extreme contrasts, with the land of fire and ice being the perfect description. At the heart of this nation is the utmost importance its inhabitants have on preserving their environment. Due to its location, it possesses some of the most fascinating geographical features and breath-taking scenery on the entire planet. The country can be com-

pletely without darkness in the summer months but in winter very little daylight is seen, allowing Iceland to host the spectacular Aurora Borealis or Northern Lights. Landscapes of mountain peaks, glaciers and fertile lowland remain untouched and uncompromised. The sheer power of the gushing waterfalls, the shooting geysers, the steaming hot springs, and the bubbling lava fields are the gems in Iceland's crown. It is here where you can really see the Earth at its most exposed and vulnerable, but also at its most beautiful so that you can understand the scale and brutality of the volcanic and geothermal forces which shape our Earth.

Although it is something that we

don't often think about when we're caught up in our daily lives, it is something the Icelandic people continue to do by incorporating the geothermal power the country sits upon into providing 85% of households with electricity. This sustainable living and development has brought Iceland into a new era that is still at the forefront of such technology globally. Although it is a modern country now, technological advances do not detract from strong cultural and historical roots.

Many countries around the world should take a leaf out of Iceland's book, and put the more important things first: Protecting our Earth and preserving it.



## An Uplifting City: Amsterdam

by HAYLEY PALMER

Everyone knows someone who's been to Amsterdam, if they've not been themselves. It's one of the most popular city break destinations in Europe and has the whole 'drugs, sex and booze' reputation down to a tee. Though this might be the perfect combination for some, there's a whole other side of Amsterdam hidden beneath this stereotype.

It was around the time of mid-terms when my friend and I booked our trip. With the pressures of second year swooping in on us, it only took the Black Friday sales and a couple of hours before everything was sorted. After January exams we flew from Manchester to Amsterdam, a quick and comfortable fifty minute flight.

Our first reaction? It was exactly like everybody had said. Schiphol was hectic and Central Station wasn't much different. "It is 5pm on a Monday, though" we rationed, but two days into our five day trip we realised, it was always like that. Amsterdam is a very fast-paced city, as most would expect, but it still gives a completely different impression than other capitals, such as London. Instead of buses there are trams, everywhere. I found this surprisingly useful; if you don't mind being on tram watch 24/7. We'd been warned about the trams, what everyone lacks to mention, though, are the cyclists! It seems as though everyone in Amsterdam owns a bicycle, and in my opinion they pose more risk than any tram! Neverthe-

less, there is a certain beauty to it, everyone in the streets seem to be in harmony, gliding past each other in one way or another, politely dodging unfamiliar tourists. The people of Amsterdam were extremely friendly and welcoming, which caught me slightly off guard, since tourists are known to be a bit of a pest in such popular areas.

The Anne Frank house is definitely a must see that will have a lasting impact on you and the way you view life, but there are many other aspects of Dutch history that aren't given enough credit. There's a museum devoted to the history of prostitution and set in the heart of the Red Light District; it reveals the shocking difficulties of the prostitution industry, which are often shied away from discussion. 'Visit Our Lord in the Attic' demonstrates the religious difficulties of their history as this once secret church – hidden in, yes, an attic – is now an educational museum. This combined with the sex museum, Ripley's experience, and countless other museums reveals a side of Amsterdam that many people don't know.

Of course, the social side is brilliant as well, Amsterdam ice bar, countless pubs and events, it really does have it all. With romantic canal cruises and the city dressed in fairy lights from arrival at Central Station to the hole in the wall café's in even in the most remote squares, I'd say Amsterdam is a truly uplifting city.





# Branch Out to a Treehouse Hotel

by MATTY ROWLAND

When people book their holidays, they tend to look at chain hotels such as the Premier Inn. Whilst they might suit Lenny Henry perfectly after a long day of being Lenny Henry, there are more creative forms of accommodation which could create the perfect setting for any traveller. The treehouse, although traditionally something associated with childhood or Cartoon Network's Codename: Kid's Next Door (remember that?), is a form of accommodation which can provide travellers with an alternative experience to travel than a hotel.

Treehouse hotels can be found

just about anywhere in the world, although the existence of a tree or preferably a forest is quite a significant prerequisite to the treehouse hotels being possible. You won't find one in a desert. Most treehouse hotels, for perhaps obvious reasons, can only accommodate one group of guests at a time, unlike a more traditional hotel which can offer hundreds of rooms.

The levels of luxury also vary depending on how much you pay. A prime example being a £17 per night 1960's touring caravan essentially on tree stilts, with the interior "truthfully described as 'shabby'" by the owner on travel accommodation and experience website, Airbnb. There is also

no mains electricity and certainly no internet, but with no street lights within 5 miles, plentiful stars and occasional views for lucky visitors of the Northern Lights make it an enticing visit for anyone wanting to be closer to nature. Located in Rhynie in Aberdeenshire, Scotland, the caravan was actually used in the film Two Years At Sea, where it was lofted into the trees for a special effects sequence when the caravan magically levitated into the air whilst a character was napping inside. This is obviously at the low end of any traveller's budget, but at the other end are some mind-blowing alternatives.

In Sweden, Treehotel is a company which offers a variety of different lux-

ury treehouses for guests to stay in. The most basic option is 'The Cabin', which offers air conditioning, Wi-Fi, housekeeping, heating, a fridge, a shower and even a flushing toilet unlike the compost heap which the £17 per night option in Scotland boasts. Treehotel also offers to organise trips for guests to make the most of the region. Whilst The Cabin looks and sounds incredible, it is a mouth-watering £418 per night for what is essentially a glorified Premier Inn room in a tree. For those wondering, Premier Inn do not operate in Sweden.

There are alternative middle-range treehouse hotels available around the world, with some of them looking simply incredible, offering visi-

tors unforgettable experiences to share with friends or loved ones. There are thousands of treehouse hotel options across the world to be searched through on Airbnb, but if you feel that you're quite literally barking up the wrong tree with this particular style of accommodation, Airbnb is a website which is sure to offer something, from treehouses with Jacuzzis to castles with swimming pools, or just a simple room with a bed somewhere.

Failing that, there's always the Premier Inn. But not in Sweden.



# Year Abroad Top Tips

by JESSE YOUNG

It's been a year. It's hard to believe, but this time last year, I was preparing to make my departure from my home. I can't wait to go back. I'm writing this from the distant land of Wales, where I have lived most of my life. The home I speak of is Melbourne, Australia.

When I enrolled at Bangor, a major factor in my choice was the extensive exchange programme that the University had to offer. I've always felt like a bit of a stranger in my own country, so I fully planned to take advantage of that.

Australia, however, was not at the top of my list. Too hot. WAY too hot. I can barely stand the rare Welsh summer day. But Deakin University in Melbourne accepted my application, and so to Melbourne I went for a full year.

By the time I left, I felt more at home in Australia than I ever had in Wales. That's not a guaranteed experience for every exchange student, but here's a few tips that might foster a better exchange experience.

**Expand your network.** This one is tough, especially for someone with deep social anxiety, but it pays

dividends. Perhaps there are fellow students from your home University, and it's easier to bond over your shared experience. Don't leave it at that, though. Go to events and societies that you have an interest in, even if you go alone. What may start out as an uncomfortable experience can end in a whole new sphere of friends, along with unforgettable experiences.

**Say yes.** You've got some time away from Uni, and someone brings up a road trip? It may be tempting to stay home and recharge, but in the long term you won't regret going out of your way to have as many

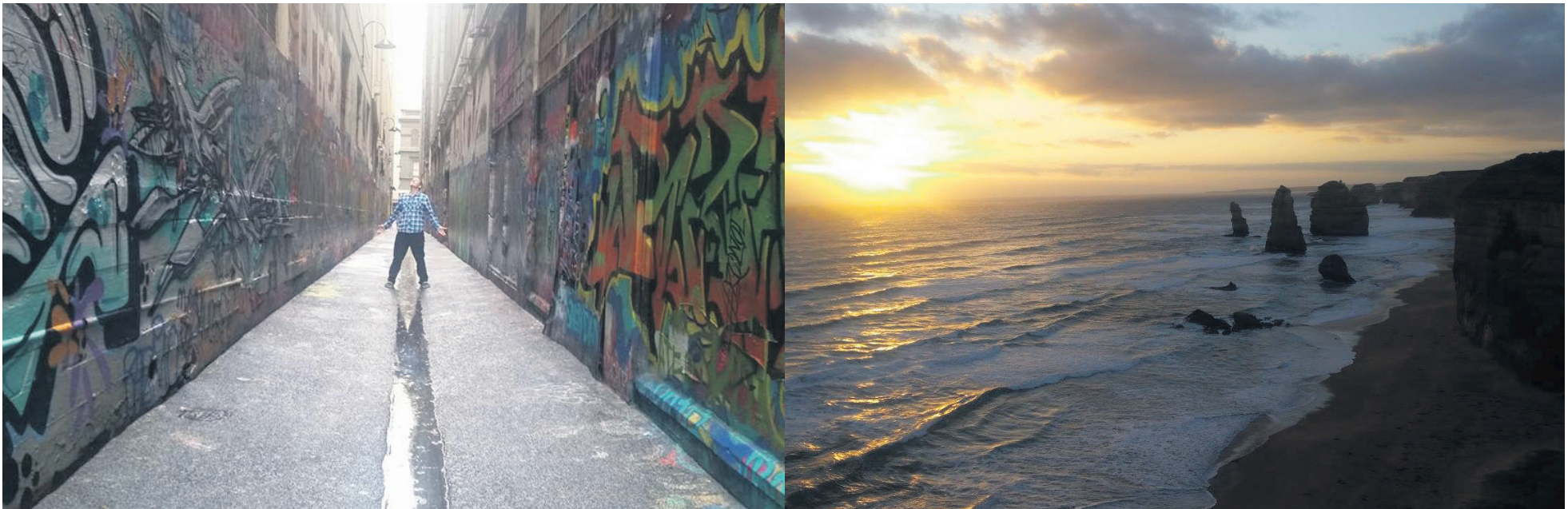
experiences as possible. You might, for instance, end up on a beach with white-gold sand that squeaks when you stamp in it. You might end up on a metal walkway in the treetops of a massive, dense forest. You might end up watching a group of tiny penguins scuttle up from the sea. Make memories. Explore. Say yes. And make sure to...

**Take lots of pictures.** You won't be able to look back and sigh half as effectively without a visual aid. Even setting a goal to take a certain number of pictures within a month might be the drive you need to get yourself out there. Plus, I'm sure your friends

and family back home will appreciate knowing how much more fun you're having than they are.

**Oh, and also study.** Find a balance. Perhaps your temporary University has resources that just aren't available back home. Maybe you can even make some connections with professors and potential future employers. Perhaps you may, in the not too distant future, be able to make use of those connections to make a more permanent move.

Personally, my fingers are crossed on that last point.







# Slam dunk for Men's Basketball!



## 17 - 86



by TOM BATES

After a rollercoaster season in BUCS, Bangor men's basketball travelled to Aberystwyth quietly confident of a big varsity win. After a huge win at home last year the pressure was on for Bangor to perform at the top of their game. Aberystwyth had the advantage of playing on their home court in front of their home supporters, whereas, Bangor had to travel

early in the morning and play in an unfamiliar environment.

Aberystwyth had the advantage of having a larger squad to select from as Bangor struggled through the season with only a fourteen player squad. However, all these advantages were not enough for Aberystwyth to deal with the sheer talent of the Bangor team. Straight from the whistle Bangor dominated, stealing the ball with ease and shutting down the various threats from the opposition. Robinson, Makanjuola and Webster ripped the

Aber defence apart and managed to put up a lot of points and assists to give Bangor the edge early. Merrifield was dangerous from outside the three-point line and top scored for Bangor with 16 points.

The defensive presence of Bamber, Chambers, Shoniwa, Shaw and Burt was too much for Aber who struggled to get any rebounds at either end of the court. First-time varsity players Bryant, Shaw and Dovidaitis showed that they could handle the pressure of a huge event by giving 100% and

making the most of their time on court. By half time the game was pretty much over, but this didn't stop Bangor from coming out just as strong and pushing for a huge win against their rivals. Ledbetter provided the encouragement and motivation the team needed to push on and backed up his words with a solid performance. Wai Ting Mac was ineligible until the fourth quarter but came on with a positive attitude and a tremendous amount of effort, scoring with ease and hustling hard on the defensive end. At the final buzzer all thirteen players from Bangor had managed to score, which in basketball is no easy accomplishment. The Bangor coach put the win down to the immense team chemistry shown throughout the season and all the hard work of the players in training sessions leading up to varsity. He also claimed that the lack

of celebration after the game showed that the team were disappointed in the amount of missed shots during the game, showing the competitive spirit the team has held all season.

Unfortunately for most of the team it was the final varsity and the quiet dressing room afterwards displayed the mood of many players, who realised that it was the end of their Bangor basketball experience. However, if there was a way to go out a dominant performance against your rival team was the perfect ending, and to make it even sweeter an overall Bangor University win away at Aberystwyth. The final score was 86-17 to Bangor who felt that it should have been more, but overall were incredibly proud of the performance. Man of the match was later awarded to Merrifield for his impressive scoring and defensive effort.

# Another win for Women's Basketball

by CHARLOTTE CLARE & JORDAN HALL

Following a disappointing relegation last season, the members of the women's basketball team have shown unwavering dedication and hard work throughout the year, in both BUCS League and Cup games. With the success of the season behind them, the team's next goal was to build upon the 3-year winning streak against Aberystwyth for Varsity.

The women's team had no shortage of players this year, after the new addition of a Second's team due to the large number of players willing to commit themselves to the club throughout the season. A strong squad of 12 players and several supporters travelled away to Aberystwyth, including

some long-standing members as well as beginners, who have shown exceptional commitment to the club this year. Unfortunately, some key players were unable to attend, but this spurred the team on to work harder.

With a mixture of team members making their Varsity debut and several Varsity veterans, the team had an excited energy leading into the game. Despite Aberystwyth having the home court advantage and finishing top of their league this season, Bangor started strong and remained determined to bring home the win throughout all 4 quarters. The team excelled both in offense and defence by playing aggressively and preventing the majority of Aber's chances. All members worked well together and created many offensive opportunities, which led to some players even scoring



## 27-50



their first baskets for the team. Bangor had the early edge at half-time leading 25-17, which only made them hungrier for the win in the second half.

The team showed excellent cohesion and every member gave 100% both on and off the court by providing support and encouragement from the bench, which gave the team great morale. Even though Bangor were playing away, their supporters far outnumbered Aber's home crowd and created an energetic atmosphere to

match the team's energy on the court. At the final buzzer, the women's team had stormed ahead extending their lead to 50-27 and it was clear by the team's celebrations that everyone was thrilled with the win.

Unfortunately for several team members, who have shown outstanding commitment to the club throughout their time at Bangor, this year's Varsity was their last. Although this signified the end of their time with Bangor Women's Basketball,

team spirits were high as they ended the final game on a win. This victory made the team's hard work during this season's games and training sessions worthwhile and clearly displayed every member's passion and love of the game. Further celebrations were required when it was announced that Bangor had won Varsity away for the first time and made history!





Main: Bangor's Captain in action  
Inset: Bangor celebrate their late victory

# Last minute drama in Men's Football



by JACK HOLLINSHEAD  
A dramatic and thrilling finish to the men's football saw Bangor come from behind to

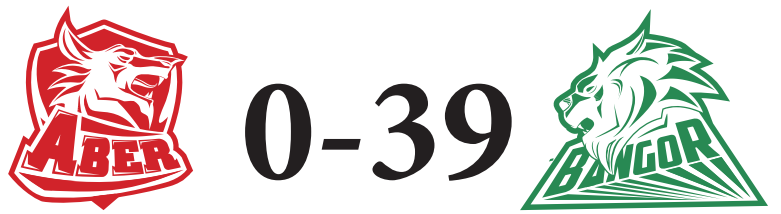
win the game by two goals to one in the final moments of the match. With both sides raring to go, it was the visitors who had the better of the early

chances, with Aber's keeper pulling off some brilliant saves to stop Bangor going out of sight. Both sets of supporters made their voices heard as they watched the play go back and forth, alongside some feisty, derby-day challenges.  
As the second half got underway, the home side took the lead almost immediately after slotting home from a corner, with the Aber fans stormed the pitch in celebration. Bangor continued to press as the clocked

ticked by, throwing man after man forward. It was not until late on when they levelled the scoring through first team manager Alex Jones in the 88th minute. Much like Aber did, the overjoyed Bangor fans stormed the pitch in delight; however, the match was still firmly hanging in the balance for both teams.  
Into injury time, it was Bangor who completed their thrilling comeback, as second team captain Jack Tomlin fired home to seal the victory and celebrat-

ed the goal with both teammates and supporters in a pile on worth of major cup final; brilliant scenes to witness. The raw emotion both teams displayed just goes to show you how much the competition means to the students of each university. The scenes as from the Bangor team after the winning goal went in and celebrating with one another after the final whistle optimizes what Varsity is all about and why it brings out the best in all students.

# Muddogs rollover their opposition

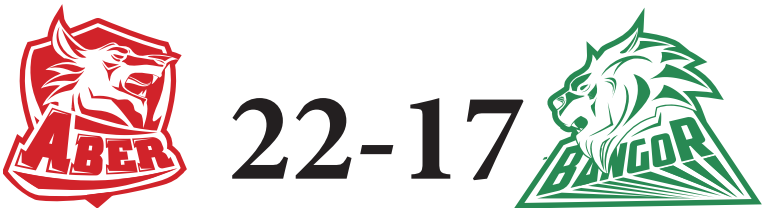


by JACK HOLLINSHEAD  
The Bangor Muddogs cruised to victory over Aber, winning 39-0. From the outset, the

Muddogs looked in control, breaking through the defensive line on several occasions. Touchdown after touchdown, Bangor became stronger and were too much for their counterparts in the glorious sunshine. After the full-

time whistle blew, both teams showed tremendous respect for one another before Bangor could enjoy the much deserved celebrations.

# Bangor RU just short of the mark



by JACK HOLLINSHEAD  
The men's rugby union started brightly for the visitors as Bangor successfully converted a

try. But two tries either side of half-time and a conversion for Aber, plus another Bangor try, meant the hosts were right back in the game at 12-12. After Aber kicked a penalty, Bangor retook the lead, but were unable to

keep it after a late try-conversion from Aber meant the score finish Aber 22-17 Bangor.



# Women's Hockey continue their winning streak



0 - 3



# An easy win for Women's Football

by CHARLOTTE TURNER

Winning both leagues (BUCS and futsal) and getting to the semi-final of the cup, we were pretty confident the day of Varsity. The weather was perfect and with the teams spirit high, we knew this game was ours. For 4 members of the squad, it would be their last ever appearance for Bangor. 15 minutes in, the first goal came from Ruth Pearson, meeting the ball off a corner. An early goal proved to be exactly what we needed, and persistence from the girls payed off as the score stood at 4-0 at half time. After a motivational speech from assistant coach Nancy Clare, we were determined to finish the game nearing double - figures. Minutes into the second half Mari Gibbard hit the back of the net with a stunning free-kick. Opposition heads began to drop and tiredness set in, but after goals from Elizabeth Neatherway, Gwenno Peters and Captain Jemma Parfitt, they seemed to lose all hope. We camped in their half for the remaining half hour, with our keeper Bryony Amanis only touching the ball twice throughout the entirety of the game. The chants were silenced on their side line when the final whistle blew – you could say we were pretty smug. Bangor 8 – 0 Aberystwyth, what a fantastic send off for the 4 leavers and the icing on the cake to a remarkable season.



0 - 8





# Summer Sporting Fixtures – What To Watch



**May**  
**20th: Football League One Play-off Final, KO 15:00pm, Wembley**  
 Bradford City v Millwall  
**20th-21st: Rugby League - Magic Weekend, Newcastle**  
**20th-21st: Rugby Union - World Sevens Series, Twickenham**  
**21st: Football - Premier League and Scottish Premiership seasons end**  
 Chelsea will be presented with their 5th Premier League trophy, whilst Celtic, who have run away with the Scottish title, are looking to finish the season unbeaten.

**22nd May – 11th June: Tennis - French Open, Roland Garros**  
**24th: Football - Europa League Final, Stockholm**  
 Manchester United v Ajax: Jose Mourinho will be looking to complete a debut double scoop of trophies after winning the Capital One Cup early on this year.

**24th, 27th & 29th: Cricket - England v South Africa, ODIs**  
 Eoin Morgan's side will be heading into these fixtures full of confidence after wins in recent months against the West Indies and Ireland.

**26th May – 3rd June: Sailing - America's Cup Qualifiers, Bermuda**  
**27th: Football - FA Cup final**  
 Chelsea will look to finish a domestic double if they defeat Arsenal, who could win in their 3rd FA Cup in 4 years.

**27th: Rugby Union - Premiership final, Twickenham**  
**27th: Rugby Union - Pro12 Grand Final, Dublin**

**28th: Formula 1 - Monaco Grand Prix**

The Monaco Grand Prix is one of the most highly anticipated races on the F1 calendar due to its history and prestige; the tight street circuit is always a fan favourite to watch. Jenson Button will be returning for McLaren while Fernando Alonso is racing at the Indy 500.

**28th: Football - League Two Play-off Final, Wembley**

Exeter City or Carlisle United v Luton Town or Blackpool

**28th: Rugby Union - England XV v Barbarians, Twickenham (Old Mutual Wealth Cup)**

**29th: Football - Championship Play-Off Final, Wembley**  
 Reading or Fulham v Sheffield Wednesday or Huddersfield Town  
**29th May – 5th June: Table tennis - World Championships, Dusseldorf, Germany**

**June**  
**1st: Football - Women's Champions League final, KO: 19:45, Cardiff**

The first ever all French UEFA club final will be between Paris Saint-Germain (who knocked out Barcelona) and Lyon (who defeated Manchester City).

**1st-18th: Cricket - ICC Champions Trophy, England & Wales**

England and Wales will be hosting the ODI ICC Champions Trophy for a second successive time. Holders India will compete alongside Australia, Bangladesh, England, New Zealand, Pakistan, South Africa and Sri Lanka.

**3rd: Horse racing - Epsom Derby**  
**3rd: Football - Champions League Final, Cardiff**

Real Madrid will look to make history as the first team to retain the Champions League trophy. A formidable Juventus team will look to stop them and win their first European Cup since 1996, especially after the disappointment against Barcelona in 2015.

**4th-8th & 10th-12th: Sailing - America's Cup play-offs, Bermuda**

**10th: Football - 2018 World Cup Qualifiers: Scotland v England (Group F), Azerbaijan v Northern Ireland (Group C)**

**10th: Rugby Union - Argentina v England, First Test, Scotland v Italy**

**10th-11th: Triathlon - World Series, Leeds**

**11th: Formula 1 - Canadian Grand Prix, Montreal**

**11th: Football - 2018 World Cup qualifiers: Serbia v Wales, Republic of Ireland v Austria (Group D)**

**13th: Football - International Friendly: France v England**

**15th-18th: Golf - US Open, Erin Hills, Wisconsin**

**16th-30th: Football - European Under-21 Championship, Poland**

**17th: Rugby union - Argentina v England, second test, Japan v Ireland, first test; Australia v Scotland**

**17th Jun – 2nd July: Football - Confederations Cup, Russia**

With Russia hosting the 2018 World Cup, they will also host and partake in the Confederations Cup, where teams who win different competitions across the world are able to compete. The competition will consist of Russia, Australia, Cameroon, Chile, Germany, Mexico, New Zealand and Portugal.

**17th, 18th, 24th & 25th: Sailing - America's Cup, Bermuda (if necessary, racing will continue on 26-27 June)**

**20th-24th: Horse racing - Royal Ascot**

**21st, 23rd & 25th: Cricket - England v South Africa, Twenty20 Internationals**

**24th: Rugby union - New Zealand v British & Irish Lions, First Test, Auckland**

Coach Warren Gatland and captain Sam Warburton will lead the British and Irish Lions in three test against the All Blacks. The Lions will be looking for successive series victories after defeating Australia in 2013.

**24th Jun – 23rd July: Cricket - Women's World Cup, England**

**26th-29th: Cricket - full round of day/night matches in the County Championship**

**July**  
**1st: Rugby Union - New Zealand v British & Irish Lions, Second Test, Wellington**

**1st: Cricket - One-Day Cup final, Lord's**

**1st – 23rd: Cycling - Tour de France**

Chris Froome and Mark Cavendish will again take part in the Tour de France as they look to assert British dominance once again in one of cy-

clings biggest races.

**3rd-16th: Tennis - Wimbledon**

Andy Murray will be looking to retain his Wimbledon crown after an impressive 2016, but will be disappointed after crashing out of the Madrid Open earlier in May.

**6th-10th: Cricket - England v South Africa, First Test, Lord's**

Joe Root will be taking charge of his first test match since being named captain in February. The series against South Africa and against the West Indies later on in the year will be perfect preparation for the Ashes Series overseas in Australia.

**7th-26th: Football - Gold Cup, USA**

**8th: Rugby Union - New Zealand v British & Irish Lions, Third Test, Auckland**

**9th: Athletics - London Anniversary Games, London Stadium**

**14th-18th: Cricket - England v South Africa, Second Test, Trent Bridge**

**14th-23rd: Disability Sport - World ParaAthletics Championships, London**

This year, London will host the biennial World ParaAthletics Championship where athletes will compete at the Olympic Park as Team GB look to overtake China and top the medals table.

**16th: Formula 1 - British Grand Prix, Silverstone**

**16th July – 6th August: Football - Women's Euro 2017, Netherlands**

After topping their qualifying group, head coach Mark Sampson and skipper Steph Houghton will look to go one better than they did at the 2015 World Cup by reaching the final of the Euro's.

**20th-23rd: Golf - The Open, Royal Birkdale**

**27th-31st: Cricket - England v South Africa, third Test, The Oval**

**August**  
**3rd-6th: Golf - Women's British Open, Kingsbarns, Scotland**

**4th-8th: Cricket - England v South Africa, fourth Test, Old Trafford**

**4th-13th: Athletics - World Championships, London**

**8th-11th: Special Olympics GB National Games, Sheffield**

**9th-26th: Rugby union - Women's World Cup, Ireland**

Ireland will host the Women's Rugby World Cup, with England looking to retain their crown after success in the French 2014 tournament.

**10th-13th: Golf - US PGA Championship, Quail Hollow Club, Charlotte, North Carolina**

**12th: Football - Premier League 2017/18 season due to start**

**17th-21st: Cricket - England v West Indies, First Test, Edgbaston (first Day-Night Test in England)**

The first ever day-night test match will be held in England as one of the Ashes test-matches in Australia will be in the same setting.

**18th-20th: Golf - Solheim Cup, Des Moines, USA**

**19th August – 10th September: Cycling - Vuelta a Espana, Spain**

**19th-27th: Hockey - men's and women's EuroHockey Championships, Netherlands**

**20th: Athletics - Birmingham Diamond League**

**25th-29th: Cricket - England v West Indies, second Test, Headingley**

**26th: Rugby league - Challenge Cup final, Wembley**

**27th: Formula 1 - Belgian Grand Prix, Spa-Francorchamps**

**27th: Motorcycling - British Moto Grand Prix, Silverstone**

With Silverstone positioning the riders into the back end of the season, current leaders Valentino Rossi and Maverick Vinales of Yamaha will look to pull ahead of Honda's Marc Marquez and Dani Pedrosa in what has been a very close start the Moto GP Championship.

**28th August – 10th September: Tennis - US Open, Flushing Meadow, New York**

**31st August – 17th September: Basketball - EuroBasket, hosted by Finland, Israel, Romania & Turkey**



## SPORT

## Bangor Students represented Welsh Universities in National sporting competition



Photo: THE WELSH UNIVERSITIES HOCKEY SQUAD, L-R: Jemma Parfitt, Mari Gibbard, Keren Allen, Jo Bramwell and Elizabeth Neatherway who were selected for the Welsh Universities Women's Football Team.

by SHAN ROBERTS

Ten Bangor University female students were recently selected to represent the Welsh Universities Teams in the Home Nations competition. After a five-year break, the Home Nations, a sporting competition where university students represent Wales, England and Scotland, made a return and was hosted by the University of Edinburgh.

This year's event saw teams compete in Men's and Women's Football, Men's and Women's Hockey and Men's and Women's Rugby 7s. The Welsh teams

were selected from across Wales' universities, ten of which were from Bangor University. Selection for the Welsh Universities team represents a significant achievement and is often the pinnacle moment in a student's sporting career.

The students selected for the Welsh Universities Hockey team were Bethan Ellis, Lois Evans, Celina Hackett, Beth Kenny and Meghan Wharton. The students selected to represent Welsh Universities in the Women's Football tournaments were Jemma Parfitt, Mari Gibbard, Keren Allen, Jo Bramwell

and Elizabeth Neatherway.

This achievement culminated a fantastic year for Bangor University Women's Football as they won their BUCS football league (Division 2A) and also the BUCS futsal league (Division 1A), they beat Aberystwyth 8 – 0 in Varsity and also enjoyed good cup runs in both Football and Futsal resulting in achieving the highest scoring BUCS points team at Bangor University in 2016/17.

Will Baxter, Bangor University Women's Football Team Coach and recently appointed Welsh Universi-

ties Women's Football Coach, said: "It was an honour to be appointed Head Coach of the Women's Football Team for the Home Nations, they were an absolute pleasure to work with. The standard of talent in women's football within the Welsh Universities sector is growing every year and the Home Nations is a fantastic opportunity for them to showcase it. Congratulations to the Bangor University students that made it in to their respective squads, it was a thoroughly deserved achievement which they all worked hard for. Hopefully, the Home Nations will once

again become a permanent fixture in the UK universities sporting calendar."

Bangor University Director of Sport and Welsh Student Sport Chairman, Richard Bennett added: "It was great to see Bangor University so well represented at the Home Nations and the students did themselves and the University proud. The Home Nations is a fantastic showcase and we are all extremely pleased that it is back up and running."

## University Club Talk: Archery – Treborth Shoot and Beaumaris Castle Event

by ARRON WILLIAMS

On the 7th of May Bangor University Archery Club (BUAC) ran an outdoor shoot. The event took place on the Treborth fields. The event ran smoothly throughout the day with little to no trouble. It was also a nice sunny day so that those attending could fully enjoy the outdoor environment and relax without interruption of rain. There was a nice turnout to the event with several new faces coming to try out the sport.

While there were several targets at varying distances the main shoot of the day was a double clout (72 arrows). This is where instead of an upright target the target is a coloured rope on the ground. Clout distances are further than that of regular targets with the distances being 180yds (Men's) and 140yds (Women's) so it is quite a distance to shoot, so archers have to

aim high. The centre of the roped area is marked with a flag so archers know whereabouts it is.

Thank you to all those who attended the event, it was great to see you all. For those interested in future archery events or looking to try archery next year like our Facebook page or visit us during serendipity. We hope to see you next year.

On the 3rd and 4th of June Archery, BEDS, History and Re-enactment will be attending and running an event at Beaumaris Castle. The day will be open to the public and Bangor University Archery Club (BUAC) will be running taster sessions for anyone attending the castle to let people try out archery and get a feel for what it is like. It is also a great environment for archery due to it being a medieval castle from around 1300 where archers would have been garrisoned.

Archery will also have a stand where you can ask questions about historical archery and the sport. The event will also follow the theme of 'legends' so information on legends in archery will also be at the stand. It should be a nice weekend for the event and there will be plenty to check out from both Archery and the other societies. We hope to see you at the event.

Don't forget about Serendipity in September to get all the information you need to know and how to sign up for Sporting Societies







photos: LJ TAYLOR (ABOVE) RODRIGO BRANCO joyous Welsh and Brazilian flag while (above, right) Dean Rittenberg celebrates with the home supporters after scoring the winning goal. (below) The team pop the champagne after collecting the trophy .



(above) GARY ROBERTS' CRUCIAL WINNING FREEKICK in the play-off semi-final

# Bangor City seal Europa League Qualifier Play-Off Final

by JACK HOLLINSHEAD  
A superb second half freekick from skipper Gary Roberts sealed a 3-2 victory for the Citizens over Newtown AFC in the Dafabet Welsh Premier play-off semi-finals.  
After finishing 4th in the division, Bangor would face Newtown who finished 7th, while the other semi-final see's 5th Carmarthen Town AFC (5th) play Cardiff Met (6th). The Bangor University stadium has been absent of European football for the past three years, and after missing out on an automatic place, the Citizens have one last opportunity to reach the qualifiers.  
The 638 fans packed into the Bangor University Stadium were treated to an action packed first half. It wasn't long

before the home side took the lead as Daniel Nardiello found some space on the left-hand side of box and his cross was met by the oncoming run of Interim Manager Gary Taylor-Fletcher, as he headed home. Bangor nearly doubled their lead, but Anthony Miley's header hit the post and went behind. In the next flurry of play, Newton's Neil Mitchell blazed over from a few yards out and should have made the score 1-1. In an immediate reaction, goalkeeper Connor Roberts' kick fizzed through the midfield and defence to reach Nardiello, who slotted home to give Bangor a 2-0 lead.  
It looked as if it wasn't going to be the visitors day as another close range chance went amiss by Luke Boundford. However, poor Bangor defending

was punished by Newtown, making no mistake by levelling the score line through the two who missed chances earlier; Mitchell and Boundford. Both teams had chances to take the lead as Roberts was called into action to stop Newton, while Danny Gosset and Taylor-Fletcher went close for the home side.  
At half-time, Bangor City's Reserves, Under 19s, Under 14s and Under 11s did a lap of honour around the pitch as recognition of their respective achievements this season.  
The second half saw Bangor enjoy some possession but to no avail. The referee had to distribute a few yellow cards for some cynical and rash challenges from both teams, while Newtown's Jamie Price tested Roberts with

a freekick. But in the 69th minute, after a foul on Miley at the edge of the visitor's penalty area, captain Gary Roberts fired home a wonderful freekick from 20 yards to put the Citizens into the lead 3-2, much to the delight of the singing home supporters.  
Bangor nearly secured a 4th goal after a blistering run from substitute Brad Jackson, but his tame effort was saved by Jones. The Citizens managed to see out the game accordingly, limiting Newtown's chances to the bare minimal, with Nardiello running down the clock in the corner at the other end until the referee blew the final whistle.  
The win takes Bangor one step closer to European football as they are now in the final of the playoffs to determine

who has a place in the Europa League Qualifiers. They will face Cardiff Metropolitan on Saturday 13th May as the Citizens look to finish the season strongly.  
**Bangor City:** 1. Connor Roberts (GK), 2. Laurence Wilson, 16. Danny Gosset, 30. Paul Connolly, 5. Anthony Miley, 6. Gary Roberts (C), 25. Gary Taylor-Fletcher, 8. Damian Allen, 9. Daniel Nardiello, 10. Dean Rittenberg (7. Brad Jackson), 27. Henry Jones  
**Newtown AFC:** 1. David Jones (GK), 19. T. Craig Williams, 5. Kieran Mills-Evans, 6. Shane Sutton (C), 15. Jamie Price, 23. Alex Fletcher, 4. Ross Stephens, 18. Ryan Kershaw (2. Joe Kenton), 7. Neil Mitchell (3. Steffan Edwards), 9. Luke Boundford, 8. Nick Rushton

# Mental Health in Sport – not a Stigma

In recent weeks, footballer Aaron Lennon has been treated for mental health issues regarding a stress-related illness. With being a professional sportsman, Lennon has been under the media spotlight since his admission, with some outlets tagging a specific stigma; what has he got to be stressed about?  
The Daily Mail, when posting their article on Twitter, added the headline of '£55,000-a-week England football Aaron Lennon is detained under mental health act after stand-off with police'. Now, I do not have a problem with

describing the incident, I have a problem that they have added how much he earns. Like that makes a difference. It does not matter how much money you have got; if you are ill, you are ill. Simple as that.  
Another person to pipe up with a comment on the situation is, surprise surprise, Piers Morgan. Again, on Twitter, he wrote 'I'm not convinced by this new trend of male public soul-bearing. Time for our gender to get a grip, me thinks. Life's tough- man up'. Cheers for that Piers, it's like saying you've just broke your ankle and to

just 'shake it off'. It doesn't quite work like that. Just like a physical injury, you need support and time to heal, not to just get a grip and get on with your life.  
In a recent interview with Piers Morgan on Good Morning Britain, Stan Collymore, the first English footballer to open up about mental health issues, stated "who would say how can depression exist when you have material wealth. I would say, can I get cancer, can I get aids, can I get ME?". In relation to his past mental health issue, he said "it is an illness, it's an illness you can't see", which is true, just because

a medical isn't physiological, doesn't mean it is not there.  
A brilliant gesture came from former footballer Andy Johnson, who will pledge 10p for every retweet he receives on Twitter, in the name of Aaron Lennon to the MInd charity, to end the stigma; a classy touch to help raise funds towards awareness and supporting systems.  
Approximately 1 in 4 people in the UK will experience a mental health problem each year and in England, 1 in 6 people report experiencing a common mental health problem in any

given week (mind.org.uk).  
It does not matter what the profession of an individual is, the main priority is helping them through a difficult period in their life. Just by checking if someone is ok and offering them a place to talk, can make a difference. Here at Bangor, our Student Support Centre offers advice for any issues or concerns you may have, as well as countless organisations online and making an appointment with your local doctor. Let's end the stigma; together.



## Bangor's Euro-Vision



photo: LJ TAYLOR, THE BANGOR CITY boys lift their play-off trophy and will be looking forward to European football next season at the Bangor University Stadium

by MATTY ROWLAND

Going into the playoff final, Bangor were considered by many to be the quiet favourites to win the game and join The New Saints, Connahs Quay Nomads and Bala Town in European competition next season.

Much of the attention before the match had been given to Cardiff Metropolitan, who could have become the first University team to reach the Europa League.

However, with the stage set and in front of the S4C television cameras on a blustery but dry afternoon, it was Bangor's turn to take the spotlight.

Bangor started the stronger of the two sides, with Henry Jones forcing Cardiff Metropolitan's goalkeeper Will Fuller into a smart save.

The next opportunity fell to player-manager Gary Taylor-Fletcher, from a well-worked corner taken low by Jones

with the veteran's effort again tipped over by Fuller.

Taylor-Fletcher was looking dangerous, as just over ten minutes later he headed narrowly wide of Fuller's near post from a curling, deep cross.

Bangor took the lead after 30 minutes. Henry Jones was the victim of yet another late tackle after offloading the ball to Taylor-Fletcher. Referee Bryn Markham Jones played the advantage, allowing Taylor-Fletcher to slip the ball to Dean Rittenberg in a more central position, who then fired low into the net from inside the penalty area – a fitting way to celebrate his 21st birthday.

With 15 minutes until the break, Cardiff Metropolitan stepped up their game, having a penalty appeal waved away by the referee before seeing an injury to Rhys Thomas, after two Bangor City defenders missed clearances and Paul Connolly came across

to make sure both ball and man were getting nowhere near the Bangor goal.

At half time, Thomas was replaced by Jordan Lam for Cardiff Met following the injury suffered late in the first half.

The first opportunity of the second half fell to Cardiff Metropolitan, resulting in Connor Roberts making an inspired stop to prevent the equaliser.

Henry Jones and Taylor-Fletcher were causing problems for the opposition all afternoon with their link-up play, until Taylor-Fletcher substituted himself on the hour mark, introducing Sion Edwards. Cardiff Met replaced Josh Barnett, previously booked for a foul on Jones, with Ben Bowler.

As Cardiff Met were beginning to turn the screw to find the equaliser, Paul Connolly conceded a free kick on the edge of the penalty area, receiving a yellow card in the process. This led to a flurry of activity in the Bangor penalty area, resulting in Cardiff Met

having a goal disallowed for an alleged handball on the 65th minute.

The mood among the fans was far from nervy, as a section of the 956 who turned out to become the first university team to play in Europe, prompting celebrations from Bangor fans and players alike as the fans joined the players on the pitch to celebrate.

Although Cardiff Met ultimately lost, a lot of credit must be paid to the team for staying behind and watching the

presentation ceremony, applauding their opposition.

As for Bangor, it was a deserved hard-fought victory on the day which the fans will no doubt savour.

Bangor City: 1. Connor Roberts (GK), 2. Laurence Wilson, 16. Danny Gosset, 30. Paul Connolly, 5. Anthony Miley, 6. Gary Roberts (C), 25. Gary Taylor-Fletcher (11. Sion Edwards), 8. Damien Allen (14. Yalania Baio), 7. Brad Jackson, 10. Dean Rittenberg, 27. Henry Jones

Cardiff Metropolitan: 1. Will Fuller (GK), 29. Matt Taylor, 3. Kyle McCarthy, 4. Bradley Woolridge (C), 5. Emlyn Lewis, 16. Josh Barnett (6. Ben Bowler), 7. Eliot Evans, 18. Will Evans, 9. Adam Roscrow (17. Gwlon Howell), 10. Charlie Corsby, 39. Rhys Thomas (11. Jordan Lam)