



**PHILIP PULLMAN**



**VISIT DUBLIN**



**FESTIVE TUNES**

## Your Chance to Make Change as UNDEB Nominations Open



by EMMA JEWKES

The sabbatical officer nominations for the Students Union Sabb team 2018-19 officially opened this week, giving Bangor University students the chance to put themselves forward as candidates in March's Sabbatical Officer Election.

Those who are interested in running have until 26th January 2018 to put themselves forward and all Bangor students are being encouraged to think about running for one of the five Sabbatical Officer positions.

The positions up for grabs are President, UMCB President, VP for Education, VP for Sport and VP for Societies and Volunteering with

nominations opening on Monday 11th December.

Current President of UNDEB, Ruth Plant, said: "With nominations opening soon it is really important to think about what you might want to do and whether being an officer is for you! There are lots of pros and cons to being an officer.

"Being able to make an impact around Undeb, sitting on committees as the student voice and running campaigns that you are passionate about are just a few of the pros however it isn't all plain sailing and if you are planning on running make sure you have a strong network behind you."

Reflecting on her own time as UMCB President, Mirain Llwyd said: "Although it is hard going from the student life to still be surrounded by

students but working a 9-5 job my experience as President of UMCB for the last year has been amazing.

"As a first proper job it's great because the staff of the union offer so much support and the experiences I have will make my CV so full of unique opportunities. I can only take this time to thank UNDEB Bangor and to encourage all of you if you're even considering going for any of the Sabbatical roles to go for it, I will never regret the decision to apply for this role!"

Last academic year, 15 candidates put themselves forward for the 5 Sabbatical Officer positions with a record 2,145 votes being cast in the final election in March which saw a whole new team in place save for the one returnee as VP for Education, Helen Marchant

As the only Sabb not eligible for re-election having served the maximum two years, Helen urged those who might not ordinarily run to put themselves forward. She said: "This year I would love to see students from all different backgrounds running for the role.

"our student body is so diverse and it would be great for that to be reflected in the union. If you have the slightest interest in any of the roles, don't be put off. Come and chat to us- we're here to support you on that journey. Even if you only have the slightest inkling about it, it's worth pursuing."

Reflecting on her own reasons for running in 2015, she continued: "I put myself forwards to be a sabb simply because I had ideas that I wanted to see developed in the union. I was quite a

quiet student and I definitely wouldn't say I was the stereotypical well known 'popular' student to run for a role- I just wanted to make a change.

"It hasn't been easy, but it's one of the most worthwhile ventures I've ever taken on. You grow so much, and learn so much and that's the whole point of the job. You're not expected to be an expert in the field, just to have an enthusiasm for the role. If you have ideas that you're passionate about, that's half the battle."

Those who wish to run for election should head to [www.undebbangor.com/voice/elections/sabbelections](http://www.undebbangor.com/voice/elections/sabbelections) in order to put their name forward. They should also check out the election timetable for further information about important dates and advice sessions.



# WHY NOT JOIN

# SEREN

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Theatr Bryn Terfel

Ionawr/January 16  
(Rhagddangosiad/Preview), 7.30pm  
Ionawr/January 17-20, 7.30pm  
Ionawr/January 21, 2pm  
£8-£16

Clwb Comedi / Comedy Club

### Mike Bubbins Amy Gledhill Tudur Owen

Stiwdio  
Nos Iau 25 Ionawr, 8pm  
£10.50/£8.50 myfyrwyr

Studio  
Thursday 25 January, 8pm  
£10.50/£8.50 students

16+

Noson drwy gyfrwng y Saesneg  
English Language Event

### Elephant Sessions

Theatr Bryn Terfel

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£14/£13 gostyngiadau

Friday 26 January, 8pm  
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Theme: Space  
All Day,  
Saturday 3 February

### Sophie Willan: Branded

Stiwdio  
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8pm  
£12/£10 myfyrwyr a dan 18

Studio  
Wednesday 14 February  
8pm  
£12/£10 students and under 18

### Dr John Cooper Clarke

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Theatr Bryn Terfel

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Friday 17 March, 8pm  
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12+



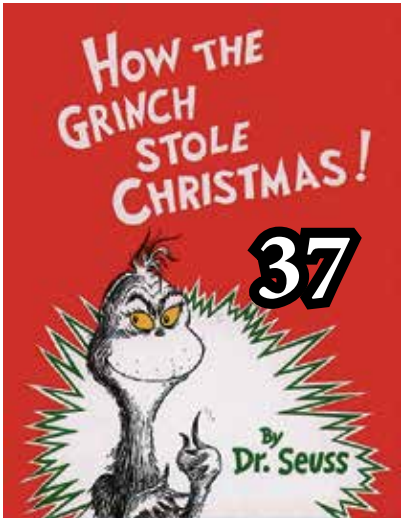
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# CONTENTS

News	4-6
Politics	7
Union	9
Comment	10-11
Environment	12-13
Science	14-15
Societies	16-17
Arts & Culture	18-19
Music	20-21
Breaktime	22-23
Seren Christmas	24-25
Games	26-27
Film	28-30
Travel	31
TV	32-34
Pullman Interview	35
Books	36-37
Lifestyle	38-39
Food & Drink	40-41
Fashion	42
Sport	45-48



**EMMA JEWKES**  
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Christmas is here!! As you may have gathered, Christmas is my favourite time of the year, not least because it gives me a few days away from uni work. I'm particularly looking forward to this Christmas as it's the first one I will get to spend with Andy, my boyfriend. Last year, we both spent it in different parts of the country with our families so we just had a brief Christmas Day phonecall and that was it. This year, we're going to his parents for Christmas day lunch before heading back to Bangor for an evening of Christmas telly, Bailey's and a lot of chocolate and I can't wait!

On a more sombre note, this Christmas also marks the end of my penultimate semester here at Bangor. Just one more semester stands between me and graduation which I'm more sad about than scared. Bangor has been such a huge part of my life for the past 3 years nearly that I'll be extremely sad to leave.

Anyway, onto this month's Seren and what a cracker (see what I did there) we have for you. We've got a double dose of Breaktime to keep you occupied on that long journey home and we've got plenty of other Christmas content spread throughout the paper.

We've also got an exclusive interview with Phillip Pullman, author of the His Dark Materials trilogy who was in Bangor this month promoting his new book, *Le Belle Sauvage*. Getting the chance to meet and speak with him was a personal University highlight of mine and I hope you enjoy the interview.

Something else I want to bring to your attention is our front page feature which is all about the upcoming Undeb nominations for the Sabbatical Officer positions. It's a great opportunity for you, the student, to make real change happen by becoming part of the decision process! Also, it looks great on your CV, so even if you don't think you'll win or that you might not be cut out for it, still give it a go. Honestly, if Trump can get in the White House then anyone can get in the SU. Infact I may even run myself? Who knows?

On a final note, as this is the last edition of Seren of 2017, I'd like to take this opportunity to wish you all a very merry Christmas and a happy New Year!

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

Seren is printed by NWN Media.

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## IN BRIEF

## Long lost masterpiece found hanging in Penrhyn Castle

SPANISH artist Bartolome Estebon Murillo has less than twelve known surviving paintings, one of which has been found in nowhere other than Penrhyn castle. This 17th century masterpiece has been hanging on the National Trust castle walls for nearly 120 years. A visit from an art expert identified the painting, which had previously been believed to be a copy, of little value. Art scholar Berito Navarrete Prieto travelled from Seville to North Wales to take a look at the painting himself, revealing the true value of the painting. He described it as "magnetic", "an absolute masterpiece". The painting is of the historian Don Diego Ortiz de Zuniga, dressed in black with the insignia of the order of Santiago and measures 113cm by 94cm. The painting has now been taken to New York for an exhibition on the artist at the Frick Collection. After the US exhibit, the painting will move to London's National Gallery in February. Many of Murillo's paintings are worth millions, and in July, Sotheby's in London sold one of his paintings, showing Christ in a crown of thorns, for £2.75 million.

## Starbucks controversial proposal for Bangor drive-thru

Starbucks have resubmitted controversial plans for drive-thru cafe in Bangor city centre. The application was initially submitted in December 2015 to build the drive-thru cafe on green space and shrub land on the junction with Deiniol Road and Sackville Road. The Bangor City Council and the Civic Society expressed their concern for the loss of trees at the site and traffic and objected to the development. The proposal made by developer Morbaine was then withdrawn. However, now the application has been submitted, Morbaine said it had explored options to retain as many of the trees as possible but this would require raising the levels of the site which would make the scheme "impractical". Keith Nutter, from Morbaine, said they had employed landscape architects and arboriculturalists to develop a replacement planting scheme. In a letter to Gwynedd council planners he added "The development will bring about regeneration of the site which at the moment is vacant and derelict with no public access". He added that due to derelict nature of the site, a recent needle pick has to be carried out to recover hypodermic needles found on site. This cafe would also create 20 new jobs in Bangor. Bangor Civic society has been against the proposal over fears about Bangor's "iconic black poplar trees" Bangor City Council also has concerns over traffic at the roundabout, on the junction and the removal of several trees.

# Winter Warmer Carnival & Beach Clean



(Photos: Will Joe Philpin)

**F**undraiver (Will Joe Philpin) recently teamed up with Bangor University Surf Team (Callum Hudson) and Bangor Windsurf Club (Candace Flatley) to bring together two concepts; partying and saving the environment. The event summoned all do-gooders - students and locals included - to help participate in a big communal beach clean followed by an even bigger rave held at The Belle Vue. This is one of many 'Fundravers' Philpin has organised, in an effort to not only put on free parties for students and the local community but to

also encourage volunteering activities and donations, where 100% of all profits made go to the local community and conservation causes.

Around 40 young people took part in the litter pick which took place on the beautiful beach of Rhosneigr. The clean up supplies and equipment were facilitated by Keep Wales Tidy. Philpin was pleased with the turnout "for a cold November to get so many people out and helping was great."

After a successful beach clean, the helpers returned to the Belle Vue, where the party shortly fell into full swing.



There was entertainment from quirky local bands such as the popular Hedge Gods and solo performers, Penny, Ronnie Walters, Zac Dylan, Effy Jones to name a few. Performances were later followed by DJ sets from Code 13, Callum Procter, Xander Bairstow, George Gates and Will Philpin himself. Mulled wine, cider and mince pies were on offer and there was a raffle which included prizes contributed by local businesses such as Two Guys from Brussels, Kyffin, Outside The Box and Gecko Rhosneigr. BU Dance even got involved by setting up a glitter

workshop to give partygoers a glittery festival makeover.

Overall it was a successful night, around £550 was raised for North Wales Housing and a few local marine conservation organisations including Anglesey Sea Zoo Conservation and North Wales Wildlife Trust.

It seems Will Philpin has more in store for Bangor as he plans to continue his tree planting scheme and, as for more Fundravers, is on the hunt for some out outdoors-y areas to throw some festival-style parties. Stay tuned Bangor.

## 7 Welsh Forgotten Festive Traditions

**T**ake a walk back in time and you'll find some very peculiar Welsh traditions taking place during this festive time of the year. Some you'll wish we still performed, others you'll be glad have been forgotten about.

1. **The Mari Lwyd.** A New Years ritual which took place in the early 19th century. Villagers would take a horse skull, drape it in a white sheet and decorate it with bells before placing it on top of a wooden pole. It would then be paraded from door to door by a group, challenging others to a battle of Welsh verse. Surprisingly, this old and very peculiar tradition still takes place in parts of Wales.

2. **Carols by Twilight.** This Plygain service would take place from 3am to 6am on Christmas morning in rural parts of Wales. Most would stay up all night until the group of

male voices would gather and sing in the local parish chapel.

3. **Wren Day.** On the 12th night groups of men would go out 'hunting the wren'. When this tiny bird was captured it would be caged in a wooden box and taken from door to door for all to see.

4. **Calennig.** From dawn until noon on New Years Day children would go from door to door singing rhymes, splashing people with water and asking for Calennig (gifts of small change).

5. **Holming.** A less favourable tradition, on boxing day the last person out of bed would be beaten with prickly holly sprigs!

6. **Christmas Toffee.** Or as they called it 'Noson Gyflaith'. Families would invite their friends over for supper and games during the run

up to Christmas, they would make toffee (or taffy) and tell stories.

7. **Wassail Bowls.** Drinking from the Wassail bowl was thought to be good luck for the New Year at the turn of the century. This tradition

was taken from the Anglo-Saxon and Tudor customs, the ornate bowl would be filled with fruit, sugar, spices and topped up with warm beer.

Some of these traditions are still to this day performed in rural parts of Wales.





# Students Boast Creativity At University Christmas Fair



This year's Christmas Markets, held by the B-Enterprising team, proved to be another success. A total of 12 staff & 178 students hosted 82 stalls, boasting creativity and selling everything from home-made gingerbread to crochet underwear! The markets offered an array of international food, delicately crafted Yuletide gifts and tempting festive bakes. Live music from the University's brass band delivered the true festive

feel throughout the course of the day. Santa Claus himself even paid PJ Hall a visit. It was an all round triumphant day, stall owners bagged 15 BEA (Bangor Employability Award) xp for running a stall and further points were earned through participating in the supporting workshops held during the weeks leading up to the event. Stall owners donated some of their profits to local charities such as the Snowdonia



Animal Sanctuary and Treborth Botanic Garden. Student Union clubs and societies held stalls to raise money for their society budget, including RAG, dog walking society, Bangor Forestry Student Association and Bangor Afro-Caribbean Society. The award for The Best Stall was given to Sandy Perez-Robles, Andrea Marin-Merizalde and Alejandra

Vergara-Pena which was presented by Diana Roberts from Santander Universities. The winner for the most innovative product chosen by Cerri Williams from the Welsh Government was Coeden Noeth by Laura Haggett. Laura showcased her very own bath and body products which were free from plastic packaging, contained biodegradable ingredients and were suitable for sensitive skin.

## IN BRIEF Student sets up Wildlife Tourism Company



ROBERT Brook, a Bangor University student from Blackpool, launched a website which provides information about Britain's wildlife to offer activities that allow customers to find their favourite animals in the wild. HE came up with the idea during his final year whilst studying at the School of Ocean Sciences. He pitched the concept of 'Finding Nature' at the University's Santander Entrepreneurship competition where he became runner up. He was awarded £500 to pursue the business further; he then partnered up with his cousin, Adam Kinder, a professional web designer who built Finding Nature's platform. Robert said "Finding Nature prides itself on its commitment to animal welfare and has partnered with tour operators across the UK to deliver unforgettable experiences for anyone interested in wildlife. "It's great knowing that we have a platform that can educate people about the UK's wildlife. But, to be able to offer activities where you can experience the wildlife up-close is just fantastic. It's something that you simply cannot replace with pictures on a screen." Based in Blackpool, Lancashire, Finding Nature is an online platform where visitors can learn about the UK's wildlife as well as the best places and activities to go out and enjoy it. The company was founded in May 2017 and currently lists over 100 animal species that can be found in more than 40 distinct locations across Britain.

# Cinema Operator Finally Secured For Bangor's Parc Bryn Cegin

It has been revealed that the operator has signed up for a 40,000sq ft cinema but developers need more chain restaurants for scheme to happen. It was announced back in December 2015 that the Welsh Government had selected Liberty Properties Developments LTD to create a 400-job leisure scheme at the entrance to Parc Bryn Cegin, Bangor. The proposal included a giant cinema complex with 5 restaurants, a family pub and a Welsh produce shop. However, lack of progress on the scheme had left Plaid Cymru, MP Hywel Williams and AM Sian Gwenllian frustrated and forced to put pressure on the government to speed up the project.

The complex will be twice the size of Llandudno Junction cinema with 10 screens and one super size screen. Liberty's development director Emyr Williams says the securing the cinema operator was a major coup but despite this they "need more restaurants to sit alongside, we have two chains we have agreed terms with, but we need six and this is currently a difficult market." He continues, "I can promise everyone we are working hard on this, we would not be doing this if we didn't think it could happen. As a North Walian, I want to see this development built." The company is targeting Nando's, Pizza Express, Frankie & Benny's, Pizza Hut and Chiquitos. Locally there is much frustration and anger that Parc Bryn Cegin has

laid empty for almost 20 years and disappointment that there has been no progress in the 2 years that Liberty Properties had been assigned the project. Hywel Williams MP who is also disappointed with the lack of progress said "I realise such developments take time, but local people have been looking forward to seeing Parc Bryn Cegin filled with companies providing well-paid employment for many years, but it is still empty. I would be glad if Liberty Properties could indicate where they are in the project and exactly what form of support is being provided to them by the Welsh Government." A Welsh Government spokesperson said A Welsh Government spokesperson said: "Global economic conditions have meant that the last few years

have been difficult for major property developments like Parc Bryn Cegin, and while progress at the site has been slower than both we and the community would have liked, we very much welcome recent developments which mean that a number of businesses are now lined up to build there." "We are also very encouraged by the news that Liberty has now secured a cinema operator for the site and is in the process of signing up restaurant chains - developments that we anticipate will make a huge impact locally. "Representatives of Liberty are due to meet Gwynedd Council's members in January to provide them with a full update on progress at the site."

Fancy writing  
for Seren News?  
Contact Us:  
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# Pontio's Robotic Petting Zoo



Whilst passing through Bangor's Pontio centre this month, you may have spotted some robots roaming around the second floor. Fear not, for this is all part of a science experiment! The "Robot Petting Zoo" includes 6 robotic vacuum cleaners which serve a purpose far more intriguing than just cleaning. Psychologists are eager to see how people react to the robots which have been programmed to display emotion. Professor Emily Cross (co-director of Bangor's social brain in action laboratory) explains that the purpose of the experiment, which is also acting as an art installation, is to get the public engaged with science and examine issues around robotics. "We applied for some funding to think

about ways we could get social robotics and questions about the human interactions with robots into a public setting." Cross continues, "We have lots of clever laboratory experiments where we can look at this in controlled environments, but here, we can bring those questions to the public." So, how does the experiment work? Everyone visiting the experiment is given a cup of plastic beads imitating "food" for the robots. The beads are then swept up by the vacuums which are kept in a specially designed pen. Each vacuum has a different personality; grumpy, happy, scared. The public is then asked to vote for their favourite robot. The psychologists are recording the data to later analyse.



(Pictured: Professor Emily Cross & Artist Merel Bekking)



## Bangor's Answer To Back Pain

This article by Dr Ned Hartfiel, Research Officer and Rhiannon Tudor Edwards, Professor of Health Economics, Centre for Health Economics and Medicines Evaluation, School of Healthcare Sciences, was originally published on The Conversation.

Back pain is the single leading cause of disability in the world. In the UK, back pain is one of the most common reasons for visits to the doctor, and missed work. In fact, absence from work due to back problems costs British employers more than £3 billion every year.

But there is a potentially easy way to prevent this problem: yoga. Exercises from the ancient Indian practice can have very positive benefits for back problems. Stretching, breathing, and relaxation methods can reduce sickness absence due to back pain and musculoskeletal conditions.

There has already been plenty of research demonstrating the benefits of yoga for NHS patients, showing that patients with chronic back pain

who regularly practice yoga take fewer sick days than those who don't practice yoga. But very little research has been done which looks into the benefits of implementing workplace programmes, like we did.

We worked with 150 NHS employees from three hospitals in North Wales. The staff were randomly assigned to either a yoga group or an education group. The yoga group received a total of eight 60 minute yoga sessions, once a week for eight weeks. In addition to this, the yoga participants were given a DVD and a poster for home practice. They were invited to practice yoga at home for ten minutes a day for six months. The education group meanwhile received two instructional booklets for how to manage back pain and reduce stress at work.

The yoga programme was based on Dru Yoga – which emphasises soft, flowing movements – and consisted of four parts. To start each session, there was a series of gentle warm-up movements, followed by eight stretches to release tension from the

shoulders and hips. Participants did four back care postures to develop suppleness in the spine, and improve posture. This was completed with relaxation techniques to create an overall feeling of positive health and well-being.

After eight weeks, the results showed that most yoga participants had larger reductions in back pain compared to the education group. After six months, employee staff records showed that the yoga participants had 20 times less sick leave due to musculoskeletal conditions (including back pain) than the education group. We also found that the yoga participants visited health professionals for back pain only half as often as education participants during the six month study.

Those who improved the most were participants who also practised yoga at home for an average of 60 minutes or more each week. Ten minutes or more a day of home practice was associated with doubling the reduction in back pain, and many participants noted that it helped them to better manage



stress too.

In the US, about a quarter of all major employers deliver some form of meditation or yoga, but it has yet to be taken up so widely in the UK, or elsewhere in Europe. Insurance company Aetna, for example, offers free yoga classes to their 55,000 employees with reported annual savings of US\$2,000 (£1,520) per head in healthcare costs and a US\$3,000 (£2,280) gain per person in productivity. Preventing back pain makes economic sense all round. Yoga seems not only good for employees and employers, but also for the economy as well.

The National Institute for Health

and Care Excellence (NICE) in the UK now recommends stretching, strengthening and yoga exercises as the first step in managing low back pain. Public Health England also advises yoga classes in the workplace.

Since our initial work with the NHS proved to be such a success, the Dru Yoga healthy back programme used in the study has been delivered to staff at Merseyside Police, Great Ormond Street Hospital, the Institute of Chartered Accountants, Siemens, Barclays, Santander and many other private and public organisations. We now hope that many more will take up yoga to improve the health and well-being of their employees.



# ELECTIONS: GERMANY IN CRISIS



by **GEORGE GILHAM**

At the point of writing, Germany's reputation as a country of centrist stability hangs in the balance. Angela Merkel, chancellor of the CDU/CSU (Christian Democratic Union/Christian Social Union) since 2005 is widely regarded as an icon of efficiency amidst a period of social instability in Europe with right-wing populist movements gaining ground. Despite receiving strong criticism for her handling of the refugee crisis, surveys suggest 58% of Germans want Merkel to remain chancellor. In the recent German elections, the CDU/CSU lost 65 seats, achieving 33% of the vote, leaving the CDU/CSU still the most popular party within Germany despite a diminished vote share.

Initially Merkel sought a coalition with the pro-business FDP (Free Democratic Party) and Greens. However, the FDP soon pulled out of coalition talks with the CDU/CSU and Greens. Together the three parties would have a combined 53% of the vote, the Greens at 9% and the FDP at 11%, thus a majority around Merkel could have been formed.

In the wake of the election, leader of the SPD (Social Democratic Party) Martin Schulz, initially ruled out a grand coalition between the SPD and CDU/CSU. Schulz and many SDP members hope to bring the party back to its roots of social democracy. Despite his initial opposition to a grand coalition, many centrists in the SPD oppose his decision, including Andrea Nahles who is the new SPD leader in the Bundestag. Furthermore,

Frank-Walter Steinmeier, Germany's president and former SPD foreign minister is pushing for a grand coalition for the "good of the country". Coalition talks have been rumoured, thus the likelihood of a grand coalition is increasingly more likely, though still uncertain. Friction between the two parties arise because the CDU/CSU and the SPD hold very different views on European integration and social welfare.

Matters have been made more complex because Merkel initially ruled out working as a minority government on ARD television, in favour of a new election. Her sentiment is not a lonely one, with polls suggesting that only 30% of the population desire a minority government. Meanwhile, some polls suggest that 61% of Germans want coalition talks, so it seems Merkel is

under pressure to create a coalition.

So, what are the implications? The economic situation in Germany remains strong with a drop of uncertainty. Socially, Germany has a rising nationalistic presence with anti-EU sentiment gaining ground, hence the looming prospect of the AfD (Alternative for Germany) gaining more than 13% of the vote if another election is called. Macron is feeling uneasy as a central part of his agenda is further European integration and close co-operation with Germany. For example, Macron has proposed finance ministers and a European defence force, in addition, he has also proposed syncing corporate tax rates with Germany. Without Merkel, it won't be possible for Macron to further his pro-EU agenda. For Britain, the implications are also a negative one as

having a pro-business Germany, led by a CDU-FDP coalition could push forward Brexit trade negotiations in a less formal environment. Instead, Britain may have to comply more with EU demands regarding a financial settlement.

The recent election in Germany has fractured the image of political stability attributed to Germany. The solution in Germany is a tough one with successful coalition talks seemingly impossible to predict and the threat of anti-EU populism further infecting German politics. More than ever, Germany needs to remain a bastion of democracy and stability in a period of political chaos that has spread across the globe. From Brexit to Trump, reason and stability must prevail the anti-internationalist global haze.

## Catalonian Independence Movement

Catalonia, a region of Spain that has been seeking its independence since 1922, has seen an increase of push for the movement's success in recent history, along with increased backlash from the Spanish government in an attempt to suppress Catalan nationalism. This modern independence movement began in 2006 when the Spanish government attempted to overturn portions of the Statute of Autonomy of Catalonia, which defines the rights of the citizens

of Catalonia.

In the years following, 550 municipalities in Catalonia held referendums of independence, in which the results showed in favour of independence. Protest demonstrations for the movement have seen utmost of one million people, showing that independence is an extremely important value held by the Catalan people. Referendums have been held in an attempt to vote on this divide in 2014 and 2017, all resulting in a nearly unanimous vote

in favour of independence. Yet in the years following the initial rekindling of the movement in 2006, no legislative progress has been made through these efforts, due to the Spanish government's strong disapproval.

In the 2017 referendum, which is both the most recent and powerful attempt Catalonia has made in achieving independence, Catalan government members declared that they would hold a vote regarding the issue with or without the support of

the Spanish government. Through the referendum, the national government went as far as to shut down pro-independence websites, and demanded Google remove a voting location finder app from its app store. To pressure Catalan people into not voting, the national government seized ballot papers and threatened those manning poll stations with hefty fines. Despite these setbacks, the referendum was held on October 1st, 2017.

The results of the referendum

showed Catalonia their independence, while chaos erupted throughout. In late October, Madrid, the country's capital, stripped Catalan leader Carles Puigdemont from his position in office. This decision will also see the removal of 150 ministers from the region, although some have vowed to continue their work. Currently, Catalonia is under control of Madrid until a new president and respective officials are elected. This election will take place on December 21st, 2017.





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**VOTING:**  
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# WHAT A SEMESTER!



Over the 1st semester Undeb Bangor have been very busy organising all kinds of activities for you, our students. We kicked off with Welcome weekend where our Heroes were back once again to help students move in to halls. We introduced a few new activities, Meet and Mingle and Conversation Corners; a chance for student to engage with each other in a safe environment where they could just have a conversation with like-minded people or play board games and video games. The events were well attended and it was a pleasure to see new and old students getting together and enjoying themselves. Next up in welcome week was Serendipity, where despite the beautiful rain of North Wales, we saw thousands of students work their way through the hundreds of stalls in the marquees outside and

PJ and Powis Hall. Students got to sign up to Clubs, societies, volunteering projects and a few freebies were handed out, including thousands of slices of free pizza! For the first time, the Undeb Bangor Opportunities team held the Student Leadership Conference, helping student leaders become the leaders you deserve. The Student Leadership Conference was developed to help empower the students as leaders and facilitate discussion around key leadership areas. At Undeb Bangor our vision is “to be completely relevant to you” and events such as this aim to shape the ongoing discussions that we have with you and influence how things at Undeb Bangor are done. During October some of our key events included Destressfest, UBC and Course Rep Elections, and Su’Mae Day. We started with

some volunteering recruitment and the BUCS began for the AU clubs, Societies passed the societies guild and the cluster system was introduced. Canine Calming during Destressfest week brought students to see our cuddly canine friends and we raised £179.38 for Guide Dogs Wales. UMCB, the Welsh Students’ Union have had a very bust semester. Highlights of their semester includes their trip to the inter-college dance at Aberystwyth. UMCB Have also been busy collecting money for the local cancer ward at Ysbyty Gwynedd. With a pledge auction, UMCB raised £1500 for the ward. Across campus students have voted for their Undeb Bangor Councillors (UBC) and Course reps, so inevitably we have been busy with course rep councils and Undeb Bangor Council. Students have been getting involved

by voting on Ideas they believe will make their Bangor experience better, which in turn have been voted on by UBC. From soya or almond milk provisions across campus to free-access microwaves and making the trip registration form an online form, these are the changes that you want to see happen across the University. We’ve run several campaigns through the first half of the semester including Welcome Week Wobbles, Black History Month and This Girl Can. We are currently working on Disability History Month, our Housing campaign, #Last Straw campaign and the Landlord Awards. Our Weekly campaigns this term have included the new PhTea; a lunch time get together (12-2pm) for all PhD students to pop in and out whenever they’re free. We’ve also introduced a brand new initiative called Opportunities Bitesize; a 1 hour

masterclass session every month about one aspect of your student led projects from coaching and fundraising to finances. Two new campaigns to look out for in the next few weeks include the brand new Welfare Committee that our President is starting and, Tatenda, VP for Sport’s brand new Welfare in Sport campaign. We have loads more to come in the next semester and we are continually trying to improve the student experience. If you would like any more information on anything we have going on next semester or would like to know more about the things we got up to this semester, please do get in touch. You can contact us via e-mail, or drop in to one of the drop in sessions we have going on each day.

## Make Change Happen

### HAVE YOUR SAY

On Tuesday the 11th of December, President Ruth Plant, arranged the first meeting of the brand new Welfare Committee. The hope of the welfare

committee is to create a forum where the students can tell us exactly what they want with every aspect of their welfare. The second and third meeting will continue with the work of the first

meeting and further establishing the aims and direction of the committee. The meetings are open to everyone, and the welfare committee are continuously looking for people to

plan and help out with events. The next welfare committee meeting will be in January, look out for information on the Undeb Bangor website and newsletter.

For the past five years, we’ve run a survey for all students to take to inform our work in the Students’ Union and this year is no different. We want to know what you think about your Student Union, your University and your student experience. Simply by taking this survey, you’re already helping students win! This survey has helped us improve life for students at the University in countless ways, like 24 hour library during term time and free clubs and societies for all students. We have also ensured that no student has to print their assignments, saving you time and money, by working with the University to move to online only submission for assessments. Every response we get makes it easier for us to make the changes you want to see to your lives. Find the Bangor Student Survey on the Undeb Bangor website.

**MAKE CHANGE HAPPEN**

**WE'RE LOOKING FOR STUDENTS TO JOIN OUR BRAND NEW WELFARE COMMITTEE**

**CONTACT PRESIDENT@UNDEBBANGOR.COM FOR MORE INFORMATION**

Happiness Volunteering  
**Committee**  
Meeting  
**Welfare**  
Support health  
Positive New Students  
ideas





# Let's talk Christmas!



by ABI ROBINSON

It's that time of year when the winter lethargy has set in, and although we are trying to maintain the festive spirits of Christmas, the oncoming deadlines and late-night study sessions are doing all but cheering our souls for the holiday season. The adverts on TV of families coming together, drinking mulled wine and enjoying a competitive games night have all of us students thinking about home; and instead of making us feel warm and cheery, we feel detached and irritated!

For me, Christmas time is family time, and something I have struggled to enjoy whilst being at University. But as I have been feeling sorry for myself, submitting endless assignments and browsing at pictures of my home county Lancashire, I do realise this is something I need to snap out of and embrace. So, I decided to write this article for all of you sorry souls who need to feel uplifted and have the festive spirit reimbursed. These are trying times, but when the days are shorter, and the darkness arrives earlier, we are failing to see and enjoy the light, in literal and metaphorical ways, even though we should!

Fairy lights galore, they make the world a more magical place, and they are also a fine symbol of the Christmas season. Yes, the night arrives

quicker as I have previously stated, but this only means the fairy lights that decorate the many streets and houses around us are given more time to be appreciated. Bangor high street has been given a glow, if only the fairy lights could remain to boost our spirits on a permanent basis.

Tis the season of over indulgence-spend as freely as you wish! Drink as many beverages as you please! And buy that extra bar of chocolate! Why? Because it's Christmas, and we deserve it. I don't recall any other season in which this outlook is adopted and accepted. So, make the most of these months of leisure and excitement.

Food! A big part of all the seasons: autumn, we have toffee apples and bonfire toffee, pumpkin soup and caramel lattes. Spring, lemon drizzle cake and rhubarb pie. Summer, well we do have the odd barbecue we can enjoy when the weather beats our expectations. However, the most common, dreaded dish we can associate with this season is salads. The pressure for that summer body is upon us and divulging is something we all avoid. Bland tasting salads we pretend to enjoy when we'd much rather be sipping a mulled wine and digging into a roast turkey. I believe 'pigs in blankets' should be the food of all seasons and not just winter. Cheese and biscuits,

chocolate sweets in tins, Christmas cake, Yorkshire puddings, Ferrero Rocher's and how could we ever forget, mince pies! They all share the spotlight on the aisles in our favourite supermarkets. They make the Christmas season what it has been for centuries.

Parties! Whether it be your favourite or society's Christmas dinner/ball, or your course has hired PJ hall for a festive themed party, it is certainly a time to celebrate and have a dance. This may include dressing as Santa, an elf or even something completely irrelevant to the season. Either way, everybody can get involved and have a laugh, forget about the workload even for just a night and use the best excuse we have; it's Christmas!

During this time of year, one of my favourite things to do is to cosy up on the sofa, or on my bed with a blanket and a hot chocolate, and spend the night binge watching my favourite Christmas movies. Home Alone being my all-time favourite, how can we ignore the scene when the tarantula climbs over his face?! Hours pass, you've had a chuckle, haven't had to brace the elements and not a single penny has been spent. What better way to spend your time on a cold, wintery night!

And finally, when the build up to the big day has been exhausted, we're all skint because we've been buy-

ing way too many mince pies and spent too much money on the anticipated nights out, we have the day we've all been waiting for; the 25th of December! Your grandparents are round, along with your favourite (or least favourite) Uncle, presents are being exchanged, food is finally being eaten (the tin of sweets saved for today can now be opened) and family warmth and love is being felt all around. It's a big build up for a magnificent day we never tire of. It's not just about the materialistic things; in fact, that's the least important aspect on this day. It's a celebration of unity in the home, and a day reserved for the ones we love and cherish.

So, when you're crying at your desk, screaming at the top of your lungs how much you hate this time of year, bear this in mind- as I believe we should all enjoy the Christmas season for the unique kind of happiness it does bring! This time of year only comes around once, so embrace the holiday season and celebrate the festivities of Christmas in your unique, individual way! Hoping everyone has a joyous Christmas, filled with love, festivities and a lot of utterly delicious food! Enjoy your moments with family, and treasure all the important memories that come your way! No doubt you'll fondly look back at these memories next year!



## Invest in yourself: Recognize your privilege

by SIMRAN PRASAD

This time of the year usually brings about a lot of retrospect for me personally. Usually because it's a month associated with so many positive, happy emotions, and it's the month that concludes a year of impeccable achievements and experiences. People often celebrate love, joy, gratefulness and family spirit this month; however, I'd like to draw your attention to one very important aspect of life and that is recognizing your privilege. There have been countless times I've just let life pass me by and not stopped to think even once about how blessed and privileged I am. So many times in life, we complain about how the water is too cold for a shower, how inconvenient traffic is, and how we have no space in our wardrobes to squeeze in all our clothes. Those "problems" we have, are in actuality, not even remotely related to actual hardships people face in life. We often go about our day with this thought that our lives are so challenging and

tough because of these problems, or problems similar to this. We drown in self-sympathy and expect people to be sympathetic, which in turn, feeds that ego train. Now, I don't mean to sound philosophical in this article, but I often catch myself out and can't believe how big I make a problem! While we complain about not having enough wardrobe space, children across the world tread unaccompanied to wells miles away to fetch water for their families. They wear nothing but rags that once were clothes. When thirsty, we walk towards the nearest tap and fill ourselves a glass of water. Some girls cannot go to school because they need to walk to the nearest well to take water back to their families. The fact that girls cannot go to school, and have an education that will allow them to pursue their dreams, because they spend the entire day walking to a well and fetching water, baffles me. Turning on a tap and filling a glass of water is no part of my day. In fact, it's often a subconscious action of ours. We don't

think twice. Whereas people in the world struggle to find clean water that will be safe for them to drink. So often in life, it becomes human tendency to accept problems and react negatively. We complain, vent to friends and believe that our thoughts are justified. Though we all do go through problems of great magnitude at times, I think a new attribute I want to adopt is to stop and remember what I do have. It is so easy to overlook the positives, and complain about what we don't have. Rather, let's look at what we do have. This concept ties in with gratefulness, which is such a thought-provoking emotion. It ignites so many facets to life, and as an attribute, gratefulness is as important as recognizing your privilege. I believe they work hand in hand when it comes to living a harmonious lifestyle. Though it isn't always possible to go through life's problems feeling optimistic and positive, when we are faced with a situation that is in a control, rather than complain or act out, a good idea would be to recognize your

privilege. Recognize your platform and the voice you have been given, and use gratefulness to your advantage. You have been given a platform many people can only hope to have one day, so promote and preach things that matter to you and are important, whilst not bashing things you dislike. It is important to remember that we do face problems, but how we handle it says a whole other story about what kind of people we are. Now, it's an obvious question that springs to mind: How does recognizing your privilege truly tie in to investing in yourself? By recognizing your privilege, you build a character you want for yourself. You create a person you are proud to be. By helping others, stopping to be grateful, and celebrating your platform, you invest time, dedication, passion and drive. Character traits that shape you as a person, and ultimately, benefit you! It's pretty unbelievable to think that a small act of selflessness can lead to an investment in your personal character. That's the definition

of irony! Let's put aside our entitled selves, and start to truly recognize our privilege and the platform we have, as it is one of the most important things you could possibly be blessed with, in a world like this.





# Is it possible to live your entire life without leaving a trace online?

by SIMRAN PRASAD

In today's World, it's almost impossible to not leave a virtual footprint when it comes to the cyber network. Whether it is social media applications such as Facebook or Twitter, or search engines like Google, we can't seem to get enough. Almost 99% of the time when you don't know the answer to a question, your friend just says, "Why don't you Google it?"

That's how comfortable we've gotten with the web. However, this stable relationship with the net did not exist in the years preceding this digital age. When it came to writing up a report, people heavily relied on hardback literature textbooks. Nowadays, we use peer-reviewed journals accessed online. Technology and the cyber space have defined our lives to a point that it seems near impossible in this generation to exist without a trace. Many people believe the opinion they have has every right to be expressed on a

global platform, and the only way people can reach that capacity is through social media. Personally, I think that it is important to live a life that does exist past technology; however, your virtual footprint has every right to be expressed! If you use it and your voice towards a cause or idea you are passionate about for the right reasons, then by all means use that platform and cement that virtual footprint.

As our lives today are so immersed in technology, and we surround ourselves with people who have a similar mind-set, it's impossible to completely exist without a virtual footprint. By doing so, you would ultimately exclude yourself from viral videos, trending topics and news controversies, and who wants that? It's important to remember that the digital space is an intricate dynamic forum that we know very little about in actuality. We have the ability to learn so much through this information portal, and

as pioneers of the digital age, I believe it's important to make full use of this platform! The cyber space is a portal to things that extend past knowledge. The unique ability to make friends from anywhere in the world exists, the chance to meet inspiring role models and learn more about cultures and people are all unique opportunities that would not exist if we did not have virtual footprints.

Though the Internet and cyber space can be a very daunting place in general, it is a gateway to exciting experiences online, and this in itself is what the digital age was established for. Though we have countless opportunities to explore this space and create exciting projects, the generations that are to come after us will have and create many new and exciting trends, ideas and cyber connections that will grow and enhance their network. This will spark ideas that will grow the cyber community that will allow it to reach

new heights. The digital age has created outstanding entrepreneurs and pioneers that have all survived and thrived due to their influential virtual footprint, and this idea is crucial in terms of truly understanding the depth and amount of importance the virtual footprint has today. With every passing day, you have the ability to grow your connections with people, meet new people and start fresh and exciting insightful conversations that spark debate and change. This power can either be extremely positive or substantially negative. That's where the individuality of people and their decisions come into play.

It then comes down to the people responsible to ensure their creative vision is fulfilled, whilst standing their ground when it comes to ideas. This tactic again sparks a flood of creativity when it comes to tailor-making your virtual footprint to be authentically you.



## Are optimism and success infectious?

by SIMRAN PRASAD

If you've ever read any motivational books, or watched any motivational documentaries inspired by the trials and tribulations of famous people, you've probably heard the phrase "Success and Optimism are additively infectious". Of course this raises the question, are they really as infectious as people claim? Optimism has been regarded as being the key to obtaining success when it comes to challenges. That unyielding positivity and firm determination to always see the good often gets tested. When faced with a tough decision, are you expected to always maintain that chirpy attitude and 100-watt smile?

That is exactly what entrepreneurs and business moguls claim! Optimism is such an infectious attitude that it seems to attract positive traits similar to it! When you exude that unwavering confidence, you exude good energy and positive attributes such as perseverance. This in turn attracts any successes you hope to achieve. At least, this is what countless pieces of literature have claimed. The other side of this idea is that maybe optimism has

nothing to do with success! It could be down to someone's hard work, or dedication to their job. It goes against human nature to constantly be as happy and upbeat as optimism demands. It is natural for us to feel beaten down, and having said this, do we attract negative traits when this happens? This idea has no definite pinpoint on a specific concept being correct. However it has been proven that you do attract the energies you exude. Using this, it would be safe to say that optimism does correlate to achieving success, in a way. In many ways, I agree with the idea that you receive what you put out into the atmosphere.

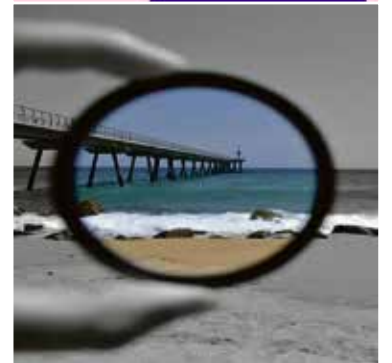
We go through so many phases of life with this outlook. We form friendships based on similar personality traits and similar wavelengths, as we form any relationship we have. We approach new projects with willing optimism, and if rejected, we take it as a lesson that contributes to our success in the future. We commit to decisions, force ourselves to step outside our comfort zones, and try to get inspired by people of all walks of life simply because we approach all these situations with

the utmost courage and optimism. We approach these situations with keen determination and motivate ourselves to feel the positive emotions associated with success. If this applies to one part of our lifestyle, it could be very possible that optimism is infectious. It is so infectious, that often people have the capacity to lift the spirit of others around them. People have the capacity to inspire others, motivate others, and therefore help others succeed. The interesting thing about this infectious optimism is how positively it truly impacts people. The power to turn someone else's day around and help them work towards a goal they have in mind is truly an admirable feat.

So while the debate on if optimism is really infectious goes on, I think I'll stick to trying my best to exude that infectious positivity! It doesn't take away from you in any way, and instead can make you feel really good and excited about projects in your life, goals you hope to achieve and people you want to interact with! It's a very useful weapon to hold in your artillery, so use it! It costs nothing to be a kind human being, and this is an important lesson

to take away from this idea. We often question if optimism is really beneficial in terms of any success. These question tends to be raised when we've been let down by our optimism. When success doesn't seem in sight, and optimism makes no sense and appears to be a silly concept to adopt. I tend to look at these challenges as life simply testing us, and your behaviour towards these challenges is entirely based on the energy you want to put out into the universe.

Choose wisely, as you might attract negative energies if you complain and sulk and don't make the active decision to do something productive with the situation. Let's exude some infectious optimism, and hope it creates the success we want in life, while still positively influencing people around us! It's important to maintain a headstrong, positive attitude whenever you have the chance to do so, as life is a rollercoaster of emotions that fluctuate so rapidly at times that you'll be left stunned. Harness that positive energy and choose to make an impact! I doubt it will ever be a decision you regret!



Get in touch and let us know if you'd like specific topics to be discussed, or better yet, if you'd like to write for Comment! Comment is a section dedicated to exploring people's opinions on various topics, so let us know if you'd like to be involved!

Find us on Social Media!!!

Facebook- Seren: Comment

Instagram- Seren\_Comment







# A Time for Celebration, Good Tidings and a Whole Lot of Waste!

So, I might be a self-confessed scrooge, but Christmas has certainly lost its appeal as I have gotten older. Maybe it's the lack of free time, or the loss of all the chocolate and colourful exciting toys I remember playing with all the Christmas season, but by the time Christmas has actually come around after the over excited, ambitious run up, the actual day is kind of like, was that necessary?

Scrooge aside, there are actually some reasons why the Christmas season isn't actually so great.

The UK produces 300 million tonnes of waste per year, during this festive season we produce 30% more waste than the usual. Research now has been done to show just how Christmas can have negative implications on our environment.

## Here are some key stats:

**300,000 tonnes** of card packaging is used at Christmas; enough to cover London's famous landmark, Big Ben, almost 260,000 times.

**1 billion** cards end up in the bin, when they could be recycled.

The amount of wrapping paper used for presents is enough to wrap around

the **equator 9 times**.

**227,000 miles** of wrapping paper is thrown away.

**6 million** Christmas trees are discarded every year.

**250 tonnes** of Christmas trees are thrown away after Christmas, when they could be used for compost.

Approximately **2 million** turkeys, **74 million** mince pies and **17.2 million** Brussel sprouts are thrown away every Christmas.

**13,350 tonnes** of glass are thrown out in the UK after Christmas.

915,000 tonnes of electronic waste are produced by the UK each year, which has led to an idea called the 'urban mine' following the launch of DE-FRA's waste prevention programme in partnership with WRAP, which aims to instruct consumers and industry on how to reduce waste. The idea presented involves utilising our scrap electronic waste instead of going to other countries to mine for precious raw metals.

Whilst it's crucial that we start to reduce and eradicate waste produced where possible, recycling still remains a fundamental step in dealing with what we do produce. This is yet another

area of sustainability which we can look to Sweden for inspiration – when a new product is brought people have to pay a recycling fee and this provides people with the incentive needed to bring back items for recycling. Maybe this sort of system is needed in the UK.

Recycling aside here are some tips on how to be less wasteful this Christmas.

## 1. Shopping locally

This has lots of benefits. Not only does local produce tend to have packaging you are drastically cutting your carbon footprint by reducing the amount of air miles used as well as supporting your local economy.

## 2. Sending e-cards

These are quickly gaining popularity, so they may not be the traditional approach but it's much better for the environment. And this way you can still send a sentimental card with any chosen graphics, music and custom messages included to those you care for.

## 3. Use recycled materials

If you do go with traditional cards, at least for those who are closest to you then opt for those made with recycled

materials. An astounding amount of wrapping paper is used at Christmas, so how about using gift bags? – which can then be reused by other people for other gifts, or what about newspaper? It's a great timeless looking alternative which could look cute with some reused red ribbon!

## 4. Christmas trees

Source real trees from sustainable sources and get it shredded after Christmas, where it could be used as chippings for garden paths and children's play areas, instead of chucking it out. On the other hand, you could go hip and make/ buy a cool wooden tree (search Pinterest for inspiration).

## 5. Plan ahead

There is always a lot of food waste at Christmas despite the initial worry that there will not be enough to go around. So, plan meals ahead, and make you recycle food for future meals.

## 6. Ethical Gifts

Don't know what to buy for someone? What do you get for someone who has everything? You should look into 'gift aid', you can buy a valuable

gift for a charity on their behalf. There's a wide range of gifts starting from just a few pounds and can include things such as clean water and school supplies. Another solution is to buy experiences not gifts such as rock climbing or photography lessons.

## 7. Make homemade gifts

These are perfect thoughtful gifts and a great way to save some dollar. The list of opportunities is endless!

## 8. Make a New Year's Resolution

Your new year's resolution could be to reduce the amount of waste you produce! You can be a good influence on those around you and you will feel good for having such a positive impact on the environment.

There's heaps of tips and easy ways in which to reduce your carbon footprint and the waste you produce, so maybe this new year you will find inspiration to implement a few of them. Happy Holidays!

# David Attenboroughs' Appeal to save the 'future of humanity'

By **HANNAH LIMBERGER**

Recently, David Attenborough opened up to the Radio Times about the threats which the earth is facing, from global warming, to overfishing and not forgetting the **8 million tonnes** of plastic which are dumped into the sea each year.

"Plastic is now found everywhere in the ocean, from its surface to its greatest depths," Sir David wrote. "There are fragments of nets so big they entangle

the heads of fish, birds and turtles, and slowly strangle them. Other pieces of plastic are so small that they are mistaken for food and eaten, accumulating in fishes' stomachs, leaving them undernourished."

"Surely we have a responsibility to care for the planet on which we live? The future of humanity, and indeed of all life on Earth, now depends on us doing so," said Attenborough.

Our health and wellbeing can be connected to the health of our environment and the oceans with complex

webs of interaction. A connection with nature is proven stress relief, and can even improve how your nervous, endocrine and immune systems are working.

And there is still plenty of hope left. We can still reduce the amount of plastic which we use in our everyday lives, and make small steps to help reduce the negative impacts on the planet. Which not only will improve the health of ecosystems in the long term but can also improve our own well being.





# MPs reject animal sentience in withdrawal bill

On the 15th November MPs voted to reject the EU sentience bill (the admission that animals can't feel pain or emotions) into UK law. A claim which not only undermines Michael Gove's high animal welfare pledge, also completely disregards the progress that the scientific community has made in proving the intelligence that animals possess. In fact research now have found some species to possess more complex emotional networks than our own.

80% of animal welfare legislation comes from the EU, and the recognition of animals as sentient beings – which occurred in 2009 after years of campaigning by activists, has been a great step in improving animal welfare across the nation, including the banning of battery cages and stopping animal testing for cosmetics. With animals no longer being acknowledged as sentient beings the UK, come 2019 animals could be facing a pretty grim future of exploitation, with possibly the reintroduction of hunting, lab testing with much more cruelty and much less regulated farming. It's no wonder

that such a vote caused outrage among the public and animal activists alike.

Following lots of backlash and negative attention MPs were forced to deny the recent vote, claiming that the vote against transferring EU protocol on animal sentience into UK law has been widely misconstrued. MPs took to social media to declare that all MP's believe animals to be sentient beings, and reassured the public that Brexit is seen as an opportunity to further strengthen animal welfare laws. Prime Minister Theresa May Tweeted that despite the rejection of this bill, the animal welfare act of 2006 is still on the statute books which still covers animal sentience.

However, Green Party co-leader Caroline Lucas remains disappointed. Whilst the government have committed to transferring all existing EU law on animal welfare into UK law, they have not supported article 13 of the Lisbon Treaty – the only treaty which explicitly states animals to be sentient beings.

Que angry tweet from Lucas: "The Prime Minister is WRONG. The Animal Welfare Act (2006) does not provide that protection. Absolutely no

excuse for not supporting my animal sentience amendment last week. #PMQs"

So, despite May's recent attempts to reconcile the situation there does appear to still be a reason to be question how animal welfare will be in better shape post Brexit if all animals in the UK are not covered under the Lisbon Treaty? Many organisations have stood up to vent their angst over this bill, including the RSPCA who agree with Lucas stating – the animal welfare act 2006 is not substantial enough, adding that not only does it not cover sentience it also only covers domestic animals. Richard Bowler also joined in the fun by starting an online petition against the vote, and posting the following statement alongside a photo of a wild fox 'Rosie' with obvious emotion in her eyes. "So MPs have voted and in their wisdom, animals can no longer feel pain or emotions. It really beggars belief that in this day and age, this shower of a government no longer recognises animals as sentient beings."



## Technologies Role in Combating Climate Change

At the Paris agreement in 2015 world leaders agreed to hold global warming to 1.5C above pre-industrial times, a target which was considered fundamental in order to protect the lowest lying countries from rising sea levels, preventing more increases in extreme weather events and ensuring that food production doesn't take a hit. However, whilst the world has continued to fail to hit these targets scientists are now threatening that new costly carbon sucking technologies will be needed

by 2030 just to hold the planet at a less ambitious two degrees of warming.

Carbon-Sucking is among some other new controversial technologies, which whilst not fully developed yet, aims to capture up to 90% of carbon dioxide (CO2) emissions produced from fossil fuel processes, to then store these emissions far underground (several kilometres below the surface) in selected rock formations. This sort of 'tinkering' with the earth's systems can be very risky and there's no surprise that there are many sceptics against

such controversial efforts to establish zero emissions. Testing facilities are so far showing no signs of progress, the necessary injection of CO2 for it to stay underground has a large risk of leaking emissions back into the atmosphere, and at a few testing facilities they have caused earthquakes by cracking the rock during injection.

Also, the price tag attached is another big issue with carbon capture technology, current price estimates are 125% more wind power for each kilogram of carbon dioxide making it

not economically viable.

With an average of a 1 degree of warming already been seen, scientists and engineers are promoting the launch of more 'zero-emission' technologies, in the hope of making coal energy 'clean'. However, such technologies working to make our unsustainable lifestyle 'greener', whilst being inherently risky is actually slowing our efforts to reduce our current greenhouse gas emissions.

Technology can play a useful role in helping us combat climate change

- for instance solar energy is now the cheapest way to generate electricity. Conversely some technologies I feel may cloud the efforts we still need to make, and remove focus from simple, cheap proven approaches which will reduce global emissions such as; improving energy efficiency, promoting cleaner transport, eating less meat, planting more trees and turning more to renewable energies.



## 'The Urban Nurture's 1 Week Plastic-less challenge!' Are you up for it?

By EMMA KAJIAMA

You may have seen the photo that went viral recently, of a seahorse clinging onto a plastic cotton bud. Or you might have seen the videos of the vast expanses of man-made rubbish floating like islands in 'pristine' waters. In any case it has become extremely clear that plastic and other non-degradable materials are polluting whole ecosystems and negatively affecting the species that depend on them.

Just one glance around a supermarket

and it becomes overwhelmingly apparent just how many products come in plastic and how much of it is unnecessary (plastic-wrapped grapefruit anyone?)

So, is there anything we can do to change our actions and help our planet?

For my part, I will be taking on the '1-week Plastic-less Challenge' to actively reduce the amount of plastic I buy, and I would like to invite you to join me. At the end of this experiment I will be writing a piece to highlight how difficult plastic-free living can be.

I believe that together we can raise

awareness and work towards creating solutions to this unacceptable plastic problem.

All you would need to do is answer 10 quick questions about your experiences at the end of your week. You can choose any week but please email me your answers before Christmas.

If you are interested in taking part, please email me at afu6a0@bangor.ac.uk or message me on Facebook at 'The Urban Nurture Project'. Thank you!



## SCIENCE

# WINNERS OF THE ROYAL SOCIETY PHOTO AWARDS ANNOUNCED

Out of a 1100 photos that were submitted by photographers from around the world for the 2017 Royal Society Publishing Photography Competition – the most that have been ever submitted – the winners and runner ups have been announced, and their photos uploaded online for everyone to view.

The winners for Astronomy, Micro-imaging, Behaviour and, Ecology and Environmental Science are listed below

## ASTRONOMY

*'Lunar Spotlight, South Pole, Antarctica,'  
by Dr Danial Michalik.*



Credit to : Dr Danial Michalik, The Royal Society, (The Royal Society Publishing Competition)

For taking an awe-inspiring photo of a common phenomenon, that occurs only in the South Pole, of ice crystals suspended in the atmosphere, which creates a rare optical illusion: a pillar of light shining underneath the moon.

## BEHAVIOUR

*'Respiro,'  
by Antonia Doncila.*



Credit to : Dr Danial Michalik, The Royal Society, (The Royal Society Publishing Competition)

For taking a simple yet symbolic photo of a polar bear finding an ice sheet to rest on, with his absentminded gaze representing societal wrongdoings and the hope that what has melted can become frozen once more.

## MICRO-IMAGING

*'Olive oil drop family hanging together,'  
by Hervé Elettro and Marie Curie*



Credit to : Hervé Elettro and Marie Curie, The Royal Society, (The Royal Society Publishing Competition)

For just a brief moment, a camera captures the moment a collection of four olive oil droplets form on a strand of silk.

## ECOLOGY AND ENVIRONMENTAL SCIENCE

*'Waiting in the shallows,' by Nico de Bruyn*

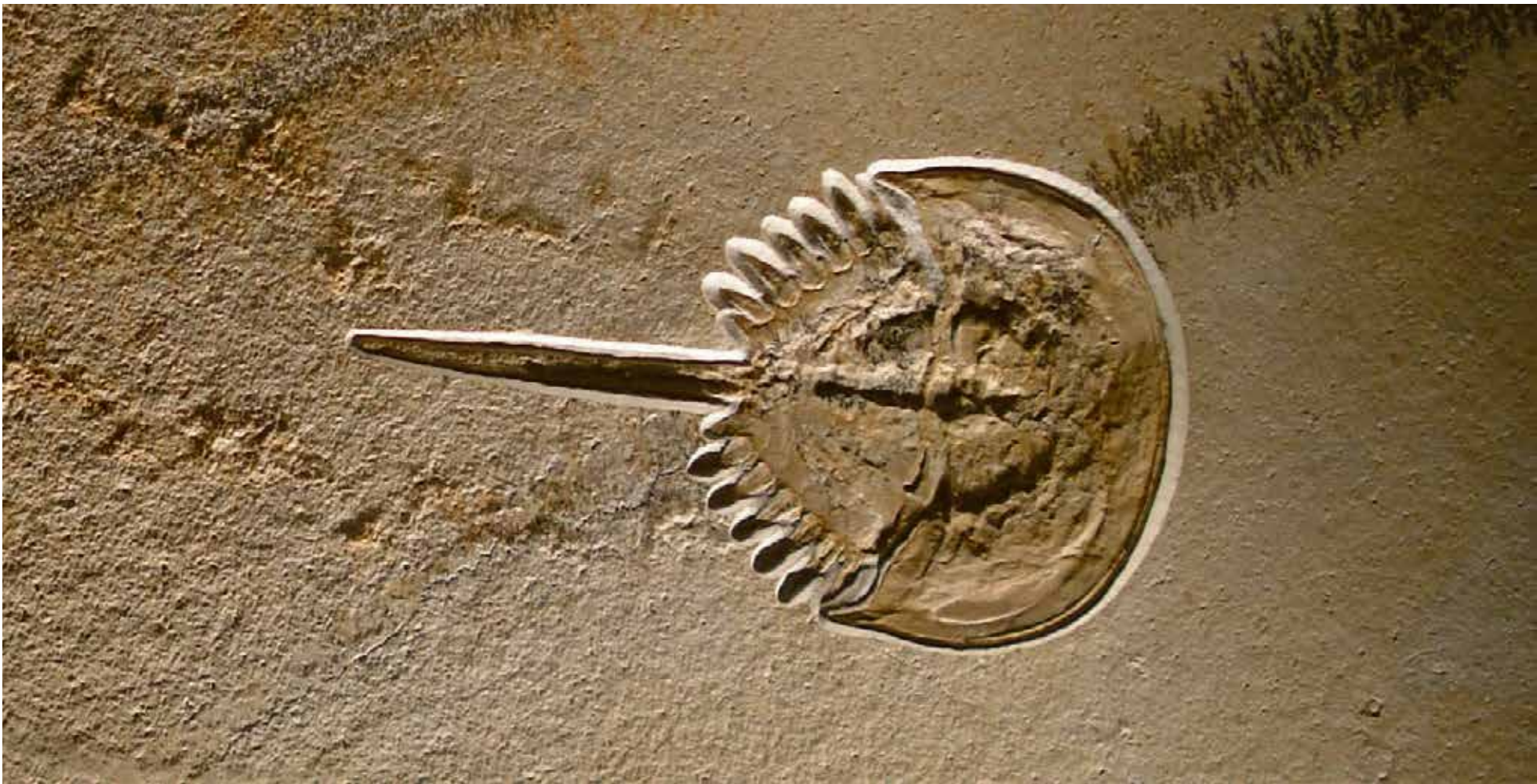


Credit to : Nico de Bruyn, The Royal Society, (The Royal Society Publishing Competition)

For taking a surreal photo of killer whales entering a small bay, surprising a small huddle of King Penguins busy preening themselves in the water.



# EXTINCT HORSESHOE CRAB NAMED AFTER DARTH VADER



**A** long, long, long time ago and on the planet that we live on, a species of Horseshoe Crab, which closely resembled the shape and style of Darth Vader's famous helmet, roamed the shallow estuaries looking for food to eat, until it unfortunately

went the way of most ancient species and became extinct. Unfortunately, we don't know if it breathed in the iconic way that Darth Vader himself did. Horseshoe Crabs are a species that are more related to scorpions and spiders than true species of crabs, and have

survived for over four hundred and seventy million years.

The discovery of the fossil and its odd name of *Vaderlimulus tricki* was announced in the *Neues Jahrbuch für Geologie und Paläontologie* journal – the world's oldest palaeontological

journal. It belonged to the extinct family called *Austrolimulidae* and would have lived in shallow estuaries dotted along the western coast of a mysterious continent known only as Pangea. However, this species isn't the only one that has been named after the

Darth Vader as there are many species of mites, wasps and beetles that are still living amongst us today sporting the name of this popular character.

## Duck-Like Dinosaur Fossil Found



**S**eventy million years ago, a turkey-sized dinosaur swam through the ancient wetlands of what is now Southern Mongolia, using its sensitive beak and strong forelimbs to hunt and feed on tiny fish. It looked like a duck, would have hunted like a duck, however, it wasn't a duck and closely related to Velociraptors.

The fossil was first rescued from

poachers and was given to a museum in Belgium, where it will reside for further research until eventually being given back to Mongolia. It has been named *Halszkaraptor escuilliei*, after a fossil dealer and collector who found the fossil, and is trying to fight back against the illegal trade in fossils that is unfortunately running rampant in Mongolia.

## Species Found to be Evolving 'Backwards'



**R**ecent observations on a species of common lizard, that are indigenous to Spain, have led researchers to come to a startling conclusion that these lizards are reversing their own evolution and are laying eggs, instead of giving birth to live young as most common

lizard species do. This rare anomaly was discovered when biologists were carrying out a genetic analysis of over seventy species of common lizards throughout Europe, with the results being published online on bioRxiv. Whilst it may seem like a one off, however, there have been

other reptilian species that have been evolving backwards, such as the *Erycinae* snakes that have regained the ability to lay eggs after spending sixty million years giving birth to live young.



## SOCIETIES

## HERP-SOC HOSTS A SUCCESSFUL VENOM DAY



by LANDRY GREEN

This year was the 7th annual Venom Day conference, hosted and organised by Bangor University's Herpetological Society alongside Bangor Uni alumnus, Dr. Simon Maddock, and with 147 attendees, it was a full house and another successful Venom Day!

The talks were a big hit, with guest speakers from all around the world, including Dr. Marieke Dijkman from The Netherlands, Dr. Christian Cox

from Georgia Southern University, USA, and Maria Torres Sanchez, a PhD student from Madrid, Spain. A little closer to home, Bangor University's very own zoology lecturer and venom expert, Dr. Wolfgang Wüster, talked about the School of Biological Sciences' yearly field trip to Arizona. Meanwhile, Bangor Uni alumni, Dr. Axel Barlow, Dr. Nicholas Casewell and Dr. David Richards joined us to talk about King cobra genetics (Axel), effects of asexual breeding on venom (Nick) and the Global Snakebite

Initiative (David). These are only a few of the amazing speakers and talks from the day!

This year was the first to invite venom enthusiasts and experts to present a poster, covering an aspect of their venom-related work or interests. Posters covered everything from new scientific discoveries to how other countries deal with the issue of venomous snake bites. The poster event proved a big hit, and with stalls from renowned organisations such as Kanahua, Snake Professional

and Captive and Field Herpetology, everyone got their full share of venom-related action.

A raffle was held to raise funds for the Global Snakebite Initiative (GSI) – a not-for-profit organisation which offers aid and research to help those who suffer from the under-represented issue of venomous snake bites throughout the world. Raffle prizes were donated from some of the speakers and stall organisers, and renowned artist and regular Venom Day attendee, Tell Hicks

who, unfortunately, couldn't make it to the conference this year due to health issues. We wish you a speedy recovery, Tell! Overall, the raffle raised a staggering £607! This will go a long way to helping sufferers of snakebite, so a huge thank you to all who participated in the raffle!

The Herpetological Society would like to thank all of the speakers, stall organisers, poster providers, Simon, and most importantly, the guests, for making the day the success it was, and we hope to see you there next year!

## Social Sciences Winter Ball

by SIAN ROBINSON

On the 8th December, the Social Sciences Society hosted our first ever Winter Ball. This was the first big event which we had organised solely as a committee, so we were both nervous and excited for a successful night. Hosted in Powis Hall, it was beautifully decorated by our committee for the Christmas-themed bash. To begin the night, we had four stunning performances from members of Pole Fit, who so kindly agreed to attend our event. With paper plate awards such as Best Lecturer, Social Media Addict and Biggest Party Girl, and a raffle to win a variety of prizes, the night was filled with fun and enjoyment. Another brilliant feature

were the poker tables, thanks to Poker Society, which were hit with all who attended. The society would also like to send special thanks to Titan Sound & Light for the wonderful set up in our winter wonderland; and to DJ society for the fantastic choices of music to get us all up and dancing our stresses away. We'd also like to thank the university catering services for providing a bar and a lovely spread of a Christmas buffet. Finally, I would like to thank my committee, Ryan, Bekah, Emma and Kirsty, for their organisation throughout, and for preparing the room for the event, it wouldn't have been a success without you.

We hope everyone who attended had a lovely and festive night, and that this will become an annual event!

## HOGSOC Christmas Meal

by CLAIRE POWELL  
AND ALEX MOIR

This year has been an industrious year for HOGSoc, so far we have built a series of hedgehog homes from recycled wood, set up bird feeders and planted winter crops. So what better way to round off the year than with a hearty celebration at the HOGSoc STAG Christmas Meal? As is customary, the event was hosted at Treborth Botanical Gardens. Where else can you have a real life Redwood for a Christmas tree? Special thanks to Sarah Ellis, our coach driver for the evening for making sure we all got to the venue.

Homemade mulled wine complemented a full Christmas dinner with the essential Christmas treat, pigs in blankets! This was followed by a scrumptious selection of homemade

desserts, including brownies, Christmas pudding and the best apple crumble ever! A funky hats lucky dip definitely got us all in the Christmas spirit and congratulations to 'Quiz team Aguilera' for the resounding win at the Christmas Quiz.

The night wouldn't have been possible without- Tom Morrissey, Claire Powell, Sarah Ellis, Mandy Davies, Bazil Shariman, Catherine Pearson, Hannah Puckey, Emily Cooledge, Alex Moir, Monica Howells, Ella Bowman and Nynke Sylinde, and of course our wonderful HOGSoc and STAG members. The meal wouldn't be complete without cheesy Christmas photos. Enjoy the one included and there are many more on the HOGSoc Facebook page. Feel free to post any photos you took on the night too. The cheesier/most Christmassy the better! A massive thank you to all who worked tirelessly last night to produce a wonderful

meal and celebrations. Your contributions were all very much appreciated. It was wonderful to see everyone who attended. I hope you all thoroughly enjoyed the night.

Merry Christmas to all and have a Happy New Year! Enjoy the break and we'll see all members in 2018 for more HOGSoc and STAG work parties and talks. We hope to hear you all soon!

The Horticultural Organic Gardening Society (HOGSoc) runs every Sunday 1-4 (except when STAG runs events, once a month). The HogSoc Gardens are found adjacent to St James' Church, opposite Morrisons. More information can be located on our Facebook page- <https://www.facebook.com/groups/hogsoc/>

Instagram- [www.instagram.com/bu\\_hogsoc](https://www.instagram.com/bu_hogsoc)  
Twitter- [www.twitter.com/BangorHOGSoc](https://www.twitter.com/BangorHOGSoc)



# Bangor University Concert Band and Bangor University Brass Band Christmas Concert



by ELEANOR SMART

Bangor University Concert Band and Bangor University Brass Band Christmas Concert  
The University Concert Band and Brass band held their annual Christmas concert on Saturday 9th December. Held in PJ there was a mix of music from classic films and Broadway hits to more seasonal Christmas music to set the tone for the evening. The Brass Band, conducted by Elspeth Malcom began with 'All That Jazz' from the famous musical Chicago and had a wide-ranging repertoire, finishing back in Broadway with 'Breezin' Down Broadway'.

There was then a short interval where the audience had the chance to enjoy some festive bakes, have some refreshments and purchase tickets for the raffle. The Concert Band, conducted by Sam Jones, then performed for the second half of the concert, again with a wide-ranging repertoire, occasionally turning to the cinema with music from Star Trek and Mulan. They began with Peter Graham's 'Gaelforce' and ended with 'Sleigh Ride'. They were then joined on stage by the members of the Brass Band to perform two carols which were sung by the audience before finishing with a wonderfully festive piece, 'A Christmas Festival'! Both bands thoroughly enjoyed being able to showcase their hard work from this first semester.

Bangor University Photography Society  
Cymdeithas Ffotograffiaeth Prifysgol Bangor



by CHLOE HEARN DEN



by CLAIRE POWELL



by ASH JONES

## WHO WE ARE:

Here at Bangor University Photography Society we're a mix of professionals and hobbyists alike – welcoming everyone in between. We hold regular meetings on a Monday night, 7:30pm in Wheldon TS5. In our meetings we aim to teach photography basics and styles to all of our members in a fun, safe and caring environment. We host regular trips to fantastic locations as well as offer exciting opportunities to our members.

## WHAT WE DO:

Our meetings cover all areas of Photography – this semester we've covered Photography Basics, Film Photography, Mobile photography, Light painting and more. In the coming semester we have even more exciting talks planned, including Editing, Wildlife Photography and Product Photography. Last semester we visited Portmeirion as well as Newborough Beach, also holding a Photo Walk around Bangor and the Cegin Valley. Next semester we will be going to new locations such as Cwm Idwal and Chester Zoo. We've also offered 'Masterclasses' to our members, Portraiture Workshops and Darkroom Development Sessions. Our Portrait sessions visit beautiful scenic locations such as the Bangor Pier, The Cegin Valley and More. On occasion our portrait sessions are held indoors, using our professional studio equipment. Our Darkroom Development Sessions are held in our Darkroom, located in Academi. These are held on Wednesdays 1:00pm – 3:00pm (Portraiture Workshop) and 2:45pm – 4:45pm (Darkroom Development Sessions). In the coming semester we are proud to announce our Landscape Masterclass sessions. These new sessions will take members on a minibus to various beautiful scenic locations such as Snowdon, Bangor Mountain & Llanberis and will be £2 per person. These masterclasses are one of the ways we offer exciting opportunities and activities to our members. We also offer regular work opportunities to our members, helping them to get photography work experience.

## WHERE DO I SIGN UP?:

We have several social media platforms you can follow us on – our Facebook group is titled Bangor University Photography Society, you can follow us on Instagram at @bu\_photosoc, you can follow us on Twitter at @Bangor\_PhotoSoc. You can also find us on Snapchat at bu\_photosoc. Alternatively, if you wish to contact us by email or hire us, you can contact us at photography@undebbangor.com, where we'll answer all inquiries and questions you have.

## WE'RE HERE TO HELP:

If you have any photography related questions don't hesitate to come to our meetings to ask – no matter what the meeting is! You can also message any committee member with your questions whenever you like.





# Frazzled: a night with Ruby Wax



For as long as I can remember, I have been a fan of Ruby Wax. So, when I saw that she was coming to Pontio, naturally I screamed a little (a lot), and prepared myself for an evening listening in awe at a topic so close to the lives of many of us: mental health. Frazzled is a book which I believe we all need to be in possession of. We live in an age where technology and the pace of modern living is surpassing the emotional capabilities of us as humans. This book explains that so perfectly, and gives

us tips based on how to deal with the anxieties of living in an advancing world. With a master's degree in cognitive based mindfulness therapy, it is safe to say this talented gal knows what she is talking about.

The evening consisted of two halves; the first being Ruby discussing her journey in the creation of the book, and the most touching part, her own experiences of mental health herself, and in her family. What was most striking and wonderful, was the way the issue of mental health was han-

dled. The approach of humour and ease is precisely what we need to breakdown the stigma to a problem that 1 in 4 of us experience at some point in our lives. Not only did this reflect Ruby's true character, it also showed to us her talents as an artist. The second half consisted of a question and answer session between the audience and Ruby herself. This part reflected the whole purpose of the book tour, hearing the audience get so emotionally involved and so freely discussing their own experi-

ences of mental health, has got to be one of the most powerful things I have ever experienced. The atmosphere in the theatre shifted; emotions were not only being taken in, they were also being released and dealt with in a way that was light hearted. Mental health was not a big deal and the sensitive, humorous group of people making up the audience displayed that and for a second, the stigma around mental health was gone. I was unsure what to expect of the evening. As someone who most-

ly goes to theatres for musicals rather than book tours, I went in with an open mind. It is safe to say that Ruby Wax lived up and surpassed any expectation I had of the evening. I was taught that it's okay to not be okay, and that book tours are something to go to again in the future. There is no denying that I enjoyed the evening; however, the personal highlight of the evening was Ruby Wax dancing around in a hula skirt. What more could you want in life?

## Wales Comic Con, Winter 2017

by EMMA JEWKES

On the weekend of 2nd and 3rd December, Wales Comic Con once again descended on the Wrexham University campus, providing a unique opportunity to meet with heroes of tv and film. This being only my second ever comic Con, I'm still a bit of a con newbie however that didn't quell the excitement I had for this event.

We decided to go on the Saturday and despite an unbelievably long queue, we managed to get into the event reasonably early. The first thing on our list was the Sherlock Panel with Andrew Scott and Louise

Brealey (Moriarty and Molly Hooper respectively) and this was followed by The Walking Dead panel with Michael Cudlitz (Abraham) and Scott Wilson (Hershel). Due to problems with trains, both talks were very short which, for me, wasn't great but unfortunately some things just can't be helped.

Following on from the panels, I had my first photo-op of the day booked. It was with Sean Pertwee who I had been particularly looking forward to meeting, ever since I'd seen Dog Soldiers years ago. This meant more queueing which unfortunately became a theme of the day. Seeing Sean with the other attendees while

the photos were going on was great. He seemed to be really enjoying it, pulling funny poses and playing off the various cosplays. When my turn came, I was a bag of nerves but he was great and, despite being in his fifties, looks awfully good for his age.

Following on from Sean Pertwee, I also had a The Walking Dead group photo booked and one with the Game of Thrones group. Both were great thrills for me and my boyfriend as we are fans of both shows. It was such a thrill to get to meet these heroes of ours, let alone be breathing the same air as them.

Despite the really premier guests, my favourite guest was John Challis

(Boycie in Only Fools and Horses), a quietly spoken man and nothing like his tv alter-ego, he seemed genuinely interested in talking to us. Sean Pertwee was much the same in that respect.

If I have one gripe with the day, it would be that it could get quite expensive. For The Walking Dead photo-op, it was £120. And on top of that, many guests charged for selfies on top of autographs at their tables. For Sting, the wrestler, it was £45 for an autograph and £45 for a selfie meaning a visit to his table could cost £90! By contrast, John Challis was charging a tenner for an autograph and a free selfie! What a hero!







# The Importance of Loving Vincent



by LAURA PÄTÄRI  
From the easels in Poland, and one animation studio in Greece, a new feature-film like no other is on the lips of all arts enthusiasts. Premiering in the National Gallery in London as part of the BFI (British Film Institute) London Film Festival this October, the film *Loving Vincent* showcases as the first fully painted feature-length film in the world. What a merit!

Written and directed by Dorota Kobiela and Hugh Welchman, this remarkable work tells the mysterious story of Vincent van Gogh's life and death through van Gogh's letters to his brother Theo, and voices of friends and strangers around him. Bringing masterpieces like "The Church at Auvers" and "Starry Night" to life, the film utilises near to 65,000

frames, which are each hand-painted oil paintings to explore the famous painter's internal turmoil and the people around him. Employing 125 professional artists from around the globe, these paintings were produced in Poland and Greece, secret from the media - until February 2017, when first trailers began to emerge.

**Painted films**  
Bringing traditional and modern art together is nothing new, but weaving in techniques of animation and painting are rarely seen. Painted short films, such as from the artist-filmmaker Alexander Petrov who paints oil on sheets of glass, exist, but are rarely longer works. The length of *Loving Vincent* alone speaks therefore, of the mammoth artistic task its cast and crew have undertaken.

Yes, cast! While the film is fully

Painted, it used actors and film cameras first to set scenes and sequences. To list some most notable cast, Robert Gulaczyk as Vincent, Saoirse Ronan as Marguerite Gachet and Douglas Booth as Armand Roulin create a pleasantly enigmatic bridge between real life and the two-dimensional characters within paintings

**Impressionism comes to life**  
When watching the film, each brushstroke first takes the viewer's breath away. The film uses multiple cinematic techniques, such as wide landscape shots, portrait-like, medium closeups, as well as extreme closeups to stretch the medium of oil within the world of Vincent, and it's incredible, because it's nothing most of the audiences have ever seen before. Different tonal techniques are

used, whether a prominent blue, dark red or light yellow, which we recognise instantly from van Gogh's famous works. With this, the film noir style, as well as realistic black-and-white scenes to the large, abstract and colourful impressionist strokes of paint.

**Significance of film-making**  
Delving into the life and death of the legendary van Gogh is no light matter. The painter suffered mental sickness, cut his own ear off and died of an assumed, self-inflicted, gunshot wound. The painting techniques have a haunting way to reflect this; the viewer cannot but wonder if the impressionistic, slightly distorted and 'noisy' landscapes and portraits are a product of an indecipherable mind of someone who never truly

found a place in his world.

However, the message of memory, mourning and care resonates throughout the film, through family relationships, friends and ultimately, the legacy of Vincent's paintings to the art world of his time and beyond. The film's title, *Loving Vincent*, borrows the signature of van Gogh's letters to capitalise the deeply personal angle of the film's storytelling. But most importantly, it reminds us of the significance of making such films; ones that take years of labour and love. It is to honour the labours of love that Vincent van Gogh's hundreds of paintings represent. After all, to quote the man himself, "We cannot speak other than by our paintings."

## The star of 2017

I think from about September, I have had in mind who I think deserves the crowning title of Star of 2017. And that person, unsurprisingly is Imelda Staunton. Starring in some of National Theatre's best productions this year (not only this year either), such as 'Follies' and 'Who's afraid of Virginia Woolf?', it is basically my duty to recognise her for this. She has made herself somewhat of a national treasure, with 11 prestigious Olivier awards, a BAFTA, and cropping up in the Harry Potter films; Imelda Staunton is a name you hear so frequently. Her versatility and raw talent as an actress means that she moulds herself into any role so perfectly. She is the physical embodiment of "talent" and her presence in the theatre scene and film industry, is something that will continue to attract myself and thousands of other enthusiasts for many years to come.



## How to get festive: Arts and Culture Edition

Christmas is the perfect time for food, drink and most definitely, entertainment. The Festive season provides us with some of the best entertainment suitable for all the family (even granny loves a pantomime).

Every year, a panto somehow manages to really get everyone in the festive spirit. Adapting on family favourites, such as our own musical theatre group SODA, so wonderfully performing Cinderella, there is no surprise that this tradition is something that has held its position as a top Christmas time activity. The routine involved in a pantomime also deviates away from the normal theatre etiquette, meaning you can laugh like a seal and scream "he's behind you" at the top of your lungs with nothing but pride. Pantomimes are also available all over; they are certainly not in short supply with

both amateur and professional theatre companies performing them so timelessly, it means that even our student pockets can afford it.

Really homing in on the traditional side of the festive season, is a carol concert. Whether it be in a church with your family singing Come All Ye Faithful, or stood outside in the rain around a poorly lit Christmas tree with your friends (aided by cheap mulled wine and Rocking Around The Christmas Tree). There is nothing more entertaining than trying your very best to hit that high note. You don't have to be able to sing, you just need to have the enthusiasm to do so.

The next tip is to find a brass band and keep them close by, always. It could be the height of summer and a brass band gets us longing emotionally for the festive season.





## MUSIC

# LIVE MUSIC:

## The Allegri String Quartet In Pontio

by ZACH READING

The Allegri String Quartet have become a recurring feature in the Bangor musical calendar and it's been a joy to hear them in as diverse venues as Bangor Cathedral, Powis Hall and Bryn Terfel Theatre during my time in Bangor. However, it is in Studio, located on Pontio's second floor, that they have found a home the last few years. The intimate acoustic is perfect for the Allegri's close and personal playing. This year's formidable showing included string quartets by Mozart, Szymanowski, Schubert and, lastly, Beethoven's masterful Quartet in A minor op 132. Filling the entire concert on

Friday afternoon, this late Beethoven string quartet was played expertly and had the audience gripped for the full fifty minute duration.

Its five movement form is similar to that of Beethoven's Sixth Symphony with the third comprising of a prolonged slow movement. Subtitled the "Holy song of thanksgiving of a convalescent to the Deity, in the Lydian mode", the music takes on, understandably, something of a continuous prayer, always searching for a higher existence and reaching beyond the earthly. It was the kind of performance that you never really wanted to end. Beethoven seemed

to agree as the third movement's ending is found as a reprise at the end of the forth.

The Allegri's playing and musicality was truly beyond criticism and, while there were a few lapses of intonation, it was quite incredible to think of these few cases in the context of a 50 minute musical marathon by a composer whose music is regularly described as awkward to play (which actually lends to its charm more often than not). The group are a testament to the incredible effect of chamber music and I hope their place in the Pontio programme stays for years to



## The Jazz Band At The Menai

The University's Jazz Band performed on the 7th of December in the Menai pub in upper Bangor. Despite a late start and some very rowdy punters, the band provided an enjoyable show that certainly got the pub feeling Christmassy. The band played classic Christmas songs and sing along hits from musicals and famous pop stars. This along with the fact that they were wearing Christmas hats and tinsel really showed that they

are a band that likes to have fun. However they also played a number of serious Jazz songs that showcased their professional musical abilities brilliantly and will have undoubtedly helped them recruit more members, as well as musical respect. The relaxed atmosphere made the concert even more enjoyable as the tipsy punters could join in with the songs amongst chats with their friends, and even eat meals or snacks as they enjoyed the performance. The pub setting

allowed people to dance if they wanted to as there was no obligation to sit politely or quietly, and people could even play pool and board games whilst they listened. Because of this I think it would be hard for anyone to not have enjoyed the cosy evening of music and booze. Overall, it was a fantastic performance that showcased the band's fun side, professionalism and talent brilliantly.

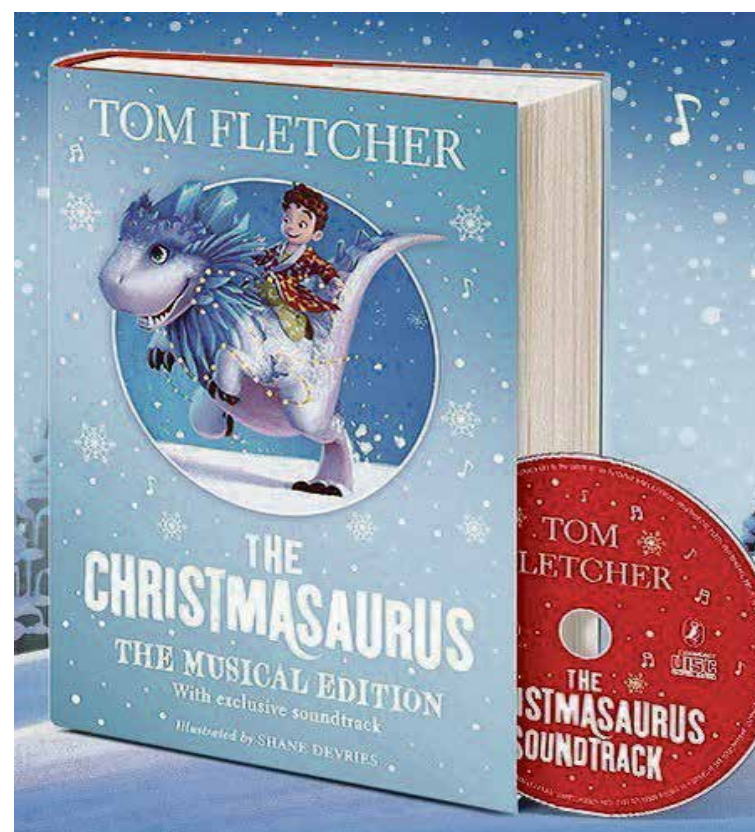


## A Novel With A Soundtrack

As if Tom Fletcher's song writing skills hadn't blown us away already with songs like Busted's 'Year 3000' and McFly's 'All About You', this month he has opened up an extremely exciting route for music, that could change the music and the book industry forever. In 2012, Tom Fletcher collaborated with his band mate Dougie Poynter to co-write his first children's book 'The Dinosaur That Pooped Christmas'. Originally meant as a half hearted endeavour to make fun of their band mate Danny Jones, millions of copies of the book were sold. As sequels and spin off stories were then commissioned and released, Tom Fletcher gradually became a recognised and established children's writer, and in 2016, he released his first solo novel 'The Christmasaurus'. However, at the end of November, Tom Fletcher combined his talents as a singer and a writer, and released 'The Christmasaurus: The Musical Edition'. This fascinating children's novel comes

with a soundtrack on a CD. Throughout the novel, at the end of chapters or after important events in the story, there are prompts that tell the reader when to play each track. This incredibly interesting combination of reading and listening to music really brings the novel to life, but also, finally gives McFly fans the music they've been craving for so long. Although the songs were written and sung without his band mates, they definitely still have the classic McFly feel and sound that all children of the nineties and noughties adore. On the 17th November, Tom Fletcher released one of the novel's songs on YouTube with an accompanying music video. The song 'Afraid Of Heights' is a magical and heartwarming Christmas song, that is catchy as well as being the perfect song to dance and sing along to at Christmas parties and get-togethers. It's obvious sprinkling of Tom Fletcher genius means I cannot understand how this song has not climbed the Christmas

charts yet? Especially given its inspirational music video. The tear jerking footage of a boy learning to perform skateboard-like tricks in his wheelchair has left many YouTube viewers asking why it wasn't chosen as the latest John Lewis advert. The huge success of the musician and author's exciting endeavour is clear by the fact that the theatre production of the novel, 'The Christmasaurus Live On Stage', sold out within minutes of its announcement, along with the extra dates that were soon added. The show will be performed across Christmas this year, in London, with a star studded cast that includes Tom Fletcher himself, his wife Giovanna Fletcher, and his band mate Harry Judd. The interactive novel's instant success will undoubtedly result in other novels of the same kind from both Tom Fletcher and other authors. It signals an extremely exciting introduction to the music industry that could permanently change the nature of the children's novel.







## Is There Room For New Christmas Songs?

by VICKY WILKES

Do audiences still favour traditional over contemporary albums and could newer releases become more popular than the classics?

It's finally December and time to shamelessly listen to Christmas music until January! A

large part of the festive season is nostalgia and tradition, and thus it is understandable for audiences to turn to familiar tracks and albums. Whilst most of us are dusting off Michael Buble's album 'Christmas', artists such as Sia are following the current theme for popular artists and has also released Christmas album. Sia's record 'Everyday is Christmas' contains ten original tracks such as 'Santa's Coming For Us' and 'Underneath the Mistletoe' which, in addition to the sleigh bells and up-beat nature of the tracks the album does carry an overall Christmassy theme. Whereas, Buble's 2011 album contains covers of already popular tracks such as 'It's Beginning to Look A Lot Like Christmas', 'Santa Baby' and 'All I Want For Christmas Is You' all sung with his effortless charm, promising a swinging holiday full of big-band sass.

As of the first week of December, Buble's album has already managed to secure a position in the top fifteen of the official album chart, meanwhile Sia fails to even break into the top fifty of the same chart with her album released in mid-November. Looking at the charts, it is clear that classic albums and tracks are indeed still favourable to audiences. The last Christmas song to top the official UK chart Band Aid 20's 'Do They Know It's Christmas?' in 2004, and even this was a repeat of the already established track which reached the number one spot in both 1984 (Band Aid) and 1989 (Band Aid II). While Sia's Christmas release appears to be performing reasonably better in the iTunes album chart, it is still overtaken by the 'Now That's What I Call Christmas' compilation album (2015) including classic tracks also covered by Buble.

With regards to the Christmas charts, I would argue that it's the familiar classics that will always overtake the new releases purely based on audience's nostalgia and love of classic tracks found in compilation albums.

## The 'Packing To Go Home For Christmas' Playlist



Although we're all probably feeling very ready to go home after a tough first semester, packing for the Christmas holidays is always something we dread. Most of us procrastinate more when we should be packing than when we should be doing assignments, so here's a playlist of Christmas songs that should make the process more festive, if not more enjoyable.

**1) JINGLE BELLS BY MICHAEL BUBLE** will get you singing and dancing before you take on the monstrous task of packing. Being the epitome of Christmas, this song will make anyone feel optimistic and determined to take on the task ahead. You'll be humming the song for the rest of the day, so your joy will last for hours.

**2) SANTA CLAUS IS COMING TO TOWN BY MICHAEL BUBLE** will help you choose which outfits to take home with you. Although you are probably not Santa Claus, the song will remind you of all the Christmassy nights out on the town you have ahead, as well as the family events that you will need to pack for.

**3) LAST CHRISTMAS BY WHAM!** is a relaxing and comforting Christ-

mas song that will remind you of warm evenings, watching Christmas films with your family and drinking mulled wine. Therefore, it will remind you to pack your woolly jumpers, bed socks and fluffy scarves that are vital during the icy weeks of the Christmas holiday.

**4) ITS BEGINNING TO LOOK A LOT LIKE CHRISTMAS BY MICHAEL BUBLE** will ensure you don't forget to pack any Christmas presents that you have bought whilst in Bangor, as images of Christmas trees surrounded by presents will fill your mind. This only applies to the small majority of us who are unusually organised, but it really would be a disaster if they were left behind.

**5) DRIVING HOME FOR CHRISTMAS BY GAVIN JAMES** will remind you to pack the essentials for your journey home. If it isn't five hours on a train, you've probably got at least a three hour car journey to endure. Without headphones or a good book, this could be unbearable, but Gavin James is on hand to remind us just how wonderful such items can make our journeys and ensure they are not left behind.

## Thanks For The Memories

Hearing that Chico had performed in Cube earlier this month threw me back to my childhood. I voted for him every week without fail when he was on X Factor, and how my copy of his number one single 'Chico Time' didn't wear out, I'll never know. Hours were spent watching the song's incredibly 'noughties' video and trying to learn all of Chico's flawless dance moves, and I still remember a tragically high number of them. However, along with these memories came those of other classic X Factor contestants from the show's heyday. I vividly remember the draping train of Rhydian's grey fur coat that he

wore as he sang P!nk's 'Get The Party Started'. This was probably one of the most hypnotic performances the show ever saw, if we don't take into account Wagner's bongo playing during his rendition of 'She Bangs/Love Shack'. I'm sure Rylan's echoing sobs still ring through the corridors of Nicole Scherzinger's holiday mansion, and I even remembered my amazement when Susan Boyle began to sing during her Britain's Got Talent audition. These acts really did provide quality Saturday night entertainment, and the likes of Honey G just don't reach the mark that the previous contestants did.



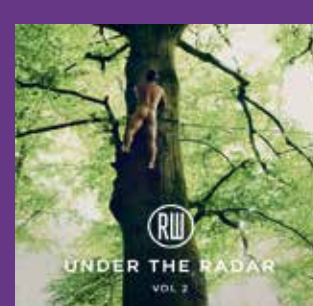
The Britain's Got Talent winner has released an album that will certainly not disappoint his loyal fans and voters. His combination of flawless piano playing, electronic music and harmonised vocals creates a hypnotising world within the album that draws listeners in. Once you've started the album, the need to carry on listening until the very end is overwhelming, especially once you recognise the track 'Bloodstream' as the piece he played during his Britain's Got Talent audition. It is a fresh and mesmerising album that makes classical music cool. I cannot wait to see what this guy releases next.



This long awaited album does not disappoint. Listeners are thrown into the strange opening track 'Fort Knox' that suggests the album will have an unusual feel throughout as the band experiment with a new sound. However, Noel's northern humour bares its face at the start of the album's second song and leading single 'Holy Mountain'. Its classic High Flying Birds sound shows that the experimental feel will not continue, and instead, leads us into the album we all hoped for. It is safe to say that both of the Gallagher brothers have treated us with their new music this Christmas.



Well known for their chart topping singles, yet disappointing albums, on the surface Little Mix's fourth album seems to buck this trend. However, on closer inspection, this seems to be because it is inundated with singles that have already been released and topped the charts. The album opens with the well known songs 'Shout Out To My Ex' and 'Touch', then a small number of new songs are weaved between their recently released singles such as 'Power' and 'No More Sad Songs'. Although an enjoyable album that is great to sing along to, it is unexciting and offers little new material.



This rather disjointed album will be adored by his avid fans, but it will confuse others. 'Ms Pepper' has the classic sound of Robbie's recent ballads like 'I Love My Life' and 'Angels'. This track is followed instantly by 'Bambi', which has the sound of his more energetic songs like 'Rock DJ'. After being given the impression that Robbie was writing the album whilst going down memory lane, listeners are then given a very unexpected cover of Dolly Parton's '9 to 5'. This is definitely an anomalous track that will surprise every listener and leave them feeling confused. Despite being enjoyable, the album certainly isn't a Robbie classic.



This album is exactly what you would expect from an X Factor winner's debut album. It's lead single 'Sucker For You' has a very 'current' feel to it that sets the tone for the rest of the album perfectly. All the songs have a very similar, extremely 'pop-y', feel to them, making the album perfect for house parties, pre-drinks and get-togethers. Although enjoyable, this is not an album that you would listen to again and again, and I can't see it being in the charts for long. Matt Terry seems to have avoided the curse of the X Factor winner's first album being atrocious, even if it is slightly boring.



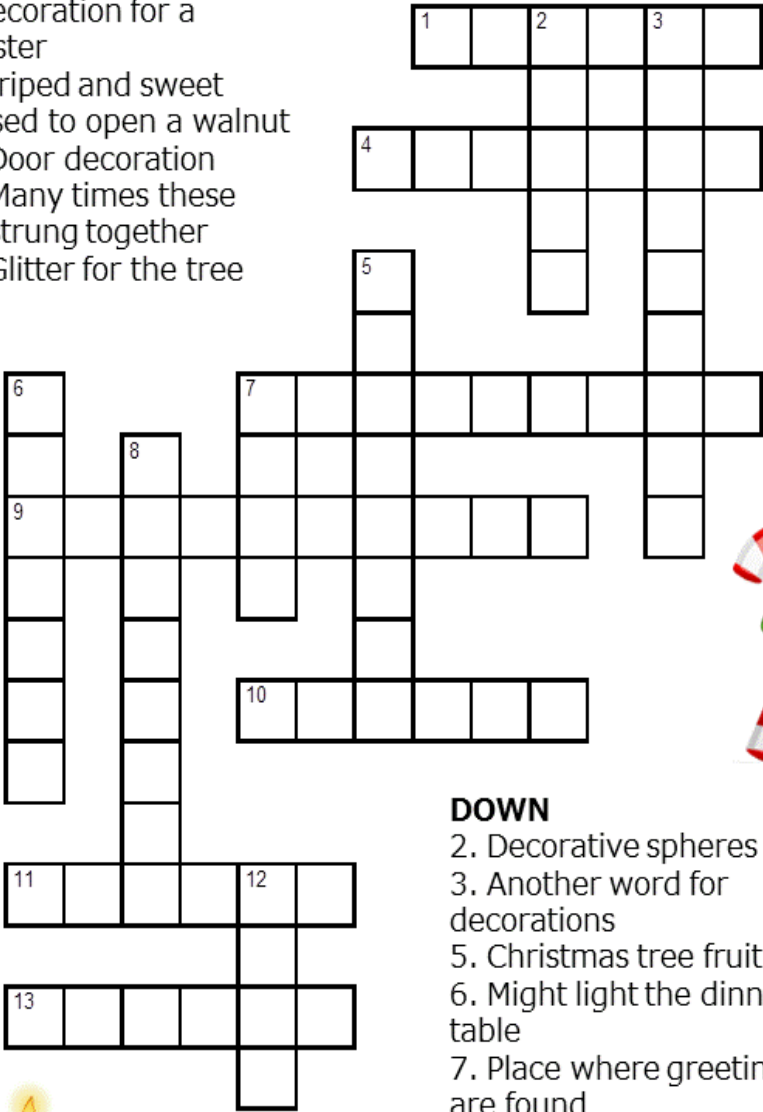
BREAKTIME



Christmas  
Decorating

ACROSS

- 1. Used to wrap a present
- 4. Decoration for a banister
- 7. Striped and sweet
- 9. Used to open a walnut
- 10. Door decoration
- 11. Many times these are strung together
- 13. Glitter for the tree



DOWN

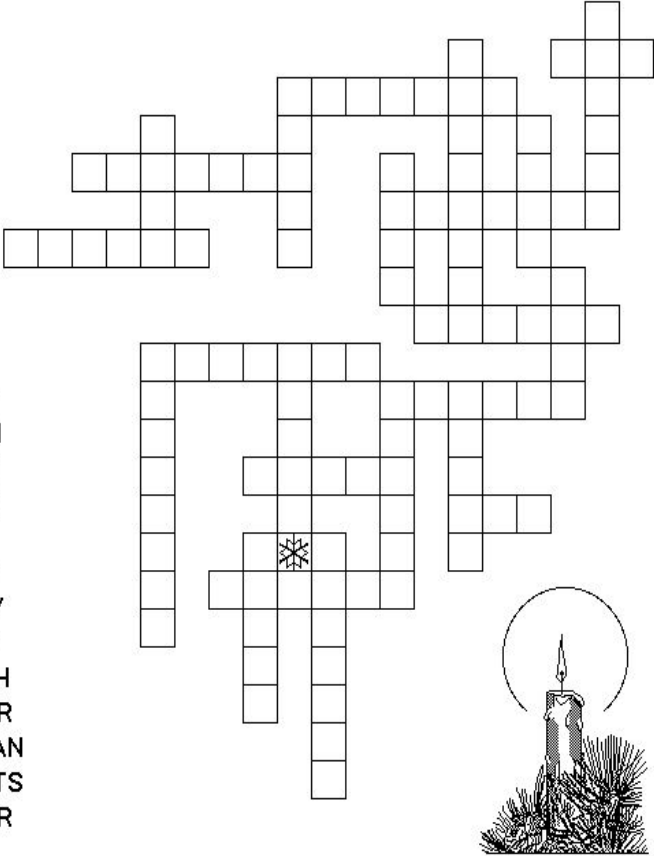
- 2. Decorative spheres
- 3. Another word for decorations
- 5. Christmas tree fruit
- 6. Might light the dinner table
- 7. Place where greetings are found
- 8. Hung by the chimney
- 12. Might be cedar, fir or pine



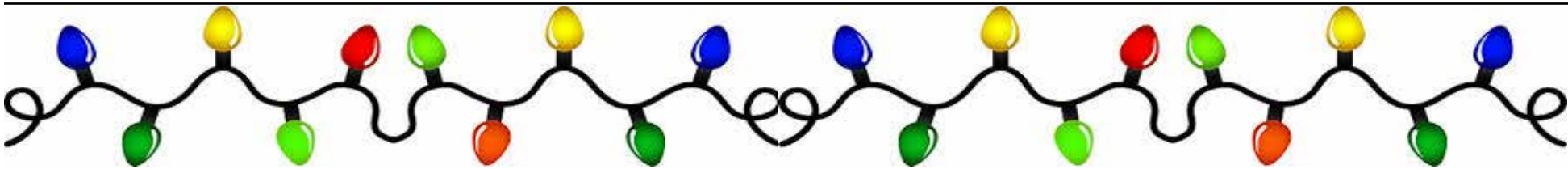
Christmas Crossword

Make all the words fit into this crossword.  
Each word is only used once.

- ELF
- TOY
- GIFT
- BELL
- TREE
- STAR
- SANTA
- COMET
- CUPID
- VIXEN
- CANDY
- FROSTY
- WREATH
- DASHER
- DONNER
- SLEIGH
- DANCER
- CHIMNEY
- BLITZEN
- RUDOLPH
- PRANCER
- SNOWMAN
- PRESENTS
- REINDEER







# THE SEREN CHRISTMAS WORDSEARCH

O	P	R	I	N	L	I	G	G	Q	Q	R	G	L	U	N	H	Z	E	F
C	H	Z	Q	E	J	A	O	R	E	I	N	D	E	E	R	I	R	L	Q
M	B	M	O	L	S	Z	T	V	W	U	P	O	B	N	D	T	T	V	V
N	H	N	J	O	L	L	Y	N	U	Y	E	N	M	I	H	C	C	E	U
X	P	M	N	P	P	S	F	I	A	G	K	A	C	L	Y	V	H	S	Z
D	L	A	E	H	X	C	E	L	B	S	F	P	G	C	E	T	Q	E	G
Z	O	M	N	T	H	E	D	A	Y	S	G	N	I	T	E	E	R	G	M
S	D	Z	I	R	V	T	Q	P	S	G	S	B	W	C	C	P	W	V	Q
P	U	I	Z	O	V	A	J	A	E	O	R	U	A	C	F	S	O	G	S
G	R	E	H	N	X	R	L	B	P	Y	N	N	N	H	R	S	O	I	L
B	N	Z	C	S	T	B	H	J	O	M	D	P	I	M	O	A	B	V	M
Y	M	I	S	T	L	E	T	O	E	Y	R	D	E	E	S	M	C	I	U
G	O	C	N	O	R	L	D	K	C	O	Q	O	N	R	T	T	W	N	B
W	K	Y	Q	C	Z	E	J	A	G	O	V	T	D	R	Y	S	D	G	Q
L	O	R	T	K	L	C	N	I	C	G	P	N	R	Y	L	I	N	X	S
J	N	X	J	I	R	E	F	B	A	V	A	P	J	E	H	R	D	C	Z
X	L	W	O	N	H	T	A	E	R	W	V	I	I	L	E	H	A	Y	E
W	L	R	D	G	Z	G	Y	L	D	J	C	G	N	X	E	C	M	B	O
M	Y	A	D	I	L	O	H	L	S	U	H	J	A	W	N	Z	A	M	J
I	X	P	D	B	T	V	H	S	K	M	W	S	E	L	D	N	A	C	U

- BELLS

CANDLES

CANDYCANE

CARDS

CELEBRATE

CHIMNEY

CHRISTMAS

RUDOLPH

SANTA
- SEASON

SLEIGH

STOCKING

TREE

WREATH

ELVES

FROSTY

GIFT

GIVING
- GREETINGS

HOLIDAY

JOLLY

JOY

MERRY

MISTLETOE

NOEL

NORTHPOLE

REINDEER

# SUDOKU!

## EASY

9	2	7	4	3				8
	6						9	7
		8				4		2
			3		8			5
4				6				3
8			2		1			
6		2				3		
7	9						8	
5				8	9	2	7	1



## HARD

				5				
9		6				3		7
			4		9			
	1						5	
2			6		7			1
	4						9	
			7		1			
7		9				2		6
				3				





# Student Tips for Christmas

When you're a student, Christmas is never quite the same. The usual excitement and spirit is bled dry by the banality of upcoming assignments or the circumstance of being away from home - Oh! And the absense of money, which usually prevents any kind of involvement with extravagant festivities. However, do not despair. Whether you're staying in Bangor or going back home, Seren's got some tips to keep you covered.



## Going back home

### Do an assignment before you leave

I know, it's getting to the end of the semester. Nothing major is due until January. All you're thinking about now is getting back home, sitting in your pants and playing Xbox. And that's what you should be doing. You deserve it. So don't ruin your Christmas break stressing over revision or an essay that you could have got out the way a week before.

### Empty the fridge before you leave

Not necessarily a Christmas tip; merely housekeeping. However, I'm helping you save your friendships here. Don't leave things like cheese to fester. Your flatmates (and I'm assuming prospective housemates) will only see what a disgusting urchin you are. I guarantee there'll be a secret consensus amongst your peers about your poor hygiene.

### Spend time with your family and friends

It's easy to take them for granted whilst your back at home. You may regress to binge watching TV in your room. This is your brief period of time to make the most of the people you left behind when you came to University. Whilst you've been making new friends and enjoying new things, your mates at home have been in the same old situation.

### Bring some things back with you

Remember all those things you forgot or didn't think you'd need when you moved in. Fancy dress stuff, formal dress, coat hangers, slippers, door stop, a personal kettle. Just a few of the things we tend not bring to Uni first time around. Also, aesthetic things like posters, rugs and ornaments are things that help your room feel a tad more homely.

### Take up a Christmas job

You probably won't enjoy your Christmas break to the max with this one. Nevertheless, you'll address those money worries you had towards the end of the semester. Saving some extra money over holidays means you don't have to get part-time work during your studies. There's plenty of temporary jobs over Xmas so have a look.



## Staying in Bangor

### Do a secret santa before flatmates go

Not only is this a good way to bond with flatmates. But it's also a surefire way to guarantee yourself a present. If you're staying at University over the break, the worst feeling is sitting there on Christmas Day having not engaged in the exchange of presents. At the very least, make sure you've given a present so you feel like you're somewhat involved in the festivities.

### Have some deserved downtime

Many of us haven't stopped grinding from about mid-October. Believe it or not, you deserve a long sleep. You'll be surprised how hard January will hit you. Revise a little here and there. Notch away at an assignment. But at least give your brain a week off so that it isn't completely drained by the time your exams and due dates roll around.

### Make sure you don't isolate yourself

When you're caught up in a sea of deadlines, clubs/societies and trying to get 8 hours of sleep, it's quite easy to forget about calling friends and family at home. However, over Christmas, you've got no excuses. Let them know you haven't died and give them a Skype. Try and enjoy the same kind of social interactions that you would on Christmas Day itself.

### Fill your time by volunteering

If you simply can't hack solitude on Christmas Day, then volunteering is a valuable and selfless use of your time - plus it looks decent on the old CV. Remember, you aren't the only person who'll be spending Christmas alone, there are plenty of opportunities to get involved helping out hospitals, care homes and the homeless.

### Explore the wonderful city of Bangor

Freshers Week is a drunken blur of fleeting memories mainly based in Academi and Bella Bella. All of a sudden your semester starts and you have no time to do anything. Why not have a look around the surrounding area you study in? After all, you did pick it. We're one of the luckiest University's in the world in terms of scenery. Go see it.



# The Perfect Christmas...

## *According to Seren*



**Jack Hollinshead - Film Editor**

Put Sky Sports News first thing in the morning. Dust off the Christmas mugs which come out once a year. Have a cup of tea whilst opening presents. That's the tradition in our house.



**Jordan King - TV Editor**

Being sat there in my pyjamas and eating a bowl of stuffing. Inevitably disappoint myself with the Doctor Who Christmas special. I think I have at least three portions of turkey on Christmas Day. Which ultimately leads to self-loathing.

**Emma Jewkes - Editor**

I love a good fry up on Christmas morning. Then see the day out with Baileys and chocolate.



**Megan Richards - Games Editor**

Me and my sixteen other family members all together at Christmas.



**Isabella Maria Timpany - News Editor**

Lots and lots of alcohol, Wham on repeat. Plenty of mince pies.



**Laura Aspin - Science Editor**

Being with the family. Getting all the presents for free is a highlight.



**Katie Tew - Sport Editor**

Seeing friends again. Christmas dinner. And I love a good Christmas film: Nativity is the best.



**Finnian Shardlow - Deputy Editor**

Love watching my nan stand for the national anthem when the Queen comes on.



**Danny Moffat - Photographer**

I dress up on Christmas day and put a shirt on. We always have salmon, scrambled egg and a croissant for breakfast. Love being at home. Taking the dog for a walk. Just watching crap on TV until it gets to half 9. Then round it off with a game of UNO.



**Chloe Heath - Arts & Culture Editor**

My perfect Christmas would be me waking up, being presented with a miniture dachshund puppy in a Mulberry handbag. For breakfast I'd eat my own bodyweight in cinnamon buns and start on the presecco immediately. Then I'd watch the Gavin and Stacey Xmas Special in PJ's.



# Games To Play During The Holidays

## Revisit an old Classic in LA Noire



### REVIEW

Developers: Team Bondi

Release Date: 14th Nov 2017

Platforms: PS3, Xbox 360, PS4, Switch, Xbox One, PC

Genre: Action, Adventure,

Multiplayer: No

Age Rating: 18

One of the best aspects about LA Noire is that it has very good plot. It's a gripping, mystery thriller that pays homage to genres and tropes of the noir films of the mid-twentieth century. Each new smaller mystery unlocks pieces to a larger mystery, and the web of intrigue which your main character, Cole Phelps, (played by Aaron Statton) finds himself in. Often at times, the context of the game informs the player about the story, even before they play. It's set in the late 40's, the heyday of the film noir genre, and just after World War 2, when America was at its most cynical. Also, it's set in LA, with specific focus on the police force, which at the time, was in-

involved in a major corruption scandal and The Black Dahlia case, one of the most infamous murders of it's time. However, the game's reliance on popular noir tropes makes the story and characters seem somewhat clichéd.

I played the game on the Nintendo Switch, which does have some notable differences from other console versions. One of the more exciting things the recent surge of games re-released for the Nintendo Switch, is that you can play console games on a portable device. The Nintendo Switch portable mode utilises its touch screen, allowing you to flip through the pages of Cole's notebook, investigate pieces of evidence

and poke bodies with your fingers. Some of the wording used in the interview portions of the game have been changed. The Lie, Doubt and Truth options have been switched out with Accuse, Bad Cop and Good Cop respectively. Despite being a Rockstar game, it must be known that L.A. Noire isn't Grand Theft Auto, and doesn't allow you to get away with behaviour that would be tolerated in the GTA franchise.

Whilst the graphics haven't been much improved from the Xbox 360 and PS3 versions, they do look slightly sharper, and the colour is less saturated. That said, the quality is not as good as the Xbox One or PS4 versions, and the human faces are still

not quite out of the uncanny valley. There also is occasionally some lag as I saw when the outside of some windows took a while to load.

The music was great to listen to, and it has made me want to have another listen to some of the tracks. It seems to have been plucked straight out of a 1940s, noir detective film. The voice acting was very good, and it is worth noting that Statton was nominated for a BAFTA award for the Best Video Game Performance in 2012.

LA Noire has a great plot, good graphics and decent controls, but the characters do feel clichéd. However there is no doubt that the the best part of the game is the ability to play the game on the go.

SEREN ★★★★★



### REVIEW

Developers: Nintendo

Release Date: 22nd Nov 2017

Platforms: Smart Phones

Genre: Social simulation

Multiplayer: Yes, connect to other nearby players via wifi

Age Rating: 4+

SEREN ★★★★★

## Animal Crossing: App-alling?

The premise to the newest Nintendo mobile game is simple, you run a campsite. To invite guests to your campsite, you must complete odd jobs and favours for the series famous anthropomorphic animals. The animals that visit are then based upon what themed furniture you are currently using at the time.

Before you invite animals to your campsite, however, you must befriend them by doing jobs which employ mechanics from previous the Animal Crossing games, such as fishing, bug catching and gathering fruit. You then create and place furniture, and the animals who have requested that particular piece of furniture will attend your campsite. It is advisable

to not get attached to any particular style or piece of furniture, as you will consistently have to keep changing the furniture at your campsite to accommodate new animals. This is the downside of having a campsite that can only hold up to forty pieces of furniture, and it can't be expanded. Instead, you spend time adding amenities to your game to increase your maximum friendship with the animals, and to encourage new animals to visit. On the plus side, your camper van can be expanded and is completely customisable, probably so that player's can still feel like they have some form of personalisation in the game.

It performs well on android mobile devices, and the graphics are colour-

ful, using the same style as previous Animal Crossing games. That said, after half an hour of play, the phone did start to feel very warm, and the game does quickly drain your battery.

The music is the usual, relaxing Animal Crossing music. They have also kept the garbled noises the animals make, which is almost talking, but I personally find them really annoying. I could understand if the voices are comforting to some people, or that the voices make them feel nostalgic.

The game works well as an ongoing mobile game, and is a nice addition to the growing line of Nintendo Mobile Games. However, it is tedious, but has enough things to keep a casual player occupied for some weeks.



# Pokémon: This is The Alola You Remembered



## REVIEW

Developers: Nintendo  
Release Date: 17th Nov 2017  
Platforms: Nintendo 3DS  
Genre: Role-playing  
Multiplayer: Yes  
Age Rating: 7

SEREN ★★★★★

By LAURA ASPIN

Similar to games such as Pokémon Platinum or Emerald, Pokémon Ultra Sun and Ultra Moon is a reskin of a previous Pokémon game, with new features and story

elements added that weren't in the original. It centres around your character moving to the tropical islands of the Alola region, befriendng Hau and helping the mysterious Lillie to defeat new and returning enemies. It was released onto the Nintendo 3DS on the November 17th, 2017. Like the previous game, it is gorgeous with newly added details that make the region feel more alive and active than any other region before it. The character animations are now smoother, especially with Pokémon battle animations that give more personality to the Pokémon. Also, new locations that have been added don't feel out of place and are a nice inclusion to the region. However, as this is the same region as in the previous game, the nostalgia can wear off quickly and tedium can set in when you are having to repeat some of the same locations again. Although, Pokémon Ultra Sun and Moon plays like other Pokémon games, there are new added ele-

ments that spice up the gameplay somewhat. For example, the inclusion of a minigame called Mantine Surf, which has you surfing and performing tricks on the back of a Mantine, the controls are tight and responsive, and a welcome addition. Also, the Rotom living inside of the Pokedex can be befriended, which leads to some funny interactions between you and the Rotom. Another great mechanic is that your trainer can interact with various Pokémon all over the region. However, the Alola Photo Club, whilst it is a nice addition to the overall game it does become boring after one or two tries playing it. Pokémon Ultra Sun and Ultra Moon, has new gameplay additions and story elements that will keep you playing from sunrise to sunset.

# This Month's Gaming News

## This Year's Game Awards' Winners

by LAURA ASPIN  
On the 7th December 2017 at the Microsoft Theatre in Los Angeles the 2017 Game Awards happened. The event was hosted by Geoff Keighley. Out of 102 games nominated, the judges have chosen the winners and runners-up for the annual Game Awards, with several stand out titles taking more than one award. The Legend of Zelda: Breath of the Wild has the most awards won this year with a total of three. Here are the winners listed below:  
**Game of the Year** - The Legend of Zelda: Breath of the Wild  
**Game Direction** - The Legend of Zelda: Breath of the Wild  
**Best Narrative** - What Remains of Edith Finch?  
**Best Art Direction** - Cuphead  
**Best Score/Music** - NeiR: Automata



# Square Enix Announce A New Tomb Raider Game



by LAURA ASPIN

Square Enix have announced over on their official twitter account, that a new Tomb Raider game is in development. The game is being developed by Eidos Interactive, the studio behind games such as Thief and Deus Ex, instead of Crystal Dynamics, who are instead working on a new Avengers game. The company has yet to reveal details such as a title, release window or what platforms the game will be on. However, apparent information that was leaked in October of last year has suggested that the new Tomb Raider game would be called 'Shadow of the Tomb Raider'. This claim is supported by eagle eyed fans who noted that the capital letters at the start of every paragraph in the announcement tweet spell out 'SHADOW'.

**WE NEED YOU!**  
**Do You Like Playing First Person Shooters Games? Are You a Fan of Strategy Games? Would You Like To Write for Seren Games?**  
**PLEASE CONTACT:**  
**Twitter:**  
**@serengames**  
**Email:**  
**games@seren.bangor.ac.uk**



# What To Watch From British Cinema



By **ARRON WILLIAMS**

British film is full of a wide of variety of outstanding, hilarious and moving films. It is also an area of cinema I am personally passionate about and really enjoy supporting. The BFI (British Film Institute) do a good job of ensuring and aiding the development of British films. This is a list of five British films that I would recommend to those wanting to watch some movies that have come from the industry. They are by no means necessarily what I regard as my top five films, but rather five films I would recommend to those wanting to watch more British cinema, and to get more of a feel for its cinematic constructions.

## Hot Fuzz (2007)

Hot Fuzz is an action comedy and the second film in the renowned Cornetto Trilogy of comedy films starring Nick Frost and Simon Pegg. It is also a personal favourite of mine. Hot Fuzz is directed by Edgar Wright, who has recently wrote and directed Baby Driver (2017), and before the Cornetto Trilogy, directed the TV series Spaced (1991-2001).

Hot Fuzz follows Sergeant Angel (Simon Pegg), a hardened London police officer who is transferred to a remote country village, where he teams up with inept PC Danny (Nick Frost). In following with a true police film vibe, the two characters end up



looking into a series of murders; although, expect both action and hilarity as the duo attempt to resolve these occurrences. The film acts as a parody of Hollywood blockbuster action films, which it succeeds in doing in every aspect, from the editing being fast paced and playing with expectation, to great cinematography and all-round great, funny performances from all the cast. There are no dull moments in this film, with continuous humour throughout and well-timed action scenes. The film is one I would definitely recommend checking out if you have never seen it.

## Atonement (2007)

Atonement is entirely different to the previously mentioned film Hot Fuzz. Atonement is a romantic drama set in WW2. The film is also a much slower pace and heavy-hitting than Hot Fuzz, but still a great film. It is directed by Joe Wright and based on the novel of the same name by Ian McEwan.

Atonement follows Cecilia Tallis (Keira Knightley) and Robbie Turner (James McAvoy), who are young lovers, and their relationship while at a large, country estate. However, this relationship is swiftly torn apart by Cecilia's jealous younger sister, Briony (Saoirse Ronan). There is not much else that can directly be said about the film without spoiling the experi-



ence gained from the first watch. The film, however, does focus heavily on the themes of deceit, misperception and consequence; overall, quite a heart-felt film, being both dramatic and brutal.

Another great thing about the film is its cinematography. The camera shots are outstanding, as they really help to build the atmosphere and feel of the film. Without mentioning or explaining it directly, as not to ruin the film, there is a particularly gripping and atmospheric scene which was all taken in one shot that lasts 5 minutes. Atonement is a wonderful cinematic creation, with a well written plot and worth a watch for lovers of dramatic film and those wishing to broaden their library.

## Four Lions (2010)

Moving away from the serious and dramatic and heading back to comedy, Four Lions is a comedy focusing on terrorism. I did debate about putting this on the list; however, it is just too good film not to. While the topic of the film is rather sensitive, the film does successfully blend great comedy with a deeper social commentary that underlies the overall film.

The film is directed by Christopher Morris, and follows a small group of young men in Sheffield, who decide to become terrorists and form a plan to be suicide bombers. However, the group prove to be inept and as a re-



sult, hilarity ensues. The chemistry between the characters only adds to the humour, with the various comments and insults they throw between one another, and the ridiculously stupid schemes they devise.

The acting in the film is great and really helps to bring the characters to life and add to the humour, especially the characters Omar (Riz Ahmed) and Waj (Kayvan Novak). The film is a great watch for the sheer humour it provides, as it is a laugh-out loud film, but also a great watch for the social commentary on attitudes towards Islam it provides within its undertones.

## Lawrence of Arabia (1962)

Lawrence of Arabia is a historical drama set in World War One, focusing on the life of T. E. Lawrence and his role in the war. The film is directed by David Lean, as it follows Lawrence (Peter O'Toole), who heads to Arabia to work with the Arabs and British against the Turks. Lawrence is sent to Arabia due to his knowledge of the local tribes. While I won't talk about this film as much as the others, Lawrence of Arabia is a staple of British cinema and a film which has left its mark on cinema, being regarded as one of the greats. It is a classic, really helping to change future cinema. Another reason this film is great to watch, is that it focuses on an area of history not really focused upon



much, as a lot of the time the campaigns in Africa and Arabia are forgotten as the western front of World War One is normally the prime focus. The film is a cinematic marvel and all round great film to watch. Although, the downside is, is that it has a run time of nearly four hours.

## Attack the Block (2011)

Lastly, moving once again back to comedy, Attack the Block is a sci-fi comedy, directed by Joe Cornish. Set in a London, it follows a gang of teenagers as they defend their block and suburban environment from an alien invasion.

The film is really ridiculous and funny, putting young teenagers against killer, animalistic aliens. The film focuses heavily on violence, especially during the middle; however, the alien appearance and commentary from the characters make it humorous. The acting in the film from the main two leads, Sam (Jodie Whittaker) who is mugged by the young gang, but ends up trapped in a survival situation with them, and Moses (John Boyega), the leader of the teen gang who mugged her, is well delivered. Sam, especially, is a character who feels like someone you might know, and played in quite a down to earth manner. The film is an overall great watch for a good laugh.

## Wonder Review



By **JACK HOLLINSHEAD**

Based on the bestselling novel by R. J. Palacio of the same name, Wonder is about August "Auggie" Pullman (Jacob Tremblay), who is born with Treacher Collins syndrome, a genetic disorder that is characterized by deformities of the ears, eyes, cheekbones and chin, unfortunately leading to further complications with breathing, sight and hearing which require surgery and left him with facial scarring. For the early parts of his education, he was home-schooled by his mother Isabel (Julia Roberts), but he is now enrolled in the fifth grade at a private elementary school, Beecher Prep, for the first time in his life, posing many challenges not only for Auggie, but everyone around him.

**When given the choice between being right or being kind; choose kind**

Without a doubt, this is one of my favourite films of the year. It is utterly fantastic, and I cannot commend it highly enough for its powerful and endearing message to everyone who watches. In Auggie's homeroom

class, which we in Britain would class as being in a form at high school, they have precepts, a general rule intended to regulate behaviour or thought, and one of those are the message that drives the book and resonates through the movie; it reads, "when given the choice between being right or being kind; choose kind", and it couldn't be more perfect. Kindness is something that comes few and far between at times, and the film gives you the belief that it does exist, and even the littlest of gestures can make the biggest of differences.

Young Jacob Tremblay, who you'll remember from his brilliant performance in Room alongside Brie Larson, is magical as Auggie. He captures all of the emotion and heart that makes you fall in love with the

gled at that one too!), the principal of Beecher. Noah Jupe, Millie Davis, Elle McKinnon and Bryce Gheisar all play great parts as children who Auggie becomes associated with in one way or another.

What I admire about the film, is the different dimensions of the story, and how incredibly well balanced they are, allowing you to understand the characters on a personal level. The balance of joy and sadness is perfect. You find yourself alternating between laughter and tearing up, your heartstrings being pulled from pillar to post, and come out falling in love with this incredible story. In the real world, you cannot begin to comprehend what someone with any issue is facing is beginning to go through, let alone when they are a child, and that is something that the film tackles superbly, as everyone in the film is going through something different, and they are all brought together by an amazing young man.

An unbelievable tale that everyone should see, because the themes of acceptance, understanding and kindness are unparalleled. The passion and soul that went into this project is evident, and this inspiring story is a film I urge everyone to take the time to see.



## Stronger Review



SEREN



By JACK HOLLINSHEAD

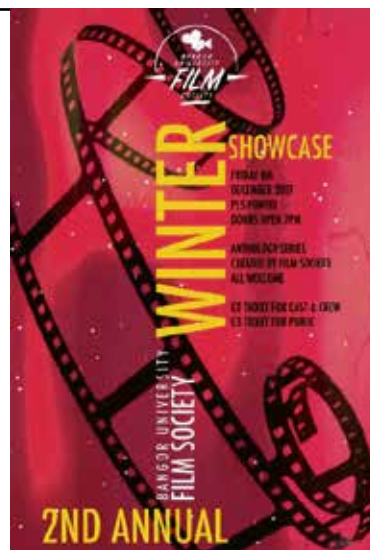
On 15th April 2013, at the finish line of the annual Boston Marathon, two homemade pressure cooker bombs were detonated, causing the death of 3 people, and leaving hundreds injured, some more fatal than others. An event that no one saw coming, ultimately brought the proud citizens of Boston even closer together. *Stronger* is about one of the fatally injured victims Jeff Bauman (Jake Gyllenhaal), whose legs were blown off and later amputated above the knee after he was there to support his partner Erin (Tatiana Maslany) and his journey back from the life changing tragedy and the inspiration he brought to many.

Gyllenhaal is staggering as Bauman, he truly is. His performance is captivating and emotionally driven, making you forget that you're watching an actor on screen. The drawback many have had with Gyllenhaal playing Bauman, and something that crossed my mind at time, is that they did not cast an actor with the same disability as Jeff, which would have been a huge step in the right direction for Hollywood. Nevertheless, the way Gyllenhaal performs in specific parts, and you'll know which ones I'm talking about when you see the movie, are mind-boggling, and the recognition he is receiving for an

outstanding performance are well deserved. As you can see from the trailer and promotional poster, Jeff uses prosthetic legs to walk, and uses a wheelchair initially, showing where he had to have the amputation. The visual effects are incredible, and when combined with Jake's performance, it is a stunning piece of cinema.

What is impressive about the film is that it does not shy away from reality. Some of the scenes are gruelling and horrific, but portrayed in the right sense. You can't begin to fathom just how terrifying it would be to be in a situation like that, but *Stronger* gives you an insight into the devastation that innocent people sadly have to endure, but their bravery is unparalleled, and the film definitely balance the two wonderfully.

The impact on Bauman is the main focus, and is one of the brilliant layers of Gyllenhaal's portrayal, but also, the impact to those around him. How his partner, family and friends all try their best to help and the personal struggles they are dealt with during Jeff's rehabilitation. As much as the physical aspects of Jeff's injury impact his day-to-day life, the mental toughness is addressed and handled brilliantly. This film does really hit home, and the clear messages are unbelievably powerful and moving. A film that everyone should take the time to watch.



By JESS SIMMS

On Friday 8th December, the Film Society held their first showcase of the academic year. The Winter Showcase was made up of 7 short film screenings of varying genres, as well as Q&A sessions with a representative from each film crew. Each group came up with their own original concepts based on the theme of phobia, leading to a plethora of different ideas. It was really encouraging to see how the various groups had created wildly different interpretations from the same key topic. These shorts included a music video and a comedy, alongside a few dramas. Below, you can find a brief synopsis of each film;

**Quakers:** A comedy short in which a blogger moves into their new house and decides to video their experience. Upon watching back the footage, the blogger notices a duck in the background and things get very weird, very quickly.

**A Call For Help:** Charlie is terrified of phones. Her job is at stake because of this and things only get worse when she gets trapped in an elevator. When she is literally stuck, will she call for help?

**Mirra:** A music video with cinematography at its core. The video follows a young couple and plays with the notions of reflections and the way in which they trigger memories.

**Hiraeth:** In this film, the protagonist is afraid of many things, but



## Bangor University Film Society Winter Showcase



Poster (LEFT) COURTESY OF ALED GRIFFITHS & photo (above) courtesy of David Wigglesworth

mostly, herself. The short sets out to emulate the feelings of someone struggling with self-hatred.

**Broken:** After his headphones break, Jack tries his best to fill the silence until his new pair arrive. This proves rather difficult when his flatmate starts complaining about Jack's loud music.

**Dear Mother:** This very visceral story shows a woman as she struggles to come to terms with the broken relationship between herself and her mother when she is forced to visit her in hospital. A series of flashbacks are very telling of her volatile upbringing and how it has shaped her adult life.

**Jane Says:** The film follows the protagonist over the course of a week as she tackles social anxiety, trying extremely hard to avoid everyone, getting pretty inventive with the ways in which she does this.

**I think I was most impressed by the wide variety of content that was produced, along with the quality of the films themselves**

For a lot of crew members, this was their first time making a film and being on a set; but from the answers given during the Q&A session, it was incredibly transparent not only that the members had learnt a lot, but also had plenty of fun in the process.

President of the Film Society, Lee Carson, said "The showcase was a great night. It was amazing to see so many first time filmmakers get to

experience their very own work on the big screen", and amazing it was. There was a clear buzz in the room. You could feel the anticipation of the members and the excitement from seeing their work on a big screen for the first time.

He continued to say "I think I was most impressed by the wide variety of content that was produced, along with the quality of the films themselves. I have to say, I'm quite proud of what all the members achieved over this semester and I'm more than ready to see the bigger and better work that will come out of the society in the next semester."

Ultimately, the showcase gave us a sweet taster of what is yet to come. It was clear from this event that there is an abundance of enthusiastic people within the society and lots of new talent. With those two things combined, the only possible outcome is great films.

The society will be holding another showcase in summer, one that promises to be even bigger and better. But for now, you can find the phobia short films (mentioned above) online on the society's YouTube channel.

If you want to hear more from the Film Society or get more information follow us on social media:



## The Disaster Artist Review



SEREN



By JACK HOLLINSHEAD

Back in 2003, a film called *The Room* was released into the world. Directed by, produced, written and starring mysterious figure Tommy Wiseau, it tells the story of Johnny (Wiseau), who is betrayed by his 'future wife' Lisa (Juliette Danielle) and his best friend Mark (Greg Kinnear). The movie only grossed \$1900 against a multi-million-dollar budget, being regarded by critics as 'one of the worst films of all time'.

However, it's appeared to of gained a cult-like following from some fans, calling it the 'best worst movie'. The reason the film received such negative responses, was due to its terrible performances, more plot holes than a slice of swiss cheese, unevolved script and so forth. Despite this, there is something charming about *The Room*, and some of the plot points are deep and relevant to society; just a shame they and the production were executed so incredibly poorly.

Then, in 2013, Greg Sestero, who I alluded to earlier as playing Mark, released a memoir titled *The Disaster Artist: My Life Inside The Room*,

*The Greatest Bad Film Ever Made*. The book cites Greg's experiences as a struggling actor, his first encounter with Tommy, how they became friends and the trials and tribulations that came when producing *The Room*. A year later, Seth Rogan's production company, Point Grey Pictures, acquired the book, adapted and based a screenplay via Scott Neustadter and Michael H. Weber and appointed James Franco as director, shortening the title to *'The Disaster Artist'*.

This film is simply brilliant, giving you a great insight into what it must have been like when making *The Room* back in the early 2000s. If you haven't seen *The Room* or read the memoir, don't fear, you will be doing after seeing this, but it is not essential before you head to the cinema. James Franco captures the essence of Tommy Wiseau, and his character Johnny amazingly, nailing his accent and capturing his look, making you forget that it's him under the prosthetic features and long hair. His younger brother Dave is great as Greg and Mark, with the two pos-

sessing, of course, natural chemistry, which we have never seen before with this being their debut film together. This could have been a risk due to the nature of Tommy and Greg's relationship but they couldn't have picked a better project as they are both superb. Supporting roles from Seth Rogan, Alison Brie and a host of other actors round off the performances brilliantly.

As funny as the film is, the serious reality and heart that it possesses capture the relationship between Tommy and Greg draws you in, which can be difficult with it being a combination of both real life and the making-of a film. But *The Disaster Artist* balances it all wonderfully, and makes you appreciate how much stress and tension goes into making a film and how friction can be created in close quarter situations, whilst finding some warming moments that round the movie off nicely.

**Make sure you check out our website - [www.seren.bangor.ac.uk](http://www.seren.bangor.ac.uk) - for more film and other articles! Including our Star Wars: Episode VIII - The Last Jedi Review**



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# AVENGERS Infinity War: 10 Years In The Making



By JACK HOLLINSHEAD

All the way back in 2008, a universe was born. Adapted from its comic book realm, Marvel Studios, with Kevin Feige at the helm, decided to make a fresh, continuing, intertwining franchise of films, christening it the MCU - Marvel Cinematic Universe. Debuting with Iron Man, then onto The Incredible Hulk, Thor and Captain America before they would all culminate in The Avengers. With an overall successful string of films, calling the initial six films (which included Iron Man 2) Phase One, Phase Two began with more individual pictures from established characters, and introducing new faces such as Ant-Man and the Guardians of the Galaxy, which became instant hits due to their originality and comical essence.

Now, by the end of 2017, we are well into Phase Three, already bringing us Captain America: Civil War, Doctor Strange, Guardians of the Galaxy: Vol 2, Spider-Man: Homecoming and the most recent instalment Thor: Ragnarok, which has meant the total

gross of the MCU films is over \$13 billion (December 2017); and the third phase is nowhere near done. There are also TV series on both network channels and Netflix Originals that exist in the MCU, however, they have not crossed paths with the movies just yet. But the next film lined up is Black Panther, which will bring us nicely to the main event; Avengers: Infinity War. 10 years in the making. Can you believe it? 10 years!

**It racked up 230 million views, making it the most watched trailer within the first 24 hours of all time... 9,583,333 views an hour; 159,722 a minute, 2,662 a second**

The reason why it's such a massive occasion is not only because of the decade anniversary, but because they have been building towards this film for pretty much that entire period. It's been a plot point in films and for characters, but also in the background as a gentle reminder to viewers as to what is upon the horizon, which is what I think has helped guide the MCU through so many mo-

tion pictures. Also, we've seen characters exchange pleasantries, but not to this magnitude where most, if not all, are coming together.

Obviously, as announcements on casting are made, production begins & finishes and the opening date, 27th April 2018 for us lucky UK viewers and 4th May 2018 for the United States draws nearer, you are thinking to yourself, "where's the trailer?!" Month after month, fans have been

titled Avengers: Infinity War Trailer Teaser. They put together several priceless fan reactions to their previous film trailer releases, with some words reading "Everything You Know... Everything You've Experienced... Everything You've Imagined... It Has All... Been Leading... To This Moment", stating that the official teaser would drop the next day, sending everybody into a frenzy, knowing it was coming very, very soon.

So, finally, on the 29th November, it dropped. It was here, and it was certainly worth the wait. I literally watched it a thousand times; all my favourite characters from the past decade coming together, even if it was only for 2 minutes 30 seconds; it was magnificent to see. As I alluded to earlier, there has always been something in the background that's been setting up Infinity War, and that is the main villain of the MCU; Thanos. We are finally seeing him in all his glory, and the trailer gives you an idea as to what we are in for; you can only imagine what myself and a

lot of others will be like in around 5 months' time.

A day after the trailer had been released, it racked up 230 million views, making it the most watched trailer within the first 24 hours of all time. That's 9,583,333 views an hour; 159,722 a minute, 2,662 a second. Those figures are staggering, and it just goes to show how much people love and adore the franchise 10 years on.

I know we live in an age of superheroes, and with the MCU, 20th Century Fox, Sony and the Warner Bros DCEU (Detective Comics Extended Universe) all churning them out almost once a month, I can see why film fans can become tired of them. But somehow, the MCU has found a formula to keep the quality of the performances so high that you can't help but become engrossed by its ore. I'm not saying it has been a perfect stretch of films by any means necessary, but when it's really mattered, they've delivered, and I can't see Infinity War going any other way.

## Films Released In January 2018: What To Watch In The New Year



### Molly's Game (1st January)

Based on the memoir from Molly Bloom, tells the story of her rise to become Queen of the underground poker scene to FBI target in a fascinating true story.

### All The Money In The World (5th January)

Adapted from the book Painfully Rich: The Outrageous Fortunes & Misfortunes of the Heirs of J. Paul Getty, is about how Getty III becomes kidnapped and his mother is hell bent on returning him safe.



### Darkest Hour (12th January)

Winston Churchill (Gary Oldman) is faced with enormous amounts of pressure as he fights against Adolf Hitler and the German army during the Second World War.

### Insidious: The Last Key (12th January)

Following on from the previous instalment, Elise Rainier (Lin Shaye) investigates recent supernatural disturbances occurring in New Mexico, and experiences a haunting realization.



### Coco (19th January)

In Pixar's latest film, Miguel (Anthony Gonzalez) aspires to become a musician, and despite his family's generational ban on music, he travels to the Land of the Dead to follow his dream.

### The Commuter (19th January)

Michael McCauley (Liam Neeson) is on his daily commute, that soon turns into a high stakes race against time, as he becomes involved in a criminal conspiracy.



### Downsizing (19th January)

Paul (Matt Damon) and his wife Audrey (Kristen Wiig) decide to abandon their lives to shrink down into a new, downsized civilisation that becomes a life changing adventure.

### The Post (19th January)

Katharine Graham (Meryl Streep), the first female publisher of The Washington Post, and its editor Ben Bradlee (Tom Hanks) put everything they have on the line in the publishing of the Pentagon Papers.



### 12 Strong (26th January)

In the aftermath of the 9/11 attacks, Task Force Dagger, a 12-man team, are sent to Afghanistan to join with forces with the Northern Alliance against Taliban forces. Starring Chris Hemsworth and Michael Shannon.

### Maze Runner: The Death Cure (26th January)

Thomas (Dylan O'Brien) and his escaped group of Gladers have one last mission to rescue their friends and get the answers they've been desperately wanting.





# Dublin: A quick break from North Wales

Perhaps one of the biggest downsides of going to Bangor University, and living in the area, is that it's miles for anywhere! Or at least, it's miles from anywhere that we might consider to be a 'real' city. Studying at Bangor Uni means saying goodbye to Saturday afternoons out shopping in the city centre - unless of course you're a fan of the handful of shops Bangor has to offer. In fact, I would go so far as to say that shopping in Bangor is so boring that it makes Llandudno seem an exciting destination - even for those below the age of 80!

With Chester and Liverpool often becoming the 'go-to' destinations of North Wales residents who are looking for a city break it is easy to forget that one of Europe's most vibrant capital cities is just a stone's throw away.

Dublin is a mish-mash of warm culture and striking modernism shrouded in proud history and is surprisingly easy to get to from Anglesey. All it takes is a short trip over to Holyhead and then a ferry across the Irish Sea.

The small capital, which bursts with character, is split in half by the River Liffey flowing through the centre with a variety of different bridges allowing pedestrians and drivers alike to travel to and from all regions of the city.

Much of Dublin's charm lies south of the River Liffey in the famous cobbled streets of the Temple Bar district where

Dubliners and tourists chatter over pints of Guinness and each bar hosts its very own brand of live music. It is a part of the city where day or night you can feel part of something, the atmosphere buzzing with 'the craic'.

A short walk from Temple Bar is O'Connell Street, Dublin's main thoroughfare and gateway to the city's history. Despite being largely destroyed during the struggle for Irish Independence and the Irish Civil War, O'Connell Street displays much of Dublin's history from the General Post Office building (seized during the 'Easter Rising' of 1916) to the O'Connell Monument which still has bullet holes from the uprising. The street is also home to 'The Spire' thought to be the world's tallest piece of public art.

Back on the Southside of the city is Dublin's most popular shopping destination - the lavish Grafton Street, home to Irish department store Brown Thomas. In the past the street had been home to the more expensive, designer stores but now is also lined with the more familiar high street names that you would expect to see in most cities. As you walk to the top of the long street you will find yourself detouring off down side streets lined with bright lights and packed with charming independent stores.

Once you reach the top take a break from shopping and enjoy St Stephen's Green, a beautiful and historic

park where you can take your time strolling through and enjoying the many sculptures that reside within its boundaries.

If it's history that you're after then you should start at the opposite end of Grafton Street and Trinity College, Ireland's most reputable university. Walking through the beautiful buildings and the courtyards will instill a feeling of grandeur akin to that of Oxford or Cambridge University and offers a definite opportunity to get some Instagram likes.

Just a short walk from the College campus are other notable historic sites such as Dublin Castle, St Patrick's Cathedral and St Audoen's Catholic Church, with the former definitely the more grandiose.

Saving the best 'til last though, you may want to jump on the 'hop on, hop off' bus or public transport to take you across the city to perhaps Dublin's most famous site; St James' Gate Brewery, home of Ireland's most loved export Guinness.

Whether you like Guinness or not, the Storehouse is a must visit for any Dublin tourist. It was recently voted as Dublin's most popular site and is home to 7 levels of history, culminating in the rooftop bar which offers a stunning 360 degree view of the city (along with a free pint of the 'Black Stuff').

It is definitely worth booking in advance if you want to visit the Storehouse as you might be able to



get slightly cheaper tickets. Tours run every half hour, 7 days a week, but once you're inside are self guided and you can take as long as you like exploring the 'world's largest pint glass'. Take a wander through the history of the famous drink, learn how it's made, just how much Guinness is exported each year and of course a trip through Guinness' interesting and famous advertising history.

All this and more is waiting for you in Dublin, a city that is well worth a visit whilst you're living so close in North Wales. At times the ferry can be quite expensive, but if you're not too bothered when you go away or are prepared to act on impulse you can find a bargain ticket. For example, ferry company Stena Line were recently offering Christmas shopping day trips to the city for just £12 return (or £5.50 on a Tuesday). The best time to bag yourself a bargain though is the week leading up to Paddy's Day when Stena Line offer one way tickets for just £1!

Irish Ferries also depart from Holyhead and whilst their offers don't always seem to be quite as good as their competitors, they do offer a faster service across the sea.



## Dublin on a budget

The most common criticism of Dublin seems to be that it is 'too expensive'. Well, it is a capital city but really it is only as expensive as you want it to be.

Most sites in Dublin are within walking distance. However, students can get a ticket on one of the many hop on, hop off buses for around €17. These tickets often get you discounted or free entry into certain attractions around the city.

Eating out in Dublin can be expensive, but there's also a few places where you can get a decent meal at a good price. A filling burrito for example, along with a free drink (thanks student card!) only costs around €6.

The most expensive part of the city, in my opinion, seems to be the drinking. Don't expect to get a Guinness for less than €6.

Staying over in Dublin? Hotels are going to be expensive, but why not explore the option of a hostel?



## ADS YULE LOVE



### ALDI - KEVIN & KATIE

Aldi's Christmas advert this year follows the (apparently) popular Kevin the carrot as he somehow manages to find himself aboard a train that looks suspiciously similar to the Polar Express. Once aboard, he spies a fair damsel amidst a rather full Christmas table, and after saving her from a devastating fate, he utters the brilliant line; 'I think I just pea-d myself!' Christmas ad watchers can be sure that Kevin and Katie the carrots (not quite alliteration there Aldi, but at least you tried) will be delighting us with their Christmas tales for years to come.



### John Lewis - Moz the Monster

John Lewis opted for a cute yet slightly creepy monster - Moz - this year. The advert follows a boy who is afraid of the dark, and so Moz helps him overcome his fear, before the kid gets a planetarium and Moz is no longer needed - ahh. The slightly cynical side of me can't help but feel that it wasn't quite festive enough for me, especially as you can now buy Moz merchandise, making it less 'Christmas spirit', and more 'marketing scheme', but hey, whatever floats your boat, or pops your cracker.



### Paddington - M & S

Saving the best ad for last, or maybe that's just because I'm biased, but M&S' Christmas advert is as sweet as marmalade, geddit? It follows everyone's favourite bear, Paddington, as he mistakes a burglar for a certain Saint Nick. In true festive spirit, by the end of the advert, Paddington changes the burglar's mind about stealing, and even offers him his very own marmalade sandwich in a lovely heartwarming moment that is a true tear-jerker. It is adorable, and captures the importance of giving during the Christmas season perfectly.

## ONES TO WATCH - FESTIVE SPECIAL



## CHRISTMAS CRACKERS

**C**hristmas has come around again, and with that comes a festive bunch of programmes to overindulge ourselves with. Now admittedly, there - in my humble opinion - hasn't been as many barnstorming announcements this year as there was for last Christmas (no Bear Hunts even!), but that doesn't mean your trusty ol' editor hasn't found some gems for you all, so without further ado, what will you be watching this Christmas if you've got any sense?

### Doctor Who

Peter Capaldi will one last time enter the TARDIS this Christmas in Twice Upon A Time, the first time since the 50th anniversary that multiple Doctors will cross paths, with David Bradley reprising the First Doctor role he has so deftly handled in the absence of the late, great William Hartnell. The special will see the first Doctor and the twelfth curmudgeonly and a bit generally put off the idea of regenerating and having to change again, so they don't... well not to begin with. With Daleks and Germans and snow and multiple time lords to manoeuvre, would Christmas truly feel complete without a bit of Who? Not for me it wouldn't! Catch Doctor Who Christmas Day BBC1 shortly after tea time I should expect.

### League of Gentleman

This is a local paper for local people, and so going back to a local town for local people is perfect this Christmas... well that is if you fancy a trip to the darker side of comedy in Royston Vasey with masters of the macabre Messrs Pemberton, Gatiss, Dyson, and Shearsmith, and if not then there's nothing for you here! Following a hiatus of 12 years since the understated self-aware masterpiece that was Apocalypse, the league's last appearance and a big screen one at that, we return this

### There's something for everyone amongst us - from the sadists to the sweethearts - this Christmastime

Christmas for three more episodes. Royston Vasey is in danger, times are a-changing, and so is the way of the world - paralleling and possibly commenting on the real world that gets more dystopian by the day. Simply must-see British televisual gold, and if you're not in the loop, go fire up a dodgy browser or by a 1p plus £1.27 postage copy of the box-set on Amazon and strap yourself in. Catch The League on 18th, 19th, 20th December on BBC Two after the watershed.

### Black Mirror

Just past Christmas but just before New Year - AKA the abyss of goodwill and joy, step up Charlie Brooker with Black Mirror to save us from ourselves and scare us off ourselves. The dystopian satirical anthology series returns on December 29th for six more episodes of delicious futuristic fables, of which I won't attempt to say much as \*SPOILER\* it'll be kicking off my reviews in the new year with a comprehensive dissection of all six episodes. So yeah, that's all I'm saying and there ain't nothing you can do about it. Catch Black Mirror December 29th on Netflix.

### POG Dogs

We all like Christmas, and we ALL like a good ol' heckin' doggo am I right frens? Doin' us heckin' bamboozles once again and... oh dear, this is getting published isn't it? Damn! Basically, Paul O'Grady, the dog loving equivalent of Mother Teresa, is returning this Christmas to warm the cockles of our festive hearts by finding homes for dogs who've fallen by the wayside and catching up with lil pupperinos and pupperinas - dogs I mean, who found forever homes this year. When something blows up in Eastenders or someone dies in

Corrie, a bit of happiness will surely be had with POG Dogs so tune in. Catch POG Dogs on Christmas Day, ITV, about mid-afternoon after the Queen pretends things will be okay after Brexit and Trump.

### Old People's Home For 4 Year Olds

In August, Channel 4 aired a modestly viewed but immeasurably impactful two part show about an old people's home visited by four year olds in the hopes of healing some of the isolation often experienced by the elderly and educating our future generation to give them the chance to build bridges across a generational gap that seems to ever-widen as years go by sadly. The result was heart-warming and tear-jerking in the best way, and the idea of raising awareness of isolation at Christmastime and reuniting the oldies and the kiddy-winkles for a Christmas get-together sounds just about perfect for a season that's ultimately all about being together and sharing love for one another. Catch Old People's Home For 4 Year Olds this Christmas on Channel 4, air date TBA.

So there's something for everyone amongst us - from the sadists to the sweethearts - this Christmastime. It may not be as much of a smorgasbord of delights as we've had in previous years, or maybe me being a biased even if I try not to be writer just is struggling to get excited for Miranda and Strictly specials - who knows? All I do know is that what we have got looks set to be an absolutely cracking little line-up

## REVIEW



### The Walking Dead

by EMMA JEWKES

The Walking Dead wrapped up the first half of season 8 this week and it's fair to say that the All Out War story-arc has received mixed views from the shows die-hard fan base. This season has seen Rick and the Alexandrians, along with the Hilltop and The Kingdom, fight back against the brutal regime of Negan and the Saviours. While the action has increased, many fans are deserting the show with the major complaint being that it's lost its way. How has it lost its way though and how can the show find its mojo again?

One of the main problems with this season has been that logic has seemingly not mattered on too many occasions. Why, for example, would Rick trust the garbage people when they double-crossed him before and then, locked him in a storage container with just his boxer shorts for company. Also, what was the point in bringing back Morales, only to kill him off five minutes later?

Also, for a show about zombies, the zombie peril just isn't there much anymore. The war with Negan is quickly making the show into a revenge thriller which is something the fans didn't sign up for, certainly not me. Don't get me wrong, I love Negan and I think his deputy, Simon is fantastic, and not just because I met him at Comic-Con recently.

Also, with one of the main characters having been bitten at the end of the mid-season finale, let's get his inevitable death over quickly, get the mourning done and lets get back to what we all want, namely Rick, Daryl, Carol and the rest of them kicking some serious Saviour ass! Let Negan, however amazing he may be, get his comeuppance and lets bring on the Whisperers, the next big bads if the show follows the comics. If nothing else, the zombie skin wearing weirdos should get the viewers streaming back.

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iPlayer Overhaul

This yuletide, the Beeb are gifting us access to some of their greatest hits of recent times, releasing reams of series to show that they're ready to enter the ring with the streaming top dogs over at Netflix and Amazon Instant Video. This is all in aid of promoting iPlayer as the centre of the BBC's future plans, and we should all bow down in praise as just a few of the series' getting put on include the complete Peaky Blinders, Taboo, Wolf Hall, Line of Duty, Sherlock S2-4, Him & Her, Gavin & Stacey, every New Who regeneration episode and some of the greatest Eastenders storylines and specials of years gone by. It is truly heartening to see the home of British television's roots boldly stepping up to its wealthier competitors, with no sign of paling in comparison and every sign of going from strength to strength in 2018



NETFLIX OFFLINE!

Never fear, the good ship Netflix hasn't been sunk randomly overnight, but rather has had the most radical update in its brief, yet bloody big history. WE CAN FINALLY FORGET WI-FI AND BUFFERING, DOWNLOADS ARE HERE! Well there isn't quite unlimited power being granted yet - sorry Emperor Palpatine fans, I'm sorry, some series aren't yet downloadable, but most Netflix originals are like Orange is the New Black, Narcos, The Crown and Stranger Things, and new series are being added to the list constantly so yeah... cheers Netflix. Perfect Christmas present to soothe the ever-increasing pain of hiking subscription fees.



SPECIAL FEATURE - NEW YEAR



2018 - A YEAR IN PREVIEW  
AND WHY IT WILL BE THE BEST FOR TV YET

**A**las, 2017 has come and gone, and before long I'll be a third year scraping together my brain cells for a dissertation so that I don't end up out of a job, out of a future, and in a pile of debt. LOL jokes, 2018 is all about what I think may be the greatest year of TV yet - I know, ballsy, but I could be right. With on-demand services thriving, digital TV experiencing a renaissance of quality original series and refreshing reboots, and bold cinematic level productions in the works, who's to say it can't be? Here are six shows that will make 2018 one to remember.

Doctor Who

Jodie Whittaker, set to be glimpsed in the upcoming Christmas special as the newly regenerated 13th Doctor and the (about bloody time) first female one at that! With Bradley Walsh, Mandip Gill, and Tosin Cole creating a trio of companions set to journey through time and space, and new showrunner Chris Chibnall in tow, I for one cannot wait to get going with Series 11. ETA Autumn 2018 BBC1

Making A Murderer

Everybody's favourite psychological Art Attack is back! Well, not really, but titles are deceiving.. Anyway,

the murder case that made armchair juries of millions last year is set to pick up the case of Steven Avery, wrongly convicted sex offender turned wrongly (or maybe rightly, who knows?) convicted murderer. The series provides a fascinating dissection of psychology and the judicial system, and I'm sure I'm not the only one keen to go back to court - in a manner of speaking. ETA Summer-Autumn 2018 Netflix

Castle Rock

2017 saw Stephen King's place as the master of horror reasserted with the release of It and the blockbuster release of The Dark Tower - not the greatest adaptation ever, but one which brought the mainstream populace a chance to access King's magnum opus, and one of the greatest achievements in modern literature. Further, Gerald's Game and 1922 have ruled Netflix's thriller market, so enter Castle Rock, starring new Pennywise Bill Skarsgard, a series set to bring together some of King's finest creations and one which excites me greatly! ETA Summer 2018 Netflix

Maniac

Jonah Hill, Emma Stone, Norwegian Psychodrama. I'd say more but that's more than enough, and even if the

duo are only in a couple of episodes that is one mighty hook to bait this ol' trout. ETA Spring 2018 Netflix

Britannia

To not only fill the GoT void in many millions of hearts, but by the looks of it give it a run for its money and possibly leave it short for change, Britannia will kick off 2018 on Sky, looking at the Roman conquest of Britain in a time of Celts and Druids. With an all star cast of British titans of acting like Ian McDiarmid and Mackenzie Crook, Britannia looks set to be scintillating stuff.

Star Wars Underworld

I've saved a personal choice for last, the long-awaited live action TV continuation of Star Wars, Star Wars Underworld. Little is known of the series other than Daniel Logan - young Boba Fett - is set to reprise his role in the series, which seemingly shall centre around a young Bounty Hunter and his adventures between the events of Episode III and Episode IV. Due this time next year, words cannot describe how excited I am to get my eyes round this. Premiering December 15, 2018.

EDITORS' CLASSICS



Finnian - Deputy Editor  
Songs of Praise

*"It's not Christmas til we've praised him. We must praise him. And by him, I mean Aled Jones."*



Megan - Games Editor  
Batman The Animated Series

*"Mark Hamill's first Joker ep. It's Batman. It's Christmas. It's great. 'Nuff said."*



Isabelle - News Editor  
The Simpsons

*"There's like a bit where Bart decants cranberry sauce into a bowl and I really like it. So yeah. It's my favourite."*



Jack - Film Editor  
Gavin & Stacey

*"This is a necessity for my family and I. As massive fans of the show, what could be more perfect than watching this classic on Christmas Day?"*

MERRY CHRISTMAS  
AND A  
HAPPY NEW YEAR FOLKS!



## TV ON TOUR - FTLOS 2017



**I**n the midst of an otherwise painfully industrial estate, I attended Manchester's premier science fiction convention - For The Love of Sci-Fi and here's my account of the day by way of retrospective timeline.

### 6:10 a.m

I woke up in the kind of tired stupor that made me question whether I actually wanted to go to a sci-fi convention or whether I should just stick on a Kylo Ren outfit, take a selfie, and pretend so I could go back to sleep... but then my girlfriend kicked me out of bed and told me to get my act together so that was my escape thwarted.

### 6:58 a.m

At this precise moment, I was running, literally running, in the rain, in my long coat and Darth Vader Christmas jumper, to try and make it to the station on time as "where the bloody hell are you?" pierced my throbbing head courtesy of my mate Jack on the phone.

### 7:02 a.m

Made it on time. Just. Jack wasn't best pleased. See picture for staged evidence.

### 9:15 a.m

Thanks to a cracking cabbie who actually wasn't out to rip us off, Jack and I - alike a Poundland Laurel & Hardy - toddled along an endless line of cosplayers, kids, and nerds, all of whom had made the holy pilgrimage to Nerdtopia, and all of whom must have got there very early. The event was due to open at 10, and the line was a 10 minute walk to reach the end of at quarter past 9... things had started slightly hopelessly - though Judge Dredd's elderly intonations and some snazzy looking Mandalorians kept the flicker of excitement alive.

### 10:10-11:20

We were in, straight past a massive Stay Puft and a fleet of some of the most iconic cars in science fiction, and unswayed by the Traders Outpost full of unparalleled delights... that I did come back to later. To buy some art... and an Obi-Wan fully articulated model figurine of high craftsmanship and obvious future value and definitely

not just an overpriced doll! We got out alive and made a beeline for the main hangar - I don't know if it was actually a hangar but it looked like one so stay with me folks. And it was like stepping through the wardrobe and finding Narnia, stepping out of the TARDIS into a fantastical world, or stumbling across all of my nerdgasmic dream materials colluding in one place! A huge TIE Fighter greeted us upon entry, flanked by a 9ft Wampa and The Incredible Hulk. The phantasmagorical wonderland was there, in full Cosplay and propgy Set-laden glory. Between moments of just gasping and coming to grips with the size of the place and stopping for pictures with Greedo and Chewbacca, we did share a minor complaint - the queuing systems were about as efficient as Trump's presidency... which is to say that either the runners didn't know how to handle their responsibilities to accommodate the guests queuing to splurge their money for 2 seconds with their heroes, or they simply hadn't known just how popular the event would prove - which with a guest list including Shatner, McDiarmid, and Dolph Lundgren, I think isn't really possible. No clear signs were provided as to what the queues were for, and no railings helped divide the queues from the floor-Walking folk like myself and Jack. Not great, but not enough of a pain to stop us having a cracking time.

### 11:35

Over to the Sci-Fi LIVE Stage Jack and I went for the 40 Years Of Star Wars panel, hosted by Casper Van Dien who - in my humble and insignificant opinion that does not represent the paper's views and exercises my ability to speak freely - is possibly the most insufferable host I've ever witnessed. He didn't know the guests, he couldn't escape seizing every chance to namedrop his two films that nobody particularly remembers fondly, and on several occasions the guests in attendance seemed to be low-key taking the mickey out of him. But nevertheless, hearing Ian McDiarmid muse on the filming of the iconic Tragedy of Darth Plagueis and defend the genius of unfairly maligned God of Star Wars George Lucas was a complete joy. And he did the laugh... the

emperor laugh!

Joonas Suotomo was making his first UK con appearance and was a complete treat of a guest as he quipped about "Chewbacca-Vision" and told the humble story of his landing the role of the most lovable Wookiee in all the galaxy, being plucked from Finnish basketball league obscurity and relishing every moment of his time on set. Daniel Logan and Jeremy Bulloch, prequel and original trilogy Boba Fett respectively, and Brian Muir (the man behind Vader's helmet- he made it!) rounded out the panel and all were fascinating to hear from, though it was sad to see Bulloch appearing so fragile, understandably though as he approaches his nineties and still goes to so many conventions!



### 12:10 p.m

Following a fruitless attempt to get into the full-on recreation of Mos Eisley cantina, I decided to abandon Jack - who I trusted not to end up kicking the Batwing in my absence - and try my hand with the Press Pass I'd acquired. Phase one went well as I strode past security, my Seren lanyard dazzling their eyes and affirming that I'm a proper journo. Phase two wasn't too bad either, I walked into the Cantina - it looked brilliant, complete with Ponda Baba at the Bar and Muftak sipping on some blue milk (which I'd later find out they'd sold out of... NO BLUE MILK IN MOS EISLEY! Damn BREXIT!!) then out of nowhere The Hoff approaches! Actual Michael Knight, actual guy on everything and anything you've ever taken a passing interest in! And I was thinking, here's a scoop, a sneaky little rendezvous in the cantina to report back on, but no... it was so much more than that! I, average joe Jordan, HASSLED THE HOFF!!! He swaggers over, smelling like expensive furniture, and he says 'you're not supposed to be here kid!' And I'm thinking, I got this, so I retort

flippantly 'I'm press mate' - well I don't, but I do say that I'm with a student paper and bumblingly declare myself a fan of his even though I've only watched a few episodes of Knight Rider. He follows up with a 'we're doing interviews in here buddy so no can do' and I'm on the ropes... I'm Rocky if Rocky couldn't punch for toffee and The Hoff was actually Thor's hammer. I stumble out a 'I just want to take a few pictures' before, and I'm sorry I couldn't be your hero guys, I get the full force of embarrassment as The Hoff says 'it's time to leave kid' and the security guys get all up in my grill and escort me out of the Cantina with my tail between my legs and no Adrian awaiting me, just Jack - who laughed almost a little too enthusiastically at my failure. So yeah, hassling The Hoff earns you a one way ticket to Rekt-ville and looking like an idiot even when you've come with a poor man's Eddie Redmayne to the event.



### 1:30pm

Following an overly long stint recovering my ego and playing Halo 3 in the gaming room upstairs, Sherlock and I (he's not Sherlock but may as well be) set off for Dolph Lundgren's panel. Dolph talked about how he meditates daily and trains even more frequently, also fondly reminiscing on how - when filming Rocky - the shots of Ivan Drago gazing out at the arena of his iconic fight with Balboa are vivid memories for him of the man behind the character 'glimpsing Hollywood for the first time, changing in a way that you never get back'. Lundgren handled Dien's interjections well however, and after answering hordes of 'who'd win in a fight' questions, the final question fell to me. As Jack - the Barker to my Corbett - scoffed sweeties and begged me not to raise my hand, Dien approached and the mic was on me. Thousands of eyes were on me. And I asked a great question, moving past the physicality of Lundgren's acting to question his mental preparations - proper journalist over here! And he made a bant out of it, claiming Sharknado 5 was the most mentally challenging role of his lifetime - it went down well with the crowds, I'd set him up and he knocked it out the park, but I didn't mean to.

### 2:25 p.m

Back to the Cantina, not a Hoff in sight, but teeming with cosplayers and booze-lovers to the point where I couldn't have thrown a nerf-herder across the bar without causing a riot. Jack and I stumped up the £11 it cost for a Red Scorpion cocktail each (a very nice cocktail I must add), downed it essentially, and went back into the eye of the geek storm below! See artistic bar piccy below, I had a snazzy camera and I wasn't

afraid to use it.



### 2:30-3:15 p.m

Halo again. Jack's fault.



### 3:20-4:30 p.m

This entire time was spent watching people get their photos taken with the guests in anticipation of Shatner coming so Jack could get a handshake. After 45 minutes, he came, not Jack. No handshake. Just a crummy quality picture of Captain Kirk and a happy man-boy beside me.



### 4:30 p.m

A final sweep of the main hangar, some pics and a gathering of Jedi, Sith, rebel scum and imperial bad-dies unlike anything my wildest dreams could conjure, and it was just about time to say farewell. After mosying across to see Ernie Hudson and Jennifer Runyon talking about Ghostbusters, hunger from a foodless day took hold and it was time to leave, not before my partner in crime decided he quite liked a certain cosplayer only to find out when they turned around it was actually a 50-odd year old bloke.



The day was fantastic, an event to remember, where I didn't gamble my time on queueing for proof I'd seen my heroes and instead just enjoyed the occasion, made the most of the stage events, and got some cracking pictures whilst spending time with a mate that - though jovially rip to shreds - was the perfect ally to tackle the day with. After some grub at the Trafford centre and a painful train journey back, I felt shattered but boy was it worth it. Next year, here we come! For more pics, head over to SEREN TV's FB and Twitter







# INTERVIEW: Philip Pullman

On Friday 11th December, following his sell-out appearance at Pontio, best selling author Phillip Pulman spent the morning with students in the School of English Literature at Bangor University. Starting off with a lecture, he spoke about his childhood and his own inspirations for writing. He also spoke about the His Dark Materials trilogy, for which he is perhaps best known. Following the lecture, he invited students to throw their own questions to him which he answered with great aplomb. As an honorary Professor of English Literature at Bangor University, he seemed keen to hear from the students and he followed this up with a book signing session. Prior to the lecture, Phillip was kind enough to sit down with Seren for a ten minute interview...

by EMMA JEWKES

**'A Book of Dust' is a return to the universe you created in your 'His Dark Materials' series. What made you want to go back there?**

Because I sensed the presence of other stories I hadn't told yet. In 'His Dark Materials', Lyra was about 11, but clearly, she was a baby once and clearly, she's going to be an adult. I was interested in how she arrived at Jordan College in the first place and then, as I thought about that, I could see a story developing that would have consequences much later on when she's growing up, hence the slightly unusual structure of this trilogy.

**How does this book, 'Le Belle Sauvage', fit with 'His Dark Materials'?**

It's not a prequel, not a sequel, but an equal. Essentially, it's a companion piece; a companion novel.

**You seem to write your female characters as very strong, heroic even. With today's climate, is it important to populate your books with strong feminist characters?**

Yes, but I don't write strong female characters for particular reasons. I just see girls and women as being interesting and strong. That's how I see them, but in order to make girls seem strong, you don't have to make boys appear weak. I'm interested in strong determined characters, whatever sex they are.

**Do world events, in our universe, effect what you write?**

I'm not only a writer, I'm a citizen, and clearly events such as we have

had in the last year, with Brexit and all of the discussion with that; they are clearly profoundly important things. I'm very concerned about Brexit. I think it's a dreadful mistake and the country will rue it sourly, and I don't see any reason why I should shut up about it. So how does America, or the world, deal with President Trump? He's out of control and clearly stark raving mad.

**It's almost like we're living in an alternative universe ourselves.**

Exactly! Historians of the future will, in two or three hundred years time, look back at this patch of time and wonder what the hell happened. Did the world suddenly go mad? Did we pass through a giant gas cloud that suddenly made everybody go mad? So of course those things have an effect on me and the things you think about come out in your writing, not deliberately, but just because that's the way things are.

**Your next book is going to be set some years ahead of 'Le Belle Sauvage' when Lyra is an adult. Is there a sense of evolution?**

It's been very interesting for me to see Lyra at different ages and things have happened that I wasn't expecting. Because although you make this stuff up, it feels as though I'm getting to know Lyra as I'm writing about her. And things are happening which took me completely by surprise.

**Your novels go to different areas and places so does your research mean you have to do a lot of traveling and interviews with people?**

I should do and I envy writers who have the stamina and strength to go to different places. But I don't like travelling. It's uncomfortable, it's hot and I'm an old man so I'd much rather go to the library and read about it. In any case, it's my world so I can just make it up.

**'His Dark Materials' is going to be adapted by the BBC. Where do you think they can succeed where Hollywood perhaps failed?**

Simply in length of time. As we've seen with a series like *The Wire*, or *The Sopranos* or *Breaking Bad*, you can tell a long story that you can't do with cinema. Cinema is limited to two, maybe three hours for a very long film, but you can't tell a whole novel in that stretch of time. So you have to condense and cut and people kind of expect, if they see a movie of a book they love, they expect to feel disappointed in ways like 'he doesn't look like that', 'she would never say that', 'they've changed the ending' or 'they've left my favourite bit out'. But television, because of the immense time it gives you, you can get most of it in so I'm looking forward to them doing that.

**You're very superstitious, so you didn't cut your hair while writing 'Le Belle Sauvage' did you?**

Well I am superstitious and I, for some reason, formed the idea early in the writing of 'Le Belle Sauvage' that if I didn't cut the hair, the book would be alright. Once an idea like that is lodged in your head, it's very difficult to remove. My wife kept telling me 'cut your hair, you look like a damn fool' and I did look like a damn fool. In fact, *The Bookseller* magazine

said that I looked like a retired rodey now working in a petrol station. It's quite right, I did. But anyway, when I finished it I ran downstairs and told my wife to cut it off; so she cut it off and I felt free at last. I shall never make that vow again. I've still got the pony tail, it's in a ziplock bag and I'm going to give it to the Bodwin Library.

**Is there a reason why you spell Daemons in the way you do?**

I just found myself writing it without really thinking it. But then I realised I wanted it to be pronounced 'demon'. It comes from the greek word 'daemon' of course which means something like a guardian angel or attendant spirit, something like that. But I knew if I wrote the word 'demon' people would think I meant a devil or something of that sort but spelling it like this draws attention to the fact that it's a different kind of thing and very quickly we understand through the events that are going on, we understand how daemons work and what the relationship is between human and daemon and so on.

**Where did you get the idea that daemons are the manifestation of the soul and how it changes from child to adult?**

I don't know exactly but it's the best idea I've ever had. Initially the first appearance of the daemon in my story, in my mind, was the solution to a technical problem. How to describe something happening when there was only one person present. Because when that's the case you have to explain what she's thinking and tell them what she's going to do and it's kind of labourious and it's also not very dramatic. And if you've got two

characters there and they're arguing about it, they can discuss it and talk about it and warn each other about it, urge each other on. It immediately becomes much more dynamic. So that's the problem the daemon solve in the first place. When I realised that I could show the difference between innocence of a child who's daemon is mutable and changeable and an adult who's daemon is fixed, that was the moment I realised I could tell big a much bigger story.

**Are there any characters you've created based on people you know?**

No, not directly, no. I've known a lot of girls like Lyra, a lot of boys like Will and a lot of boys like Malcolm in the new book. But not directly. The only times when I was conscious of a model when I was writing, so to speak, was with the old nun, sister fenella in the new book who is very like my great aunt, auntie ethel whom I loved. She was a very gentle, timid and frail lady who used to potter about in the kitchen doing the sort of things Sister Fenella is doing in the story. Characters come to me more or less entire with their personalities intact and their aims and background and their histories. So I suppose they come from my imagination but I never had to feel that I should draw someone from life.

**Finally, a question I've been asked by one of the Seren team to ask you is, how do you name the Daemons?**

In Lyra's world, their parents name them. How do I name them? I don't know, I just think them up.



# Happy Birthday... J.R.R. Tolkien

by EMMA JEWKES

Born on the 3rd January 1892, John Ronald Reuel Tolkien is still often referred to as one of the greatest authors ever. As the creator of Middle Earth, he is responsible for no less than 76 publications and his work remains as relevant today as the day he died 44 years ago.

Spending the first three years of his life in South Africa, his family moved back to England following the death of his father. This left his mother without an income so she home taught a young J.R.R. Tolkien and his younger brother until she died when he was just 12.

In 1916, he was called up to fight in the First World War and he would go on to fight in the Battle of the Somme, something he was 'lucky' to survive. Following the war, his interest in the epic poem Beowulf peaked and in 1926, he finished his own translation which wouldn't be published until 2014 by his grandson, Christopher Tolkien.

In the early 1930's, while grading

School Certificate papers in his role of Professor of Anglo Saxon at Oxford, he found a blank page and scribbled down the words, 'In a hole in the ground, there lived a Hobbit.' This would later become the first sentence in his book The Hobbit which was published to great acclaim in 1937.

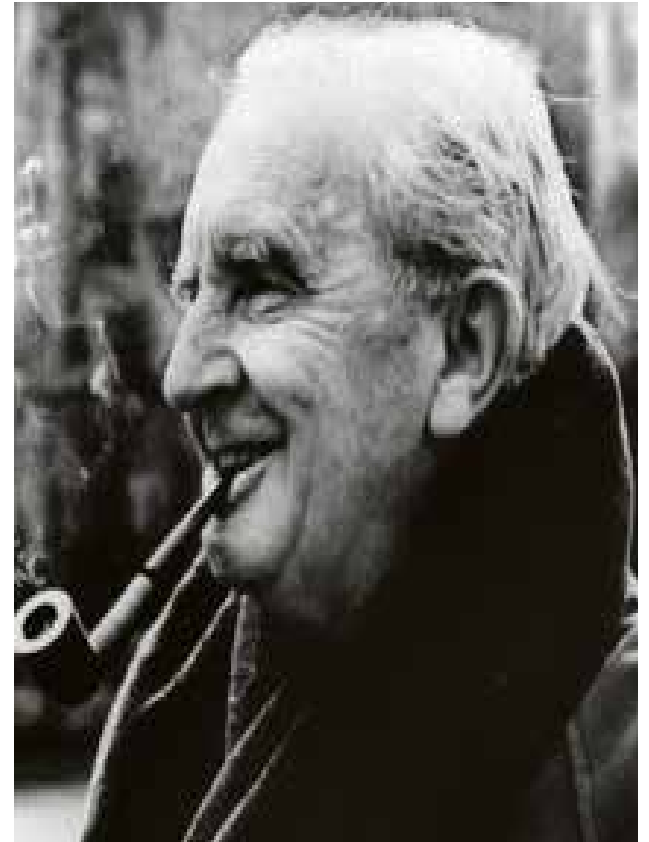
He followed this up with The Lord of the Rings which he published in three volumes titled The Fellowship of the Ring, The Two Towers and The Return of the King between 1954-55. Currently, The Lord of the Rings remains one of the best-selling novels ever written selling over 150 million copies world wide.

Following his death on the 2nd September, 1973 at the age of 81, Tolkien had appointed his grandson, Christopher Tolkien, as his literary executor. Starting with The Silmarillion, Christopher continued to publish much of his grandfather's work by going through the vast quantities of notes he left behind.

Overall, 39 books have been published from these notes, the most recent of which was Beren and

Luthien which was published earlier this year. This is why, even today, nearly 90 years after its creation, Tolkien's Middle Earth continues to endure.

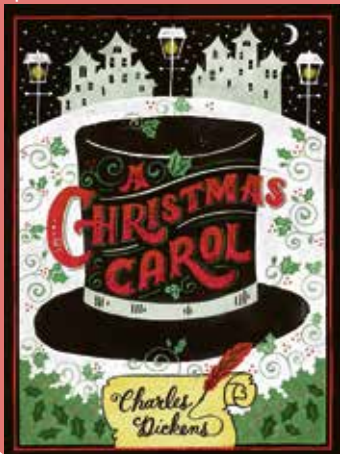
*"If more of us  
valued food  
and cheer and  
song above  
hoarded gold,  
it would be a  
merrier world."*



## Five books to read before Christmas

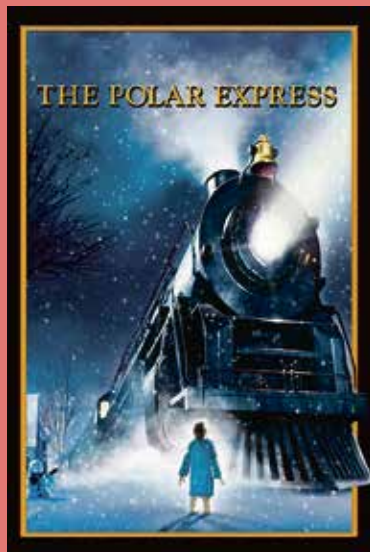
### A Christmas Carol By Charles Dickens | England

'A Christmas Carol' is a timeless classic. Since its publication in 1843, the phrase 'Merry Christmas' has been popularised and the story has graced the bookshelves of many generations. The simple allegory of an old miser portrays a moral transformation, continuing to teach readers to honour Christmas in our hearts and to spread love, joy and charity. Dickens exposes Victorian traditions and the desperate plight of the poor in the mid 19th century. He was greatly influenced by the Christmas of Western culture that we experience today, complete with its seasonal gatherings, traditional food & drink and heart-warming festive spirit.



### The Polar Express by Chris Van Allsburg | USA

Alongside the beautifully illustrated pictures and a relaxed narrative style, there is a story that carries a delicate poignancy and deeper meaning. The novel follows a young boy who boards an enchanted train headed for the North Pole on Christmas Eve. He arrives and he meets Santa himself, who offers him any gift he desires. Receiving a bell from a reindeer that only true believers can hear, Chris Van Allsburg's tale explores the themes of trust and powerful imagination that are intertwined with the magical essence of Christmas.



### The Lion, the Witch and the Wardrobe by C. S. Lewis | England

The first of seven published novels that comprise 'The Chronicles of Narnia', 'The Lion, the Witch and the Wardrobe' is a novel set in the winter of the fictitious land of Narnia, complete with talking animals and curious, mythical creatures. Having been evacuated from London due to the onset of WW1, the Pevensie children live in an old house in the countryside and find an entrance to the mysterious land through the wardrobe in one of the rooms. When they enter the wardrobe, they embark on an adventure in a land ruled by the evil White Witch, whose reign ensures that it is 'always Winter, but not Christmas'. Caught in an endless winter, the novel is a perfect accompaniment to festive reading and will allow imaginations to be stretched.



### The Snow Queen by Hans Christen Anderson | Denmark

This tale unfolds in a dream-like sequence and focuses on the struggle between good and evil by two children, Gerda and Kay. When the boy's grandmother tells the children about the Snow Queen who rules over snowflakes, known as 'snow bees', they begin to see the supernatural being in places where the white specs cluster the most. Alongside wicked goblins, magic mirrors and mischievous demons, the story of the endurance of childhood friendship is present in Gerda's search for her friend Kay, who has been abducted by the icy fairy and brought back to her palace.



### Hercule Poirot's Christmas by Agatha Christie | England

For lovers of detective fiction, the perfect Christmas selection would not be complete without an entry from the classic crime novelist Agatha Christie. 'Hercule Poirot's Christmas' is the ultimate holiday murder mystery and centres on a festive family gathering held by the multi-millionaire Simeon Lee. With numerous unexpected guests, the house soon plays host to a number of potential suspects when the revelry turns deadly. This mystery is devoid of familiar, Yuletide cheer and instead, portrays disturbing scenes in the house of a malevolent lecher. For the Belgian detective, this proves to be no holiday, as secrets must be uncovered and all motives examined. Christie's holiday novel is undoubtedly a page-turner.





# REVIEW: The Hate U Give by Angie Thomas



This book is a must read. There are books that hold power and status because they touch on extremely strong and relevant political messages. They make their presence felt on the book market and "The Hate U Give" is one of those books. The book itself is something I will never fully grasp the sheer reality of, and that's because I'm white. I will never know the fear and struggles those who don't have my privilege face because I simply don't come

across it myself. It is fair to assume that this book is inspired by the powerful movement "Black Lives Matter". The book unapologetically demands the reader to delve into the racial bias in the American justice system and the issues that it faces, with the hideously daunting number of unarmed black people being shot by police officers. There are teachings in there when it comes to the police on how a black individual should act when coming across a police officer. The harsh reality of it is that this is a child reciting her parents teachings on how to survive a police stop. With the murder happening right at the beginning of the book, "The Hate U Give" is all about Starr's process of dealing with the physical horror of seeing Khalil shot for doing nothing wrong. Through Starr's eyes and innocence, the reader witnesses firsthand how young black men are guilty until proven innocent. The book focuses on the life of a teenage girl and all the hormones that come with it. However, these relationships don't hinder the death of Khalil, they make it more painful. Thomas has done an incredible job with this book. Yes, it is based in America but the black lives matter anywhere. The issues with the police are prominent within the U.K. too. I hope that people can learn from this book that **a hairbrush is not a gun.**

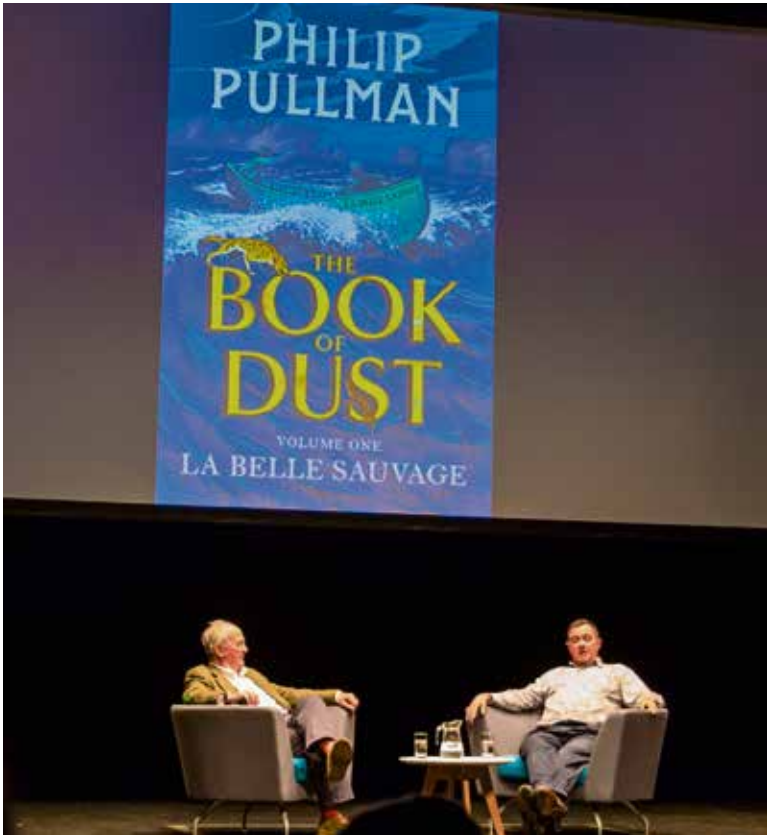
*"I've seen it happen over and over again: a black person gets killed just for being black, and all hell breaks loose. I've tweeted RIP hashtags, reblogged pictures on Tumblr, and signed every petition out there. I always said that if I saw it happen to somebody, I would have the loudest voice, making sure the world knew what went down. Now I am that person, and I'm too afraid to speak."*

Classics corner  
Dr. Seuss' How the Grinch Stole Christmas!

*"Then the Grinch thought of something he hadn't before. What if Christmas, he thought, doesn't come from a store. What if Christmas, perhaps, means a little bit more."*

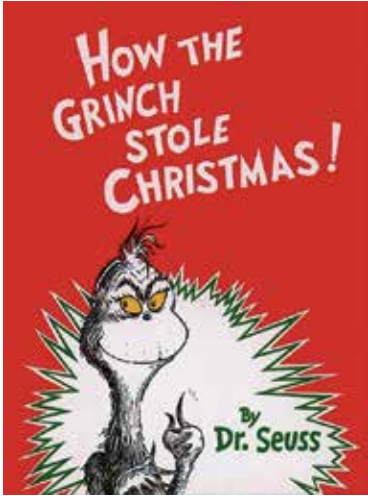
by FRANCESCA SCIARRILLO  
How the Grinch Stole Christmas is an example of Dr. Seuss at his absolute finest. It has it all the witty rhymes, (extremely) unique characters and a plot which can be returned to every Christmas without a doubt. Despite being considered a children's narrative, Seuss' tale can be read and enjoyed for anyone of any age. We are immediately immersed in the world of Whoville, home of the Whos and the title figure, the Grinch, who definitely warrants a Scrooge like status for his utter disdain for the Whos. We quickly learn that the Grinch's dislike of the Whos is the reason he isolated himself away up on Mount Crumpit. Although the Grinch demonstrates his hatred for the Whos all year round, Christmas time is by far the worst and one Christmas he decides to disrupt all the festivities by concocting an evil plan. Whether you've seen the movie adaptation (which I would 100% recommend; Jim Carey is a genius) or you've read the story, How The Grinch Stole Christmas is a perfect quick read for this time of year and will get you into the Christmas spirit for sure. It's themes of kindness; forgiveness and community certainly warrant it a place in this month's classics corner.

# Philip Pullman: The Magic of Storytelling



by EMMA JEWKES  
Philip Pullman is one of the most enduring authors of the past thirty years. Perhaps most famous for the His Dark Materials trilogy, he is a writer who appeals to people of all ages which is why the Bryn Terfel Theatre in Pontio was filled to brimming as he officially launched his brand new trilogy, The Book of Dust. Set in the same universe as His Dark Materials, Pullman hopes that The Book of Dust will have the same enduring appeal. "It's not a prequel", he says, "nor is it a sequel. It's an equal!" This is something he was keen to reiterate as he spoke candidly about his like and work to former BBC Wales arts correspondent, Jon Gower. While the questions tended to

focus on Le Bell Sauvage, the first book in the Book of Dust trilogy, he also spoke a lot about his inspirations and what he loves about writing. It's inspiring to listen to someone speak so passionately about something they clearly love. The thing that strikes you about Philip Pullman is that he is a born storyteller. He's not interested in facts, one of the main reasons why he created his own universe for which to base his stories. As he says, "No one can tell me I'm wrong. It's my world, I created it so I make up the rules." He's firmly in the Once Upon A Time business as opposed to the message business and when he speaks, all you want to do is sit cross legged on the floor in front of him hanging off his every word.



*If you have any books related content (a review, academic literature, a book launch, etc.) that you would like featured on this page please email:*  
**[books@seren.bangor.ac.uk](mailto:books@seren.bangor.ac.uk)**



# Explained: Beauty Jargon

## Whats What and Whose Who

Nontouring:	Strobing:	Cut Crease:	Bleed:	CC Cream:
A term that hasn't been around often (one I've not heard of anyways). The idea is similar to that of contouring, but the focus isn't on using dark powder but instead working with light powder. A softer version of contouring!	Basically, another word for highlighting. By adding light-reflecting makeup to your cheekbones, eyebrow and nose it helps create a sparkly yet dewy finish.	A line is drawn between the crease and the eyelid itself. By doing so it accentuates the colours both on top and bottom of your eye to give you a higher definition.	'Bleeding' is when your lipstick smudges onto parts of your outside lip, causing you lip makeup to look untidy and messy. To prevent this use a good lip liner to act as a barrier.	It stands for 'colour correcting' and can help tackle problem skin such as, redness, dark circles or sallowness. Colours frequently used for target areas include, green for redness, purple for dull complexion, and orange for adding warmth to cool skin tones



# Beauty Hacks from Around the World



Every country has its tricks for glowing skin or shiny hair, here are a few ways and a few places that have some tips I'm keen to try!

India: Turmeric	Morocco: Argan Oil	Egypt: Milk and Honey	Greece: Rosemary Water	China: Rice Water
Used as a mask for radiant skin, I have seen this ingredient pop up on multiple beauty websites. Indian women have been using this for many, many years. If you have dry skin try blending it with an oil based product such as, coconut or olive. If you have oily skin, then perhaps using a mix of yoghurt (it also helps fight acne) and lemon juice would work better for you.  Try Kiehl's Turmeric and Cranberry Seed Energizing Radiance Mask, £29.00 at John Lewis.	This ingredient has certainly made its way into an abundance of hair and beauty products available on the market currently. It is favoured for its hydrating properties that can transform dry skin or hair to glowing and shiny.  One of my favourite products is Superdrug's own brand Coconut Oil with Argan Oil, £2.49 at Superdrug.	These ingredients were once used in Cleopatra's bathing ritual, used for their believed moisturizing and exfoliating properties. Honey was also added for its hydrating nature, double the moisture! The Body Shop also have a range of products aimed at sensitive skin featuring Almond Milk and Honey. It soothes irritation, redness, dehydration, and dryness.  Try Almond Milk and Honey Soothing and Caring Shower Cream, £5 (250ml) at The Body Shop.	Used by Greek women as a natural conditioner, the nutrients found in rosemary water are beneficial to protecting skin cells from frequent sun damage. It also acts as a natural antiseptic, therefore can be used as a disinfectant for both skin and hair.  Try Herbal Essences Bio:Renew Shampoo Rosemary and Herbs, £6.00 at Boots.	The water that is left over from cooking rice can be used as a facial cleanser. It is said by Chinese herbal medicine that the nutrients that remained in the water can lift oil and dirt from the skin.  Try Chinese Ginseng and Rice Clarifying Polishing Mask, £17.00 at The Body Shop.



# Let's Talk: Crohn's and Colitis Awareness Week

Crohn's Disease and Ulcerative Colitis awareness week is the 1st-7th December. Using the hashtag #MakingTheInvisibleVisible, the week aims to get people talking about both Crohn's and Colitis, and how it affects those who suffer from it.

### What is Crohn's and Colitis?

Often viewed as 'invisible illnesses', Crohn's disease is a long-term condition that causes inflammation of the lining of the digestive system.

People who suffer with the disease can go for long periods of time without showing any symptoms or with very mild symptoms. Ulcerative Colitis is a condition that also causes inflammation and ulceration of the inner lining of the rectum and colon. These are two main forms of Inflammatory Bowel Disease (IBD).

### Get Involved!

Go purple on purple Friday! Wearing purple helps to make Crohn's and Colitis visible after constantly being

regarded as invisible illnesses. Public awareness and understanding needs to be higher, taking part in wearing purple or fundraising for Crohn's and Colitis UK can help in so many ways.

### Pages for more information:

**Crohn's and Colitis Charity UK-**  
<https://www.crohnsandcolitis.org.uk/>

The 'Let's Talk' segment is a section I hope will reoccur. This section will act as a platform to discuss areas including health and wellbeing, as well as raising awareness for particular areas. If you have anything you would like to highlight in this section then please get in touch with your ideas at [lifestyle@bangor.ac.uk](mailto:lifestyle@bangor.ac.uk).

## Beauty Advent Calendars

The older you get the less exciting Christmas can sometimes get but it doesn't have to be with the rise of beauty advent calendars! From The Body Shop to ASOS everyone's joining the hype to ensure our Christmas stays sparkly. Your toughest choice will be which one but more importantly, who you'll be asking. So move over chocolate and feast your eyes on some of the best of this year's beauty advent calendar haul.

The Body Shop 25 Days Deluxe Advent Calendar, £65

NYX, £50

Makeup Revolution, £30

ASOS, £55

Soap and Glory, £40

Sleek Makeup, £35

Jack Wills, £35



## Editors Picks: My Top 4 Lip Products

### MAC, Velvet Teddy

A makeup lover staple. This colour has been sold out multiple times and you'll find it in many a girl's makeup bag. It is a universally flattering nude, not too pink and not too brown.

### NYX Lingerie, Teddy

I own all 12 of NYX's first collection and they are my pride and joy. I am a fan of all their colours, nudes, browns, purples and everything in between! But this is the one I reach for 9 times out of 10. I love a brown and something dark on the lips really makes them stand out.

### Kat Von D, Lolita II

I got this as a gift last Christmas and with no previous brand experience I was pleasantly surprised. The colour is a brick red/brown and really compliments dark hair. A slightly more expensive brand but worth the price tag.

### Burt's Bee's, Grapefruit flavour

Every girl needs a favourite chapstick, especially in the winter! I despise cracked lips and there is nothing more refreshing than the smell or taste of grapefruit.



## Humanities Notebook The Typical Student



by RORY FORMSTONE-ROBERTS

80% of students are out partying on the weekend, 72% have missed more than ten lectures, 87% of students do not have a job, and 68% are under the age of nineteen. The acts of students have been investigated by a university in America. The study only highlights negative views and has a hostile approach to the topic. Lots of people, not just students, go out on the weekend to have a release. The study concentrates on the missed lectures, but if you review and convert the information into a positive outlook, it is a good attendance average. Some students do not want a job in university because they fear that it will affect their overall performance of studying.

As a community we are looked upon as young, dumb, drunk, and foolish. I am here to say we are not that, we are so much more. We are practitioners, dietitians, scientists, theorists, dreamers, and learners. Learners in life, love, and the world. People think these negative things, but what they forget is that they were once this young.

Picture this, a learner driver just setting off on their first ever driving lesson. Then a more experienced driver gets behind them and starts

to beep and shout at everything they do. This damages their confidence. They will learn to get it right, they are just going through the motions. This is like being a student; we are learning the way and all the steps, we sometimes stall and stutter off the starting block but we will get there. It does not help if you are judging us and stunting us straight away. I sit in my lectures and engage; eager to learn and make the most out of my life, but you can see the looks on peoples' faces. They cut into you like a knife through butter. Judging you before you pick your pen up to write. Yes, I understand that some students are just in it for the thrills, and do not fully grasp the true concept of university. But then I suppose the concept has changed. I see some students dragging themselves to lectures, then opening the flood gates at night, so I can see where 'the typical student' idea comes from. But do not tar us all with the same mark. We are all individuals with our own hearts, minds, and souls. Some are currently driving through the fog without the headlights on, but they will learn how to turn them on; and they will be able to drive through the rest of their life knowing where the right path is.

We are not typical students, we are unique people with different directions in life.



## Fresh cuts for Freshers

Campus life caters for a wide range of activities, but if your fridge is ever running low these are a few key dates you should keep in mind.

Run by the Campus Life Mentors, these events aim to make integrating into a new environment more fun and more relaxing too. Making new friends and learning new recipes could never be easier!

Be sure to check them out around University and ask any questions, John loves questions. Remember to book in advance if necessary but you can find all details and more events on a Campus Life poster or online at: [bangor.ac.uk/campus-life/index.php/en](http://bangor.ac.uk/campus-life/index.php/en)

### BARLOWS

- Monday 11th December Board games and Biscuits
- Tuesday 12th December Learn to Cook – Mince Pies!

### BRAINT COMMON ROOM

- Thursday 14th December Board games and Biscuits

### FRIDD

- Monday 4th Hot Chocolate Morning!

### ST MARY'S VILLAGE

- Monday 4th December Hot Chocolate Morning!



# 2 GUYS DEFINITELY NOT FROM BANGOR



Two guys from Brussels has stood on the 307-309 High Street in Bangor for two and a half years. Specialising in bringing the best from Belgium to our doorsteps, their menu ranges from beers to chocolates, sweets to sauces; all made with love, dedication and passion.

Holding a 5.0 rating on trip advisor, Two Guys from Brussels sets a new standard for bangor highstreet with their café holding an 88% excellent rating on their reviews. A most recent review by Squidgyfatrix on trip advisor describes their experience:

"CAME HERE WITH MY BUD, BUTANE BILL. GREAT GUY, ODD CHARACTER. ANYWAY, ORDERED THE FLAT WHITE. GOD DAMN! I'VE NEVER SEEN A COFFEE BEING PREPED AND POURED WITH SUCH SASS, SOUL AND CONFIDENCE. I WAS SLIGHTLY AROUSED. SAT DOWN ON THE SOFAS THAT INSTANTLY SWALLOW YOU. GREAT PLACE TO COME AND CHILL. GOOD PLACE TO PEOPLE WATCH! PEACE".

Their announcement was met with great shock and sadness over Facebook when they released their statement of closure:

"IT IS WITH GREAT SADNESS THAT TWO GUYS FROM BRUSSELS HAS TO ANNOUNCE ITS FINAL CLOSURE DATE

ON CHRISTMAS EVE, SUNDAY 24TH OF DECEMBER, 4PM. WE WILL DO AN EXCEPTIONAL FULL HIGH TEA FROM 10AM TO 3PM AND WILL CLOSE THE SHUTTERS AT 4PM. RESERVATION ONLY.

"THESE LAST TWO AND A HALF YEARS HAVE HAD IT'S UPS AND DOWNS, BOTH PROFESSIONAL AND PERSONAL, BUT EVEN THOUGH WE HAVE TRIED TO TURN THE BUSINESS AROUND THE FOOTFALL IN BANGOR IS SIMPLY NOT THERE TO MAKE IT VIABLE IN REGARDS TO RENT AND RATES.

"SOME OF OUR STAFF ARE WORKING ON A PROJECT TO BUILD SOMETHING FROM THE ASHES OF TWO GUYS AND I WILL BE INVOLVED TO SET IT UP WITH THEM.

"WE WOULD ALL LIKE TO THANK OUR

REGULAR CUSTOMERS AND WOULD LIKE TO REMIND YOU ALL THAT A NEW LOAD OF CHOCOLATES IS COMING IN FOR CHRISTMAS SHOPPING AND TREATS."

Looks like the whole of Bangor will be turning up for one final escapade on Christmas eve! Be sure to grab one final taster of that Belgium goodness otherwise flight is currently looking at around Scanner.



## The Perfect Mulled Wine Recipe Courtesy of Jill Shirley

Looking FOR THE PERFECT HOLIDAY SEASON drink? You've found it!

Following JILL SHIRLEY'S VERY OWN SPECIAL recipe, you will achieve a wonderful cup of festive fun bound to liven up any event this Christmas!



You will need:

- 2 bottles of Red Wine
- a lemon
- orange
- cinnamon sticks
- nutmeg
- sugar and lots of it
- (Brandy optional)

Prep:

Cut up the apples, peaches and oranges into thick slices

Method:

Put the peel of 1 lemon and 1 orange, 6 cloves, a stick of cinnamon, half a whole nutmeg and

12 lumps of sugar in a sauce pan with 300ml of cold water. Bring to the boil and cook till the sugar has dissolved. Add 1 and a half bottles of red wine and bring back to just below boiling point. (Add 1 liqueur glass of brandy at this point.) Strain into a hot jug and pour into Christmas mugs.

For add extra crunch try adding apples and peaches sliced into the mixture and taste the Christmas spirit.





# CHRISTMAS ROASTS

The **CHRISTMAS FEAST HAS ITS ROOTS** from before the Middle Ages, but it's during the Victorian period that the dinner we now associate with Christmas began to take shape. Examination of early Victorian recipes shows that mince pies were initially made from meat, a tradition dating back to Tudor times. However, during the 19th century there was a revolution in the composition of this festive dish. Mixes without meat began to gain popularity within some of the higher echelons of society and became the mince pies we know today.

The **ROAST TURKEY ALSO HAS ITS** beginnings in Victorian Britain. Previously other forms of roasted meat such as beef and goose were the centrepiece of the Christmas dinner. The turkey was added to this by the wealthier sections of the community in the 19th century, but its perfect size for a middle-class family gathering meant it became the dominant dish by the beginning of the 20th century.

So, **THIS SEASON GIVE THANKS TO** your Victorian ancestors while you bite deep into that gorgeous mince pie before you.



Here at Seren, have our own favourite piece of the traditional Christmas feast:

- Personally, I am a massive fan of Brussel Sproats, yes really.
- EMMA JEWKES, our editor, says it's got to be the pigs in blankets and roasties, however put sproats near me and I will vomit!
- BETH SMITH, local jester of the news team, is team pigs in blankets.
- HANNAH LIMBERGER, environ-

mental editor, reckons it's got to be the alcohol!

- CHLOE HEATH, arts and culture editor, claims best part about Christmas dinner is portion sizes are not restricted.
- JORDAN KING, TV editor, got a bit creative with his choice and proclaimed: Stuffing, literally the reason I enjoy roasts... potatoes are great but you can have them whenever, pigs in blankets are swell, and Yorkshire puddings are Grand, but only with a roast can you

have that crisp ball of joy they call Sage and Onion stuffing without anybody batting an eye... I recall a Christmas where, because I can't eat Christmas pudding (it makes me feel sick as a dog that's sick), I had stuffing for pudding and gave no fucks whatsoever. Here's to the stuffing!

- SASH DEACON, fashion editor, sides pigs in blankets.
- ISABELLA MARIA TIMPANY, news editor, supports Hannah with alcohol, specifically Red wine. To ease the pain

of awkward conversations with distance relatives. Mince pies are good too.

- KATIE TEW, sport editor, goes in strong with YORKSHIRE PUDDINGS.
- And JACK CARR-BRICKLES, Travel editor, says roast potatoes all the way to the sky.

LIZZY DILLON, music editor, throws the curveball of stuffing!

- FINNIAN SHARDLOW, deputy editor, votes the tedious conversation.

Well there you have it folks!



## Salted Caramel Hot Chocolate



Milk, dark chocolate and salted caramel sauce are simmered together with a blend of rich, warming spices in this luxurious hot chocolate, the perfect treat to cosy up with on Christmas Eve.

### INGREDIENTS:

- 450ml whole milk
- 75g dark chocolate 70% cocoa solids, chopped, plus a little extra grated chocolate to garnish
- 1/8 tsp ground cinnamon
- 1/8 tsp nutmeg
- 3 tbsp Tesco Finest salted caramel dessert sauce
- 1/8 tsp hot chilli powder
- pinch sea salt, or to taste (see tip)
- 4-6 cinnamon sticks, to serve (optional)

### Method:

Place the milk into a saucepan and bring to a simmer over a gentle heat. Remove from the heat and stir through the chocolate, cinnamon, nutmeg, salted caramel and chilli. Stir until the chocolate has melted. Add the sea salt, to taste. Return to the heat, stirring, until it just starts to simmer.

Pour into small cups. Serve with the cinnamon sticks to use as stirrers, if using. Sprinkle with the grated chocolate.

Tip: For an extreme salty-sweet treat, brush the rim of the glass with caramel dessert sauce and dip in a little of the salt. For a subtler flavour, dip in demerara sugar mixed with a pinch of salt.



## Top Take Away Deal of the Weeks

DOMINOES



Hollyoaks Hunger Buster £17.99

This month's deal goes to Dominoes very own Hollyoaks Hunger Buster for only £17.99. This wonderful package sets you up with:

- 1 Medium Pizza (I went for the Italian style Verone 11.5")
- 7 Chicken strippers with BBQ sauce
- Garlic Pizza Bread
- AND Dominoes Cookies

For the first time in my life they weren't burnt on the bottom either!! Buzz.

Get your hands on this amazing deal by calling 01248 351900, but remember there are time restrictions 5pm - 7pm weekdays. All this for £17.99 including DELIVERY!!!!!!



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**OPEN EVENING**

**24<sup>TH</sup> & 30<sup>TH</sup> JANUARY / 6.30PM**

**Cledwyn Conference Room 3**

**CLOSING DATE: 5<sup>TH</sup> FEBURARY**

**ACTIVITY DAY: 24<sup>TH</sup> FEBURARY**

**INTERVIEWS: 12<sup>TH</sup> - 16<sup>TH</sup> MARCH**



**HALLS OFFICE  
BANGOR UNIVERSITY**





Left: OppoSuits Suit + Tie Xmas Print - £65 Asos  
Right: Rollneck Christmas Sweater - £30 Next

# Christmas Party: What to wear

## Colours and trends to wear this year...

### Men

**Christmas suit:** Why not be a little bit unconventional this year at your Christmas Party, without ditching the traditional coat and tie look. A Christmas suit is the way to go this year, it's funky and reveals just a little bit of personality instead of the black or grey. You can get them in an array of different colours, styles and pattern. I have personally been to a few Christmas parties where the gent has rocked up in a Christmas suit and it has been the life and soul of the party. It is immediately the centre of attention and so if you consider yourself to be a bit of a showman this

could potentially be the way to go. It is usually best to wear a plain white shirt underneath the suit, as the suit itself is usually got a lot of pattern and you don't need to add any new pattern as it could remove attention from the main attraction of the suit itself. The tie also matches the jacket and the trousers which mean there is a no part of the outfit that has been left unturned; every tiny part of the outfit has been taken into detail. A pair of fancy black or brown shoes makes a nice juxtaposition to wear with this outfit.

**A tweed jacket with a cable knit jumper:** This

is a really smart casual look for the Christmas party this year. Not only is this a style that looks really fashionable and smart, this is a look that looks to be really practical for the weather too. The two layers would make this outfit really warm and comfortable as well as looking good. This is a look that a lot of men appear to be wearing with jeans, regular black trouser don't seem to match this outfit, and most commonly jeans in the regular denim colour, or even in a black jean. Again this isn't the conventional look in comparison to the traditional black or grey 3

piece that is the most common choice for a works party. This outfit suggests that the man is more relaxed and comfortable in the presence of their peers when they are wearing this outfit rather than just a suit. The colour combo that looks really nice together despite what you might think is a greyish tweed jacket mixed with a light brown cable knit jumper. These colours are really suited to the winter and the autumn which really looks good at the Christmas party.

### Women

**Red, white and black.** It's more the colours this year with the women that are the stand out rather than the styles with the women. The red and white colour mix is very traditional Christmas colours. However, adding some black leggings or some black skinny jeans. This combo can be dressed up or dressed down. Also the colours can be used either way around. You can either wear a red skirt or a red pair of trousers or you could mix it up and wear a red blouse or playsuit/bodysuit. Even a red dress. The white could equally

be for the bottom of the outfit. Skirts, dresses and bodysuits as well as blouses and playsuits. These colours pair together well no matter which item is red and which is white. The black really breaks it up and adds a sassy edge to the outfit and really adds to the festive feel of the outfit. The black looks best as a belt or a jacket or even the shoes, just a small accessory to add to the outfit and add an elegance to it.

**Christmas dress:** Similar to the Christmas suit, these dresses are a novelty form of dressing up

for a Christmas party. There are many different types of the dresses. There are Rudolph dresses in which the dress is brown in a fit and flare type style. The body of the dress is in the form of a dress up reindeer with a hood on the dress as a reindeer head. There are also 'sexy' dresses, these are dresses that are a modern, feminine take on the traditional Santa suit. Again, this is a fit and flare dress with a halter neck style. The white fur trim is around the bottom of the dress as well as along the bust line. This one is a fun and flirty

dress but it is not very practical as the material is quite thin which means that it is not the warmest of outfits to wear in the festive period. The other festive dresses are a little less obvious and dress up like, they have printed pictures of Santa flying across the starry night, however, these dresses do appear to be slightly more childlike than the other ones.



# Battling Display Not Enough for Womens Handball

On Sunday 3rd December, Bangor Women's Handball Team (The Serpents), faced a stern test against a vastly experienced Lancaster side. With Lancaster demolishing their previous opponents by 42 goals, the girls knew they had to be in prime form to compete on the pitch.

With a squad of 12 girls, possessing a mix of experience and natural talent, the team went in well-prepared and aiming for a successful match. A huge rally in the first 15 minutes left the girls level at 6 goals apiece, after fantastic goals from Malin Tillstrom, Emma Smith, Hannah Davies, Ellie Robinson and debutant Alexia Malnight-Alvarez. A late surge by Lancaster left the goals trailing by just 3 goals at half-time.

After the vast effort from each Bangor girl, eventually the resistance broke by the persistent Lancaster team, despite a monumental effort from our goal-keeper, and peer-nominated "Player of the Day" Nicole Jones, who made a staggering 28 saves in the game. The game unfortunately ended 17-7 to the impressive Lancaster, but the girls had the fans purring at the progress this squad has made in the last month. Despite a disappointing finish to a top-quality game of handball, there were numerous positives to take away from Northgate Arena, with the focus now shifting to the upcoming matches against LJMU and Manchester.

Our goal scorers were Malin Tillstrom (3), Emma Smith (1), Hannah Davies (1), Ellie Robinson (1), and

Alexia Malnight-Alvarez (1), who scored her first competitive goal in her first competitive game.

Bangor Women's Handball team will next take on University of Manchester and LJMU on February 25th, for the next round of the Nationals competition.

Match Report:

Bangor - 7

Lancaster - 17



# Mens Handball in National Championship

Bangor University Handball resumed its campaign at the weekend in the National Championship, with the Men's teams taking on the LJMU firsts and seconds.

Our first team were up against their seconds and vice versa, as the first team looked to battle for their first win of the academic year. Despite going a goal down, the lads fought to earn a nine goal advantage early in the first half, with a plethora of goals being added to the score line, courtesy of Joel Dench and Owen Middlemas.

Bangor entered the half time break 14-3 to the good, content with the way they had played so far. The boys kept to their game plan in the second half, playing simple handball and using the plays that they had been learning in training to increase the score even further. Well worked goals from Steve Thornton saw his tally reach double figures for the season whilst Joel Dench continued to hammer in the goals from the right wing, netting the most amount of goals in a game ever for a Bangor Handball side with an almighty 11 goals.

Defensively Bangor were strong, LJMU seconds struggled to get many shots away and even when they did, Vern Frost was there to make sure they

didn't find the back of the net as he got his first call up for the first team of the year.

Christmas came early for Cathan Rumney, who gifted himself with his first goals for Bangor which marked an impressive individual performance. The Bangor team however might want to work on their penalties in training, having scored only two out of a possible eight, nevertheless it was a fantastic performance from the boys, finishing the game at 36-9 victors, and will look to continue to improve on these performances for the next round of games in February.

The second team also featured at the weekend against a strong LJMU first team, however, they were entering the game on the back of a terrific victory against UCLAN just two weeks prior. Confidence was high when captain Josh Ballaam won the coin toss but it wasn't long before LJMU displayed their intent by scoring six goals in quick succession.

It was an aggressive start for Bangor as they picked up two 2 minute suspensions and a yellow card, before their first goal came from their top goal scorer Mike Corf, who took his tally for the season into double figures. Stand in goal keeper

Nathan James was facing a baptism of fire in a position he had never played in before, but still managed to pull off 16 saves, some of which made him look like a natural to the position. Alvaro Borralló also managed to get his name onto the score sheet, as well as converting 100% of his penalties in the game. However, despite these efforts the LJMU side were just too experienced for our lads and finished the game with 49 goals, in comparison to Bangor's 9, but the side will look to take all the positives from their three games so far as they look to improve going into the second semester.

First team scorers: Joel Dench (11), Steve Thornton (8), Owen Middlemas (8), Max Duprez (5), Cathan Rumney (3), Sam Bentley (1)

Second team scorers: Mike Corf (5), Alvaro Borralló (4)

Match Report:

Bangor 9 - 49 Liverpool John Moores

# Women's 2nd Hockey Conquer Lancaster in Stormy Conditions



Bangor University Women's Hockey 2nd team braved the terrible weather conditions at the Ffridd synthethis Wednesday to take on Lancaster 3rd team in the Last 16 match of the BUCS Northern Conference Plate.

In the first half Bangor played into the wind and rain and despite this stormy onslaught gave a great performance with lots of possession and play in the Lancaster half. Despite

lots of attempts at goal and a penalty corner Bangor failed to score in the first half so both teams went into half time with no point on the score board.

The change of ends at half time really helped Bangor as they were able to score and finish the match 1-0. This win takes them through to the quarter finals of the British Universities & Colleges Sport (BUCS) Northern Conference Plate where they will be facing Newcastle 4th team in February.

THIS GIRL CAN

UNDEB

BANGOR UNIVERSITY FILM SOCIETY

I also know the offside rule.



## Judo

Sam and Rhys are affiliate members of the club, 17 yrs and 15 yrs old, both Welsh squad members. Sam is a visually impaired player who also trains with GB Paralympic team in Walsall. They both shone at this Welsh Schools Regional heat of the British Schools championships, Sam Gold and Rhys Silver thus gaining a place in 2018 British Schools champs. Rhys won his first contest with a brilliant shoulder throw in 4 seconds and his next with a hold down. Sam won his first with an inner thigh throw and had to pull out all the stops to win his second, this set up the final between them both. Rhys attacked Sam with an outer leg hook but Sam countered brilliantly.

Steve Clarke 6th Dan, (coach at Bangor Uni since 1989)

## Rowing

The Bangor Rowing team headed to Liverpool for the first competition of the year. Bringing home 2 gold medals for the senior men's 8 and the senior women's quad! For the novice men's and the novice woman's they showed control and team work throughout. Even with the typical Welsh weather, which has meant that they have not had much water time this semester, the hard work in the gym really did pay off. All crews did fantastic! The team spirit was really shown with everybody getting behind the boats and really supporting each other. A massive thank you to all of the coaches and everybody involved with the Rowing Club!

## Competing Mountaineers

On the 3rd of November, some of the Bangor University Mountaineering society went to Beacon's Ultra Violet bouldering competition (Bouldering is climbing without ropes up to a set height with big mats on the floor). We covered ourselves in uv paint, got our tick sheets and then hit the boulders. It was self marked, so if you did a route in 3 goes you'd get 10 points, 5 points thereafter. And 2 points for a controlled hold of the bonus only, often half way through a route. If you want to win, you basically want to flash (in 1 go) as many routes as possible so you don't waste too much energy. But most of us go to see how much we've improved since last time and to have fun. It also highlights areas you need to improve on in order to become a better climber. I find in a competition environment, I'm much more likely to go for a move that I otherwise wouldn't normally do, especially with people shouting "come on" "yes" "you can do it". For this comp, I set myself the target of 100 and got 98, so pretty happy with myself as also did some things I didn't know I could do. Plus found I need to work on trusting myself to do moves that I am completely capable of doing. Competing is such a good way to push yourself to see what you can do, make friends and of course have fun!

# Bangor Gymnasts Dazzle in Bath

Thirteen members from the Bangor Gymnastics team headed to Bath for the Bath University Gymnastics Competition. Around a 100 competitions from different university's including: Exeter, Bath, Bangor, UWE Cambridge, Manchester and FXU. There were 6 Categories in which Bangor had representatives in the female and male beginners, female and male novice and female intermediate.

The competition was a great success and Bangor placed 14 times on the

podium for single elements in both, beginners and novice's, female and male; and many people received multiple certificates. In addition, the team won 4 medals for overall: Emily Westlake was 2nd for beginner's women, Wesley Hundscheid, 2nd for beginners men, Hayley Winter was 2nd for Women's Novice and Anugerah Makmur 2nd for Men's novice.

It was an extremely successful weekend and the results encouraged our gymnasts, most of them who have started only this year, to train harder

and continue with this demanding but rewarding sport. The team had a fantastic time and Bath University were amazing hosts and it was a friendly competition, everyone from every team was very supportive and there was no rivalry it made it an even better experience. Our day ended with a joint social of all clubs, it was great to get to know everyone and the next morning before leaving.



## New Year, New me?

A third of New Year Resolutions have failed by the end of January, so how can we pick the right resolution?

Many people do not achieve their goal because they pick a resolution created based on what someone else or society is telling them they should change. A new years resolution is your goal and therefore should be what you want to achieve so you are more likely to find success. In addition you need to have a clear goal and aim, if a resolution is too vague you may not know what you want to achieve which could limit your success because you need have a realistic plan for achieving your

resolution.

Is your goal smart?

Your goals should be smart — specific, measurable, achievable, relevant and time-bound. Therefore you are more likely to achieve them.

Specific: You need to have a clear idea of what you want to achieve so you can take steps towards your goal. A common New Years Resolution is wanting to lose weight. Rather than saying 'I want to lose weight' ask yourself 2 simple questions: How much weight do you want to lose and by what date?

Measurable: Logging progress into a journal or making notes on your phone can reinforce the progress and it will also enable for you to see what you

have achieved, so you can celebrate your success.

Achievable: By any means stretch and push your self to be the best you can be but have small manageable steps. If you have an unrealistic goal, then it may leave you frustrated so you are more likely to fail your goals.

Relevant: does this goal really matters to you, and are you making it for the right reasons? You are more likely to work harder and achieve your goal if it is relevant to you.

Time-bound: By having sub-goals it will keep you motivated and in the long term will result in your resolution becoming part of your lifestyle.

1. Focus on one resolution-

you are more likely to achieve your goal if you focus on one aspect of your life.

2. Create sub-goals that are measurable and time-based, so you can see how much you have achieved and will give you more motivation.

3. Give yourself a small reward whenever you achieve a sub-goal, which will help to motivate you and give you a sense of progress.

4. Share your new year's resolution with your friends and family - you're more likely to get support and want to avoid failure.

5. To stay motivated, make a checklist of how achieving your resolution will help you.

## Women's Netball Rise up Against Craig Y Don



Bangor 3rds 34 - 26 Craig Y Don

Congratulations to Bangor University Netball Club 3rds for winning their first local league match of the season!

A very strong start from the 3rds who made the match theirs from the beginning. There were lots of turned over balls throughout the game caused by defensive pressure from Gina Kelly in mid court which the girls took advantage of, bringing the ball back down court to allow for some excellent work in the circle from Zoe Laurence and Sioned Rowlands. The girls went into each quarter with a solid lead but this didn't stop the determination they needed to take the win of 34-26!

Player of the Match : Sioned Rowlands

Captain's Player : Zoe Laurence

## Victory for Bangor's Badminton team

When the the Badminton Ladies team arrived in Chester, they were greeted by Chester as if they were old friends, and then they got down to business. Hannah bravely took on a very high quality and polite 1st singles player, losing in straight sets, but not without playing some of her classic cross court net shots! Aina, who had fire in her belly after a series of successful training sessions, went on court with a nervous, but strong stride, and played her little heart out. Despite losing 19-21, aina showed the resolve to fight back,

and fight hard she did winning the remaining two games 21-15, 21-15 and winning herself a very strong and what became a very important point.

On next was Neera and Liddy, and despite dealing with some environmental problems (Chester has very obscure lighting in their hall) they came back strong using Neera's wisdom and Liddy's power to win their first match against the first doubles pairing, 21-19, 21-12. Ella and Louise followed up by beating the second doubles pairing comfortably, winning in straight sets & displaying the strong sporting values that Bangor University

holds, winning 21-4, 21-11.

Hannah then took on the second singles player of Chester, and played her socks off, leaving her hugely unfortunate not to take it to three sets, losing 21-16, 21-10. Despite Aina's earlier heroics, and using all her best shots, she couldn't triumph against the Chester 1st singles player, losing in straight sets.

Louise and Ella then returned to the court to play against Chester's 1s & played with finesse & style, with Louise setting Ella up for her notorious un-returnable smashes, winning the game in straight sets, 21-13, 21-14.

Neera and Liddy finished the match off, beating the second doubles pairing, again with grace and sportsmanship - 21-7, 21-9.

This meant that for the first time in recent history, Bangor had triumphed over their geographical neighbours in a hard fought 5-3 win! Player of the match goes to every single member of the women's team, who left their heart and souls on the court, to earn a hard fought victory.

This leaves the women's team sitting pretty and joint top of the table (at the moment), setting us up for a pretty exciting 2018!



# Pole Fitness Winter Showcase



On the 5th December the Bangor University Pole Club sparked in Pontio for their annual Winter Pole Showcase. With proceeds going towards the club and Great Ormond Street Hospital it was a great evening.

A quick thank you to all the businesses who contributed prizes for the raffle. It was a first for me and to be honest I wasn't sure what to expect but I was impressed! For me the strength and endurance needed by the performers (and the pole cleaners) really stood out. Pole dancing is not only a technical sport, but it also tests their performance skills. This was aided by the amazing costumes, you could definitely see them sparkling on stage, and

I question how some of the members managed to walk in heels that high, let

alone dance! A variety of styles were showcased across the night including Jazz, Burlesque, Contemporary and Rock, there really was something for everyone.

At the end of the evening was a first for Bangor, a group performance; this really showcased the team work and friendships which have formed within the group. A special mention must go to the choreographer, Natasha Clowes (however all members of the routine were also part of the choreography process).

The audience could see the sheer enjoyment all the performers were having, and it really was a fun evening. With many of the performers new to the sport, and others seasoned pros, all did exceptionally well and should be very proud of themselves.

## INTERVIEW: Catrin Jones



Catrin Jones, 18, who studies Psychology here at Bangor and is in her first year has been awarded the BBC Wales Carwyn James Young Sportswoman of the Year 2017 award for her performance in Weight Lifting. Catrin is a Welsh record holder at 3 different weight classes, 44kg, 48kg and 53kg class and a British record holder in the 44kg and 48kg class. She received the Wales Sport Awards in Newport, with the top athletes from across Wales. This year she became the Welsh Champion and won silver at

the Youth Commonwealth Games in Australia.

Jones said: "The support I have received from Bangor University has been incredible, and I am very grateful. The University's Sports Scholarship has benefited me massively, as it has allowed me to concentrate on both my studies and training to the best of my abilities. I also have access to excellent training facilities and coaching at Canolfan Brailsford."

Jones can lift the equivalent of a 14 stone man, and only took up

weightlifting about four years ago. She claims the key to her success is down to her hard work and dedication.

As a result of her success she has been selected for next year's Gold Coast Commonwealth Games. The team also includes Harry Misangyi who is also a student at Bangor University and former student Hannah Powell, Seth Casidsid from Bangor and Gareth Evans from Valley, who works at Canolfan Brailsford.



# SPORT

## Wales Beat New Zealand in Intense Showdown



**Match Report:**  
Wales - 24  
New Zealand - 22

BY MEGAN RICHARDS

On Saturday the 2nd December, Wales played South Africa at the Principality Stadium in Cardiff. This is an annual autumn test match at the Cardiff Stadium. It was the final match of the Under Armour 2017 series. The Springboks returned this year after the home team beat them 27 to 13. All in all, there were 65,317 people in attendance. The pre-match fanfare worked well to ignite excitement in fans of both teams. There was a lot singing, in the half an hour prior, led by a collaboration of many Welsh choirs and the regimental band. However, the most notable event was the incredibly ex-

travagant pyrotechnics as the Welsh team entered the pitch, with the Pyrotechnicians making full use of the dragon imagery using at least eight flamethrowers and six small fireworks. This was all rounded off by the singing of the two anthems, led by Trystan Griffiths. These pre-match shows made the atmosphere energetic, but not negatively. Often throughout the match the Welsh fans, and even occasionally the South Africa fans would burst into songs, or chanting. This included fans old and young, with the younger fans using the free posters to assist the noise that they made whenever a team scored. The game then finally began with a

kick from Dan Biggar. Wales dominated the first ten minutes. There was an attempted try in the first minute, but they weren't successful. However, they did successfully score two tries, and convert them in the 5th and 7th minutes. There was even an attempt for a third try in the 10th minute, but it wasn't successful. This gave Wales an early 14 point lead by the end of the first ten minutes. South Africa attempted a try at the 18th minute, and it was unclear at first whether it would be awarded to them, but in the end the TMO (Television Match Official) ruled against them. However, they managed to gain some points, towards the end of the first half. First of all, a penalty in the 30th

minute, then a try and conversion in the 36th minute. Wales also scored one more try and conversion, before the end of the first half, in the 33rd minute. This ended the first half with Wales at 21 points, and South Africa 10. The half time entertainment was the anthem singer, Trystan Griffiths performing his own version of the Welsh Hymn: Calon Lân. As the players retook the field for the second half of the game, South Africa put the pressure on Wales for the first five minutes of the second half. The South African defence was a lot better in the first ten minutes of the second half. Their persistence rewarded them with a try in the 46th minute,

but they failed to convert it. However, they did score a try and convert it in the 55th minute. They also managed to thwart two Welsh attempts at tries of their own in the 48th minute, and 63rd minute. However, South Africa's luck ran out in the 69th minute as they gave away a penalty kick to Wales, after two to three minutes of putting pressure on the other team. The penalty was scored by Leigh Halfpenny, who scored all of Wales' conversions and it's one penalty. South Africa tried for one last try in the final minutes off the match, but they were unsuccessful. This meant Wales won. Meanwhile, the man of the match was Welsh number 12 player, Hadleigh Parkes.

