

Undeb Cultural Fair 2018

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FREE

Halls scoop
award

Bangor Win Accommodation Award

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Bangor University Students' Union English Language Newspaper

Bangor University Tackling Sexual Violence



by FINNIAN SHARDLOW

Undeb Bangor are launching a campaign to tackle sexual violence at Bangor University.

The campaign, No Grey Area, will launch on November 26th. There will also be a march to accompany the campaign called Reclaim The Night, designed to reinforce the message that women, in particular, can walk the streets completely safely at night.

Vice President of Education, Mark Barrow, has said: "The campaign is just the start. The Student Union will consistently confront sexual violence.

"I've realised that it is a massive problem at Universities generally, and have seen many things in the media to corroborate this. I therefore wanted to try and raise awareness and help in any way I can."

No Grey Area will also focus on highlighting the definition of sexual violence according to the University's policy.

A No Grey Area campaign video will be released. It will feature numerous students and members of staff who, besides from giving advice to people who may have experienced sexual violence, will make it explicitly clear when to report it.

In October 2016, the UUK Taskforce (Universities UK) published a report noting that universities didn't always take a coherent and systematic approach to sexual violence across their whole institution.

UUK recommended that universities had visible reporting mechanisms in place for students, and staff who were appropriately trained and sufficiently aware of the support available.

In November 2017, Bangor University appointed a Student Equality and Diversity Officer, Helen Munro, based within the Student Support Team at Student Services. The focus of Helen's role is to provide a specialised central support contact for sexual violence, harassment and hate crime. She is trained to receive disclosures of sexual violence and provide support to those affected. She can also advise students on the various reporting options and support them through those processes.

Helen told us that "work carried out in this area since 2016 has meant that the University can build on the very excellent pastoral support already available to students by ensuring that approaches are co-ordinated and staff are trained and supported to respond effectively to all reports of sexual violence.

"The clear guidelines published by UUK encouraged Universities to develop a range of reporting options. Bangor students can report the matter formally or just access support. Our response is always led by the student."

Students can choose to formally report incidents of sexual violence to the police and/or to the University so that, where appropriate, action may be taken under their Disciplinary Procedures. Reports can also be submitted anonymously, if that is the students' wish.

Helen Munro added: "Not all Universities have a full-time member of staff dedicated to the prevention and support for sexual violence, harassment and hate crime and the work we're doing here at Bangor University is progressive."

The umbrella term, Sexual Violence, refers to various different sexual

offences including, but not limited to, sexual assault, sexual harassment, stalking, rape and domestic violence. It doesn't have to be physically violent and indeed lower level sexual harassment such as cat-calling in the street or being touched by someone, inappropriately, also constitutes sexual violence.

A report by The Student Room found that, nationally, 62% of all students have experienced sexual violence.

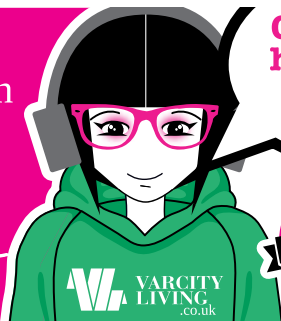
The report found that only 6% of students who experienced sexual violence report it to their University or the police.

Students who may be affected by any of the issues raised in this article can contact Student Services for confidential advice and guidance.

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FINNIAN SHARDLOW

EDITOR

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When I was writing my last Editorial in mid-September, I couldn't wait until Freshers Week. Now we're deep into October and, to be honest, I can't wait until the library becomes 24 hours again. Assignments may be coming in thick and fast, but the only piece of academic reading you'll ever need is this month's copy of Seren. (This is a joke - don't reference us in your essays).

Since Serendipity, Seren has expanded massively. We've created new positions and new sections to increase the opportunities available to everyone within the society and Bangor University overall.

Our 2018/19 Team have wasted no time. I find myself extremely impressed by their journalistic nous, and the way in which they have shrewdly chased interviews, reviews and collaborations with societies, clubs or the local area.

In addition, it's been overwhelming to see the amount of contributors reach out to us, eager to work with the student newspaper.

This month, we've showcased local poets and artists, highlighted the diverse work that our international community carry out, and made a page for Bangor University's societies to plug their events.

We've also covered multiple events over the last few weeks, including the Undeb Cultural Fair, ACS Great Debate and Bangor Food Festival.

However, most notably, we've been working with Undeb Bangor and Student Services to appropriately write a front page article which raises awareness about sexual violence on campus.

I'm immensely proud of how Seren is slowly establishing itself as a co-operative, professional and preponderant student media body. I hope the front page of this issue serves as an indicator of how Seren is trying engage with the student population on important, relevant and timely issues.

This is YOUR paper. It's students who dictate what the news is - we just put it here.

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

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NEWS

IN BRIEF

Bangor Cathedral's Unique Memorial Service for WW1 Heroes

by DARBY HIGGINS

Bangor Cathedral's display of 20,000 knitted poppies commemorating the centenary of the end of World War One will close on November 11th, Remembrance Sunday, in a special way.

Taking place at a date on or around Armistice day, a group of young people from Bangor, the same age as those who died during the First World War, 1914-1918, will read the biographies of those who gave their lives and are commemorated (many accompanied by a photograph) in Cofeb Y Dewrion (Heroes' Memorial) compiled by the Reverend W. J. Owen (Afallon) soon after the war ended.

Bangor Cathedral are currently appealing to relatives of those fallen to view the names that are compiled in the book and contact them if they would like a biography of a family member to be read out to all that attend this unique event.



Page of names of those who died, written in the Memorial Book



Bangor Cathedral

Waste Awareness Week 2018

by DARBY HIGGINS

Between Saturday 29th September and Friday 5th October, Bangor University ran its second ever 'Waste Awareness Week' (WAW). The campaign was launched to share ideas and raise awareness about the importance of resource efficiency both in the University and in Bangor City, to reduce environmental impacts both locally and nationally and to encourage students to become responsible global citizens.

The Sustainability Lab worked with Campus Life, Halls of Residence, Student Housing, Catering, the International Office, Gwynedd Council, the Chartered Institution of Wastes Management (CIWM) and British Heart Foundation Cymru (BHF) to run a range of WAW activities and events during the week. These included a beach clean, waste awareness visits in student halls, waste career talks, a campus cleaning event, quizzes, a debate night, a film night and an eco-craft night, as well as others.

The beach clean kick-started the week

with around 50 students travelling to Dinas Dinlle beach and collecting approximately 30 bags of litter. This was followed by the Sustainability Lab and Halls of Residence teams along with student volunteers visiting 349 flats in student halls, looking at recycling behaviours, answering questions and providing recycling advice to just over 200 students. Gwynedd Council, Student Housing and the Student Union also visited students in private accommodation, visiting 336 properties, providing advice and support to 147 students on their doorstep, and subsequently delivering 46 recycling containers.

On Wednesday there was a Waste Career Talk open to all students, organised by CIWM and the Sustainability Lab. Speakers were invited from National Resources Wales, Ynys Resources and the Sustainability Lab. The event promoted the benefits of professional membership to students and provided career advice within the waste and resources industry. Over 20

students attended the 90-minute seminar, resulting in 7 students becoming members of CIWM.

Once again, Bangor University partnered with Makerere University in Uganda to deliver WAW across continents. This year's theme in Makerere was 'Reduce, Reuse and Recycle Plastics' and included activities such as strategic messaging, Think Tanks, community outreach to primary school children, a social media campaign, and collecting and sorting plastic waste for sustainable disposal.

WAW organiser and Bangor University's Campus Waste Coordinator, Gwen Holland said:

"WAW18 has been a great success, and was only made possible because of Bangor University staff, our external partners and of course, our students. Student engagement and participation was much higher and we're pleased to note that the quantity and quality of recycling in our halls of residences had improved considerably since last year."



Students taking part in the beach clean



Some of the team visiting houses to give recycling advice



Ffriddoedd Accommodation Site

Bangor University Wins Another Accommodation Award

by DARBY HIGGINS

Bangor University's student accommodation has been awarded 'Best Student Halls' by Student Crowd - a major source of information for prospective students.

Student Crowd provides a space where students can review their university resources, and where potential students can learn about the universities they're interested in, from real student feedback.

Bangor University's accommodation has made it to seventh place in a table of the top 20 Universities accommodation providers in the UK, based on 17,929 accommodation reviews on the site from students themselves.

According to data from UCAS the quality of student accommodation is among the top ten factors which

students consider when accepting a University place, and Bangor's Halls of Residence are among the best.

Deirdre McIntyre, Head of Residential Life at the University commented:

"We aim to provide our students a home from home experience while living in Halls of Residence with peer support by Mentors to help everyone settle in. From bills and gym membership, to the extensive "Campus Life" programme of free events and trips; every aspect of communal living is covered - and it's all included!"

"To be certain that our students have a voice, Student Halls Reps visit flats to find out what really matters to our residents, then we act on feedback. Bangor invests heavily in accommodation refurbishment too;

living spaces receive a regular refresh ensuring the student experience is positive from the outset."

This latest placement follows a hat-trick of Awards for the University's accommodation at the recent in National Student Housing Awards. The University was awarded 'Best Environmental Management' and the 'Best Student Internet' and received an 'International Accommodation Quality Mark' in the National Student Housing Survey Awards.

This 'Quality Mark' is awarded to accommodation providers achieving 90% satisfaction or above. These Awards are also solely based on student feedback from tens of thousands of UK students to the survey compiled by Red Brick Research.

Bangor University was recently ranked in the top 10 of the UK's non-specialist Universities, according to the latest annual National Student Survey (NSS).

The University was also awarded a Gold Standard in the first round of the UK Government's 'Teaching Excellence Framework' and consistently performs well, based on student responses in the WhatUni Student Choice Awards.

Bangor is hosting a series of Open days for potential students on 28 October and 10 November this year.

Prestigious International Fellowship For Promising Young Researcher

by DARBY HIGGINS

A post-doctoral researcher at Bangor University's School of Natural Sciences has been awarded a prestigious European Commission Horizon2020 funded Marie Skłodowska Curie Global Fellowship.

The fellowship, which allows for international mobility and knowledge exchange, will enable Dr Karina Marsden of Bethesda to spend two years working in The University of Melbourne, Australia, before returning to Bangor University for the final year of her research project. It was awarded following a successful joint application by Bangor and Melbourne universities.

During the training-through-research project, Marsden will have opportunities to learn mathematical modelling, molecular ecology and stable isotope methods to better understand soil nitrogen cycling within dairy farms. The project, 'Target-N2O', aims to establish the environmental

and economic effectiveness of strategies to reduce nitrous oxide, a powerful greenhouse gas, which is released from intensive dairy farms.

Marsden, who is 29 years old, completed her undergraduate degree in Environmental Science and her PhD in Soil and Environmental Science at Bangor. Since her PhD she has been working as a post-doctoral researcher at Bangor University.

She said:

"I am very much looking forward to beginning the Marie Skłodowska Curie Global Fellowship. This is a fantastic opportunity for me to gain international experience at The University of Melbourne, to develop global networks with leading scientists in the field and to learn brand new skill-sets which I can apply to my future research. I will have the opportunity to share new techniques learnt with my colleagues and post-graduate students when I return to Bangor University, in the final year of

the fellowship."

Marsden went on to explain her work saying:

"The Target-N2O project will be looking at potential ways to reduce the powerful greenhouse gas, nitrous oxide, from dairy farms. Nitrous oxide has been called the 'forgotten greenhouse gas', as more people are aware of methane when considering greenhouse gas emissions from livestock. Nitrous oxide is nearly 300 times more powerful as a greenhouse gas in comparison to carbon dioxide and is produced by soil microorganisms in areas where there are high levels of nitrogen, such as where fertiliser is applied or where livestock deposit excreta within pastures. Contributing to our understanding of ways to reduce greenhouse gas emissions from dairy farms is important, as food production systems across the world need to become more sustainable."



Dr Karina Marsden

IN BRIEF

Tours of Bangor University's Art and Ceramic Collections

by DARBY HIGGINS

Guided tours of Bangor University's Art and Ceramic Collections will be held this October and November in conjunction with English Literature at Bangor University.

The aim of the tours is to help raise awareness of these important collections, with the highlights including a mural by Edward Povey in Powis Hall, art and ceramics in the University's Council Chambers Corridor, and the chance to see and learn about works of art by other renowned artists such as Kyffin Williams, Brenda Chamberlain, Peter Prendergast and Frederick Willaim Hayes.

These tours are going to be led by Dr Sue Niebrzydowski and Prof Helen Wilcox from the School of Language, Literature and Linguistics.

Each tour will be accompanied by poetry, with readings of poems relevant to each of the paintings, as well as some new poetry.

The guided tours belong to part of a joint venture between Gwynedd City Council and Bangor University as they attempt to increase public access to Bangor University's museum collections.

This will allow local residents and visitors the chance to enjoy and learn about the vast variety of objects that will be on display.

The guided tours will start from the foyer of the Main Arts Building, College Road on Saturdays 6th October and 17th November 11.00am - 12.30pm.

The tour which was held on the 6th October was considered to be a great success, with many of those who attended vastly enjoying the experience.



Marie Skłodowska-Curie Actions



Bangor University Hosts Music Masterclasses in China

by DARBY HIGGINS



Iwan Llewelyn-Jones

Iwan Llewelyn-Jones, from Bangor University's School of Music and Media, will be visiting China later this month to perform and host masterclasses for music students in Beijing, Shanghai and Guangzhou.

Iwan Llewelyn-Jones has firmly established himself as one of the finest pianists of his generation. He is a graduate of the University of Oxford and the Royal College of Music and has performed at many of the world's prestigious concert halls such as London's Wigmore Hall and Queen Elizabeth Hall as well as Sydney Opera House and Leipzig Gewandhaus. He has also presented masterclasses and adjudicated competitions at all the major

British conservatories with many of his students graduating from the Royal College of Music, the Royal Academy of Music, the universities of Oxford and Cambridge as well as Durham, Kings, Cardiff and Manchester.

On 20th October 2018, Llewelyn-Jones will be hosting a Bangor University Masterclass at the prestigious Steinway Hall in Beijing. Participants will have the opportunity to perform for Llewelyn Jones and receive his in-depth feedback and guidance. He will also perform a short concert for participants and Steinway patrons.

A similar event will be hosted by Shanghai Normal University (SHNU) on 24th October 2018. SHNU are a

close partner of Bangor University in China and send several students to study Music there every year.

Llewelyn Jones will conclude his trip in Guangzhou. Masterclasses will be hosted at Steinway's showroom in Guangzhou on 27th October 2018.

Prof Chris Collins, Head of the School of Music & Media said:

"This is a wonderful opportunity for Bangor University to showcase not only its fantastic School of Music but also to showcase the high calibre of its teaching staff."

NEWS

IN BRIEF

Purple For Polio

by DARBY HIGGINS

Between 22nd - 26th October, buildings across Bangor will glow purple as part of Bangor Rotary Club's event "Light Up the Menai Strait Purple" in support of the "End Polio Now" international disease eradication campaign.

Each night key buildings along the Strait, as well as Bangor University Main Arts Building and Bangor Cathedral, will glow purple.

Polio is a crippling and fatal disease with no cure, however there are safe and effective vaccinations. Polio can be prevented through immunisation and The World Health Organisation has a strategy to eradicate Polio by immunising every child until transmission stops.



Bangor University Main Arts Building Glowing Purple for Polio

Want to win a £200 shop?

by DARBY HIGGINS

Be in with a chance to win a £200 shop with WhatUni.

For a chance to win a food shop (which is every student's dream) all you have to do is submit a review of the University online at www.whatuni.com/review

The review is set out in the style of a short survey, and asks specific questions about your experience at University.

Questions include topics such as what your accommodation is like and what efforts have been made to increase your employability.



Bangor University Research Informs National Policy

by DARBY HIGGINS

Cabinet Secretary for Education Kirsty Williams has launched the Welsh Government's new Rural Education Action Plan. The aim of the plan is to introduce a range of initiatives and measures for education improvements and experiences across rural school areas of Wales.

The plan forms a pivotal part of the transformation reforms outlined in the Education in Wales - Our National Mission 2017-21 which sets out the Welsh Government's strategy to improve the school system by 2021; in which details activities which will transform policy into practices within schools.

The Rural Education Plan draws upon evidence and recommendations from a research report led by Gwilym Siôn ap Gruffudd of Bangor University's School of Education and Human Development. The report: Rethinking Educational

Attainment and Poverty - in Rural Wales (REAP) was commissioned by Regional Education Consortia ERW and GwE as a result of a competitive tender process.

Professor Enlli Môn Thomas said:

"The application of our research findings in practice is one of the key drivers of our research activity within the School of Education and Human Development. With a child-centred focus, our research is geared towards improving the life outcomes for all children."

Gwilym Siôn ap Gruffudd, the lead researcher, said:

"We are delighted that the findings from our primary research has had a positive and direct impact on Wales' education policy in this exciting transformative period and that we could provide and make available, relevant, high quality research skills

and impactful findings to inform high standards and world-class practice across Wales. This is the second such impact this research has had this year alone, REAP also informed the evidence base and Welsh Government decision to fund an extra £90m million per year going to all schools in Wales through the Pupil Development Grant ensuring that pupils and schools in rural Wales are supported to succeed".

The report recommendations that have been adopted include evidence that rural schools are well-placed for strong co-operation and collaboration, their inherent Welsh and rural culture facilitate a strong sense of belonging and community. There is also a national policy focused on education curriculum planning that was one of the main recommendations of the report, addressing a rapidly changing evidence-based teaching, policy and

curriculum landscape.

Professor Val Morrison, who is responsible for the impact of research at the College of Human Sciences said:

"The Welsh Government's uptake of this report is indicative of the importance of Bangor colleagues research. Making an informed impact on educational policy and potentially more inclusive practice is undoubtedly important to future generations of schoolchildren across Wales."

The policy document also references another publication by Gwilym Siôn ap Gruffudd and Prof Judy Hutchings of Bangor University and others, who compare good practice in inclusive Pre-School Education in the Czech Republic, England, Slovakia and Wales.



Cabinet Secretary for Education Kirsty Williams



Gwilym Siôn ap Gruffudd, Bangor University's School of Education and Human Development



Professor Valerie Morrison, Bangor University's School of Psychology



Professor Enlli Môn Thomas, Bangor University's School of Education and Human Development

Opening of New Biotechnology Research Centre

by DARBY HIGGINS

A new research centre that will discover new enzymes with the potential to transform the efficiency of biotechnology industries has just been opened in the presence of research scientists from across Europe, industry representative and officials from the Welsh Government.

The Centre for Environmental Biotechnology (CEB) places Bangor University at the cutting edge of research into how unusual microorganisms that live in extreme environments (called "extremophiles") can be used to make industrial processes and products "greener". The facility will provide state-of-the-art equipment and world-leading expertise for identifying and isolating enzymes from extremophiles.

To replace chemical synthesis with environmentally friendly processes CEB will identify, develop and test biological catalysts from extremophiles. Since these microorganisms can live under

harsh conditions of high temperature, salinity or acidity, their enzymes are well suited to work in the extreme conditions of an industrial process. This will reduce the energy use, pollution and costs of key sectors of the economy, such as life sciences, pharmaceuticals and chemical manufacturing.

Speaking at the launch, Professor Peter Golyshin, Professor of Biotechnology at Bangor University and Co-Director of the new centre, said:

"This new Centre provides a great opportunity to combine the University's cutting-edge staff expertise in bio-analytics with our leading expertise in microbiology and genomics of extremophiles and enzyme discovery and applications. Enabling this team to work in a new centre with state-of-the-art research instruments, the Centre will lead to major new discoveries about how extremophiles can survive at the limits to life and how we can harness

this capacity to achieve breakthroughs in the efficiency and environmental sustainability of many industrial processes."

Located at the University's School of Natural Sciences, the Centre has received £5 million of EU funding through the Welsh Government and will boost the region's capacity to work with industry and to further develop this rapidly-emerging sector.

Welsh Government Cabinet Secretary for Economy and Transport, Ken Skates AM said:

"It's fantastic to see this cutting-edge facility up and running. It will provide ground-breaking research in this rapidly expanding global sector, encouraging inward investment and ensuring Wales takes full advantage of future opportunities."



(L-R) Baudewijn Morgan (WEFO), Prof John Healey (School of Natural Sciences), Prof Colin Jago (School of Ocean Sciences), Prof John G Hughes (Vice-Chancellor), Prof Bela Paizs (CEB Co-Director)

Second Annual Dementia Research Fun Day

IN BRIEF

Universities Must Look At Local Employment Markets When Building Graduates' Skills

by DARBY HIGGINS

Students are always reminded that a degree is "not enough" and are often pushed into the idea that they need "employability skills" – a combination of personal attributes, discipline-specific knowledge and generic talents – to succeed after university. They are encouraged to develop skills such as problem solving, self-management and the ability to work as part of a team.

Whilst these attributes are useful, this view is based on the idea that graduates are young and highly mobile. However, not all graduates will want to – or be able to – leave their university town or city. In 2016, only 58% of that year's graduates went on to work in the area in which they took their degree.

A major issue to graduate retention comes down to the skills that local employers need from prospective staff. Just like it is not enough to have a degree, it is not enough to teach all graduates a generic skill set. Required skills can vary greatly between regions, with some – such as the ability to drive – proving pointless in areas with good public transport links. In North Wales, the most valuable skills for a graduate to have are access to local networks, having their own transport and Welsh language skills.

Social contacts and contacts from former employment important as they can help a graduate seeking to stay in their university town, but the close connections that come from going to school together and living in the same neighbourhoods are invaluable. Employers can rely on who a candidate knows to infer the potential worker's underlying ability, so candidates who have close contacts are more likely to fill vacancies.

Language skills are also important. It is invaluable for people to have some knowledge of a region's language. Over half of the population in some areas of North Wales speak Welsh, and an estimate of 71% of employers in Wales have stated that Welsh language skills (written and oral) were desirable for jobs in their companies. There is a shortage of bilingually skilled staff in graduate occupations such as nursing and in the tourism industry.

Universities need to support their graduates by looking at the regional economy, and taking into account what local employers might want from graduates.



The football teams with a picture of Eddie Feaver

by DARBY HIGGINS

Bangor man Paul Feaver and his family raised more than £1,600 at their second annual Memorial Fun Day and football match in memory of his father who passed away from mixed dementia last year.

Paul and his partner Sian Topansa hosted the second Eddie Feaver Memorial Fun Day (7 October) to raise funds for Alzheimer's Research UK in memory of Paul's dad, Eddie, who died at the age of 79, having been diagnosed with both Alzheimer's disease and vascular dementia. Eddie's sister Barbara had also passed away from Alzheimer's, in 2014.

Sian, who helped organise the event with her family, said:

"We wanted to do something to commemorate Eddie and at the same time raise money and awareness of Alzheimer's."

"Eddie was a lifelong West Ham FC fan and had also coached and managed local football teams. His passion for football has been passed down through the generations so it seemed appropriate to hold a football match and fun day on the pitch where Eddie spent so many hours and was such a big part of the local community."

Sian explained:

"We support Alzheimer's Research UK because we have seen the devastating effect dementia has on those living with it and their families. Watching

your loved ones fade away before your eyes and being helpless to stop it makes you feel impotent and lost.

"By raising money for this charity which we know relies solely on fundraising and doesn't receive any government funding for its research, we feel that even if only one family is spared the suffering we have all endured then it will be worth every minute of the hard work we have all put in."

From 27th to 31st October, the family will continue their fundraising efforts from a shop in the Deiniol shopping centre in Bangor. This is with a Halloween Spooktacular featuring slime making, clay painting, a children's tombola and more.

Ceri Smith, Alzheimer's Research UK Regional Fundraising Officer for Wales, said:

"Sian and her family and friends have worked so hard organising this event. Sian is also looking to run other events in the area to fundraise for Alzheimer's Research UK and we thank Sian and the community of Bangor for their continued support."

"We are currently looking for volunteers to join a fundraising group in the area, to help us make more breakthroughs in dementia research. Our mission is to help bring about a life-changing dementia treatment by 2025 and can only do this with the support of volunteers and fundraisers."

Preferred Third Menai Crossing Announced by First Minister

by DARBY HIGGINS

First Minister Carwyn Jones has announced that a new bridge across the Menai Strait is to be built to the east of the Britannia Bridge. The new route will include facilities for pedestrians and cyclists.

According to Mr Jones, construction was due to begin in 2021.

Previously, the Welsh Government has said that the new crossing could open in 2021 if it got approved.

Making the announcement on Anglesey, Mr Jones said he would like the new bridge to be "equally iconic" as the Menai Bridge – built by Thomas Telford in the 1820s – and Britannia Bridge – built by Robert Stephenson and opened to carry rail traffic in 1850. Britannia Bridge was then rebuilt during the 20th Century to also carry road

traffic.

Four options were put out for consultation at the end of last year for bridges east or west of the Britannia Bridge; with the 'purple route' providing the highest economic benefits and high value for money. It was also the most popular choice in the public consultation, with 25% of respondents selecting it as their first choice.

Mr Jones said:

"The A55 is important locally, nationally and internationally. It provides the main economic artery for North Wales and connects the region with the rest of Wales, the UK and Europe. The Britannia Bridge is the only section of the route which is single carriageway and we know this reduction in lanes leads to congestion at peak times and

during the tourist seasons."

He added:

"The purple option performs best and would be vital in improving journey times, strengthening the A55's resilience, and ensuring safer travel across the Menai Strait."

A procurement exercise will now take place to appoint technical advisors to develop the preliminary design.

Ken Skates, Economy Secretary, said the 'purple route' will provide an opportunity to develop a crossing that will allow people to "seamlessly cross the Menai Strait and support future projects such as Wylfa Newydd."

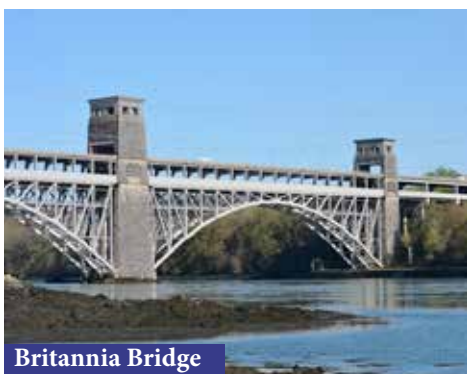
The new nuclear power station will have 8,000 construction workers build it and 850 permanent employees when it starts generating in 2025. A study

was announced in May that will look at whether the third crossing could also carry power cables from Wylfa Newydd.

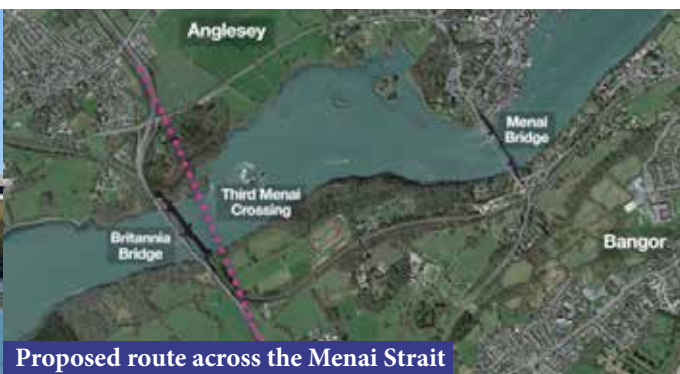
Mr Skates said:

"We fully understand the sensitivity of placing a new crossing over the Menai Strait and further visualisation assessment and analysis work will now take place before the bridge type is selected and taken forward to the next stage of scheme development."

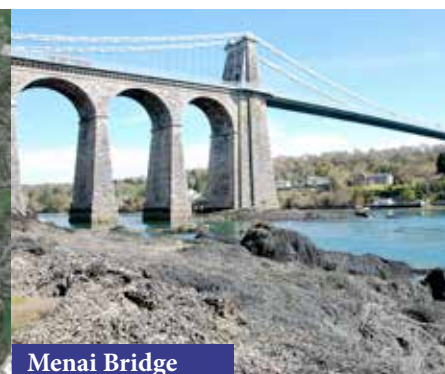
The Welsh Government said the cost of the structure was dependent on this analysis. An earlier estimate of the cost was put at £135m.



Britannia Bridge



Proposed route across the Menai Strait



Menai Bridge

POLITICS

Undeb Bangor Council Elections

The Bangor Student's Union has recently elected a council of individuals who will represent the student population to discuss, debate and set SU policies. In between General meetings, newly selected councilors initiate new projects, review ongoing projects, and discuss issues of relevance. All students are welcome to attend the Undeb Bangor Council (UBC) and engage in debate related to activities or student opportunities that Undeb Bangor facilitate, in addition to national, local, or political campaigns. This forum will allow the student body

to hold Sabbatical Officers to account and allows for the development of the student experience. Below is a list of the newly selected officers and their roles. Contact information and council meeting times can be found at the Student's Union. The Disabled Students Councilor, Healthy Living Champion Councilor, Live at Home Students Councilor, Part-Time Students Councilor, and Trans Student Councilor rolls have not yet been filled. For more information, contact the SU.



OPINION: The Biggie ‘Bout Brexit

by BETH THURLOW

With the final stages of Brexit looming, do you know how it will affect the country? Well buckle up, kiddies, because it's a bumpy ride. Yes! Brexit seems scary, but it really isn't, and it's important to know how it will affect us and any changes we need to make. We as a nation are also going to notice changes in unemployment rates as large global corporations may let go of workers from the UK after Brexit. There are 4 main consequences : 1) Discontinuation of unlimited immigration, this means that there will be falls in migration figures and limits the amount of migrants accepted into the UK which might face some issues in the future 2) Withdrawal from the European Court of Justice, this means that the UK will no longer be able to be involved in EU court decisions and can potentially affect our decisions when conflict and

terrorism are involved. 3) £40 billion+ cash settlement to pay our way out of the Union, this is a Win-Lose scenario as it removes all debt to the EU but may place the UK in a state of temporary financial crisis in the following months after the finalisation so remember the importance of budgeting, you might need that skill. Finally, which will affect us all, 4) Limitations in trade, which will potentially force prices through the roof for otherwise everyday products. The worth of the GBP has fallen by 12% against the Euro, and by 5% against the USD. The UK also saw its GDP growth stagger in comparison to previous years, being the 3rd slowest growing in the EU. This may be the one consequence of Brexit you notice as your loans struggle to cover the cost of those tomatoes and cucumbers for that salad you're making to show your mum you can at healthy when she isn't around. Only time will tell. Now I know what you're thinking:

Well how will this affect me? Well, my fellow students, after March 2019 there will be limited opportunities to study in Europe, which is a bummer to say the least! There will also be difficulties in booking those cheeky weekends in Magaluf because you might be needing a visa to party on £2 cocktails in the sun, so make sure to plan. But this might not seem so bad in the long run, the positive side to all this is a new improved trade setup with many other countries, improving Britain's connections to China (particularly Hong Kong) and even the USA. Real talk, we might not even notice the effects but its still important to know what is happening. It is so important as young people that we know more about the political state of our country, and it's even more important that we have our say! We can be the ones to change the outcomes of our futures.

Undeb Council Election Results	
Black, Asian, and Minority Ethnic Students Undeb Bangor Councilor	Mr IDRIS KAMTCHEU CHIAKO
Chair of Undeb Bangor Council	Mr ABHIROOP SINGH
Disabled Students Undeb Bangor Councilor	TBA
European Union Students Undeb Bangor Councilor	Herr FREDERICK WALTERS
Healthy Living Champion Undeb Bangor Councilor	TBA
Housing and Community Champion Undeb Bangor Councilor	Miss KATIE TEW
International Students Undeb Bangor Councilor	Miss PAIGE DIXON
LGBT+ Students Undeb Bangor Councilor	Mr JOSHUA BEBBINGTON
Live at Home Students Undeb Bangor Councilor	TBA
Mature Students Undeb Bangor Councilor	Mr LUKE EARNSHAW
Mental Health Champion Undeb Bangor Councilor	Mr FREDDI LAVENDER
Part-Time Students Undeb Bangor Councilor	TBA
Postgraduate Research Students Undeb Bangor Councilor	Miss ARPITA SAILESH GARGESH
Postgraduate Taught Students Undeb Bangor Councilor	Mr AARON MALIK
Student Parents and Carers Undeb Bangor Councilor	Miss TANYA RILEY
Trans Students Undeb Bangor Councilor	TBA
Welsh Speaking Students Undeb Bangor Councilor	Mr OSIAN OWEN
Women Students Undeb Bangor Councilor	Miss RACHEL WILSON
Wrexham Campus Undeb Bangor Councilor	Miss GRACE MONTGOMERY

Protesters March for People's Vote in London

by MALIN TILLSTROM

Hundreds of thousands of protesters took part in the march on Saturday 20th October, calling for a new public vote in the final Brexit deal. Broken promises made by politicians, and new facts that had been released about the costs of Brexit are two reasons why people choose to let their democratic voices be heard this weekend in London. Thousands of people attended the event today, and one of them was Owen J Hurcum, Co-chair of Plaid Ifanc Pryfysgol Bangor and Bangor City Councilor for Plaid Cymru. "The British public are most afraid of, and the thing that we most disagree with, is that people's voices are not going to be heard. That is why I personally believe this march is so important," stated Mr Hurcum. "People's Vote" was launched amidst heated Brexit discussions, and had been in motion since 24th July, when The Independent released their campaign alongside People's Vote. The Independent's campaign for a new public vote, has reached more than 865 000 people who want a final say on the Brexit deal. A subject that has been discussed since the beginning of Brexit, is generational voting, as the next generations of voters have come to age and the matter of opinion has changed. Why the public demands a new vote Time has moved on since 1960's Britain, which was comparatively rich, compared to today's Britain where 50-

60% of our trade goes through Europe. Tendency amongst the older generation to think of great Britain as a great 'stand-alone' international power, whereas partnership between the UK and EU is needed to have a financially stable country. Being a part of the European Union is a fundamental key in succeeding on a world stage. Younger generations understand that their future is intertwined with trade agreements, freedom of movement and the ability to have internationalization. When asked whether Brexiteers have received excessive critics, Mr Hurcum argues that we still need to respect the 52% that voted for Brexit and respect the fact that none of them voted for a shambolic no-deal; "However, we cannot ignore the fact that 95% of opinion polls since 2016, has been pro-remain. If people's voices were heard and not silenced, then there should be a change." Confusion & Disorder Questions regarding Theresa Mays standing point have risen after Tory Brexiteers express their disappointment and anger regarding the Northern Ireland "backstop". "Theresa may was pro-remain until Brexit won, she then used the fact that 95% of the United Kingdom's media was biased to the conservatives, to tell them that she was always pro-leave," Mr Hurcum explained. There is a reason why this march was held two days after the meeting in Brussels, where there should have been an agreement, before the official Brexit on the 29th of March.

However there was no deal, which postponed this to December and the march became even more important for the Remainers. But what will happen if we get a second referendum? The Prime Minister's director of communications, Robbie Gibb tweeted in late August 2018 that "The prospect of a second referendum would damage UK negotiations." The Puppeteer As young students, workers and families from Wales, Scotland and England came together to march in London for their rights, Nigel Farage fights against it. Nigel Farage spoke at a "save Brexit" rally in Remain-voting Harrogate on the same day as the march. "It has been said, and I cannot deny nor confirm these allegations, that Nigel Farage and his accomplices, used the Brexit vote to sell pounds to euros at a favorable rate, before converting back post-Brexit with a crashed pound to earn billions of pounds. If this is true, this demonstrates that Brexit was conducted by the elite of the elite or their own personal gains as they prayed on personal fears for the sake of impoverishing the UK nation while lining their own pockets," concluded Mr Hurcum. The consequences of Brexit are unknown and will remain as such for a few years, which is why the younger generations believe it is important for the politicians to listen to their voices.

The Great Debate Tour Comes to Bangor



by PAIGE BROOK

On Friday 19th October, Bangor University's ACS society brought us The Great Debate Tour 2018; this is the first and largest national debate forum targeted at cultural communities on Universities campuses across the UK. The aim of the tour is to celebrate diversity and heritage while providing a dialogue.

The Great Debate Tour 2018 is hosted by Elevation Networks: a company who provide many opportunities and programmes for students for Black and Minority Ethnic students (BME). Working closely alongside the civil services, the Great Debate is not only for helping students get the top jobs, but also all findings from these events across the country are presented to the House of Commons in order to provide better service for more students.

With the help of a panel of experts, university students are encouraged to explore issues that our research indicates is the most relevant to the audience. It is held between October

and November as part of Black History Month. Societies involved in the tour include cultural and religious societies such as; African & Caribbean (ACS), Latin, Chinese, Hindu, Sikh, Islamic, and Christian societies.

There was an Expert's Panel made up of: Fawaz Atta - who studied MA Law with Criminology, currently pursuing a doctorate; Dr Tanya Herring - PhD in International Law and Education; Rebecca Bigglestone - Clinical Psychologist in training, also studied Politics and International studies; Ejay Soulquest - Spiritual teacher, NLP teacher.

The first topic discussed brought to our attention was the recent 70th anniversary of the NHS, importantly discussing the ratio of ethnicity of the bosses at the top of these companies. With the NHS being mainly made up of African and Caribbean individuals, yet the industry is extremely under represented with the senior manager's being white. The reason as to why this was the case was discussed among the panel.

The initial reaction was presented by Ejay, with the ideology that perhaps it is all an assimilation between the 2 groups. This was contrasted by Rebecca, who believed that despite not being so, there should be better representation within this day and age. As a society, we should've moved further than this and shows how far we have to go.

Contributing factors of this discussion include set in habits/cultural differences, an established mind set/self-fulfilling prophecies, an issue which needs more awareness. The audience provided more food for thought: presenting the belief that perhaps the lack of role models has given rise to disbelief of the possibility. If there was more representation of people achieving this, there will be more encouragement and motivation as the prospects seem in grasp. Yet, this was contradicted due to opportunities to certain levels of education are not offered equally.

The second topic entering the debate was knife crime. This was offered alongside statistics from February 2018; showing London beat New York 22:21.

Points were brought to the conversation including: products of the environment, confused expressions, drill music, and lack of funding for youth centres.

The source of the violence itself was questioned, the main two explanations were Accessibility and Protection, which were discussed in full. As symptoms of marginalisation and inclusion, Ejay proclaimed that we are instead conditioned from schools for prison with the analogy of strict routines, stating that this is disenfranchising kids.

There was also talk to the entire "live fast" lifestyle, which reflects why you should get a job and work tirelessly but legally, where you can make more and do less down another path. Another issue raised was the stigma with young centres and libraries for those who attend. There is yet again more need for awareness and funding to help resolve this.

The final topic broadcasted to the room was Women's Suffrage: Should women of colour and BME celebrate it? Which was met with a swift no, but

with respect. Any movement forward is a celebration but the reality is the movement wasn't truly inclusive.

This was met by the question as to whether women of colour were truly free to be themselves - a quick response was no that they are confused, due to changing hairstyles to appropriate their environment, however the audience bought back saying that they themselves hold the choice which they didn't before. They weren't denying the beauty of their natural hair but yet defining themselves as their own. In fact, women that succeed in being themselves are out there, standing strong and proud, the only problem is we don't hear about it.

What does success look like for the future? In 70 years' time, a beautiful picture was outlined by the audience: 2 generations of families who have absorbed success. Success defined as an absence of fear, being content within yourself, opportunities at your door, high decision makers, no self-emplaced glass ceilings, and confidence that YOU CAN.

ArtSoc Political Caricatures



Donald Trump
by Ailish Harker



Melania Trump
by Zoe Faiers



Theresa May
by Anna Monnereau



Donald Trump
by Lois Parry

COMMENT

Opinion Piece: Cultural Appropriation With Halloween Costumes



by SIMRAN PRASAD

Cultural appropriation has been a topic of conversation that has often been referenced and brought up quite often. Many people argue that cultural appropriation often oversteps the boundaries and violates collective intellectual property rights of people that originate from specific cultural groups.

Though this is an aspect of our society that needs to be rectified, a clear example of this that I have seen almost every year is Halloween. It seems not to even occur to people as they dress up for a Halloween night out that their 'costumes' take an aspect of another culture and regard it as something foreign. Something I have frequently observed is people wearing traditional Arab attire as their Halloween 'costumes'. The fact that a culture rich in tradition, history and heritage is reduced to a 'costume' is something truly worrying. This only proves that certain individuals are grossly misinformed about other cultures and how incorrect it is to adopt a culture as a costume just because you think it would seem like a thought-out costume for one eventful night of the year.

To me, this illustrates the massive gap in knowledge that some people possess. It isn't about the fact that people don't know or understand a minority culture or any culture for that matter. It is concerning that people don't seek to educate themselves on said culture. Any culture for that matter deserves the right to be expressed in a way that is befitting to its customs. Appropriating a culture just because it seems like a creative way to express a Halloween 'costume' only continues the vicious cycle. People see the costume and in turn, assume that the culture is represented purely through a perverse way which further misinforms and creates ignorance amongst a larger group of people. With no one stepping in to provide accurate information regarding culture or heritage, the group of people who are ignorant gets bigger and bigger. I understand that Halloween is an occasion that sparks creativity amongst people.

Choosing or designing costumes is an exciting part of Halloween; however, I don't personally see the need to appropriate a culture or heritage and pass it off as creativity. Representing a character, person or celebrity that has influenced and impacted people positively is a better way of demonstrating a creative costume. One of the reasons ignorance grows sometimes is because as a community, people are unwilling to take an active stance in the issue. Let's represent the diversity and multiculturalism that our community has to offer! I hope this article is one of many that contribute to the discussion of cultural appropriation, as it is crucial we respect and give due credit to the cultures that enhance our University experience, here at Bangor!

Do TV Shows & Movies Really Influence Your Behaviour



by SIMRAN PRASAD

So, over the course of my time as a young adult, I've observed a strange fact:

My behaviour and mentality sometimes drastically alter when I've watched a particular TV show or movie! I don't know if it has to do with the genre of content or the attachment to a character or plotline, but I've often noticed just how impactful media content can be to my behaviour! It all started with my daily binge sessions of Criminal Minds. I went through about seven seasons within two weeks of continuously watching the show. As fascinated as I was with the idea of FBI Profilers using behavioural analysis to catch cold-blooded murders, in the weeks following my dramatic binging, I noticed my jumpy, paranoid behaviour. It was as if I had suddenly assumed I was a part of the plot line! Everything seemed suspicious, I was

wary of people, and I never slept well at night.

These binge sessions happened when I was back home with my family, and after I had returned to University, I noticed my strange, paranoid behaviour. Funnily enough, due to that event, I can never watch Criminal

Minds when I'm at University! I only watch it when I'm back home, as my paranoid behaviour often kicks in when I'm on my own! This strange quirk of mine had me thinking: Have other people ever experienced this?

I discussed the idea with a couple of friends, and they mentioned their experiences which seemed to stem from a similar theme. A few said the fact that they often feel very empowered and ambitious for a short period (because as always, procrastination kicks in) after watching positive and motivational movies or documentaries.

A friend of mine mentioned feeling

responsible and accountable for people after watching movies that discussed romantic or familial themes.

Upon reading about this, I discovered numerous on-going studies that are being conducted to explore the idea. Many Psychologists argue that the method through which shows and movies are conveyed have a profound impact on our mentality, behaviour and even actions! This is because media content creates a fictional world so similar to real life that our minds often regard what we watch as our reality.

This is usually the reason some kids are disillusioned by fact and fiction, as they slowly watch fictional content as they grow up.

This can lead to behavioural problems in children, as they are vulnerable to strong material that tends to be influential.

On the other hand, people argue that shows and movies don't neces-

sarily influence behaviour or mentality, and instead create topics of conversation that sparks discussions.

They believe that after people discuss interests in the media, they often display the same behaviour and mentality with no real shift in thinking. It poses a challenge when it comes to determining if people genuinely feel the influence, as the argument has two sides that are equally supported.

However, I believe that TV shows and movies impact me personally, and the mindset I adopt once I watch a show can usually be shifted with some light-hearted comedy, an exciting documentary, or even another episode of Criminal Minds! Other plot themes, genre shifts and character arcs can serve as a distraction from content that influences a change in your behaviour, and serves as a powerful reminder that technology truly does control a compelling aspect of our lives!

Motivate Yourself This Winter!



by ABI ROBINSON

The leaves have started to turn and it's only a matter of time before they are coated with a lovely iced-frosting. Yes, Autumn has arrived, and the sudden chill has driven impulse buys on jumpers, winter coats and woolly hats. The summer wardrobe has had a change over and we say goodbye to single layers for at least 7 months. Whilst we mourn the hot weather (we had a good summer let's be honest) we've got to force ourselves to welcome the bitter cold with open arms.

Some of you may love this season and why not! It's festive family cheer, endless holiday fun and let's not forget the beginning of a new year is enough to keep our spirits high.

Without sounding too depressing, I hope a small few can relate when I say my motivation just vanishes when the Winter season is here. So instead of dwelling in a mournful pit, I've decided to put together some ideas on how to beat the onset of Winter blues. The first one is to try and wake up early.

I know, I know. I sound like your Mother! I am not one to rant and rave about early starts as I hit snooze at eight in the morning quicker than you can say 9am. An early rise will give you maximum sunlight hours which is scientifically proven to boost serotonin levels! This helps to improve the well-being of your body and mind, even if you can't wake up early every day (we are students at the end of the day) try at least a few days a week.

Spend some time in the great

outdoors. Easier said than done when it's blowing a gale and your bed just became so much comfier, but that cold fresh air has been proven to boost creativity and improve your immune system. Perfect for when we're feeling a bit dull and need some inspiration for them impending assignments.

Stay distracted. See your friends, plan days out, take on a new hobby, go to the gym: the options are endless, it's finding the initial motivation to carry out a task that's the problem.

However, I can guarantee once the task is up and running and eventually completed you'll feel better for it. Luckily, there are plenty of societies and events occurring in Bangor that you can get involved with. Also, remember it's not too late to join a society, you can become a member at any time during the year. Just because

fresher's is over doesn't mean you have missed out on any upcoming opportunities.

And most importantly, Talk! Have a moan to your friends or family when Winter's tirade is feeling relentless. If you don't feel comfortable doing that, there are professionals who are trained to give advice no matter how big or small the problem is to you. Whether it's a bad day or bad week, there is someone that can help!

Don't suffer alone. So, it's important we all huddle together this winter and make the most of this change of season.

Make your friend a hot chocolate and listen to their rant, it might be just what they need to brighten their gloomy winter day.

Looking For A New Beginning?



by EMILY BROWN

A new semester has just begun, and for most people, this means a fresh start and new beginnings. Starting anything new is an exciting process but at the same time can also be a little bit nerve-wracking.

Whether you are reading this as a second or third-year student, or if you have just settled into first year, I am going to try and give you some helpful advice on how to channel all your positive vibes into constructive energy especially during this new academic year.

First things first, get organised. Now I don't know about you guys, but to me, a new term means new stationery. Does anybody else get excited about going and buying a brand spanking

new pencil case full of pens, pencils, highlighters and notepads of every colour? I know I do and there is no better way to be more prepared for another year of education, as nerdy as that may sound. If you haven't already splashed out on some new stationery, make sure you do.

Don't worry; you don't need to spend a small fortune, Pound Land also sells great stationery too. Please try not to write lecture notes on scrap pieces of paper which will never leave the bottom of your rucksack. I know many students who are guilty of this, even me! Keep your notes organised and that way you won't be running around like a mad person the night before your essay is due trying to find bits of information you need to include in your assignment.

Have you always been a secret dancer or a thriving football player or even a keen bookworm?

If you have a keen interest in an activity why not start a new hobby? I'm pretty sure there is a society for every interest at Bangor University, and there is no better time to try a new activity than at the start of the new academic year. Committees are calling out for people to join their society.

Interacting with new people and doing the thing you love is going to be amazing for your mental health and especially your physical health if you join a sport society.

Societies are a great way to make friends and have fun after a full day of lectures.

Try and stay positive and motivated

this year! You've just started a fresh term so why not keep up the hard work? Don't let that motivation slip after only a few weeks. Make sure you go to all your lectures and seminars, that way you won't be behind on notes and you will feel better about yourself for actually going. Get into a routine of getting a decent amount of sleep before your 9 am lectures.

This way you won't be as tired (hopefully) and you will be more likely to wake up instead of going back to sleep.

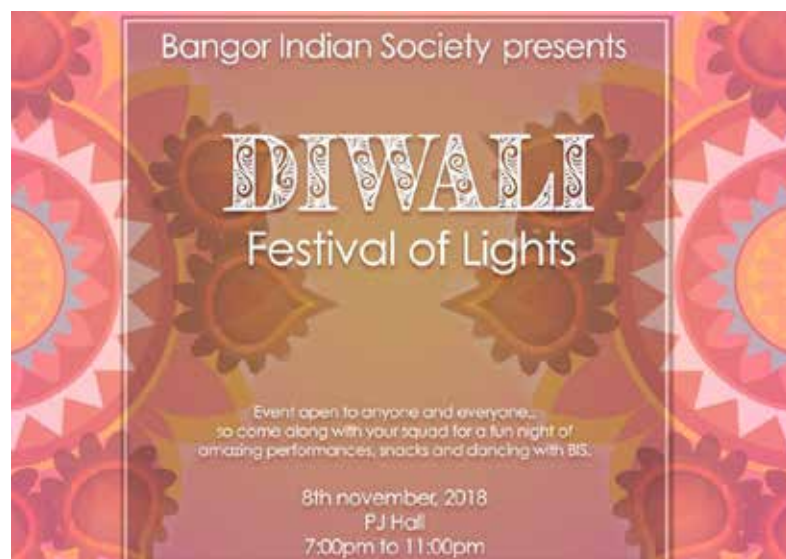
While you may already feel inundated with work and other commitments, it is essential to make time for your friends. Spending time with your friends does help you relax and be happier. Meet up for a coffee, go to the pub, have a film night or

even go for a walk (we are fortunate that we get to go to a University in a beautiful part of the country so take advantage

of that.) It's so important to have fun at university just as vital as it is to work hard. Try and find an equal balance between going out and completing work because that way life will be much more comfortable and you will be thanking yourself in the future.

I like to think of starting a new semester as having a clean slate. It's a perfect time to start fresh and forget about any negativity which may have surrounded you last year or even last week! Be the best version of you and do what makes you happy this year.

Light Up Your November



by SIMRAN PRASAD

Diwali, or the 'Festival of Lights' signifies a lot to the Hindu community. It is one of the most popular Hindu festivals in the Indian Culture and symbolises the victory of light over darkness, good over evil and knowledge over

ignorance. Usually, the streets and homes of India are adorned with diyas, which are lamps and candles. People often pray to Goddess Lakshmi, the goddess of prosperity, in the hopes of a prosperous year!

At Bangor, we have seen many festivals that celebrate this unique festival. The Bangor Indian Society

have hosted notable festivities celebrating this joyous occasion in the past, and this year is no less! The event sees a variety of performances that range from classical

dance to traditional songs being sung by Society members! There usually is a henna tattoo stall, snacks and an open dance floor at the event

as well! Guests have the chance to dance to Bollywood music and celebrate the festivities of the event! This year the event promises classical, traditional dances originating from South India, a

selection of Punjabi-style dances which hails from Punjab in North India, and a range of dance performances

that are based on Bollywood hit songs. The event will also showcase a selection of traditional songs sung by members of the Society. The event will be held on the 8th of November, at PJ Hall from 7-11pm. Make sure to go with your friends to this exciting event that celebrates Indian culture, and it's splendour next month!



MEET THE TEAM:

Introducing Seren's Editing Team for 2018-19



Editor - Finnian Shardlow

From: Stoke-on-Trent

Studying: Professional Writing (Masters)

Favourite thing about Seren: I love it when the issue is done and I can sleep.



Deputy Editor - Jack Hollinshead

From: Crewe

Studying: English Language (3rd Year)

Favourite thing about Seren: The overwhelming sense of achievement you get from putting together your pages.



News - Darby Higgins

From: Chesterfield

Studying: English Language and Linguistics (2nd Year)

Favourite thing about News: Being invested in different people and subjects, reporting on what's happened, achievements and reading press releases before anyone else.



Politics - Kayleigh Lavornia

From: New Jersey, USA

Studying: Journalism & Media (3rd Yr)

Favourite thing about Politics: Antarctica politics; they're really unproblematic.



Comment - Simran Prasad (Secretary)

From: Abu Dhabi, UAE

Studying: Zoology with Marine Zoology (3rd Year)

Favourite thing about the Comment page: I really enjoy writing about a variety of topics, including ones that interest me.



Science - Charlotte Bilsby

From: Reading

Studying: Marine Biology and Zoology with International Experience

Favourite thing about Science: The Biohacking Movement and how it's breaking barriers in scientific research.



Environment - Anna Ray

From: London

Studying: Environmental Science (3rd Year)

Favourite thing about Environment: Being able to research, photograph and write about the elements that we are born of inspires me.



Travel - Sophie James

From: Cardiff

Studying: English Language and French (2nd Year)

Favourite thing about Travel: I love languages and exploring new places. Would love to just travel and not to have responsibilities.



Food & Drink - Paige Brook (Treasurer)

From: Aylesbury

Studying: Psychology with Childhood Studies (3rd Year)

Favourite Food: Fajitas



Lifestyle - Courtney McHugh

From: Birmingham

Studying: English Literature (3rd Year)

Favourite Make-Up Brand: Anastasia Beverly Hills



Fashion - Isabella Maria Timpany

From: Manchester

Studying: English Language (3rd Year)

Favourite thing about Fashion: Finding an absolute vintage gem in a charity shop.



Arts & Culture - Laura Pätäri

From: North Finland

Studying: English Language and Literature (3rd Year)

Favourite thing about Arts & Culture: Getting the chance to see and report on a variety of shows and events.



International - Libby Shaw

From: Doncaster

Studying: German & Italian (4th Year)

Favourite thing about the International page: The diversity of the page and being challenged to create content that's relatable to Bangor.



Social - Abi Rose Robinson

From: Blackburn

Studying: English Literature (2nd Year)

Favourite thing about the Social page: The moth meme isn't dead, it still shines on.



Film - Jordan King

From: Somerset

Studying: English Literature and Creative Writing (3rd Year)

Favourite thing about Film: Sharing films that people may not have seen before, whilst writing about something that means a great deal to me.



TV - Ciaran Griffiths
From: The Lake District
Studying: History (3rd Year)
Favourite TV Show: Depends what I'm in the mood for, but an all time favourite is Community.



Music - Vicky Wilkes
From: West Midlands
Studying: English Literature (3rd Year)
Favourite Artist or Song: Don't really have a favourite, but can often be found singing along to George Michael.



Books - Beth Smith (Social Secretary)
From: Crawley
Studying: English Literature with Creative Writing (3rd Year)
Favourite Book: To Kill A Mocking Bird



Games - Sinclair Davis
From: North Carolina, USA
Studying: Creative Studies (1st Year)
Favourite Game: Europa Universalis 4



Creative Corner - Alec Tudor
From: Timisoara, Romania
Studying: Professional Writing & Media (2nd Year)
Favourite part of Creative Corner: The surprise and experience at to what somebodies imagination can do.



Sport - Corie Allan
From: Darwen
Studying: Criminology & Law (Masters)
Favourite thing about Sport: Just love sport, anything that gets the blood flowing; I'm interested.



Social Media Officer - Charlotte Thomson
From: Ormskirk
Studying: Media Studies (3rd Year)
Favourite thing about Seren: The chance to showcase the wonderful events Seren allows me to go to.



Head Of Proofing - Arron Williams
From: Basingstoke
Studying: Linguistics (3rd Year)
Favourite thing about Seren: I enjoy reading the wide variety of articles written across our different sections.



Technical Advisor - Daniel Turner
From: Slough
Studied: Psychology
Fun Fact: I've been a part of 75 Seren Issues and counting!

Want to get your content in the paper?
For the contact details of any Sub-Editor, visit:
seren.bangor.ac.uk/contact



BBC NOW
Xian Zhang conducts Beethoven

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23 Tachwedd, 7.30pm
£15 - £5
£20/£15 tocynnau teulu

Prichard-Jones Hall, Bangor University
23 November, 7.30pm
£15 - £5
£20/£15 family tickets

balletLORENT
Rumpelstiltskin

Theatr Bryn Terfel
16 Tachwedd, 7pm
17 Tachwedd, 3pm
16 November, 7pm
17 November, 3pm
£15.50 - £10.50
£45 tocyn teulu/family ticket

Theatr Genedlaethol Cymru
NYRSYS

Theatr Bryn Terfel
6-7 Tachwedd | November, 7.30pm
£14-£7

Pontio Cabaret

FRIGG FINLAND
Theatr Bryn Terfel
9 Tachwedd | November, 8pm
£16/£15

Clwb Comedi Comedy Club

Stiwdio | Studio
22 Tachwedd | November, 8pm
£10.50/£8.50

3BEDS yn cyflwyno / KIN. HALL, Llangyfelach presents
SUDD ENLY LAST SUMMER

Theatr Bryn Terfel
13-14 Tachwedd | 13-14 November, 7.30pm
£8/£6/£25 tocyn teulu/family ticket

Cerddorfa Symffoni a Chorws Prifysgol Bangor

Bangor University Symphony Orchestra and Chorus
Prifysgol BANGOR UNIVERSITY
Neuadd Prichard-Jones
2 Rhagfyr, 7.30pm, £12-£5
Prichard-Jones Hall
2 December, 7.30pm, £12-£5



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#LoveHalls



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recycle for Gwynedd



SWYDDFA
NEUADDAU
HALLS
OFFICE





Meeet and Mingle launched during last year's Welcome Weekend, it was a huge success and the turn-out was even greater than expected. Undeb Bangor are constantly striving to stay relevant and one of the main ways we do this is through student input and feedback.

Following the Croeso Survey, carried out by the Student Engagement Unit, in 2016 it became clear that students want more out of student life other than drinking alcohol and partying the nights away. Students want alcohol free environments where they can socialise and truly get to know each other. There is a growing trend throughout Bangor and the UK with the under 21 steering away from nights that revolve around alcohol. One quote from the 2016 Croeso Survey said '(we need to) have something to do in the evenings for people who don't like drinking or going out' another said '(we need) more alternatives for those who do

not enjoy large crowds/don't drink/are shy etc.'

Meet and Mingle is a calm night where any student can come along, we are usually joined by the Tea Time Society that provide the tea, coffee and biscuits, The Gaming League Society who set up all their gaming consoles and Table Top who bring along their vast collection of board games. We're lucky enough to have our sponsors Dominos deliver pizzas for us as well. The evening results in a calm environment for students to be able to relax and really get to know like-minded people.

After hosting the Meet and Mingle event for the second time during Welcome Week 2018, Mark Barrow, VP for Education decided to host the night on a monthly basis as students who attend these events struggle all year round to find suitable venues to socialise. It is a problem all year round not just during Welcome Week. The last event in October saw a great turn-

out and proved to us that a night like this is needed in Bangor!

"I am delighted that students have gotten involved with Meet and Mingle. It is important that we provide events such as these, so that students can socialise and get to know people. Undeb Bangor fully understands that students do not always want to

drink alcohol or socialise in busy places, so providing this alternative environment is a priority for us. Remember to stay tuned for further Meet and Mingles during the academic year!" Mark Barrow, VP for Education. The third Meet and Mingle of the year will be held on the 9th of November from 6pm. All

students are welcome and we look forward to seeing old and new faces. We're always looking to improve your experience here at Bangor so if you've got any suggestions please don't hesitate to get in touch with us!

Meet and Mingle, September 2018



Free Tampons and Pads

Pop-up events at Undeb Bangor. Last week we had a day full of Vintage at Undeb Bangor!

Our favourite vintage clothing company 'Latham Street Vintage' came over with their selection of vintage clothing, sportswear and jewellery and set up in our room of requirements while we had the vinyl sale in our student centre!

We love to bring these kind of events to our students, especially pop-up-shops that bring something different to Bangor.

Is there any pop-up you'd like to see come to Bangor? If you have any suggestions why don't you let us know. You can contact us on marketing@undebbangor.com!



Pop Up Events at UNDEB

If you follow Undeb Bangor on social media you might have noticed our post about free tampons and pads!

That's right; You can now pick up free tampons and pads at Undeb Bangor, located on the 4th floor of Pontio. This campaign stems from the national Period Poverty campaign.

We want to make sure that our stu-

dents don't have to go without sanitary product because of their financial situation.

If you would like further information, you can contact Ruth Plant at ruth.plant@undebbangor.com, or on 01248 388001.

One of the most stressful and daunting decisions you as a student will have to make, is where you are going to live.

Deciding whether to continue living in Halls, or whether you would like to move into a rented property, is a difficult decision. It's a decision that determines where you call home for at least one academic year.

However, your Students' Union, Undeb Bangor, is committed to helping you make that decision. We have teamed up with the University's

Halls and Housing Office, in preparing our 'Don't Panic' campaign.

This campaign, which will be held between 13 and 15 November 2018, will reiterate a simple message: there is no need to panic, we want you to take your time to sign.

There is a surplus of student accommodation available in Bangor. We don't want you to rush into signing a contract, as there is plenty of time for you to look around the different options.

Over the course of this campaign,

we will be providing you with factual information and advice, so that you are fully aware of the different types of accommodation that is available. We will be outlining when and where you can sign up to a contract.

You will be able to chat to us at various locations across Bangor, such as Ffriddoedd, St. Mary's, Main Arts, and Deiniol library.

Besides information, you will be able to find refreshments on our stalls. On the final day of the campaign, 15 November, there will even be a

Bouncy Castle!

The campaign will also be promoting Marks Out Of Tenancy, a house reviewing platform. This website allows you to rate a property, based on the landlord, estate agent, location, and the property itself.

Mark Barrow, Undeb Bangor's Vice President for Education, who is leading this campaign, said: "I know from personal experience that choosing where to live can be a stressful decision. There are lots of things you have to take into account.

"I'm really pleased that the Halls and Housing Office are helping with this campaign. It's really important that we let students know where they can find reliable information, and reiterate that there is no need to panic."

If you would like further information, you can contact Mark at mark.barrow@undebbangor.com, or on 01248 388019.



DON'T PANIC

There is still time to sign!

There's a surplus of student accommodation available. Come and speak to us for information and advice on where to live!



SABB SPACE



VP EDUCATION UPDATE

I have a busy month ahead, and it'd be great if as many students as possible can get involved. Between 13 and 15 November, I am running a 'Don't Panic' housing campaign, in conjunction with Student Services. We will be located at various locations

around the University, to promote to students that there is no rush into signing up to a property, and that there is time to sign! This is in addition to my house reviewing campaign. Any student can now review their property, as we are working in partnership

with Marks Out Of Tenancy, a house reviewing platform. Beyond that, I'm pleased to say that all the Course Reps have now been elected. We are currently running our training sessions, so that all Reps know how they can represent

students within their School. I'm hoping that the Course Rep system works for all students - I hope that social events and academic trips can be organised within Schools, to ensure there is an academic student community.

If you would like to get in touch with me, please do come down to the Students' Union, in the Pontio building. Alternatively, you can email me at mark.barrow@undebbangor.com, or find me on Facebook! Good luck with the upcoming year!



VP SOCIETIES UPDATE

Ironically enough, I was on leave that day for self-care reasons (i.e. catching up on much-needed sleep and de-stressing). That's okay, though, because mental health isn't a priority for just one day. Like physical health, it's something we should care about every day. Perhaps you, too, know how it feels to come to Bangor and be far away from your family and friends, without any safety net if anything goes wrong, and no real clue where you are going to be or what you are going to do at the end of your degree. Add to that the stress of academics and balancing a personal budget with school fees and rent, and you've got enough to make anybody feel overwhelmed. That was my life as a student here in Bangor, fresh off the plane from Singapore, having left everything

and everyone behind to come here for three years with no idea what to expect. I had no real plan for what would come after. Certainly I never expected to run for a Sabbatical Officer position, all the way back in 2015. All I knew was I intended to enjoy my time here. In a way, it was the most liberating feeling, coming to a new land completely alone with nobody knowing who you are - but like a man standing on the edge of a cliff and looking upon a breathtaking view, it was also terrifying: The terror of knowing there would be nothing stopping you from stepping off into nothingness if you wanted to. What can I say? It's Halloween this month, I may as well throw some existential terror into it. But the fear is real, and so is the feeling of isolation. Perhaps you've felt it as well, sometimes. We all do,

from time to time, especially when the troubles pile up and it feels like you're endlessly pushing a boulder uphill. That's the secret, I think: There is always somebody out there who will understand what you're going through, and help you push. You just have to know where to look. For me, it was the people of the local mosque; the international student community; the folks at the student radio station; the martial artists at Normal Site in their angry white pyjamas, and all the other weird and wonderful people I befriended by chance or on purpose. I am not a psychologist, but I know this much: Mental health is not isolated. It is connected to everything else in our lives. Being physically healthy, interacting with supportive communities,

engaging in activities that you love, expressing yourself creatively, and sometimes just taking a step back and figuring things out, all these can help. And Undeb Bangor offers you many opportunities to do what you love with people who will care for you, and to seek help when you need it. Cost is literally no obstacle when our clubs, societies and volunteering projects are free to join! I am not saying, of course, that this is all you need - fun, fresh air and meditation alone won't heal a broken leg, I do not pretend it can heal an injured mind. But it can help make things easier for you while you do your best to recover. I, myself, still regularly battle with the 'black dog'; my personal Balrog; the lethargy and powerlessness followed by that feeling of terrible cold and a shadow cast over the mind's eye that turns everything to grey. I know it

will never really go away. Depression never really does. But it is an old enemy now, and every time it returns, I am prepared to fight it once more. And every time it returns, it is a little bit weaker. Remember, for when things get tough: You are a warrior. Your mental health is just as important as your physical health, your mental fight is just as real as any physical conflict, and when you're pinned down, surrounded, exhausted and outgunned, calling for reinforcements and maybe an airstrike is exactly what you need to do. To quote something I read once on the internet: "You don't bring a dildo to a knife fight." We're all adults, here. And you are not alone.

COME AND SEE US

Undeb Bangor

4th Floor

Pontio



UNDEB MYFYRWYR STUDENTS' UNION

UNDEB BANGOR

Campus Life: October Bulletin



This past month the Campus Life Crew have been busy meeting you and welcoming you to Bangor University Halls of Residence. We hope you've settled in well and are making the most of your FREE Campus Life events and using the wristbands which give you free entry into Academi on selected night ALL YEAR!

We kick-started this by joining forces with the International department, dancing our way around PJ Hall in a traditional Welsh "Twmpath" dance. We ended it by enjoying music from our very talented residents at our popular Open Mic Night. In between, we gave away free food, took you to the top of Mount Snowdon and battled it out against each other in our Big Win Bingo and Quiz nights. We've campaigned for more waste awareness across the University and asked you to suggest new ways we can become a greener University. It's been a fantastic start to the year and we can't wait to see you all again soon.

CAMPUS BYW
BANGOR UNIVERSITY
CAMPUS LIFE
YN CYFLWYNO
PRESENTS

@ ACAPELA

ST MARY'S VILLAGE

OPEN MIC NIGHT

SUNDAY 8PM

28.10.18

25.11.18

Email campuslife@bangor.ac.uk to perform



IMPROV NIGHT

SUNDAY 8PM

09.12.18

Email campuslife@bangor.ac.uk to perform

FILM NIGHT

8PM

21.09.18

04.10.18

18.10.18

01.11.18

15.11.18

23.11.18

FREE POPCORN

13.12.18

Your event calendar for October is promising to be just as exciting and full on, so check out our must-do events and add them to your diary.

Open Mic Night – Sunday 28th October: Acapela 8pm

Come along and showcase your talent, or just come along to support the performers! Limited FREE drinks available. Book your performance slot by emailing campuslife@bangor.ac.uk

Pumpkin Carving – Wednesday 31st October: Braint Common Room and Acapela 6.30pm

Our annual pumpkin carving

evening is back. Teaming up with the International Society, we supply all the kit so that you just need to get your spook on!

Hot Chocolate and Bonfire Night Walk – Monday 5th November: Ffridd and St Mary's Halls Office 6pm

Meet the Campus Life Crew at your nearest Halls' Office for a free hot chocolate, before walking down together to Bangor fireworks display.

Big Win Bingo – Friday 9th November: Bar Uno and Barlows 7.30pm

Join us for a night of hilarious bingo lingo and great prizes!

Featured Campus Life Crew Member: Theo



Hey all! My name is Theo Law from South Devon. I am a third year Environmental Scientist and this is my first year as a Campus Life Coordinator. Campus Life is a great opportunity for everyone to meet new people and build friendships!

My top three highlights of September are....

1) Learn to Cook Indian. Everyone got involved and it was great seeing people work as a team – the curry was

also delicious!

2) Yoga: It was extremely relaxing and a great way to wake up on a Saturday!

3) Open Mic Night: It was amazing just chilling out and listening to some of the very talented students we have in Bangor.

Be sure to email us at campuslife@bangor.ac.uk if you want to join us next time! I will always be up for a chat so if you see me, don't hesitate to say hello!

SCIENCE

Grey Squirrels: Furry friend Or Foe?

by ELLA DALY

Cute and cuddly as they are, grey squirrels have become one of the UK's most polarizing pests. Introduced from North America in the late 19th century as a trendy estate accessory, *Sciurus carolinensis* has gone on to thrive at the expense of native red squirrels and the nation's timber industry.

Despite common belief, grey squirrels do not directly kill reds. Instead, they out-compete red squirrels for resources and introduced them to the deadly squirrel pox virus. Grey squirrels are also a forestry menace in the UK, where they selectively strip the bark off trees, lowering the value of timber and reducing natural woodland regeneration.

Despite all of this, the grey squirrel problem has no agreed-upon solution. Many control measures have been considered, but some now consider the grey squirrel to be established beyond the point of feasible elimination. Nonetheless, last year the Wildlife Trust sought 5,000 volunteers for a campaign to save the red squirrel through education, monitoring, and eradication of the grey squirrel.

There is strong evidence in support of this conservation strategy from Anglesey, where red squirrel numbers increased from under 40 to over 700 individuals during a drive to extirpate grey squirrels from the island. However, to many, mass culling is a bad look for conservationists. Along with ethical questions, the killing of upwards of two million grey squirrels presents issues with logistics and public perception, begging the question as to whether there is a smarter solution than working so hard against nature.

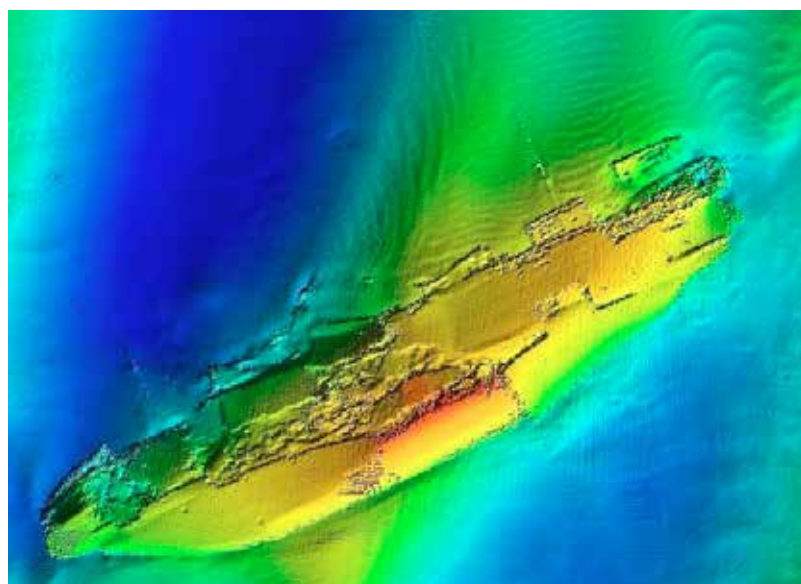
Microbe of the Month: Tardigrades



by CHARLOTTE BILSBY

For me, it's an easy go-to when on the rare occasion I am asked what my favourite microbe is, I will forever stay loyal to the Tardigrade. Though Tardigrades are on the larger side for a microbe, they are still pretty marvellous. Tardigrades, often called "moss piglets" because of their common home, are pretty hardy near-microscopic organisms. Research has shown that they can survive temperatures as high as 150 °C and as low as -200 °C. They have also been found to survive high levels of radiation, huge amounts of pressure and have even survived trips to outer space. The big question is, how do they do it? Tardigrades enter a hibernation, pretty much they just sleep it all off. I'm pretty sure many of us wish we could just sleep it all off.

Wrecks Of The Past Helping The Future



Photos by: Dr. Michael Roberts, Bangor University

by CHARLOTTE BILSBY

The marine environment off North Wales is renowned for its potential to provide significant quantities of renewable energy due to high tidal flows, which at specific locations can exceed 3ms⁻¹ on spring tides.

Improving our understanding and aiding the understanding of MRE developers at these sites, in terms of water flow, the nature of the seabed and the influence of marine renewable energy (MRE) infrastructure on the environment. Scientists based at the School of Ocean Sciences (SOS), have the capability to do this through access to the latest sonar survey technology and Bangor University's fleet of research vessels.

Previous surveys undertaken at these sites lack detail, however over the last five years technology and surveying techniques have improved dramatically and scientists at SOS are now able to examine the seabed at a much higher level of detail, sometimes this is better than 5-10cm.

This capability is now being used as part of the ERDF-funded SEACAMS2 project to support the MRE industry in Wales and has resulted in high-resolution images of shipwrecks in Welsh waters. Shipwrecks, are common around the coastline of Wales and are being used as 'analogues' to determine how the seabed in a particular area will be modified if a structure such as a foundation or cabling were to be located nearby. The multibeam images and data

obtained using the University's research vessel 'Prince Madog' are being used to reveal exactly how tidal currents have removed or deposited sediments over time through monitoring the effects of turbulence, erosion and scour at different sites.

Initial studies of shipwreck sites were undertaken as a means to identify safe dive sites to support the tourism sector in Anglesey but has now expanded into supporting MRE research. Over one hundred sites from a total of more than three hundred wrecks have been surveyed, with the data often yielding surprising results.

Up to 50% of the wrecks off the Welsh coast have been miss-identified. Further research in association with heritage sector partners such as the

Royal Commission aid in clarifying what happened to these vessels, many of which were casualties of intense U-Boat activity off the coast of Wales during WW1. Visualising, for the first time in 100 years, these 'out-of-sight' war memorials, is astonishing.

The data provided from such surveys will also improve our understanding of marine processes across a range of sites throughout Welsh waters and provide companies such as Minesto with a much clearer understanding of basic but important questions. Minesto are developing the world's first 'tidal kite' off the coast of Holyhead and surveys are ongoing to reveal exactly how their associated concrete foundation is influencing the seabed in an area known as Holyhead Deep.

Uncertain Future For UK Scientific Research Post-Brexit



by CHARLOTTE BILSBY

Brexit has influenced and will continue to influence our country. Some may argue that change is good and others will argue that it is bad, but this article will focus on the influence that Brexit will have on the UK scientific community. The scientific industry is often overlooked in the national political discussion, despite its academic and economic importance. We have gathered all the facts to discuss, objectively, what is to come for scientific research in the UK.

The EU produces one-third of the entire world's scientific output, in terms of both economic value and intellectual capital. This is currently 34% more than the US produces and is still rapidly increasing. With the EU's focus gradually shifting from agriculture to scientific research, the UK Higher Education Institutes (like Bangor University) now receives 17% of their

scientific grants from the EU.

In the past, UK scientists have been extremely successful at securing European research grants from the EU's Horizon 2020 initiative, which is the largest and most recognised EU research programme. With around €80 billion available in funding, it guarantees "breakthroughs, discoveries, and world firsts". Involvement in Horizon 2020 allows UK researchers to collaborate with various scientific partners across Europe to establish multinational dream teams to optimise productivity. Despite the UK leaving the EU, UK citizens will still be eligible for the Horizon 2020 grant.

On August 1st 2018, the Welsh Government released an updated statement on EU funding programmes within the UK. It states that applications for EU funds are "still being developed and approved", following the objectives set by the European Commission. During the Withdrawal Agreement in

March 2018, a resolution was drafted which stated that participation in the EU funded programmes will continue until their closure in 2023. If a No-deal Brexit occurs March 2019, projects submitted before this date are covered by the lifetime expenditure, including Horizon 2020.

As a diverse international community, Bangor University receives a large amount of funding from the EU, including Horizon 2020. Following the triggering of Article 50 on March 29th 2017, the Bangor University's Research, Innovation and Impact Office released a statement on the UK's withdrawal from the EU that implied an inevitable degree of uncertainty over the future of the EU sourced research funding.

Bangor University also receives funding from the KESS2, SEACAMS2, LIFE Programme and Marie Skłodowska Curie Action programmes, which benefits a large proportion of the research undertaken within the

Health, Life and Environmental Science Sectors. There is very little information regarding the consequences of a No-deal Brexit and the impact it will have on the funding of these departments. However, the European Union aforementioned after the triggering of Article 50 that:

"Until the UK leaves the EU, the EU law continues to apply to and within the UK, both when it comes to rights and obligations. This includes the eligibility of UK legal entities to participate and receive funding in Horizon 2020 actions. Experts should not evaluate proposals with UK participants any differently than before."

This testament should provide peace of mind to UK scientists, but with the uncertainty of what is to come after March 2019, and with this deadline date approaching faster than ever, it is imperative that the United Kingdom forms a strategy to protect the future of its scientific industry.

Predicting Coral Feeding Habits From Space



New research has revealed that tropical corals living in more productive waters take advantage of increased food availability and that these feeding habits can be predicted from satellites orbiting our planet.

Corals living in waters naturally rich in phytoplankton rely less on gaining energy from photosynthesis and instead gain more energy from predating on plankton and other microorganisms. This implies that reef areas richer in phytoplankton could be more resilient to disturbance events like coral bleaching. How much and what corals eat has been a critical knowledge

gap in coral biology. Researchers have now linked feeding habits of reef corals in the central Pacific to gradients in phytoplankton – which they measured using a satellite that tracks ocean colour.

Their model was tested by taking published data on the feeding habits of corals across numerous oceans and showing they could accurately predict them using their satellite-driven model.

Dr Gareth Williams, a researcher and Associate Professor at Bangor University's School of Ocean Sciences commented:

"We wanted to develop a method that would allow people to estimate coral feeding habits for their reef system

over broad areas without having to collect coral samples and measure phytoplankton levels themselves, so we turned to satellite technology to help us. We realised we could predict coral feeding habits accurately across numerous scales using satellite-derived estimates of primary production. We can effectively predict coral feeding habits from space."

"Feeding can also increase the reproductive capacity of corals, which is key to repopulating reefs that have suffered high levels of coral mortality," said Michael Fox, Scripps Institution of Oceanography, University of California San Diego, leader of the research.

"Our study is the first to take our understanding of coral feeding outside of the lab and show that global patterns of food availability likely influence the health and resilience of coral populations around the world," said Jen Smith, Professor of marine biology at Scripps and co-author of the study.

"It is exciting to know that corals have a lot more food flexibility than we previously thought and this flexibility could help them ride out the climate change storm that is seemingly inevitable."

The research was published October 18th 2018, in Current Biology.

Freshers' Flu: Real Or Not?



by CHARLOTTE BILSBY

Every September students from all over migrate to the small city of Bangor. After the heavy drinking period known as freshers, lectures begin in full-throttle. By mid-October, everyone is wrapped up and fully dosed with flu medications and feeling absolutely rotten. The plague of Freshers' Flu has hit Bangor. We know most of you are probably feeling it, but is Freshers Flu an actual illness?

One thing Freshers' Flu isn't, it is not a 'flu'. Seasonal influenza's, which emerge from South-East Asia, don't usually present cases until December. There is, however, a very small chance that it could be the very rare, influenza C, but there is little surveillance and therefore no information on the links between Freshers' Flu and influenza C.

It is not uncommon for large outbreaks of respiratory illnesses to pop up but these aren't generally seasonal. Freshers' Flu outbreaks occur annually from the end of September through October. Drinking, stress, alcohol, and lack of sleep are all contributing factors to being hit with a case of Freshers' Flu. Though everyone gains natural immunity throughout their life, the gathering of students from various backgrounds results in individuals being exposed to new illnesses. However, the lack of research on Freshers' Flu leaves most assumptions unresolved.

Freshers' is real! But it's not a 'flu', it's just a really bad cold.

'Magical' Unicorns Of The Sea

by CHARLOTTE BILSBY

Unicorns of the sea (formally: Narwhals), are nature's strangest, oddest and probably most beautiful marine mammal (in my opinion, anyway). Sadly, they are neither sparkly, nor rainbow coloured. What is cool though, is that they change colour throughout their life. Narwhals have long protruding tusks, which is where they receive their status of "unicorns of the sea". These tusks are mostly found in males and are basically a giant tooth. It grows to 8.8 feet in length and the presence of such an unnecessary dental accessory still baffles scientists to this very day. Narwhals are closest living relatives to the Beluga whale and like these whales Narwhals travel and feed in pods. Although they are fairly hard to spot in the wild, narwhals can be located in Arctic waters and currently that is the only place they can be found, as no Narwhals are in captivity.

A New Snake On The Block



An Adult Aesculapian Snake caught at the Welsh Mountain Zoo.

by DEVLAN ALKINS

The Welsh Mountain Zoo is nestled in the hills of Colwyn Bay and features; Snow Leopards, Sumatran Tigers, Red Pandas, Brown Bears, and various other exotic animals from around the world. However, these animals are not the only ones to call the zoo 'home'. Living wild in the grounds of the zoo is the elusive Aesculapian snake.

The Aesculapian snakes are thought to have ended up in the zoo grounds in the 1960s, when a pregnant female escaped captivity. Since then, they have successfully set up a breeding population. However, fear not; despite being wild in the zoo grounds they pose no threat to humans and are rarely sighted.

The Aesculapian snake is named after Asclepius, the Greek god of Medicine, and is not a native species to the small Welsh town it is found in.

They are usually found across Central and Eastern Europe in a broad range of habitats, from bare rocky hills to high tree canopies. Typically, these snakes grow between 110 centimetres and 160 centimetres, although the longest Aesculapian snake on record measured 225cm. Aesculapian snakes are constrictors and feed on small rodents. As adults, they appear golden-brown with white speckles along their bodies. As juveniles, however, they sport a distinctive yellow collar and a

dark body pattern.

Currently, the Aesculapian population is being monitored at the zoo by staff and by Bangor University lecturer Wolfgang Wüster with students Thomas Major and Devlan Alkins, to determine the impact on the native fauna. So far, there is no sign of the Aesculapian snakes causing any damage to Colwyn Bay or its native wildlife.

Is Linguistics A Science? Need To Knows For Pub Debates

by OLI HEWSON

There is some irony in that establishing Linguistics' credibility as a science necessitates the use of a linguistic system. But onwards we shall proceed!

Several theories attempt to explain how the mind defines and groups concepts (AKA "words"). Simplest (look to Occam's Razor) is the

Classical Theory. Basically, you group objects binarily based on their shared properties. Concepts either belong in the group or they don't. Easy. (If you're a biologist, replace "concept" and "object" with "organism") There's a whole lot of logic that follows enabling the precise categorisation of each and every conceivable concept, but the similarity is all that matters now.

So: as succinctly as I can manage:

science is the systematic studying and consequent establishment of patterns and rules fundamental to the physical and natural world. How're them apples?

In trying to establish a precise definition of linguistics, I initially concluded that it was not a science, but neither was Biology and had to start again.

The study of linguistics encompasses every aspect of

language: its structure, function, sound; it incorporates aspects of philosophy and attempts to explain sociological effects. Integral across all of these sub-disciplines is the establishment of patterns.

In 170 words, according to the classical theory of categorisation, Linguistics is a science.

ENVIRONMENT

“Over and over, the economy has determined the extent of our response, but how much value does it place on breathable air, drinkable water, edible food and stable weather and climate? Surely the economy is the means to a better future, not an end in itself. Surely it must be subordinate to a rich, diverse ecosphere that sustains all life”

Dave Suzuki

The Dark Forest

by Edward Thomas

Dark is the forest and deep, and overhead
Hang stars like seeds of light

In vain, though not since
they were sown was bred
Anything more bright.

And evermore mighty multitudes ride

About, nor enter in;
Of the other multitudes that dwell inside

Never yet was one seen.

The forest foxglove is purple, the marguerite
Outside is gold and white,
Nor can those that pluck either blossom greet
The others, day or night.

A Plastic World: Why did we become so dependent?

“It is a world free from moth and rust and full of colour, a world largely built up on synthetic materials made from the most universally distributed substances, a world which nations are more and more independent of localised naturalised resources, a world in which man, like a magician, makes what he wants for almost every need out of what is beneath and around him.”

Yarsley & Couzens 1945

The Forest You Breathe: Reconnecting With Nature For Improved Mental Health

A walk through the woods could be the perfect way to improve your state of mind, as scientists connect the particles in the forest air to positive physiological well-being in humans.

Being in forests has long been recognised for lightening an individual's mood and alleviating symptoms of stress in patients. Shinrin-Yoku meaning to 'forest-bathe' or 'take in the atmosphere of the forest', was the term coined in the 1980s by Japan's Forest Agency. Currently, it is being applied as a therapy in many parts of Japan and has even been prescribed in Scotland as

part of treatment programmes to cure chronic illness.

In Japan alone, over 4 million dollars was invested into discover the science behind the story. A wealth of knowledge has been revealed to finally prove the physiological benefits of being in a forested environment: heart rate and blood pressure decrease; reduction in cortisol levels (a hormone released in times of stress); improved sleep; heightened abilities to focus. The benefits all contribute to a better functioning immune system. So... What is this magical medicine?

They say that to 'bathe' in the forest

is not only to witness the aesthetics but to inhale the benefits too. Trees release Phytoncides (an essential oils) to protect themselves against insects and germs. Scientific research suggests, that when we breathe in these organic compounds over a short period of time, an increase of Natural Killer (NK) cells is observed. NK are classified as Lymphocytes, and are what your body releases to ensure a rapid response to virally infected cells. They are also known for detecting and controlling early signs of cancer. The studies have confirmed that following a Shinrin-Yoku session, NK cell activity increases for a week or more (some

studies show up to a month).

Living in North Wales, we are lucky enough to be in place that hosts some of the UK's most renowned areas of natural beauty. Coed Y Brenin, Gwydir, Maes-y-Pant and Nercwys are just 5 of the forests you can go to for a bit of healing from Mother Nature. So there is absolutely no reason to stress: grab your coat and walking boots to create and experience your very own 'Shinrin-Yoku'.



Photograph by Llyn Parc Mawr Community Woodland Group

Tree Planting in Newborough

Llyn Parc Mawr Community Woodland group (LPMCWG) are encouraging students to join their tree planting events 4th October and 2nd December

In 2014, 50 local people took the decision to work with nature and begin a forestry project that would promote sustainable forest management and engage the surrounding community with the process. Much work has been accomplished since then and the group perseveres in order to ensure environmental, social and economic aspects of sustainable management are met.

Part of the forest management objectives involve maintaining recreational areas and developing the woodlands as an educational resource. Pertaining to these aims, the group hosts a variety of events on site, from Red Squirrel spotting to Fungal Forays' and even the old Mad Hatters Tea Party on occasion.

Melissa, Founding member and Education Officer for Llyn Parc Mawr says: "Including families, children and young people in the tree planting process is really important to us – they will be the ones who see the trees grow and are able to mark the passing of time

through watching them..."

Along with tree planting, integrating forestry within the local community requires other engaging activities for children, such as forest schools and den building among many other lively events. As much effort as this requires, there is also the forest itself to maintain.

Besides the social aspect of LPMCWG, the 24 hectares of woodland require physical management throughout the seasons, which is where you come in. One of the main objectives of the group is to increase the health of the forest and the animals which reside there, requiring an enormous amount of commitment.

"... because we want to ensure the forest is sustainable in the long term we have been under-planting (or enrichment planting)..."

Tim Peters, another founding member and vice-chair of Llyn Parc Mawr.

continues on to explain the detrimental effects of Dothistroma needle blight on the growth of mature Corsican Pines. Shade-resistant trees need to be planted underneath the canopy. This process increases structural diversity and also means that if a larger tree falls down, the forest has one already growing to take its place. The term 'continuous cover forestry' is used to describe the management technique.

Llyn Parc Mawr Community Forest Woodland Group aims to incorporate many key principles of long-term forest management including community and sustainability. By engaging with the wealth of educational (and not to mention fun) activities available, you will have a chance to be out in nature and be an integral part of forest growth. You will also gain the opportunity to see the community perspective on forest management and sustainability.

Address: Niwbwrch, Llanfairpwllgwyngyll LL61 6SU



Waste Awareness Week Success



If you haven't already heard, 'Waste Awareness Week' (or W.A.W.) has been a huge success. The Sustainability Lab has been busy this autumn period preparing for and carrying out Bangor University's very own waste initiative. It has been dedicated to raising awareness and introducing positive solutions for environmental sustainability. Combining forces of numerous University departments and external organisations alike, our staff have worked tirelessly to offer five days of proactive events enabling students to contribute to waste solutions, both now and in the long term.

"Waste Awareness Week" was all about education and how students could help further their ideas for environmental safeguarding. Talks on education resources and job prospects within environmental sectors helped our students getting to grips with where

they could go in the future. Visits from the likes of Natural Resource Wales and Ynys Resources demonstrated the opportunities out there.

The enterprise seemed to extend its influence much further than just the University walls. Information on recycling was shared throughout accommodation with visits to private housing too. Along with the beach clean-up event, the departments did a brilliant job in covering all aspects of the environment.

"I always join the beach cleaning trip as it raises my awareness about waste management and sustainability. The ocean hosts 80% of the planet's biodiversity but is where over 144,606,491 pounds of trash are found (world-wide, from Alaska to New Zealand) in the last 25 years and this is a big threat to marine wildlife. Volunteering on this waste awareness week let me realize

that I have saved at least a few innocent lives. I am contributing my best efforts and feel that this week has developed my personal perspective towards the ecosystem," says Rezowanna Mannan, MSc Molecular Biology with Genetics. It is clear that this event has had a positive impact on the students and will continue to leave us with a renewed sense of what it means to be environmentally friendly.

From quizzes to eco-crafts and information days to debate nights, the University created a wonderful week to remind us of how our decisions influence the world we live in. Action is key to change and students who seek to learn are well on their way to promoting that change. With these ideas in mind, we hope that 'Waste Awareness Week' will continue to thrive throughout the year.



Photograph by Sustainability Lab

Free Carbon Literacy Training at Treborth



On 17th October, a free course was held at Treborth Botanical Gardens to educate the attendees on how to reduce their Carbon Footprint. The event was organised by Social Farms and Gardens Community Growing Projects whom run environmentally conscious activities throughout Wales. Starting

from Manchester Carbon Literacy Project, Carbon Literacy training has spread across the U.K. through peer to peer learning practices. Rhodir Thomas, our speaker and trainer from Sustain Wales, covered many aspects of Climate Change and spoke about ways in which we can integrate change into our daily lives.

An explanation of the Carbon cycle was first on the agenda making sure everyone was up to scratch with the basic schematics. For 300 million years fossil fuels had been forming from the Carbon in the remains of phytoplankton, animals and plants. As the organic matter decomposed under immense pressures and temperatures, these fuels were formed. Now, we see the natural cycling of Carbon, a fine balance of complex geochemical processes, has been seriously perturbed by the burning of fossil fuels and consequential release into our atmosphere.

The talk also discussed anthropogenic activities and how energy intensive our everyday behaviours may be. Take a cup of tea for example, how often do we think of the chain of supply from which it came and what does it cost in Carbon? Another hot topic is dietary choice, 'To Vegan or not to Vegan?... that is the question.

As our very own Climate Minister

Claire Perry so eloquently put it: "I think you're describing the worst sort of Nanny State ever. Who would I be to sit there advising people in the country coming home after a hard day of work to not have steak and chips?... Please..."

The discussions of the group highlighted the energy intensive practices of meat production, transportation, and heating of homes: Are these of low, high or moderate impact in terms of Carbon Emissions? Are we willing to change? And if not, what are the consequences?

Climate change and its impacts are consistently in the news. More extreme weather events! Droughts and floods and wildfires... the list goes on. Focusing on North Wales thought, the 'Will I Need my Brolley?' section of the course illustrated the likelihood of coastal flooding, increases in storms intensity as well as higher Summer temperatures. The need to prepare for such events was clear.

To Conclude: How to Reduce Your Footprint?

The take home message was clear. There are a wealth of organisations working for zero carbon across the world as well as ample opportunity for the individual to change basic behaviour patterns for the hope of a sustainable future. Innovative technologies creating viable solutions to what we believed were insolvable issues; concepts of a circular economy or closed loops production systems for industries; investing in renewables; voting for a greener world; eat less meat; cycle more; have one less baby (no one was too keen, though it would reduce your footprint dramatically). The solutions are present and there is a great need for alterations in the individual's mentalities as well as a true systemic change to our current consumption paradigms.

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CAMPUS LIFE

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Photographic Society: October Picks

Long exposure shot taken on a cloudy day, at Waterloo bridge in Betws-Y-Coed.



Photo by Anh Nguyen Van

Photo by James Hutchinson



A picture of a Mersey Tunnel ventilation tower at the right place and time.

If the eyes don't talk to you, I didn't do my job...



Photo by Francesco Rota

Photo by Jimena Bautista



Photo by Francesco Rota



Pictures are often overthought, sometimes it's good to just snap the moment.



Photo by Chloe Glover

TRAVEL

Vegan
Festivals In
Vegan Month

With Vegan month taking place in November, here's a list of Vegan festivals taking place in and around the UK in the next month – a great excuse to travel and try animal-friendly food and products!

3rd Nov 2018

North East Vegan Festival

Bath Vegan Festival

10th Nov 2018

Vegan Fair at Wellington Market

Coventry Vegan Festival

Glasgow Vegan Festival

17th Nov 2018

Dundee Vegan Festival

Manchester Vegan Christmas market

18th Nov 2018

Brighton Vegan Festival

24th Nov 2018

Oxford Eco Vegan Festival

LABL Christmas Vegan Fair Liverpool

25th Nov 2018

Rochester Vegan Christmas Market

1st Dec 2018

Paris Vegan Festival

Gloucester Vegan Christmas Market

Birmingham Vegan and Green Festival

2nd Dec 2018

Norwich Vegans Annual Christmas Market

9th Dec 2018

Welsh Vegan Winterfest (Cardiff)

Spooky Places To Visit In North Wales

With Halloween only a few days away, what better way to spend reading week (if you're lucky enough to have one!) than by exploring the haunted haunts of North Wales?



by SOPHIE ELERI JAMES

Plas Teg House

A Jacobean country house in Flintshire. Reportedly there are 15 ghosts that wander the grounds; the house is said to be the most haunted house in Wales! Supposedly the building was used as a court, where people were put on trial and hung. There are many tales that are told about the ghosts in Plas Teg, including the death of the original owner's daughter, Dorothy, who either fell or was pushed down a well. Look on the website for details of tours!

Denbigh Castle

Overlooking Denbigh, the castle was built after the last Welsh prince was killed, and is said to be haunted by the ghost of Henry de Lacy's son, who slipped and fell from the tower. Sightings of his unhappy face have been rumoured to be seen looking through the windows. A 'white lady' has also been reported to wander around the grounds, 'gliding' down footpaths, surrounded in mist.

Beddgelert

Literally 'Gelert's Grave' is known for its legendary tourist attraction. If you've not yet heard of Llywelyn the Great and his dog Gelert, definitely

have a look into the Welsh myth! Apart from sightings of the big black dog, figures of a phantom horseman have been sighted, as well as yet another lady dressed in white. Both spotted on the Aberglaslyn pass.

Beaumaris Gaol

Built in 1829, the building has had many purposes, including housing the hanging of two men, both of whom are buried in the walls. Reports say that a gentleman walks around the corridors, knocking on doors, and there are tours of the building that take place regularly. It's seemingly aimed to bring in tourists, but who

knows what you might find?

Abandoned Hospital

An epidemic of typhoid broke out in 1882 in Bangor, killing 42 people. Shortly after, Minffordd hospital (near to St Mary's halls) was built to house people with infectious diseases, with multiple isolation units. The building was later used as a community hospital, but was closed down in 2006, leaving the building in ruins. Who knows what lurks there, especially in the dark...



Keep an eye out for GermanSoc's review of their very own Oktoberfest celebrations in next month's paper!

by SOPHIE ELERI JAMES

It's highly likely that you've heard of Oktoberfest – or Wiesn as it's called in Germany. This 16-day festival takes place in Munich, with huge amounts of beer consumed every year. Despite the name, the festival actually takes place at the end of September and runs through to the first Sunday in October, with millions of people from around the globe flocking to Munich every year. With 14 huge tents that serve beer, who can blame them!? The biggest tent can hold over 9000 people inside! This year 13,000 people were employed to run the 545 different businesses that set up shop to provide for the hungry, beer-craving public.

Oktoberfest has been running since 1810, when the Bavarian King Ludwig I married Princess Therese of Saxe-Hildburghausen on 12th October. The festival has come a long way since then; you won't find horse races, but

instead you'll see beer being carted through town on horse carriages; instead of simple bowling alleys you'll get a bit of more of an adrenalin kick on the many rollercoasters in the grounds. Oktoberfest has many traditions, but the most popular one is definitely the tapping of the first barrel of beer, performed by the mayor. You can also collect the

annual souvenir mugs, and get your photo taken by the Royal Bavarian Court Photographer – with props and costumes too!

If you've never been, or can't make it next year, look out for celebrations in the UK – the festival has inspired many smaller celebrations in many countries, and every year there's a tour that goes through

the UK. This year the tour visited Maidstone, Hemel Hempstead and Middlesbrough, but there are lots of other places that take part in the festivities. Cardiff Bay held a 4-day event, and there was even an event in Llanbedr. However, if you can't find the time or missed the fun, just head to cube and order a pint in the Bier Haus – it's close enough!



TRAVEL

INTERVIEW: Salma ElDamarawy



by SOPHIE ELERI JAMES

Born and bred in Cairo, Egypt, Salma moved to the UK to study Psychology with Business two years ago. Now 21 and in her third year of university, Salma is making the most of her experience and fills her schedule full of societies and projects. For example, she's the secretary of Enactus Bangor (the entrepreneurial organisation for students) and the social sec for Vegsoc. On top of this, she is also one of the project managers for the volunteering project Hungry Dragon – a "social enterprise that tries to extend the shelf-life of fruits and veggies by preserving them and creating new products" to sell to the public. As well as being interested in lots of different things such as boxing and canoeing, she has also found the time to become an International Student Ambassador. I am lucky enough to live with this amazing bundle of energy, so I sat down with her and asked her some questions about her experience...

I'VE ALWAYS WANTED TO EXPLORE SOMEWHERE NEW

How did you know that you wanted to study abroad in the UK?

I went to an English international school in Cairo, so I always had a connection with the outside world. I've always wanted to explore somewhere new and find somewhere that might fit me more.

How did you find the speed of English when you got here?

I think it was the accents [that were

harder to grasp], rather than the speed. But then maybe I'm not the best example...I had teachers who came from other places, like Glasgow and Newcastle. They don't speak English. They think they speak English but they're wrong! [laughs]

Why Bangor University?

I did my own research and looked at the ratings of different unis for Psychology and found that Bangor was a good one. I found the Psychology with Business course on UCAS, which is something I'm really interested in, and never knew existed. Bangor has a lot of really cool course-remixes. What made me actually choose it was that they gave me a scholarship, and even though I think all international students have it, it made me feel wanted.

What was it like moving from Egypt to Bangor?

I came by myself, because my parents didn't have the visa to come over. It was a pretty big event organising everything and I'd never travelled alone, so I had to just grow up all of a sudden. There wasn't one

specific culture change that I noticed, but I've noticed I am just a different person here than I am there. People are quieter here – so much quieter! I feel like I stand out; every time I come back from Egypt, the first week I just feel like I'm too loud! And then when I go home it's so busy and loud and family-oriented. It's not the same way of expressing your emotions here, I don't think – you're calmer, more polite, and just more, you know, chill.

What was it like settling in?

It was just me, my bag and my backpack. In some ways it was difficult condensing my life down into two bags but I'm pretty minimal anyway, so it wasn't a huge problem. I came late, after Freshers', so I didn't move in at the same time as other international students. I don't remember having problems making friends though; I felt really welcomed.

Have you had to become more independent?

I think I've become a lot more

I'D NEVER TRAVELLED ALONE, SO I HAD TO JUST GROW UP ALL OF A SUDDEN

independent, like, now I have to take care of everything myself. I have to go to the doctors alone, I have to travel alone, I have to remember to take my passport! As silly as that sounds – you just have to learn to take care of yourself. I feel like I would have felt more secure at home, so maybe [I would have been] less independent.

Do you know if Egyptian universities are different from those in Britain?

Yeah, I went to uni there: I spent one semester in the American University in Cairo before deciding to come study in the UK. Because it's American, you don't get a course and then follow all the modules for that course; you get core modules and elective modules for your course. I don't think that the course would have been as in-depth as the course I'm doing now, but I do think that option might give you a more rounded experience.

What's the general perception of the UK in Egypt?

Uptight. Very uptight. And drink lots of tea but with milk, gross. What else... follow the rules strictly. Cold. Very punctual. We think everyone's posh too.

Did you know that Wales had its own language before you came here?

Not really... I remember [laughs] some office in the university sent me a letter, which ended in 'Warm regards, Swyddfa blahblahblah', and I replied 'dear Swyddfa'. So, yeah. There would always be writing that I couldn't

understand, but it wasn't until I got here that I realised why 'Swyddfa' wasn't a human being. ('swyddfa' is the Welsh word for 'office')

What's your favourite place in Bangor?

The terrace outside Main Arts, looking out over Bangor. It puts everything into perspective – if you want to show someone around Bangor you have to take them there, so they can see where everything is.

Salma's Egyptian food recommendations:

Koshari - boiled pasta, spiced rice and lentils, garlic tomato sauce, fried onions, chickpeas and then garlic sauce drizzled on top. (I can vouch for this – it's very tasty!)

Kunafa - a dessert with hair-like semolina dough and rose water, soaked in a really sweet, really tasty syrup, topped with crushed pistachios.

Halloween In Different Languages

Halloween' doesn't actually translate – as it's part of Western culture, it's generally just known as 'halloween' in different languages. I thought showing the different ways of spelling it in some languages with different alphabets might be interesting though...

Welsh = Nos Galan Gaeaf

Arabic = عيد الرعب
(eyd alrueb)

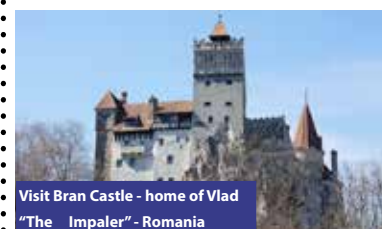
Bengali = হ্যালোইন
(Hyālō'ina)

Chinese = 萬聖節
(Wànshèngjié)

Greek = Απόκριες

Turkish = cadılar bayramı

Celebrating Halloween Around The World



The origins of Halloween come from Samhain, a Celtic celebration where people would ward off ghosts and spirits with bonfires and costumes. Pronounced "sow-in", the day marks the end of harvest and beginning of winter. All Saints day is also celebrated on November 1st, and so the night before became known as 'All Hallow's Eve' - and later Halloween. Whilst Samhain is specific to Scotland and Ireland, All Saints day is a Christian celebration and comes from the belief that between the living and those in heaven, there's a strong spiritual connection. Halloween has now evolved into a secular celebration, full of spooky costumes, scary movies and sweets. The day is celebrated all around the world, and here are some of the most interesting ways it's celebrated...

FOOD & DRINK

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

BAR UNO

Sunday 7th October – Free Sunday Roast 6pm (booking campuslife@bangor.ac.uk)

Friday 19th October – Free Chippy Tea 6pm

Sunday 21st October – Free Sunday Roast 6pm (booking campuslife@bangor.ac.uk)

BRAINT COMMON ROOM

Monday 8th October – Board Games & Biscuits 7.30pm

BARLOWS KITCHENS

Tuesday 9th October – Learn to Cook Italian 7pm

Friday 19th October – Free Chippy Tea 6pm

Tuesday 23rd October – Learn to Cook Chinese 7pm

FRIDD

Wednesday 10th October – Wednesday Warmer 11.30am

Wednesday 24th October – Wednesday Warmer 11.30am

ST MARYS

Wednesday 10th October – Wednesday Warmer 11.30am

Wednesday 24th October – Wednesday Warmer 11.30am



World Vegan Day



GO VEGAN



COMPASSION



NONVIOLENCE



FOR THE ANIMALS



FOR THE PLANET



FOR THE PEOPLE

by SOPHIE JAMES

November 1st is generally full of eating Halloween sweets from the night before, but for many it also marks the celebration of Veganism.

World Vegan Day started in 1994, in order to celebrate the 50th anniversary of the establishment of the Vegan Society, and it marks the beginning of Vegan month. As well as a celebration, it's also a really good way for people to learn a little bit more about this way of life. It's a great time to ask what Veganism actually is, and learn to see things from a different perspective. It's a common misconception that

Vegans will preach their opinions in a way that is ignorant to different opinions, but it's really important that we discuss the movement, and all things related to it. More and more people are realising the impact that our diets have on the planet, and there's never been an easier time to make adjustments to our lifestyles. Veganism not only can benefit our wellbeing, but can also lessen our impact on the environment. If you've got a spare five minutes (for when you're procrastinating that essay!) google 'Veganism and the environment' and have a look at how much you could reduce your environmental impact by just cutting out some things, or swapping them for others.



The



Cup Of Death

By PAIGE BROOK

A Halloween punch drink for all you feeling festive, that would be perfect for this spooky season is the 'Cup of Death'.

This number is made up of 4g of unsweetened grape soft drink mix, 4g of unsweetened orange soft drink mix, 2 cups of sugar, 3.4 Litres of cold water and 1L of ginger ale.

To begin with, you must wash a disposable glove then fill with water and

seal. This will be placed in the freezer until thoroughly frozen through.

Next, stir the grape and orange soft drink mix, sugar and water together - until all lumps have gone from the mixture. Add the chilled ginger ale just before serving.

Get the frozen hand out of the freezer and place under running warm water to remove the glove. Then, immerse the hand in the punch bowl for a freaky effect.



Bangor's StrEAT Festival



by PAIGE BROOK

Bangor's first ever food festival, which took place on Sunday 30th September, shed light onto the culinary artists close to home. With over 15 different food stands, a cocktail garden, and live performances on stage, we were quite frankly blown away. This excellent bonanza was put together and raised all the spirits of the otherwise boring, hungover Sundays. Open to all members of the community, it welcomed students and locals to come together

and socialise in a means that isn't a noise complaint.

As soon as we approached Bangor High Street, our nostrils were overwhelmed with the amount of flavours in the air and we proceeded ahead with sheer delight. The vast majority of stands provided for inclusion of all palates and dietary requirements, and an all-round great day!

At first, we waded round the busy queues, taking in all the sights and sounds, this led us to the sizzling spectacular of Bigo's specialist sausage stand. Our editor, Finnian Shardlow,

dived right in with their signature hot dog, and gave us a solid 10/10 review. Smothered in sauerkraut and onions, this massive bratwurst laid in a bed of ketchup and mayo. Next, we ventured down into the park, following the sounds of the sirens of the stage. This was accompanied by many a dancing toddler, and adults swigging their craft beers; truly a family day out.

Popular stands of ours included Chocolate and Churros, as well as the Cove, who were debuting their latest cocktail: Watermelon. This entails half a watermelon, shelled out and the in-

side blitzed with a selection of spirits and tastes extremely sweet and fruity! The High Street was flooded with bobbing heads queuing for some grub and with most stalls selling out before the end of the day you can tell the day was a great success, boosting morale and atmosphere of the surrounding areas.

A special highlight of mine was watching the sheer volume of dogs enjoying their time running around the cocktail corner, shout out to Finlay the dog - we love you!



Pret Faces Pressure For Mislabelling Of Products



by PAIGE BROOK

Natasha Ednan-Laperouse and Celia Marsh are the first two named victims from Pret a Manger. Both these women suffered fatal allergic reactions due to the severe lack of labelling of their food products. These losses have caused uproar with many of the public coming forward with their own stories where they have suffered as well. The two stories that have come to light in the media are as follows.

Natasha Ednan-Laperouse age 15 died due to inadequate allergy warnings of sesame seeds in the baguettes at Pret a Manger. She collapsed on a British Airways flight from London to Nice on 17 July 2016 after eating an artichoke, olive and tapenade ba-

quette.

Under EU regulations, food companies are required to warn customers about allergy risks either on signs and packaging or orally, usually meaning they are told to inquire themselves. The artisan baguette did not have the required warnings of allergy risks on the packaging as Pret chose to delivery allergy information orally, "ask staff for details". This absence of labelling reassured Natasha that this sandwich was okay for consumption, but hours later, even after 2 doses of the EpiPen, Natasha was pronounced dead at a hospital in Nice.

Six allergic reaction cases were presented and logged within the last year, alongside the company as a whole receiving nine complaints of sesame-related allergy incidents.

Four of these required hospital treatment, the rest to a medical centre, and the extent of ignorance from Pret a Manger over these findings is jaw-dropping. Merely nine months before Natasha's death, another woman suffered a severe anaphylactic reaction from the sesame in a sandwich, the sole reason for her survival was due to the quick reactions from her father who was a doctor.

The second victim of Pret a Manger's mislabelling is Celia Marsh, a 42-year-old dental nurse who died due to an allergic reaction from eating the 'Super-Veg Rainbow Flatbread'. This product was supposed to be dairy-free, but the ingredients of a yoghurt in the flatbread was contaminated with milk protein. She bought the sandwich in Bath back in December

2017. Pret proclaimed at the time it was mis-sold as a guaranteed dairy-free yoghurt by CoYo.

CoYo is a coconut milk brand that is endorsed by Nigella Lawson, they provide vegan alternative forms of milk for those with intolerances. Yet since Celia's death, CoYo recalled the yoghurts in February after being probed by the FSA (Food standards agency) but has denied links to Ms Marsh's death. They have since accused Pret of hampering with its own investigation through failing to provide key information. A spokeswoman stated "Pret's inability to provide us with a batch code, despite several requests, has severely limited our ability to investigate this further".

CoYo previously said it was "devastated" to discover dairy in its yoghurts,

"especially as being dairy-free sits at the heart of everything we do". It said it had carried out a "thorough review" of its ingredients and identified that the contaminated material was provided by an external third-party supplier whose relationship had now been terminated.

An inquest into the deaths will begin on Monday 8th October and will look at how one of the country's biggest food chains failed to list the seeds as an ingredient. During the inquest the coroner will hear evidence from both the Pret a Manger store manager on the date Natasha bought the baguette, and the head of safety and compliance at the UK-based sandwich shop chain, which has 500 stores worldwide.



New Local Heroes: The Cove

by PAIGE BROOK

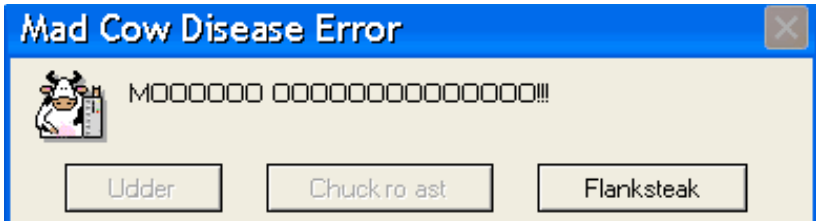
The latest addition to the local background giving us the feel of the Caribbean and a floral garland to rock for your 9am: The Cove. The coffee and rum shake gives us the best of both worlds, allowing students to drown their sorrows in alcohol late night, and then give them a

kick up the arse coffee the following morning. Their world famous (at least in my world) fish bowls consist of: Vimto, Caribbean, and Blue Lagoon. At £10 a pop, these beauties taste like fruit juice and are easy to get down, then once in Academi you won't need to be whipping the contactless out.

Being new on the scene, they are currently posting plenty of competitions online via their Facebook page,

be sure to like, comment and share for your chance at winning! I had the pleasure of winning their £100 bar tab, and the team and I dived straight in (for research purposes, obviously). Credit to the bar staff for handling us and creating a fantastic atmosphere for the evening! Open till late and situated fantastically between Asda and Academi, it's surely something to check out!

Confirmed Case Of Mad Cow Disease



by PAIGE BROOK

BSE, also known as Mad Cow Disease, has returned with one case appearing in Aberdeenshire, Scotland.

BSE (Mad cow disease) itself can be transmitted to humans through contaminated meat consumption, thus, causing a fatal infection to the brain called variant Creutzfeldt-Jakob disease (vCJD). Scotland was declared BSE-free in May last year, officially earning the status of "negligible risk", but after this isolated case its beef exports will be placed on the lower "controlled risk" status used for exports from the rest of the UK. This farm has so far confirmed one case of BSE and has placed precautionary restrictions

to identify and investigate the origin of the disease.

So far, the Scottish government has released a statement proclaiming that it does not believe this case to be a threat to human health. Many have spoken out regarding the case and most focus on finding the cause and origin of this outbreak while attempting to monitor and contain this case of BSE. The rural economy secretary Fergus Ewing released the following: "Following confirmation of a case of classical BSE in Aberdeenshire, I have activated the Scottish Government's response plan to protect our valuable farming industry, including establishing a precautionary movement ban being placed on the farm".

The main focus of this investigation is to identify further into the origin

of this disease and to further our understanding into this; This is highly stressed by Sheila Voas, Chief Veterinary Officer, she believes that the public should be reassured that the Scottish Government's procedures put in place are protective of handling this case, and that they are also ready to respond to any further confirmed cases. The government are also working closely alongside the Animal and Plant Health Agency.

While this may cease the amount of trading in meat through Scotland, it does allow for the science to progress into the causes and origins of how this has come about and potential to tackle further contamination. Perhaps, if contained, can also provide us with research into solutions for this disease.

Top Take Away Deal Of The Month

DRAGON JUNCTION



Mega Box 2 £18

Dragon Junction located 293 High street, Bangor, LL57 1UL.

The Mega Box 2 is perfect for wiping away your post freshers' flu for you and your house mates. This month's bangor of a bargain is £18 inclusive of:

- 4 chicken or cheese burgers
- Large cheesy chips
- Onion rings

- Any 2 sauce pots
- 1.5 litre bottle

This equvalates to £4.50 each for this bundle of pure joy. This wonderful delight has presented itself in person, on-line or through Deliveroo and Just-eat with minimum £10 for delivery.

Contact Number: 01248 208767.

Opening Hours: M-T 11-8pm, F-Sat 11-9pm, Sun 3pm-9pm.

LIFESTYLE



Beauty Buys for Breast Cancer Awareness Month

by COURTNEY MCHUGH

Breast Cancer Awareness Month takes place from October 1st to October 31st every year in order to increase the awareness of the disease and to help raise funds for research into its cause, prevention, diagnosis, treatment, and cure. Many companies partner up with breast cancer charities to promote Breast Cancer Awareness Month by selling limited edition products whose profits will be donated to a wide range of breast cancer charities. My 3 favourite Pink Ribbon inspired products are:

Rimmel London Stay Matte Lip Colour

Rimmel London's Stay Matte Liquid Lip Colours are currently being sold in Asda as part of their Tickled Pink Campaign. All of Asda's limited edition Tickled Pink products donate a percentage of their revenue to Breast Cancer Care and Breast Cancer Now.

The 5.5ml liquid lipsticks in the

campaign come in 8 different shades including Mocha, Be My Baby and Fatal Kiss. Retailing at £4.50 with a minimum of 10% of its profit going to charity, how can you say no?!

Elemis Pro-Collagen Rose Cleansing Balm

Elemis have created a limited edition in support of Breast Cancer Awareness. The balm retails at £68 which, I am not going to lie, is very expensive (especially for us students!). The limited edition cleansing balm which features an exclusive rose design by Lily and Lionel deserves an honourable mention as Elemis are donating £25,000 to the charity Breast Cancer Care, regardless of the sales of the product. A perfect (albeit, early) Christmas gift for a loved one, perhaps?

Vintage Rose Rabbit and Cabbages Make Up Bag

This cute and quirky makeup bag is up for grabs on Breast Cancer Care's own website. Printed exclusively by Thornback & Peel for Breast Cancer

Care, the nature-inspired makeup bag is currently retailing at £22. All profits made on the make-up bag will be given to Breast Cancer Care.

Breast Cancer Awareness is focused on substantially more in October however, awareness is raised all year. Bangor University has an official breast cancer awareness society that goes by the name of **Bangor Uni Boob Team**. Bangor Uni Boob Team raises money in aid of the charity Coppafeel! Bangor Uni Boob team chose 'Coppafeel!' as their designated charity as "it aims their awareness at young people" and the society members feel as though the majority of young people are not aware that the youth are also susceptible to breast cancer. The university's team offers a free text reminder each month which encourages people to check their breasts and pecs regularly. The society is "for guys, gals and non-binary pals" as breast cancer does not just affect women. To receive monthly reminders to check yourself, please text **UBT BANG to 70500**.

October Favourites

MARIO BADESCU SKIN CARE

Established 1967

by COURTNEY MCHUGH

As students, we are kept to a tight budget during our time at university. That doesn't mean we shouldn't treat ourselves occasionally! My favourite beauty product has been the Mario Badescu Facial Spray with Aloe, Herbs, and Rosewater. This is a firm favourite of mine as it has

several benefits: it refreshes the skin and it can also act as a setting spray. In the heat of the nightclubs, this spray helps your makeup last a couple of hours longer. It is versatile and suitable for all skin types.

Retailing at only £7 for a 118ml bottle, this is a bargain you don't want to miss!

The Beauty of North Wales: Snowdon/ Yr Wyddfa



by COURTNEY MCHUGH

Wales is a very beautiful place so during your three years (or more!) here, I recommend visiting as many sights as you can. The Beauty of North Wales: Snowdon/ Yr Wyddfa The Beauty of North Wales: Snowdon/ Yr Wyddfa Snowdon is the highest mountain in Wales; peaking at an elevation of 1,085 metres above sea level. It is in the same county as Bangor - Gwynedd and is a 20 minute drive from Bangor and is easily accessible by public transport too. Companies such as Snowdonia Outdoor and Glyn Peris offer guided walks if you do not want to travel alone. There are 6 main routes to the peak of the summit, so you are spoilt for choice! Climbing Snowdon might seem like quite the challenge but it is a great route for novice walkers to take.

In order to climb Snowdon, I would recommend that you should only do so if you are prepared with suitable

equipment and are moderately fit. One of the most important pieces of equipment you should have before you start your journey are a pair of walking boots as they have more grip than other footwear and Snowdon can get pretty slippery! When you reach the peak, it will be much colder than it was when you started your journey. For that reason, you must always take warm clothing, even if it's a hot, sunny day!

For those of you who do not want to walk, there are trains that will take you all the way to the top of the summit however these only operate from mid-May until October, however, I would recommend walking. The journey to the peak and back is about 6 hours - but the view you see when you reach the top makes all the exercise worth it. Whether you are in Bangor for a semester or three years, I recommend visiting Snowdon and don't forget to take a picture when you reach the peak!

Editors Picks: My Top Three Halloween Makeup Products



by COURTNEY MCHUGH

Halloween, for any makeup enthusiast, is a fantastic way to fuel your creative juices. Often, Halloween costumes involve extensive makeup looks - whether that be blood or face paint.

Halloween allows you to be as creative as you want to be; there are no boundaries and you can try new techniques and products that you have never tried before.

My Top 3 Halloween makeup products are (all of which are available at Superdrug):

L'Oreal Color Riche Gold Obsession Plum Gold CP46

This pigmented lipstick would do



perfectly with a vampire look at Halloween. The rich, dark red makes a bold statement whilst the gold top-coat transforms the lips colour finish to a metallic. The Color Riche is currently on offer for £6.99 and has Vitamin E & Omega-3 oils in its formula in order to protect your lips. The colour is versatile and with 5 other shades available, it is bound to suit every skin tone.

Revolution Pro SFX Fake Blood

This is an absolute steal for £2 and will make your makeup look that extra bit more spooky. It is a low-maintenance product so it could be used for a vampire look (blood drips from the mouth) or for a more advanced look (cuts and gashes) which can be



achieved through the use of liquid latex.

It is described as having a 'realistic, wet-look finish', so I am sure that this product would scare on-lookers!

PaintGlow Holographic Glitter Body Gel 50ml Rainbow Rave

Perfect for festivals, raves, and Halloween; this product is an essential! The gel and glitter have already been pre-mixed in the PaintGlow formula which saves half of the faffing around that's normally involved when using face glitter! This product has a quick-drying formula and is available in 16 different colours! For £3.95, the glitter body gel is a must-have for Halloween.

Ready, Steady, BAKE!

by COURTNEY MCHUGH

If you came to this article with the intention of reading a cake recipe akin to The Great British Bake Off then you are sorely mistaken! Baking is a makeup application technique that originated in the drag community and became a trend after makeup artists started to use it on their famous clients and all of a sudden, it took the world by storm.

The technique of baking aims to brighten your eye area whilst also creating a flawless, creaseless finish. The process is relatively simple; all you need is a thick consistency concealer, a makeup sponge (I recommend the BeautyBlender but anything will do!), a setting spray (such as Mario Badescu Rose Water), a translucent powder, and a pressed foundation powder. Now that you have all your makeup utensils - it's time to start baking.

1. Apply the concealer to your under eye area.

Firstly, you should apply a thick concealer to your pre-primed under eye

area. The concealer should be applied from the underneath of your eye to the apples of your cheeks. You should then wet your makeup sponge and blend your concealer in. An optional step is to repeat the application of concealer in order to maximize the coverage of creases and fine lines.

2. Apply translucent powder.

After your concealer has been blended, take a translucent powder (any will do) and apply this to the area you have applied concealer using a makeup brush. I use the Real Techniques Contour Brush but as long as the head of the brush is soft and fluffy, I think you would be able to use almost any brush.

3. Ready to Bake

To 'bake' your makeup, all you have to do is spray your setting spray onto a makeup sponge and dip it into the translucent powder you used for the previous step. You should generously apply the translucent powder on the under eye area and leave on for around about ten minutes (I rec-

ommend making a start on your eyeshadow whilst you are waiting for the 'baking' process to finish).

4. Dust the translucent powder off.

After you have waited ten minutes, you can dust off the powder using the same brush you used for step 2. In order to avoid powder flashback in photos, I would recommend using a pressed foundation powder whilst dusting off the translucent powder. This will minimize the chances of you having a makeup disaster as the yellow warm tones of the pressed foundation powder will neutralize the harsh white tones of the translucent powder. This final step should leave you looking flawless.

Happy Baking
This Halloween!

Beauty Bargains: Makeup Revolution



by COURTNEY MCHUGH

Being a student is a difficult financial time for many, hence why it is so important that we quickly learn how to scrimp and save. For that reason, it's unlikely that we will always be able to buy the high-end products BUT fear not. As the beauty community evolves 'dupes' (duplicates) have been created for a fraction of the price. An affordable brand that has took the UK by storm is Makeup Revolution.

Makeup Revolution's products, according to their website, are 100% cruelty free and are not tested on animals. In addition to this, the majority of their products are also vegan. Makeup Revolution is, as its name suggests, a revolutionary brand which creates high quality products at an affordable price. My favourite Makeup Revolution products are the eyeshadow palettes that they offer. With creative names like 'Mermaids Forever'

and 'Eyes Like Angels', the eyeshadow palettes retail at £4 - £12 which is a bargain in comparison to high-end brands that charge £32 for the same quality. A personal favourite of mine is the Revolution 'Pro' Astrological Palette which is £8 and contains 18 pigmented eyeshadow colours. An eclectic mix of marble shimmer shades and warm matte brown shades, this palette is out of this world!

Makeup Revolution are continuously expanding their brand; they have released sub-brands such as Obsession, I Heart Revolution, Revolution Pro and Revolution Skincare.

In their 'I Heart Revolution' range, the Chocolate Palettes bare an astonishing similarity to that of Too Faced's 'Chocolate Bar' eyeshadow palettes. Whilst the I Heart Revolution palette is on the market for £8.99, Too Faced retail their palette at an eye-watering £39. As both palettes feature 18 eyeshadows, one would assume that the elevated price that Too Faced charge

is due to the high quality of their eyeshadows in comparison to I Heart Revolution, but we would be wrong! The Revolution Beauty website allows customers to post reviews about their products and the 'Cotton Candy Chocolate Palette' boasts 4.5 stars out of a possible 5. One customer from Finland pointed out the similarity between the two brands chocolate palettes stating 'Is this a White Chocolate Bar dupe? It sure looks like that, except that this is better than the TF (Too Faced) original.'

Thus, I rest my case. The price of makeup does not always correlate with the quality of the product and as the reviewer pointed out that I Heart Revolution's palette was not only a more affordable dupe but also that it was the better out of the two! So next time you want to buy makeup but don't want to splash the cash, go for a dupe! You don't know what you're missing out on!

Humanities Notebook: ParaNORMAL Trips Down Memory Lane



Jeepers Creepers... this is going to be a good Halloween! When there is something strange in your neighbourhood, who you going to call? Ghostbusters!

by RORY FORMSTONE ROBERTS

Halloween, what a beautiful time of the year. People dress up and play trick or treat on one another to get sweets and goodies. What if you were tricked or treated this year? This could be a jump due to a knock on the door, from a shout to a "please can I have some more?", or from a sweet smile to a tremendous thunder pore. How will you spend your Halloween; all snuggled, all sweet with your cosy socks on your feet or with a mask hiding an unmistakable face? Let's go hunting for the answer!

The idea of Halloween originated with the ancient Celtic festival of Samhain, when people would light bonfires and wear costumes to ward off ghosts. The Celts believed that on this day the boundaries between the worlds of the living and the dead became blurred.

There was always been this idea of paranormal entities coexisting with us in the world. Ghosts etching outlines in the alleys, screaming banshees in the dead of night, shadows squirming and jumping from corner to corner,

and apparitions entrancing people. Have you ever encountered anything unusual?

The most common of meetings with a paranormal being is the cold breath that walks its way along the fine tips of your neck hairs. The whisper in your ear that something is going to play peek-a-boo. Evidence lacks the acceptance of this phenomenon and speculation dampers our belief in the existence of otherworldly inhabitants.

Next time something goes bump in the night, DON'T run, DON'T shout; stand tall and watch the world around you implode by the power of your brain. The world might feel that it has stopped turning and the sun will never rise again; but don't you worry you'll be okay. People go their whole lives saying that paranormal phenomena never touched them, but when something cracks in the bushes and shakes you to the core, STOP and think; have you been kind, caring, mean or scary? What future awaits you in the next life?

Love Halloween. Trick or treat. But don't forget, what goes bump in the night might be the world whispering, "you're right".



Rory FORMSTONE ROBERTS BEING A ZOMBIE Teacher

FASHION



The Dark Side of Tokyo Fashion

by ISABELLA TIMPANY

This summer I travelled to Japan's busy capital, Tokyo, a trip that ranked at the very top of my bucket list. The combination of sushi and shopping made Tokyo my own personal kind of heaven. Like other Westerners I have long been fascinated by Japanese culture, particularly their vibrant and dynamic street style. Famous Japanese styles range from Lolita and Kawaii to Cosplay. But, when I wandered the streets of Shibuya and the fashionable district of Harajuku, I noticed a new, darker style emerging amongst the young people of Japan.

'Yume Kawaii' ('kawaii' meaning cute) is a popular way to dress in Tokyo. Clothing tends to be pastel coloured, encompassing all things adorable and soft. A branch of this is

'Yami Kawaii' which translates as 'sick cute' which includes the soft clothing paired with dark, antisocial themes associated with mental health and depression. For example, badges reading "I want to die", surgical face masks and neck pieces in the shape of nooses. I wondered why Japan was glamorizing mental health, Takeshita Street style always strives to defy social norms, but is this a step too far?

Japan has one of the highest suicide rates in the world. But attitudes towards suicide differ greatly from the West, in Japan it is considered a 'morally responsible action' and, historically, an honourable and justified response to failure. In 2014 it was recorded that on average, 70 people committed suicide everyday in Japan. These social attitudes may contribute to the reasoning behind such high

rates.

Menhera-Chan is the face of the 'Yami Kawaii' fashion movement. She is the fictional character created by illustrator and Yami Kawaii pioneer, Ezaki Bisuko. He created her during a time of mental anguish, using her to express his feelings of anxiety whilst preparing for his University exams. Mehera-Chan became well-liked because she was relatable to others experiencing similar feelings of sadness. Ezaki Bisuko talked in an interview about the stigma surrounding mental health, explaining that depression is seen as a side of weakness and 'not to be discussed'. His aim is to take those feelings of sadness and 'make them cute'.

Prof. Joshua Paul Dale is an expert in Kawaii culture, he emphasises that the word 'kawaii' means more than

something cute in appearance but a feeling of love and happiness, 'kawaii' is something that can be expressed. It has now become clear that young people mental health troubles are expressing a desire for love, happiness and healing. In a time where self-love is absent, they are asking for love and using fashion as a coping mechanism and a way of self-expression. They feel empowered by dressing this way because they are challenging social attitudes and breaking the silence surrounding mental health.

Perhaps we can learn something from this new Japanese phenomenon, that it is okay to ask for love in a time of darkness and that it is healthy to express your emotions rather than hide them.



Nineties, Netflix & Nostalgia



NETFLIX

by NIAMH O'CONNELL

Over the past couple of years fashion trends and terms of style have been inspired by looks of the 90s. Whether it's long dungarees and flannel shirts or pattern skirts and co-ords. The fashion trends of the 90s are back.

Could our watching habits be to blame? As a University student, who doesn't have access to Amazon Prime, Hulu or of course, Netflix? Do you use it to wind down after a long day of lectures? Or maybe you put it on in the background, as you try to nurse a hangover from a night out at Academi (£1 pound drinks, it's a valid excuse)? Perhaps like me, watching a nineties rom-com or TV show really helps to lift your mood.

Examples of this iconic style can be seen through many media lenses. In-

stagram stars sporting the nineties style; yellow tartan skirts, in the same vein of Cher Horowitz's jacket and skirt combo. Fashion bloggers rocking knee highs socks and a tartan skirt showcasing Rachel Green's season one style. Similar styles can also be seen worn by Lara Jean in the Netflix original 'All the Boys I've Loved Before'.

In recent years streaming services have allowed us to delve back into our old favourite movies and indulge in 90s nostalgia. In 2018, Netflix revealed that Friends is the most streamed show in the UK. This explains young people celebrate the 90s through the way we choose to dress. It could be just a nod to the 90s, something as small as a scrunchie or a statement encompassing it in a whole outfit. Either way, the nineties style is back - but is it here to stay?

Iconic Jackets Of The 1960s London Fashion Scene



The Afghan Coat

by ISABELLA TIMPANY

The beautiful coat made its debut appearance on the London fashion scene in 1966. They were sold in various London boutiques such as Granny Takes a Trip on the Kings Road.

The jacket took off after The Beatles were photographed wearing them. John Lennon, George Harrison, Paul McCartney and Ringo Star also wore the tanned sheepskin jackets on the cover picture of the Magical Mystery Tour LP.

The jacket is often associated with hippie subculture, the hippie movement encompassed styles from around the world including Indian and Native American. Originally they were imported on a small scale from the Ghazni Province (situated between Kabul and Kandahar) where they were elaborately decorated with stunning hand embroidery but after demand increased it was difficult to keep up supply and poorer imitations were created. Unfortunately this led to the bad reputation of the afghan coat, they were labelled smelly as many of the jackets had not been cured properly meaning they permeated the air

with a terrible odour combined with the scent of Patchouli oil.

Despite its undesirable smell, the coat left an indelible mark on fashion history, The Kinks embraced this look in their 'Apeman' music video and David Bowie chose to wear one on his wedding day! Jimi Hendrix can also be found sporting a psychedelic, multi colored afghan coat whilst leaning on his bright yellow Lotus Elan.

The Military Jacket has been around the fashion hamster wheel more times than I can remember but, when did the jacket make the transition from a regimental jacket to one the most iconic fashion pieces in history? The jacket was traditionally worn by the 18th century Hussars, the Hungarian light horse troops and later worn by the Victorians. It most commonly has brass buttons and epaulettes trimmed in a rockstar braid. Somehow found these old jackets found them self at the soon-to-be famous shop 'I was Lord Kitchener's Valet' in London's Notting Hill.

The store at 292 Portobello Road was owned by 26 year old John Paul and his friend Ian Fiske. They'd originally been selling old knick-knacks

and trinkets until they put an old Victorian soldier's coat in the window hoping it would attract more people into the shop. It worked.

Eric Clapton was one of the first to buy one from the shop, followed by John Lennon and Mick Jagger. Mick Jagger wore his Grenadier guardsman drummer jacket (which he paid £4 for!) whilst perform 'Paint It Black' on the popular 60s TV show 'Ready Steady Go'.

Jimi Hendrix, a former soldier himself, bought an antique Hussars uniform that dated back to the 1850s, the jacket features in some of his most iconic photographs. However, the jackets were not worn without some controversy, Hendrix was once caught up in a small fight in London after being accused of disrespecting the armed forces, but the truth was, Jimi just loved to dress up.

Around a similar time was the Beatles' Sgt. Peppers-era which features the same military regalia. On the album cover of Sgt. Peppers Lonely Hearts Club Band all four of The Beatles are dressed in an array of sherbet coloured Military jackets.



The Military Jacket



Spooky & Speedy Ideas for Halloween



Mia Wallace in Pulp Fiction

What you will need:

- White blouse
- Black trousers
- Black wig
- Red lipstick
- Cigarette prop
- Blood (optional)

Margot Tenenbaum in The Royal Tenenbaums

What you will need:

- Fur coat
- Hermès Birkin bag (or similar)
- Pink gloves
- Hair clip

Boo in Monsters Inc

What you will need:

- Oversized Pink Tshirt
- 2 x pink hair ties

Danny Zuko in Grease

What you will need:

- Leather Jacket
- White Tshirt
- (alot of) Hair gel

Donald Trump

What you will need:

- Suit
- Red Tie
- Blonde wig
- Fake Tan (orangest you can find)

Wednesday Addams in The Addams Family

What you will need:

- Black and white collared dress
- Pigtails
- Mean stare

Elle in Legally Blonde

What you will need:

- Pink leotard
- Pink tights
- Rabbit ears

Neo in The Matrix

What you will need:

- Black trench coat
- Tiny black sunglasses

Harley Quinn in Suicide Squad

What you will need:

- "Daddy's Lil Monster" Tshirt
- Bomber jacket
- Hot pants
- Fishnet tights
- Hair dye
- Baseball bat

Ziggy Stardust (David Bowie)

What you will need:

- Red Wig
- Face Paint

Bob Ross

What you will need:

- Big Afro
- Paint palette & brush

ARTS & CULTURE

Banksy's Painting Shredded, Renamed "Love Is In The Bin"

by LAURA PATARI

Sotheby's auction in London turned heads as just moments after selling, the £1m Banksy painting self-destructed.

A built-in shredder within the framed painting, *Girl with Balloon* (2006), activated just after the painting was sold to the highest bidder.

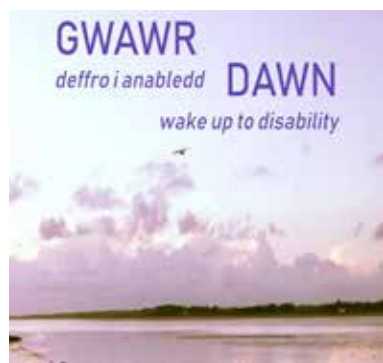
Banksy released a video via Instagram documenting this stunt as well as the installation of the shredder. In the video Banksy quoted to have "secretly built a shredder into a painting (...) In case it was ever put up for auction". In another of his Instagram posts, Banksy also quoted a famous Picasso line, "The urge to destroy is also a creative urge".

This elaborate move however not only caught the eye of the contemporary art world, but speculated to have raised the value of the art work - never before has there been a self-destructing painting in the middle of an auction.

Sold for £1.042 million, the painting has now been renamed to "Love is in the Bin" (2018). In a statement, Alex Branczik, Sotheby's head of contemporary art said that "Banksy didn't destroy an artwork in the auction, he created one" referring to how many are seeing the elaborate stunt as a commentary of the art sale business.

The buyer of the initial painting, at first apprehended by the sudden event, was reported later to being excited about getting to own "a piece of art history".

"Universal Day Of Access" Arts Festival To Hit Bangor



by LAURA PATARI

GWAWR DAWN (Disability Alliance North Wales) are organising an event in Bangor to celebrate achievement and life of the disabled community.

Scheduled on the 3rd of December, UN's Day of Disabled persons, the event aims to highlight issues on how welfare, legislation, access and attitude can impact people with disability and their carers.

The event will include an art exhibition, a poetry anthology and readings, performances, as well as Wheelchair basketball and Tae kwon do tournaments.

Speakers from politics and the community are planned to appear in Bangor High Street with stands and stalls.

INTERVIEW: Ruth Madoc In Calendar Girls



Sparkly, energetic theatre virtuoso Ruth Madoc talks with Seren about Calendar Girls the Musical in Llandudno, life of acting and her visions of the industry

by LAURA PATARI

Let's get started. *Calendar Girls* has enjoyed touring already in Leeds and Canterbury, and now at Newcastle. Tell me, what has it been like to perform in and around Yorkshire, where the story is famously set?

It's very interesting. We started off in Leeds which of course went absolutely swimmingly. But we thought, how will it go down in Canterbury in the south? Well, of course it was amazing, because it is a universal story. Everybody's been touched, they know somebody who's had cancer, either in the family or themselves. Canterbury waylaid anybody's fears that it was only a Yorkshire area story. I think that's due to the writing. It is written by Tim Firth, who is a wordsmith — he is witty and absolutely brilliant. He wrote *Kinky Boots*, *Calendar Girls* [musical] and the film of it, the play of it. He's a modernist who's got the right sound that appeals to an audience, whether they're middle class, lower class or upper class. The music is written by Gary Barlow who happens to be a lifelong friend of Tim Firth, so there's great affiliation there.

Sounds like an amazing team. I want to ask more about the stage play perspective as you performed in the play for three

years - but as a different character! How has it been changing roles within the show, from the play to the musical?

Oh yes, yes. It's very interesting, because I play the older woman in it now. She is the schoolteacher, and has been in the village for 50 years. The women around her, except for two of them, she'll have seen go through her school as their teacher, which is an interesting aspect. And she has no children, this woman, so in a way the other women are very much her children. I think to act, you've got to have a backstory to the characters you play. However big, however small they are!

I would like to know more about the life on tour. How has it been living the travelling actor's life?

I like it actually, because you can keep in touch with your friends. Right the way around Great Britain we have friends as far up as Inverness, and as far down as Cornwall. Although it gets a bit difficult when you go from one season to the other: we started [*Calendar Girls*] off in a heatwave, and now it's very autumnal. And you can't get home! I live in the Brecon Beacons down in South Wales, so that can get a bit tricky. But on the whole we're not too bad!

So, on October 23rd, you're coming to Llandudno, just a couple of miles

away from Bangor and our readership. Have you been in the area before?

Yes, I've been there a lot of times! I do love Bangor, it's one of my favourite places. I like Bangor University - I knew the chair of music, professor William Mathias. I knew him very well in the 60s, he was a very good composer indeed. And Llandudno is a wonderful place, and Venue Cymru is a wonderful theatre.

You are also a fellow of a fair few universities, where you lecture. Can you tell us more about that?

Yes, yes. When I can - because the good Lord has intended that I'm still, at 75, careering round the countryside acting - when I can, I do the odd seminar at Swansea. I go to the Welsh College of Music and Drama, and another university in Swansea, a technical university. It was very kind of them to make me fellow!

You've got such a vast experience of the industry. How would you say, has the acting industry changed over the years, since you started?

I've noticed that people aren't as generous these days. When I started, older actors would not be shy to come forward to telling if you were wrong. You can't do that now, I wouldn't dream of offering advice, unless it was asked for. In my opinion, it's because

everybody's got to have a degree now and everybody thinks they know everything. Unfortunately, our craft is not quite like that, and the young people don't realise that when they come in. It should be about sharing attitude, sharing knowledge.

What does the industry look like today? What would you say to young people starting now?

You always think of [acting] as a young people's profession. When you see everyone on television, they're all beautiful and young, and a lot of the casting on television is to do with how you look. People who are starting now must not be waylaid by the fact that you can actually earn a very good living doing reality shows. It all depends what you want to do in the business: if you want to earn a lot of money, go into reality shows and make your name - by making a bit of a prat of yourself really. But if you want to have a career that lasts, like mine has for nearly sixty years, you must be trained correctly. You must understand the techniques in front of a film camera as well as television camera, and the space of theatre.. It's a privilege to be still in my business, and fully employed - at my age especially!

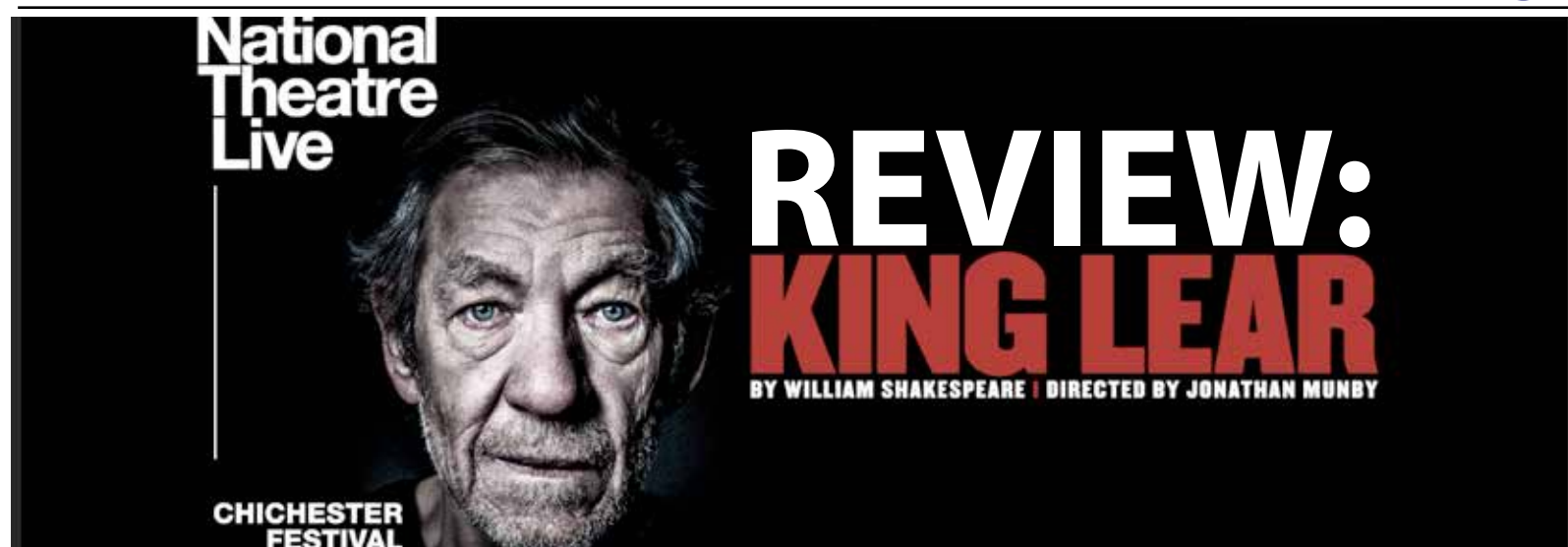
Calendar Girls will be performing in Venue Cymru, Llandudno between 23rd and 27th October, 2018.



At A Glance...

RUTH MADOC is a British actress with a vast experience in TV, film and theatre. She is best known to the public for her BAFTA-winning role as Gladys Pugh in *Hi-De-Hi!* among many others. She is starring in *CAL-NDAR GIRLS* in the role of Jessie.

CAL-NDAR GIRLS THE MUSICAL is inspired by the true story of a group of ladies, who decide to appear nude for a Women's Institute calendar in order to raise funds to buy a settee for their local hospital, in memory of one of their husbands, and have to date raised almost £5 million for Bloodwise.



With a stellar cast and Jonathan Munby's modernised touch we are brought to a grand, yet intimate parliament drama, in the centre of which exists a decaying, frail leader. NT Live: King Lear is a production that wows, shocks, saddens — and yet, in the end, feels afar.

by LAURA PATARI

Broadcast live from the theatre where Sir Ian McKellen had his West End debut, the Duke of York feels more intimate than ever. With a simple circular stage around high, cabinet room style walls, the setting gives way for an intricate portrayal of the inner workings and fractures of the English throne (Designed by Paul Wills). Another interesting detail is the scale of limitations posed within the audience and seating plan. Walls manipulate audience space to mimic the smaller, original Chichester Theatre staging plan.

Ironically, the audience tonight is the exact opposite, and many like myself are not engaged in the immediate room where it happens, but miles away in full auditoriums across the UK. The National Theatre's filmatisation of the production unfortunately comes through in all ways but the one - bringing in that intimacy. The apparent measures to restrict performance

space in the Duke of York do not translate through the camera, and with this, shortcomings of the distance-viewing come to my mind: what am I missing?

Of course, the filmatisation comes through in other, quite multiple areas. We are often engaged in gripping, stunningly visual scenes. Standing out are scenes such as the Division of Kingdom, the technically-wow storm, and King Lear and Gloucester's reunion which show innovation and skill of staging. Cinema-like solutions, such as small flashes of the spotlight with enticing, sharp moments of music are among the technical details that make the performance flow in a beautiful way (sound and light by Ben Ringham and Max Ringham).

As the stage is defined, so come the people. Danny Webb delivers the most harrowing, yet moving performance as Gloucester, transforming from the torture he suffers at the hands of Cornwall and Regan (Daniel Rabin and Kirsty Bushell). Bush-

ell's portrayal of Regan adds a fresh, crazy and immediate energy to many scenes. Against her, Anita-Joy Uwajeh (Cordelia) and Claire Price (Goneril) are much more reserved, yet no less dynamic. Another burst of energy is delivered by James Corrigan as Edmund, whose physical acting and gestures flow effortlessly within the often-difficult language, making his character easily approachable for the audience.

The best characterisation of the play is by the man who we are all here for - Sir Ian McKellen. A veteran of British theatre, it seems truly special to witness what McKellen says to be his last big Shakespeare production (BBC). As Lear, McKellen shines with the ease of a mighty professional. One of the first details I notice is the masterful use of physical movement. Lear walks slowly, staggering, in angles midst the smoothly-running court. Along the physical presence, many of his most gripping scenes are that of high emotional charge. The audience in tears,

the downfall of the frail King is no easy feat, and yet McKellen, through emotional realism and physical poignancy, rises to conquer the role.

What is interesting to note is that while Lear descends from a high and mighty King to a lone, lost madman, McKellen's characterisation is much more physical than verbal. While his tone may carry his emotions forward, the words are sometimes incomprehensible and challenging to hear. Again, perhaps this is part of the production's necessity to intimacy — and the lack of it through filming. I feel that as much as the play has left an impression on me with its touching, raw emotion and gripping, imaginative visuals, the experience still feels distant. Maybe in the end, there are things that are in the room that cannot be projected via camera. Although technically stellar, King Lear comes short in establishing this feeling of intimacy outside its effortfully laid out theatre. An interesting side-effect of the filmatisation era.

Archifau a Chasgliadau Arbennig
Archives and Special Collections

Bangor University Archives & Special Collections



by LAURA PATARI

Archives and Special Collections in Bangor University have seen a trend of low number of university staff and student visits.

Elen Wyn Simpson, Head of Archives and Special Collections comments that over half of the current, most active visitors consist of members of the local community. Numbers of the university students and staff remain less frequent.

In the summer months, the Archives also receives numerous visits from researchers from other universities as researchers are able to travel.

Archives and Special Collections are keen to activate student and staff engagement. They are offering opportunities such as public lectures and workshops together with University modules, to enhance students' knowledge of the collections available.

REVIEW: RSC Live - The Merry Wives Of Windsor



by LAURA PATARI

A fairytale-esque set of skeleton houses minds me of a storybook. Behind, the projection of a blue sky backdrop makes a beautiful view that seems serene and still — but in a moment an energetic celebration is revealed to us.

The experience of watching Merry Wives is a bit like watching a Christmas pantomime. The audience is instantly hooked by the colourful exposition of the characters as they are introduced one by one. The first impression of the play is that it embraces fun: mismatched modern clothes are draped with early modern era accessories, frilly neck pieces over hoodies and unmatching jewellery are a fun detail that merges the Elizabethan world with modern Essex.

This mix of Shakespearean and modern elements is present throughout the play as a homage to the Elizabethan theatre culture. In the pre-show, director and composer Fiona Laird comments on the show's intentions of "bringing the Elizabethan theatre tradition to a modern Elizabethan audience". The modern audience is

transported back to the roots of theatre culture in Britain: to the masses, theatre existed for the joy of everyday peasants as well as high culture and the court.

Merry Wives is an enthusiastic delivery of many kinds of humour. The audience often gets to laugh over witty comebacks and puns but at times the comedy is found in the actors' physical and non-verbal communication, (directed by Toby Park). David Troughton as Sir John Falstaff truly excels at this, sweeping the stage with unforgettable composition, red cheeks and a big bouncing belly. His language, very much an "old-fashioned Baroque" to the rest of the characters, according to Troughton, offers an enjoyable channel to admire the beauty of the original text.

Alongside the physicality and old-world chivalry that Troughton's Falstaff delivers, we have the modernised merry wives themselves. Rebecca Lacey as Mistress Page is a sight all by herself. A regal corset costume paired with golden print leggings is only one of the eye-catching things about her loud but imaginative character. Beth Cordingley as Mistress Ford shines with her stature of a proper lady, all the

while delivering fresh, surprising and energetic comedy. Together the women are a comic force to be reckoned with and keep the audience laughing.

David Acton as Sir Evans the Welsh Parson, Ishia Bennison as Mistress Quickly and Jonathan Cullen as Doctor Caius deliver memorable scenes full of laughter and surprise. Notably, Acton invites the audience to a song of "Bread of Heaven" in the second act which again reminds me of pantomime tradition. Mistress Quickly's comedic support throughout the play is most effective with Doctor Caius, whose thick French accent often leads to punny misinterpretations between him and Quickly.

Overall, Merry Wives is a celebration of theatre in its many comedic forms. Bringing together traditional Elizabethan theatre traditions of interactivity and what could be seen as "lowly humour", the audience is equally transfixed to the clever ways that the original text is delivered. With wonder in their eyes, the audience around me is beaming. Merry Wives delivers a greatly uplifting, wholesome yet diverse play — a great, big melting-pot of teary-eyed humour.

INTERNATIONAL

A Poem In Dedication To The Chakmas



This is a short narrative poem about a tribe in the east part of Asia (primarily in India), which have experienced conflicts over their nationality being Indian or Pakistani or belonging to any Asian community. The Chakmas recently underwent controversies when the Indian government identified them as refugees.

by AKANKSHA MARY

For the people living with their thoughts about partition

Hidden foreword

They told us the stories of partition and tales of new nation
They told us the reason of behind it
With shallowness of what they did
Today the depth of shallowness they increase
when they talk about the chakmas whom they called refugees.

Past chapter 1

They fled to the east of Pakistan, when the partition coaxed them to leave their land.
They were asked for their religions they belonged, since they were neither muslims nor a bengali tongue they held.

Led their livings to sojourn in India, where they caved themselves to the south of the dawn-lit mountains area.

This was not the end of intense humaneness when the act of jealousy went on air, and sooner they were asked to leave as the people they called their own said, "we can't share".

Past chapter 2

Five decades they lived listening to the foreign tone and even to this they agreed. Dubbed as an alien to their own land, They spoke at last from the treason of humane now it's our turn to return back them the dignity in grand.

Soul's queries

"Why do we live here?"
"Why can't we leave?"
"How can you call it home? And for what we grieve?"

Answers

This is our land and we must know that
There's nothing safer than this and that's why we call it our homeland. We grieve because they are our own and grieve for the ones who will soon call us their own.

Life After Erasmus: Are Two Homes Better Than One?



by LIBBY SHAW

It's common knowledge that in the cosy student community we have here in Bangor, you are likely to be 2-4 mutual friends away from any other student. The same can be said for knowing a student who has participated in the Erasmus exchange programme – and not just because we bang on about that one time when we drunkenly hiked up the Austrian Alps with nothing but a jar of aged sauerkraut and our well-disputed sense of direction. Rather, you will likely know us because Erasmus is the number one, and most popular, student exchange scheme in Europe. It is available to all European students who want a glimpse into life working or studying overseas and leaves partakers with life-long memories and valuable experiences. That, and troubles getting through customs with the extra five kilos worth of random memorabilia. You can't explain why you need it, but you just do.

Despite the wacky events and colourful characters that every Erasmus student encounters on their travels, there is the one rather life-changing process that takes place. Many Erasmus students can relate

to the feeling of a cultural shift after spending their year or semester abroad. Not only do their attitudes towards different cultures change, but also their feelings towards their own. Living for 6-12 months in a foreign country converts even the most introverted of Erasmus students. Being immersed in an entirely alien world is a 360-degree experience and one that often blurs the ideologies and morals that you held as standard. You begin from scratch and build up a mental log of the new social norms of situations you wouldn't have given a second thought back in your home country. This process is the beginnings of adopting a new culture into your way of living, and ultimately transitioning to being 'bicultural'.

Now, granted, the period of an Erasmus exchange is a tiny drop in the ocean compared to the cultural transitions made by the likes of asylum seekers and immigrants who have often travelled far and wide and to different continents to simply find a home. But after hearing many of my fellow Erasmus goers stories and reactions to their placements, it's easy to see how this exchange programme is, in many ways, a small-scale version of a very large and common phenomenon.

However, it is not always all eye-

opening, mind-expanding and amazingly liberating stuff. Even the least integrated Erasmus students will suffer from a spell of an interesting concept called 'reverse culture shock'. This theory states that after adapting to and integrating into a new culture, it is possible to become so familiar and content with it that home becomes foreign. Having experienced it myself, I can say that it was single-handedly the most bizarre feeling I have ever had. To return to England and fail at basic systems like paying for your coffee immediately (as opposed to tootling off and enjoying it at your table like many Italians do), or getting on the bus and walking straight past the driver without paying because, whoops, we don't have ticket machines in the bus like they do in Austria, is a sensation hard to put into words. Not only because of my now reputation as a small-time criminal, but because you know you should know how life functions at home, but the default response has changed. Small and daily but repetitive mistakes like this, and even basic interactions with people, can lead you to feel like a complete outsider in your own country.

To see what the consensus was on this sensation, I got in touch with Erasmus students from Bangor and

other universities around the UK. I asked them to complete a short survey about their post-placement feelings toward their cultural identity. 93% of the students who partook agreed that after returning from their Erasmus placement, they felt considerably more bi-cultural than before. A further 75% of the participants went on to agree that during their first 2 weeks back in the UK, they noticed a feeling of foreignness when presented with everyday situations and that they felt split between their culture in the UK and the one of their Erasmus placement.

What I thought was very telling, however, was the response to the final statement: "I would rather feel 100% comfortable in one culture, than 50% comfortable in two different ones." Just under 70% of the participants disagreed with or were not worried by this concept, and would be happy to share their cultural identity between two cultures, even if it meant being half as comfortable in both. This is to me, and many, the epitome of the Erasmus spirit. Stepping out of your comfort zone and embracing something strange and scary may be difficult at first but sacrificing a little familiarity for a lot of new can lead to ventures and self-successes you never thought possible before.



African & Caribbean Society Honours Black History Month

by MARIE VILSAINT

Black History Month has been very eventful for the African and Caribbean Society. The committee strived to offer a variety of events suitable for students, staff and the local community. We

kicked it off on the 3rd of October with BackChat Bangor, an opportunity for the participants to discuss entertaining topics relating to the black youth; particularly engaging in how it exemplified the diversity of opinion amongst the black community. On the 5th, we celebrated Haitian history with the marvel-

lous documentary "1804: The Hidden History of Haiti". On the 10th, we discussed Racism & Colourism and its effects in our society. On the 13th, two of our committee members attended the UK's Biggest Black Business Show, in order to promote Black Businesses in the community. The Great Debate

Tour, one of our biggest highlights, took place on the 19th and aimed at opening the debate around three central topics: "Knife Crime", "Women's Suffrage" and "Sport and Identity". We closed that night with KULTURE, a recurrent ACS party in collaboration with Bangor's own Academi Club. We will end the month

with a Food Tasting taking place at 7pm in Powis Hall on the 29th. For £5 only (£7 for non-students), you will get to taste over 20 dishes from 15 countries, ranging from countries in East, Central & West Africa to the Caribbean and Latin America. We look forward to seeing you all there! Happy Black History Month!

College Road Catwalk: Behind the Wardrobes of Bangor's International Fashionistas



by LIBBY SHAW

Picture this: it's 8:45 am. You are walking down a foggy and grey college road. It's too early to care about turning heads so you've thrown on a familiar pair of jeans and a hoodie. Then faintly in the distance, you see it. It's the best-dressed student you've ever seen. They've got on the trademark trench coat, brightly coloured kicks, a Burberry scarf, sleek bangs and all together enough layers to climb Snowdon in. It shouldn't work, but it does. It's casual but smart. It is none other, than the illustrious international student.

Often, this high-fashion approach to

life comes from the students of eastern Asian origin. Countries such as Japan, Korea and China are well known for their booming fashion industries, and Japan are in a particularly good position to push such industry. The current younger generations of the Chinese (Gen-Y, 80s – mid 90s and Gen-Z, mid 90s – 2000s) have a populace already as large as the U.S. They're also set to be much wealthier than their parent's generation were. In an ever-growing powerhouse like China, where international relations are strong, and life is flourishing, it's easy to see how the youth of this era are in a comfortable position to splash the cash on looking good.

But why such a focus on fashion?

Why not spend it on drinking? Or travelling? Well, they do that too. But the fashion aspect links to a much more deep-seated cultural mentality.

Both China, Korea and Japan have what is called a 'collectivist' society. This means that, unlike places like the U.S. and many Western countries, they believe in the best outcome for the group. It is a very tight-knit community between families and trusted individuals, where loyalty is the top value a person can possess. They also have a 'high power-distance index' – a slightly perplexing string of words I know, but it simply means that if a society is high on this scale, then a hierarchy is firmly in place and people avoid questioning it.

The reason these two 'dimensions' of eastern Asian culture are important, is because they can help explain the creation of, and attitude toward, a high-fashion culture. Due to group mentality, it is quite normal for members to follow each other's lead. Doing things together and as a group is a familiar and accepted way of being – thus in Gen-Y and Gen-Z groups, it makes sense that the youth, who can afford high-fashion brands and are interested in it, come together as groups of well-dressed individuals. And in terms of the hierarchy, respect for those higher than you is of the utmost importance. So, placing yourself at the highest point possible on the hierarchy ladder is a must. Your

fashion and self-presentation link to your self-worth, which in turn can link to your standing in society. Therefore, through their fashion choices, many young Chinese, Japanese and Koreans display their youth and societal standing with pride.

So next time you wake up bright-eyed and bushy-tailed ready for another fulfilling day of learning, take a second longer to choose your outfit of the day. Fashion isn't always shallow and purely aesthetic. You never know, you may turn an international head or two.

WHAT IS CAMPUS LIFE SELECT?



Campus Life Select is our way of giving you great offers during your time here in Halls of Residence, bringing you great deals and experiences throughout the year.

FREE ENTRY ALL YEAR
on the following nights

Every **MONDAY** all night to 'CHEESE'

Every **WEDNESDAY** before midnight to 'AU NIGHT'

Every **THURSDAY** night all night to 'QUIDS'

Every **SATURDAY** night before midnight to 'FRAT HOUSE'

+ **FREE ENTRY** to 'ANTISOCIAL CINEMA' on 04.10.18

SIMPLY WEAR & SHOW YOUR '**CAMPUS LIFE SELECT**' WRIST BAND EACH NIGHT FOR YOUR ENTRY DEALS & show at the Bar to get your **FREE non-alcoholic cordial cocktails**.

+ You could get up to **7 DAYS PRIORITY** and **DISCOUNTS** on ticket purchases to particular events including the **SUMMER BALL**

Academi



SOCIAL

Seren's New Social Page



ABI
ROBINSON

SOCIAL EDITOR

socialpage@seren.
bangor.ac.uk

This is a warm welcome and introduction to the new Social Page of Seren where I will bring light to the gossip, drama and (sometimes) scandalous behaviour occurring in and around our lovely city Bangor. I will be using many

sources via Twitter, Facebook, Instagram, Snapchat and even local chit-chat, all reliable, of course, to draw your attention to incidences your own social circles may have missed!

A Hollywood Star Has Arrived In North Wales

A Hollywood star has been spotted frolicking around the hills of North Wales- Harlech Castle to pinpoint the exact location. That is Mamma Mia star Amanda Seyfried. And no, she isn't filming a sequel to our beloved Mamma

Mia 2, she's here to film 'You Should Have Left' an adaptation of Daniel Kehlmann's German thriller novel. She's looking radiant here and she seems to be loving all things Welsh as she's captioned the picture '#PRETTYWELSH'



She even paid a visit to a local laundrette:



Images are courtesy of Amanda Seyfried's Instagram

Luckily for her, it wasn't the laundrette on Ffriddoedd site and she didn't face the horror of dealing with Circuit Laundry. I wonder

if she'll head over to Bangor for Cheese night in Academi, we can only hope. ABBA would go down a treat if she did!

A Local Celebrity Has Finally Found A Home

Whilst scrolling through and dodging the fake Cube ticket sellers on the popular Facebook page 'Overheard at Bangor', your attention may have been brought to some more happy, wholesome news. Those of you who have lived on College Road in the past will be no stranger to the famous Ginger Tomcat. With more names than Daenerys Targaryen, this

little fella would stroll into the homes of those happy enough to open their door to him, eat whatever food was offered and maybe give a friendly purr as thanks! He's not been seen for a while and a few worried people had made plans to place 'Missing' notices in Upper and Lower Bangor for him. Instead, a student posted this picture asking for his whereabouts:



Image: Katy Curran

To which Emily Cooledge, an ex-Bangor University student responded with: "Yep, that's Bumblebee (also known as College Road cat, Chairman Meow etc). He's safe, healthy and well-fed don't worry. He's recently been adopted and has undergone

vet surgery to remove damaged and decayed teeth as well as the cyst on his spine." How lovely to see this familiar face has found a happy ending, his company will be missed in the houses of many I am sure.

Spooky Season Is Here

With October also being the month we celebrate Halloween and therefore all things spooky, you may be feeling a little like this:



Or even this

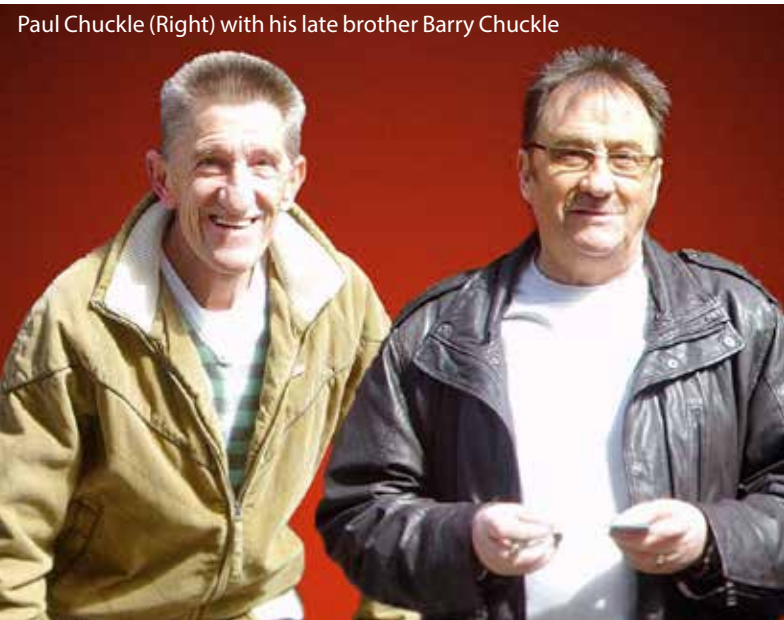


But I'm hoping you're not feeling this



Paul Chuckle Is Back In Bangor

Paul Chuckle (Right) with his late brother Barry Chuckle



If you aren't feeling a bit of Voulez-Vouz at Cheese, there are other music events occurring in Bangor throughout the month of October. One that particularly caught my eye was the return of Paul Chuckle without his brother Barry. We were blessed with a Chuckle Brother's meet and greet in Bangor at Cube earlier this year, but sadly Barry Chuckle passed away aged 73 this August. The

nation is still mourning this national treasure and Paul's return won't be the same without his other half, but I'm sure he'll warm the crowd's hearts just as much alone as he did with his brother by his side.

Who would've thought that a childhood hero would be providing the anthems whilst you're enjoying a night out with your friends at University?

It's my favourite time of the year! The more original the costume idea is the better. Bangor has lots of events where you can celebrate this ghostly night starting with Campus Life hosting 'Halloween Spooky Night' at Bar Uno. Make sure you buck up your costume ideas for this one as they have prizes for the best fancy dress and the best pumpkin lanterns. If you're interested in improving your pumpkin carving skills, be sure to attend the FREE pumpkin carving workshop at 6pm (but you do have to register at the International Education Centre Reception first). If the more technical side of Halloween isn't really your thing, just head to the party that starts at 8pm in Bar Uno on Wednesday 31st of October of course!

So, I hope that University life hasn't been too stressful for all of you so far and all the new students have settled in. Those who are battling Bitch Hill every day well, you'll get used to it. Those who are battling St. Mary's Hill every day, you'll never get used to it. Bangor is a small gem and a North Wales' treasure, a small community vibe you wouldn't find anywhere else!

That being said it's harder keeping up with Bangor than it is with the Kardashians so if you have a funny, heart-warming, sad or just interesting story that you would like to be featured on this Social Page please drop me an email at socialpage@seren.bangor.ac.uk.

FILM

STOP! Trailer Time



by JORDAN KING

The Kid Who Would Be King

Scheduled for release early next year, *The Kid Who Would Be King* is a contemporary reimagining of Arthurian legend starring Louis Serkis (son of Andy) as Alexander Elliott, a 12 year old schoolboy caught up in a battle for the fate of Britain with Rebecca Ferguson's nefarious sorceress Morgana. Written and directed by Attack The Block creator Joe Cornish, this looks like just the kind of film many a nerd's inner 12 year old has been crying out for. With a trailer rammed with neat nods to Arthurian legend and believable youthful exuberance, this could be the perfect post-Christmas adventure.

Captain Marvel

The time is nearly nigh for the eagerly anticipated big screen debut of Captain Marvel, Marvel's mightiest Avenger and - if Infinity War's post-credit sting is anything to go by - a key player in events to come. Starring Brie Larson, the film will be set in the

90s, pre-Avengers, and follow Carol Danvers as she goes from air force officer to the eponymous titular heroine. The trailer promises no shortage of trademark Marvel spectacle but, more pertinently and purposefully, a timely reflection on female power and independence in a post #MeToo world, the 'Her' in 'Hero' lingering defiantly in the teaser.

Stan & Ollie

Stan & Ollie, the upcoming Laurel and Hardy biopic set during the UK tour that heralded the curtain call on their glittering careers, releases this January and the first trailer promises an emotional and long-overdue retrospective salute to comedy's greatest double act. Played respectively by Steve Coogan and John C. Reilly, the pair are seen in uncanny likenesses in the teaser, perfectly inhabiting the voice, look, and manner of the iconic duo. With a stellar cast and crew, and the promise of a greater insight into the lives of two cinematic immortals, Stan & Ollie looks set to be something quite extraordinary.

Cream Of The Streams



by JORDAN KING

NetfliX - The Cabin In The Woods

Drew Goddard's 2012 directorial debut is the ultimate fun and freakish frightfest for you and your flatmates to stick on this Halloween. Through clever subversion of genre tropes, razor-sharp writing, and a cast including a fresh faced Chris Hemsworth, *The Cabin In The Woods* is a blast, banding together 5 young college kids looking for sex and self-discovery in a secluded log-cabin with more than a few secrets beneath the surface. Gore and guffaws are doled out generously throughout, and the twist is one that honestly has yet to be beaten in the horror genre in my book. Watch it.

Amazon Prime - Shaun Of The Dead

In terms of British horror comedies, Edgar Wright's bombastic *Shaun of the Dead* is the gold standard and an all-time great. Starring the sublime duo of Simon Pegg and Nick Frost, the film celebrates the couch potato

by turning slobbs Shaun and Ed into baseball bat wielding, pint swigging heroes, whilst cheekily referencing zombie greats such as *Night of the Living Dead* and *The Evil Dead*. The result? A cult favourite that is rightly adored by all-comers. Look out for weaponised LPs, bashing in zombie brains to Queen, and more slick cuts than a splatterhouse special. Anybody fancy a cornetto?

Now TV - Halloween (1978)

With its long awaited sequel releasing imminently, now is the perfect time to revisit John Carpenter's game-changing slasher classic *Halloween*. Following the night Michael Myers returns to hometown Haddonfield, Illinois 13 years after killing his sister as a child, the film is a throat-tightening exercise in tension and sensory scares with more than a few moments of gruesome greatness. 40 years on, the film is as potent and petrifying as ever, and Carpenter's iconic, neurotic score will ensure that the time spent in the world of his design will play on your mind long after the credits roll. Happy Halloween.

A Century Of Shocks: 100 Years of Horror



by JORDAN KING

From black and white to technicolour, silent stars to scream queens, expressionist symbolism to slasher viscera to devils conjured by the digital age, the past one hundred years have seen horror cinema evolve rapidly and terrify constantly. Whether responding to social anxieties and taboos, creating new ones, birthing icons or slaying them, the metamorphosing medium of the macabre has shown that horror, like hope, springs eternal. Incendiary, revolutionary, and sometimes just downright nasty, the ceaselessly popular genre reminds us just how closely hewn fear is to excitement, so here are 10 iconic classics covering each decade of the past 100 years that should thrill you this Halloween.

Nosferatu (1922)

Still, almost 100 years on, F.W. Murnau's *Nosferatu* is the definitive adaptation of Bram Stoker's *Dracula*. A haunting, expressionistic nightmare, *Nosferatu* is a delicately woven dance of shadows and light, refracting and reflecting humanity and monstrosity in the looking glass of the cinematic lens. A genre-birthing masterpiece with timeless bite.

Bride of Frankenstein (1935)

Horror in the 30s belonged to Universal, whose roster of hyper-stylised, iconic monster movies left an unparalleled mark on cinematic history. None were as sublime as James Whale's campy chiller *Bride of Frankenstein*, in which Boris Karloff's pitiful Creature is achingly realised and Elsa Lanchester's scene-stealing serpentine bride is born, frizzed hair and frightfully beguiling.

Cat People (1942)

Jacques Torneur's *Cat People* eschews

spectacle and visceral shock tactics to weave a story of suppressed sexuality, superstition and suspicion, all tracing back to that age old harbinger of evil, the humble black cat. Famously low-budgeted and stupendously successful, *Cat People* is a reminder of the priceless power and limitless horror that a distinctive vision and a powerful story can hold.

Invasion of the Body Snatchers (1956)

Don Siegel's allegorical, self explanatory sci-fi horror *Invasion of the Body Snatchers* capitalises on the 50s' spate of sci-fi flicks whilst deftly separating itself from them through humanistic foundations. Rather than theremins and martians, we get cold eyes and spent minds, elevating a concept that could have been kitschy fare into something prescient.

Psycho (1960)

Alfred Hitchcock's *Psycho* is a black and white masterclass in suspense and subversion. A spectacular McGuffin, a magnetic central performance from Anthony Perkins, and iconic iconography that has startled and shocked generations of viewers, plus THAT shower scene - this is the original slasher and it cuts to the core every single time. The greatest horror ever? You won't see me arguing.

The Exorcist (1973)

Atmospheric, haunting, and technically exquisite, William Friedkin's *The Exorcist* is a staggering film that has scarred and inspired audiences for 45 years. Through demonic possession, the perversion of adolescence, and the trials of faith, the film is both unfathomably nightmarish and existentially evocative, a duality captured unforgettably in young Regan's lacerated visage. It takes root deep in the soul, and festers uneasily in the mind.

**The Thing (1982)**

The Thing sees John Carpenter, in the most remote and desolate of settings, concoct a microcosmic exploration of Cold War paranoia, toxic masculinity, and what it truly means to be human. This character study is iconic for its metamorphosing monster's hideosity, a phenomenal Kurt Russell performance, and its arctic setting, but it is immortalised through its stunning script and boundless depth.

Ringu (1998)

Hideo Nakata's *Ringu*, a tale woven around a cursed video tape, is a liminal, subgenre spawning masterpiece, occupying both the realms of Eastern folkloric tradition and the digital age. The film's terrors creep forth with the looming inescapability of Death itself, shot starkly and scored harrowingly. *Ringu* is an ever-relevant work of sheer kinetic force and auteurial mastery.

Let The Right One In (2008)

Tomas Alfredson's *Let The Right One In* gave us something profoundly beautiful to transform the vampire genre, foregoing myth and iffy accents to find humanity in the outwardly monstrous and expose the monstrosity within humanity. The relationship between victimised Oskar and outsider Eli, their surreal yet utterly believable bond, will change the way you see the genre forever.

Get Out (2017)

Jordan Peele's *Get Out* is a racially charged horror film whose terror comes not from the individual experience of photographer Chris, but from the sickening sense that it outwardly conveys the repressed presence of archaic white privilege and racial discrimination within American society. As a sign of the times, few horrors have dared be so brilliantly bold.

REVIEW: Halloween (2018)



SEREN



by JORDAN KING

With a staggering 10 iterations since John Carpenter's 1978 slasher, the Halloween franchise has proven itself as indestructible as its iconic antagonist. However, following a sub-par slew of sequels and reboots that prompted a near decade long absence from the big screen, fans of the iconic series quite reasonably have been apprehensive about David Gordon Green's 2018 revival. So with the stakes cinematically and commercially higher than ever, how does this homecoming for horror's prodigal son fare?

We pick up the story 40 years after 'the night He came home', as two podcasters track down Michael Myers at the psychiatric institute he has been held in to goad him into talking to them before his imminent transferral to a new unit. Even with mask in hand and an air of preternatural forces at play, their play fails. However, whilst Michael hasn't changed at all, the same cannot be said for the podcasters' next subject of interest, Laurie Strode (Jamie Lee Curtis). Having survived Michael's attempt on her life, Laurie's struggles with her traumatic experiences have led her into an isolated life, holed up in a booby-trapped fortress where she spends her days shooting targets and contemplating the fractious relationship with her family that her experiences have caused - even though Michael's the killer, Laurie's trauma has seen her labelled the 'basket case'.

Later, as Strode's granddaughter and pals prepare to make merry for Halloween night, Michael - through fate or ill-fortune - finds himself freed

from his transfer bus. What ensues is a battle of wits and bazaar of bloody delights as Myers comes home, slicing and smashing his way towards a long-awaited reunion.

Halloween is a satisfying slasher that knows where it came from and knows where it's at, with enough splatter to startle and enough comedy to calm the nerves as dread builds. David Gordon Green impresses in the Director's chair handling a project many would consider a poisoned chalice. He has a clear care for the film's lineage that shows, harkening back to the original tactfully and symbolically without condescending to imitation, exhibiting assured control over the aesthetic and style that made Halloween so effective whilst showing independent flair. The camerawork is superb, and the dynamicity of the shots, the interplay of foreground and background, and an inspired sequence involving motion sensitive lights, all come together to create soon to be standout moments in the series.

Jamie Lee Curtis as Laurie Strode is seriously award-worthy, and though the rest of the cast can but offer themselves up either to the body count or the unenviable task of playing catch up to her, nobody does themselves a disservice. Andi Matichak and Judy Greer, it must be said, make formidable additions to the Strode clan, and to see such indomitable presences on screen is - intentional or not - a huge step in the right direction for an industry rife with scream queens often deprived of a true voice.

There are, as is to be expected with the territory, some weakly written characters and dumb side-plots, especially with the unnecessary and

contrived 'new Loomis' Dr Sartain, but whilst the tongue occasionally lodges itself too heavily in cheek, when the teeth crumble out and the jaws are left hanging, this film soars. The gore is grisly and grim, befitting a film that comes with a hard '18' rating in a genre placated with pandering '15' rated cheap thrills, and it is disturbing and disorientating to behold in ways that four decades ago simply wouldn't have been possible. Ultimately however, the biggest draw of the film comes from its simple yet solid promise of delivering a story about the hunter and the hunted in which the two are intertwined, and a reunion 40 years in the making finally done right. Admittedly with such a tantalising proposition, too much expectation invariably builds up for the film's climax, leaving no realistic chance of Halloween living up to the stakes set out, but Green and co make a damn good fist of trying and the ending offered is a striking one for sure, even if not necessarily the expected one.

As the final shot leaves us pondering what has been and gone and what may never cease, and as Carpenter's iconic score strikes up once more, satisfying is the term that comes to mind. 2018's Halloween is by no means perfect, but it sure is better than most of us could reasonably have hoped, and that is assuredly satisfying. Following so many failed reboots and sequels, it rights a lot of wrongs and writes a worthy next chapter in this immortal franchise's history, making Halloween great again.

Everyone's entitled to one good scare, and Halloween obliges dutifully, reminding us that the bogeyman will never leave us no matter what may try to stop him.

REVIEW: The Wicker Man (1973)



SEREN



by JORDAN KING

Horror as blind faith, terror as torn asunder values, and dread as a result of obstinate adherence to a fatalistic path. That is what Robin Hardy's *The Wicker Man* poses, sacrificing our very nerves and hubristic beliefs to expose the dangers apparent in arguably the most powerful force on Earth - religion.

Sgt. Howie, played phenomenally by Edward Woodward, is the duty bound Christian police officer driven by vocation and beliefs to attend his own funeral pyre, taking up the case of a missing girl and journeying from the Scottish mainlands to the uncanny Summerisle. And who should be there to meet him but the island's pagan villagers, who sing and dance and frolic and fornicate their way towards his doom, all under the unwavering belief that they are in their own way acting under divine governance.

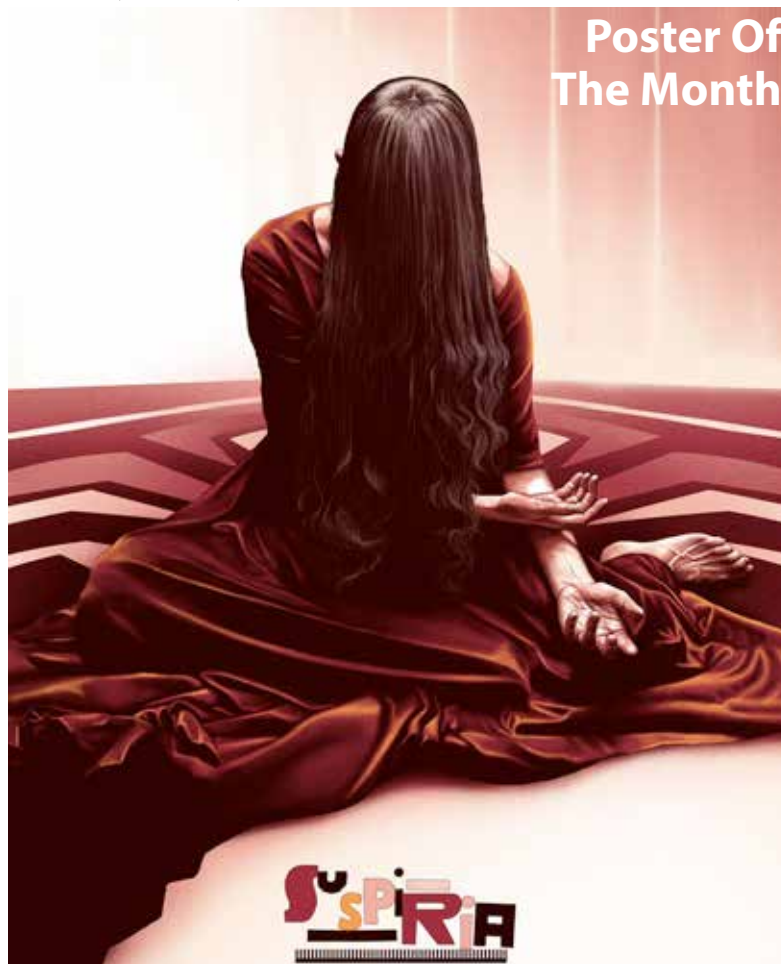
The gentility of approach by Hardy, the embracing of the rural Scottish isles and the cultivation of what has now come to be known as 'folk horror', startles and unsettles incredibly well. There are beguiling songs sung, friendly if odd villagers who are to all intents and purposes charming enough, Christopher Lee's disarmingly genteel Lord Summerisle, and scenery that is truly breathtaking.

Through hazy feverdream gauzes, startling iconography, and ritualistic nudity and imagery, Hardy's piece is constantly underpinned however by an underlying sense of secrets withheld and suspicion, propelling us slowly but inescapably towards a terrifying conclusion.

The final 20 minutes of the film are feverish and nightmarish, shocking in the calmness of the community and the consternation infused stoicism of Sgt. Howie. The visceral image of the burning Wicker Man with Howie inside begging for a painless death, caterwauling desperately as the villagers sing on and the camera leaves him turning to ash in the fire's embrace, is one that is scorched across cinematic history.

Though brief in its runtime, *The Wicker Man* is an exercise in controlled atmosphere and probing character study, in simplicity that outdoes grandeur and in toiling with theological, ecological, and mortal anxieties. It gives more than enough to plant seeds of doubt in our minds about the world we know, and has the confidence to ensure that we will harvest them plentifully in the months to come at the sacrifice of our own sense of self security. There has never been a film quite like it and thus *The Wicker Man's* legacy is destined to keep burning on.

Poster Of
The Month



SPIRA

IN BRIEF

Iron Fist Cancelled



While Netflix has enjoyed a run of great shows recently, it seems this has come at a cost. Iron Fist, the third of Netflix's collaborations with Marvel, has been cancelled. The show, arriving on our screens in 2017, followed Danny Rand, a billionaire who becomes a martial arts master.

Since its premiere the show was plagued with controversy and bad ratings due to the lack of Asian representation in a heavily Asian culture inspired show, instead casting Finn Jones as Danny Rand. Others suggest that the show suffered from some of the worst choreographed fights in the Marvel/Netflix lineup.

Whatever its reasons, Netflix has indeed cancelled the show, the first of the Marvel shows to be cancelled. Although those of you who are fans of Iron Fist, hopefully you can find solace in the fact that the character will still feature on Marvel's defenders.

Good Omens Trailer



Due to the success of Amazon's adaptation of Neil Gaiman's American Gods, the streaming service has released a trailer for another of Gaiman's novels, Good Omens. The novel, written by Gaiman and Terry Pratchett is a comedy revolving around the birth of the son of Satan and the coming of the apocalypse.

The adaptation features Michael Sheen as the angel Aziraphale and David Tennant as the demon Crowley. Others include Jon Hamm, Anna Maxwell, Miranda Richardson and Nick Offerman. The trailer seems appropriately kooky, staying true to the bizarreness of the book. The show is set to be released in the first half of 2019 on Amazon Prime video before then airing on BBC 2 later in the year.

Want to write for this section?

Email: tv@seren.bangor.ac.uk

Netflix's Witcher Cast Announced



by CIARAN GRIFFITHS

Following the announcement of Henry Cavill as the titular Witcher, Geralt of Rivia, several other cast members have been announced of Netflix's adaptation of Andrzej Sapkowski's fantasy novels.

The cast are:

Freya Allen as Ciri
Anya Chalotra as Yennefer
Millie Brady as Princess Renfri
MyAnna Buring as Tissaia
Björn Hlynur Haraldsson as Eist
Adam Levy as Mousesack
Jodhi May as Queen Calanthe
Mimi Ndiweni as Fringilla
Therica Wilson-Read as Sabrina

The cast comprises of several new comers with relatively limited experience suggesting that Netflix is willing to take a chance on the cast, encouraging new talent. Freya Allen, cast as Ciri, for instance has only 5 other acting credits to her name. Yet Allen wasn't the first actress potentially considered for the role.

Earlier this year showrunner Lauren

Schmidt Hissrich came under fire on social media after a rumoured casting call was leaked calling for a Black, Minority Ethnic actor for the role of Ciri. Several vocal social media users were outraged at this rumour, taking to twitter to hurl abuse at the former Defenders co-executive producer, accusing her of disturbing the proudly Polish story. While this was of course an extreme reaction to the unverified rumour, it does pose an interesting question, Should TV writers aim to put their own spin on popular adaptations or should they stick as close to the original plot and characters as possible? What balance should creators strive for?

It's a difficult question to answer, and one creators of adaptations have to deal with constantly as legions of passionate fans jumping to defend against any sort of change to the original intellectual property. This is especially true when actors don't fit the image that fans have of certain characters and may damage the show as a whole.

There have been several other

successful adaptations over the years with varying degrees of originality. One of the most notable of these is Game of Thrones, which while it does follow the book's plot it does occasionally deviate, especially now as the tv show has overtaken the books. Yet there wasn't as strong of an outcry when Game of Thrones diverged from George RR Martin's novels, is this because the Witcher series is held as more culturally significant to Polish society which is where it originates from, or was the outrage simply because of a small group of internet trolls outraged at the fact that a Caucasian character was potentially being recast?

What makes this particular case more complex is just how important the character is in Poland. The Witcher Novels are the equivalent of the Harry Potter books in Western Europe in terms of their cultural significance, so much so that when former U.S president Barack Obama visited Poland in 2011, he was given a copy of the Witcher video game. A lot of Polish people, especially young girls

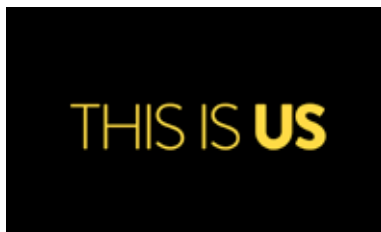
relate with the character of Ciri so any potential changes could alienate and upset this original audience for the novels.

Most of us would argue that more representation and diversity is always a good thing in tv shows. Yet should this come at the expense of the original source material, especially when dealing with something that means so much to so many people? Obviously some things change when books are translated to the screen but it is up to the people behind these shows to decide just how far to go.

This is a complex issue, one that complicates when race and diversity are involved. Many tv shows have come under fire for similar issues and while representation is slowly improving in tv, the debate about staying true to the source material is one that will continue to trouble creators. Nevertheless, I'm optimistic that this particular show will be a hit, and I'm looking forward to watching when it premieres on Netflix in 2019.

Student Picks

by CIARAN GRIFFITHS



This is Us

NBC's heart string manipulator returns to our screens for its third season this autumn, focusing on the three Pearson siblings as they set out on their own personal journeys with plenty of dramatic arguments and a healthy helping of tear inducing scenes. This season has already dealt with some heavy themes including depression, infertility and the horrors of war, the rest of the season promises to be just as heart wrenching.

Where: Hulu, NBC or 4OD to catch up on previous seasons



Bojack Horseman

The dark horse of Netflix, Bojack horseman has gone unnoticed by many people, writing it off as a bizarre cartoon. But as the many, many headlines will tell you, this show isn't afraid to get deep. What other show can you watch a down on his luck, alcoholic actor dwell on his crippling loneliness, tendency to drive those who love him away and generally derail his life, all voiced by the dulcet tones of Will Arnett of Arrested Development fame? Admittedly about 50% of its characters are animals, but don't that let that stop you from diving into its nihilistic, yet occasionally joyful world

Where: Netflix



Doctor Who

BBC's long running science fiction show made world news a year ago when Jodie Whittaker was announced as the thirteenth iteration of the Doctor. The sci-fi behemoth returned to our screens this month showcasing the new lead actress as well as the show under new executive-producer Chris Chibnall. If you've missed Doctor Who for the past few series, now is the perfect time to get on board.

Where: Sunday 7pm on BBC 1



The Haunting of Hill House

In the mood for something a bit more chilling as we approach Halloween? The haunting of hill house is what you're looking for. Set in two time periods, the story revolves around a family of 7 who experience paranormal happenings eventually resulting in an unspeakable tragedy, they reunite two decades later to confront their inner demons. This terrifying Netflix show allegedly has some viewers so scared it's left them sobbing in fear.

Where: Netflix



REVIEW: Discovery of Witches

by CIARAN GRIFFITHS

Have you ever had a piece of cake that looks perfect in every way? The icing on top, the sponge, the buttercream is all great to look at, but the moment you taste it, the illusion's shattered. You find yourself chowing down on a truly awful piece of cake knowing it's not worth the calories.

That's been my experience watching *Discovery of Witches*.

The premise of the show is an intriguing one. Set in the modern day, the show explores the lives of a group of 'creatures', supernatural beings whose lives have been interrupted by the discovery of an ancient text, uncovered by a witch and the show's protagonist Diana Bishop, played by Teresa Palmer. Although Diana turned her back on the mystical world some time ago, she quickly gets dragged back in as several different groups converge on Oxford's Bodleian library attempting to find both her and the book. See, sounds pretty good right?

Yet we're 5 episodes deep and the

show has seemingly abandoned this storyline, instead now focusing on the occasionally creepy relationship between Diana and Matthew Clairmont, Matthew Goode's tall, dark and handsome vampire scientist. Now let me be clear, I like a good love story just as much as everyone else, but the oddly possessive, worryingly intense relationship echoes too strongly of twilight for this particular tv reviewer.

I don't have a problem with the cast, both Teresa Palmer and Matthew Goode give solid performances with the occasional oddly delivered line, but on the whole the cast does their best with the material. Special credit has to go to both Alex Kingston, who seems slightly wasted on this show, and Owen Teale who has some of the more awkward lines as the show's antagonistic head witch Peter Knox.

It's worth mentioning that the show uses some beautiful locations, making good use of several panning shots over Oxford and Venice. Although the breathtaking effect is slightly ruined

by the bizarre choice to add a muted filter to every single shot. Now I get that this show has a whole gothic vibe deal going on, but what's the point of filming in the gorgeous Venetian streets if you're going to stick a muted filter over it? Maybe the producers wanted a holiday.

Although what do I know, this show has some good reviews and most people I've spoken to seem to love it. IMDB has it at 8.6/10 with 4688 at the time of writing, both the Telegraph and the Guardian gave it 3/5 stars and Den of Geek seemed quite happy with it despite also mentioning the slightly shaky writing.

As a final note, I still think it's worth watching this show but with a group of friends. Here's an idea, turn it into a drinking game, do a shot every time there's a continuity error (My personal favorite is Matthew's disappearing tie in episode 4), or oddly phrased line. Believe me there's a lot of both so buckle in folks.



REVIEW: Killing Eve



by CIARAN GRIFFITHS

Appropriately for a show involving spies, BBC's *Killing Eve* managed to sneak up on me. I'd seen the odd promotional trailer and heard the name floating around, but I'd be lying if I said I was counting down the days until it aired. That, *Seren* readers was a mistake, *Killing Eve* is bloody brilliant.

Based on Luke Jennings' 'Codename Villanelle' Novella series, *Killing Eve* stars Sandra Oh and Jodie Comer as rival spies involved in a brutal game of cat and mouse, with the chase becoming more and more personal as it goes on. The whole series has been intense, with each episode multiplying the stakes, keeping

viewers captivated until the last shot fades to black. This feeling is helped by the brilliant performances given by all the cast, particularly Sandra Oh as the titular Eve, a MI6 desk worker with a slight obsession for female psychopaths who finds herself chasing one of her deadly obsessions. Her co-star, Jodie Comer plays Villanelle as a dangerous, menacing assassin with a talent for murder, but even with all the violent murders and gross manipulation of the people around her, she's oddly likeable.

This likability stems from the talents of Phoebe Waller-Bridge of *Flea Bag* fame, who wrote and produced the spectacle. The BBC America series

features a cutting sense of very British humour, bouncing from grotesquely murder happy to hilariously sarcastic all within the same scene. The jovial yet alarming mood is matched by the brilliant soundtrack that runs throughout the show, using a whole range of music from haunting 60s ballads to bass heavy German EDM, matched with bright visuals, each city being given its own screen-wide title card.

While the show isn't overtly feminist it is there in the background, offering a refreshing take on the spy vs spy genre. It doesn't have to be obvious in its feminism, the show is captivating enough without Eve fighting the

system and at no point does gender play a huge part in the show, rather the characters are shown as real, complex people some of who just happen to be women. Instead she's portrayed as a capable, effective spy simply doing her job in a much more realistic, less macho way than Bond ever could.

It's not just me who's gushing about this show either though, *Killing Eve* is currently sitting at a comfortable 88% audience score on Rotten Tomatoes with TV critics such as the Telegraph's Jasper Rees giving it 5/5. Even the Emmys are paying attention, with Phoebe Waller-Bridge being nominated for Best Writing in

a Drama Series and Sandra Oh being nominated for a Prime Time Emmy for Outstanding Actress in a Drama Series, the first Asian actress to be nominated for this particular role. While these are fantastic achievements, it does seem odd that Jodie Comer wasn't nominated for anything with her chilling performance as Villanelle, but 2018 has been an amazing year for tv, if not for anything else.

If this glowing review hasn't convinced you to watch *Killing Eve*, it's already been renewed for a season 2 so there we go, I must be onto something.

MUSIC



REVIEW: A Star Is Born Soundtrack

By JORDAN KING

Bradley Cooper's directorial debut *A Star Is Born* has made huge waves in cinematic circles already, with its tenderly crafted yet tempestuous tale of a falling star and the star who rises to meet him in the middle before fate intercedes, bowling over audiences and critics alike. With powerhouse performances from Bradley Cooper and Lady Gaga and a stylistic flair that is nothing short of sumptuous, as well as an unflinching approach to difficult issues such as substance abuse, addiction, and the darker side of fame, the film in and of itself is destined to be a classic and makes as the fourth iteration of the *A Star Is Born* narrative is arguably the most impactful yet. But more than being just a film, and consciously (importantly) not a musical, a large part of its success and emotional heft can be attributed to a fantastic soundtrack, rich in variety and steeped in a storytelling lyric tradition, performed passionately by Cooper, Gaga, and Lukas Nelson & The Promise of the Real.

Kicking off the soundtrack is a grinding number, *Black Eyes*, setting out the hybridised country-rock style of Cooper and company assuredly and confidently. There's a grit in the throat of Cooper that sounds like it really bubbles up from someplace deep inside, and in a role in which Cooper's Jackson Maine puts his body through the ringer to get through his setlists, the outtural vet soulful

tone is a perfect way to set out the film's stall and let us know that we are in safe, authentic hands musically. The timeless, chameleonic lyric and sound carries some of the film and soundtrack's more 'bulking out the songbook' tunes, with *Diggin' My Grave* and *Alibi* especially evoking the opener and reminding us of Jackson's persona as an artist.

From the crowd-pleasing country-rock opener we transition into our first meeting with Lady Gaga's Ally, a frustrated waitress who is getting by on performances at a drag club to keep her passion alive. When Jackson Maine walks into the bar and Ally steps out on stage, she belts out the Edith Piaf classic *La Vie En Rose*, entrancing Maine in a goosebump inducing performance that lights the touchpaper that will become their artistic and romantic relationship. In response to the purity of Ally's performance and in a lyric of soul-bearing and heartbreaking beauty, Jackson takes the mic at the drag bar whilst he waits for Ally, singing *Maybe It's Time* - a reflective, acoustic song about the trials of living in the past and trying to make peace with the present. Whilst haunting here, its anthemic bandbacked reprise at the height of Ally and Jackson's relationship casts it in a new and more optimistic light, and it is the sleeper-hit of the soundtrack to this humble critic's mind.

Having been introduced to the main characters and their voices

both literally and metaphorically, the soundtrack reaches its nirvana, the bringing together of Ally and Jackson for Oscar worthy showstopper *Shallow*, a song that becomes totemic to their connection and elevates the soundtrack onto a plane of both commercial and narrative superlativity. From Jack's very countrified opening verse to Ally's second, and the landmark chorus where the pair realise they have changed irreversibly and Ally's powerful voice breaks out almost primally were it not for its perfect delivery, the piece is a highlight of the film and of the soundtrack that packs an emotional punch. 'I'm off the deep end / watch as I dive in / I'll never meet the ground' Ally belts out, and the double-edged sword of its courage and foreshadowing ensures that its placement at the centre of marketing for the film and its electrifying energy translates as well on screen as it does on sound alone. It is, as the cool kids would say, a banger.

Following *Shallow*, we hear Ally and Jack play off each other with *Music To My Eyes*, a heartwarming dose of sickly sweet sentimentality that will surely become a first dance favourite for film fan couples. When Ally takes a solo again for the song she's written for Jack - *Always Remember Us This Way* - a number that seems destined to be less popular than *Shallow* but both musically and narratively hits home every inch as hard, with sanguine lines like 'But all I really know

/ You're where I wanna go / The part of me that's you will never die' avoiding cliché and feeling earnest and tender and retrospectively possessive of flooring beauty. It's a piano driven piece that feels like a must-have on any road trip with the one you love.

In the film's second half, as Ally's career takes off, we are greeted with some authentically Gaga pop numbers that give producer Mark Ronson space to show off his sound design skill, infectious rhythms and motifs catapulting otherwise potentially cheap numbers *Why Did You Do That?* And *Hair Body Face* into something both commercial but also evocative of Ally's internal struggle with keeping her voice her own and pleasing her management. These tracks, as well as the more soulful synth-laden *Heal Me*, will no doubt be divisive to a more general audience, but to fans of Gaga who know she can have her pop both move-busting and tear-jerking they'll be treasured additions to her catalogue.

As the film spirals into the trials and tribulations unavoidable for a man with as many demons as Jack and a woman forging her own path in the industry and struggling to balance public success and personal pains, exploring the alchemic constitution of their relationship, songs like *Before I Cry* and *Too Far Gone* become toiling pieces, music speaking louder than words for the couple, with both having a departure from their style as a couple and returning to their lyrical

roots to figure themselves out. Again, these may seem like filler tracks for some, but in the framework of the narrative and the somewhat concept album, they are essential.

At the film's close, Ally takes the mic alone for an incredibly timeless ballad, and though I shan't divulge its title or lyrics, I can assure you that having seen the film and listened to the soundtrack more times than I care to admit, it is a beautiful piece that necessitates pre-prepared tissues and the acceptance of an overwhelming feeling of brokenness. Thankfully, the song that plays through the credits and is featured initially earlier in the film - *Is That Alright?*, is a healing piece that had such a profound effect upon my fiancée and I that it is soon to be our wedding song.

All in all, *A Star Is Born*, the album and the film, is a dynamic and rich work that promises something for everybody without being afraid to explore sounds and themes that will surely polarise. It handles its ballads and its bopping numbers with equal care and attentivity, and will stand as the best album of the year and the best film of the year by a long chalk unless something truly extraordinary comes along before Christmas. I mean, *Nativity 4* is just around the corner so who knows?

Watch the film. Listen to the album. Fall in love. Fall apart. It is phenomenal.

American Music Awards 2018

By HAYLEY DAVIES

This year's American Music Awards (AMA's) commenced on the 9th October in LA, California at the Microsoft Theatre. Presented by Tracey Ellis Ross and broadcast live, the star-studded event saw the American music industry's greatest celebrated and awarded for their contributions this past year.

Drake and Cardi B were the most anticipated artists of the night after they were both nominated for eight awards. However, Cardi B only won three awards out of her eight nominations: Favourite Artist: Rap/Hip-Hop, Favourite Song: Rap/Hip-Hop for 'Bodak Yellow (Money Moves)', and Favourite Song: Soul/RnB for 'Finesse' with Bruno Mars. It was however Taylor Swift and Camila Cabello that stole the night winning four awards each. Swift took home the biggest award of the night, Artist of the Year, as well as Tour of the Year for her Reputation Stadium Tour, Favourite Female Artist: Pop/Rock, and Favourite Album: Pop/Rock for her platinum selling album 'Reputation'. Swift also opened the night with a fierce performance of her song 'I Did Something Bad'. Dressed in a bejewelled black long-sleeve velvet bodysuit teamed with thigh-high

black leather boots, she was a strong and powerful presence on stage which only highlighted the fierce attitude of her song, clearly setting the tone for the female-dominated evening. Including Taylor Swift's impressive achievements, 14 of the 29 awards available were awarded to female artists.

Camila Cabello also championed female empowerment as she bagged four awards including the coveted title of New Artist of the Year, along with Collaboration of the Year, Video of the Year and Favourite Song: Pop/Rock for 'Havana' featuring Young Thug. Winning four out of her five nominations easily titles her as the underdog of the night. Her song 'Havana' played a huge role in her success. It was originally released in September of 2017 but was re-released as the lead single of her debut album 'Camila' in January 2018 and has stayed popular on the billboard top 100 chart in 2017-2018.

Another underdog of the night was Shawn Mendes. Rising to fame through sensational popularity on YouTube, the internet sensation is now a multi-platinum selling artist who beat out the likes of P!nk and Ed Sheeran to win Favourite Artist: Adult

Contemporary at this year's awards. It was however a disappointing night for Drake as he did not claim a single award despite being nominated for eight. The same can be said for Ed Sheeran who could be described as a titan in the music world. Nominated for six awards he still didn't bag one. The country music section was dominated by Kane Brown who won three of five awards available for country artists. It was his song 'Heaven' that saw him awarded Favourite Song: Country and his debut album 'Kane Brown' that bagged him Favourite Album: Country. He also took home the title Favourite Male Artist: Country.

As previously mentioned the night was kicked off in style by Taylor Swift, and the evening of awards was accompanied by many more performances by the likes of Twenty One Pilots, Mariah Carey, Post Malone, Dua Lipa, Carrie Underwood, and Cardi B. To close the night there was a fitting and touching tribute to the legendary Aretha Franklin who sadly passed in August of this year. Gladys Knight, a long-time friend of Aretha, started the performance with a rendition of 'Amazing Grace' and was later joined by artists including Ledisi, Mary Mary, Donnie McClurkin and CeCe Winans.

This moving performance rightly brought the audience to its feet.

The AMA's can be summarised as a celebration of women with the biggest winners both being strong female artists: Taylor Swift is in her own right a well-established and accomplished artist but Camila Cabello, who hails from Cuba, stood strong as a multinational female artist. Cardi B fights against the stigma of motherhood, showing that her career will not suffer and that you really can have it all. It was also a celebration of African American culture, shown not only through Kane Brown's domination of the country section but also by Tracey Ellis Ross, who hosted the show and stole it with her amazing fashion choices. In the course of the three-hour long awards ceremony she wore a total of ten different outfits. Each outfit was by a black designer purposefully 'FOR THE CULTURE' as she wrote on her Instagram, beautifully celebrating the African American community.



What's On In Pontio?

By VICKY WILKES

It's always worth keeping an eye on Pontio's Artistic Programme. The September — December 2018 programme features an eclectic mix of performances. This includes Jamie Smith's MABON, an evening of Celtic traditions in a new style which promises to be "toe-tappingly good". On the 1st and 2nd of November there's a performance by the 'Allegri String Quartet' featuring works by Haydn, Debussy and Mendelssohn. Another notable upcoming performance is 'Alys Williams with the BBC National Orchestra of Wales' on the 24th November. Some performances are only £5 for students which is another great reason to make the most of Pontio!

REVIEW: Latest Albums



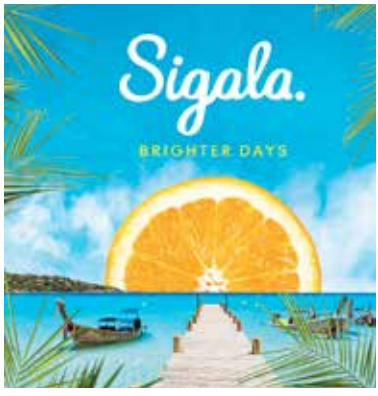
Halloween Playlist 2018

- Every Halloween celebration needs a Halloween playlist! Spotify have collaborated a great one with 'HALLOWEEN PLAYLIST 2018'. Here are some of the tracks that have made it onto my own:
- 1 - 'Somebody's Watching Me' by Rockwell
 - 2 - 'This Is Halloween' by Panic! At The Disco
 - 3 - 'I Put A Spell on You' by Alice Smith
 - 4 - 'Thriller' (Steve Aioki Midnight Hour Remix) by Michael Jackson, Steve Aioki
 - 5 - 'Superstition' by Stevie Wonder



Always in Between - Jess Glynn

Jess Glynn is back with her second studio album titled 'Always in Between' released on the 21st September. The singer/songwriter, famous for her bold and powerful vocals has already received success with the release of singles 'I'll Be There' and 'All I Am'. Also featured on the album is her collaboration with Rudimental, Macklemore and Dan Caplan on 'These Days' which was regarded as one of the songs of the summer. The album has a cohesive style as a record which not only features successful singles but also tracks such as 'No One' which is a light-hearted personal favourite.



Brighter Days - Sigala

Sigala's album 'Brighter Days' released on 21st September features 16 tracks which have received previous successes including the UK number one hit 'Easy Love'. The album begins with the title track 'Brighter Days' and continues to feature collaborations with artists such as Ella Eyre on 'Came Here for Love', Paloma Faith on 'Lullaby' and Craig David on 'Ain't Giving Up'. The album brings together anthems from the summer of 2018 which have already achieved many top 40 successes.



Jubilee Road - Tom Odell

Tom Odell is due to release his third album on the 26th October following 'Long Way Down' in 2013 and 'Wrong Crowd' in 2016. The singer, songwriter and musician is famous for his recognisable duo of powerful vocals and piano which result in an uplifting sound. Odell sparked much publicity back in 2014 when he covered The Beatles' 'Real Love' in the John Lewis advert which peaked at number 7 in the UK Top 40. The album features tracks such as 'Jubilee Road', 'If You Wanna Love Somebody', 'You're Gonna Break My Heart Tonight' and 'Half As Good As You' (feat. Alice Merton). The album promises to be a stunning addition to Odell's repertoire with its use of heart-breaking lyrics and musical style.



Simulation Theory - Muse

English rock band Muse are due to release their latest synth rock album on 9th November 2018, this will be Muse's eighth studio album since 1999. 'Simulation Theory' will differ to the band's previous three albums which have bought considerably darker themes. The band have since sought lighter influences with the concept of "fantasy becoming real". The band have already released singles 'Dig Down', 'Thought Contagion' and 'Pressure' which all adhere to the recognisable and nostalgic sounds of Muse. So, Muse fans, rejoice!

BOOKS

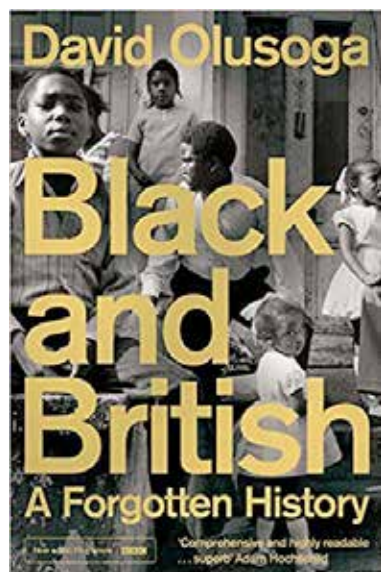
by EMILY LUTTERODT AND BETH SMITH

Books By Black Authors To Read This Black History Month

Black and British: A Forgotten History- David Olusoga

David Olusoga is an award-winning historian and broadcaster. In this book, he explores the long relationship between the British Isles and Africa and its people. He draws on new genetic and genealogical research, original records and more. The book itself starts in the Roman times ranging from the lives of black Tudors, Georgians, Victorians and soldiers within both World Wars. The book ends in the present day. However, there are large chronological gaps simply because black voices were not recorded throughout some periods in history.

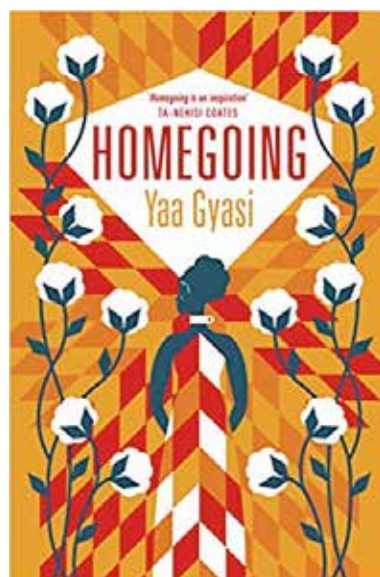
"The denial and avowal of black British history, even in the face of mounting documentary and archaeological evidence, is not just a consequence of racism but a feature of racism."



Homegoing- Yaa Gyasi

The story begins in an Asante village, part of the Gold Coast which eventually became Ghana, in the 18th century. Effia Otcher is a young girl sold by her own father to a British slave trader called James to be his wife. 15-year-old Esi Asare is Effia's half sister. She was seized during a raid on her own village and brought to the castle by 'bomboys', local boys who transported cargo for the British. The book itself follows these two characters and their interconnected stories through 7 generations of their bloodline covering the related histories of the US and Ghana right up until the 21st Century.

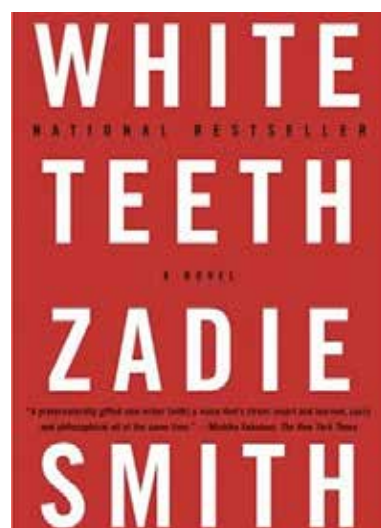
"You cannot stick a knife in a goat and then say, 'now I will remove my knife slowly - so let things be easy and clean; let there be no mess.' There will always be blood."



White Teeth- Zadie Smith

Zadie Smith starts her novel with Archibald Smith trying to kill himself in his car in Cricklewood but he then thinks it isn't an appropriate place. He isn't alone as Mo Hussein-Ishmael also thinks it's inappropriate as its blocking delivery access to his Halal butchers. Archie then U-turns his plans of suicide and ends up marrying his second wife, a Jamaican lady called Clare Bowden. She's running away from multiple people. In another part of town, there is Samad and Alsana Iqbal. Their neighbours believe they aren't those kind of Indians but they aren't even Indian at all- they're Bangladeshi. A change leads to both couples living only a few doors from each other and rekindles and old friendship and births a new one. Then we meet the Chalfen family. The head is a Jewish academic called Marcus, his insipid wife and their picture-perfect children. These families are then mixed with a fear of and attraction to terrorism.

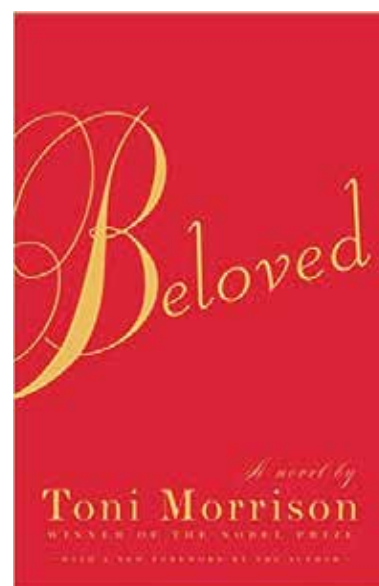
"Greeting cards routinely tell us everybody deserves love. No. Everybody deserves clean water. Not everybody deserves love all the time."



Beloved- Toni Morrison

The book begins with Sethe in her late thirties living with her 18-year-old daughter called Denver. This is in the early 1870s right after the first dislocations of the civil war and its aftermath. The house they both live in is thought to be haunted and one of Sethe's fellow slaves from her former plantation exorcises the house for them. After this, a mysterious female turns up and she shows no signs of hardship on her skin or clothes. She calls herself "Beloved" and the mother and daughter take her in. The events that occur in the story are heart-wrenching right up until the moment Sethe recognises who "Beloved" really is.

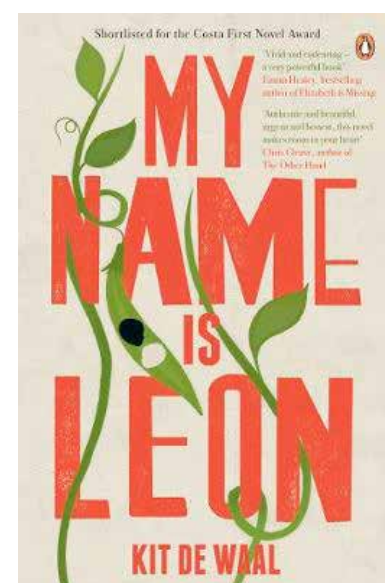
"She is a friend of my mind. She gather me, man. The pieces I am, she gather them and give them back to me in all the right order. It's good, you know, when you got a woman who is a friend of your mind."



My Name Is Leon- Kit De Waal

The book itself is set in the early 1980's and is based on the life of a little boy. This boy is Leon who is also the narrator of the book. Kit De Waal starts the story at the birth of Leon's brother Jake. Leon thinks the world of Jake and from the get go it is established there is something wrong with the mother, Carol, when she leaves the room for a cigarette instead of holding her baby. Both brothers have different absent fathers and Leon is mixed race whereas Jake and Carol are both white. In a spiral of downhill events the boys end up in foster care but Leon is left behind because everybody wants a white baby. The events that unfold show Leon facing the harsh reality of his life and how he deals with them.

"I look like my dad. Mum says he's coloured but Dad says he's black but they're both wrong because he's dark brown and I'm light brown"



BLACK
HISTORY
MONTH

Books on the Salem Witch Trials to Freak You Out This Halloween

Hundreds of books have been written about the Salem Witch Trials since they first took place in 1692 despite the fact that in October of that year, Governor Phips ordered a publication ban on books discussing witchcraft and the Salem Witch Trials, fearing it would only fan

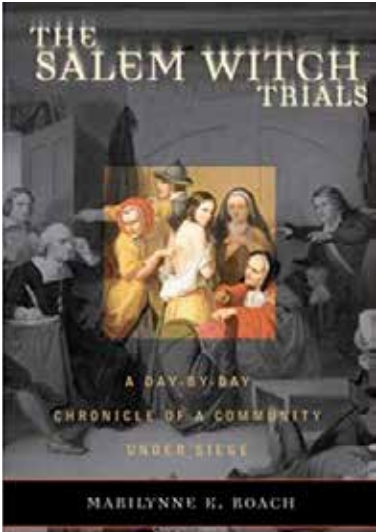
the flames and incite more fear. This ban didn't apply to Boston minister Cotton Mather, whose son had personally recommended Phips for the job of Governor of the Province of Massachusetts Bay. As a result, Mather's book, Wonders of the Invisible World, was the first

official book published on the Salem Witch Trials when it came out that month. The other ministers and various people involved in the Salem Witch Trials also published their own books and memoirs on the topic prior to the ban and in the years that followed.

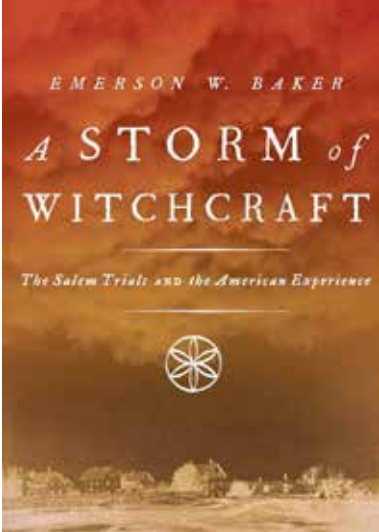
These books, along with the actual court records, are the primary sources on the trials and later become the main source material for contemporary books on the topic. In the 19th century, a renewed interest in history spurred a second wave of books on the trials, starting

in 1867 with a book titled Salem Witchcraft by the former Salem mayor Charles W. Upham. The books have kept coming ever since then and they don't seem to be slowing down anytime soon.

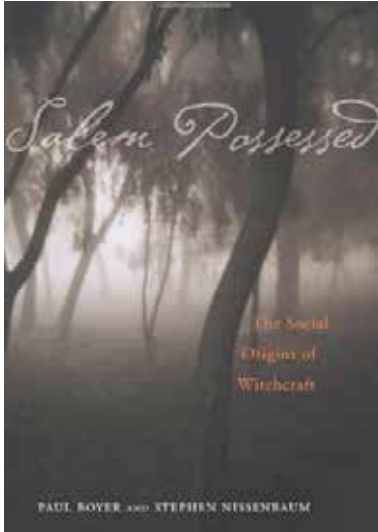
Some books to check out are:



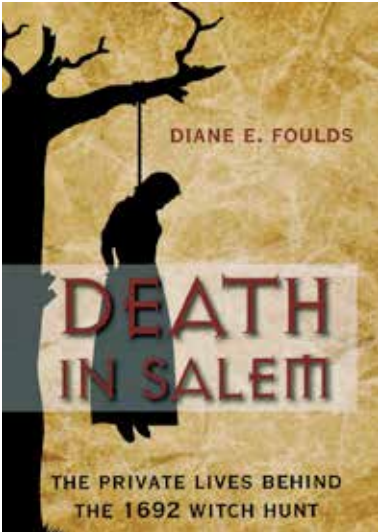
1. The Salem Witch Trials:
A Day by Day Chronicle of a Community Under Siege by Marilynne K. Roach



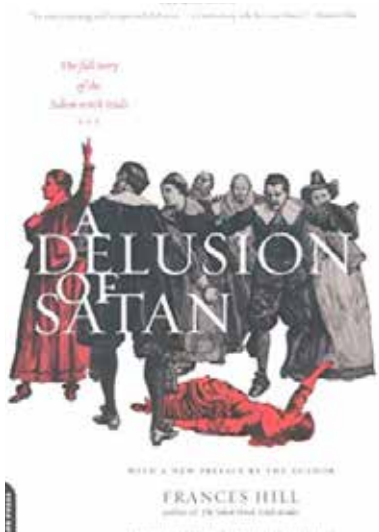
2. A Storm of Witchcraft:
The Salem Witch Trials and the American Experience by Emerson W. Baker



3. Salem Possessed:
The Social Origins of Witchcraft by Paul Boyer and Stephen Nissenbaum



4. Death in Salem:
The Private Lives Behind the 1692 Witch Hunt by Diane Foulds



5. A Delusion of Satan:
The Full Story of the Salem Witch Trials by Francis Hill

Happy Birthday: Zadie Smith



Smith was born Sadie Smith in Willesden in the north-west London borough of Brent to a Jamaican mother, Yvonne Bailey, and an English father, Harvey Smith. At the age of 14, she changed her name to Zadie. Smith's mother grew up in Jamaica and emigrated to England in 1969. Smith's parents divorced when she was a teenager. Smith attended the local state schools, Malorees Junior School and Hampstead Comprehensive School, and King's College, Cambridge, where she studied English literature. Her debut novel White Teeth was introduced to the publishing world in 1997 before it was completed. An auction for the rights was begun; Hamish Hamilton won. Smith completed White Teeth during her final year at Cambridge. Published in 2000, the novel immediately became a best-seller. It was praised internationally and won a number of

awards, among them the James Tait Black Memorial Prize, and the Betty Trask Award. The novel was adapted for television in 2002. Smith served as writer-in-residence at the ICA in London.

5 books to check out by Zadie Smith:

- 1. The Autograph Man
- 2. On Beauty
- 3. Changing My Mind: Occasional Essays
- 4. NW
- 5. White Teeth

"Stop worrying about your identity and concern yourself with the people you care about, ideas that matter to you, beliefs you can stand by, tickets you can run on. Intelligent humans make those choices with their brain and hearts and they make them alone. The world does not deliver meaning to you. You have to make it meaningful...and decide what you want and need and must do."

GAMES

Bangor Built Games: Zero Fear



By SINCLAIR DAVIS

Zero Fear is a cooperative survival game, set in a zombie apocalypse, under design by Ben Penny. The tabletop game revolves around players working together to move across a randomised map, uncovering locations, encountering enemies, and collecting items along the way. In playtesting so far the objective has been to collect generic supplies hidden around the map, and return them safely to the starting point. In future, however, the game is intended to feature varying scenarios each with their own goals.

At the beginning of the game, the entire map consists of face down cards, which are uncovered to reveal new locations as the players explore. Faced with events and challenges uncovered along the way, players are encouraged to work together to overcome obstacles, by joining forces for combat, trading loot, or taking advantage of character-specific abilities.

Penny is a first year computer science student, and has been design-

ing the game as a hobby for the past year. He hopes to eventually publish his project, but clarifies that the experience, not profit, is his priority. As inspiration, Penny credits Dead of Winter, a similar tabletop game, and his love of survival video games. Zero Fear intends to bring a twist to the standard by introducing a heavier focus on exploration. Hopefully over its development, the game will continue to differentiate itself from its inspiration and evolve its own unique tone and personality.

With a sole developer, and having only recently begun playtesting, the game is an early stage of development. Penny intends to continuously tweak gameplay, based largely on further playtesting, and feedback from members of the Bangor Tabletop Society. His prototype is currently missing artwork, but he hopes to find an artist interested in the project. While the game has no release date set in stone yet, it is sure to develop over the course of the coming months, and it will be interesting to see it realise its full potential.

Bangor Table Top Society Halloween Party

By WILL KEELEY

Bangor TableTop Society will be celebrating Halloween with two massive events alongside some of the best societies in Bangor including Assassins, BAWLS, BUGL, Conspiracy Soc, Craft, HorrorSoc, Tabletop, Tea Time, Sci-Fi/Fantasy, and Story Soc. On our legendary pub crawl starting 18:00 on Saturday October 27th, we'll take you pub to pub on THE Halloween event to misremember! We'll be going to Bar Uno, Menai, Rascals, Spoons, and Harp, as we make our way across Bangor on one of the best socials of the year! On Halloween itself starting 12:00 on Wednesday October 31st, we'll be celebrating with Sci Fi, Storytelling, BAWLS and TeaTime, in a ourrrrr big Halloween pirrrrate themed Parrrrrry! We'll have tea, cake, costumes and most importantly, boardgames!

All that is just our Halloween events! We meet every Wednesday and Sunday in Thoday F1 to play our huge selection of board games. Whether you are a board game fanatic or just interested in sitting down for a quick game, come along and join in the fun!

REVIEW: Assassin's Creed Odyssey



Developer: Ubisoft Quebec, Ubisoft Montreal
Release Date: 5th October 2018
Platforms: PS4, Xbox One, PC
Genre: Action Adventure
Multiplayer: No
Age Rating: 18

SEREN



By CHARLIE WHITESIDE

Odyseus's fatal flaw was hubris. Can the same be said for this?

The second in Ubi's soft reboot of Assassin's Creed, Odyssey continues the new formula of its predecessor Origins. While it does add more interesting concepts, it may not be as much of an overhaul as Origins itself was.

Odyssey takes new liberties with the plot in comparison to the earlier series, with a choice of character – Cassandra or Alexios – and a relatively freeform story in which you play a mercenary seeking a personal goal during the Peloponnesian War in 431 BCE. The story is never really forced into your

hands, but at the consequence of feeling low stakes (at first, anyway). The two characters are in fact siblings, not just gendered clones of each other, and the use of both in the events that take place is cleverer than expected. Following the story will take you on a literal Odyssey across the ancient Greek world.

As always with the series, the world of the game is magnificently crafted. Players start on the small island of Kephallonia and after obtaining a ship are free to explore a scaled down version of southern Greece, albeit not easily as many areas are filled with higher level, lethal enemies. Along the way are many wonderful ancient sights restored to their former glory, and Ubisoft's interpretation of ancient

Greek life is detailed and perfect for any history buff. Music is of course Greek influenced with lutes and horns used in fanfares as quests are complete. Voice acting is mediocre, with some strange put-on accents instead of real Greeks.

Much of the gameplay has been lifted from Origins, as it was already workable. Combat is more traditional action-RPG fare, with counters and a focus on dodging as there is no block. It's all well and good, but not very reminiscent of the namesake; Assassinations seem more like an obligatory afterthought, with the opportunities for stealth limited. The plot involves taking down a plethora of high value targets, but the actual killing of said foes often ends in a generic sword

battle, because they are too strong to die from a stealth attack. Naval gameplay makes a return from Black Flag, and serves its purpose; Ship ramming and boarding can be satisfying, but it can also quickly become repetitive. The same can be said for the aforementioned combat, with multiple different weapon types yet no difference in how you use them (smashing light attack, mostly).

An elephant in the room when it comes to Odyssey is the price and DLC. The standard edition price is already abhorrent at £59.99, and there are as many as seven other increasingly expensive editions featuring meagre or pointless extra content, and collector's items. Levelling up is slow and often even tedious in-game.

an excuse for Ubisoft to promote "timesaver" packs. These defeat the purpose of playing with the ability to skip resource hunting, yet when the game slows to a crawl they become tempting. In Origins the player was always able to continue the story at their current level, while in this side content is mandatory to scrape past the level requirement for main quests.

Assassin's Creed Odyssey is a massive cumulation of what made former games great, republished with little improvement and marketed for eccentric amounts of money. Despite that, the detail and uniqueness of the setting and the effectiveness of this formula leaves the game with a strange appeal.

The Resurgence Of D&D: Why You Should Try It At Least Once



By MEGAN ROBERTSON

Dungeons and Dragons, otherwise known as D&D, is the incredibly popular Table-Top Roleplaying Game (TRPG) that combines a group of friends, character sheets and multiple dice to create a fantasy adventure. At the moment, it feels like most people have some idea of what D&D is. This is not surprising as last year, Wizards of the Coast announced that 2017 had been the best year for sales of D&D 5th Edition, estimating that 8.6 million Americans alone played D&D over the last 12 months.

However, D&D hasn't always been in such high demand. In fact, in the 1980s it was believed that D&D was a tool for the occult, used to corrupt

adolescents with sex, violence and witchcraft. The media demonised the game, ironically, in a very similar way it demonises video games today.

The TRPG used to have a smaller cult following back when it was first released in 1974 by creators Gary Gygax and Dave Arneson. The stereotyping of the fanbase by the media and the incidents of 2 separate suicides that were falsely linked to the game, resulted in D&D gaining a bad reputation.

So, what caused the sudden resurgence in Dungeons & Dragons that propelled it to its current levels of popularity?

Arguably, the most prominent reason for this change of opinion is how the media is now presenting D&D. Teenagers who used to play D&D in

the 1980s have grown up and entered positions of influence within the media. From Actors like Vin Diesel and Drew Barrymore, to Producers, Novelists and Video Game Designers. These people openly express their love for the game, and this comes across in their work. Dan Harmon, creator of the popular TV show Community, dedicated 2 episodes to the TRPG, and even George R.R. Martin has admitted to taking inspiration from D&D.

However, rather than traditional media, the biggest influencers in changing the stereotypes of D&D were Streamers like Critical Role. They showed their audience that D&D wasn't a bunch of socially-awkward men hiding in a basement, but rather a group of friends hanging out and having fun, while working together

to make their own narrative. D&D stopped being stereotyped as a niche game, and instead became known as a creative, social outlet for anyone who had an interest.

Although a lot of it's popularity can be placed on the Internet and Media, it is also likely our desire to escape this electronic world that has caused more individuals to turn to Dungeons & Dragons. D&D is a purely social, offline experience which offers us an opportunity to explore a vast fantasy world, building friendships and making memories along the way. It is for this very reason I believe EVERYONE should play D&D at least once in their life.

Besides just being a creative outlet and a great bonding experience, D&D forces players to take on a new

identity, with its own unique ideals, thoughts and beliefs. You are forced to look at problems and situations through another's eyes, and you learn when to use diplomacy and when to fight; when ideals should be upheld and when they should be abandoned; You make mistakes and get to see the consequences of them. D&D is a game about life, and specifically how to engage with others.

At its core, Dungeons & Dragons is about helping people understand each other a little better, and that is the true beauty of the game. If you ever get the chance, I say go forth and look at the world through the elvish eyes of a powerful wizard or a deadly assassin, because you may find you'll never want to look back.

The Death of the Triple A Game



By STUART MILNER

These days, most games that are released come from one of a small group of massive developers such as Activision, EA and Ubisoft - all of whom are huge international companies with thousands of employees, huge budgets and hundreds of years' worth of combined experience. However, many of these games receive poor reviews and backlash from the community, and tend to have a short lifecycle.

This wasn't always the case though. If you think back to November 2007 and the release of Call of Duty: Modern Warfare, people went nuts! It not only broke sales figure records

but was also widely awarded- most notably the Golden Joystick Ultimate Game of the Year 2008.

So clearly these big developers are not incapable of making good games. So what is preventing them? Why are they being bested by small time indie developers with small teams and smaller budgets? Well, the answer is twofold!

Firstly, it is a case of expectation. Most normal people trust big brands with huge budgets. It is why Heinz is still the best selling ketchup in Britain- the fact that people know the brand and trust it makes it sell. In this case, because they are a large company with a large budget, you expect better of them. I'm sure that if many of the games released recently by com-

panies like Ubisoft had been made by a small time, newish developer they would have received better reviews and praise, simply because people do not expect as high quality from small time developers.

The second is inherent with having a large business producing games. Ubisoft and EA in particular suffer from this problem: the individual people developing the game have little to no control over the outcome. Release dates, trailers and even which games to develop are often dictated to the developers by those higher up in the company. This is because these companies are just that, companies; with many of those within trying to make money, not good games. And by pushing out games once a year with

no polish or optimisation, but with good marketing they can achieve good sales figures very frequently, but they quickly drop off with players moving on to greener pastures.

That is not to say that all large developers suffer from this problem. Nintendo have an insane quality control, with very few games coming out with bugs and glitches, and fewer with poor game design. Yes, they may be drawing blood from a stone with their flagship IPs, but individually each of these games performs well. This is because Nintendo have something that no other developer has - the willingness to say they were wrong. They will happily delay a game for a year if it is not good enough, they would rather make the average gamer wait and get

a good product than rush it to meet an arbitrary deadline and produce a smouldering pile of rubbish. So what can be done to save the triple A gaming industry?

The solution is simply, for any large developer to form a separate quality control department that has full control over the final product: that test for glitches, bugs and any other gripes or problems. They say when a game can be released, only if it meets with a rigorous quality. This would turn the industry from being cash orientated to an industry which focuses on making quality games. It would bring passion back into the industry and restore people's faith in those large scale game developers.

CREATIVE CORNER



INTERVIEW: Anna Monnereau & Fergus Elliot

by ALECTUDOR

There are times when you have to challenge yourself and change the way you do your craft; either by improvising, starting from scratch, or by collaborating. Fergus Elliot, chair of the Photographic Society, and Anna Monnereau, chair of the Arts Society, are having their societies do a joint event: an event through which fine art and photography transcend and draw from each other. We invited them for a joint interview here in the Seren Offices in order to learn more.

What made you choose your societies?

Anna: It's a chill society. Because of university you don't have a lot of time to do what you want, and being part of this society gives you the hours in which you don't have an excuse not to do what's right for you.

Fergus: I've been taking photos since I was 13, when I got my first camera. I've always quite liked it and have gotten into it seriously. About halfway through my first year I joined the Photographic society and I just really enjoyed it; the first meeting was hands on, everyone there is really helpful, they help you get started quickly so you know what you're doing. It's a nice friendly environment,

really; I think that's what kept me going back.

Anna: And I like his work!

What made you become chairs of your societies?

Fergus: I really wanted to get into it more. I spoke to the committee during my first year, and they told me it was a really different experience, because then you're really involved in it. I became secretary last year. This year, I saw the chance to take the society into the direction I wanted to; I had some good ideas and I decided to put them down. It's the most involved you can get, really. We were in a bit of a dip last year, so I've tried to get the society back on its feet which, so far, it's been going well.

Anna: I really wanted to get into the decision aspect too. Last year I was really frustrated, because all of our sessions had a different theme and there were many opportunities that were missed. It was kind of a dead society, so I really wanted to take it up and have plenty of events and collaborations.

Talk a bit about your event.

Anna: We did not plan everything yet. For now, there's just a competition going next week. Our society pitched 3 themes to the Photographic Society, so that we paint and draw the

pictures that will win, and then they have the results and will be able to exhibit both of them. We've decided we will do joint exhibitions and probably joint events and especially trips to places like Newborough Beach so that people can take pictures while we are drawing.

Fergus: At the moment, on our end, we do the photos based on the three themes and then we send them all onto Artsoc, and they will judge and choose.

How helpful will this event be for both of your societies?

Fergus: I think it's good for exposure, and also just to keep everyone on their toes creatively. With photography, it can be easy to run out of ideas of what to take photos of, so having a theme to work towards really helps a lot of people.

Anna: Same for us! It motivates the members to know that other members in a different society took part in our projects, so it makes them want to get into it more.

Any plans for the future?

Anna: For the Arts Society, I would like to paint a part of Pontio. I've talked about it with James (previous VP for Societies & Volunteering) last year, he was really into it, but James is not here anymore, so I have to meet

new SU people about it. Because Pontio is white, if you could just have square and put mosaics on the wall or something, it could be great to leave a colourful print of Arts Society on the building.

Fergus: We've got a competition we hold every week. Each week we have a different topic we talk about, so we give people a week to try that out and then we pick a winner. We're gonna try and do more collaborations with different societies. A lot of photography nowadays is centred on getting likes on Instagram, and I want to try and get people to see a different side of it. Things that push people creatively.

Tips and tricks for collaboration with other societies?

Anna: Find common interests.

Fergus: Yeah! Because both our societies end up with something which you can display on a wall, it makes us similar enough. Find things in common you can do creatively. Society Networks are good for these kind of things, and for contacts.

Anna: It's easy to collaborate. We're all students, and we're all from different backgrounds. It's just that people don't let themselves out of their comfort zone to ask someone for collaboration.

Getting It Out There: Game Designers Have A Playtesting Event



by ALECTUDOR

Students in the School of Music and Media's Game Design module have been faced with the assignment of designing a game. They came up with verbs which will constitute the main mechanics, and they build their game on these verbs. In order to gather feedback, the students, led by their lecturer, Dr. Melissa Kagen, held an event in the John Phillips Theatre in the fourth week of the module.

The students displayed paper prototypes in order to discuss their game mechanics, and had people play them and give feedback.

"Come up with an open mind, think out loud, evaluate the game on your own terms, and be honest!", said Dr. Kagen.

"It encourages failure. It's important to have 10 ideas that don't work but then come up with an eleventh that does."

Some of the students made use of dices, chess pieces, and one student even made use of space behind the theatre's curtains in order to make the game more immersive.

The game designers had the chance to encounter opinions from a variety of people:

"It's been about gathering different materials. I've got a lot of feedback from people, which has been quite useful", said Millie Kershaw.

"We're basically working on getting the main mechanics. We come up with the primary verbs that make up our games. Here, we come up with prototypes and demonstrate them. We see what works and what doesn't", said Christian Demaude.

The event is also having Music Composition students from the other side of the school collaborating with the game designers by composing or having their compositions used in the games.

"Hopefully there will be some truthful collaboration, like in the real world!", said Dr. Owain Llwyd, lecturer in Music Composition.

There will be another playtesting event, this time in a digital version, in later weeks. Dr. Kagen said:

"More of the same, but they will have computers this time."

This event is one of the first to strengthen the student interaction in the newly united school, which was once split into the School of Creative Studies and Media and the School of Music.

It is also one of the events in which students can help each other by sharing their work and giving feedback.

Artwork By ArtSoc



Sonja Reinke



Niamh Fretwell



Laura Labno



Anna Monnereau

Caricatures By ArtSoc



Oli Taylor



Lois Parry



Daphné Genatio



Elisabetta Engel



INTERVIEW: Alma Nordstrand & Peter Jones

by ALEC TUDOR

Every now so often, there are some student projects which find their way on the big stage: one of these is Suddenly Last Summer, a Tennessee Williams play directed by Alma Nordstrand and Peter Jones, two members of the Bangor English Dramatics Society (BEDS), in Pontio on the 13th and the 14th of November.

What made you become BEDS members?

Alma: I was looking for a drama society in particular. I joined after I saw BEDS at Serendipity. I liked the atmosphere, it was a really communal sort of feeling. The first semester, I was really inactive, and then I did publicity for Bloods Thicker (by Hannah Grimston) last semester. I really enjoy the environment and the company.

Peter: I found them at Serendipity and then went to auditions, got a part in the Crucible (dir. Nadine Kaur). It was a fun production. The thing that sold me on BEDS was that it's not super professional, but more like "you get the work done". You'd have jokes and stuff, but they want to make good shows, and that's what we want to do at the end of the day.

What made you choose to become directors?

Alma: I had a lot of different plays in my head that are like "this would make a really nice show". We read Suddenly Last Summer in the Gothic Literature module, and I really loved that play. I don't like seeing myself as an actress, but I would love to pitch the play, I would love to take my vision of the play onto the stage.

Peter: I got onto it because she was reading it. She was talking about pitching it, and even though I was studying it too, I never read it! It did interest me. I started imagining what she was imagining, so we started brainstorming together.

Alma: We started reading it together and performing it to each other. We got a grasp of it, and we started developing the characters and then we wanted to make a show.

Peter: I signed on. I wanted to get into directing. I thought I would get to direct in Film society, but I've got it here, and it's been really educational.

Alma: It's super rewarding, actually. Way more rewarding than I would have expected it to be. I feel like we haven't been doing it for ages.

Suddenly Last Summer; can you explain what the play is about?

Alma: It's a play about old aristocracy and loss; it's sort of a bizarre piece; an old lady and her niece who travel abroad with the lady's son and who died during the holiday but nobody really knows what happened and nobody really wants to believe the story that the niece is telling.

Peter: It's about reliving the past; how the past affects the present, the things that happen in the past come back eventually and the urge to push it away.

Alma: It's a lot about repression.

Peter: Yeah! And there's a lot of different ways that it is about repression.

Alma: Repression is a big theme because the lady is trying to repress the bad reputation of her son but also repress her own mourning. The character Sebastian is repressing his homosexual sexuality, which makes him a very negative being.

How is this production being adapted for Pontio's Theatr Bryn Terfel?

Alma: It's a bit tricky. There is a lot of work. Our rehearsal spaces are so much smaller than the actual stage we will be on.

Peter: We're lucky we get access to JP Theatre, and that helps us.

Alma: There is a lot to think about, too.

Peter: With the actors, we're seeing consistent improvement in every rehearsal. We love being surprised during rehearsals.

Alma: We have amazing actors. It's every encouraging seeing that the cast are really excited about the production as well and that everybody is absolutely in for it.

Peter: There have been rehearsals where we have wanted to stop, and the actors were going "can we keep going a bit?", and we were "Yeah! We'll keep going!"

Any favourite moments during rehearsals?

Peter: They all shine in different moments, and of course there are moments when they need to develop.

Alma: One of my favourite bits is the dynamic between actors in Scene 3 is just wonderful, it's such a pleasure to watch it happen.

What elements do you think will catch the audience?

Alma: I think it's an escapist play, in a way. It is quite dreamlike, and the

things that have happened aren't really realistic, but it's also the way Tennessee Williams writes. He has a very poetic flair that contributes to the escapism.

Peter: Even with the opening, Tennessee is really specific about where it's set, what the audience see. It's all about seeing this other world, and then in this other world, the characters talk about another world!

Alma: There's so much allowance for creative freedom. You can make it so eye-catching.

Peter: We can create a really immersive experience for the audience, that they almost forget they are even watching. They are there in Louisiana with Doctor Sugar. That's the big hope that we can get to that.

What would you say to students who would undertake big projects such as this?

Alma: My first tip is to organise everything. Everything you do has to be planned. We have been working pretty much all the summer since the night after I've pitched it.

I think even though it's stressful, you need to stay calm.

Peter: You get stressed and you can have a little bit of an argument, and it doesn't help in any way. Have a calm state of mind. If you plan it right, then you have all the time to do the work.

Alma: It's great that we're doing it together, that we can brainstorm ideas.

Peter: We check each other on ideas. You've got more vision, I just sort of shape what we do.

Alma: We are good at different things, we are more interested in different aspects. Peter can focus on the acting, and I can focus on the aesthetic bits.

Peter: She's doing costume design, she organises the rehearsals, sends the twice-a-weekly reminder.

Alma: I would say you're more practical.

Peter: You're more of the big picture, and I'm the nit picker. The great thing I find with directing is articulating.

Alma: If you want to put on a show. You've got to know the script even if you're not the actor. You have to be able to tell your actors what's actually happening with their characters. It's especially difficult in the beginning when the actors don't know their characters yet. You need to know what you're putting on so your actors can know too.

Around The Town of Bangor

by ERIN A. LOUIS

"Cadwch yn glir" means "Keep Clear", if I remember right, Words especially important, amid the darkness of Welsh nights;

But I feel so guarded and guided, both so safe and sound, Like a child lost, but by a loving parent, found;

Each happy morning I go out and crisp air fills my lungs, Strolling, soon I glimpse road signs: Behold! The Cymric tongue!

I pass the shops and the apartments, one shop, Upper Annie's,

A few weeks back from there I got six cups for tea, for me;

"Y Gilgant" means, "The Crescent" after College Road I start

To continue to head on down to the building, Main Arts;

Its monumental stone library and hall in detail

Hold within its courtyard walls the creature with red scales;

"Y Ddraig Goch" is the creature's name, but not in flesh, you see,

For his image's put on the sun dial of this university;

I marvel at the grass' green of the lawn so growing

And realize that I'm alone, and then I want to sing!

However, I hesitate, worried of what some may think,

Would I be interrupted? Would my face go pink?

Now that I'm in this land, I believe, the Land of Song,

If I sang on an impulse, what could then go wrong?

I will reserve my voice, at the moment, slightly scratchy,

And go up to the High Street where there are more things for me to see;

I pass by "Y Castell" where my dragon friend's again,

On the sign of the public house, I smile broader, then;

The're wondrous places to discover in my new found home,

Places that I'll fall in love with, places where I'll roam;

I love you, Bangor, my delight, I wish not to leave you.



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22ND NOVEMBER 2018

POWIS HALL, Main Arts, 11am – 2.30pm

Movember Foundation



by JOSEPH APTED

The Movember Foundation runs awareness and fundraising activities year-round, with the annual Movember campaign in November being globally recognised for its fun and innovative approach to raising money and getting men to take action for their health. The charity aims to tackle prostate cancer, testicular cancer, men's mental health and suicide prevention.

75% of all suicides are men, and the lack of awareness of men's mental health has lead suicide to be the second leading cause of death in men aged 15-49. The Movember Foundation encourages men to "be a man of more words" and to reach out to your friends who you think are struggling.

Bangor is now part of a nationwide competition against other universities in the "Big Moustache on Campus Challenge". Bangor is currently 6th out of 120, but that can quickly change, so sign up, donate or host your own event for Movember!

The ladies of BUHC are hosting a Movember Tri-tournament on 18th November. The event will be composed of teams of 5 playing hockey, lacrosse and touch rugby on the hockey pitch at Ffriddoedd Site. Please bring a £2 donation per person and some extra pennies for some delicious snacks that will be on offer.

Bangor University Movember has also teamed up with The Belle Vue to host a number of events over November! So, stay tuned @ BangorUniMovember on Facebook for events, and prizes for best moustaches!

African Caribbean Society: November Events 2018



by IDRIS KAMTCHEU

November looks packed with what ACS has to offer. We will kick off the month with a movie night on the 4th, telling the story of a woman fighting against patriarchy to protect her family's legacy after the death of her father.

KULTURE is back again on the 9th, with the theme of the night being EDM & Pop Hits.

The 16th will see the screening in Pontio PL2 from 7 pm of a documentary exploring the Judicial system's bias when dealing with Black people as well as its origins and consequences.

On the 21st. our members will

be coming together to discuss masculinity and everything surrounding it. Meet us in Wheldon TR6 at 7pm to join a fun and educative discussion.

ACS will be hosting a cooking session where you can learn how to make authentic African dishes. Join us on Facebook to get the update as to where it will happen.

We will close the month with a KULTURE on the 30th, after having celebrated our ACS Alumni, coming to Bangor to tell us about their journey thus far since leaving Bangor University. We hope this gets you excited for November, we are looking forward seeing you all.



STAG: Students For Treborth Action Group

by MAISIE BIGGS

Students for Treborth Action Group (STAG) have already been busy down at the gardens; we had the National Garden Scheme (NGS) open day, a wonderful fungus foray and our first work party of the new academic year, which was busier than ever!

The fungus foray was a jam-packed afternoon of wild mushroom hunting in the woods and loads more! We had identification workshops run by experts, fungal competitions and plenty of refreshments, so there was lots of fun to be had. The foray is only run once a year, so if you're still around next year be sure to come along!

Our first work party of the year, joint with BFSA (Bangor Forestry Student Association), was a huge success! We

had a great turnout of people from a variety of schools and degrees; it was amazing to welcome so many people to the garden and show them what STAG's all about. We had a number of activities for people to choose from – clearing of invasive species from two areas of woodland (which involved mattocks and a lot of fire), tree planting, jet washing of buildings, general maintenance and, for those who wanted a more laid-back day, seed sowing! Every group did an incredible job, and were rewarded with a beautiful homemade lunch supplied by the Friends of Treborth Botanic Garden. If that sounds like something you'd be interested in, our next work party will take place on the 11th of November and will feature a whole new range of activities and, of course, an amazing lunch.

So what else is going on with

STAG? We are currently running a photography competition that is open to all members and the winners will be featured in a STAG calendar! The calendar will be celebrating all things Treborth, so grab your camera and head down to the gardens for your chance to be featured! Full details can be found on the STAG Facebook page, so check it out if you're interested!

We're not just hosting competitions, we're entering them! We have entered STAG into a competition that could win us £5000 for Treborth! That sort of money could go a long way in the garden, so any help would be appreciated. Again, all the details are on our Facebook page so please check it out!

That's all from us! Stay tuned on Facebook for more upcoming events, and we'll hopefully see some of you at the next work party!

Rostra Upcoming Shows



by BLAKE ROBINSON

After Serendipity, Rostra has recruited a fresh new troupe of new members, and we were thrilled with all who we were working with in the future! Rostra have their opening shows of the year as Semester 1 is kicked off. Both are exciting comedies featuring an extremely talented cast and their production teams.

The first is Shakers Re-stirred by John Godber and Jane Thornton, directed

by Hannah-Marie Hailes. Following a similar concept of Godber's previous play 'Bouncers' it follows the story of four female bar workers through their regular night job, full of jokes and anecdotes.

Our second show is An Importance of Being Earnest by Oscar Wilde, directed by Julia Hall. This follows the more classic plotline of a comedy, featuring the title character Jack Worthing playing as a character named "Earnest"; scheming and swindling to later marry his love interest Gwendolen Fairfax.

Both plays have been stimulating judging by the rehearsals, and we highly encourage you to come see the finished result on stage!

Also, to note, our first play of the year Shakers Re-stirred is performed entirely by new members, and we are always on the hunt for enthusiastic actors to join our friendly team! Follow our Facebook page "Rostra" to find out times and dates for both shows and keep a keen eye on the posters dotted around Bangor!

SOCIETIES

Bangor Tolkien Society (Tolk Soc)



The Society Dedicated To J.R.R Tolkien

by BEN PENNY

The Bangor Tolkien Society is a student run fan club and start-up society which needs the help from all you middle earth and Tolkien nerds out there, which aims to promote the works of J.R.R Tolkien, celebrate the life of such an amazing author and provide a place for likeminded nerds to enjoy and take part in all things relating to The Hobbit, Lord of the Rings, Tolkien and Middle Earth.

Seminars. The Society will see Tolkien nerds delivering and taking part in interactive presentations and seminars on all sorts of topics relating to Middle Earth, Tolkien's works and Tolkien himself.

Book Club. If you're a bookworm and enjoy reading then the weekly Tolkien book club will provide a space to read and discuss the works of J.R.R Tolkien.

Film Marathon. One major event that will take place whilst you are part of Bangor Tolkien Society will be the 18 hour film marathon where members will watch all The Hobbit and Lord of the Rings films back to back.

Games. Many videos games, board games and card games which implement The Hobbit, Lord of the Rings and Middle Earth are available for fans and nerds to play so whilst you are a member at Bangor Tolkien Society gaming events which include classic and new games middle earth themed will take place.

Tolkien Birthday Toast. Perhaps the most important event that will take place whilst at Bangor Tolkien Society will be our annual birthday toast to J.R.R Tolkien which will take place on 3rd of January every year along with the many fans across the world. At 9pm on 3rd January, raise a glass and toast the birthday of this much loved author.

If this sounds like something you would be interested in, you are an ultimate nerd of Tolkien and all things middle earth and want to be part of the founding group of members of the Bangor Tolkien society then please contact Ben Penny at bnp18rng@bangor.ac.uk. Committee positions for a treasurer and secretary are available for those who are willing to join the committee so if you would like to run for any of these positions please get in contact with Ben Penny. You can also get in contact with Ben Penny by leaving a text at 07594507203 or leave a message on Facebook.

UNDEB CULTURAL FAIR 2018



Photography: Charlotte Thomson



by CHARLOTTE THOMSON

UNDEB Bangor hosted their second ever cultural fair at Bangor University on the 18th October. The event was organised by the student's union and the Vice President of Societies and Volunteering, Muhammad Firdaus. The event raises money for Bangor University's societies and clubs as well as donations to the university's RAG charities. The evening consisted of different creative performances from several societies, including martial arts demonstrations and medieval re-enactment. A total of 23 societies attended, compared to 16 from the previous year. Muhammad Firdaus said: "We are a university in the middle of North Wales. When you walk on the streets you may not see that much diversity but in the student body itself, we have over a dozen different cultural societies." The event was organised with the intention of celebrating the diversity within the university, giving societies the chance to educate other students on their culture, as well as learning about others. "I want people to see that we are not a homogenous student body. We have so many different people and so many different ways of doing things," Firdaus said. Alongside the performances, societies were given the opportunity to sell food and gifts in order to fundraise for their society. The money raised went

to the individual societies themselves but also to university-listed charities: "This is a really good opportunity to fundraise. It's a fair and people can sell things and people can fundraise. 10% of that fundraising total goes to the Societies Development Fund which is a special fund to help society projects...10% more of that amount goes to RAG charities.... it's helping other people, and everyone wins the way I see it." The fair also gave the martial arts societies a chance to perform their skills for the students of Bangor. Muhammad also got involved in the action as he performed in the Jiu Jitsu display.

"I myself am a martial artist, so I really just wanted to show off," he said jokingly. Even though last year's event was more well attended, Muhammad insists the event an improvement upon the previous year. "I did this event last year as the Chairman of the International Student Society. I think we had more people attend last year, however I think we're more organised this year." He concluded with: "The way I see it this is the first official cultural fair. Even though we don't have as many people we have a higher quality of fair. Who knows maybe this will happen again next year."

It is not yet confirmed if there will be another cultural fair next year, but the success of this year's event is still indisputable.



Kaylee Brooker: Rowing

Hi, my name is Kaylee Brooker, and I am in the GB start programme for Rowing.

Earlier this year at BUCS regatta, there was a British rowing tent where you were able to do a series of tests and if you met those standards, then you were selected to go on and do the trails for the GB programme. They tested over 300 girls and only 25 were selected to go forward; which I got through and then went forward to a training week with GB coaches and other rowers from different universities.

During this week, I met so many rowers like myself who want to train to get to the U23 team and by meeting these people, it helped me to improve my

rowing both technically and physically. I came out of the week – having only rowed in a single for a month – with a silver medal at the British sculling festival.

A couple of weeks later, I had my last set of trails with Agecroft rowing club – a high performance centre - in Manchester and got through to the GB programme. The training and trails over the summer has already improved me so much as a rower and has got me into the right mindset to hit my goals. Training at Bangor has also improved my fitness and made me more determined to get to those U23 team trails in the next couple of years.



Callum Davidson: Running

Hi, my name is Callum Davidson and I am a mountain runner for Ribble Valley Harriers, Lancashire and England. I have been a member of the England Mountain running squad since 2013 and competed in various World Cup events.

Most recently I represented England in the World Cup held in Slovenia. The training demands for this race were exceptionally high running between 75-100 miles a week for several weeks/months, including a lot of hill work and early mornings.

It was an amazing experience and I managed to finish 25th and 6th u23, in which several valuable lessons and take home messages were gained such as in-

formation on training plans or specific nutrition during training and competitions. I was reasonably happy with my position as the majority of the top 20 were professional athletes and therefore had a lot more time and support to prepare for the race. These events are a great opportunity to really compare yourself against the world's best and to see how far you are off whilst also getting a chance to chat and race against your heroes!

But with all that said, running isn't just about competition and winning, it can just simply be used as a coping mechanism after a hard day or a chance to unwind and destress!



Amber Allford: Swimming

After joining Bangor I was excited to continue swimming, something I have done since I was 2. I was coming off the back of a successful season after being placed 16th the UK for my main event and top 10 in England for my other two. Bangor introduced to me new methods of training and, as a result, in BUCS 2015 I finished 9th out of the UK athletes in my event. This is the highest placement I had ever

had on a national scale! With this motivation, I pushed for more during BUCS and came top 20 in my other individual races. Being the first Bangor swimmer to make a final, I used this adrenaline and excitement to push through to other events such as North West Regionals in 2016. I still continue with my training and I'm excited for the upcoming season with BUSC!



Jenna Bowman: Netball

My name is Jenna Bowman, and I have played through the ranks within Netball Northern Ireland pathways. Netball is a vastly growing sport in every aspect, including participation levels and the media coverage it has been receiving. My dream was to play for the senior NI team which I was extremely grateful to do so on different occasions. Unfortunately, all my time I have been at university, it has been difficult to commit to playing and travel across for the trainings due to costs and time away from studies. I was extremely grateful to receive a sponsorship from the university last year so when it was viable I was able to travel with expenses covered. The experiences that come from playing at this level are next to none, from getting to travel over the world (my furthest is Singapore), to getting to witness the sport you love the most being played at its highest quality by top class athletes. All in all, I have gained so much from the experiences Netball Northern Ireland have given me, and definitely will tell anyone if you have the chance to be the greatest you in sport, don't stop until you make it happen, it's the best feeling in the world.



Cathal Doherty: Hurling

Hi, my name's Cathal Doherty and I play Hurling in Ireland for County Donegal. Hurling is the national sport of Ireland and is played right across the country in nearly every village and town. The dream for every young person is to play for their county and thankfully I've got that opportunity on numerous occasions.

This summer I played for the U21's as I had missed out on the senior campaign due to being in Bangor University. Training at county level is a lot more taxing on the body, as the hits are harder, the physical demands are harder and also the time needed to dedicate yourself is also increased. Although those demands make you think why you do it, the positives outweigh the negatives. With playing for the county you can bring the different training techniques that you have learnt back to your home club. Also you learn from the other players on your team that might be doing different stuff with their club and you can take that back with you. The matches also make you learn a lot more about yourself, as you are playing the best players in other counties.

All in all, playing county has really improved my game as the game and training is done at a faster pace to what you are used to, which in turn will help you when you go back to your club when the season has ended.



Hannah Louise: Powerlifting

The entire experience of the event felt very surreal. I have only been powerlifting since joining BU-PLS (Bangor University Powerlifting Society) and it was crazy to think that I was able to represent GB at the junior European Powerlifting Championships. This competition helped me to gain an understanding of what it is like competing on an international stage.

The competition has taught me so much about powerlifting. I have never seen so many athletes, so passionate and yet so considerate of each other. Undoubtedly everyone's goal was to walk away as the European Champion, yet offstage, behind the scenes we were all sharing sweets, chalk and talcum powder - you needed it? Someone would have it and share it!

The European Championships has given me a whole new dose of motivation, to become stronger and train harder, as well as teaching me that despite what level you are you should always encourage and help others along the way. Which is something the BU-PLS offers. Me and the committee are here to help our members achieve their goals within powerlifting.

SPORT

Quidditch Teaching Within Schools



We went to Ysgol Emmanuel to teach kiddy quidditch to the Year 4 class. We set up a smaller pitch for them and gave them a basic crash course in how to play quidditch. We carried out demonstrations, made sure they were properly warmed up and then they got right into games. The experience was really fun as it felt good to be able to teach the kids something that they thoroughly enjoyed. We got endless thank yous from the kids and the teachers. They are currently thinking of planning a trip out to come watch us train. It's helped us as a committee in organising things and being able to demonstrate leadership roles and have a voice, as there were a lot of kids there, so making sure they all listen to you takes confidence, which I think ourselves as a club gained from that day.

Karate Kicking Their Way To Glory



Well done to Karate who did really well at the North of England Championships. The Bangor Karate Union (BKU) squad attended the North of England Championships in Barnsley on the 30th September. They competed across all disciplines in four categories. It was the first competition for several new members of the team, all of whom had had only a week's training after the summer break. The day started with kata. Both

the male and female novice competitors dominated their categories taking 1st, 2nd and joint 3rd place, totalling an impressive seven medals for the team. Then came the turn of the fighters in Kumite. The club's female competitors fought well in their first championship fight and ended taking both the gold and silver medal. The male novice category was the final success of the day. Whilst two competitors were knocked out in the semi-finals, resulting in two

more bronze medals for the club resulting in them reaching the final and after an intense match took silver. The total medal haul for the new squad of just seven was 12 medals (3 gold, 4 silvers and 5 bronzes). The BKU congratulates all their well-deserved medallists and competitors who did themselves, the club and the university proud and look forward to competing in the Welsh Open on the 11th November.

Basketball Return Back To Their Winning Ways



Men's basketball had their first game and first win of the season yesterday in a closely contested match with Edge Hill University. After the first quarter Bangor were down by 1 point after an unlucky few misses before beginning to take the game into our own hands. Early mistakes out of the way, once we had the lead it wasn't given up due to the persistent attack from the team. In the 3rd and 4th quarter, a strong physical performance was needed from the whole team who rose to the occasion and hustled hard to secure a valuable away win early in the season.

Following the result (Edge Hill-59 Bangor-69) Basketball will now look to capitalise on the fantastic away victory in their next game against Keele.

NEW AU VX3 KIT ON SHOW



'Cheer Stars Of The Week': Slay Ladies, Slay



Elle Knight

Your determination in the air is incredible, and you give it 110% every time and are so eager to achieve we LOVE it! Your creativity with adding some sassy moves in the air makes the sequences so much fun and it's SO lovely to see you getting creative!! On top of this Elle was the first girl to respond to Francesca for payments and fired that cash over within the first 5 minutes! We appreciate it's not possible to do this all the time, but for now Elle holds the record of quickest response time to keeping committee in the loop about payments! Thank you so much for being sassy, prompt and never giving up!

Jemma Smith

DAMN, not only is Jemma mad dedicated enough to be researching how to do stunts before she gets to training, but when she couldn't use her car this Friday she didn't ask for a lift - she instead decided to do her own bit of extra exercise and jogged from Dean Street to Normal site and back again when we had to cancel so last minute!!! Being

so prepared and so positive and rolling with the seemingly never ending punches that the Welsh weather throws and the disruption it causes, is the exact attitude we love! Thank you for being so committed and determined to do well!

Ferrida Ponce

We love having you on the squad! The coaches have said what an absolute pleasure it's been to work with you, and all of our events squad know the struggle of a 10am training session on a Sunday of all days, but you started this squad off with a bang! Coming in and getting stuck in so quickly, really giving it your all and smashing it all at the same time is amazing! Thank you for bringing Lershae's chants to life and for being an incredible presence

Esme Owen

Your determination is INSANE! Getting up in the air and doing stunts and tumblers isn't the most relaxing of things for Esme to do, but the coaches noticed so much determination this last week, a constant smile on her face, and she

even tried to tumble regardless of the fact that it scares her to death! Thank you for being so smiley, determined and willing to try new things!

Sarah Strowger

This girl is on DOUBLE star points this week!! Not only has she kept her spacing spot on in pom training during team absences, worked immensely hard to nail the choreo and been the sassy girl with a constant smile, but she's demonstrated her mad strength in the All Girl stunt team too! If anyone ever wants to know what we mean by a beautiful cheer face and cheer persona, watch Sarah slaying it in the videos on the page and ask for some tips! Thank you so much for your hard work and being a pleasure to be around!

Thank you to every single one of you on the squad too - we appreciate all your hard work and how fabulous you've been doing! We'll have more stars of the week next Sunday, so bring those cheer faces to practice and get ready for another week of Cheer!



Learn About Gaelic Football

Bangor Gaelic Football here to give you a brief introduction to the club here at Bangor, and the sport as a whole. Gaelic football is a national sport in Ireland that has been played in its modern form since the late 19th century, and unlike in association football (soccer) it is imperative to be good with your hands as well as your feet. Matches are contested by 15-man teams over a highly intense 60 minutes of exhilarating action, so if you decide to play you'll be running a lot and sub-

sequently it is a great way to build up your personal fitness levels. There are two ways to score points: Firstly, you can kick it through the posts and over the bar for a single point, and secondly you can score a goal by putting it past the keeper and into the net which is worth 3 points. If that sound's complicated just imagine rugby posts, but under the bar there is a net just like a football goal. Although the game might sound tough and complicated it is great fun and pretty easy to pick up, I would

highly recommend giving it a go if you're reading this and want to pick up a new sport. As for the club here itself, we have a proud recent record having won the British Championship twice since 2011. Right now, we have around 30 members, which has increased year on year since I started playing and reflects the growth of the club within the University. We play in a BUCS league against local teams in the north west, and then later in the year we take part in the previously mentioned British

Championships against teams from all over the UK. If you decide you'd like to play after reading this we have two training sessions a week, both on the Ffriddoedd site. Monday 9-10pm on the Astroturf, and Thursday 6-8pm on the grass pitch. Additionally, to playing if you sign up you will be joining a great group of lads, who get on and look out for each other on and off the pitch, there is a great social aspect to joining up and you'll have some of your best nights out at Uni. Hopefully from

reading this you will have learned a little bit about a sport you might not have heard of before, and you might even fancy trying it out for yourselves. If you do want to sign up just search for either myself or our first team captain Cathal Doherty on facebook and we will sort you out. I look forward to seeing some new faces at training.

Rugby League Raising The Roof For Charity



You might've heard that earlier this month the streets of Bangor hosted their annual half marathon, ; some of you may even have competed. But what I'm sure that you won't know is that members of Bangor Rugby League took part in this gruelling event to help raise money and awareness for a couple of charities that we believe to be very important. We managed to exceed our target mark of £400 by more than double thanks to the sterling promotional work undertaken by the lads on social media, especially club secretary Dan Smart who was in charge of organising our participation.

One of the charities that we chose to support was Oddballs (<https://www.myoddballs.com/pages/charity>). 100% of money earned by the charity is spent on raising awareness about testicular cancer, which reportedly affected almost 700,000 males in 2016 alone. Moreover, testicular cancer has one of the highest survival rates if it is diagnosed and treated early in its development, which is another reason it is crucial that charities like oddballs continue to receive funding to spread the message. More specifically the reason that we chose them over other charities dedicated to fighting cancer is because of their close association with the sport of Rugby League since their foundation, the disease is most common between the ages of 20 and 34 which coincides with the ages that people generally play the sport.

The other charity is called Mind (<https://www.mind.org.uk/about-us/>). Mind are focused on supporting those

who suffer from mental health issues by providing support and raising awareness about the importance of mental health to your wellbeing. Mental health needs to be discussed and understood better, especially in young males such as ourselves. Suicide is the single biggest killer of men under the age of 45 in this country, and 41% of males who suffered from depression and had suicidal thoughts felt they could not talk to anyone about it. The massively important work Mind undertake aims to fight this by putting in place the infrastructure to help people suffering with mental health issues. Many of us on the team have had personal experience with people who struggle with mental health issues so we felt it was an important cause to support.

In total we managed to raise £1077.75, greatly exceeding our initial target mark of £400.

If you would still like to donate the link is: <https://uk.virginmoneygiving.com/fundraiser-display/showROFun draiserPage?userUrl=DanielSmart3&pageUrl=1>, and all the money will be split between the two charities.

On the race day itself we had a great result with one of our members being the fastest in his age category, and some huge efforts by forwards who don't like running too much! The lads who took part all showed great team spirit and did the team proud. I hope in reading this that you've learned something about our chosen charities and if you would like to help support them further all the links are in the article above.



Bangor Men's Gaelic Football Find Success At Manchester Tournament

Tournament Report:

Bangor vs.
Liverpool JM
Manchester Met
St. Lawrence's

Men of the Tournament: Nathan Smith and Brad Wilson

Squad: Nathan Smith, Adam Jones, Anuj Narwel, Iwan Alun, David Tally, Cathal Doherty, Brad Wilson, Andrew Ferguson, Brendan Hennessy, Gavin Russell, Chris Watts

For some of the lads it was an early start, with the bus pulling up at Uno at 7am, a few light heads to say the least!

For the rest of them, they set off at 9 for Sale, Manchester for the first event of the year, 7-a-sides.

The lads had four matches against 4 quality sides, Liverpool John Moore's, Manchester Metropolitan, St Lawrence's and St Brendans.

First up was John Moore's which was always going to be a tough battle with a lot of Irish playing their education trade in Liverpool. But it was a very good start from the Bangor lads, of which 7 players didn't play before, keeping Liverpool to 1 point in the first with wonderful displays from all players. The wheels came off though in the second half with most of the lads not being able to keep up the intensity

of their first competitive game of Gaelic leaving John Moore's running out 4-2 to 0-1 winners.

It was again another tough game on the cards for the North Wales team with them facing Manchester Met this time. But this was to be the best game that Bangor have played in the past few years, and possibly the best first half performance since their Championship victory in 2016. It started well right from the off with a goal coming inside the first 15 seconds leaving Bangor well on their way. That was added to with another goal and a point to leave the scores 2-1 to 0-0 at half time. Second Half against the wind was more of the same and Bangor added another 1-1 to put the game to bed and add 2 points to the tournament table after two games.

Next up was St Lawrence's, one of the club teams that had entered the

tournament. The lads were slightly confident they could put it up to their opponents but little did they think that they would be within a whisker of beating them by the end. Bangor started were they had finished off against Manchester Met with them taking a 1-3 to 0-0 into the half time break and looking good for a victory. But some sloppy defending at the start of the second half led to two goals leaving Lawrence's in front by 2 points. Although it was to be a moment of magic which left Bangor a point ahead, with Brad Wilson ripping up the script of traditional Gaelic Football by executing a bicycle kick as the ball was played over to leave a rapturous applause breaking out on the sideline. Although this wasn't the final twist in the game. St Lawrence's were looking to get a leveller and they got their

chance when a questionable refereeing decision, which seemed to go against Bangor all day, gave St Lawrence's a free to level the game up and leave Bangor out of the qualifying spaces. Final score 2-3 to 2-3

The final game of the day was a dead rubber match versus a very strong St Brendans side where we made sure all our newbies got full game time and it was very beneficial for them especially to get used to the speed of the game.

All in all a very positive day out, which allowed 7 new players a chance to taste Gaelic Football at a demanding level but also gave the experienced 5 some match action before the league opener v Uni of Liverpool next Saturday.

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