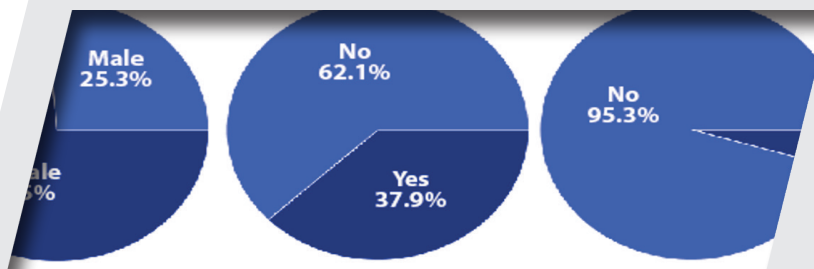
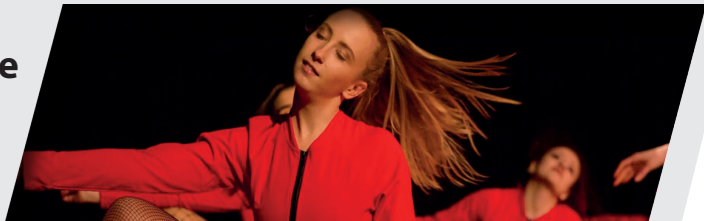


BU Dance Winter Showcase

Photo compilation of the night's performance

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Seren Sexual Violence Survey Results

FREE

Statistics
spread inside

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December Issue 2018

Issue No. 274

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Bangor University Students' Union English Language Newspaper

Y SEREN

Bangor March To Reclaim The Night



"Don't give up. Keep fighting. We are defiant," says Mark Barrow, Vice-President for Education

by **FINNIAN SHARDLOW**

Over one hundred students attended Reclaim The Night – a peaceful march in protest of sexual violence which took place on November 29th.

The march, organised by Bangor University Students' Union (Undeb Bangor), started at Bangor Clock Tower and continued through the high street before ending at Pontio Arts and Innovation Centre.

It was Bangor's first Reclaim The Night event since April 2016 and is a part of Undeb Bangor's campaign against sexual violence, which aims to clearly communicate the definition of

sexual violence to students.

Mark Barrow, Undeb Bangor's Vice-President for Education, was a leading figure behind the planning of the march.

After the march, he said: "You're never really sure, especially with the weather, how many people would come along. But I'm really happy with the turnout, so thank you to everybody that came."

He added: "It's been a long time coming. So it's been great to see so many people tonight. Hopefully it's made a big impact and got people talking about the issue."

"I want people to take away that it's an ongoing battle and that it can happen to anybody. But, particularly, 16-19 year

old females are the most likely to be effected."

Although self-defining women led the march, the event was open to everyone, and was fully inclusive.

Reclaim the Night began in Leeds, in 1977, as a response to women in West Yorkshire being advised to stay indoors, due to murders carried out by the 'Yorkshire Ripper'.

The march exists to demand justice for victims of rape and sexual assault. It will state that women should be able to walk the streets at night, without fear or reality of violence. Such marches thereby give women a chance to reclaim the streets of their towns and cities.

Undeb Bangor vows to continue

raising awareness about sexual violence after the current campaign has finished.

"There is no grey area. The university has a zero tolerance policy on sexual violence so it's important that people know there's help out there," said Mark Barrow, VP Education.

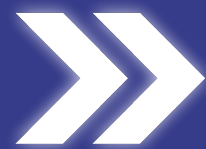
"Don't give up. Keep fighting. We are making a stand to work towards making sure that people aren't affected by sexual violence going forward."

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

Tel: 01248 38 2024

Email: inclusive@bangor.ac.uk

FULL FEATURE INSIDE PAGE 4-5



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FINNIAN SHARDLOW

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So, 2018 is coming to an end. 2019 will signal my fourth year in Seren, which fills me with both immense pride and bitter blues. In spite of the late night deadlines and the early morning deliveries, Seren is extremely close to my heart and I'm thrilled to see it thriving this year. I'm not just saying that either, I've had to refill the Pontio stand twice. Which is fantastic, as I desperately need the exercise.

This issue is a special one, as it accomplishes one of the goals established at the start of the year: to equal Seren's largest ever issue of 64 pages.

Four issues have sped by. We've already interviewed your Vice-Chancellor on Bangor University's debt situation, collaborated with multiple societies, and highlighted the work of our Union/Sabbatical Officers.

This issue, we once again work to highlight the epidemic that is sexual violence on University campuses, placing Undeb Bangor's 'Reclaim The Night' march on the front page. Also, after much deliberation, Seren has decided to publish statistics which we gathered from the sexual violence survey we carried out in mid-October.

This decision was taken in consideration of the student population's interest. Alike Undeb Bangor, we want to clearly elucidate the definition of sexual violence. We believe these statistics illustrate this in an impactful manner. Please read the disclaimer on the page.

Also inside this issue, coverage of BU Dance's slick Winter Showcase, BU Jazz Band's bouncing concert at The Menai, and a review of Rostra's new play. Plus, all your University news and sport, including pictures of AU Focus Fixtures and BU Boxing's 24 Hour Movember fundraiser.

All I have left to say is Merry Christmas and a Happy New Year. Enjoy the socks, the sprout-fuelled indigestion, the 8 hours of Only Fools And Horses, and your Nan standing up for the Queen. No? Just me? Fair enough.

Peace. Love. And let's hope 'Bitch Hill' doesn't get too icy.

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

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NEWS FEATURE

FEATURE: Reclaim The Night



STATEMENT FROM MARK BARROW, VP EDUCATION:

**Now you've had time to think, how do you reflect on Reclaim The Night?**

I think Reclaim the Night was a success. Despite the weather, we had a great turnout, which conveyed the sense of solidarity against sexual violence. It was great to see so many students, but also local councillors and members of the local community.

You've worked tirelessly in raising awareness about sexual violence - how good has the reaction been from students?
The reaction has been brilliant. I

spoke to lots of students, throughout the week, who were fully supportive of the campaign. I was in Academi on Wednesday night, and that night showed just how supportive students have been. Virtually everyone who went to Academi that night came to sign the board. It was a tiring week, but one that was completely worth it.

What specific things are you trying to make clear to students regarding sexual violence?

I am trying to make clear that students are never alone - if they have experienced sexual violence,

the University can provide help and support. Now we have a Student Equality and Diversity Officer, any victim of sexual violence can report the incident through official University channels. I am also trying to make clear that sexual violence cannot be tolerated, and that we must make a stand against it.

How proud are you of yourself and students for seeing your vision come to fruition?

I am really proud of all the staff members and students who supported the campaign. I have been planning

the campaign since the summer, so it was great to see it all come together, and become a success.

How will you continue this momentum throughout the year in tackling sexual violence?

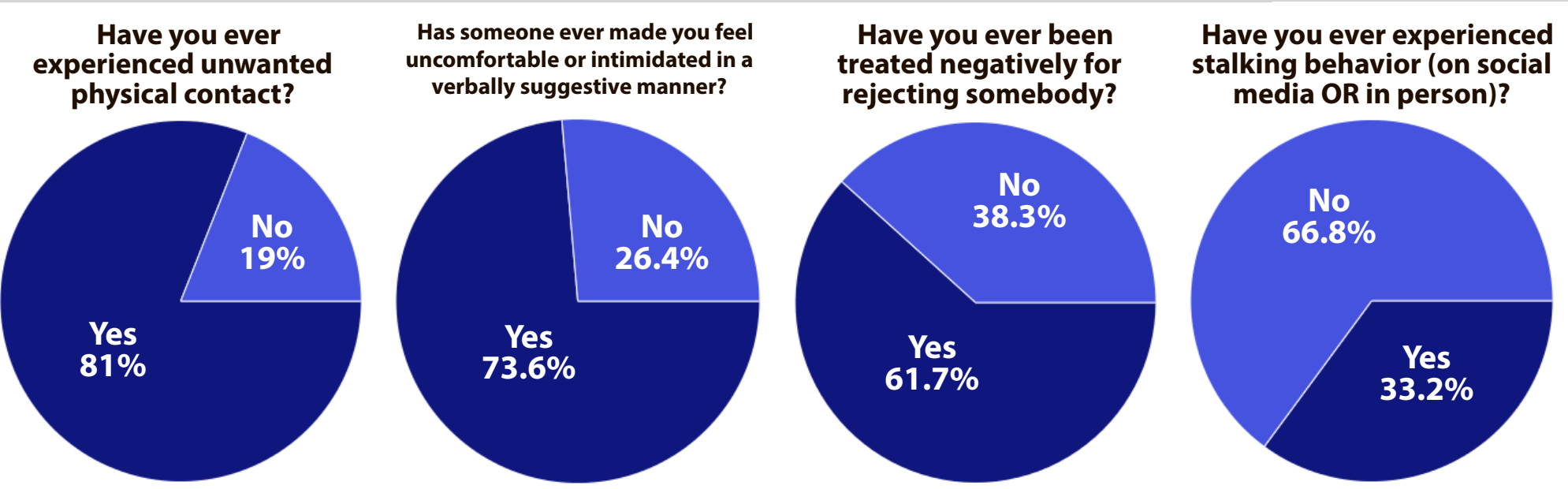
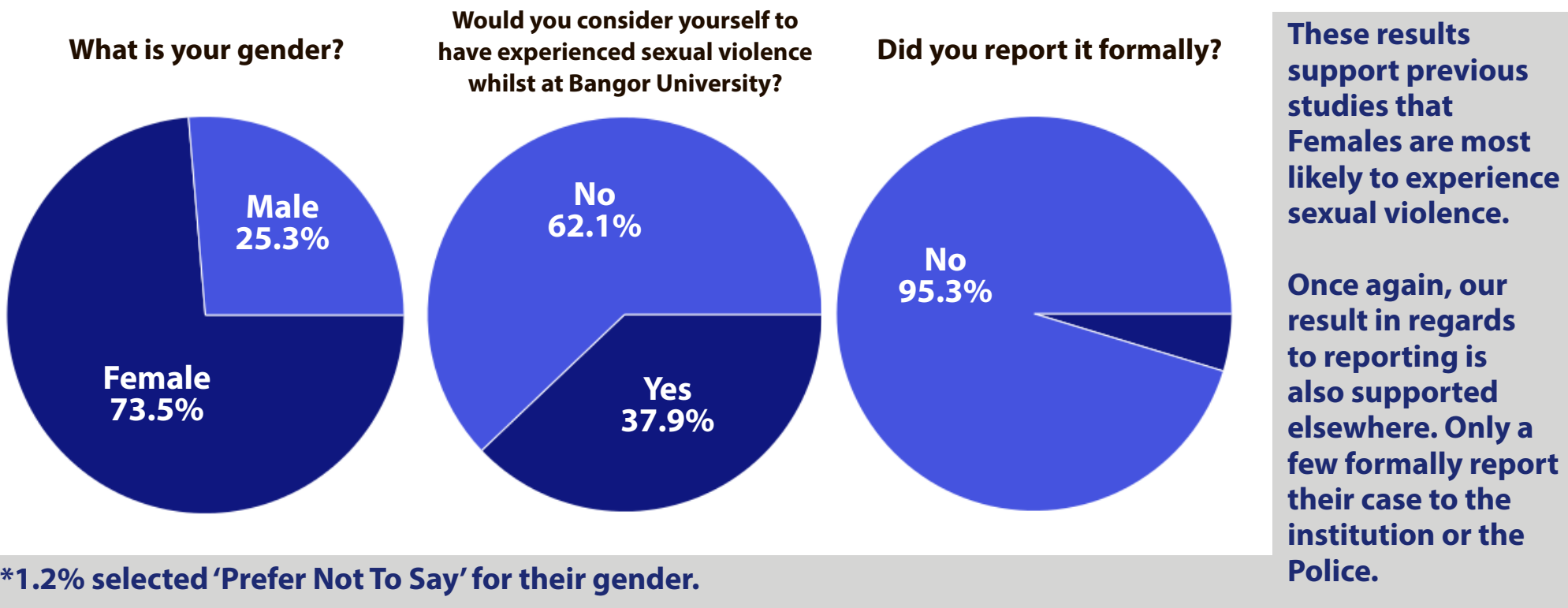
I want to emphasise that this isn't just a week-long campaign, as I will be out again with my whiteboard in Semester Two, to further raise awareness. I will be researching other ideas, connected to the campaign, which I will outline ASAP!

SEREN SEXUAL VIOLENCE SURVEY

DISCLAIMER: This survey was disseminated on our Facebook page on October 18th 2018 and was conducted independent from Undeb Bangor or Bangor University. We fully acknowledge that the survey was susceptible to error. This is due to: (1) the ability to fill out the survey more than once and (2) the survey could be filled out by people who aren't current Bangor students.

However, the survey had 423 responses. Seren believes that, whilst a margin of error is likely, it is small. The survey was clearly labelled as intended for Bangor students. Furthermore, we trust that our audience would give a topic like sexual violence the reverence it deserves, and not distort our results by repeatedly filling out the survey.

These statistics were never going to be used in a scientific journal. We're not trying to pass them as 100% accurate. The purpose of this survey was to draw attention to the misconceptions surrounding the definition of sexual violence. Moreover, based on the overwhelming response to the survey, it's evident that sexual violence is something students want to have a dialogue about. Therefore, it's in our audience's interest that we publish the results below.



Sexual violence is a non-legal term which is used as an umbrella expression to refer to and include various different sexual offences. For the purpose of this policy, the term includes but is not limited to rape, sexual assault by penetration, sexual assault, sexual harassment, stalking, 'revenge porn' and domestic violence.

All the above questions constitute sexual violence. Despite 62.1% saying they do not believe they have experienced sexual violence. The above results show that many people are unclear on the definition of sexual violence.

NEWS

IN BRIEF

Bangor Christmas Market



by DARBY HIGGINS

The annual Christmas Market will be held on Sunday 16 December, and will see Bangor High Street filled with stalls, including street food, local produce and crafts.

There will also be live music throughout the day, separate funfairs for both children and adults, and a firework display to finish.

There will also be the chance for children to meet and have a photograph with Santa Claus.

The Christmas Market follows the successful Bangor Food Festival which was held in September.

Emyr Owen, event organiser, said: "The food festival was an amazing success, I haven't spoken to one person who didn't enjoy themselves, many people said they've never seen so many people in Bangor."

With the Christmas Market we're hoping to bring another successful event to Bangor. We'll be pulling out all the stops to make it another great day."

The Market is free to attend. It will be open 10am - 5pm on Bangor High Street.

Menai Strait Tunnel Tests Give Geologists 'Unique Opportunity'



Menai Bridge

by DARBY HIGGINS

The proposal of building a new tunnel under the Menai Strait to carry electric cables from Wylfa Newydd nuclear plant, has potential to give geologists the opportunity to study ancient rock

formations on the bed of the Strait.

The new tunnel, which could be opened in the mid-2020s, would see cables laid to carry energy from Wylfa Newydd to the mainland.

Dr Mike Roberts, from Bangor University's School of Ocean Sciences, told 'Good Morning Wales' listeners how geology and marine geology surveyors are benefiting from samples from under the Menai Strait.

Drilling by National Grid has gone 50m into the sea bed and seen samples of rock brought up from

under the straits. Geologists believe the rocks will be able to tell a story of the movement of land

which was once south of the equator. "The National Grid are drilling holes in the Menai Strait, giving us a unique opportunity to take physical samples we wouldn't normally see, rather than using remote sensors." He explained.

"These rocks there are 300 million years old and some much older than that. We know there are a

sequence of rocks from about the time coal was being formed, which is hugely important. It will be

really interesting to look at them in more detail."

It has been suggested that the cables from Wylfa Newydd could be included in the proposed third

Menai Bridge crossing, but Aled Rowlands of the National Grid said:

"As things stand right now, the only way we can be sure to connect Wylfa Newydd into the electrical

transmission system and to the people and businesses that need it is to develop a tunnel."

Adventure And Beyond: Annual North Wales Tourism Conference 2018



Jim Jones MD of North Wales Tourism

by DARBY HIGGINS

Bangor University's Pontio Innovation Centre and Go North Wales will be co-hosting the annual North Wales Tourism conference in Pontio on 6 December. The title of the conference is "Adventure and Beyond".

Keynote speakers include Lord Ellis-Thomas, Minister for Culture, Tourism and Sport, television presenter, Kate Humble, writer and public speaker, John Thackara as well as Yangtze River Walk adventurer and extreme athlete, Ash Dykes, from North Wales, who will join by video conference.

"North Wales is already a top adventure travel destination" said John Thackara. "This event is about connecting visitors with the social, cultural and natural assets of North Wales in new ways".

Described by Business Week as "one of the great voices on sustainability" - Thackara's talk will feature biodiversity walks, heritage learning journeys, eco-museums, food routes, code clubs,

maker camps - and other examples of what he calls "the new hospitality".

Jim Jones MD of North Wales Tourism said, "I am really looking forward to this conference. We have designed it to focus on three key themes - wellness, discovery and innovation - and have brought together thought-provoking presenters who are extremely engaging. And where better to host a conference on innovation than Pontio Innovation; one of most innovative places in North Wales."

Delegates to Adventure and Beyond will also brainstorm ideas in small multi-disciplinary groups. A key topic will be the multiple dimensions of wellness and health, to create opportunities for the \$4.2 trillion dollar wellness industry.

"The best wellness travel ideas generated in the Beyond Adventure workshops will be developed in this year's Enterprise by Design (Ebd) challenge" said Andy Goodman, Pontio Innovation's director.

"This ten-week programme is highly

effective in turning would-be-nice ideas into live prototypes that are close to market-ready. We will connect faculty experts and sixty students - from across six schools - with local firms to develop new product ideas."

At the conference, Bangor University will also describe two new Masters Courses that together will inform and develop innovations within Wellness Tourism.

Jamie Macdonald, Head of Sport, Health & Exercise Science at Bangor University, said:

"Our new undergraduate degree in Adventure Sport Science will apply established, world leading research in Sport Science and Elite Performance within the burgeoning adventure sports industry in Snowdonia."

Andy Goodman added: "Bridging between academic research and industry, students taking our new Masters in Relational Design will work with adventure sport scientists and tourism companies to create new products, services and experiences."

Vice-Chancellor Of Bangor University To Retire In August 2019



Professor John G. Hughes, Vice-Chancellor of Bangor University

by DARBY HIGGINS

Bangor University's Vice-Chancellor, Professor John G. Hughes has announced that he is planning on retiring next August after nine years in charge.

Professor Hughes is only the seventh Vice-Chancellor in the University's 135-year history.

The University will shortly be advertising for a successor.

Bangor University's Chair of Council, Marian Wyn Jones said: "I am extremely grateful to Professor Hughes for his remarkable contribution. He has overseen tremendous change at the University and has always ensured that

students remain at the heart of everything we do."

Under Professor Hughes' leadership, Bangor University saw a number of major developments including: the new £38m St Mary's Student Village, the first ever collaboration between Wales and China to establish a new college in China, the opening of the £20m Menai Science Park, the opening of the £5.5m Marine Centre Wales at Menai Bridge which was part of the £25 million SEACAMS project, and the completion of the £50m Pontio project.

Bangor University became the first university in Wales to be rated 'Gold' by the new Teaching Excellence Framework (TEF), reflecting the

outstanding standards of teaching found at the university. The latest Research Excellence Framework also recognised that more than three-quarters of Bangor's research is either world-leading or internationally excellent.

More recently, the University enhanced its research expertise in the areas of materials science and predictive modelling in 2017 through a collaboration with Imperial College London and the formation of the Nuclear Futures Institute at Bangor with the award of £6.5m in funding under the Welsh Government's Sêr Cymru programme.

Professor Hughes came to Bangor in September 2010. Born and raised in Belfast, he has an academic background

in mathematics and theoretical physics.

Following appointments at Queens University Belfast and at the International Atomic Energy Agency in Vienna, he became Professor of Information Systems Engineering, and later Dean and then Pro Vice-Chancellor (Research) at the University of Ulster from 1991 to 2004. He was then appointed President of Maynooth University in 2004, before moving to Bangor.

Professor Hughes will remain at the University until the summer of 2019, when his successor is expected to take over.

IN BRIEF

BBS Students Attend Business Leaders' Event In London



Dr Annika Beelitz (bottom right), Raja Asad and Rebecca Molloy seated with panel speaker Warwick Syphers (top right, Commercial Director at Adstream)

by DARBY HIGGINS

Staff and students from Bangor Business School were invited to this year's CPA Australia Future Leaders' Luncheon; an exclusive event held in London.

Dr Annika Beelitz (lecturer in accounting) attended the Future Leaders' Lunch at the Sofitel London St James in October alongside top-performing Bangor Business School students Raja Asad and Rebecca Molloy.

The event was a fantastic opportunity to connect business leaders with young leaders of the future.

An exclusive panel of business leaders all spoke about their respective career journeys, their experiences, and how to build a successful career.

The panel discussion included four senior executives from a range of organisations including Huawei Technologies, State Street, Bank ABC and Adstream, and was chaired by Max Shao from the CPA Australia office in Guangzhou, China.

As well as this, students also had a unique opportunity to

network with business professionals from companies including Emirates Group, Allergopharma GmbH & Co. KG, Syngenta and Colgate-Palmolive.

The students were invited to take part in this event to represent Bangor University as one of only 16 institutions across the country.

Bangor Students Celebrate Diwali With The First Minister Of Wales



Bangor University Students celebrating Diwali in Cardiff

by DARBY HIGGINS

Students from Bangor University were recently invited to Cardiff for a special event to celebrate Diwali, the Hindu festival of lights, with the Rt Hon Carwyn Jones AM, First Minister of Wales.

Bangor University's International Student Ambassadors, along with Bangor Indian Society members, travelled to Cardiff with the International

Student Support Office at the University.

The students were able to meet, mingle and dance with the First Minister, who dedicated a section of his speech to acknowledge the importance of the current 2,000 Indian students studying in the UK for the future of the country and for the future relationships between Wales and India.

Simran Prasad, Chair of Bangor Indian Society, said:

"We all really enjoyed the event, and

everyone made the students feel really welcome. It was surreal to meet the First Minister of Wales and hear his views on the importance of multiculturalism. He thanked us for attending the event but more importantly for studying in Wales and providing a unique perspective on culture, integration and ethnic diversity.

"For many of us Indians, Diwali is a tough time away from home, and getting the chance to celebrate Diwali

amongst so many different cultures and mindsets truly enhanced the entire experience!"

Carwyn Jones, First Minister of Wales, said: "With the way politics are going nowadays, we need to fight intolerance in every way possible. Events like this prove, once more, how Wales is proud of its own language and culture but also works hard to be a welcoming country, celebrating and valuing its diversity."



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IN BRIEF

Bangor Butcher's Shop Reopened



by DARBY HIGGINS

Well-known butcher's shop, G Williams and Son, has reopened after suddenly closing last summer. The shop had been trading in the city for just under 150 years before it closed back in June.

On 1 December, a former shop apprentice re-opened the business.

Ashley Richard Thomas, 23, said: "I'm glad to say that we are reopening under new ownership."

Thomas already has ideas to increase trade but also urges people to support the high street.

"My plan for the future with the shop will be to extend our home delivery service much further than we did previously. It's very important that people shop and support small local businesses that sell local handmade products."

Cllr Enid Parry, an Independent on the city council, said that the closure came from too many people doing their shopping at supermarkets rather than supporting local traders.

Local Barbers Receive Mental Health Training In Bid To Reduce Male Suicide



A few of the barbers across North Wales that will be receiving mental health training

by DARBY HIGGINS

Across North Wales, barbers – including Kai's Barbers in Bangor – will be given help to assist in saving lives while giving a 'short back and sides' as part of a new drive to raise awareness of men's mental health and the male suicide rate.

Hairdressers across the region are set to receive training in spotting warning signs of mental health issues in their customers, along with practice guidance on how to listen, give helpful advice, and signpost to support services.

Having been launched on International Men's Day (19 November), the initiative aims to raise awareness of the tragedy of male suicide, which is the biggest killer of men under 45 in North Wales, and across the UK. Statistics show that men are three times more likely to take their own lives as women, with males accounting for 75% of all suicides in the UK.

The training is being supported by NHS Charity, Awyr Las' I CAN

campaign, that aims to tackle stigma and encourage people to be more open about mental health. It is being led by Local Implementation Teams which include representatives from Betsi Cadwaladr University Health Board, local authorities and mental health charities, who are working together to implement North Wales' first integrated mental health strategy.

The cause is close to the heart of Mahir Soyly, a Denbighshire barber, who says that barber shops have an important role to play in supporting men who are struggling with their mental health.

Since opening LL19 Barbers in Prestatyn two years ago, Soyly has used his own experience of suffering with stress, anxiety and low self-esteem to help others.

"Barber shops provide a safe space for men to open up about how they're feeling," he explained.

"I've had people crying in my chair. Simply asking people how they are and how they're doing can make all the

difference. I don't often have the answers, but I know I can make an impact by just listening.

I think the training programme is a fantastic idea. It will give me a better insight into what it's like to live with certain conditions and how I can help them."

Kai Hough, owner of Kai's Barbers in Bangor, commented:

"Men know and trust their barbers and because it's a chilled out environment they feel like they can open up and talk about their problems. It's great to get something being done about men's mental health. I'm hoping to learn more about coping strategies and get more general awareness of mental health and how we can help people."

Sam Watson, Betsi Cadwaladr University Health Board's Head of Mental Health Service for North West Wales, said the training drive would complement work that is taking place across the region to improve mental health support.

"There have been a number of successful initiatives to encourage people to talk about their mental health, but it's also vital that people have the skills to listen effectively and provide helpful advice.

We're working hard to improve the mental health services we provide, but we also recognise the crucial role that people in communities across North Wales can play in supporting each other."

The training programme is set to be rolled out more widely next year and Betsi Cadwaladr University Health Board are encouraging anybody interested in getting involved to register an interest by contacting them at bcu.info@wales.nhs.uk

The free and confidential C.A.L.L. Mental Health Helpline is available 24/7 to provide emotional support and signposting to local services. Call 0800 132 737, text 'Help' to 81066, or visit www.callhelpline.org.uk



'New Again' Exhibition At Storiell Showcases Recycled Art

by DARBY HIGGINS

Storiell in Bangor have a new exhibition which explores the theme of recycling through showcasing how discarded, unwanted and broken items can be transformed from 'rubbish' into art.

The items on show include examples of 'recycling' from Storiell's museum collection. Some pieces are made from treasured fragments, whilst others were created from discarded broken objects

which have been used in a new way.

The exhibition is important as it shows how our waste can be repurposed and reused. This notion is important in today's world as our waste, especially items made from plastics and artificial fabrics, is threatening to overwhelm the world's fragile ecosystem.

Some of the items in the exhibition are available to purchase.

The exhibition will be open at Storiell, Bangor until 30 March 2019.



Transforming Education In Wales In Partnership With The Welsh Government



Bangor University representatives at the education programme

by DARBY HIGGINS

The Welsh Government has identified the need to recruit and retain inspirational leaders in order to deliver its educational mission. As a result, a clear pathway for developing leadership from middle leaders to executive headteachers has been devised.

Bangor University and University Wales Trinity Saint David's (Yr Athrofa) won the tender to accredit the National Consortia's Leadership programmes, with teachers having the opportunity to gain accreditation ranging from a PGCert through to a doctoral qualification.

The first programme to be endorsed by the National Educational Leadership Academy, and jointly validated by Bangor University and University Wales Trinity Saint David's (Yr Athrofa), is the Newly Appointed and Acting Headteachers, with the first

National Development Day held on 7 November 2018.

Professor Nichola Callow, Dean of the College of Human Sciences said:

"We are delighted that Bangor University's School of Education, alongside University Wales Trinity Saint David's (Yr Athrofa), have been an integral part of delivering on the Welsh Government's initiative to drive improvement and leadership across the Welsh education sector for the benefit of our children."

The programme included a talk from keynote inspirational speaker Sir John Jones and is the culmination of a term of firsts for the Welsh Education Consortia.

The Four consortia have been working together over the past 18 months to develop a wide-ranging programme of collaborative projects. The Leadership Development Programme, which is part of the consortia national project portfolio, aims to develop uniform,

high quality provision for aspiring head teachers for delivery across the four regions to increase the number of skilled leaders across Wales.

The programmes are in response to the Education in Wales: Our National Mission objective to cultivate "inspirational leaders working collaboratively to raise standards." The "Newly Appointed and Acting Headteacher" programme is the first of these programmes to be completed and commenced delivery in September 2018.

Debbie Harteveld, consortia programme sponsor and EAS Managing Director, said:

"The process has not been without its challenges, but ultimately, it has been exciting and rewarding to work closely with colleagues on the first truly collaborative national leadership development programme. This is just the first of what will be a continuum of leadership development programmes offering high-quality leadership development

provision to teachers at every stage in their career wherever they may teach or live in Wales.

These programmes provide teachers with the opportunity to enhance their leadership skills throughout their professional life."

Programme speaker and CEO of the National Academy of Education Leadership, Huw Foster Evans, said:

"The National Academy for Educational Leadership is very pleased to be for the official launch of the Programme for Newly Appointed and Acting Headteachers. This is the first programme to be endorsed by the Academy and we want to say a big thank you to the partnership of the four regions, local authorities and universities for their work. We are confident that this new programme will offer inspiration and support for a new generation of Headteachers who play a such key role in leading the learning of our children and young people."

IN BRIEF

Poetry Pamphlet Shortlisted



Carol Rumens, Professor of Creative Writing

by DARBY HIGGINS

A poetry pamphlet by Carol Rumens, Professor of Creative Writing, launched at Pontio this Spring, has been shortlisted for the Michael Marks Award for the best poetry pamphlet published between September 2017 and September 2018.

'Bezdelki/Small Things was written in memory of Carol's Russian partner, Yuri Drobyshev. It's one of five short-listed pamphlets, and is published by The Emma Press, also shortlisted for the 'best pamphlet-publisher' category of the Award.

The winners will be announced at a dinner at the British Library on December 11th.

Dog-Friendly Cinema Opened In Conwy County

by DARBY HIGGINS

A pet shop in Abergele has opened a dog-friendly cinema where dogs and their owners can sit and enjoy a film on the big screen.

The owners of Pet Place in Abergele, Conwy county, have spent over £100,000 building a cinema for dogs, which will run alongside their current pet shop. The cinema also has a coffee shop that sells snacks and drinks for both humans and their pets.

The cinema seats 40 people on deck-chairs, and 50 dogs on mats. Tickets cost £10 for an adult and dog.

All of the films shown will be pet-related and include titles such as 101 Dalmatians and The Secret Life of Pets.

Sion Pritchard, managing director of Pet Place, explained "We have tried to create a socialisation hub, so pet owners can come in with their dogs, meet other pet owners, and spend some quality time."

Pritchard accepts that attempting to sit through a two-hour film, with dozens of dogs, will not be a quiet experience.

"Obviously it needs to be controlled. I think if, like myself, you are a pet parent, you are going to expect it. It is about the dogs and I'm not going to cover that up."



POLITICS

Sabbatical Election Nominations



What are the roles you can run for?

Every role is different but they do share some common traits. Sabbatical Officers decide on the direction of the students' union and the 15 full-time staff members and the 6 part-time student staff support them to have their vision realised. All sabbatical officers are trustees of the board, a position that holds incredible responsibility and is an experience that future employers will value. It is expected that all sabbatical officers sit on a number of committees in the university, from the prestigious University Council to the quality assurance committee and, sustainability committee to name but a few. The sabbatical officers work closely together and find time to meet regularly to discuss the student voice and help each other on a number of campaigns. Sabbatical officers have their individual campaigns from their manifesto but they also have a shared remit when it comes to welfare, healthy

living and housing. The sabbatical officers will spend time travelling all over the country to learn about representation, attend conferences, and meet with other students' unions to bring the students of Bangor the best representation possible. In addition, each sabbatical officer fulfils their own duties;

President

The president is the chief officer of the Union and head of the Sabbatical Officer Team and is the chief representative of the Union to the University, local community and local and national media. The president is responsible for producing reports on the work of the Sabbatical Officers to every Undeb Bangor Council and Undeb Bangor General Meeting as well as various time throughout the year as and when needed. The president is the chair of the Undeb Bangor Trustee Board. The president shall be the lead

officer on matters relating to Union democracy and shall be responsible for upholding and interpreting the constitution. The president is the officer responsible for the Union's community remit.

UMCB President

UMCB stands for Undeb Myfyrwyr Cymru Bangor which is Welsh for Bangor's Welsh Students' Union. The main duties of the UMCB president is to look out for the rights and needs of the Welsh students of Bangor. Liaising with the University on issues regarding Welsh language provisions and widening participation amongst Welsh speakers is one of the key roles of the UMCB president. The UMCB president shall encourage the inclusion and promotion of the Welsh language and culture in all University and Union affairs.

VP for Sport

The Vice President for Sport (VP

for Sport) shall be the Athletic Union President, responsible for its operation and finances, and ensuring that its clubs have the resources and information they require to function. The VP for Sport will attend all relevant meetings of BUCS and BUCS Wales, will liaise with the University, local community and national bodies on sporting matters and encourage and promote members' participation in both competitive and recreational sport in the University, offering assistance through the Athletic Union.

VP for Societies and Volunteering

The Vice President of Societies and Volunteering (VP for Societies and Volunteering) shall be the officer responsible for the Union's societies remit, including being responsible for its operation and finances, and ensuring that its societies have the resources and information they require to function. VP for Societies and

Volunteering shall be the officer with political responsibility for the Union's Student Volunteering Department. The VP for Societies and Volunteering shall encourage and promote recreational activity in the University, offering assistance through the Undeb Bangor Student Opportunities Team.

VP for Education

The Vice President for Education (VP for Education) is the sabbatical liaison with Bangor University's Student Services, and shall take the lead on matters relating to Equal Opportunities on behalf of the Trustee Board. The VP for Education is the officer responsible for the Union's Education remit, with particular focus on matters of national and local education policy, funding and quality. This shall also cover all matters dealing with postgraduate education. The VP for Education is responsible for the direction of the Union's course representative system.

Why Stand In The Election?

If you are passionate about change and you want to represent the student body, then running in the BIG election is exactly what you should do!

Being a sabbatical officer is a job like no other. Rarely is one given the opportunity, straight from University, to a trustee and a part of the leadership team of a million pound organisation. A day in the life of a sabbatical officer is like no other, it is a quick paced, high energy exciting role!

The main reason to stand is to create change and enable opportunities for the student population of Bangor but here are some other reasons that might make you want to run:

- A chance to speak to other students, develop your ideas and make students' lives better
- A chance to give something back to your Students' Union
- Gain valuable experience of project planning; from conception to completion
- Great insight into working closely as a team towards a shared goal
- Develop and use a wide range of skills
- A chance to enhance your CV so that you stand out from the crowd to future employers
- Once in a lifetime chance to get a position which is multi-faceted where you work alongside students as well as high level University Staff on projects and initiatives to create real change.
- Meet new people and have fun
- You get paid over £18,000 a year for the position
- Work with other passionate students.
- A chance to make a job your own
- Make positive changes for students and leave your legacy.
- If you're successful you get to be in Bangor over the summer and it's beautiful when the sun is always shining :)

Nominations Open:
December 10th 2018

Nominations Close:
February 1st 2019

Campaigning Starts:
February 25th 2019

Voting Period:
March 6th-8th 2019

What Happens After Nominations Close?

Once the nominations have closed you have a week, until February the 7th to submit your manifesto and all text for promotional material (e.g text for flyers, posters etc.). We will then send these to be translated. There is a candidate briefing on the 5th of February where we will invite all candidates

together and there is a chance for the candidates to ask any questions before the manifesto deadline.

All candidates will get their publicity text back on the 15th of February giving you until the 19th of Feb to get all designed posters back to the Union (English and Welsh).

On the 25th of February all candidates will get the publicity materials back and the campaigning period will begin! Candidate question time will be on the 6th of March with voting opening immediately after. Voting will be open until Friday the 8th of March.

The Dark

Stiwdio | Studio

23 + 24 Ionawr | January, 7.30pm

£12/£10 gostyngiadau/concessions

Villagers

Theatr Bryn Terfel

26 Chwefror | February, 8pm

£20, Gig sefyll | Stand up gig 14+

Barely Methodical Troupe KIN

Theatr Bryn Terfel

15 Mawrth | March, 8pm

£10 -£14

Best of BE FESTIVAL

Stiwdio | Studio

16 Mawrth | March, 7.30pm

£14/£12 gostyngiadau/concessions

BBC National Orchestra of Wales
Cerdorfa Genedlaethol Gymreig y BBC

Thibaut Garcia

Neuadd Prichard-Jones Hall

29 Mawrth | March, 7.30pm

£5-£15

Seann Walsh

'After This One, I'm Going Home'

Theatr Bryn Terfel

15 Mai | May, 8pm

£15

MP OPINION

OPINION: Bangor MP - "Corbyn Must Act Now To Keep Our European Future Alive"



HYWEL WILLIAMS MP

Hywel Williams is a Welsh politician and Plaid Cymru Member of Parliament for Arfon. He previously represented Caernarfon.

He studied Psychology at the University of Wales, Cardiff before qualifying as a social worker at the University of Wales, Bangor in 1977/78.

Williams assumed office in June 2001 and had a majority of 92% in 2017 General Election.



		Remain	Leave
2015 vote	Conservatives	39	61
	Labour	65	35
	Liberal Democrat	68	32
	UKIP	5	95
	Green	80	20
Age	18-24	71	29
	25-49	54	46
	50-64	40	60
	65+	36	64
Education	GCSE or lower	30	70
	A level	50	50
	Higher below degree	48	52
	Degree	68	32

by **HYWEL WILLIAMS**

Last year I was an international observer at the Catalan independence referendum. Travelling in a car with three MPs from other countries our interpreter got off the phone and said, 'The Guardia Civil are going to try to break into a polling station the village back there - to stop people from voting. Do you want to go see?'

Did we? Of course we did. We were of that generation (just) that opposed the Vietnam war and apartheid, in the UK we opposed Thatcher and her poll tax, and in Wales we campaigned so hard for the emancipation of the Welsh language (a still unfinished project).

After a screeching u-turn, when we got to the village the noise of protest was unmistakable. I found myself running towards it. Then I realised that the other three were running too,

and we were all laughing as we charged towards trouble.

Not all older people are stiff. But Brexit has shown clearly, along with other injustices such as low wages, high debts and the lack of housing for young people, that there is a deep age-based split.

You don't have to be a political anorak to know that things are looking pretty rocky for Theresa May and her bungling Brexit deal. The Westminster prattle, the back stabbing and the front, side, top and bottom stabbing for that matter, aren't of much interest to most people. But it is most people who'll pay for the Brexit mess, and it'll hit the poorest hardest.

In the Brexit referendum nobody voted to be worse off, but that's what we are getting.

And it's not me that's saying that. Even the Prime Minister concedes that leaving under any possible deal will be worse than staying in. It's the 'leaving'

bit not the 'deal' that's the killer.

'Ah yes!' they say, 'But there are political gains which offset the economic blows.' By that they mean that the referendum result will (sort of) be carried out. I agree that there will be political gains, for some. For the Conservative Party in particular. Because not being torn apart for ever is really pretty big.

So are there any potential gains for students and universities and their staff? Well, Brexit is already hitting student recruitment and some from overseas now seeing the UK as a less welcoming place to study. Hobson's student recruitment consultancy say a third of international students would be less likely to come to the UK post-Brexit for this precise reason.

Fees from non-EU students make up 13% of UK university budgets. Cut the budget and you'll have to raise fees for domestic students or cut what universities can do. Then there are potential blows to international staff,

as bringing families over becomes more difficult, and inter-EU research partnerships are hit.

Mrs May has had some warm words for us. Yes we'll hang on to international research and student exchange. The position of EU staff is safe. But these are just warm words. Short of a miracle, Brexit will limit your chances to study, travel and work in the EU. And Mrs May doesn't do miracles. If she did, we wouldn't be where we are now, blindfolded and wobbling on one leg at the edge of a deep ravine.

Support for a People's Vote on the Deal is growing fast. I helped launch the campaign in Cardiff a month ago, and a fortnight ago I was at a huge People's Vote meeting in London, the room packed with 3,000 and hundreds locked out. What really stood out both times was that so many of the people there were young. People who will be bearing the blows of Brexit for austere decades to come.

Personally I've gained a lot from our membership of the EU. When I worked at Bangor University, getting grants to study smaller languages in other countries. As an MP I've been able to breathe, free from the stifling provincialism and oppressive monolingualism of so much of British politics.

What we need so that you can have your fair share is a credible alternative to Mrs May. My own party Plaid Cymru is already working with others to try to rescue something from the debates and votes ahead. The Leader of the Opposition though has held back, happy to let the Tories fight each other in public.

If Mr Corbyn is serious about winning the social justice he has been promising he's got to do more. And backing a People's Vote is one step he can take right now.



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**HALLS
OFFICE**

SCIENCE

IN BRIEF

Mysterious
Cubed-Shaped
Poo Finally
Understood



by CHARLOTTE BILSBY

Wombat faeces has baffled scientists for decades. The Australian marsupial passes cubed-shaped poo, and the only species of mammal to do so. Despite having a pretty normal shaped anus like other mammals, wombats do not pass normal shaped poo. Researchers revealed that the elasticity of their intestines help sculpt the faeces into cubes, the team compared wombat intestines to pig intestines by inserting a balloon and monitored variations of the stretching patterns. It was discovered that wombat faeces changed from liquid form into solid form in the last 25% of the intestines but the final 8% of the intestines varied in elasticity and created the cube shapes. Wombats then stack the cubes as a form of communication, mark territories and a way of attracting a mate, the higher the stack of poo the better. Scientists are now looking into applying this efficient cubing method into manufacturing processes.

Bacteria
Bubbles

by CHARLOTTE BILSBY

Bubbles have provided many of us with joy and happiness, but recent research has shown that bubbles aren't as an innocent and fun as we first thought. Bubbles can serve as a vessel for spreading bacteria from water into the air. The study, which was published on November 15th, found that bacteria can manipulate the physics of bubbles that enhances the ability for the microbe to spread. Bacteria-covered bubbles can last for a much longer time than clean, non-infected, bubbles. Once they burst, the infected bubbles create more droplets which are launched into the air at a much faster rate compared to clean bubbles.

The researchers first discovered the effect of bacteria on bubbles by pure chance. The initial study was on the physics of clean bubbles, but when a beaker of water was exposed to pathogens by accident, they observed that the bubbles produced from this water acted differently to the clean bubbles. They found that when bubbles were contaminated with E. coli, they lasted almost 10 times longer than the clean ones before bursting. These bubbles last for minutes compared to seconds observed in the clean bubbles. Further research revealed that the bubbles lasted longer because the bacteria secreted substances that reduced the surface tension of the bubble making it more elastic. So, the next time you are having some bubble innocent fun, be aware of the potential of them carrying not so innocent bacteria.

Should We Eat Insects? A Sustainable Future



by CHARLOTTE BILSBY

Food supplies are finite and scientists are getting desperate on alternative food supplies for the human population. Human's eating insects is nothing new, globally 2 billion people consume insects, this practice is called entomophagy. It is a common practice in Africa and is home to the richest diversity of edible insects with over 500 different species being consumed. From caterpillars to termites, locusts, grasshoppers, crickets, beetles and ants. The edible insect market is set to exceed £406m by 2023.

For decades scientists have proposed insects as feed for animals but views on entomophagy differ vastly. Most edible

insects are harvested from the wild and little research has been put into place on methods of mass production. To implement mass production the biodiversity of the insect needs to be understood comprehensively and currently there is no demand for this understanding.

But why should we eat insects? Insects are rich in nutrients such as amino acids which aren't found in most traditional food products. Crickets contain more protein per gram than beef, chicken or pork with 68g of protein per 100g compared to 31g of protein in beef. Edible insects are said to be more sustainable than other meat, in the terms of taking up less land space and requiring less animal feed than livestock. Alongside the massive health benefits, edible insects top the market when it comes to a



sustainable food source. They emit low levels of greenhouse gases compared to most other domestic livestock and require little resources to farm them, for example crickets need 12 times less feed than cattle.

To allow for the edible insects to infiltrate our market, perception on eating insects needs to change. Sainsbury's has become the first UK supermarket to stock edible insects. By the end of November customers will be able to fill their shopping baskets with Eat Grub's Smoky BBQ Crunchy Roasted Crickets. The house crickets, Acheta domesticus, are farmed in Europe and will come in packets of 50 for only £1.50.

In true "I'm a celebrity style" we had Food and Drink Editor, Paige Brooks and Film Editor, Jordan King try some

critter treats from Amazon as the Sainsbury's crickets are currently sold out across the UK.

Paige said that "When it went in first goes in your mouth it's creepy and foreign" and that "it's comparable to the cinnamon challenge" and that she "10/10 would not do it again". She went on to say "If the world runs out of meat, I would just be a vegetarian".

When asked did you prefer the mealworms or the crickets, Jordan, the Film editor said "That's like being asked if I would prefer to be kick in the right B****k or the left one."

Though we are long away from getting a side of crickets in our local restaurants, edible insects are becoming commercially available are steps towards a more sustainable future.

The Masturbation Project



By CHARLOTTE BILSBY

Bangor University Primatology students were extremely lucky to have Matilda Brindle present a guest lecture on her PhD topic; Masturbation in Primates. Matilda is a PhD from University College London, Institute of Zoology, and is currently researching the evolution of auto-sexual behaviours (masturbation) in primates. Her previous project focused on the evolution of the penis bone (baculum), one of the most enigmatic structures in the animal kingdom. Matilda began the

talk on why masturbation has become such a taboo subject. The history of masturbation reflects broad changes in society concerning ethics, sexuality and social attitudes. The bad stigma that surrounds masturbation has risen from centuries of misguided hearsay and is not an exclusive behaviour to just humans. Various animals have been shown to "self-pleasure" from dolphins to elephants to camels to penguins; but Matilda's work focused on our close relatives the primates.

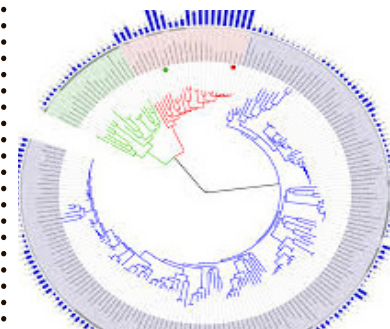
From here, Matilda went on to discuss the body-parts used, which I'm sure you all know what's going on

there, the techniques and tools used which is where the talk took a bizarre turn. Primates have been known to get pretty inventive when it comes to masturbation tools, from using chicken-wire to their mother's toes; nothing is impossible. Matilda discussed why such behaviours have developed and the reasoning behind them. In males and females, masturbation has been used in preparation for copulation and in men, studies have shown that masturbation increases sperm quality. Masturbation is rooted within our evolutionary history and occurs throughout the animal kingdom. The mechanism that

is masturbation varies between animals and masturbation is actually good for you.

Alongside a reverting and gripping talk, Matilda provided the audience with useful tips for pursuing a PhD. Her top tips included the importance of finding a project that you really care about and finding a supervisor that you can collaborate and work with well. As well as this, make sure you understand how you work best and remember to balance all the work with a few drinks at the pub

IN BRIEF

A New Branch
On The Tree Of
Life

by CHARLOTTE BILSBY

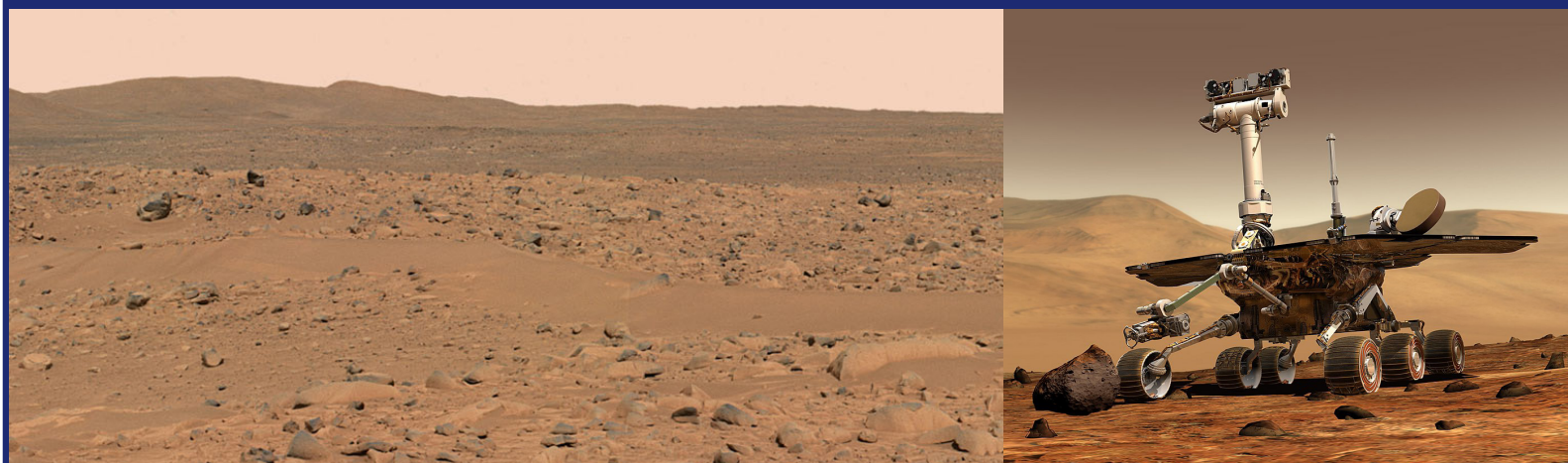
Two previously unknown species of microbes have been detected in a Canadian soil sample. These microbes were so bizarre, that it has led to researchers reorganising the tree of life to make them fit. These microbes are an example of protists that belong to the hemimastigotes group. A genetic analysis has revealed that they are much more unusual than first thought. DNA evidence has shown that they have deviated from all other forms of life in the Protista kingdom, demanding a new branch in the tree of life. The new-found microbe is named after a creature in Mi'kmaq folklore, the region in which the microbe was discovered, Hemimastix kukwesjijk. By sequencing the genetic information scientists were able to unveil a lineage that holds a new unique position among other eukaryotes. This discovery has highlighted the hemimastigotes importance in the evolution of complex cellular life.

Virtual Reality
Therapy,

A Real-Life Miracle

By CHARLOTTE BILSBY

Virtual reality therapy (VRT) also known as virtual reality immersion therapy (VRIT) is the use of virtual reality simulations to aid in the treatment of psychological or occupational disorders. VRT has been under development since the late 1990's and has been used to overcome difficulties found when trying to treat phobias. VRT involves the generation of stimuli that can be used in a desensitization approach of treatment. VRT can produce stimuli for patients that have difficulties in imagining scenes that stem from the root of their psychological disorder(s) or find it overwhelming to experience such experiences in real life. VRT can be performed in the privacy of a room and therefore avoids public humiliation or the chances of being overwhelmed by sensory stimuli. This approach has been proven to contribute to faster recovery times. VRT has been applied to military related trauma programmes such as BRAVEMIND which is being used to treat PTSD in ex-military personnel in the United States. Further development of Virtual reality therapies could provide those in need with treatment that could change their reality.

NASA's Mission To Find Ancient Life
On Mars In 2020

by CHARLOTTE BILSBY

NASA's next mission involving the Mars rover will continue the hunt for life outside of earth. The 2020 mission will look for signs of ancient life in an ancient river delta. The rover is expected to launch during July 2020 and land on Mars during February 2021. The rover is hunting for signs of past life in the sediments of the Jezero crater, which used to house a 250m deep lake and a delta that flowed into the lake. The presence of the lake

may have influenced and supported growth of life due to highly favourable abiotic conditions. River deltas are also extremely good at preserving biosignatures and any signs of life that may have inhabited the lake could still be preserved in the rocks that are still present at the site today.

The 2020 rover's design reflects a design similar to that of the Curiosity rover which has been out in the field exploring another ancient lake, Gale's crater, since 2012. The Curiosity rover has an onboard chemistry lab for studying samples within the

crater, the 2020 rover will have a specialised backpack to store samples for later analysis. The samples will return to highly equipped laboratories for a thorough and precise analysis, which will increase the accuracy of the results.

The 2020 rover will also use an improved version of the Sky Crane landing system, which involved a hovering platform that lowers the rover onto the ground with a cable. The Mars 2020 version includes a high-tech navigation system that helps avoid on ground hazards

such as cliffs and crevices.

Jezero crater is close to another scientific hotspot, Midway, which is only 28 kilometres away and is home to some of the most ancient sediments and rocks on Mars. During the site selection workshop in October it was proposed that both sites were to be visited in one mission, this was seen as ambitious yet still achievable. The proposition is still under works and a final decision will be made once the rover has landed safely on Mars.

Will We Ever Be Able
To Apparate Like
Harry Potter?

by CHARLOTTE BILSBY

On the release of the latest addition to the Harry Potter prequel, I found myself wondering whether we will ever be able to apparate like the witches and wizards. For those of you who aren't mad Potterhead's, apparition is the ability to teleport from one place to the next. Though us muggles don't have access to magic so we won't be able to apparate from the University library to the Academi dance floor anytime soon, the teleportation of an atom is another story. Enough atoms together may actually mean we can create a carbon copy of yourself elsewhere. This could mean if you're too hungover for that 9am class, you could apparate a copy of yourself there. There is one catch, this entire process may kill you.

Though the magic used in the Harry Potter saga doesn't follow the laws of physics and such instantaneous travel would be limited by the speed of light. The speed of light is about 300 million meters per second. Meaning we could apparate from Bangor to London in 0.001 seconds. So how could apparition ever be possible? It would involve sending data on the layout of your atoms from your current location to the desired location. Upon the arrival of the data, you could take a pile of matching atoms- carbon, hydrogen and all the rest and assemble a copy of the person at the new location. The downfall of this seemingly simple procedure is that scientists don't currently know how to figure out the positioning of every single atom in the body and secondly, you would end up with two copies of the sample person, so one would have to die.

“Dear Parliament,
Take Science Seriously”

by CHARLOTTE BILSBY

A letter to British PM, Theresa May and president of the European Commission, Jean-Claude Juncker was signed last week by 29 Nobel Laureates and six winners of the prestigious Field medal. The letter states science needs and relies on “the flow of people and ideas across borders”. A recent survey found that many scientists are considering uprooting and leaving the UK all together. Sir Paul Nurse, a Nobel prize-winner for research into breast cancer has said that the overall message is “take science seriously”.

The letter addresses the importance of bringing together talented researchers to combat pressing global issues such as disease, diminishing food supplies and the generation of clean energy. The letter says that the UK and the EU need to ensure that Brexit causes “as little harm as possible” to scientific research.

These Nobel prize winners are extremely concerned on the changes that may occur to funding and freedom of movement. During the time of the UK being a part of the EU, scientists have secured more European grants than the country has paid out. Sir Paul Nurse believes that without a deal, British Science could lose up to £1bn a year. There is anxious hope that the UK could still negotiate a science relationship with the EU, gaining a status like Switzerland, but this is still yet to be achieved. 78% of current EU scientists say that they are “less likely” to reside in the UK, which could result in the UK scientific research being hindered.

Though the future is uncertain for scientific research, it will survive. Though the UK may lose its positioning as a top ranking scientific research hub, new immigration laws post-Brexit will still allow for the entry of talented scientists and researchers to enter the UK.

ENVIRONMENT

QUOTES



"Now for the first time in 12,000 years we must face an unstable and unpredictable planet at exactly the time we are placing our greatest demands on it. We can still stabilise our planet once more. But there's not much time. It will require significant global co-operation on issues like climate change and the management of our oceans." - **Sir David Attenborough**

"Those who contemplate the beauty of the earth find the reserves of the strength that will endure as long as life lasts. There is something infinitely healing in the repeated refrains of nature - the assurance that dawn comes after night, and spring after winter" - **Rachel Carson**

"Globalized industrialized food is not cheap: it is too costly for the Earth, for the farmers, for our health. The Earth can no longer carry the burden of groundwater mining, pesticide pollution, disappearance of species and destabilization of the climate. Farmers can no longer carry the burden of debt, which is inevitable in industrial farming with its high costs of production. It is incapable of producing safe, culturally appropriate, tasty, quality food. And it is incapable of producing enough food for all because it is wasteful of land, water and energy. Industrial agriculture uses ten times more energy than it produces. It is thus ten times less efficient." - **Vandana Shiva**

Climate Change Protest On Menai Bridge



by ANNA RAY

On 18th October, two advocates from the environmental initiative named 'Extinction Rebellion' came to Treborth for the talk entitled 'Climate Change: Heading for Extinction and What to Do About It'.

Climate change is a very intractable issue - it's a global problem that requires a global agreement

Since then, Menai Bridge has experienced its first formal protest under the same initiative, with more to be expected.

Set-up in 2016, Extinction Rebellion are a fast-growing network of around 5000 people across the UK who believe in acts of nonviolent civil disobedience in order to change government environmental policy. Using examples of the Indian Independence and Civil Rights

movements in the US, the presentation at Treborth discussed the immediacy of our situation and why direct action is the only way to solve our current environmental crisis. The notion follows that it takes a very small percentage of the population to act in order to insight massive change to political systems.

Dr. Neal Hockley, a senior lecturer in Economics and Policy at Bangor University states:

"Climate change is a very intractable issue - it's a global problem that requires a global agreement, so it's hard for individuals to act. It's easy to dismiss protests like this, but protest can be an effective way to put pressure on governments. Protests in the UK might influence UK policy, but if such protests can

spread globally, that might really have a significant effect."

On Saturday 24th November, beginning at 8.30am, a banner-drop protest was carried out on the Menai Bridge. Approximately 50 people were present with a purpose to raise awareness of the state of environmental affairs. Later on a short road block ensued but cause no severe delays. It is assumed to be the first of many protests as 'Extinction Rebellion' gain more and more support by the day.

Many events have been supported and created by people related to the network such as the 'free the three' anti-fracking campaign, as well as the 'grow heathrow' initiative. Only recently a farmer from North Wales named Bell Selkie was part of a protest at the department of business, environment and industrial strategy. This involved the participants gluing themselves to a window of the

BEIS building.

The objectives of the group are clear as highlighted by three demands; honesty from the government regarding climate change and our current ecological emergency; revocation of inconsistent policies and work with media outlets to inform the public domain; Carbon emissions to a net zero by 2050 through government-created legally binding policies; a National Citizens assembly to hold government accountable.

"The Extinction Rebellion is a necessity. Our political establishment has failed to protect its people from pollution, prevent further mass extinction of species on earth and prevent the possibility of human extinction in the near future. Therefore we must rebel to protect the livelihood of citizens and our natural world, or risk losing everything we cherish." Extinction Rebellion.

Anglesey Say 'No!' To National Grid Plans

The local community of Anglesey gather support in order to protest the plans for 100 new pylons

by ANNA RAY

A plan to build power-lines across Anglesey from the proposed £12 BN Wylfa Newydd nuclear reactor has generated massive controversy. Residents feel that the new scheme would have a devastating effect, not only on the environment, but consequently on the tourist economy too.

The 'Anglesey Say No To Pylons' group have been rigorously protesting to protect their Island from plans by the National Grid. Over 13,000 people have signed a petition against the proposal, although permission has already been granted to begin clearing sites for the pylons. Currently, the application for building is being processed by the independent Planning Inspectorate.

Numerous amendments of the proposal have been made by the National Grid to relinquish feelings of unease amongst the local community but to no avail. The Islanders have proposed underground cables to be established as opposed to the overground network. This appears to be a non-negotiable point due to the financial burden it

would incur. According to the Grid, it is the individual who would pay the higher cost in energy bills to abate the excess spending.

Despite the local objections, The National Grid feel that they will be contributing to the economy if plans are to be carried out.

"Our application is an important step in unlocking many millions of pounds of local investment and around 9,000 construction jobs that the power station will create." Gareth Williams of the National Grid (Senior Project Manager).

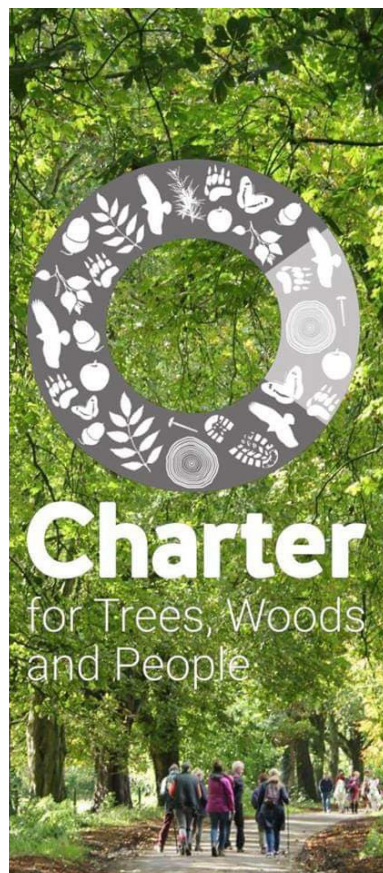
Residents remain steadfast in their view, following legal process to voice objections to the Planning Inspectorate. The outcome of the application is yet to be decided although you can be certain that the people of Anglesey will continue to voice their objections in the matter.

facebook.com/groups/Anglesey-Says-No-To-Pylons Petition can be found on the website.



Photo credit: Facebook: Anglesey Says No To Pylons

The Tree Charter



by MIMA LETTS

We are always in rush. Rushing to lectures because we spent 5 too many minutes in bed. Rushing to the shops to scavenge for a cheap deal for dinner. Rushing to complete an assignment we left until the last minute. But how often is it that we just stop, take a moment and actually take in the environment around us? You would be amazed how much you can overlook when you're rushing from place to place, busy in your own thoughts, not really paying attention to what is going on around you. Trees often go unnoticed in the urban landscape, blending into the background, but there is something about trees which I find fascinating.

There is a timelessness of a trees presence. A sense that you will never be able to comprehend how many people have looked at a tree or that something which starts life as nothing more than seed has grown to be something so magnificent. In a constantly changing landscape with the hustle and bustle of modern life, trees provide a constant when everything else around you is in a state of flux. But trees do so much more than this, playing a role in every part of our lives; we make dens in the woods when

we are young, getting our first real wild experience, and as we grow we start to walk and cycle and run through the woods instead. As soon as you enter a woodland, you suddenly become aware that you are not alone but surrounded by life from the smallest of insects to foxes and owls, with our woods being a place of refuge for so many species.

As you get into your car to nip to the shops or hop on the bus, the trees are there catching some of the emissions we produce, with urban trees helping to make the air we breathe that little bit cleaner. As you make your way to lectures, your eyes are drawn to the orange, red and yellow colours of the urban tree canopy in autumn, adding colour and life to the grey man-made structures we now call home. When you get back home in evening for dinner, you will probably find yourself sitting at a wooden table, revising from a textbook printed on paper and eating food from within cardboard packaging.

Although we don't always notice the trees around us and the impacts they're having, it doesn't mean that trees aren't important and we would definitely notice if they weren't here. The Charter for Trees, Woods and People or the Tree Charter was launched by the Woodland

Trust in 2017 in response to the crisis facing trees and woods in the UK and to show everyone how trees and people can stand stronger together. After collecting over 60,000 stories from the public about why trees and woods were important to them, they developed the 10 principles of the charter outlining why we value trees and woods and why they should be protected.

The Woodland Trust have joined forces with the NUS to bring you the Students for Trees project - a project which wants to get more of us students involved in the tree charter and showing the world that trees are important. And it couldn't be easier to get involved - we want to encourage as many students as possible to sign the Tree Charter, whatever you study! Just head over to the NUS website and add your name (sustainability.nus.org.uk/students-for-trees/get-involved/sign-the-charter).

If you are part of a society and want to do more to show your support for trees then why not sign up as a Tree Charter Branch and join a growing community of students who want to show their appreciation for trees and help a national movement. Get in touch with studentsfortrees@nus.org.uk to find out more.



INTERVIEW: Slates General Food Store

Support Slates general store plastic-free initiative in Menai Bridge

Want to make a difference with a local business?

by ANNA RAY

Slates general food store, Bridge Street, are acting to reduce plastic waste by enabling consumers to purchase every-day goods with 'bring-your-own' containers.

Business owners Dan and Cherise began their packaging-free products line 3 weeks ago and the initiative has been met with enthusiastic responses from locals and students alike. For the past year, they have been providing ECOVER refill services to their clientele and are currently seriously engaging with the of supplying no-waste, plastic-free services. Dan was happy to talk and explain the logic behind the scheme:

Can you explain why you decided to go plastic-free and why you think it is an effective move?

You cut your packaging use which is obviously fantastic but this is also about cutting down on food waste and only buying what we need as well. Equally it's about delivering value for money, because if there were enough people who just wanted to save the planet we wouldn't be in this mess in the first place. So there has to be a reason for people to make a long-term change in their behaviour, it has to go beyond just being a novelty. We have to actually get people to change their behaviour long-term.

What triggered the decision to transition?

It was a gradual process for us as a business and personally as well, living in a small-holding, we've evolved how we do things at home. We've looked at how we can bring those values into our business as well. We listened to a lot of our customers and received feedback from the ECOVER products. All of that, together with the wider awareness about plastic as well as climate reports. It came to the point where we said 'we really have to do this' and we have to do this in a way that makes it easy for people to make small changes to their

behaviour in the hope that those small changes will add up: that's really what it's about.

Dan went on to explain the inter-generational gap in understanding,

"With the older generations it very much 'we need to change what we've always been doing', whereas for the students we've found straight away that they know, they're impatient and they're asking 'where have you been?'... 'we've been waiting for this'. So there's very much a split between the generations. We've found the university students have made the effort to walk for 40-45 minutes across here

with their bags full of jars ready to go. In their heads they know they need to behave differently to the generations before them. They're understanding is well in advance."

The shop has 40 different types of foodstuffs (oats, nuts, grains, pasta, and sugar etc.) and the owners would love to expand the range providing customers are responsive to the scheme. If you often find yourself complaining about plastic waste, this is your chance to support a business that is making a conscious effort to reduce it.

This is your chance to make a change and go PLASTIC FREE. facebook.com/SlatesFood

COMMENT

Christmas Charity Campaigns You Can Get Involved In!



by SIMRAN PRASAD

Christmas represents different things to people. It could represent a religious aspect for people, while others may see it as a day that represents love, togetherness and familial bonding. One important theme of Christmas is charity. Giving back to people this holiday season has never been so important, considering the world we live in and the constant change in the political and economic environment. Bearing this

in mind, I rounded up some Christmas campaigns that could potentially pique your interest when it comes to charity!

NSPCC's Letter from Santa

The National Society for the Prevention of Cruelty to Children is running the yearly Letter from Santa campaign where, for a donation to the charity, children could have the opportunity to receive a personalised letter from Santa. In coordination with the campaign, the NSPCC conducted some research and asked children a list of

questions about Santa. The children were asked about what they thought Santa should do to make life better for children. More than a quarter responded that they would ask him to ensure that every child had a gift to open this Christmas.

WWF Christmas Campaign

Though this campaign doesn't share the same festive feel, it is an important campaign that highlights the importance of conservation of our animals. In 2017, the campaign focused on illegal poaching and the moving

one-minute film entitled "Just like Us" exhibits the heart-breaking loss an elephant feels when it sees how powerless its herd is against poachers who kill for tusks. WWF is appealing for urgent donations to fund the work that is done worldwide, including bringing down the illegal wildlife trade.

Save the Children's Christmas Jumper Day

Save the Children is hosting its annual Christmas Jumper Day on the 14th December, where it encourages people around the country to don

their Christmas jumpers and donate £2 to brighten up a child's future! The charity encourages schools, friends and individuals to wear their best woolen wear for the cause and make it the "biggest, silliest fay ever". Last year, the campaign saw five million people take part, and has received the attention of numerous celebrities. Hope this festive season continues to represent charity and goodwill, let's try our best to give back this Christmas season!



Save the Children CHRISTMAS JUMPER DAY

Top 4 Real-Life Grinches Who Attempted To Steal Christmas



by SIMRAN PRASAD

It's official; the festive season is upon us! While people around the world excitedly start their Christmas shopping, visit Christmas markets and sipping on some festive themed hot chocolate that they've probably got from Starbucks, some people have already begun to conspire. The plot to steal Christmas is the sole objective, and their main aim: to not let the festivities and Christmas excitement ruin their elaborate schemes! Here are four real-life Grinches who attempted to steal Christmas. Perhaps this Dr Seuss character has finally made himself known in reality!

Oliver Cromwell

Starting as a political leader and member of the English military, Cromwell led the movement that ultimately banned Christmas! In 1647, six years before he was made the English Protectorate, he outlawed carolling, feasting and Christmas traditions due to fear that this would lead to disorder amongst people. For 13 years, nativity scenes, decorations and Christmas festivities were prohibited, until Cromwell was overthrown in 1660.

Brock Chisholm

A reputed Canadian psychiatrist and the first director-general of the World Health Organisation was known for telling an Ottawa home and school association that "any child who believes in Santa Claus has had the ability to think permanently destroyed. Can you imagine a child of 4 being led to believe that a man of grown stature is able to climb down a chimney?" When given a chance to clarify his statement, Chisholm continued

"Santa Claus was one of the worst offenders against clear thinking, and so an offence against peace." It looks like the man that came to be called as the "doctor to the human race" assumes another job during Christmas time!

British Officer

Responsible for ending the Christmas truce of 1914, it is no surprise that the name of this officer was never recorded. The unplanned truce occurred between British and German troops on the Christmas Eve of 1914, upon hearing each other's carolling. The troops each left their trenches and traded cigarettes, plum pudding and even enjoyed a game of football. However, the British Officer did not appreciate this comradery and instead ordered his men to head back to their posts. Every December for the rest of the war, the officers of both sides ensured no such comradery ever happened again.

The Rev. Paul Nedergaard

In 1958, The Rev. Paul Nedergaard condemned a Danish child welfare agency's fundraising efforts as it involved the sale of Christmas Seals that had the image of Santa Claus. "These seals bear a symbol of a pagan goblin," he said. "You should refuse to buy them. Find some other way to aid the welfare organisation". It's as if we're seeing the Grinch in real-life!

Despite the efforts of these people, and many more that have attempted to steal Christmas, the season continues to prosper and thrive as one of the most successful festive seasons in the year!

However, I do think these real-life Grinches deserve the tiniest bit of coal in their Christmas stockings!

Is Tinder Actually The Best Way To Find A Long-term Relationship?



by **EMILY BROWN**

As we enter the beginning of winter, things definitely start to look gloomier. For some people, the miserable weather means more evenings inside with a mug of hot chocolate and fewer trips to the pub. I know I would much rather be sat watching I'm A Celebrity... Get Me Out Of Here! with a box of Cadburys Heroes instead of getting dolled up for a night out, which will result in eating a takeaway in the rain at three in the morning. But this means one thing, I'm not likely to find the man of my dreams if I'm stuffing my face with chocolate every night and not going out into the real world. To be honest,

I don't think Bangor will be the place where I find the man of my dreams either, but a girl can hope. But perhaps Tinder is the best place to find the love of your life during these months of hibernation. Well, let's think about this; you can swipe through numerous amounts of people who are also using this dating app, in the leisure of your own home, without even having to get dressed.. Just by using your best pictures and a catchy bio can you attract the right people (and sometimes the wrong people). Apparently, the most important things which influence a match are the profile pictures and description! But the key thing which is proven to bag you a date is funniness; everybody loves

having a laugh so if you're planning on using this dating app then get your best jokes ready! If you're lucky enough to match with someone you like the look of, you can get an idea of what type of person they are by chatting to them for a while and then hopefully going out for a date. In my opinion, Tinder is the perfect way to keep dating during the winter months if you're not brave enough to venture out into the arctic conditions to meet someone. However, let's be honest, going on a date sometimes isn't the most natural thing in the world. To start you have the struggle of choosing where to go on a date, then you have to pick an outfit and then when you get to the date, you have to deal

with the awkward silences where you quickly attempt to fill them with pointless conversation. Don't get me wrong, some dates are perfect and everything flows smoothly, but I think a lot of people would agree with me here that the ideal date is very rare. I once went on a date with a guy to a nice restaurant, he was great, and I thought things could perhaps lead somewhere, but I quickly realised how selfish he was. He couldn't stop talking about himself! I've never met a person who loves to blow their own trumpet as much as he did! I think it was when he started to talk about his gym routine (in great detail) that I realised he wasn't the one for me. The gym isn't my specialist forte, unless moving a

glass of wine to my mouth counts as weightlifting. One of my friends went on a date but was so nervous she ended up drinking one too many glasses of rose and so threw up at the table! Let's put it this way; they didn't have a second date. Maybe Tinder is the best way to find a partner and break the ice before that first date. A recent study found out that around 13% of couples who met on Tinder are now married so yes, Tinder does have the potential to work! I mean, it's not a guarantee that you'll find a long-term relationship on this dating app, but those figures don't lie! Don't let the stigma of using dating apps put you off!

Things You Can Do In Bangor During Your Winter Break



by **SIMRAN PRASAD**

As we dread the exams and deadlines that fall in December, one exciting thought serves as a reprieve: Christmas break! If you're staying in Bangor over the winter break, chances are you're probably racking your brain, thinking of creative things you can do while you're here. Bangor tends to be very quiet over winter, as students leave to go home for the break, and people stay in more of



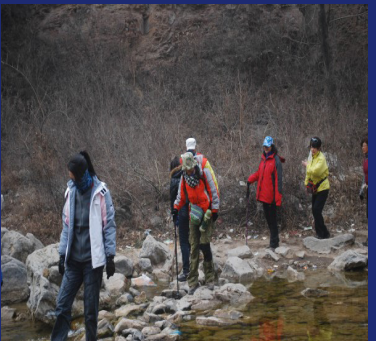
an attempt to study and get work done in time for the January exams. But there are ways to get work done productively, and perhaps enjoy a change in scenery besides being trapped within the four walls of your room! There are numerous cafés all over Bangor that could be the perfect place for you to visit and simultaneously get work done in! Whether it's Blue Sky Café, My Way Café, or Domu Café, these places have a lot of natural light that floods into the café, some soft music that



accompanies the cosy atmosphere, and some great food that you can't resist! My friends and I often frequent these cafés, and we love to order a hot chocolate or some cake and work in a comfortable silence! If you need a break from work, you can look around you and enjoy the lively chatter of the people around you! If you're looking to take a break and watch some Christmas themed entertainment, Pontio have a selection of plays and movies that you could enjoy! The Royal Opera House



will be showcasing a live screening of The Nutcracker, and there are some exciting Christmas movies scheduled to come out over the festive period, so make sure to keep an eye out! Though it may be freezing outside, a fun adventure to embark on is to visit places in and around Wales! The local buses, as well as the train, give you the chance to explore quaint little towns around Wales! Here's your opportunity to explore places that you've wanted to go to all Semester! Whether it's the pictur-



esque town of Betws-y-Coed or the scenic town of Llanberis, hop on a bus or train at any point in the day and explore what these places have to offer! Though the quiet environment of Bangor can be tough to endure, it does offer the promise of spending some quality time and focusing on yourself which is probably something that many people don't get to do! Make sure you make the most of it!

UNION

Thanks For A Wonderful Semester 1

It's been an exciting and full first semester. We can't believe it's almost over. Our Heroes welcomed new and old students on September 15th and 16th, helped them with luggage and answered any queries they had about their time here in Bangor, it feels like only yesterday! We had an interesting Serendipity this year. Due to high winds we weren't able to get the usual set up at Main Arts so we were lucky enough to have two huge halls at Brailsford where we could host the event!

We brought back Meet and Mingle for Welcome Week and it was even more popular than the previous year,

so popular in fact that our VP for Education Mark Barrow decided to host Meet and Mingle on a regular basis as an alternative night out for those who want to steer away from alcohol and the hustle and bustle of busy nightclubs.

It's been a semester full of campaigns! We've had housing campaigns, Don't Panic and Marks out of Tenancy. We've had two liberation campaigns so far this year, Black History Month and Disability History Month. Period Poverty is something we've focused on this semester and we now provide free Tampons and Pads for students (Mon-Fri between

9am & 5pm). A popular campaign has been the plastic-free campaign, with students getting involved in all kinds of activities to help reduce the use of single use plastic. Our latest campaign is No Grey Area. A campaign launched on the 26th of November with our video explaining what sexual violence and harassment is and how to get help from the University if it is experienced. Students took to the streets of Bangor to Reclaim the Night and march for gender equality and against sexual violence and we have been taking our pledge board around the University so that student can sign it and stand against sexual violence

with us.

Some of our key events during the first semester include Destressfest, UBC and Course Rep Elections, and Su'Mae Day. Canine Calming brought students to see our cuddly canine friends and we raised over £300 for Guide Dogs Wales. UMCB, the Welsh Students' Union have had a very busy semester. Highlights of their semester includes their trip to the inter-college dance at Aberystwyth. The AU were involved with This Girl Can. We introduced our brand new Wednesday afternoon event 'MaturITEA'.... Get it? Tea for Mature students!

Our clubs and societies and volun-

teering projects have been busy with training and events and everything in between. We've seen many win competitions and many performances. We cannot be prouder of all our clubs, societies and volunteering projects.

We have loads more to come in the next semester and we are continually trying to improve the student experience. If you would like any more information on anything we have going on next semester or would like to know more about the things we got up to this semester, please do get in touch. You can contact us via e-mail, or through our social media pages.

UNDEB BANGOR

MAKE CHANGE HAPPEN

THE BIG ELECTION 2019

NOMINATE YOURSELF TO BECOME A SABBATICAL OFFICER

NOMINATIONS: 10TH DECEMBER - 1ST FEBRUARY

WWW.UNDEBBANGOR.COM/ELECTIONS

It's that time of year again, where student politics is plastered around the whole University. Some might love it, and some might hate it, but what's important to remember is that student politics is what makes change happen within your University and it affects your student experience.

Every year at the beginning of Semester 2 we host the BIG Election! "What exactly is the BIG election?" I hear you say! The BIG election is the democratic process of electing our Sabbatical Officers.

Not sure what Sabbatical Officers are? Let me explain... Sabbatical Officers are students who take a year out from their studies to run the Students' Union. The Sabbatical Officers decide the direction of the Students' Union and work with the students of Bangor University to improve their student experience.

If you're a student at Bangor and you feel that you're a great candidate, then why don't you run to be a Sabbatical Officer? This year we have 5 positions, President, UMCB President, VP for Education, VP for Societies and Volunteering and VP for Sport. Nominations will open on the 10th of January and will close on the 28th of February.

For more information on the elections you can visit Undeb Bangor's website where you will find the timetable and role descriptions. Alternatively, you can find us around campus on the 10th of December where we will be answering questions and giving out packs that will help you decide if this is the role for you.



Want to de-stress?

Join **GUIDE DOGS CYMRU** at Pontio to meet the dogs and relax.

Canine Calming Room

MONDAY 21ST JANUARY 12PM-4PM



UNDEB BANGOR PONTIO

DONATION ENTRY



GWOBRAU LANDLORDIAID AWARDS

UNDEB MYFYRWYR ■ STUDENTS' UNION

Do you have a great landlord, who always responds to you when needed? Or maybe you have a landlord who has really helped you to settle into your property? If so, consider nominating them for a Landlord Award.

Your Students' Union, Undeb Bangor, wants to celebrate the work and effort put in by landlords across Bangor, who provide students with high quality housing.

You will be able to nominate your landlord for an award across four different categories.

These are:
Large Landlord/managing agent of the Year
Value Deal of the Year
Responsive Landlord of the Year
All Rounder Award

This year, your Students' Union has been committed to helping you find suitable accommodation. Our house reviewing campaign, which has been set up through us working in partnership with Marks Out Of Tenancy, allows students to review their house, based on the landlord, estate agent, location, and standard of the property itself.

The Landlord Awards build on this campaign, by recognising those landlords who go the extra mile for their students.

Mark Barrow, Vice President for Education, said: "These Landlord Awards are a fantastic way for students to express their appreciation for their landlords."

"Although moving, and settling, into a house can be a really stressful experience, landlords can make students feel at home. It is important that we recognise that."

Get your thinking caps on, and look out for the Landlord Awards nominations in January 2019!

Bangor Student Survey

For the past five years, we've run a survey for all students to take to inform our work in the Students' Union and this year is no different. We want to know what you think about your Students' Union, your University and your student experience.

Simply by taking this survey, you're already helping students win! This survey has helped us improve life for students at the University in countless ways, like 24 hour library during term time and free clubs and societies for all students.

We have also ensured that no student has to print their assignments, saving you time and money, by working with the University to move to online only submission for assessments.

Every response we get makes it easier for us to make the changes you want to see to your lives. Find the Bangor Student Survey on the Undeb Bangor website.

What's Happening Next Semester

We will have another packed semester for you in 2019. Our first event of the year will be Study Aid, where we will be handing out free tea and coffee in the libraries during the exam period. Come and join us, grab a cuppa, have a little chat with us if you want! On Blue Monday, January 21st, we'll be bringing back the ever so popular Canine Calming Room. If you want to relax with some dogs or if you're missing your dogs from home this is the place to be on what is apparently the saddest Monday of the year.



VP SOCIETIES & VOLUNTEERING UPDATE

2018 - The Year Of Sustainability

As we reach the end of the first semester and the coming new year, I look back on the past three months (has it really only been three!?) since the start of term with amazement.

The 2018/19 academic year has been a special one so far. This is the first time students born at the turn of the new millennium begin university. What's so special about that? Besides the obvious impending mortality creeping up on this particular 1992 kid, it means we're seeing the first emergence into maturity of a generation born into a messy, messy world.

I never thought I'd reminisce about the good old days before the age of fifty, but to plagiarise Douglas Adams:

"In those days spirits were brave, the stakes were high, men were real men, women were real women and small furry creatures from Alpha Centauri were real small furry creatures from Alpha Centauri." (Adams, 1979)

The economy back then was stable, politics was (relatively) sane, the Berlin Wall had fallen, children could be trusted to stay home alone and fight off intruders, and the apocalypse appeared to have been averted. 90s kids grew up in a period of safety, more or less, and I still remember a time when I didn't have the worries I do now: Islamophobia, climate change (didn't it used to be 'global warming?'), an economy apparently being ruined by our love for avocado toast, and the increasing

likelihood of a world without Sir David Attenborough.

And this year, the veterans growing up in this mad world have emerged into adulthood, taken off the training wheels, and hit the ground running.

It was during Serendipity in September that I sensed something was different in the air: Students both local and international were asking me about opportunities to volunteer more than they were asking me about societies. It was clear from the very beginning that there was a keen sense of a need to help make a difference.

As term progressed through October and November, I began to hear rumours of the freshers from every corner of my Societies & Volunteering domains: "The freshers are really keen",

"They're super engaged", "Our active membership has doubled and we don't know why", "So many of them applied for our volunteering project we had to turn some of them away"

If you are a first-year undergrad reading this, I congratulate you. I may not know you, and you may not know me, but I like your style, friend.

At the start of this month, I mentioned this amazing phenomenon of how keen students have been this year in the Sustainability group I sit on and found the staff in the Sustainability Lab agreeing with me: "They're not just keen to get involved, they're also willing to learn. Sometimes we get people telling us 'Here's what you should do', but this time they ask us 'What can I do to help?'"

Last month, I was in a meeting with the Vegetarian & Vegan Society and they reported the same thing: "We'd always been this small sort of society, but this year so many people are interested!"

Everywhere I look, our students – you! – are going beyond just your studies and getting involved in making the world a better place, one step at a time. Beach cleans, after-school sessions with children, visiting patients in hospitals, raising money for charity, donating to the needy, helping out with tea parties for the elderly, coming together to organise events, collaborating to make stuff happen...

It moves me. And it reminds me why I ran to be a Sabbatical Officer in the first place.

I am not somebody who believes in grand sweeping gestures or overnight revolutions. Experience has taught me that before you can solve the big problems, you must solve the many little ones. Change can only come through the constant, consistent effort of making everyday choices. Do we choose reusable or disposable? Do we recycle? Do we look at where the ingredients for our food come from? Do we throw our excess away or donate them? And when you start making all those little choices, they add up. And when lots of us do it, the change is multiplied.

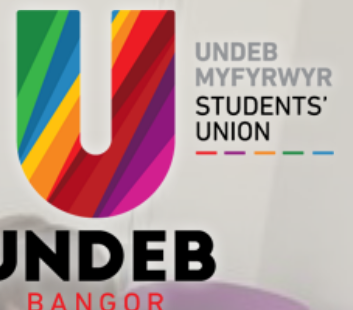
How do we tackle climate change? How do we fix the problems in our society? It all begins with the little choices that we all have to make every day. And by the time the big choices come along, you'll find that you're prepared for them without even realising it!

I look forward to seeing what else you all get up to next semester, and for now I wish you all a Merry Christmas and a Happy New Year! Nadolig Llawen a Blwyddyn Newydd Hapus!



COME AND SEE US

Undeb Bangor
4th Floor
Pontio



CAMPUS LIFE

Campus Life: December Bulletin

What Have We Been Up To This Month?

It's been another busy month for the Campus Life Crew!

We've hosted a huge variety of events including our annual Bonfire Night walk, two Wet & Wild trips, weekly yoga, Sunday roasts and bingo just to name a few! We also learnt great new skills, welcoming CircoPyro to St Mary's Village. They demoed circus skills and taught us tricks of the trade. Our Knit and Natter sessions have gone down really well, you've discovered just how relaxing and de-stressing knitting is; have you tried it yet? Finally, not forgetting our two great Learn to Cook sessions as well, soup and veggie!

During Campus Greening Week, you helped plant daffodil bulbs outside Reichel Hall, leaving a beautiful legacy which can flourish year on year. We even squeezed in our biggest event of the year, our Halls and Home Fair. If you didn't make it but have questions on accommodation options for next

year just email halls@bangor.ac.uk and a friendly member of staff will answer your questions.

Applications to join the Campus Life Crew are OPEN! Have you thought about becoming part of the crew next year? We guarantee to provide you with a year of amazing opportunities, an enhanced skill set and a CV that makes you stand out from the crowd. Plus, you'll get free accommodation in halls and experience of working with an award winning team! Email campuslife@bangor.ac.uk for an application form.

As the semester starts to come to an end there is just one thing left to do... #DeckTheHalls! Decorate your flat and then send photos to us at campuslife@bangor.ac.uk, for a chance to win a fab prize for your whole flat to share! Have a great Christmas everyone and don't forget to look out for your new Campus Life Calendar when you return in January.



Featured Campus Life Crew Member: Lorna

Hi Guys, I'm Lorna Aitken from Sandbach, Cheshire. I am currently in my third year at Bangor University, studying Sociology. I am one of your Campus Life Coordinators and this is my second year on the team! Campus Life is a great opportunity, it has allowed me to develop many social skills and I love being a part of such an amazing team.

My top three highlights of November are...

Hot Chocolate and Bonfire Night Walk

This was a great way to start the month, we met up with students to have a tasty hot chocolate and then

walked down together to the sea front to watch the fireworks. The fireworks were great and the company was even better!

Cirque de St Mary's

This event was so much fun, everyone got to try out many different circus skills and we all got to play team bonding games to get to know each other better. It was a great laugh!

Film Night

Who doesn't love free popcorn? Film night is always one of my favourite events, as it's relaxing and a great break from my studies.



Photographic Society: December Picks

Photo by Llinos Stone



Photo by Francesco Rota



Photo by Sam Hardy

Photo by Fergus Elliot



TRAVEL

NEW
YEAR'S
EVE

Staying in Bangor for New Year's? Not to worry, here's a list of some nearby celebrations!

Beaumaris

Fireworks display at the castle, starting at midnight. Free entry.

Beddgelert

NYE walk, £25pp.

Llandudno

Vintage, Antiques and Collectables fair, 9am-4pm.

Chester

New Year's Eve cabaret, 8pm-2.30am, £22.75-£33.25.



Fancy venturing a bit further? Try visiting one of these beautiful cities to welcome in the new year!

Pembrokeshire

Saundersfoot Swim (for charity)

London

Fireworks display, £10, 8pm onwards

Cardiff

Live music and fireworks, free, 7.30pm onwards

Manchester

Psychedelic Circus, 18+, 9pm-4am. Tickets online.



Manchester Christmas Markets



by TOMKE HONKOMP

Since its first opening back in 1999, the Manchester Christmas market has become an attraction for more than 9 million visitors each year. Amongst them are the international students from Bangor University, in the company of the international office. Spread through the entire city centre, the Manchester Christmas market will, from the November 9th

to December 22nd, bring a festive atmosphere and nice smell of mulled wine and caramelized almonds.

Overlooked by the neo-gothic town hall, our walk begins on the Albert place, which will become for the next couple of weeks the meeting point for all the Christmas market lovers. The Albert memorial, which usually dominates the place, has disappeared behind Christmas decorations and the trees are covered by Christmas lights.

It's maybe also time to look for last Christmas presents or to treat yourself with a little souvenir, as the traditional Christmas market mugs have the biggest success.

If you are going for an adventure in the direction of the Printworks mall, you could make a quick tour around on the ice in the ice arena. Feel free to have a look in the cathedral to enjoy a few minutes of calm and with a bit of luck be a spectator of a performance

of classic music.

If between two mugs of mulled wine you feel hungry, you might go for one of the several food stands. From spicy curries to sweet waffles, there is something for every taste.

Standing in the middle of a small place close to the library, surrounded by modern buildings, the imposing Christmas tree is worth a detour and brings an end to our Christmassy walk.

Chester Christmas Markets



by SOPHIE ELERI JAMES

Last weekend I visited Chester markets for the second year in a row. My boyfriend and I left Bangor at around 11.30 on Sunday and arrived in Chester at 12.17. Finding our way from the train station into the centre was fairly straightforward - we just followed the signs and the people!

The city was just as I remembered; tudor-style buildings adorned with Christmas lights, the music of buskers filling the air, and a general Christmassy feeling swept around by the freezing breeze. We strolled down the main shopping street, stopping at all the places I've missed wandering round - including Lush, much to my boyfriend's dismay! After a while we started to get peckish, so sought out somewhere for lunch. I'd been hoping to find a little café that offered interesting veggie options and wasn't too pricey (the kind of thing I thought you

could find anywhere!), but we ended up settling for a (veggie) sausage roll from the PoundBakery. After walking past lots of Café Nero's and Costas, we were hoping to find an independent café, but the ones we came across either were too pricey for our student budgets, or were closed! Instead, we kept on walking until we got to the markets, with the hope that we'd find something tasty there. The markets themselves were exactly how I remembered them - cute little wooden huts, showcasing the best, most giftable products that the region has to offer. With a cheese stall offering tasters, numerous stalls selling hot drinks (including mulled wine and hot chocolate) and cute trinkets in almost every hut, there was plenty to peruse and consider buying - although I was definitely more tempted to get gifts for myself! Aside from the Christmassy feel, it was a bit of a let-down as to how few stalls there were. The market

was a decent size, but it felt as though it could've been bigger! On top of that, with my belly rumbling I had hoped there'd be a veggie option on one of the hot food stalls... but there were none! The only thing we found were crêpes, but neither me nor my boyfriend were in the mood for them. Luckily though, Chester is home to a fair few pubs and bars. As well as the Gin and Ale bar situated in the market, we found a branch of The Alchemist. If you've never heard of it, this bar is amazing! I'd never been before, but I will definitely be returning - with drinks such as "The flavour-changing one" (changes from raspberry to chocolate and mint), and "Lightbulb moment" (you pour your drink from a lightbulb-shaped glass, with dry ice making it feel like some sort of experiment), I cannot wait to go back! Their menu boasts delicious sounding options, but my boyfriend and I opted for the starters - warm ciabatta for

him, and seitan nuggets with sriracha mayo for me - absolute heaven. I could have quite happily remained there, ordering more of my nuggets, but instead we decided to wander. Across the road from the bar was Chester's roman ruins - an amphitheatre, where gladiator battles used to happen. The info boards dotted around told us that it once held 7000 people, and we were shaken to think that where we stood so many people had faced their death. In search of something lighter, we headed back to the main street and found a pub for some food before we headed back home. After a successful day of Christmas shopping, we definitely needed a rest!

All in all, I think I'd recommend Chester as somewhere to visit - it's not too far from Bangor, and it's only around £12 for a return with a 16-25 railcard. The Christmas markets are a great excuse to hop on the train and visit somewhere new!

A Month In New Zealand



Lake Matheson, NZ



Lake Wakatipu outside Queenstown

by **ELLIE HARLAND**

Skydiving, kayaking, flying in helicopters, climbing mountains, hiking glaciers. This is how I spent my month exploring New Zealand's South Island in February/March this year. I flew from Manchester stopping at Dubai and Sydney before reaching Christchurch after twenty four hours flight time. I checked into a small motel for two days before I boarded the Kiwi Experience bus and headed for Nelson.

Enroute to Kaiteriteri, an area on the north coast tucked into the Tasman Bay, I was fortunate to book last minute with Skydive Abel Tasman and jump out of a perfectly good plane. Unfortunately due to an incoming storm, Hurricane Gita, which forced us all inside the following day with its incessant torrential downpour, I wasn't able to do the 16,500ft skydive and settled for the 13,000ft instead. We flew up in a tiny plane, 3 sets of tandem skydivers and 3 camera opera-

tors who would record our jumps and transform them into a film (albeit for an extortionate price).

In the free fall I couldn't breathe. We plummeted through the air, the wind threatening to blow my goggles off and my limbs suspended outward as I failed to fight the air resistance. Looking back I wish I had taken in the view a bit more, but I am terrified of heights and I was jumping out of a plane. Eventually the parachute deployed and I felt a tug as we slowed and began to glide gently. I was gliding in the air above toys and plastic figurines. The mountains were nothing more than bumps across the bay and the patchwork of fields below me could have been a paint by numbers. Soon we came down to land, at a rather higher speed might I add, but the landing was perfectly smooth and I slid to a stop on the grass.

When we eventually made it to Franz Josef half way down the west coast a week or so later, I was adamant I would do a glacier trek. As it happened I was staying in Franz Josef

for three days which ensured I made it up the glacier despite having to reschedule three times due to inadequate weather conditions. The bonus of the Glacier Trek was flying in a helicopter for the first time from the town as due to the rate the glacier is receding and the unstable terminal face it was not possible to walk. The helicopter touched down on a flat platform excavated from the ice. We donned our boots, hats and gloves, crampons and ice axes and headed onto the glacier. Seracs reached skyward and loomed above us although their size was almost incomprehensible, the valley rumbled as ice broke away and tumbled its way down. The Franz Josef Glacier moves between 50cm and 4m a day making it the fastest moving glacier in New Zealand and hence this movement contributes to the formation of such large structures and deep crevasses. In the couple of hours we were on the glacier we explored ice tunnels and meltwater streams until it was time to head back down in the helicopter.

One of my favourite places I visited in New Zealand was Queenstown – it is known as the adventure capital of the world. Bungee jumping, zip lining, white water rafting, mountain biking are all activities you can do in and around Queenstown but having expelled much of my budget already I opted to catch the cable car up to the Queenstown Skyline and follow the Ben Lomond trail to the summit of Ben Lomond Mountain which stands above Queenstown at 1,748 metres. It was a bit of a bleak day but good for hiking and when I reached the peak I found myself among thick grey clouds that cleared just long enough for me to take in the views.

My month in New Zealand was incredible and I had many new experiences and got to witness many amazing landscapes, the Southern Alps in particular. If you do ever visit New Zealand I urge you to make the most of all the awesome activities this country has to offer and to take some time to appreciate the landscape, you would be daft not to.

SODA's Trip To Beaumaris



by **NIAMH O'CONNELL**

To help spread some Christmas cheer, on the 25th November a group from Bangor University's Society Soda attended the annual Christmas Markets in Beaumaris. This helped spread the word of their Winter show as well as some Christmas cheer. Before the Beaumaris Christmas markets started on Sunday, SODA

went for a treat before singing to Red Boat Café.

They had a few hot drinks while practicing singing Christmas carols as a final run though before going around the town. After everyone had finished their drinks, they went to different places around the town including the pier and the castle to sing carols. They went once in the morning and again in the afternoon after a



short break, where they got a chance to grab some delicious homemade food from the stalls. This was before the afternoon in the town, where they were then invited onto the stage which was set up for the markets, before going around the town again to sing once again. With the support from the Town Hall and the café, Soda were able to spread some Christmas cheer around the small town of Beau-

maris with their own unique SODA charm. SODA had their first performance show of the year with the 'Be Our Guest' Cabaret on the 1st December, while another show will be on next Spring. If you want to see SODA preform, they will be seen at different student union events throughout the year so keep a look out!

Culture Corner



There are over 6000 languages in the world - from well-known ones like the romance languages (French, Italian, etc.), to smaller region-based languages (like Taushiro and Breton).

Languages are such an important part of travelling - without them, I feel that we miss out on so much. With language, however, more doors are opened to us, and a more positive attitude is generally held towards tourists who try to speak the language of the country.

In this section, I'll list some words and phrases in different European languages. If you want to see any other languages, or can help contribute your knowledge of a language not listed here, then please email:

travel@seren.bangor.ac.uk

Christmas

Welsh - Nadolig

French - Noël

Spanish - Navidad

German - Weihnachten

Italian - Natale

Merry Christmas

Welsh - Nadolig Llawn

French - Joyeux Noël

Spanish - Feliz Navidad

German - Frohe Weihnacht

Italian - Buon Natale

New Year's Eve

Welsh - Noson y flwyddyn newydd

French - Saint-Sylvestre

Spanish - Nochevieja

German - Silvester

Italian - notte di San Silvestro

New Year's Day

Welsh - Diwrnod y flwyddyn Newydd

French - Jour de l'An

Spanish - Año Nuevo

German - Neujahr

Italian - Capodanno

Happy New Year

Welsh - Blwyddyn Newydd Dda

French - Bonne année

Spanish - feliz Año Nuevo

German - Frohes Neues Jahr

Italian - buon anno

FOOD & DRINK

Fresh Cuts For Freshers

by PAIGE BROOK

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. 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 the university and ask any 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



FFRIDD

WEDNESDAY 5TH DECEMBER
11.30AM –
WEDNESDAY WARMER

ST MARYS

WEDNESDAY 5TH DECEMBER
11.30AM – WEDNESDAY
WARMER

BARLOWS KITCHENS

TUESDAY 11TH DECEMBER
7PM – LEARN TO COOK:
CHRISTMAS TREATS



Vegan Vibes

Roasted Cauliflower Fattoush

Ingredients:

1 small cauliflower head, broken into small florets
1 little gem lettuce
5-6 cherry tomatoes, halved
1/3 large cucumber, peeled, deseeded and cut into half-moon shapes
5-6 radishes, roughly chopped
2 pittas, toasted
30g (or 2tbsp) flat leaf parsley
30g coriander
15g (or 1tbsp) mint
For the cauliflower marinade:
1 tsp smoked paprika
1 tsp cumin
1/2 tsp ground cinnamon
1/2 tsp chilli powder
1/2 tsp allspice
pinch cayenne pepper
juice 1 lime
1 tsp agave

1 tbsp olive oil
sea salt and pepper
For the chilli salad dressing:
1 tsp chilli paste from a jar
1 tbsp red wine vinegar
1 tsp agave
juice 1/2 lime
3 tbsp olive oil
salt and pepper
For the tahini dressing:
3 tbsp hummus
2 tbsp tahini
1 tsp agave
juice 1/2 lime
1/4 cup water

Pre-heat the oven to 200 degrees Celsius.

Place the cauliflower florets in a baking dish. Whisk the marinade together to form a smooth paste and pour over the cauliflower florets, toss until everything is coated and bake for 35-40

minutes or until they brown.

Place all the salad ingredients in a large bowl. Whisk the chilli dressing ingredients together until it emulsifies and pour about a third over the salad. Gently mix.

Lightly toast the pittas and cut into triangular bitesize pieces. Drizzle over a third of the chilli dressing before adding to the salad bowl.

Finely chop the parsley, coriander and mint together and sprinkle half over the salad bowl ingredients. Gently mix.

Whisk the tahini sauce ingredients together until smooth, adding a little more water if necessary.

Remove the roasted cauliflower from the oven and lightly season with

some sea salt. Add to the salad and gently toss. Serve in a bowl, drizzle over the tahini dressing and smattering of smoked paprika.

RHUBARB AND APRICOT KERNEL PUDDING

Ingredients:

3 rhubarb stalks, roughly chopped
2 medjool dates
1/2 a cup of dairy free milk
1 heaped tablespoon of apricot kernel butter
Put a splash of water in a small saucepan, add the rhubarb and dates, put the lid on and simmer for 5-10 minutes until the rhubarb is soft.

Put the rhubarb and dates on a plate to cool. Once cool take the dates and blend with the milk and butter. Pour this into a bowl and top with the rhubarb.

Six Sprout Surprises



by PAIGE BROOKE

Love them or hate them, sprouts are a necessity in the winter months. The spotlight of the Christmas dinner plate, but they have some unique effects!

Sprouts are rich in vitamins and nutrients

You heard it here first, these little balls of green are filled to the brim with nutrients, minerals and all-important vitamins.

Packing a punch of vitamin K (which helps blood to clot), vitamin C (necessary for growth and repair) and vitamin A (good for vision and eye health).

They're also high in folic acid, which is important for producing and maintaining red blood cells, and manganese – an essential nutrient for optimum brain health. Your body is a temple after all.

High in fibre

Fibre is an integral part of the food groups, improving cholesterol, regulating blood sugar, and preventing diabetes, heart disease and bowel cancer!

A 100g serving provides 3.5 grams of fibre, helping keep your satiation for longer, fantastic for those looking to reduce their intake over the winter months.

They contain ALA omega-3 fatty acids

For those of us who don't like or choose not to eat fatty fish, getting enough omega-3 can be a challenge.

Crucial for brain health, helping to slow cognitive decline and fight against depression and anxiety, sprouts are a brilliant source of omega-3 fatty acids.

How low can you go (in calories)?

Half a cup of sprouts contains just 28 calories, buzzing right?! Of course, this is dependent on how you prepare them.

Deep fried with butter and bacon not quite the calorie counter but still sounds nice. However, adding raw sprouts to a salad is a good way of reaping their low-calorie benefits.

They could protect against cancer

Damn right, eat your veggies kids. In fact, several studies conclude that sprouts have particular cancer-fighting potential, due to their high antioxidant count, which can ward off harmful free radicals that contribute to diseases like cancer.

Research from a 2008 study found that sprouts could protect cells against carcinogens and from oxida-

tive DNA-damage, although more research into the subject is needed.

Bad to the bone

Thanks to their high vitamin K content, sprouts are a great way to keep your bones in tip top shape.

Studies have found that this essential vitamin is helpful in increasing bone density and limiting fractures in osteoporosis patients, as well as decreasing the risk of bone injury in postmenopausal women, our demographic completely.

If you're thinking of upping your cruciferous veg intake, but you're still developing a stomach for sprouts, you can balance out the flavour with a bit of garlic and olive oil in a hot pan. Or, if all else fails, whizz them up in the blender with banana, mixed berries, oranges and honey, to create a super sprout smoothie with a sweeter kick.

REVIEW: My Way Cafe



by **PAIGE BROOK**


Upper Bangor's very own My Way Café opens its doors to the students of Bangor! Opposite the Belle Vue and a five minute walk from Main Arts, you can overlook passers-by and escape the degree disaster and relax yourself here. My Way has a selection of papers, activities, colouring in books (for adults!) and an interactive environment

for customers. Providing a variety of food on their menus you can enrich in its wholesome goodness. My Way caters for all, with their full English adaptable to cater to vegetarians and vegans with all of the dishes served come under a tenner! The lunch menu consists of a heartwarming selection of freshly made baguettes, paninis and burgers; it also offers salads, an

enormous selection of handmade deserts and some world famous CHURROS! After speaking with Andrea and hearing her recommendations I opted on the meatball and cheese baguette. This modest title does not do this piece justice: the plate came out and I couldn't even see the china. I was faced with a delicious blend of creamy tomato sauce,

melted cheese and meatballs served in a warm baguette, the plate overflowing with chips and a sea of greens. It was perfectly balanced in seasoning and could quite easily feed a family of four! Before my stomach could get the better of me, I was bought over the churros. Dusted in cinnamon sugar (they also come in regular sugar) and served on a slate plate with a side of delicious traditional

thick Spanish hot chocolate, I had gone to heaven. The crunchy exterior of the churro contrasted perfectly with the light flurry inside. It was full of flavour and taste. Teamed with the hot chocolate what more could you possibly ask for! This wonderful atmospheric escape lies on 42 Holyhead Road, so do take a peek inside at this delightful shop of wonders!



BANGOR'S GUIDE TO VEGETARIAN AND VEGAN EATING

Being such a small place, it's difficult to believe that Bangor has many vegetarian and vegan options, but you'd be surprised. To make it easy, we've compiled a list of all the places in Bangor where you can eat vegetarian and vegan food!

Voltaire

Voltaire is a beloved, all vegan restaurant located close to the pier. They serve a large variety of food including burgers, tapas, desserts and more. They can cater to people with allergies and intolerances too - just make sure you let them know when you're ordering.

Domu

Domu is a vegetarian café with plenty of vegan options situated on the high street. Their menu changes almost daily but some constants (that can be altered to be vegan) such as filled pastries. They also offer a wide range of coffee and teas.

Follow Your Bliss

While it isn't a veggie eatery, Follow Your Bliss offers plenty of vegetarian, vegan, and gluten-free options. They specialise in healthy food and drinks such as pressed juices, superfood powders and nutritious wraps.

Blue Sky Café

Blue Sky is located on the high street down an alleyway. It's a small café and tea shop that serves delicious food and cakes. It's not a veggie restaurant but does have a lot of meat-free options such as their Thai tofu burger, aubergine bacon butty, and falafel in a basket.

Bella House

Bella House is a takeaway in upper Bangor, offering veggie burgers and falafel with salad and pita bread. Bella House is perfect to fulfil those drunken needs at 2am, or even just for a Tuesday night takeaway (available on Just Eat).



cove

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SACKVILLE RD. BANGOR

Cove Pop Up Coffee and Rum Shack are now serving food!

Head down to Sackville Road (by ASDA) and check out the new Caribbean themed menu.

Why not try a Reggae Reggae Sauce rubbed Beef Patty? Or a whole jerk chicken to share with mates?

FOOD & DRINK



REVIEW:
Cove's New Menu

★★★★★

Cove's new menu is a Caribbean conquest of epic proportions. Emphasis on portions – refer to the picture to the left. A burger & chips so big, they have to put it on a tray.

Cove are offering something extremely unique. This is food you won't get anywhere else in Bangor, in an earnest, fun and tropical-themed setting.

Obviously, we couldn't try all of Cove's brand new grub. However, at a glance, Cove's new menu is a wide array of zesty flavours and curried delights, along with classic dishes remixed.

There's something for all occasions. Extravagant dishes such as a smoked rack of ribs or whole, tofu skewers or whole jerk chickens are incredibly tempting for an unashamedly gluttonous sit down meal.

Sharer dishes are a great option over a few drinks with friends. Looking forward to trying nachos with pulled jerk chicken or a whole jerk platter made up of wings, jalapeno poppers, ribs, plantain chips, onion rings & Caribbean slaw.

However, on Seren's first visit to try Cove's new menu, we went for Cove's tangy twist on the classic beef burger. Pictured to the left is the 'Rum Runner'. For a more than reasonable £8.50, you get chips, slaw and a Welsh beef patty smothered in pulled BBQ rum chicken. Maybe you can't see it under that mountainous amount of molten cheese oozing over the bottom bun – it's a real knife and fork job this one.

Get down to Cove and try it!



Mums Against Mould

By PAIGE BROOK

Children's health campaigners are targeting the government to revamp their fruit and vegetable scheme due to the food being described as "inedible".

Currently, the food being offered to children is largely imported abroad, arriving smothered in pesticides and of poor quality – far below the UK supermarket standards.

The Head at Soil Association, Rob Percival, stakes a report which proclaims that the scheme is broken. "Children are presented with produce so lacking in flavour and texture that

it is teaching them to actively dislike and distrust them", therefore presenting a counter-productive affect!

Campaigners are asking for £40 million scheme to restore its sole purpose and stop being a waste of taxpayers money.

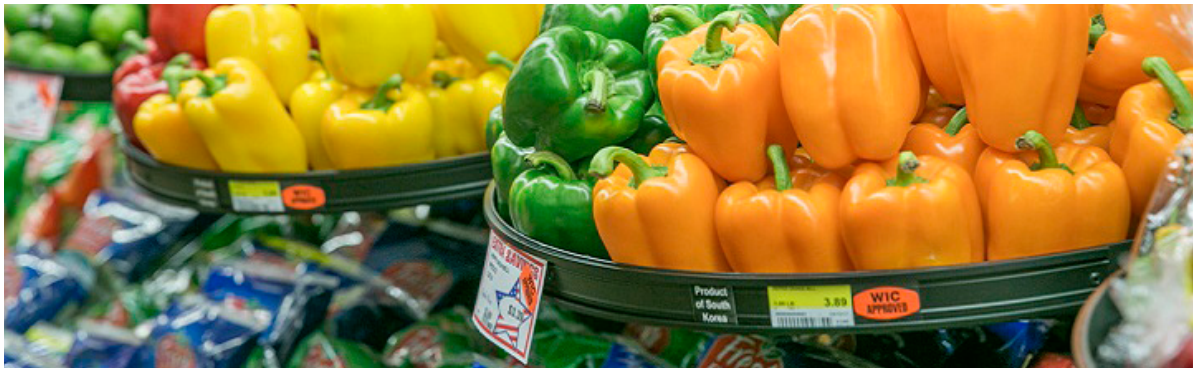
With over 2 million children enrolled in the scheme, the efforts to make fruit and vegetables a popular part of their diet again has come to a cease.

It has even been reported that more than 1/3 of children's vegetable intake is processed with pizza and beans being substitutes. The Soil Association is urging the government

to re-specify their standards and to offer "local and organic" produce to the children.

The department of Health and Social care has responded to the Soil Association admitting that they have outsourced much of the produce, with less than a third came from the UK.

But assures and promises to be fully committed to making sure children have access to a healthy start in life, stating that the scheme follows the same safety and quality controls as supplied for consumption in the UK.



Top Take Away
Deal Of The Month

BELLE VUE



Pub Favourites

The Belle Vue is on Deliv-eroo! Woo hoo, this wonderful pub in upper Bangor is now doing home calls.

Located on Holyhead Road, Bangor, LL57 2EU. It caters for us, of course, students as well as general public.

£2.29 delivery and no minimum charge is the perfect combination for a Tuesday night take out. Specifically, the Pub Favourites section is taking the spotlight this month, consisting of:

- Homemade Steak and Conwy Ale Pie
- Homemade Mac and Cheese
- Homemade Beef Lasagne
- Fish and Chips
- Nachos

All these beauties are priced at £7.50 per dish, as well as a licensed pub, they deliver alcohol to your door!



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**HALLS
OFFICE**

LIFESTYLE

A Christmas Gift Guide For Makeup Lovers

By COURTNEY MCHUGH

One of my favourite things about Christmas is the gift sets that brands create specifically for the festive period. Also, brands usually put several of their products (in smaller sizes) into their gift sets and because of this, it makes the price cheaper and also allows you to experiment with new products.

Charlotte Tilbury Mini Hollywood Lipstick Charms (Too Bad I'm Bad and Show Girl) - £20.00

This limited edition gift set from charlottetilbury.com consists of a duo of mini matte liquid lipsticks. The two shades are Too Bad I'm Bad which is a pink matte liquid formula and Show Girl which has a warm, deep berry shade. The bag in which the lipsticks are packaged in is gold, which makes it look like a ready made present.

Charlotte Tilbury makeup does not test on animals and it is also free from Parabens, Mica, Alcohol, Talc and Gluten according to the cosmetics website. The lipsticks are so pigmented and the shade Show Girl is the perfect winter lip colour.

Benefit B.right! Delights! - £31.60

Benefit's gift sets are always a good option. In this set from lookfantastic.com, the gift set's individual pricing is £70.42 and in good Christmas spirit, the price of the gift set as a whole is £31.60, which saves you nearly £40! The RRP for this set is £39.50, however, lookfantastic have a cracker of a deal on Benefit products at the moment. You can save 20 percent on selected Benefit products, and if you spend more than £35 on Benefit products, you will receive a free Benefit gift in the form of samples. The gift set is packaged in a three tiered cake-inspired tin and contains four

gifts. These gifts are Instant Come-back Facial Serum, Total Moisture Facial Cream, It's Potent! Eye Cream and BROWVO! Conditioning Eyebrow Primer. The selection of skincare treats will take care of your skin during the colder months and is definitely on my list this Christmas!

Soap & Glory Pink Credibles Gift Set - £10.00

Every single Christmas without fail, I receive a Soap & Glory gift set – it's sort of become a tradition! Soap & Glory's gift set, in comparison to the two sets I have already mentioned, is a fraction of the price! The set has FIVE products – Clean on Me Creamy Clarifying Shower Gel 75ml, The Scrub of Your Life Body Buffer 50ml, The Righteous Butter Body Butter 50ml, Hand Food Hydrating Hand Cream 50ml and Bright and Beautiful Radiance Boosting Mask 29g. I love Soap & Glory's quirky names for their products

and I can vouch that these are amazing products. The best thing about this gift set is that all of the products are mini versions of their best-sellers, which means that you can try before you actually buy the full-sized product. This gift set is available from Boots and it is also included in their promotional Christmas offer '3 for 2 Christmas Mix and Match'

Yankee Candle Classic Tea Light Palette Gift Set - £6.66

Originally £9.99, this tealight set is on offer for £6.66, saving you 1/3 on Boots.com. Everyone loves Yankee Candle and for me, Christmas isn't Christmas without one of their 'Christmas Eve' scented candles. Yankee Candle can be expensive when you buy their large candle jars, but with this gift set, you get **TEN** festive tea lights for just £6.66. Designed to get you in the Christmas spirit, the scents include: Festive Cocktail, Snow in

Love, Macaron Treats, Spiced Orange, Snowflake Cookie, Christmas Memories, Crackling Wood Fire, The Perfect Tree, Sparkling Cinnamon and Angel's Wings. The gift set also includes a glass tea light holder. Surprisingly, each tea light provides up to 6 hours of fragrance – meaning you are getting up to 60 hours of fragrance for just over £6. I might just buy this for myself!

So, I hope I have been of some assistance for your Christmas gift-giving. Maybe you have already completed your Christmas shopping – bravo for you! But if you haven't, I recommend you buy a gift set – you really can't go wrong! Boots is, in my opinion, the best place to shop for Christmas gifts and there is a Boots located on the High Street.



How To Be Productive Over The Christmas Period



By COURTNEY MCHUGH

I know what you are all thinking! Why would you want to be productive over Christmas? Is Christmas not a time that is specifically reserved for face-stuffing, getting a bit tipsy and forgetting about anything that isn't Christmas related? Oh, how I wish it was.

In order to stay productive over the Christmas period, I have some wise words of wisdom and tips for you (see: My Top Tips)

By the time you arrive back in Bangor for the dreaded exam period – if you plan your time correctly you will be ready for your exam and also you will have had an enjoyable Christmas time! It is possible, I believe in you!!

Yule be sorry if you don't allow yourself to enjoy the most wonderful time of the year!

My Top Tips:

1. Plan your time out efficiently:

I am by no means telling you to spend every day revising and/or writing essays, if anything, I am telling you to take the day off! It is better for you to plan that you do not want to do any work on the 23rd, 24th, 25th and 26th as you will then know how to spread out your revision for the remaining days.

2. Reward yourself for revising:

Whether that be in the form of a hot chocolate or a Christmas film, so be it! This will help to motivate you.

3. Create a to-do list:

Start with the most important things you need to do and then the smaller things you need to do. If you get the smaller things done by the time it is Christmas or the New Year, you will go into the New Year with a clear focus.

4. Just enjoy yourself:

Christmas only happens once a year (unfortunately!). Make the most of your days and you will feel refreshed.

When Is The Right Time To Put Up Your Christmas Tree?

By COURTNEY MCHUGH

O' Christmas Tree! O' Christmas Tree, how lovely are thy branches! The annual debate of when to put up your Christmas tree and decorations; are you someone who waits until 'The Twelve Days of Christmas' or until the 1st December?

Personally, I put mine up about a month before Christmas as you get a whole month's worth of festivities! A recent claim from Tesco's Insight's Report is that "Brits are most likely to put up their Christmas trees and decorations on the 8th of December if they are over 35 and under 55,

yet, 18 - 34 year olds are more likely to put Christmas tree's up on the 5th December".

As you can see, us students are young kids at heart!



December Favourites

By COURTNEY MCHUGH

In Winter, a berry lip is a must. For me, as soon as I put on a darker lipstick than my normal nude, Christmas has started. My recommendation is No7 Match Made Stay Perfect Lipstick 3.2g in the shade Dark Berry.

Available at Boots for £10.00, it is an

insanely pigmented colour that lasts for up to 8 hours! The finish is Matte/semi-satin which I like as sometimes matte lipsticks can dry my lips in the winter. The glossy finish perfectly complements the dark shade.

Also, £10 is an affordable, student-friendly price for a lipstick with this quality. Treat yourself for Christmas!

No7
READY

The Beauty of North Wales: Beaumaris

By COURTNEY MCHUGH

I pledge my allegiance to Bangor as my favourite place in North Wales. But Beaumaris is a great runner-up. Not only is it home to "the greatest castle never built", also known as Beaumaris Castle, it hosts a series of events all year round. At Christmas time, they are definitely not afraid! The community in the island of Anglesey have a range of events that will put you conjure some festive spirit from even the Grinch's you live with!

One of their most popular festive events is their 'Victorian Christmas' that took place on the 24th and 25th of November this year. The town was covered in snow and people dress

in Victorian style clothing to honour the past. It was free and provided the whole family with entertainment. The Edwardian castle is great fun to explore and costs £6 for adult entrance, but if you take your Bangor University student ID card with you, they give you a discount. It is open almost every day of the year (bar the 24th, 25th, and 26th December and the 1st of January). The unfinished masterpiece is a World Heritage Site and has been described as a "13th century spaceship".

Beaumaris has so much to offer and is on the other side of the Menai Bridge. If you get a chance, explore what Anglesey has to offer.

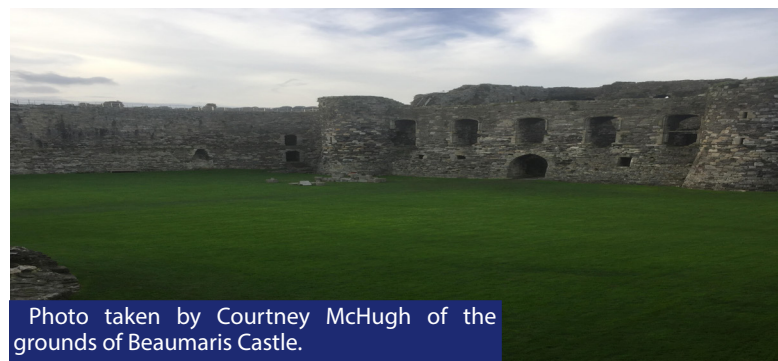


Photo taken by Courtney McHugh of the grounds of Beaumaris Castle.

Festive and Funky Makeup Trends : Christmas Tree Eyebrows



Instagram user: @taytay_xx

By COURTNEY MCHUGH

Yes, you read that right! Instagram has witnessed a new trend known as 'Christmas Tree Eyebrows'.

I'm all for creativity and often scroll through Instagram in awe of people's makeup skills, so when it rolls round to Christmas time, I love researching the 'wacky' trend that has been inspired by Christmas. Beauty gurus have been doing festive tricks with their eyebrows for many Christmases, and no doubt they will carry on for more holidays to come. For me, my Christmas 'trend' takes the form of a dark red/berry lip, does that not ring

your sleigh bells?

Instagram user @taytay_xx created festive cheer last year with her Christmas inspired brows. She had taken inspiration from a trend that happened a while ago – the 'feathered brows' look. The brows appear to look feathered as the hairs have been brushed in different directions. Then, it is time to get creative. You get to decorate your very own trees that sit upon your face. I doubt that this trend would take off as an everyday look, but it definitely shows a sense of creativity and Christmas spirit.

So... why not "Deck your brows with boughs of holly!"

Humanities Notebook: The Diary Of A Diabetic Scared of Needles



Photo of Rory Formstone Roberts and Andrew Formstone completing a Duke of Edinburgh charity event.

By RORY FORMSTONE-ROBERTS

It is not an easy life. The pinch of skin and the draw of a needle. It is a daily struggle that echoes my existence within the world. I fight daily to live the life I want, but I am anchored by this beast. The beast is called diabetes. I am plagued with the disease of type 1 diabetes, which coats my place amongst the souls scattered in and around the world. I am not alone in the universe dealing with this thing, but at times, I feel it. I feel smothered in the fear of highs & low, lows & highs and the endless checking, checking, checking. I did not ask to live this life, but this is the straw that I drew.

Let's clear somethings up before we continue. If you saw me walking down the street, you would not be able to tell that I am diabetic, as it does not present itself in a way of being visible. Diabetes is not contagious, so if you hug me you will not be infected. My diabetes stems from genetic hereditary transformations within my genes, which means that my pancreas does not create insulin, resulting in the inability to break food down into energy. I learnt that from a young age of five that I would not live a normal life cocooned in sweets and binging like the rest of the world, but that I would have to carb-count and monitor my blood sugars.

It was New Year's Eve when I was rushed into hospital, a sack of skin and bones. When the fireworks went up, my life felt as though it went down, and for a while, I believed this. There are times that this feeling creeps around the corner and consumes my thoughts.

Do you think I make a conscious decision to inject whenever I feel like it because I want to? The answer is no! I did not choose the hand that the world dealt me but by God I will play it. Have you experienced needles entering you repeatedly throughout the day whenever you wanted to eat or drink something, knowing that when you open your mouth to sustain your life you must inject. It is hard, maybe a better world can be chosen, but when you ask a diabetic to describe the challenge this might be, the first words that they say; It is hard! I want to eat a piece of cake and have the only worry of my weight instead of my life. Doctors tell the world that it is manageable, which it is, but a life affected by diabetes is a hard life to live. For years I learnt to make it my pet and not the other way around, telling it how to behave and at times working cooperatively to get the best results possible. Times change, and the darkness can set in, and let me tell you... it is dark in the abyss of this void.

For those of you who do not know when a diabetic's blood sugar drops so low it is called a hypoglycaemic attack. Everyone will say that it is curable, which is true, but something that no one really understands is what it truly feels like. Here is what is does to the body...

Time slows down, and the world becomes translucent. Your body feels as though it takes minutes to move, but that is the brain's chemistry becoming unbalanced. You feel as though you are falling bit by bit into this unknown deep hole. This is when the sweating starts to happen, your body is fighting to save its fall into the void. Dripping for no good reason is what someone

would say if they saw you. Then the hardest part to describe happens; the void encompasses you. This is the climax of the hypo that you never feel you are going to come out of. Imagine being in a swimming pool of cold dark tar swimming out of your depth. You are fighting to stay afloat in this sickening liquid, never moving forward and never sinking more. This all happens within a matter of minutes, but your body has slowed time down so much that it feels like a lifetime. A hypo does not just affect a diabetic medically, but physically, mentally and emotionally. Physically it exhausts you and drains all your heart from fighting this anchor. Mentally your brain is trying to support your body, giving it a fighting chance to come back. Emotionally your whole being knows that you have been beaten by this disease, you have become a victim and inevitably been consumed.

It is hard to live with! There are other bad things in the world that trap millions within a short lifespan, but not everyone knows the real stories; the stories of survivors. The family I have supporting me makes me into the fighter I am. Without them, I would be a shell of a diabetic patient instead of the strong man I have become. I live my life the way I want to, and I adjust it for the passenger which is diabetes.

I will stand! I will fight! I will love! I will never let diabetes define me, I will define it by the footprints I leave in the mud as I hike the highest mountains, by the waves I make as I swim the greatest seas, by teaching the world that everyone is free to be who they want, and by being the person I want to be.

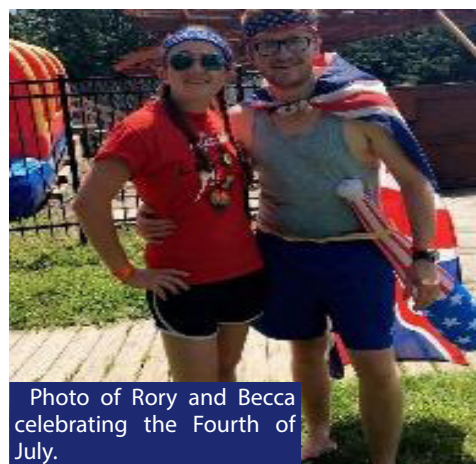
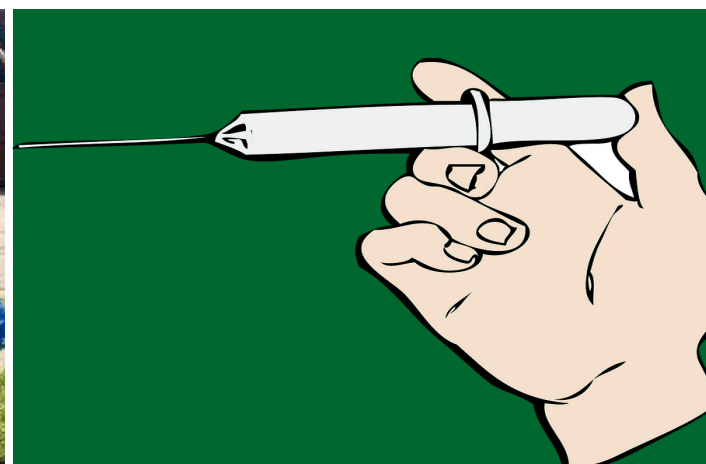


Photo of Rory and Becca celebrating the Fourth of July.



FASHION

73 Questions With Becky Lou Button

by ISABELLA TIMPANY

caught up with Instagram sensation, fashion blogger and masters student @beckyloubutton over hot chocolate & Sauvignon Blanc (It's

one of those Mondays). With an impressive 30K followers, Becky not only posts cute outfit ideas on her social media but she also uses her degree to educate and share the world of consumer psychology on her blog becky-

loubutton.co.uk. She also has a YouTube channel that include clothing hauls, makeup tutorials and features her gorgeous puppy, Winter! Get to know Becky with this vogue-inspired 73 questions interview...

1. How old are you? 21

2. What is your degree? Masters in Consumer Psychology.

3. What year are you in? 4th

4. Leather or Denim? Denim

5. Floral or Leopard? At the moment, leopard.

6. Cup of tea or glass of champagne? Champagne

7. Favourite winter trend atm? I love leather trousers – misguided coated jeans are amazing!

8. 3 beauty products you can't live without? YSL Concealer – you don't even need foundation with it, YSL curled mascara and Carmex, always!

9. Favourite Xmas film? I don't really do Christmas films, probably The Grinch?

10. Celeb style inspo? Victoria Beckham

11. 70s or 90s? 90s

12. Last fashion piece you bought? This jumper I'm wearing now! An oversized white fluffy turtle-neck from NastyGal.

13. Heels or flats? Flats

14. Bold eye or bold lip? Lip

15. Clean cut or rough and ready? I like to think I'm clean cut... but really I'm rough and ready.

16. Mini or maxi? Maxi

17. Jazz club or Rock concert? Rock – I was an emo in high school, I loved slipknot and everything!

18. Favourite place to eat in Bangor? Harvey's

19. 3 apps you can't live without? Instagram haha, YouTube and VSCO.

20. What do you typically eat for breakfast? I don't! Just coffee!

21. Where did you grow up? Leeds

22. What fashion word do you wish everyone would stop saying? LIT

23. Biggest misconception about being a fashion influencer? That it's really easy – it takes up a lot of the day and sometimes I receive abuse messages for no reason.

24. Go-to Netflix binge? The Big Bang Theory – me and my dad always used to watch it together.

25. If you could go back in time,

what fashion craze would you ban? Neon – I had a neon themed birthday party once when I was 12 and everyone wore neon tutus haha.

26. A film/TV character you get inspo from? Rachel Green

27. Lace or fur? Faux fur

28. Paris or New York Fashion Week? Paris

29. Favourite designer? Chanel

30. Top 3 Instagram fashion influencers you take inspo from?

@sophiiekiirby, @beth_bartram and @fashioninflux

31. Favourite comedian? Russell Howard

32. David Bowie or Mick Jagger? Jagger

33. Xmas season: Sparkles or plaid? Plaid always!

34. Life motto? My mum always tells me...Instead of thinking "I can't", think "How can i?"

35. Vintage or new? Vintage

36. Favourite cocktail? Mojito

37. A book you wish you had written? ...does Vogue count?

38. Favourite smell? Coffee in the morning and my puppy smells like vanilla (Gorgeous pug named Winter)

39. Polka dot or stripes? Polka

40. Favourite food? Pizza!

41. Least favourite food? Fish – all fish.

42. Dream job? A combination of blogging and marketing, maybe for a fashion magazine like Vogue.

43. Favourite Kardashian? Khloe is so funny but if I could look like any it would be Kendall.

44. Starbucks order? Gingerbread latte.

45. Favourite local beach? I love this hidden beach between the pier and the boat house but whenever we take winter, all the sand gets stuck in the creases of his face.

46. Who do you look up to? I'm obsessed with Beth (@beth_bartram), she's been through so much and she works so hard, its inspiring.

47. Favourite fashion app? I like 21 buttons but of course I spend the most time on Instagram.

48. Best Depop purchase? I got an amazing black pea coat for £4

49. New Year's resolution? Work harder although my boyfriend says if I worked any harder there wouldn't be any time left in the day.

50. Ideal date? Something thought-

ful. My boyfriend is very thoughtful, one night he ran me a bath and bought me a new book.

51. Favourite high street shop? Topshop

52. Favourite online shop? NastyGal

53. Best concealer? YSL!

54. Top beauty hack? Use baby powder instead of baking powder, you save so much money and you get loads of it!

55. Favourite fragrance? At the moment I'm loving Peony Noir by Michael Buble

56. Oversized or fitted? Oversized, you can eat more!

57. Quality or quantity? Quality – I get sent a lot of clothes so if I'm going to buy something I will definitely choose something good quality.

58. Celeb crush? Halsey.

59. First job? I volunteered for a year at Banardo's

60. Best fashion tip you learnt from your mum? Don't mix black and brown or gold and silver.

61. Advice to other aspiring influencers? To not cheat the system (buying likes/followers etc) and it won't happen overnight.

62. If you were to join The Spice Girls, what would your name be? Messy Spice!

63. Most expensive item you splurged on? My mum bought me an expensive Coach bag if that counts?

64. You can only dance to one song for the rest of your life – what would it be? Colors by Halsey. Every time I play it I dance around the house.

65. What advent calendar do you have? Maltesers

66. Biggest pet peeve? People who eat with their mouth open.

67. Favourite rapper? Nicki Minaj

68. Patterned tights? Yes or no? Yes but you have to be careful...my mum tried to get me to wear pink paisley ones, no way.

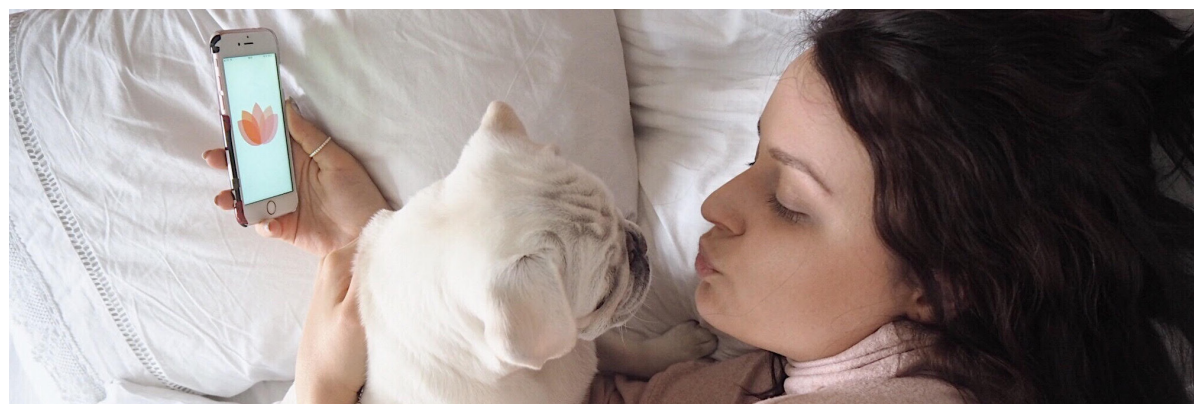
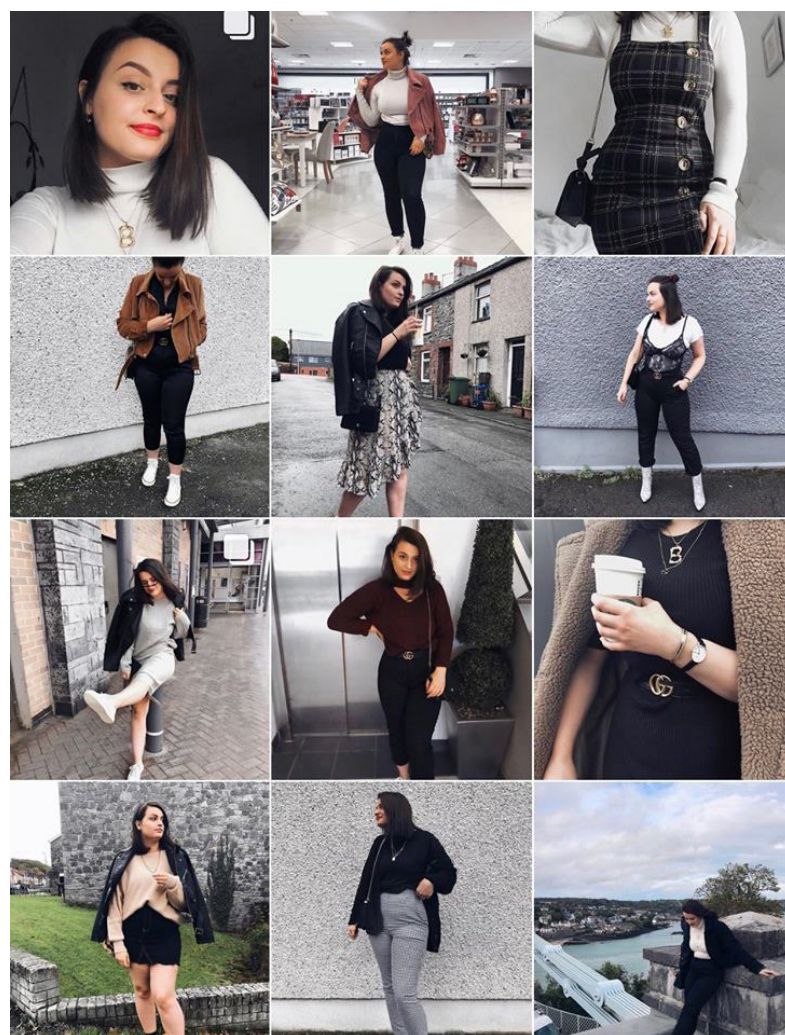
69. Biggest fear? Needles

70. A goal off your bucket list? I'd love to live in New York or Paris for a while.

71. Favourite city to shop in? Leeds.

72. Favourite fashion magazine? Vogue

73. Sparkling or flat? Sparkling.



12 Dresses Of Christmas

by ISABELLA TIMPANY

1. The Sparkly One

Party season means one thing: an excuse to wear sequins!!! There are a million and one ways to style sparkles for a look that will shine brighter than your future. For a glam evening look pair with shiny strappy heels and earrings or for an edgier look go for chunky boots, tights and a leather jacket! It's impossible to not look glamorous in a glitzy dress - think Marilyn Monroe vibes wearing her dazzling red sequin dress in the all time classic 'Gentlemen Prefer Blondes'.

2. The Plaid One

A red tartan or green plaid dress screaming Xmas day. They make the perfect daytime or evening dress. They're very versatile as they complement a lot of winter looks. Plaid looks good with fur jackets, trench coats, court shoes and even converses! I prefer a more classic approach - keep it simple. For black and white plaid, add a splash of colour with your accessories. For coloured plaid depict colours in the fabric to compliment it!

3. The Not-A-Dress One

Otherwise known as a playsuit - the perfect alternative for those not in favour of a dress this season. You can often get away with a playsuit being that tad-bit shorter too. They're unarguably much comfier and very easy to wear. Playsuits come in a range of styles to suit whatever you're looking for, long sleeve, strappy, halter neck, deep plunge - anything you can think of! Aside from the toilet issue (you have to get practically naked every-time you need to go) they're a lot of fun, you can even do the splits on the dancefloor after your 8th glass of prosecco!

4. The LBD One

The most iconic, most versatile of dresses, the answer to all your prayers and last minute I-have-nothing-to-wear meltdowns. It's classic, it's chic and it's wonderfully flattering. The little black dress was there for you on your bloated days, it was there for you when Karen spilt red wine on you at last year's christmas do (I never liked

Karen either) and it was there for you when you wore it for the 4th time to a social event - nobody noticed (apart from Karen). And it is here for you today! It's true what they say, you just can't go wrong.

5. The Tweed One

Alexander Wang declared this year that tweed is COOL AGAIN, so we better believe it! The fabric, adored by country bumpkins and horsey types, has been given a stylish city makeover. An array of tweed was spotted on the catwalks of Marc Jacobs, Prada, Calvin Klein and MiuMiu at New York fashion week. Boxy Chanel coordinates can take a back seat this season, as designers are styling tweed with a sporty edge. Tweed and trainers - yes, you heard correctly! Personally I love to layer a slinky roll neck under my tweed dresses for extra warmth!

6. The Velvet One

T'is the season to wear velvet la la la la... Velvet, its luxurious and comes in a variety deep, rich, exquisite colours: berry burgundy, royal blue, forest green. This little number can look truly decadent paired with jewelled accessories and sparkly shoes. Velvet is the fashion trend that seems to re-emerge every Winter, therefore you are guaranteed to get more wear out of your velvet pieces in years to come.

7. The Jumper One

It's cheating but we love it. However there is one rule: go OVERSIZED. From hoodies to christmas jumpers, styled right can be a major success. Elevate your jumper dress with a pair of thigh high heeled boots or go for a preppy look and layer with a blazer and throw on a pair of trainers - the smart-casual contrast is nothing other than chic!

8. The Princess One

Tulle. Already the red carpet trend of the year. At the Evening Standard Theatre awards in London, presenter Maya Jama and Lady Kitty Spencer went full princess in huge tulle gowns. Maddi Waterhouse was also seen at The Fantastic Beasts premiere looking stunning in a pale pink tulle dress. Holly Willoughby, Britain's favourite female presenter and current style icon, sported the most beautiful Jen-

ny Packham tulle gown at the Pride Of Britain awards. However, away from the red carpet we can give tulle skirts and dresses an edge, try pairing with trainers and a fur coat or leather jacket for a statement look.

9. The Pink One

Steal the show...and hearts with this eye catching look. "I've always had a great night in a pink dress," says Alexa Chung "A lot of my life is spent in jeans and t-shirts, so when along comes a sassy, eye catching, cute - but in a hot way - pink mini dress, it like discovering water in a desert. I love the fantasy and escapism of it". Pink dresses have been hailed festive - an unlikely colour but a delicious one all the same. From newborn baby pink to a dragon fruit hue there is room for all shades this year.

10. The Tuxedo One

Duchess approved! Meghan Markle has made many appearances wearing the 'tuxedo dress'. Although it is one of the more sophisticated fashion choices, it doesn't for-go looking sexy! I like to pair blazer style dresses with accessories I would pair with a suit. Court shoes are a wise choice as it is in keeping with the smart look.

11. The Jingle Bell Rock one

For all you Mean Girls fans! Ariana Grande's music video for 'Thank u, next' has brought this legendary look back into the spotlight. Once worn by no other than The Plastics, the 'Sexy Santa' dress is timeless! The best place to source this kind of dress is at a fancy dress store - try Sparx on the high street! This outfit is perfect for Christmas' dos and parties to draw some attention and add some festive fun to the night! Performing the Jingle Bell Rock dance at least once is obligatory.

12. The TwELFth One

What is Christmas without the elf dress??? How can we forget the gorgeous Zoey Deschanel in the family favourite christmas film The Elf? Another film inspired dress as Bangor students LOVE fancy dress. There is no better way to get into the Christmas spirit that fancy dress - and that's a fact.



Photos by
Isabella Timpany

Model: Megan Finn

ARTS & CULTURE



Tom Parker and Carly Burns pose as Prince Charming and Cinderella in Venue Cymru's Cinderella.

Pantomime Picks

As Christmas draws near so does the inevitable: a month of pantomime!

By LAURA PATARI

If you haven't already caught the early train last month, get ready for a month of laughter, music and fairytale. There are many pantomime shows on offer around North Wales whether you wanted to catch one with friends, flatmates or visiting family!

Close to Bangor, nearest theatres for a pantomime show include Venue Cymru in Llandudno and Theatr Clwyd in Mold.

In Venue Cymru, the Christmas pantomime will be **Cinderella** - with Tom Parker as Prince Charming (The Wanted, Grease the Musical).

In Theatr Clwyd, the year's panto show will be **Dick Whittington** - a Theatr Clwyd production with a cast including Philip Harries (Torchwood, King Arthur)

Other north-Welsh towns nearby include Wrexham, which offers two shows: The Stiwt theatre, with a production of **Jack and the Beanstalk**, or Grove Park Theatre with **Aladdin**.

Rhyl joins in to tell the beloved tale of **Aladdin** in The Pavilion Theatre.

Theatr Colwyn in Colwyn Bay also stands to showcase its production of **Dick Whittington**.

For a day trip, you could also consider the bigger towns such as Chester and find the Storyhouse's panto, **Wizard of Oz** a delightful treat.

Look out for the dates of performances in individual theatres' web pages.



Dick Whittington in Theatr Clwyd offers groovy music and fairytale wonder in Mold, North Wales.

AN UPDATE ON #SaveStageLighting

From West End to Pontio, the UK entertainment industry lit up the hashtag #SaveStageLighting in protest of an EU sustainability directive back in March 2018. Seren follows up on what's happened recently.

By LAURA PATARI

By September 2020, the EU will release a new directive for product efficiency to reduce energy and resource consumption. It aims to introduce production and market restrictions that would govern domestic products as well as all office and industrial lighting.

This directive on Ecodesign and energy labelling has, however, been the concern of many in the entertainment industry. Over the course of 2018 petitions rose to challenge the EU directive and the hashtag #SaveStageLighting was lit up in many theaters, including Bangor's Pontio, to create publicity to the potential dark future of stage lighting.

From 12 October to 9 November, the European Union Ecodesign lighting regulation draft was under public consultation, and allowed many industry bodies to respond and comment on the directive in all its topics. Of the 71 responses, 22 touched entirely upon entertainment lighting and 8 included entertainment lighting as part of their larger scope. This means that over all of the responses, just over 42% were concerned about the effect of the directive on entertainment lighting.

According to ALD (The Association of Lighting Designers), the aforementioned organisation along with PLASA (Professional Lighting and Sound Association) and ASPEC (Association of Studio and Production Equipment

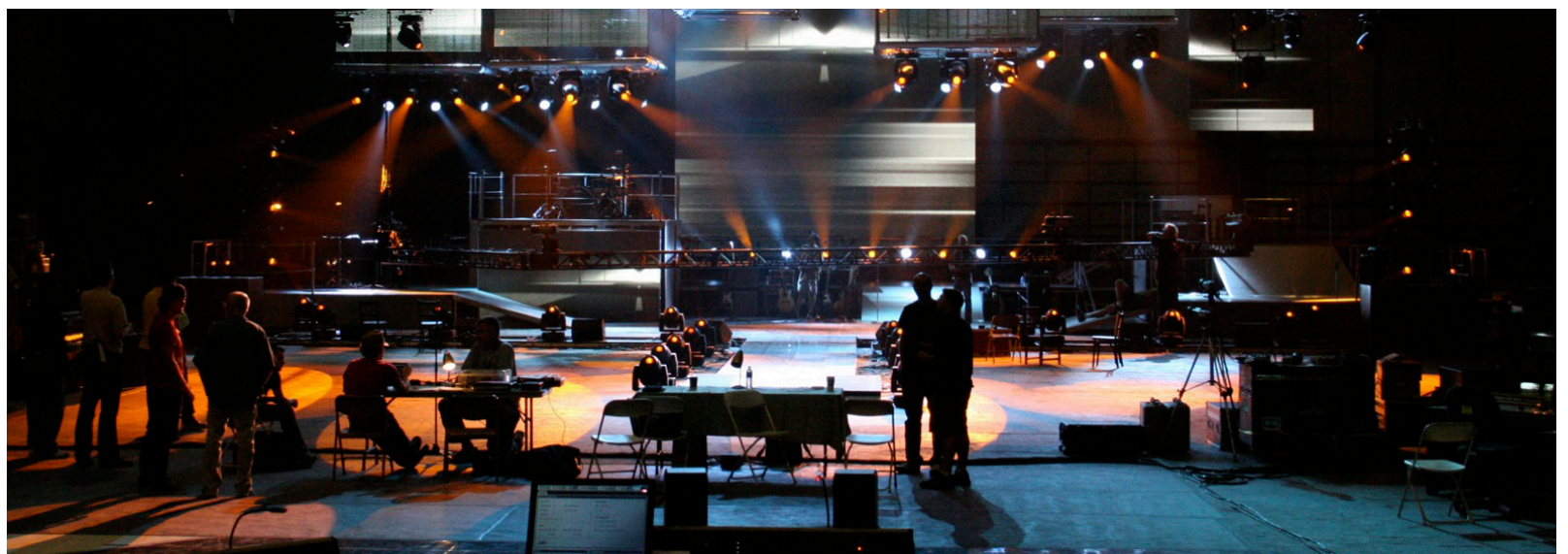
Companies) have been engaging with the UK Government's Department of Business, Energy and Industrial Strategy (BEIS) on the Ecodesign directive and feel hopeful after a meeting held on November 5th where concerns were raised and explained to the Ecodesign department. (ALD.org)

ALD's update on the progress of #SaveStageLighting pinpoints on the urgency at hand. Final discussions and the vote on the Ecodesign directive are scheduled for December 17th and before that, work to establish a safer future is still ongoing.

It is unclear how BREXIT negotiations might play a role in the future of Ecodesign and the UK entertainment industry.

"There is world-wide demand for more efficient products to reduce energy and resource consumption. The EU legislation on Ecodesign and energy labelling is an effective tool for improving the energy efficiency of products. It helps eliminate the least performing products from the market, significantly contributing to the EU's 2020 energy efficiency objective."

The Ecodesign directive, EU Commission 2018



What Is #SaveStageLighting?

The Ecodesign Working Plan 2016-2018 proposes to change the rules that govern light sources used in domestic and industrial settings, including theatrical productions. (UK theatre.org) Lights used in stage productions of theatre, live music and more, are tungsten light bulbs as well as specialist LED fixtures. Under

the new directive, which aims to increase energy and resource efficiency, the current theatre light fixtures would all have to be replaced - which poses an industry-wide problem.

The overwhelming speed at which new fixtures would have to be changed would mean forced temporal shutdown of productions from lo-

cal theatres to West End productions. The process would be expensive as new dimmers, cabling, control consoles and an entirely new infrastructure would likely be required for most theatre buildings.

The reduction in energy consumption might not be that much either. Recent studies into theatre energy

efficiency state that that stage lighting accounts for less than 5% of a theatre's total energy consumption. (UKtheatre.org) This poses a problem as there could be much larger energy savings on other areas of the entertainment industry.

SEREN REVIEWS:

Saturday Night Fever



Coming into Venue Cymru for the touring production of *Saturday Night Fever*, there's many surprises in for the Tuesday night extravaganza. Two disco balls in the auditorium corners already hint at the show ahead.

By LAURA PATARI

Saturday Night Fever, the stage adaptation by Robert Stigwood and direction by Bill Kenwood, based on the Paramount and RSO film and the story by Nick Cohn, draws crowds from all walks of life whether younger or older. The 1977 film starring John Travolta might be in the back of one's memory after 40 years since its release, but Venue Cymru's production is here to bask in the world of the 70s, lead by Casualty and Matthew Bourne star Richard Winsor as Tony Manero.

Following John Travolta's lightning-fast dancing footsteps, Winsor captures the crowd with an array of experience in dance, screen and stage. He leads with an energetic charm, and delivers a spot-on Tony Manero, with a steady accent too. He brings a believable grittiness for the disco dancer on the way to stardom, yet does it so with smooth physicality.

Alongside Winsor are a collection of talented performers Kate Parr (Folies) as Stephanie delivers strong vocal performances and beautiful, effortless dance. Tony Manero's gang of friends, played by Owen Broughton (Gus), Michael Cortez (Joey), Raphael Pace (Bobbie C) and Jared Thompson (Double Jay) are a playful, gritty and natural as a friendship group. Of the other

vocal solos in the show, Raphael Pace brings in an emotive performance with strong singing. Anna Campkin as Annette portrays the unrequited love for Tony with soulful vocals, but the physical movements during the solo come across as rigid.

There is a curious moment of immersion and utter alienation when the cast come on-stage in era attire: colourful dresses and long white trousers are a magnetic sight, but even more magnetic are their moves. This immersion to the world of 70s America means bumping, hustling, and other well-known but long-gone dance styles full of hip thrusts and disco fingers (choreography by Olivier Award winning Bill Deamer) Laughter of the audience is a sign of surprise, but also adoration.

There is something about the sweet era of the 70s. The dynamic choreography does normalise - by the end of the first number we are all pulled in, and can marvel at the dancers without feeling silly.

The dance is paired with beloved music by the Bee Gees, featured live on stage for the first time. Ed Handoll (Barry Gibb), Alastair Hill (Maurice Gibb) and Matt Faull (Robin Gibb) deliver crowd favourites like Stayin' Alive, How Deep Is Your Love, Night Fever, Tragedy and More Than a Woman are included in the song numbers along

with many other 70s hit artists.

The fun, clever positioning of the band and three singers lets us watch them throughout the show: they tower over the main stage on platform spaces. The 'musical upstairs' of the show keeps the audience entertained, and the three vocalists often steal the show during scene changes and upbeat show numbers.

The set is in many ways what stage theatre intends: to immerse and surprise the audience in its capabilities. The transformative quality of movable platforms is a constant thrill throughout the show, and is used truly to its potential. Other aspects of the set, like the backdrop of the dance studio or disco mirror are unique and impressive. The tilted mirrors not only feed to the visual feel of a crowded discothèque, but help the audience see more of the spot-on choreography.

Saturday Night Fever, described as a crowd favorite to "have you dancing in the aisles", does not disappoint. Not in its thrilling show, wonderful dance or song, or overall 8 disco balls, nor the last bit about the audience dancing in aisles. In fact, it almost seems like the audience had rehearsed it to surprise the cast. Even the most shy are drawn in to this peculiar peer pressure - despite the old man sat next to me, utterly unwilling to give into the silliness around him.



The Importance Of Being Earnest



By ALEC TUDOR

With Rostra's second show of the semester, *The Importance Of Being Earnest* by Oscar Wilde, ticked on the to-watch list, one must wonder how to prepare to review such pleasant and surprising performances.

Shifting from cocktail bar comedy to high society humour, Rostra greets audiences with a well-chosen cast, a well-staged play, simple and clean directing, and a lot of energy.

There is much to be observed: Oscar Wilde's unique style of comedy and use of language is delivered smartly. The lighting and decor are kept simple and to the point and the acting is vibrant and natural.

Although 500 words is not enough to praise an entire cast, a few will be mentioned: Peter Jones as Algernon Moncrieff, Hannah Williams as Cecily Cardew, Jamie King as Lady Bracknell. They are the ones remembered here, but all others are nevertheless not forgotten by any of those who went to see the show.

Despite the show going on for a longer duration than most shows, it was barely noticed - only by the reminder of the pendulum prop.

One interesting detail was that Algernon was reading last month's *Seren* issue. While we do appreciate people acknowledging us as a historically acclaimed newspaper, we must correct to the readers that *Seren* was unfortunately not around in 1885. However we were around in the other 80's (of the 20th century), to the theme of which we are hosting a party in March. For aspiring scholars who would like to inquire into this party, please see page 43.

With all being said, Rostra pulled off an amazing show in a brilliant way, and there's only hope that they'll raise expectations again. If you haven't got the chance to see Bangor's oldest drama group, come see Dirk Gently Holistic Detective Agency on the 14th, 15th and 16th of December!

The Comedy About A Bank Robbery



By JORDAN KING

Mischief Theatre, comprised of LAMDA students who decided to take their careers into their own hands and form a theatrical troupe, have taken the West End and the theatre world by storm. Their first play, an outrageously meta farce 'The Play That Goes Wrong', won Olivier awards aplenty and saw the group's mischievous and manic murder mystery branch out across Europe and America, whilst, incredibly, it still is running into its fourth year on the West End. Spinning off with 'Peter Pan Goes Wrong' and televised specials, 2016 saw Mischief bring something new to the table, *The Comedy About A Bank Robbery*, a played straight farce that removed deliberate misdeemeanour and instead, went for pure comic theatre. Two years on, this comically inclined critic found himself on the front row and practically falling off the seat in hysterics at another side-splitting display.

The play concerns a bank robbery, that of Minneapolis City Bank to be specific, and of a half a million dollar jewel that has unfortunately found itself housed there under the some-

what inept stewardship of the bank's schmuck of an owner - Robin Freeboys - and his equally ill-equipped staff. The robbers? A rogue's array consisting of a hardened criminal with a marshmallow mind, a sensitive soul built like a boxer, a femme fatale, and a small-time crook with good intentions and the worst luck. Their journey from A to B, via wicked wordplay, astonishing acrobatics, insanely orchestrated setpieces, and doo-wop tunes that evoke the 50s in America delightfully, result in something that truly has to be seen to be believed... and even then, you probably wouldn't believe it. But believe this - it is the best comedy of the last decade by a country mile.

The joy of TCAABR, as nobody is calling it, is in the balletic composition of its ballistic mayhem. One particular sequence, in which would-be loverboy Sam (small-time crook) and too-many-timing Caprice (femme fatale) are interrupted in the throes of passion by her ex-boyfriend's arrival (hardened marshmallow), starts out as a simple yet classic hide-and-seek sketch that had the audience in fits from the outset. But, under the mental machinations of the Mischief gang, it gets wilder and wilder with flipping

beds, identity-swapping and even a spot of charades just for good measure. By the end of the scene, the only people as breathless as the captive audience were the actors themselves, each of whom delivered sensational performances that were distinctive

"Not only narratively does it create genuinely striking theatre, but the comic propensity of the situation is milked for all it has"

and devilishly funny from curtains up to curtain call.

As strong as the physical and verbal comedy is, it can't be understated just how wildly imaginative and boundary pushing this production is. Buoyed by the triumphant reception of their first two productions, the cast and creatives up the ante big time for the centerpiece of the performance - the titular heist. A 90 degree stage giving the audience an impossible bird's eye view of the action is used and executed stunningly, with the laughter that hadn't stopped since the opening lines being stunted momentarily by gasps and marked by wild applause at the inventivity of the set-up of the stage. Not only narratively does it create genuinely striking theatre, but the comic propensity of the situation is

milked for all it has, with thrills and all-too-literal spills aplenty in a physics defying ten-minute show stealer.

Come the play's conclusion, strewn with bodies *gasp* and doozy after doozy of revelations, the overwhelming feeling - the best a play can hope

to provide - was one of desperate disappointment that it had come to an end and absolute elation at what had just been presented to us. Over the course of my visit to the big smoke, in which I saw musicals, plays, and Shakespearean tragedy, I travel home with the biggest and strongest memories being of every last second of *A Comedy About A Bank Robbery*. It took me for a wild ride, stole my heart, robbed me of my self-control, and as one thing after another went so very very wrong, it could not have felt more right. Pure genius. And the best bit? 2019 sees it go on a nationwide tour, so go and get yourself tickets. NOW!



INTERNATIONAL

Celebrating Christmas In Europe

Unless you have a dual-nationality or are training to be a chaser on 'The Chase', your average Brit doesn't know that much about what kind of Christmas traditions take place across Europe. It might be that we don't consider it important, or that we don't have time to learn such things, but in the name of open-mindedness and gathering of facts that could win you a tenner in your next pub quiz, it would do us all a bit of good to learn about our European neighbours.

by LIBBY SHAW



The Netherlands

The Netherlands don't in fact celebrate Christmas as we know it on the 25th December rather on the 5th, St Nicholas' Eve – who is better known as Sinterklaas. The major celebrations happen on this day as this is when Sinterklaas brings the children their gifts. Sinterklaas travels from his home in Madrid and stops off at different harbours in the Netherlands. He travels with his servants, 'Zwarte Pieten' (Black Peters) on a steam boat, and once he arrives at the harbour, he leads a procession through the town riding a white horse. On the evening of his arrival, similarly as with Spain,

the children leave out a shoe with the hopes that during the night, Sinterklaas will come onto the roof on his white horse, and one of the Zwarte Piet will climb down the chimney and leave little gifts in the shoe. Between the second Saturday of November and the 5th December, children are told that Sinterklaas makes weekly visits, and so leave their shoe out every Saturday in case he should arrive. The visit of Sinterklaas and Christmas day (25th) are very different days, and Christmas day is much quieter and revolves around family time and going to church.



Finland

The Finnish believe that Father Christmas lives in Lapland, or Korvatunturi. However an old tradition talks of the Christmas Goat, or Joulupukki! Sometimes used to refer to Father Christmas, the Joulupukki was actually a scary Yule Goat who lingered in the towns and asked people for gifts. As time passed the goat in fact began to give out gifts, and at some point, Santa took over this role. Everyone tries to be together for Christmas; even the fisherman who try their hardest to make it back to the harbours by 21st December. Finnish people buy their Christmas trees very close to the important day, in fact it's not unusual to buy it only a day or two before Christmas day. On the morning of Christmas eve, rice porridge and plum fruit juice are up for breakfast and it's time to decorate the tree. Because at this time of year it gets dark at around 3pm, it is traditional to visit cemeteries and the graves of loved ones – there are often lanterns hanging around which give the place a very magical feel. Other people enjoy a sauna. The last day of celebration is boxing day, and many Finnish people enjoy skiing with family and friends or skating if a nearby river or lake is frozen over!

Spain



There are many days of Christmas celebration in Spain, all have different meanings. However, the main Christmas events happen on the 24th December and the 6th January. Even though the whole period between these dates is somewhat of a celebration, the 24th is considered a day for the family to eat and drink together. For Christians in Spain, a very important tradition follows, which is to attend the 'Misa del Gallo' or 'The Mass of the Rooster'. It is said that a rooster crowed on the night that Jesus was born, and so a celebratory mass is held in its honour. Most of the present giving happens on a day called Epiphany, or 'Fiesta de Los tres Reyes Magos' (The Festival of the three magic kings), the tradition for which states that the three kings bring them presents, just as they did with the baby Jesus. Children leave a little shoe hoping to find it full the next day, and often gifts are left for the kings, the most common being a glass a cognac, a satsuma and some walnuts.

Italy



In Italy, creating and decorating your own crib is highly common in the lead up to Christmas; it was a trend that started all the way back in the 16th century and has remained a tradition to the modern day. On Christmas Eve, it's most common to avoid eating meat and sometimes also dairy. Typically a light dish is eaten, followed by Midnight Mass service. Once they return home, families will often enjoy a hearty slice of Panettone with a cup of hot chocolate. Similarly to Spain, Italians have a night called Epiphany, when the children believe that an old lady called 'Befana' will bring them presents, however Italians do not leave shoes, but stockings by the fireplace. Interestingly, on Christmas day it is believed that Babbo Natale (Santa Claus) might also bring you gifts, but it differs from family to family.

Germany

One very specific and quirky tradition of a German Christmas (and slightly archaic now) is the Christmas tree, and the tradition that if there are young children in the house, the tree would be secretly decorated by the mother of the family! There's no real rhyme or reason to it, it's just one of those things! Anyway, the focus lies heavily on Advent and the use of a decorated calendar to countdown to Christmas, however the 24th December is in fact the main day of celebration when the family comes together and exchanges presents. In Germany, there are 3 main figures to which you can send your 'christmas wishlist': der Weihnachtsmann (Father Christmas), das Christkind (The Christ Child) and der Nikolaus (St Nicholas). Der Weihnachtsmann will bring you your main gifts on the 24th, while das Christkind is supposed to

be a young girl with Christ-like qualities and only certain parts of Germany use her as the figure who brings gifts. Der Nikolaus will bring the children small sweet treats on his day, the 6th December. The legend says that he is often accompanied by his evil counterpart, Krampus. A large and scary horned monster dressed in torn garments and partially chained who comes to punish those on the naughty list!



Slovakia



For many Slovaks, Christmas is a religious affair, and so celebrations begin with the commencement of Advent. Slovaks also celebrate 'St Nicholas' Day' on the 6th December and believe that Svätý Mikuláš (Saint Nicholas) come on the evening of the 5th and will fill their little shoes that they've left by the door. However the main gift bringer is Ježiško – Baby Jesus. The scenario always plays out that the children must leave the room as the presents

are being placed by Ježiško, and once they're all placed a bell is rung. The children then run back in but are always just a second too late to catch a glimpse of him. Just like in the UK, the main celebrations are held on the 25th December, and Christmas dinner is vast. Consisting of 12 dishes (which symbolize the number of Jesus's disciples) it really is a feast, and there is always at least one large fish dish, and Kapustnica, a thick cabbage soup with meats and cream.



Mulled Wine On The Beach: Christmas In The Southern Hemisphere

by LIBBY SHAW

For many of us living in the UK, Christmas means woolly hats, snow, turning up the thermostat and bunkering down at home with the finest Christmas films that the BBC has to offer. It is undoubtedly a festive time that goes hand in hand with a chill in the air, and just like Nat King Cole famously sang, “jack frost nipping at your nose”. With traditions that have become so firmly cemented in our culture and that are often associated with the colder weather, it’s crazy for many to even consider a warm Christmas as a legitimate one.

Well, welcome to the Southern Hemisphere. More precisely, Australia!

Christmas couldn’t be further from the coldest time of the year, with December averaging at 22 degrees most years and providing up to 9 hours of sun, Australia is worlds away from the bundled up indoor festivities that we’re used to. Even though a couple of British traditions have stuck in this former colony (such as a Christmas roast and brandy covered Christmas pudding), the Aussies have come up with special twists to make it their own, such as serving the meat cold in a Christmas dinner. That, and to avoid overheating! Others embrace the warm season and host outdoors, either on their decking or down at the beach, and serve seafood such as oysters and prawns.

I spoke to a friend of mine from Syd-

ney and asked him about his experiences with a sizzling Christmas: “To me it’s hard to imagine anything but a hot, sunny day, prawns and mango and sitting out on the deck by the BBQ. I just think of sunshine and Santa in his boardies (‘boardies’ is Aussie slang for boardshorts that you wear to surf in) and after we’ve opened our presents we could just play outside with them all day. Depending on the plan that year, sometimes we’d head down to the beach with the family and play like a game of cricket or volleyball. It was great! When the weather is so hot and you’re jumping around playing sports you don’t want to feel too stuffed, so it’s not that common for us to eat stodgy food, there’s usually a fair few bowls of salad and

a super common desert is pavlova; even that isn’t heavy because it’s basically just meringue and then a load of fruit like strawberries or kiwi.”

Often in the UK, typical problems that arise at Christmas time are things like not being able to drive to other family members houses because of the slippery roads or poor visibility due to the snow, or worrying about the older generation being warm enough and getting ill. Though these are more sombre aspects of this festive period, they are nonetheless on many people’s minds at this time of year. They tie into the whole experience of a winter Christmas. It is interesting then to consider that in fact the opposite problems are encountered by Australians; bush fires are a large

problem across the country as December is the height of summer, and many volunteers help in saving people and their properties when they break out.

It’s crazy to think about how much a change in weather can affect the traditions of a globally celebrated day. What is Christmas day without a wonderfully tacky and badly made Christmas jumper? Without one family member passing out on the sofa in front of the fire after eating an inordinate amount of stuffing? What is Christmas, without reluctantly trudging through the snow doing that last-minute Christmas shopping? It’s an Australian one, and there’s nothing wrong with that!

International Society



by LIBBY SHAW

If you didn’t know already, Bangor has its very own international society. The society itself is made up of students from all kinds of backgrounds, faculties and corners of the world. They celebrate diversity and host and support a range of events from ‘Chinese paper cutting’ classes, to Greek cooking sessions, to screenings of underground, international films. People often talk about feeling uncultured, or how much they would love to learn a new craft or language. Then why don’t you get involved with the society that can solve all of that for you! Not only does it benefit you by broadening your perspectives and introducing you to students that you may not have otherwise met, but it also benefits those in the society who wish to make UK connections and perhaps even better their English (or Welsh!).

Indigenous Jesus Is Born

by AKANKSHA MARY

Advent of Christ recites the stories of The Gift of Magi, Star Of Bethlehem and many more. The celebration of the birth of the Lord’s child greets everyone with the start of new day, new beginnings, new chapters to one’s life. These stories certainly do not follow the reason behind the Christmas celebration in The Great Barrier Reef. The Australian Aboriginal culture celebrates Christmas not with the belief of birth of Christ, but with the joy of the last season of Gudjewg.

Aboriginals, kakadu celebrates six different seasons that concerns the environment. Gudjewg, is one of them which depicts the monsoon season when The Mother Earth stretches her hands to welcome the new blooms and spreads the joyous cries of the new births. 25th December is the Advent of the last season in the Aboriginal calendar and is thus, celebrated for the beginning of new life.

A prayer ceremony is held four weeks before Christmas to acknowledge the creation of God. This involves praising The Lord for the natural gifts he provided to mankind, the sea, the sky, the land and their inhabitants. They acknowledge the First Peoples and the spirits who kept the nature alive within them. This ceremony takes the four Sundays before Christmas that is the Advent of a new life. Jesus is remembered in the Morning Star, at the Coming of the Light and as the Light of the world.

Artist Duwun Lee writes the Christmas Prayer of Aboriginals:

Father of the Dreaming your enduring love has sustained us for over 60,000 years

Your presence, as the guiding light in our lives has ensured that we,

the Aboriginal and Torres Strait Islander people of Australia continue to walk on our land in Your footsteps.

During the Christmas Season we

sing of our gratitude for the example of Your life, which gives us new meaning to our lives.

We acknowledge and we are comforted by our companionship and Your promise to be with us, Your Aboriginal and Torres Strait Islander people.

As we celebrate Christmas Day may wonder take hold of us again, opening our eyes to the marvels of Your creation and, renewing our desire to imitate your gentleness and peace.

We ask this in Your name, Jesus, in whose life we rejoice today. Amen

Describing the chapter of John 1:10, “He was in the world and world was made through Him, yet the world did not know Him”, the Aboriginals state their perception of celebrating Christmas.

Every part of the world celebrates Christmas with a joy in the heart for the fact that Christ is born, Is this the reason for the joy you feel? The Advent season brings the joy

of new a life, gratitude from the days and strength for the coming seasons. This is a perspective of Aboriginals to celebrate Christmas not a different form of Christmas.





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Christmas Concerts at Bangor

BUCB & BUBB
Christmas Concert

Saturday 8th December | 7:00PM
PJ Hall



We've reached that time of year you either love or loathe, Christmas time! But when the snow isn't all around us and deadlines are making us feel more Bah! Humbug! Than Merry Christmas, we could all do with something that lifts our dampened spirits... why not allow Bangor University's Brass Band and Concert Band's Christmas Concert to do just that! They will be performing a mix of Christmas and non-Christmas songs (for you scrooges out there).

This will be taking place in PJ Hall on the 8th of December at 7pm.
Tickets are £2 for concessions/students and £3 for adults.
A fine price for a joyful night!

Join Enactus Bangor!



enactus
Bangor

Are you a Business/Marketing student or promising entrepreneur?
Do you want to be a part of an organisation that impacts over one million people globally each year?
Enactus Bangor are looking for volunteers to help them with their upcoming business projects this year.
They are seeking ambitious, well driven volunteers who have an interest in sustainability and business advancement.

If you are interested head to Wheldon room 114 where meetings are held every Monday 6-8pm.

Agony Aunt Submissions #2: Crushes, Secret Santa and Boyfriend Troubles

We begin with a post from
anonymous:

"Dear Agony Aunt,
Please help me with my predicament!
There is this guy on my course who I think is really good looking. I smile at him in lectures but that is it! Until... Recently I had to work with him and a few others for a group project as part of the module. We all met up in the library and everything was going well, we didn't stop laughing and chatting. Then as I was leaving, I tripped over a chair and spilt the rest of my coffee all over him. He looked so annoyed. I didn't know what to do because I am a shy person so I just ran away. What should I do now? Have I ruined everything? Can I ever talk to him again? Please give me advice Agony Aunt."

Dear anon,
We've all been there! Made a fool of ourselves in front of the one person we fancy. As embarrassing as these things can be, it is important to remember it isn't something you should dwell on. His shirt will dry (perhaps buy him some Vanish to ease his annoyance) and if it's something he decides to judge you on then he isn't the right guy for you!
Much love,
Agony Aunt x

My next post would also
like to remain anonymous:

"Dear Seren,
What is a good Secret Santa present I can get for my flat mate? (They are Male and the limit is £10)."

Dear Anon,
Well a pair of socks and gloves always go a long way (especially in these Winter months) I bought my friend a pair of gloves that also allowed him to use his touch screen phone once, he was rather chuffed with them. Or you can just get him a small bottle of Vodka. I'm sure it will come in handy at some point.
Much love,
Agony Aunt x

I have changed the name
of our last post to Sarah:

"Dear Social,
How do I tell my boyfriend I fancy his best friend? Nothing has happened between us, but I've realised I'd rather be with him than my boyfriend.
Sarah x"

Hi Sarah,
Well, I think in this circumstance it's hard not to hurt somebody's feelings here. I personally wouldn't tell him you fancy his best friend as that would cut quite deep, but if you aren't happy being in a relationship with somebody you have every right to break up with them. I'd wait a few months to establish yourself and your independence as a single woman before you start anything else serious. I don't know how long you have been with your current boyfriend, but breakups of any kind can be heart-breaking. The main thing to do is to concentrate on yourself. Give yourself some distance from both men to figure out what you really want.
Agony Aunt x

WANT A PROBLEM SOLVED?

SEND YOUR AGONY AUNT LETTERS!

SOCIALPAGE@SEREN.BANGOR.AC.UK



Secret Admirer

Here are some of the Secret Admirer posts I have received over the past month...

"Does anyone else have a crush on a lecturer or is that just me? Well it makes going to lectures more bearable."

I want to know which degree you are studying because there are no dreamy lecturers in my department!

"To the girl who is on my English Literature and creative writing course with the purple hair... I love it when you read your poems out in seminars because they're just as beautiful as you."

This person sounds like Shakespeare himself! What a lovely confidence boost! Keep working that purple hair and writing those poems... you've grabbed somebody's attention.

"To whoever you are who plays guitar in The Belle Vue, I think you're amazing! Keep playing and gracing us with your incredible music."

If you're a star of the open mic nights, you're swooning somebody with your sweet melodies! Keep it up!

"To the guy who was on a run through Ffridd site with a white sports top as I was leaving the Siop on a Friday morning: I think you're cute."

Guy who was on a run through Ffridd site can you also teach me how to feel motivated for a run on a Friday morning too?

"To the guy who danced with me to ABBA in cube and asked for my number, please message me! I think you're dreamy."

Any guy that freestyles to ABBA has got my vote! Send a message to your one and only Dancing Queen.



FILM



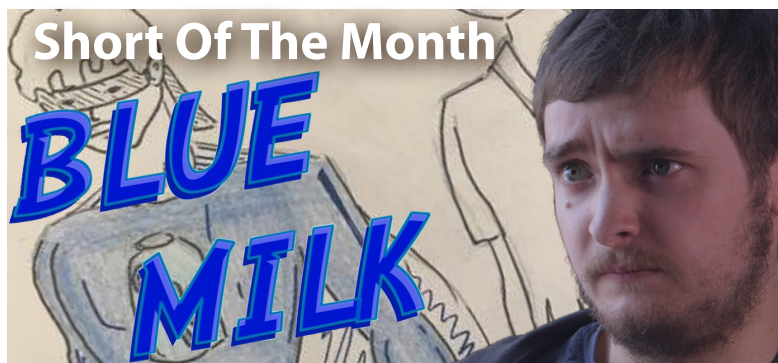
by JORDAN KING

Once Upon A Deadpool

Of course, no Christmas would be quite complete without everybody's favourite Merc With A Mouth, and whilst Mr Pool's films are fine festive viewing as they are, what this newly edited edition of *Deadpool 2* offers is the ultimate holiday experience for all the family. Fred Savage has been kidnapped by Deadpool for a bedtime story a la *Princess Bride*, but whilst that notion may seem inconceivable, the laugh out loud trailer promises plenty of banter to bolster out this charity-supporting re-release. Our highlight? Savage showing his name matches his nature, calling out Deadpool's Fox licensing and comparing it to Nickelback. Youch!

The Lion King

Following successful remakes of *Cinderella*, *The Jungle Book*, and *Beauty & The Beast*, Disney's next remake from their illustrious Classics canon is arguably their most anticipated yet – *The Lion King*. So iconic is the original film, that this teaser trailer cunningly employs almost all of the shots from the original trailer, accompanied by the beginning of *The Circle of Life* and James Earl Jones' majestic Mufasa delivering his immortal 'remember' speech. The CG work is absolutely jaw-dropping, with Simba looking every inch the real deal and the Pridelands simply stunning to behold. With an all-star cast to boot, I just can't wait to see *Lion King*.



by JORDAN KING

Bangor alumnus Rory Farmer brings us the first recipient of our newly-created Short of the Month spotlight, a feature designed to cherry pick the very best sub-20 minute films that you can watch on the go for an instant cinematic hit to keep you going. *Blue Milk* is a hilarious superhero mockumentary, following the life of travel agent Joe who – after an encounter with some iffy milk – develops the ability to turn things blue. Mad skills, I know.

Taking cues from sources as diverse as *The Office*, *The Tick*, and the sharper-cutting sharper-satirising work of

British auteur Edgar Wright, what this short manages to do so well is impart upon its characters a genuineness and honesty that makes them engaging whilst, at the same time, riffing on the ludicrousness of comic book heroes and plot devices to satirize them mischievously and lovingly.

The result is a singular short experience that makes its award-winning successes thoroughly deserved. Keep your eye on Farmer, we may well be hearing from him again very soon, and in the meantime go watch the short, available through Facebook and Vimeo now!

Christmas Cream Of The Streams

by JORDAN KING

**Netflix - The Christmas Chronicles**

Kurt Russell as Father Christmas sells this Netflix Original straight off the bat, no further questions necessary your honour, case closed – we have found the ultimate Santa Claus! But... what if I told you that this film is more than just wish fulfilment for fans of the *Big Trouble in Little China*, *The Thing*, and *Escape From New York* star? What if I told you that this festive flick has tons of heart, a refreshing self-effacement of the Santa Claus film legacy, and a modernity that unmistakably makes this one for our generation to treasure? Well, I guess I just did.



NOW TV -

The Greatest Showman

By the time we go to print, NOW TV will have added the year's people's champion of cinema to its multitudes of movies – *The Greatest Showman*. Technically not a Christmas film I know, nevertheless this Hugh Jackman, Zac Efron, and Zendaya starring sonorous spectacle is a perfect family film to share over the festive period. A tale of love, acceptance, appreciation, and imagination in a world of cynicism and division that rings uncannily true with today, *The Greatest Showman* is a cinematic hug to keep us all warm on these bitter winter nights.

**Amazon Prime - The Christmas Do-Over**

We've all been subjected to those hideous Christmas 24 holiday films about uptight businesswoman who relocate to small towns and fall in love, yada yada yada, and whilst we laugh at their atrocity, we all hope – albeit often in vain – for a gem amidst the rubbish to burst forth and surprise us. *The Christmas Do-Over* is that film. A Christmas-centred *Groundhog Day* with charm, charisma, a surprisingly satisfying narrative arc, and an abundance of memorable quotes and characters, *The Christmas Do-Over* is unironically one of my all-time favourites. Here's hoping it'll find its way to being yours too!

Christm-ish! The 5 Best Not Quite Christmas Classics



By JORDAN KING

There are thousands of Christmas films out there, enough for every family on Earth to stick one on and for no two households to have to be watching the same thing, and that's just thinking of Hallmark's roster of mistletoeing movies. But seriously, from *It's A Wonderful Life* all the way to the very latest instalment in the once-charming and now-cursed *Nativity!* Franchise, we don't need any more films to get indecisive over sticking on at Yuletide. But we still do, don't we? For all the bona fide classics out there, there's a whole other pile of films that may not technically be Christmas films but they are sorta... Christm-ish? And for those films, there's this list. Here are five films that may not be quintessential crimbo crackers, but that nevertheless for one reason or another give us that undeniable festive feeling.

Monty Python's Life of Brian - 1979

No matter the time of year, Monty Python's satirical masterpiece *The Life of Brian* is always a top choice for a family film night, rammed to bursting with puns and petulance and all manner of side-splitting shenanigans. However, at this time of year it is that little bit more perfect, for what is Christmas if not a chance to remember the birth of our saviour, who happens to share a birthday with Jesus? Brian may well just be a very naughty boy, but ne'er has there been a more brilliantly British way to remind ourselves of the historical roots of the season. *Christm-ish rating - 7.5 out of 10 Mangers.*

Die Hard - 1988

It's set on Christmas Eve, there are Christmas references aplenty, but it is an 80s action film that is so 80s action film-ish that its very testosterone-fuelled essence transcends

holiday spirit and instead has made it a blockbuster that is worshipped all year through, dichotomising its part-macho part-festive nature to ensure it will forever be the ultimate Christmish film. *Christm-ish rating - 10 out of 10 Yippee Ki Yays.*

Harry Potter & The Philosopher's Stone - 2001

Magic, adventure, nostalgia, and some truly shocking acting saved by the most pure of hearts and souls amongst the cast and crew, *Harry Potter & The Philosopher's Stone* only very very briefly features the actual Big C itself, but the whole warm atmosphere of the film gives it that inexplicably Christmishy feeling we all know and love. Plus, ITV play it to death at Christmas every year! *Christm-ish rating - 8.5 out of 10 Trolls in the Dungeon.*

The Lion, The Witch, and The Wardrobe - 2005

THERE IS SNOW EVERYWHERE! THERE IS FATHER CHRISTMAS! THERE IS WOOLLEN OUTFITS APLENTY! THERE IS NO CHRISTMAS IN IT BUT IT IS ALL KINDS OF CHRISTMISH! *Christm-ish rating - 9 out of 10 Turkish Delights*

Frozen - 2013

The star of this film is a snowman, and it is the only Disney Classic that could be classed as Christmassy, which is mental when any and every Disney film is great Christmas viewing (except for *Saludos Amigos*, *Saludos Amigos* is bad), so thusly it earns itself an honorary place as the Christmish film we may not deserve, but the Christmish film we need until Disney get their act together and make a proper not Mickey's *Once Upon A Christmas* Christmas film. *Christm-ish rating - 8 out of 10 Frozen Fractals All Around.*

REVIEW

Peterloo

SEREN ★★ ★

by JORDAN KING

Mike Leigh may be accused of overwrought artistry with his hefty two and a half hours of film here, weighed down by speech upon speech upon speech. But the deepest sense of heaviness comes from the heart as we see a past that has a foot so undeniably planted in the present. *Peterloo* is a story that needed to be told, that of the mass-crue of peaceful protestors gathered at St. Peter's Field in 1819 by cavalrymen acting on disgustingly conceived governmental orders, and moreover, that of the working-class men and women who dared to fight back at a time where their backs were to the wall.

Though its relentless barrage of indicting images and unrelenting rhetoric can at times suffocate the cinematic quality and accessibility of the film, *Peterloo*'s purpose and passion is crystal clear. The cast are formidable and the cinematographic composition equally so, with Leigh's status as the voice of the working class in British cinema potent even if not always precise, but the deafening silence of the cinema upon the film's conclusion says it all. For as long as there remains an 'us' and a 'them', there remains a terminal illness that will continue to fester and feast on the livelihood of British society. If we don't learn from our past, we will continue to grieve in our present and fear for our future.

The Princess Switch

SEREN ★★ ★

by JORDAN KING

The *Princess Switch* follows the story of Chicagoan baker Stacy De Novo (Vanessa Hudgens) who, after receiving an invitation to the picturesque land of Belgravia for a contest, stumbles across her doppelganger Duchess Margaret Delacourt. With both yearning for a break from the lives they know, they trade places and discover how love and life can be found in the most unexpected of places.

This film is as cliché and cringeworthy as it sounds, and not in any way, shape, or form an obviously creditable work of art. I mean, at times it is barely a fully functioning film at all, with Hudgens in line for a good massage after having to carry the whole thing by herself. But... but... what *The Princess Switch* lacks in cinematic prowess it more than makes up for in warm, gooey Christmassy charm and sickly-sweet candy cane slushy romantic sentimentality. The romance is ill-founded and illogical yes, but Vanessa Hudgens sells it so well that I didn't really care. Sometimes you don't need to see a spectacular, critically acclaimed film to be reminded why you love films, sometimes all you need is that warm feeling you get from watching a silly fantasy that knows what it is and knows what it isn't. The *Princess Switch* is a true gift, even if it isn't by any means a well-wrapped or well-packaged present.

REVIEW: Ralph Breaks The Internet



SEREN

★★★★★

A five star fairytale for the social media age, *Wreck-It Ralph's* sequel is the boldest movie Disney have made since the Renaissance of the 90s... maybe even the best.

by JORDAN KING

Imagine *Ready Player One* but the product placement, pop culture references, and fantastical virtual world actually have meaning, purpose, and a palpable motivation to exist? And imagine if the characters it follows not only had depth beyond their impeccable three dimensional computer generated forms, but furthermore were involved in a narrative arc that humanised them whilst thematising coming of age in a way that makes distance and separation no longer objects of insecurity and fear but instead merely part of the evolution of many friendships as is the way of the world? And imagine if the humour was impeccable and the self-referential script nailed its identification of the tropes and iconography it was riffing on? Well, if you can imagine all of that then you're imagining *Ralph Breaks The Internet*, a film that in every conceivable way bests its predecessor and shows *Ready Player One* the error of its ways. What could have

easily been a dollar tapping exercise in gratuity and market manipulation instead manifests as a scintillating and surprising state-of-the-social-media-age piece of thought provoking cinema that seems to have its finger on the pulse of everything the internet can be, for better or for worse, and what the power it beholds can stand to represent to a generation entrenched in its labyrinthine utopia/dystopia.

And breathe.

Ralph Breaks The Internet is the biggest step in a new direction Disney have made since the beginning of the Renaissance era, a decade that began in 1989 with the release of *The Little Mermaid* and ended with 1999's *Tarzan*, revitalising the brand of the House of Mouse and propelling it towards its monolithic status in the modern era. The fact that this is a sequel makes that achievement all the more remarkable.

Having come to learn he is more

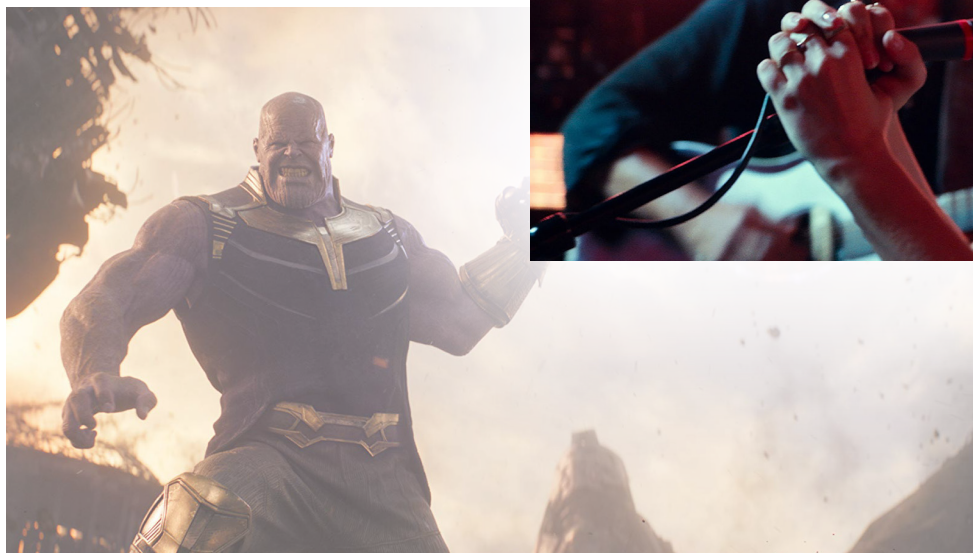
than just a bad guy in *Wreck-It Ralph*, the titular unlikely hero and his best friend Venelope find themselves six years down the line at the start of *Ralph Breaks The Internet*, indulging in the same old routine night by night whilst the arcade is closed - for Ralph it is heaven, but for feisty Venelope, it is a comfortable hell. When the magical 'WiFi' is installed in the arcade however, an unfortunate mishap with the steering wheel for *Sugar Rush Speedway* - Venelope's game - sees the pair thrust into the bright lights and dark recesses of the internet, imagined here as a vast metropolis that makes *The Emoji Movie* look the equivalent of a dial-up connection personified, lethargic and inane. As the pair scramble to make the money back that they owe for the replacement steering wheel, Ralph finds himself confronted with the reality of his insecurities as he tries to make it big on Buzztube whilst Venelope discovers the freedom she has longed for in dangerous online game *Slaughter Race*, befriending Gal Gadot's Shank as well as

every last one of Disney's princesses (which is just as iconic and incredible as it sounds). Without giving too much away, the story as it unfolds becomes a tender analysis of the toxicity of suffocating and dependent friendships, and the vital necessity for us all to pursue our dreams without having to fear change. And it is a beautifully evoked story at that.

Come for the pop culture and the internet wonderland, stay for the way it makes you re-evaluate everything you thought you knew about it and about the ever-changing force that is friendship... and then stay through the credits too, because you'll regret it if you don't. *Ralph Breaks The Internet* is a complete home-run for Disney, showing a studio at the peak of their creative powers who aren't afraid to play with the shadows cast by their own legacy, and eagerly are stepping into the present day to craft modern fairytales with as much heart and humour as any classic of old.

FILM

SEREN Top 10 Films 2018



by JORDAN KING

1) *A Star Is Born*

Bradley Cooper's directorial debut, *A Star Is Born*, is staggering. Not only does he take a story that has been told three times before and is embedded in the very DNA of Hollywood and make it his own, but he makes it more powerful and resonant than ever before. Following the rise of young singer-songwriter Ally (Stephanie Germanotta), the fall of country-rocker legend Jackson Maine (Cooper), and the caustic yet hubristically beautiful intersection of the lives of the two, this film shows us the best and the worst that love can be in the most sensitive and yet bold way possible. Quite frankly there has been no film quite like it in the 21st century.

2) *Thunder Road*

Thunder Road is a film that makes you laugh, cry, and believe in the immense power of cinema and the boundaries that can be broken by a filmmaker with the courage to believe. This is a fantastic melancomedy that explores the nature of grief and familial struggles through the utterly unforgettable eyes of Officer Jim Arnaud (writer/director/star Jim Cummings), a man whose mother's passing sees his whole world come crashing down before his feet as he tries to raise his daughter. *Thunder Road* is already a remarkable film, but in the knowledge of its shoestring budget and entirely independent production, it is elevated to the realms of

genuine and inspiring genius.

3) *Mission Impossible: Fallout*

The best action film since *Die Hard*, *Mission Impossible: Fallout* is a tour-de-force of pure adrenaline. Six entries into the franchise, you would be forgiven for expecting something passable at best, but the MI series continues to defy expectations and go bigger and better with every new entry. With 30,000ft HALO jumps, aerial dogfights in mountain ranges, high-speed motorbike chases through heavy traffic on the streets of Paris, ALL DONE FOR REAL, and an intense psychological evaluation of the morality of Ethan Hunt and his Impossible Mission Force, you finish this breathless work of blockbuster bombast with a feeling that the title is ill-founded, because now more than ever you are left in the belief that anything is possible.

4) *Avengers Infinity War*

When I reviewed *Avengers Infinity War* earlier this year, I summated this behemoth culmination of ten years of world-building and pawn-placing's game-changing impact in just three words, and though I've espoused countless more in the months since, I think those same three will suffice here. Unprecedented. Unparalleled. Unbelievable.

5) *Mandy*

With Panos Cosmatos' trippy, heavy metal, heart wrenching hellraiser *Mandy*, not only did a visionary director find his place in the mainstream,

but icon Nic Cage came back to give one of the defining performances of his career. A story of love, loss, and the all too literal hell one must go through to find peace, *Mandy* is a visionary work of cinematic beauty and thematic complexity that really has to be seen to be truly believed. Johan Johansson's apocalyptic, seismic score seems to rap at the doors of hell itself, but the film is nothing short of pure divinity.

6) *BlackKkKlansman*

BlackKkKlansman, Spike Lee's scathing, supremely stylish adaptation of the memoirs of ex-police officer Ron Stallworth took the film world by storm this year. For those unaware, Stallworth – a black Colorado Springs cop – infiltrated the Ku Klux Klan with the help of a white colleague, spending several months duping them into believing he was a white supremacist whilst gathering crucial intel on the Klan. It sounds crazy I know, but there is as they say nothing crazier than the truth. The film's intelligent symmetrical comparisons with Trump-era America are indicting in the extreme, and thematically Lee manages to harness humour and social horror to thrilling effect. The crushing ending will stay with me for a long time.

7) *Coco*

The year started with a gently devastating and equally life-affirming turn from Pixar, the gorgeously animated *Coco*. Following the travails of young would-be musician Miguel and his

faithful dog Dante through the Land of the Remembered, this Mexican inspired adventure functions both as a poignant rumination on death and an emphatic celebration of life, love, and the restorative and healing powers of music. Boasting an Oscar-winning lead track in the simple yet sublime *Remember Me*, an ode to the unbreakable bond between a father and his daughter, *Coco* makes a mark on the mind and the heart that is surely unforgettable.

8) *The Shape of Water*

Set amidst the space race and civil rights tensions in 60s Baltimore, Guillermo Del Toro's *The Shape of Water* tells a beautiful story of the connection formed and love found between mute outcast Eliza and an amphibian man trapped at the testing facility in which she cleans. With Michael Shannon throwing up complications in the form of the monstrous misogynist Richard Strickland and a myriad of social commentaries handled tenderly along the way, this sci-fi fantasy was a truly singular work of cinema. Through a mesmeric score and rich palette and cinematographic composition, alongside an ensemble cast each giving award-worthy performances, Del Toro's poetic and lyrical work steeped in cinematic and folkloric tradition deservedly swept up at the Oscars.

9) *Widows*

Steve McQueen's *Widows* is one of the best thrillers that has been re-

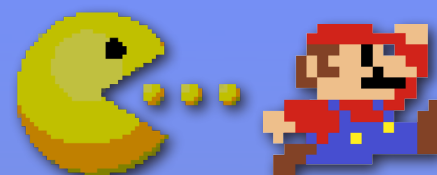
leased in years. Following a group of strong, complex women, fighting for their identities and for what is theirs in a man's world whilst pulling off an audacious heist, it is near perfect and far and away the most labyrinthine tale 2018's cinema has to offer. *Widows* is a balletic work of art, a dance of narrative and visual imagery, that is performed incredibly to an orchestra of motion and music that has found itself synchronised effortlessly to evoke emotion effusively. And it's still in cinemas now. You have time!

10) *First Man*

Damien Chazelle, coming off the back of the insularly intense *Whiplash* and the caustically colourful *La La Land*, changed approach and tone for his third feature, *First Man*. Following Neil Armstrong and the path to the 1969 moon landing, the film dazzles in its evocation of the great beyond and impresses with its remarkable recreation of the Apollo crew's training and flight. Where the film truly excels though is in its emotional depth and profundity, its peeling back of the layers of Armstrong's emotional armour to carve a figure of a great man and a flawed father. The denouement of *First Man* coalesces the space-bound awe and emotional tumult the film offers in one of the shots of the year, solidifying its place in the top ten of the year.

SEREN
PRESENTS

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REVIEW: Netflix's DOGS



by CIARAN GRIFFITHS

If you're a fan of good boys and fluffy friends this 'documentary' is for you. The 6-episode mini-series explores a different dog, or group of dogs each episode, from Rory the medical alert dog, to Max, a former stray living in a huge dog sanctuary in Costa Rica. It tugs on the heart strings and within 2 minutes of the first episode, my flatmate was already welling up, so make sure you've got tissues on hand before watching.

The documentaries cinematography is superb, utilising the whole range of locations that the series features. Mostly though, it's slow panning shots of the dogs shot in close detail which is never a bad thing.

Yet, while the dogs are the main focus of the documentary, the show also explores groups of people often ignored throughout other media. This is more than a documentary about dogs, the show explores sects of people often ignored, using dogs as the door into their lives. It covers a whole host of topics, including a young American girl who suffers from severe seizures, a Syrian student now living in Germany who desperately wants

to rescue his dog from Damascus, and a group of professional Japanese dog groomers who travel to the U.S to compete in a competition.

Each episode is unique and focuses on different forms of human/dog relationships. It's an interesting examination of an animal most people see as simply being a pet, showing the animals as not only good companions but essential to the lives and careers of some people.

The first three episodes are definitely the best, improving as the series goes on until episode 3, which is the high point for the whole series. The latter half of the series is, in my opinion not as strong as the first, but it's still excellent television.

Special mention has to go to episode 2, which focuses on the attempts of Ayham, a Syrian student who fled to Germany, as he tries to reunite with his dog Zeus, still trapped in Damascus. This episode offers a real look into the lives of both Syrian refugees and those still in Syria. It does an excellent job exploring the actual lives of Syrians, staying away from any sort of political statements, sticking instead to the personal experiences of those involved in getting Zeus to Germany. There's some sobering moments that

show the experience of Ayham and his friends, including a particularly bleak moment when Ayham explains his experience as a refugee saying, 'As they judge you, you find new ways to hate yourself'.

Episode 3 focuses on San Giovanni, a fishing village on Lake Como and the family of Alessandro, a restaurant owner and fisherman. Every morning, Alessandro and his golden Labrador called Ice go out onto the lake to fish for the restaurant. It's a fascinating look into the impact even a small amount of fishing can have on a lake, as a local biologist attempts to repopulate the lake. It also explores life in a village of 50 people as the young people seek better jobs and lives outside of the village leaving its future in question.

My only criticism is that the show would've benefited with a final, follow up episode, telling us how the dogs and people were more recently, but this is a pretty small complaint.

By looking at Dogs, this documentary humanises people in a way few shows or new reports have managed before and it's a truly excellent example of Netflix's original productions. A heart-warming watch for this upcoming 'pawmas'.

How To Make A Christmas Advert



by CIARAN GRIFFITHS

At Christmas, it's a magical time of year filled with happiness, joy, gift giving, a big bearded old man and rampant capitalism. Ever since 1958 when the Coca-Cola company launched its first TV advert, the festive advert has become a staple of the winter period. One look at twitter reveals just how emotional invested some people can be in the adverts, eagerly awaiting the newest iteration of the John Lewis festive tear jerker, or alternatively frothing at the mouth if it's not up to the public's very high standards. But what makes a great Christmas advert?

Setting

The setting for any Christmas advert has to be suitably festive, think snow, trees, and a lot of warm lighting. Despite Britain rarely having a white Christmas, adverts insist on showing Christmas as a snowy paradise, something which must be false advertising, quick somebody call OFCOM! A perfect example of the typical setting used in Christmas adverts is the classic Coca-Cola: Holidays are Coming advert featuring snow pine trees.

Pulls on the heart strings,

If A Christmas advert doesn't leave you sobbing in front of the tv then it's doing something wrong. There's definitely a trend now for companies to try to pull on the old heart strings with their festive offerings, relying on old couples or young children to get those tear ducts going. There's almost too many emotional adverts to choose from but I'm giving this one to Sainsbury's 2014 Christmas Truce advert. This advert is a great way of drawing attention to a real historical event while sticking to a festive theme.

A good backing track

Music is one of the great components of Christmas in general, but any good Christmas advert needs a good backing track. It doesn't even have to be a Christmas song, just has to get the foot tapping and it's good. Look at this year's John Lewis advert featuring Elton John through the years all backed by 'Your Song', not a particularly festive advert but a good one.

A message

While most Christmas adverts simply aim to get you to visit their shops, or maybe just get you in the festive mood, others occasionally have a deeper message. Knowing how many people watch festive TV, companies sometimes try to pass on a more political message during the holiday period. Almost everyone has seen Iceland's advert this year which featured an orangutan fleeing his home due to deforestation by palm oil companies. This message was an extremely effective one, with the advert quickly going viral. While it might not be the most festive advert out there, it's a worthwhile message that draws attention to a very serious issue.

A cute animal/mascot

There's been a trend the last few years in Christmas adverts, one that I, and most people are in favour of. Namely, the sudden surge of small, cute animals featuring in Christmas advert. John Lewis did it best with Monty the Penguin in their 2014 advert campaign featuring the Monty, who was best friends with a young boy. The advert gathered over 10 million views on YouTube so apparently people love cute fluffy animals, who knew!

Student Picks: Christmas Edition



by CIARAN GRIFFITHS

Christmas is a time for family & friends, and I'm not denying that. But once the food coma hits, and the arguments over monopoly begin, you might want twenty minutes on your own just to recharge the batteries. What better way to do that than with an episode of one of your favourite shows, with a festive twist. Most shows have a Christmas episode and there's a whole sleigh full of good ones to pick from. But if you do need a hand picking a Christmas treat then your friendly Seren TV editor has the perfect gift for you; a list of 4 of my favourite festive

episodes:

The Office: Season 2, Ep.10

The U.S Office doesn't offer the most joy filled Christmas episodes, but this early offering is a great one. Exploring the materialistic side of the holiday as the office's secret Santa turns into a chaotic 'Yankee Swap', as everyone selfishly tries to get the Ipod (it's the early 2000s) that Michael bought for Ryan. All while the usual Jim and Pam flirtations happen alongside this hectic scene.

Community: Season 2, Ep.11

Ah Community, this show never

did get enough attention despite producing some amazing TV over it's 6 years. But it doesn't get any better than Abed's Uncontrollable Christmas. The traditional multi-cam sitcom teeters on the absurd as it switches to stop-motion animation, as Abed and the community college study group attempts to rediscover the meaning of Christmas. While the episode features some hilarious dialogue, catchy tunes and some admirable animation, at its heart lies a more emotional message, I won't spoil it as it's worth watching the episode, but if you're having less of a jolly time this Christmas and in need of some perspective, this one is

the show for you.

Castle: S5, Ep.9

I have a bit of a soft spot for Nathan Fillion ever since Firefly, and Castle is an easy watch so this is perfect holiday viewing. Most seasons of Castle have a Christmas episode, but my personal favourite is in series 5 when a man dressed as Santa Claus drops from the sky in central park, leading Castle and Beckett to begin the hunt for the man who killed Kris Kringle.

Blackadder's Christmas Carol

While Blackadder is the oldest entry on this list, it still hasn't lost its charm

and if you've managed to miss this British classic, then stop what you're doing and go watch it. It's Christmas special in 1998 might be the best episode, so this is the perfect place to start. Set in Victorian England and featuring the nicest member of the Blackadder family; Ebenezer. This parody of A Christmas Carol turns the formula on its head, with Ebenezer slowly becoming more and more miserly as the ghosts visit him. More Blackadder is never a bad thing and a bit of dark British humour might be what you need over the coming holidays.

News From The Small Screen



by CIARAN GRIFFITHS

Netflix vs Temple of Satan case settled

Seren's October issue included the original story about the Satanic Temple suing Netflix and Warner Bros for a copyright infringement of the Temple's Baphomet statue used in the streaming platform's new show Sabrina. This story now has a resolution, with all parties settling out of court for an undisclosed sum, while also requiring Netflix to acknowledge copied elements of the Baphomet statue in the credits of the episodes already filmed.

The Temple's leader Lucien Greaves issued a statement condemning the hate mail the organisation received from fans of Sabrina, while also criticising the media's coverage of the lawsuit.

BBC One's Dracula finds its lead

Sherlock Producer's Steven Moffat and Mark Gatiss' next project was unveiled all the way back in 2017 but the show has now found its lead. Claes Bang, who not only has an amazing name but an impressive filmography, starring in shows such as The Girl in The Spider's Web, The Affair and Borgen.

The Danish actor is a perfect fit for Bram Stoker's infamous Vampire, and Moffat agrees saying "It was one of those moments - who else could it be than Claes! He has it all. Brilliant, gorgeous, charismatic, lethal. Tall, dark and gruesome all at once. Hell has a new boss."

The show will be a period piece, set in the 1800s, not straying far from the original novel but other than that details are thin, watch this space for any incoming news on the show.

Netflix announces plans to adapt Roald Dahl Stories

The streaming giant Netflix has announced plans to adapt Best-selling children's author Roald Dahl's books into several animated shorts. These shorts will be individual episodes, all part of a bigger animated event series.

The series will see fan favourites Matilda, Charlie and the Chocolate Factory and the BFG all brought to the small screen as well as several lesser known Roald Dahl characters. Netflix has some big shoes to fill, with the children's author estimated to have sold more than 200 million books worldwide.

Yet the titan of streaming seems excited for this opportunity. Melissa Cobb, a spokesperson for Netflix, said: "We have great creative ambition to reimagine the journeys of so many treasured Dahl characters in fresh, contemporary ways with the highest quality animation and production values."

Production for the animated series is set to start in 2019, meaning that it will be some time before the stories appear on our screens.



by CIARAN GRIFFITHS

Christmas TV has become a highlight for the festive season, an essential ritual post-Christmas dinner as you sit in a food induced coma on the sofa. But how do you know what to watch? Seren is here to provide you with a small guide to the Christmas TV schedule, this isn't a complete guide but it should give you a good idea of what's been announced so far. Timings haven't been announced yet so keep an eye out for those further into December.

The BBC has a drama intensive line up this December, alongside the traditional festive offerings. Fans of gritty crime drama will be pleased to see that Idris Elba's Luther is returning for his 5th season on BBC One this Christmas, alongside new recruit D.C Catherine Halliday (Wunmi Mosaku).

BBC One is also showing another crime mystery, the ABC murders, the newest adaptation of an Agatha Christie novel, starring John Malkovich as Poirot as he attempts to stop the ABC killer who travels by train across Britain, murdering as he goes. The adaptation will also star Rupert Grint as Inspector Crome, Andrew Buchan as Franklin Clarke, and Tara Fitzgerald as Lady Hermione Clarke.

Fans of the hugely successful stage show and film Les Miserable will

be happy to hear that BBC One is showing the newest adaption of Victor Hugo's 19th century classic. The star studded cast includes Dominic West, Lily Collins and Olivia Colman.

Doctor Who is breaking from tradition and rather than showing its Christmas special on the 25th, it will feature on New Year's day. It's business as usual however as the Doctor and her companions attempt to save the earth from an ancient evil force that promises destruction.

While over on Channel 4, The Great British Bake Off returns with a selection of fan favourites from previous series coming back to the big white tent for two special episodes.

There's no news yet on exactly which former contestants are returning but more bake off is never a bad thing regardless of who's returning. Although maybe a program about food isn't what you'll want to watch after a filling Christmas dinner.

ITV has a fairly empty schedule so far, with only two programmes announced so far. These include Paul O'Grady's For the Love of Dogs Christmas Special, and Torville & Dean, the story of how the famous ice skating duo became the famous pairing that went onto win gold in the 1984 winter Olympics. Although more programmes are to be announced, so keep your eyes peeled.

Want to write for this section?

Email: tv@seren.bangor.ac.uk

MUSIC

REVIEW: BU Jazz Band At The Menai



SEREN

by VICKY WILKES

Bangor University's Jazz Band performed at The Menai on the evening of Friday 30th November. The performance commenced at 8:30pm to a large, bustling audience. The band's energetic opener served to add to the electric atmosphere and the night was off to a fantastic start! The ensemble was composed of around 15 members, including vocalists,

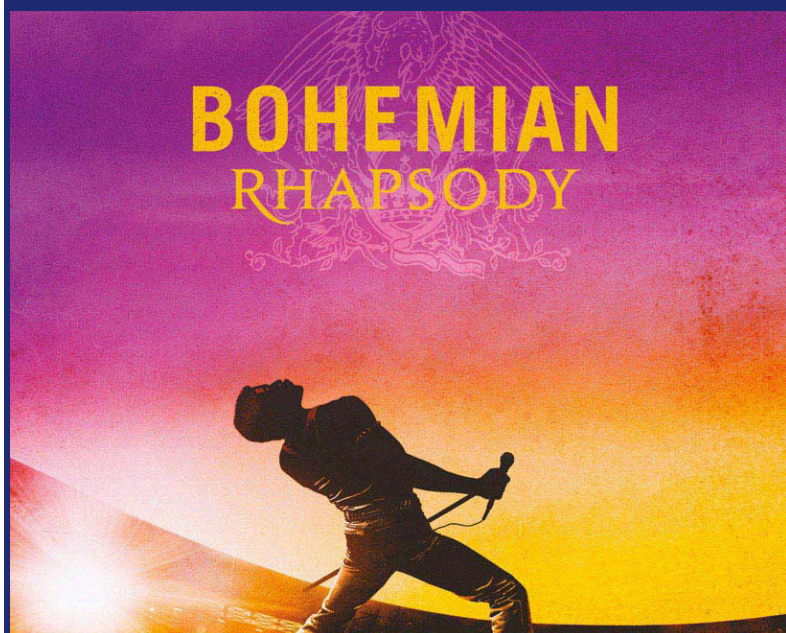
who all contributed a high level of enthusiasm which added to the lively nature of the evening. The performance encompassed a range of songs from the subdued 'Moondance' and 'Come Fly With Me' to the upbeat 'New York New York'. After a short interlude, the second half was off to another excellent start! Again, the songs moved between lively and upbeat to more mellow numbers, which got some members of the audience on their feet dancing along.



Alongside their professional approach to the evening, the band also featured a fun and unexpected rendition of 'The Bad Touch' by Bloodhound Gang, 'Mos Eisley Cantina' from Star Wars and 'Tequila' by The Champs. These were shortly followed by the 'The Rocky Theme' which also served to be a fan favourite. Overall, the performance showcased the band's professionalism and musical talent. Make sure to check out their Facebook and Instagram accounts!



REVIEW: Featured Soundtracks



by VICKY WILKES

Bohemian Rhapsody: The Original Soundtrack produced by Brian May and Roger Taylor, released on 19th October, accompanies the much-acclaimed biographical film of the same name. The soundtrack commences with the '20th Century Fox Fanfare' which has been refashioned into a Brian May 'God Save the Queen' showcase. Music from the film features an amalgamation of voices and 'most singing scenes in the movie rely on either vocal stem from Queen master tapes or new recordings from Marc Martel, a Canadian rock singer whose voice is practically identical to the late front man's' (Rolling Stone Magazine). The album features a compilation of original versions of Queen's greatest hits including 'Somebody to Love' and 'Another One Bites The Dust'. Alongside this, there is also a revisited version of 'Don't Stop Me Now' which features

newly recorded guitar parts from Brian May. Similarly, 'We Will Rock You Movie Mix' begins in the studio version and then blends in a live version of the track for the purposes of the movie to include audience participation. The soundtrack also features five tracks from Queen's Live Aid performance in 1985, made available for the first time, which includes 'Bohemian Rhapsody' and 'Radio Gaga'. Audiences are also reminded of Freddie Mercury's vocal talent in 'Ay Oh - Live Aid', from the live performance in 1985 and serves to remind us of the front man's relationship with adoring fans in the faithful recreation of the band's Live Aid performance. Overall, the soundtrack features both Queen classics and rare live tracks which serves to please both casual and obsessive fans showing us that the show definitely does go on.



Following the huge success of 'The Greatest Showman' last year, the song's we know, and love are back with the 'Greatest Showman Reimagined' album. As the title suggests, the album features the reworked renditions of the tracks following the huge amounts of covers the original soundtrack received on social media upon its release in 2017. Admittedly, I was a little sceptical that the reimagined tracks would not do the originals justice. However, in reimagining the tracks, listeners are introduced to an energetic, new take on what is arguably already understood to be 'classics'. The album opens with Panic! At The Disco's version of 'The Greatest Show' which takes a rock approach to the track which still remains faithful to the original. Arguably the most successful track from the original soundtrack is 'This Is Me' originally performed by Keala Settle. In the 2018 album, the track

features additional voices Kesha and Missy Elliot. Missy Elliot's bars add an additional thoughtfulness to the track before we're reminded of Settle's empowering chorus featuring the lines "Look out cause here I come / And they're marching on the beat I drum". My favourite track from the original soundtrack is 'From Now On' performed by Hugh Jackman; reimagined in the 2018 album by Zac Brown Band, it is still my favourite track. The country band's guitar accompaniment serves to add to energetic and lively nature of the song as does Zac Brown's vocals. The track remains authentic to the feel of the original while adding an energetic country style. Pop titans P!nk, Years & Years and Craig David also feature on the album and serve to highlight how all tracks on the album could be released as stand-alone single's in addition to how well they complement each other to form a cohesive album.

Driving Home For Christmas Playlist:

'Do They Know It's Christmas?' (1984 Version) by Band Aid

This song has to be number one on my playlist, it almost makes me as excited as Smithy for Christmas. I'll definitely be re-watching the Gavin and Stacey Christmas Special very soon.

'All I Want for Christmas Is You' by Mariah Carey

Mariah's vocally diverse intro followed by sleigh bells makes me feel positively festive.

'Fairytale of New York' by The Pogues (feat. Kirsty MacColl)

I'd certainly argue that this is a fan favourite and the subject of many karaoke duets throughout the festive season.

'Mary Did You Know?' by Pentatonix

This acapella track is both thoughtful and powerful and a fresh and upbeat take on a classic.

'A Spaceman Came Travelling' by Chris de Burgh

Chris de Burgh's track was not a chart topper upon its initial release, however, I'd argue it's a fan favourite today featuring on Christmas Compilation albums and getting audiences singing along.



Photos by Charlotte Thomson

REVIEW: Lost Like Alice At Cove

SEREN

★★★★★

by CHARLOTTE THOMSON

Lost Like Alice, a project from local lad Ben Parker, was birthed from Ben's love for the blues and poetic lyrics. He has performed in various locations around the UK, but made his Cove debut on the 22nd November. Lost Like Alice's rich vocals and mesmerizing guitar rhythms cou-

pled with the chilled vibes of Cove created the perfect Thursday evening entertainment. Cove Pop Up Bar and Rum Shack may be the new kid on the block, but has already established itself as the ideal student venue for a fun-filled night. It can now add live music to its ever-growing list of achievements; listening to great artists sipping on a bucket full of Carib-

bean Punch was a well recommended mid-week pick up. Among the musical highlights was an acoustic version of Lost Like Alice's collaborative track with DJ Ryan M Hughes, 'Innocent'. Although it was a really stripped back version of the original track, it still contained the same energy and was a personal favourite of mine.

Although, having said this, 'Crooked Lines' from the latest EP '20' is a true testimony to how talented Ben is as an artist. I hadn't heard this track before attending the gig, but it has quickly become a firm favourite of mine. The track has a really raw, acoustic sound, guided by these heartfelt lyrics, but it still contains a gritty and exciting undertone. For those seeing Lost Like

Alice for the first time, this is definitely a song that sticks with you and makes you hungry for more. Lost Like Alice will be returning to Cove on the 6th December at 9:00pm, so if you have the evening free, grab your mates and get yourself down there. Guaranteed to be tasty music with even tastier fishbowls.

REVIEW: New Single

by VICKY WILKES



★★★★★

Movement - Hozier

Indie rock artist Hozier released his debut EP in 2013 which featured the track 'Take Me Church'. His latest single 'Movement' is reminiscent of his earlier blues-gospel pop. Much like this earlier style, the track again revolves around finding solace in a lover and is a vulnerable account of a relationship. The honest lyrics are accompanied by emotive instrumental accompaniment, which serve to give the lyrics a raw simplistic quality.

Want to write for the Music section?
Contact: music@seren.bangor.ac.uk

REVIEW: Featured Albums

by VICKY WILKES



★★★

This Christmas Day - Jessie J

A festive fan favourite featuring jazzy covers of seasonal classics! Jessie J's first Christmas album, released on 26th October, features well-known festive tracks such as opening track 'Santa Claus Is Comin' to Town', 'Rockin' Around the Christmas Tree' and 'Let It Snow'. The tracks follow a Jazz-like theme and have a powerful brass accompaniment, especially in 'Santa Claus Is Comin' to Town'. The album highlights Jessie J's powerful, vibrato style vocals and features original song 'The Christmas Day'. The album had a clearly, defined, powerful and soulful theme alongside the soft and mellow take on 'Silent Night'. However, it's unclear if it will be able to overtake the likes of Michael Bublé's sensational Christmas compilations.



★★★

Phoenix - Rita Ora

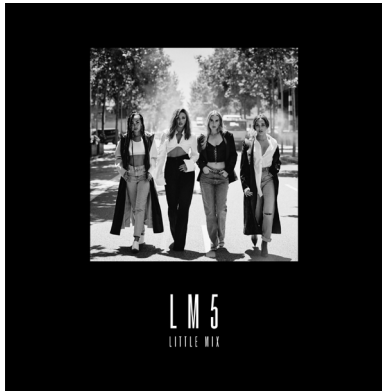
Phoenix is Rita Ora's second studio album and was released back on 23rd November. The album has a confident and positive feel, opening with the hit single 'Anywhere', which has already achieved massive success, much like 'Let Me Love Me' and Avicii's 'Lonely Together' (feat. Rita Ora). The seven years between this and her debut album were tough for the singer, and the confident nature of the album is tribute to Ora wanting her fans to know "[deserving] to know exactly how [I] feel". The singer describes final song on the album, 'Soul Survivor', as the most honest she had been to herself, let alone her fans with the lyrics "I'm a soul survivor, I made it through the fire". Overall, the album is honest and inspiring - Phoenix is definitely a nod to rebirth.



★★★★

Delta - Mumford and Sons

Released on 16th November 2018, Delta is Mumford and Son's fourth studio album. The album is faithful to the recognisable Mumford sound, which was altered in 'Wilder Mind' (2015) when the band opted for a more electric sound. The album is an eclectic mix of the group's musical and instrumental talent. Despite this, the track 'Woman' has a layered sound and makes use of electric influences while still maintaining their style. '42', 'Guiding Light' and 'Beloved', however, showcase the classic Mumford and Son's harmonies and banjo riffs meanwhile 'Wild Heart' is raw and stripped back, highlighting the beauty in simplicity.



★★

LM5 - Little Mix

Well known for their chart-topping singles, girl group Little Mix have released their fifth studio album after achieving success by becoming the first group to win The X Factor back in 2011. Their album is a celebration of womanhood and presents the four-piece as fierce independent females. Their fierceness, alongside their silky harmonies are highlighted in the opening track on LM5 with 'The National Anthem'. This is closely followed by 'Woman Like Me' (feat. Nicki Minaj) and 'Think About Us' which both tie in to the album's definite theme of female empowerment. However, tracks such as 'Monster In Me' greater showcase the groups talent as it is an honest and vulnerable track which is both emotive and reflective.

BOOKS

Publishing House For Students Calls For Submissions



by BETH SMITH

Bangor University's aspiring authors are wanted for their book submissions. Salad Pages launched in August this

year to help authors, within the age range of 22 and under, who may find it difficult to have a book accepted by a publisher due to lack of experience.

The publishing house is now calling for manuscripts from Bangor Univer-

sity students.

Salad Pages is the child of husband and wife duo Matt and Claire Napoli, who have a desire to make the process of publishing a book a positive experience. Claire has worked in publishing for more than a decade, and Matt is the Commercial Director who has background in the legal world.

Claire, 33, Publishing Director of Salad Pages, said: "We know only too well university students have amazing book ideas and very often will have committed their thought-provoking concepts to the page.

"However, we know from experience how difficult it is for young authors to get noticed. We set up Salad Pages to celebrate the amazing, talented young authors out there.

"After all, if you look at some of the

most successful authors, like Stephen King and Danielle Steel, they started writing when they were 22 and under.

"We care about our authors and we really enjoy what we do, which shows in our work. Publishing with Salad Pages is exciting and there is nothing better than encouraging new talent.

"We want to see young writers given the prominence they deserve. This is a new age of books."

When Salad Pages accept a submission from a writer, they will be personally mentored and given all the support and expertise they need to get their book published.

However, once authors exceed the age limit, they will be invited to become mentors to other budding writers and encourage the next generation of talented authors.

Claire said: "Salad Pages really is

championing the young writer.

"We will support them right the way through, from developing their manuscript to publishing, sales and marketing.

"Our authors are our stars and we put them right at the heart of the whole publishing process.

"It really is an exciting time for writers. Everybody has a

thrilling story to tell and we want to read as many as possible from Bangor University, especially as it holds a special place in our hearts.

"We know there is a wealth of talent at Bangor so get in touch. We'd really love to hear from you."

Budding authors can partake in this exciting opportunity by contacting Salad Pages via their website at www.saladpages.com

Netflix To Read Next

by NIAMH O'CONNELL

'The Christmas Prince' and 'My True Love Gave to Me: Twelve Holiday Romances' Edited by Stephanie Perkins

If your Netflix history shows a selection of the original Christmas movies this month, including 'A Christmas Prince', then your next read should be 'My True Love Gave to Me: Twelve Holiday Romances'. Edited by Stephanie Perkins, this book is an anthology of different holiday romances for whatever you celebrate; Christmas, Hanukkah or the winter solstice. Written by twelve of the bestselling Young Adult authors, 'My True Love Gave to Me' is a treat for everyone, especially fans of the festive season.

Other Suggestions:

'What Light' by Jay Asher, 'Let it Snow' by John Green, Maurene Johnson, and Lauren Miracle.

'Chilling Adventures of Sabrina' and 'The Night Circus' by Erin Morgenstern

A reboot of the much loved 90's sitcom 'Sabrina the Teenage Witch', 'Chilling Adventures of Sabrina' provides a new creepy twist. If you find this premise enticing, a book that has a similar feel is 'The Night Circus' by Erin Morgenstern. Set in the twilight years of Victorian England, 'The Night Circus' explains the story of the Circe de Reves. The story is fuelled by the competition between lovers Celia and Marco, a game that tumbles with fates of everyone at the circus. With its haunting and seductive narrative, fans of Sabrina will enjoy this unique love story.

Other Suggestions:

'The Raven Boys' by Maggie Stiefvater

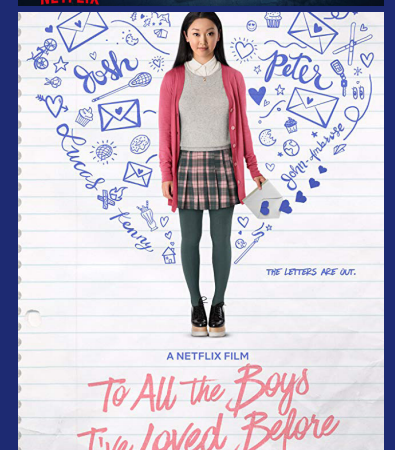
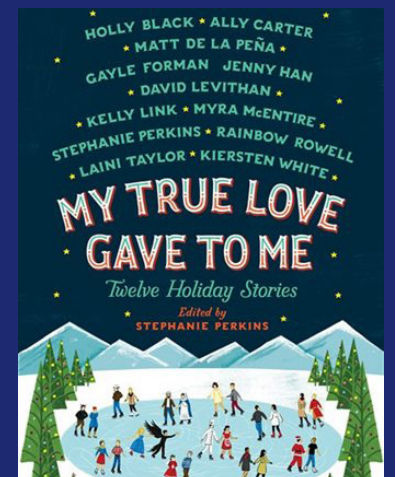
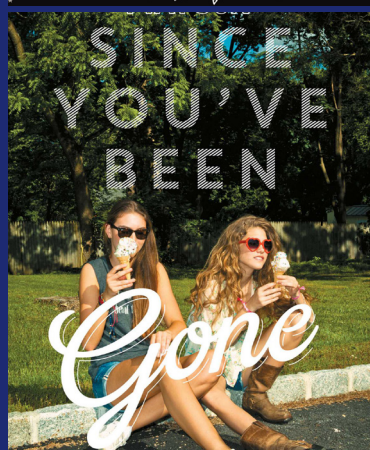
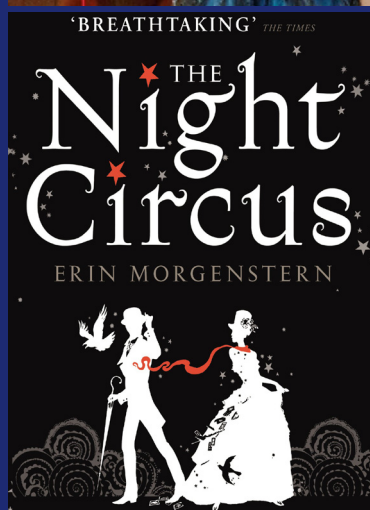
'The Vanishing Act' by Mette Jakobsen

'To All The Boys I've Loved Before' and 'Since You've Been Gone' by Morgan Matson

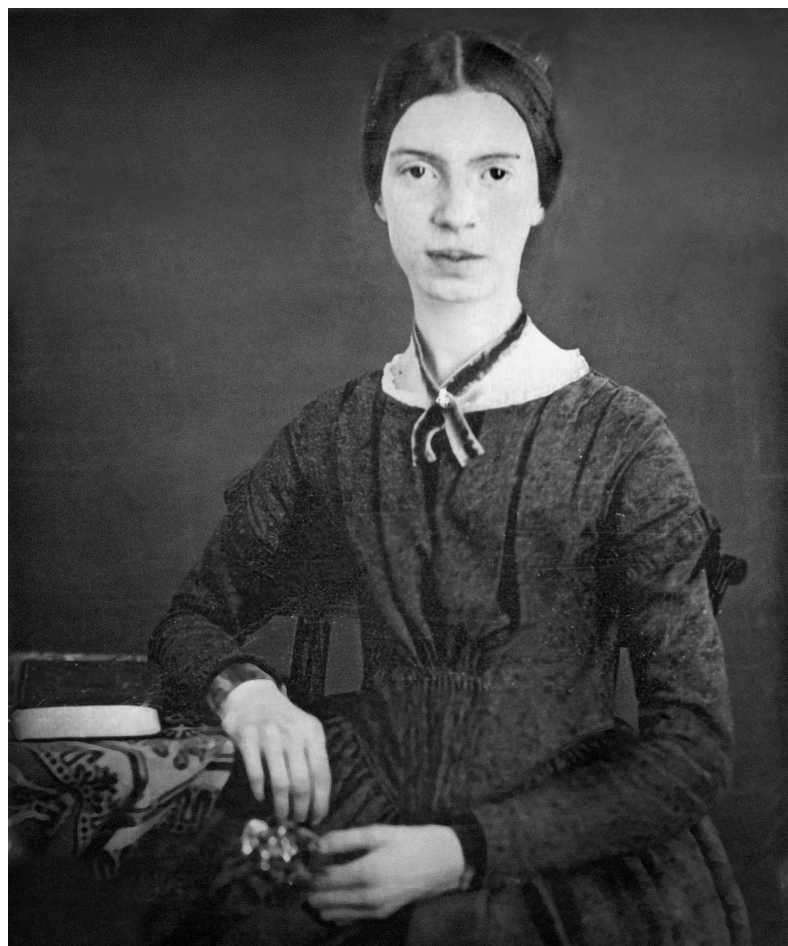
If you're a fan of Netflix's rom-com 'To All The Boys I've Loved Before' based on the novel of the same name, another young adult romance for you to read is 'Since You've Been Gone' by Morgan Matson. After her best friend Sloane vanishes, Emily is left a to-do list for the summer. Thirteen tasks Emily would never have thought to have done and with the help of new friends (and a very cute Frank Porter), Emily is set for a very unexpected summer. With its light and summery feel, 'Since You've Been Gone' is your next read if you liked the Netflix adaptation.

Other Suggestions:

'I Believe In A Thing Called Love' By Maurene Goo and 'When Dimple Met Rishi' by Sandhya Menon



Happy Birthday: Emily Dickinson



"If I read a book and it makes my whole body so cold no fire can warm me, I know that is poetry. If I feel physically as if the top of my head were taken off, I know that is poetry. These are the only ways I know it. Is there any other way?"

by BETH SMITH

Emily Dickinson was born on the 10th December 1830 in Amherst, Massachusetts. She left school as a teenager and lived a reclusive life on the family homestead. Here, she secretly created bundles of poetry and wrote hundreds of letters. Her sister, Lavinia, discovered Dickinson's extraordinary work which was then published after her death on May 15th 1886. She is now considered one of the greatest figures of American lit-

erature.

Dickinson's seclusion during her later years has been the object of much speculation. Scholars have thought that she suffered from conditions such as agoraphobia, depression and/or anxiety, or may have been sequestered due to her responsibilities as guardian of her sick mother. Dickinson was also treated for a painful ailment of her eyes. After the mid-1860s, she rarely left the confines of the Homestead. It was also around this time, from the late 1850s to mid-60s,

that Dickinson was most productive as a poet, creating small bundles of verse known as fascicles without any awareness on the part of her family members.

In her spare time, Dickinson studied botany and produced a vast herbarium. She also maintained correspondence with a variety of contacts. One of her friendships, with Judge Otis Phillips Lord, seems to have developed into a romance before Lord's death in 1884.

REVIEW: Shaking The Trees By Azra Tabassum

"There's a street somewhere in this city that felt us love each other so desperately that it's crying from the loss. There's a car window that has my hand print pressed against it. God, I don't care if you're silent with me. I don't care if you're moody or terrified or lost. I'm going to go right ahead and love you crazily anyway."

by BETH SMITH

Azra Tabassum is a poet I am an avid fan of and have followed on different forms of social media for many years now, especially her Tumblr blog (5000letters) which I followed in my angsty teen years.

The book itself is a poetry collection that follows a love story of a boy and a girl which isn't always easy. She shows all the ugly parts that are ever present in a relationship whilst talking about everything in between. The struggles of life are touched upon as well as teachings from the mouth of her mother.

The sheer intensity of the language within the poems really hit you hard and so does the narrative voice. She knows what she's doing. Albeit, there are some cheesy moments that do make you roll your eyes and despite the attempts for it not to be so cliché it definitely sometimes is. Azra knows what she's doing to you with her words and in a gentle way strangles you with her topics until you feel the pain in the words yourself.

However I do feel like I was expecting more from this book. Everything in it was beautiful and amazing but maybe it's me just wanting more from something so brilliant.



GAMES

Bangor Built Games: Shifter



by SINCLAIR DAVIS

Shifter, a student-made game in progress, is a mystery adventure with a sci-fi twist. Within the story, so-called 'Shifters' are capable of morphing into the forms of other people, allowing them to move undetected through the game world. The player character has just lost their father and, with his death, the answers to their fast emerging power. The gameplay revolves around this ability to transform, and a strong central plot.

The game is an early prototype, by Aneka Dinham, 19, from Wolverhampton. She is a second year student in Game Design here at Bangor.

She also happens to be a mentor, my mentor, in fact. But I assure you that I do not fear her fierce executive powers when writing this showcase. The game's development began in September, but will outlive the module which spawned it, potentially continuing to grow within the game development course in her third year.

'I enjoy it,' said Dinham. 'But it can be frustrating when something won't work.'

In current gameplay, the player uses their ability to shift in order to move undetected through a prison, seeking an inmate with clues to their newfound abilities. There is an admittedly somewhat odd twist to combat, in which the player 'fires' speech at en-

emies to convince them of the player's false identity. Enemies that have been convinced (that is to say, 'shot' with speech bubbles) are pacified and disappear. Similarly, the shifting mechanics can be somewhat sudden and confusing, but it is worth remembering that this is a very early prototype. The satisfaction of the game mostly comes from uncovering clues hidden around the map, shining some light on the story.

The concept of the game was pre-existing project for Dinham. She had already been writing a book pivoting around the Shifters when she decided to also transform it into a game form, although she emphasises that the two versions are 'very different.' As for the

original idea, Dinham says it could have come from anywhere:

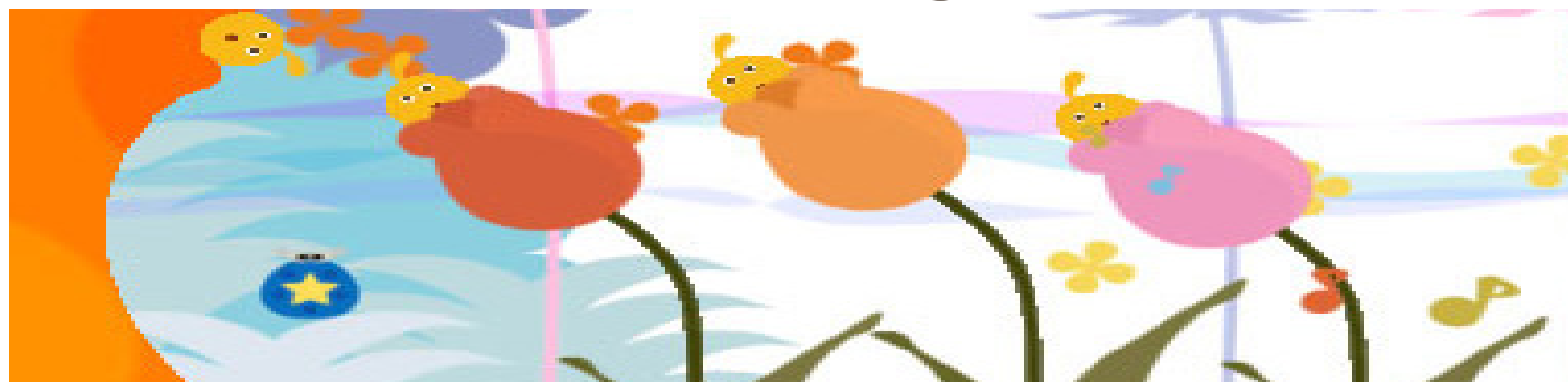
'I have a whole word document of ideas I think up. I could have thought of the original idea when I was 15.'

Certainly, she's not short on ideas for the development of her game. All of the current graphics are placeholders, and she hopes to eventually make use of a three-dimensional, realistic style. Her focus is mostly on the unraveling of the story, and the mystery elements of the game. She intends to elaborate the current game into the scenes and sets of a longer narrative, while spicing locations with clues and cutscenes. Dinham's story will be linear, but will also hide secret missions and bonus narrative, on the world of

the Shifters, throughout for the attentive player.

Shifter was present at a playtest last Thursday, and according to Dinham, players generally enjoyed it. She said though that those that ignored the story tended to get a lot less out of it, as she is building a primarily narrative experience. So if you're the kind of player that enjoys trawling through a world, following the scent of mystery, it might be worth keeping an eye out for Shifter over coming years. And just like its protagonist, it will likely have found an entirely new appearance by then.

Re-experiencing LocoRoco



by TOMOS EWING

To those who owned a PSP console back in the day, or a PlayStation Portable if you want the technical term, may remember the rare gem LocoRoco. LocoRoco is a Japanese game that came out exclusively on PSP in 2006, and was one of the few games that actually got me interested in gaming as a whole. Recently, I found out that LocoRoco has been re-released on the PS4 console, which prompted me to quickly open Amazon to pick up a copy. This made me realise the only issue: that the game was only available to purchase from Japan.

When it arrived, I was quickly basked in the nostalgic familiarity of the game. For those who haven't heard of this game, LocoRoco is a 2D side-scrolling puzzler in which you tilt the

world using the left and right bumpers in order to manipulate the direction of the LocoRoco. The progression of the game happens not only in the linear plot but also in the various types of LocoRoco, who are arranged in colours. The different LocoRoco also have different musical themes, each representing a different genre of music: Yellow, for example, has a fun and pop-inspired musical song, whereas Pink sings elegantly in a smooth French melody, and Black's theme is representative of a heavy metal tune. From a technical standpoint, LocoRoco is incredibly simple and not that different from games such as Super Mario Brothers or Sonic the Hedgehog; however, the unique and downright adorable art style makes this game stand up (or rather, roll around) and sing.

The plot of the game is very sim-

ple: the LocoRoco are blobby jelly-like beings that tend to nature and grow vegetation with the help of their friends, the MuiMui (who, funnily enough, are named because their language consists of the word MuiMui and that word alone). The enemy of the LocoRoco and MuiMui, called the Moja Troop, invade their world and the LocoRoco have to find a way to defeat the Moja Troop, despite having no combat experience. The plot is easy to grasp and incredibly fun to play through, even 10 years later and on a different console.

The improved graphics are beautifully remastered and keep true to the original game whilst also providing a fresh experience. Even for a nostalgic like me, revisiting the game after 10 years, the graphics and gameplay on Sony's Dualshock-4 controller provides that ever-present nostalgic

feeling in me, whilst also making the game feel fresh, especially having to get used to the new yet similar controls.

However, the factor that caught me off guard was the remastered soundtrack. On the PSP, you were hearing the fun-loving and bouncy tunes through two tiny speakers located on both sides of the console. But in the remastered game, listening to the soundtrack through my gaming headset was such an incredible experience. Though I could still remember the melodies of each unique, LocoRoco's theme song, hearing the audio through headphones made me realise just how blissful the music is in this game. It gave me a cozy, warm embrace that made me never want to leave my seat.

104
BIT
REWIND

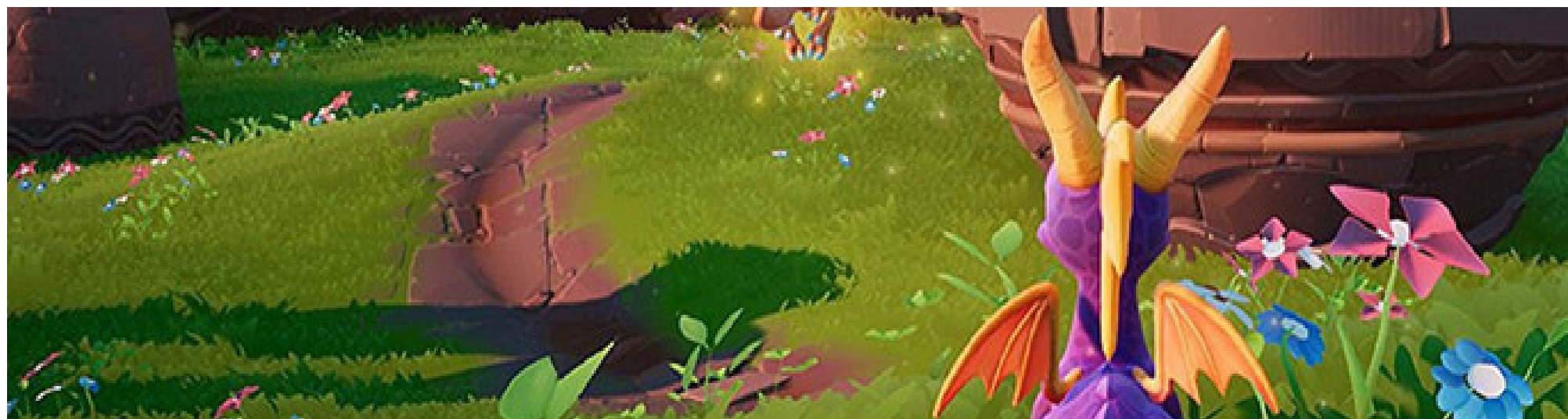
By BEN PENNY

Over the past few weeks, I have been working on creating a brand new radio show for StormFM, in which I, Ben Penny, talk about the latest gaming news, events and gossip for two hours on a Saturday Night, playing gaming music & music from video games throughout the show.

A pilot episode of 8 Bit Rewind aired on StormFM back in mid-November on Monday 12th, where I briefly introduced the show, and made a half hour long segment of the show. After that, my first official episode of 8 Bit Rewind was aired on StormFM on Saturday 17th November.

If you want to listen to classic, indie and popular gaming music, your favorite musical pieces from video games and get the latest on gaming news and gossip then tune in to StormFM Saturdays 20:00 until 22:00 to listen to 8 Bit Rewind.

REVIEW: Spyro Reignited Trilogy



Pegi: 7 Format: PlayStation 4,
Price: £30 RRP Xbox One

SEREN



by **JACK HOLLINSHEAD**

When I think back to my gaming experiences as a child, one I remember playing so fondly was Spyro. The tiny purple dragon seemed to take the PlayStation world by storm back in 1998, with the release of Spyro the Dragon becoming one of the better selling games on PlayStation 1, leading to two additional installments Spyro 2: Ripto's Rage (1999) & Spyro: Year of the Dragon (2000). After becoming so popular, Spyro became one of the flagship icons for Sony's system. After

various games on other platforms, introducing new stories, it was announced in April of this year that the original trilogy would be getting a remaster.

The three adventures are exactly the same in story, albeit definitely more difficult than I remember, which poses a nice challenge after so many years. The graphics have been given a stunning update, making it immaculate in appearance due to the bold colour schemes. A very nice, new and welcomed addition against its predecessors is that of save points throughout

levels, making it less frustrating when you mistime a glide or get whacked one too many times. The 3D platform has been combined with the Unreal Engine 4, to make the controls smooth, and the running & charging feel seamless in effort.

Despite the fact that Spyro was originally only for Playstation, the Reignited Trilogy, much like the recent Crash Bandicoot overhaul, they have both been released on Xbox One. This is a nice touch because it allows gamers who have never experienced these before to enjoy and work their

way through the Dragon Kingdom. However, I can see why PlayStation loyalist would feel a bit aggrieved because I doubt we'll ever see Master Chief grace a Sony device. In addition, there has been no mention as to whether it will be release on PC or the Nintendo Switch, but fingers-crossed fans across all platforms can help free some dragons and skateboard about.

For £30, it is a bargain in the current market as you get 3 for the price of 1, allowing old fans to relive their childhood through mesmerising updated graphics, whilst introducing a whole

new generation who probably know him best from his adventures in Skylander. I would have been shocked and astounded if it had been any more, not because the game is of bad quality, but because the inflation in the price of games is becoming increasingly ridiculous with every quarter, so it is nice to see Sony, Activision and Toys for Bob kept it at a reasonable price.

Spyro Reignited Trilogy is terrific fun for everyone, and will undoubtedly get played over and over for years to come, much like the original.

D&D: Core Rulebooks, Extended Material And The New Unearthed Arcana



by **MEGAN ROBERTSON**

Dungeons & Dragons is an extensive, versatile game limited only by your imagination. However, every game needs rules, and so the Player's Handbook; The Dungeon Master's Guide; and the Monster Manual were released. The Player's handbook is the foundational text of D&D 5E, as it shows players how to create their characters and covers all the core rules surrounding combat, skill checks, roleplay, etc. You could play D&D without touching a DM's Guide or Monster Manual, but this is not the case with the Player's Handbooks. However, if you are more interested in being the Dungeon Master, God of the World, rather than

a player, pick up the Dungeon Masters Guide and the Monster Manual. The DM's Guide deals with additional rules that aren't important to players, but that can help a DM run games a bit smoother, along with additional material which teaches you how to make encounters, combat, NPCs and even your own magical items. The Monster Manual, on the other hand, is a bestiary containing a menagerie of creatures from sweet, and harmless to monstrous beings of unimaginable destruction. It is essential to any DM who hopes to create an interesting encounter.

Now the core books should be able to keep any adventurer entertained for many, many sessions. However, for the Veterans who have been play-

ing D&D for many years, a nice way to add variety and intrigue back into your sessions is to pick up some of the extended material released by Wizard of the Coast. Texts like Player's Companion, Mordenkainen's Tome of Foes and Volo's Guide to Monsters delve heavily into the law surrounding the canon creatures within the setting of D&D. They offer new unique monsters for combat, and unconventional races for players to try out if they wish to branch out from the vanilla Human, Dwarf and Elf. Alternatively, there is the latest expansion, Xanathar's Guide to Everything, which is acknowledge by Wizards of the Coast to be the first major additional rulebook added to D&D 5E. Xanathar's expands the class list by adding dozens of new subclass-

es to try, as well as offering additional feats to specialise your character further, and even puts in place an interesting system to further flush out your backstory. Additionally, there is the newly released Guildmaster's Guide to Ravnica which offers a whole new setting in which to place your campaign, which I will be reviewing in due course. Altogether, these texts are a fun, interesting way to spice up a stale game without having to resort to the cursed homebrews.

Speaking of homebrews, Wizards of the Coast produce their own form of official homebrew for players to test play. The Unearthed Arcana (UA), a collection of new, unpublished material, offers players new material that hasn't been tested, or balanced, but

could add interesting new mechanics to your world. Currently, UA has released a new subclass for Sorcerers called Giant Soul; and a collection of new Races, consisting of the Dragon-marked Race and the Races of Eberon collection.w

Overall, D&D's main resource is the Dungeon Master's imagination, however, these rulebooks offer a little helping hand in making every adventure a little more exciting. From the core text for new players, to extended and experimental material for the regulars who are looking for a little diversity and variety; Dungeons and Dragons has you covered.

CREATIVE CORNER

Bangor Writer's Guild

Writer's Guild Competition Short Story Winner: Fathers & Daughters

by PHOEBE CASTLE

I squinted. I felt strong beams of light hitting my face as they fought their way through the old blinds sealing me in my bedroom. I realised where I was and quickly slammed my eyes shut, willing myself back to sleep. Silently, I begged for just one more hour to myself, but it was no use.

Sitting up in my childhood bed, I pulled my pink ballerina quilt up to my neck. I hadn't bothered to change the sheets when I moved back into our family apartment after the deterioration of my relationship... and my father's health. The room was pink, I remembered painting it with my best friend when we were fifteen. But it was useless trying to remember how it used to be; all the furniture was now replaced with cardboard boxes full of my mother's old possessions. After she died my father put everything in my room so he did not have to see her all around the apartment.

Suddenly my alarm started to buzz, the drilling noise made me feel all the more upset: what life did I have to get up to? No job (unless you would count caring for my father) and no partner. Eventually I dragged my heavy bones out of bed and into the hallway. The brightness was overwhelming as all the light streaming in through the wide glass window bounced off the white walls, filling the space. The whole apartment was painted white. I found it inhuman and isolating like a hospital. I hated it. I felt dizzy from standing so quickly and from the hangover radiating my head as I leaned on the door leading to my father's bedroom.

His thin bed sheets were crumpled in a delicate mess on the floor so I pulled them up and watched them ripple down slowly, through the dead air and land gently on the bed. The air around me filled with the familiar scent of the man who raised me; he smelt of wood and nature after his many years of being a carpenter. Even though he hadn't been outside in over a year or even touched a plank of wood, the smell stuck in the air and I savoured it. The aged bed looked worn but soft, obviously because dad hadn't left it after he stopped waking. Finally it dawned on me... the bed was empty, so where was he?

I returned to the hallway only to be re-blinded by the painful light and bleach white walls. Where was he? I entered the kitchen that completed the top floor of the apartment and neared the staircase to find a puddle of dark urine dominating the top step. As I got closer I forced myself to look down the stairs, scared of... I don't know what. There I saw a familiar, elderly face. I heard a muffled cry. My father was lying on his back with his

wrinkled paw covering his mouth and thick tears were running away from his tired eyes. I focussed on him but couldn't bring myself to run to his aid, he hadn't yet seen me so I quietly sat on the step below the urine. I felt at war with myself; insults were hurled at me by my own mind for delaying helping him but at the same time I held myself back. I tried to think of a way to remove myself but my morals took over. It didn't take me long to realise: he was covering his mouth because he did not want me to hear him cry.

I sat for what felt like an hour before slowly shuffling down the stairs one by one to the body stranded below me.

"Dad?" I whispered. His head turned and he looked up with wide eyes that resembled a baby's. "What happened?"

"I fell..." He whispered back. His voice was different; it was less intimidating, less strong... weak. For a short moment I tried to evaluate our situation. My father weighed almost twice my weight. My father was on his back at the bottom of the stairs. My father could not walk. My father could not walk. My father could not walk. My father was bleeding. My attention was pulled to a deep gash in his fragile head.

"Dad, I have to call an ambulance."

"Sylvia, please. Don't. Please." He begged. I worried for the man who had spent my entire life worrying for me.

"What should I do?" I asked

"Just sit with me a little while." He returned.

I knelt beside him and managed to encourage him, with my help, to use his arms to sit him up. Although his legs were no use his arms were as strong as they were when he could swing me around in the air well into my teenage years. I wanted to be small again so that I could crawl into him and curl up in a ball. I wanted away from all this, away from caring for him. Once sat up, I pushed myself to him and tangled myself around him. I couldn't remember the last time my father hugged me or I hugged him. Despite our close quarters we had only grown further apart. I became aware of the stench of his soiled pyjama bottoms. I tried not to think of him he wetting himself out of fear.

"How long have you been down here?"

"Since a few hours after you were asleep." He wouldn't look at me when he spoke. It hit me hard; I remembered stumbling to bed, drunk. There was no way I could have heard him. I wanted to feel sorry for him, for myself, but stayed confused at his calm, casual tone.

"Why didn't you call for me?" I asked, pretending I would have heard.

"I... I didn't want to be found. I didn't expect to still be here." The words came easily to him but they weren't easy to hear. I tried to process what my mother's husband was saying. I knew what he meant, had known it for a long time, but I didn't want to believe it. In the end I felt a wave of guilt swallow me as tears drowned my pale cheeks.

The thick water droplets leaked down my face in a race to hit the few hairs still left on Dad's head. I cradled it as my mother used to do for me after a bad day. He looked up at me like a dog begging for food "I just want to be with her." He sobbed.

"I know." I stroked his head until his breathing grew heavy, soon he fell into a deep sleep, and I wondered if he had slept at all since 'falling'.

A week after my 28th birthday I moved back in with my father after the doctor told me he would not walk again. It was only a year after my mother's death and until now I had always seen the task of caring for him as a burden. But in that moment all I wanted was to care for him more.

I watched him snore. He was loud. Suddenly the phone began to ring. I pulled my numb legs from under his and wobbled over to the wall phone. "Hello?" I knew the voice right away; it was Dad's friend, Michael.

"Sylvia, its Barry. Can I visit today?"

"It's not a good day Michael...I wish he could see you but...It's just not a good day." I knew Dad would not want to be seen.

"Sylvia? Sylvia, is there something wrong?"

"He's just tired Mike. I... I have to go." I slammed the phone back on the receiver but it dropped. I just let it hang there. If Dad didn't want an ambulance I would have to at least get him upstairs to clean him up. I roused my father and asked him to help me.

"Can't you just leave me here sweetheart?"

"You know I can't do that Daddy" for a moment I waited, not to brace myself but to see if there was anybody coming to our rescue. I felt like I wasn't responsible enough for this, like I was 16 again. But I remembered that this was reality, nobody was coming.

I remembered my first year at university. My father worked long hours to pay all my bills and made sure to call me every night to make sure I had everything I needed. After a particular week of me avoiding his calls, I spoke to my mother. She told me that my father had cried the night before; she said he was afraid that he hadn't done enough for me; she said that he missed me. I didn't care then. Why didn't I care? Why did it take me 10 years to realise I missed him too?

I secured my arms around his hips and bent my knees as I pulled upwards and he pushed with his arms.

Dad's weight both surprised me and didn't. He was lighter than I expected but also heavy. I remembered most of his muscle probably disappeared after his year of bed rest. I pulled him around so that we were both facing away from the stairs. From there I pulled and he pushed: the first step was easy but by the second there was nothing supporting his bottom half and I felt alone with his weight.

"Sylvia! Honey, stop! You will hurt yourself trying to lift me." A shiver of determination shot up my spine; I was all this man had, I was going to get him up the stairs.

With a huge pull I heaved him up two steps. I pulled again but this time he felt like a boulder. It came as a shock and I dropped him, his head sounding like a hollow shell as it hit the wood. I dropped the man who had held me tight in my times of need. I put my hand in his: it felt soft and soothing; the skin full of so many memories and experiences, so full of life. A puddle of black blood started to make an appearance under his head. I felt helpless. I had failed him.

"This is as far as we go, sweetheart." I wanted to say no but I nodded my head.

I got down to my father's level and wrapped his arms around me. I pretended it was Christmas morning and we were wrapped together as a family watching 'James and the Giant Peach' on TV as we always used to. My mother would sit on Dad's lap and I would sit on hers whilst she combed my long, jet-black hair; even though my hair only came to my shoulders I could still feel the brush strokes on my back.

My father's eyes were now closed. I took the time to weep into his blue pyjama top: breathing him in as my tears soaked his chest. "I'm so sorry Daddy..." I whimpered before I placed a kiss on his cold head.

I slowly got up, my body trembling. I had disobeyed my parents many times in my life but that was the only time I felt truly sorry for it. I walked to the phone once again and called an ambulance. They arrived within 10 minutes; they arrived without sirens. I felt angry that they didn't think my father was an emergency. The next events happened slowly. I watched the only man I had ever loved being loaded into the back of the ambulance and I felt ashamed, it was all my fault. I went to open my dented car door, ready to follow the full ambulance to the hospital. I saw a tall brunette paramedic approaching me. He placed his big, sweaty hand on my shoulder: "Your father will be okay, Miss Day." He assured me with a white smile. How wrong he was.

Writer's Guild Competition Poetry Winner: The Flame That Never Dies

by MUHAMMAD FADZIL

Within a deathless tomb there burns
The legacy of lessons learned,
Through martyrs' noble struggle
earned:
The flame that never dies.

It flares and flickers through the night
And day, this tiny fire-light
That softly dares to shine so bright -
This flame that never dies.

And while the world may turn away
In time to come, it stands today
Unflinching, mute respect to pay
The flame that never dies.

For in the flame one sees the ghosts
Of scared young men, that shell-shocked host
Who never spoke in brag or boast
That they could never die.

Their silence hides the bloody hell
Of pounding guns and whistling shells;
Of filth and fear and curses, yells -
Of screams that never die,

Rememb'ring well the Turkish sands,
'Waltzing Matilda' play the band;
The trenches long have gone unmanned,
But memory never dies.

And far away are fields of red,
Of flowers for all those who shed
Their blood for King and Country -
dead,
Though courage never died.

But here, 'In Memoriam - War'.
Above, a sky of countless stars,
Below, a Spartan, scorning Mars,
Upon his shield does die.

And all around the flame one sees
These tired ghosts upon their knees,
Relieved, at last, of old duties
In stone that cannot die.

Within this deathless tomb it burns,
The tragedy of lessons learned,
Through mankind's pointless struggle
earned:
The flame that never dies.

Got anything Creative to
contribute to this Corner?
Contact:

creative@seren.bangor.ac.uk



Student Game Designers Play Test Their Games

by ALEC TUDOR

Students of the School of Music and Media's Game Design 2 module play tested their games in digital form in order to gather feedback and improve them.

The event was held in week 10, after a previous play testing event was held in week 3. This time, the students had their games in digital form, with many improvements having been added. The students switched which game they were presenting, so that the one who was showing the game was actually not the designer themselves. This meant that there would be no bias, so that the feedback was more authentic and constructive.

The games featured 2D as well as 3D designs, cartoony styles and some even asking existential questions. They also featured music and ambi-

ence composed by music students from the school. Visitors were advised to "think out loud in a stream of consciousness" when giving feedback to the game designers.

"I think this module has been challenging," said Dr Mellisa Kagen, the module's lecturer and organiser of the event.

"Some students have experience in creative media, some students experience in coding. It's different for everybody. Coders got challenged creatively, for example."

Students were pleased by the feedback they received.

"It's nice to have some feedback for your game while you're still formulating it," said Christian Demaude.

"It's easier to get feedback from a stranger," said Courtney Edmunds.

"When you're new to making games it's helpful to have more experienced people giving you feedback," said Charlotte Pryce-Williams.

"The idea is good, but I feel the timing of it was a bit too rushed," said Amelia Eilertsen.

Students from other schools also came, and some lecturers from this school also gave feedback.

When asked if collaboration between students from both music and media should be encouraged in this context, Dr Kagen said: "I think we as a school need to promote opportunities to make these collaborations more enticing."

This is another event which brought the School of Music and Media, newly formed this year, closer together. Students are encouraged to collaborate across other areas too, such as film and theatre, and give each other constructive feedback.

If you want to learn more about events such as this, you can follow the School of Music and Media on Facebook and Twitter.



Meeting Sammy The Seagull: Part 1

by ERIN LOUIS

On Monday, the 15th of October (ta Dydd Llun, Un-Deg-Pump Hydref), Walking to on up to the High Street from the Ffridd site,

I have intention in the steps of my walk.

All is fine and I'm walking straight, Until there's an unlikely crosser on my path...

By the public garbage dump, I see you, a little white seagull... Right in the middle of the walkway! And what were you doing?! Having a meal... Of a bag of thawed frozen pancakes onto the ground! Now someone did not dispose of that bag properly!

But nonetheless, it was that you found.

"Where are you going?" You bluntly ask.

I reply, "To the Bank! I have to get some important things sorted out... Okay?"

I was slightly frustrated when you didn't understand, You wouldn't let me go, holding me figuratively by the hand.

"Do you want some pancakes?" you said in a manner so silly.

"I already had a breakfast of Weeta-bix," I said politely.

"Now could you please let me go?" And charged past on my way

You didn't say no, but you continued to stay.

Thank you, Sammy the Seagull!

Passing Bar Uno, I saw another one of you

She was brown, though, not white.

Do you know her?

I named her Sally, and unlike you, she was waddling around

Minding her own business.

I asked, "The white seagull over there with the pancakes, he's your boyfriend?"

She truthfully told me, saying, "Yes, that is my Sammy!"

I nodded and wished her a good day.

She said the same and waddled on happily...

I kept walking, and made it to High Street.

I successfully got to the bank!

Thank you, Sammy and Sally!

The most interesting birds to meet!

CREATIVE CORNER

Casanova Kid

by RYAN STEPHEN WRIGHT

In the Kingdom of closed-minded princes,
You will find me on the precipice,
Among the dreams that they hide for fear of mockery and jest,
Where I revel in the joys that they have long since denied themselves.
On the borders of right and wrong,
I have been have been introduced to the curious natures,
of mysterious men, whose faces I can't quite place,
and whose names I will never again speak,
I have many a time crossed the line further,
Than I promised my mother I would, who some many miles away prays for my safe return,
while I lie in the arms of a stranger,

and smile at the knowing of my having been wrong.
I have loved profoundly and I have done so foolishly,
Become the victim of my senses and found pleasure that,
so quickly turned to heartbreak,
In the company of my brothers, when love and life have beaten me, I've drank to forget, awoke not knowing where or how
And reminded only by rumours, surrounded with censure.
But while I face the consequence of my inactions,
I shan't forget
That in the kingdoms of closed-minded princes,
While I walk along the precipice Others walk in chains, with the hope to live the dreams,
They have long since been denied.

Tamam Shud

by CHARLIE WHITESIDE

Frigid valleys scattered with broken stone
Cold, cracked memorials usurped by time
Darkened monoliths, long past their prime
The charred chariot left to rust alone.

Faceless ruins, their purpose unknown
From the dusty altars to the empty thrones,
The smashed machines and absent borders,
Silent cities, forever in disorder.

Nature briefly ruled what was left
But even the lushest of forests,

In a final, feeble performance,
Must bow to cold, dark, and death.

The heavens void and lacking revolution,
Never again to cast revelation,
Surreptitious knowledge buried eternal,
Within billions of unopened journals.

An unwanted child is born in this vacant space.
Father icy in his manner, an enabler of decay,
Mother spiting incandescence, blindness is her way.
This accursed offspring, enemy of every race,
Claims a final, quiet resting place.

The Rose In The Light

by R.D.WILSON

What words can be offered for you to know you are missed,
In your home I stand,
Life awake,
I follow your footsteps,
Meet objects you had treasured,
They ask when are you to return?
You seeded my time,
Memories with roots that spill across these walls,
Flower heads that bow beneath bookshelf,
Entwine awaiting balls of wool,
I see your chair,
Unknown of absence,
Arms seeking embrace,
It took what it could with both

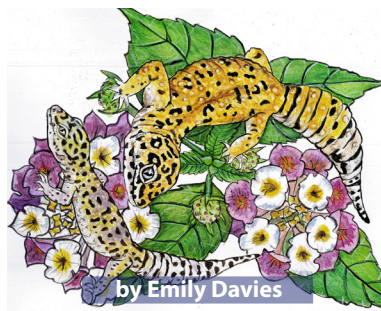
hands,
But dreams swim with galaxies,
A constellation of button and thread
Awaiting the aurora of your heart,
The stairs creak as they did,
Your home expects your sound,
In your room I stand,
Alone with you,
The craft of your care,
In smell, in necklaces, in books,
A moment I spend,
To let you know you are missed,
Then smile to myself,
For you know you are missed,
Close the door,
Lock pulled tight,
You are the rose never to be plucked,
The rose forever in the light.

CREATIVE CORNER

ArtSoc & PhotoSoc Gallery Night: Photography And Artwork Aplenty



by Jimena Alcala



by Emily Davies



by Oli Taylor



by Anh Nguyen Van



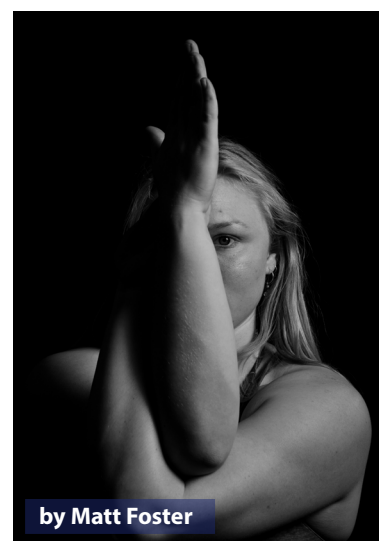
by Jimena Alcala



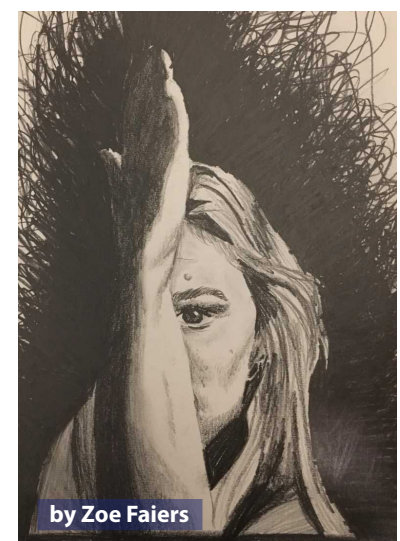
by Ailish Harker



by Jake Waller



by Matt Foster



by Zoe Faiers



by Anna Monnereau



by Peter Benson



by Fergus Elliott

by ALEC TUDOR

For many budding artists and photographers, displaying work publicly is a hard and daunting task. But the last week of November's gallery night in Pontio, hosted by the Art and Photographic societies, had many students display their work to the public for the first time.

The space was filled with various artwork, done in pen, pencil, paint and charcoal. Portraits of animals, portraits of people, self-portraits, caricatures, sketches and many more were lined up against walls, with some artists being credited for multiple artworks found in contrast by comparison, proof of diversity.

Same could be said for the photographs; from landscapes to animals to people. Some were even done with old-fashioned equipment and framed.

With a chill and casual atmosphere, light refreshments and music, there were many visitors and friends who

observed and gave their opinion.

"Some people skip over if it doesn't catch their eye. Some people have a laugh, which is kinda what I've aimed to do. And some just nod and appreciate," said Oli Taylor, one of the members of ArtSoc.

"I was oddly nervous for that because it's the first time I've seen people react to my art in reality."

Niamh Fretwell, another ArtSoc member, also displayed her work for the first time: "It's scary. Everyone is giving their opinion, and it is quite overwhelming."

She did feel a bit more confident: "It came out better than expected."

One of the highlights of the exhibition was a photo which had two pieces of artwork created from it, each with a different perspective of it. This came out of a challenge in which artists had to paint pictures taken by PhotoSoc members.

The result was interesting and was highly well received.

"It was a really lovely photo. I was

trying to do a blend; a mix of photo and a bit of art," said Niamh, who did one of the paintings.

"I really liked those, because in the photograph, the focus is on the woman in the portrait, but in the artwork, the attention is more on the background, because you've got the swirling blackness. They're very similar to the photograph, but also very different at the same time. It's cool to see how people interpret the same thing differently," said Fergus Elliott, chair of PhotoSoc.

The chairs and their committees worked hard to make the event possible.

"For the Art Society, I've wanted to put forward the collaboration, because that's the thing which is new and most interesting. I had to push through social media and art sessions. That was the hardest bit: to put this collaboration together," said Anna Monnereau, chair of ArtSoc.

The collaboration seemed successful: the people got along together can

complimented each other on their work, members from both societies got to see their work from a broader perspective, and there were some members from both societies who were interested in joining the other; the interesting visual relationship between photography and fine art led some to discover and expand their personal styles; many were positive about other such events in the future.

"At the start of the year, we made a poll; there was a fair interest in a photography session. Maybe we can do a crossover," said Zoe Faiers, treasurer of ArtSoc.

Both societies were willing to hold another exhibition next semester. The event helped the societies gain recognition around students.

"Unless you come to the Photography Society meetings, you wouldn't really see anyone's photos. As much as we try and get people to share things on the Facebook page, it's not really popular, unfortunately. I've seen a lot of people here walking about, being

exposed," said Fergus.

With members becoming more confident in their craft, chairs are hoping for them to push their abilities further. Ideas such as painting a part of Pontio and further challenges were also being considered, as it allows for variation and surprising creations. Members themselves were quite inspired by others and were eager to try out new things.

"Everyone likes doing their own thing and everyone is quite open to try new disciplines of photography, so I've asked everyone to choose their own discipline," said Fergus.

"What is great is that there are multiple levels and multiple styles, so people are more confident now that they see the amount of artwork submitted," said Anna.

"That you can expose anything; making them understand was the hardest part."



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**HALLS
OFFICE**

SOCIETIES

HAVE A VERY MARROW CHRISTMAS

#MarrowChristmas

by BRADLEY GROVES



Here at Bangor Marrow we like to stay busy. But before getting into what we've been up to, here's a little bit about who we are and what we do. Bangor Marrow is one of over 60 student led groups in universities across the UK that work in association with the Anthony Nolan charity. Now onto the fun part, what we do. Essentially, we are trying to sign up as many people to the stem cell register as possible, so we can save the lives of those people who have blood cancers and other blood disorders. But we don't like to be sat idle because we know there are people out there like you who are potential lifesavers in the making but just aren't aware of how easy it can be. So we've been busy little Marrowers, holding events throughout the semester and we've already signed up an amazing 136 people. That's 136 more chances of saving a life.

We recently took part in Marrow's 'Hero Week' between the 19th and 25th of November. You might have seen us in Canolfan Brailsford on the 19th, capes billowing, balloons everywhere and running about like Rambo armed with two swabs instead of machine guns asking for a cheeky swab and 5 minutes of your time. And that's the thing, it is that easy to sign up to the stem cell register. All you need to do is rub a swab on the inside of your cheek and fill out a form and boom, you're done, potential lifesaver affirmed. We had a superhero film night on the 20th, where we watched The Dark Knight and X-Men, and to finish off our hero week events we ran a fundraising pub crawl on the 22nd.

Also, on every other Thursday we don our Marrow gear and go on our socials. Mostly you'll see us in The Harp, but don't be surprised to spot us all around Bangor having a laugh.

We're quite a new society, only being 4 years old but each year we're only getting bigger and better. But we still want more. More lifesavers, more real superheroes so hopefully we'll see you soon at one of our upcoming events. We've got a stall at the B-enterprise student Christmas market on 5th December so come along and pick up some goodies. And guys, on that note, have a very Marrow Christmas.

Bangor Tolkien Society Update

by BEN PENNY

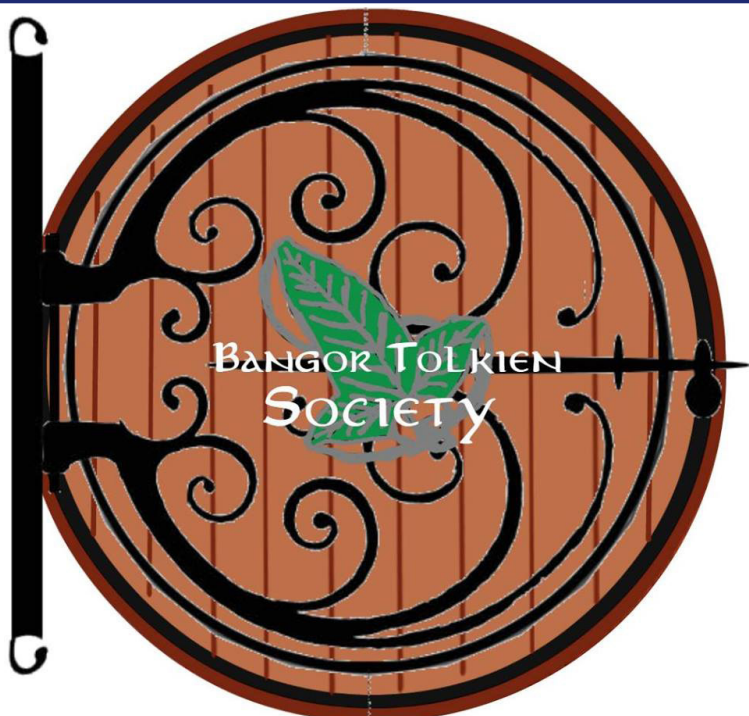
Bangor Tolkien Society has been extremely busy over the past few weeks. Now with a functional committee consisting of a President Ben Penny, Treasurer Emrah Yilmaz and Secretary Billy Walker, we have been working hard to bring Tolkien fans a place to geek out, read Tolkien books, watch movies and play games.

A lot has happened for the society these past few weeks, including a change of logo and a page going live on Undeb Bangor's website, where members can now officially sign up to join Bangor Tolkien Society.

The first ever event put on by Bangor Tolkien Society was Friday 23rd November, which was an event to welcome the members into Bangor Tolkien Society who attended the event.

If you are a fan of Middle Earth and Tolkien's works then Bangor Tolkien runs sessions twice a week where you can geek out, play games, read books and watch movies together.

If you haven't already signed up on Undeb Bangor website yet and you're a Middle Earth & Tolkien fan, and want to join a great society of like minded people then please sign up on Undeb Bangor.



UMCB Welsh Learners Society



This month, the UMCB Welsh Learners Society will be holding a Christmas themed games night on the 7th of December at JMJ's Common room, Ffriddoedd site at 18:30. Come to start the Christmas cheer by practising your use of the Welsh language in a non formal setting. We'll have food, drink and plenty of games for you to enjoy.

The society's aim is to support our

Welsh learners in the process of using their Welsh everyday. Doesn't matter if you've only began learning Welsh or if you've been at it for some time, the Welsh Learners Society welcomes you all. We understand how important it is for learners to be able to practise their Welsh and our society aims to give them the opportunity to use it. With that said we hope to see you all at our Christmas event.



CYMDEITHAS DYSGWYR CYMRAEG UMCB

Noson Gemau

Dewch i ddathlu diwedd tymor gyda noson gemau!
Come and celebrate end of term with a games night!

Facebook: Cymdeithas Dysgwyr Cymraeg UMCB

Ebost: cymdeithasdysgwyr@undebbangor.com

RHAGFYR 7FED | 6.30 | YSTAFELL
GYFFREDIN JMJ

Bangor University Primary Education Society



There is a new society in town! The Primary Education Society is a brand-new society and will be available to all students who study BA QTS Primary Education or who are passionate about education. The society will be holding fundraisers, socials and professional events throughout the year to encourage students to meet new people and explore what the university has to offer. Although, being part of our new society will not only involve making new friends; our aim is to develop our employability.

We aim to work closely with the university, the careers & employability service and various charities to develop us professionally through one off talks and discount-priced courses. Our three-year degree will be over in a blink of an eye and before we know it, we will be applying for jobs. Therefore, having an opportunity to develop ourselves socially and professionally is invaluable – and we hope to provide this.

But to ensure this happens, we need you! We want your ideas! We want you to get involved! Whether you want a first aid course, winter ball, picnic, sign language class or disability awareness courses – no idea is a bad idea and we will endeavour to make it happen.

We are also looking for 'Society Reps'

from each year group and medium to have an active role in the running of the society, so please contact us if you would like to get involved! A society rep's role will involve various things such as: helping organise and running events, attend all society meetings that they wish to attend, bring ideas to society meetings from peers from their course, and ensure that all students know that they can be part of the Primary Education Society.

There is no limited number of society rep's so do not hesitate to get involved! We want as many people as possible to get involved!

Facebook page
www.facebook.com/BangorUniversityPES/

Instagram
[@bangorpes](https://www.instagram.com/bangorpes)

Twitter
[@societyprimary](https://twitter.com/societyprimary)

Secretary's email
edubc0@bangor.ac.uk

Chair's email
edub70@bangor.ac.uk

Kyle Rees (Chair)
Adam Jones (Vice-Chair)
Shauna Firth (Secretary)
Caitlin Ion (Treasurer)
Kath Jones (Events Organiser)

Bangor University Concert Band



Bangor University Concert Band recently performed at the National Concert Band Festival in Oldham. We were judged on several different abilities, including our tone, balance, blend and accuracy. We are pleased to announce that we have returned to Bangor with a Gold Award! We would like to congratulate members of the band who performed at the festival.

Moving on from our recent success, we are hosting our annual Christmas Concert joint with Bangor University

Brass Band on Saturday 8th December at 7:00pm in PJ Hall (Main Arts Site). We will be playing a wide repertoire including Riffen Wed, ABBA on Broadway and of course, lots of Christmas tunes and carols. We hope to see you there!

Tickets will be sold on the door and there will be refreshments sold in the interval. Adults £3 / Concessions, Students £2. For more information, like our Facebook page or follow our Instagram account.

08/12/2018
7pm



CYNGERDD NADOLIG
CHRISTMAS CONCERT

PJ HALL NEUADD PJ

CONCESSION/CONSESIWN £2

ADULT/OEDOLYN £3

FEATURING:
BAND CYNGERDD PRIFYSGOL BANGOR A SEINDORF PRES PRIFYSGOL BANGOR
BANGOR UNIVERSITY BRASS BAND AND BANGOR UNIVERSITY CONCERT BAND

SOCIETIES

Night At The Oscars!

We were invited to be the photographers for Night At The Oscars! - a Christmas Party held in Powis Hall for The Schools of Music, Media, Languages, Literature and Linguistics.

The red carpet style event also brought about a collaboration between Seren, ArtSoc, Storm FM and FilmSoc.

You missed a cracker! Take a look at a few of our shots below and see the full album on our Facebook page.



We're looking for dedicated go-getters who want to make a positive contribution to the Halls' community.



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Enjoy meeting people and having fun?

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SPORT

BU Dance Winter Showcase

Last month, we were invited to the fantastic BU Dance Winter Showcase. Here are a handful of some of the images we captured, with the full album on our Facebook page - @BangorSeren



AU Focus Fixture: Men's Badminton



Match Report:
Bangor - 6
Keele- 2
MOTM: Achilles & Anish

Starting off today badminton had a very solid looking team of Augustus Hui (Achilles) and Anish Yunas on singles, with Harry Ashenden and Rory Formstone-Roberts forming a doubles partnership and Anand Singh (c) partnering with Felix Lai. Knowing Keele have only been beaten

in one out of 4 games, badminton knew this was going to be a tough day. They started off playing all their games at once in hope of tiring out their opponents. Achilles won his first game against their second singles, and after a long period of battling, Anish was unable to do the same, against

their first singles, however, there was not an ounce of effort more could've been given. Harry and Rory played their first game well, unfortunately they were unable to overcome the power and placement of Keele losing out. The new partnership of Anand and Felix played their first game, winning through the

most part of it but coming up short; the outcome 23-21 and then losing the next game. Next Achilles played his second game, unfortunately losing in 2 games, however Anish came out on top and allowed them to gain another point. Harry and Rory were unable to win

their games and so did Anand and Felix, however both putting up valiant efforts for the team. The overall score ended 6-2 to Keele.

Rugby League Relentless Against Chester

A fantastic performance from the boys. A well-deserved victory. BRL started off strong from the first whistle. Some strong carries by James Pops, Conor and AJ helped the team get up the field, knocking bodies all over the pitch. A very good set led to Rich Denis diving over the line for the first try of many. After kick off another strong push led to another score directly under the posts, with Alex's kicking being on point adding on another two points. A couple of changes in the forwards allowed Bangor to continue to drive up field, and solid defence didn't allow the other team anywhere near the try line. At half time the score was 18 - 0. The boys continued with their strong performance with some amazing scores. Corie sprinting the length of the pitch and Rory leaving the other team helpless as he turns on the afterburners.

However, the boys switched off at one point which allowed Chester (Warrington) to score their only try. In trying to get the ball to half way, for the kick off, Elliott & Michael have shown us up, with kicks that only ended up sending the ball backwards, at least Chester had something to laugh about. Following that escapade the boys re-grouped, Joe Tett began by flooring their prop with an almighty fend, in a David vs Goliath moment which kept the crowd entertained. Bangor continued to show that they were the stronger side in the game, by continuing to score. Overall a match to be proud of, leaving them sitting fourth in the table with 2 games in hand. They face Liverpool John Moores next who currently sit 3rd! Promotion is still in reaching distance. Well done BRL.



Match Report:
Bangor - 46
Chester (Warrington) - 6
MOTM: Corie Shorrock

SPORT



Learn About Karate

Photo by Charlotte Thomson

Karate originated in Okinawa, Japan and its literal translation means 'empty hand'. There are several styles of karate practised throughout the world. The club at the university practises the wado ryu style which translates as 'way of peace and harmony'. It is one of the six major styles within karate. It was founded by Hironori Ohtsuka in 1981, and is often perceived as a hybrid style between karate and jujitsu. However, the traditional roots of the style have been transformed in modern times to better appeal to the demands of spectators and competitors at competitions.

What happens at a karate competition and what do all these funny words mean? That's probably what you have been thinking seeing recent articles about the karate clubs' success at competitions. Well, hopefully this article will be able to help you understand just what the club have been winning and what actually happens on the day.

Within karate there are the 3 'K's which every karateka (karate student) needs to master, these are kihon, kata and kumite. Kihon means 'basics' in Japanese and refers to the basic

techniques that are practised as a foundation of most Japanese martial arts. These however, cannot be assessed at competition, but are assessed at gradings. Competitions are organised by grade, so this is an essential part of been able to compete, as you cannot enter a karate competition until you have reached 8th kyu (yellow belt) which takes about a year.

The second 'K' is for Kata, this translates as 'form'. A kata is a pre-arranged combination of karate techniques (kihon) arranged in a series of consecutive body movements. These form defending techniques that use both hands and feet against a number of theoretical opponents who can attack from every possible angle. It is a fundamental part of karate that is required at every grade and is also the key aspect in which the karate club regularly competes in. At karate competition competitors are split into red (aka) and blue (ao) for competing. In kata, red will always perform first, this is usually in a large room which will be silent for the performance of kata. The individual must walk on, announce their kata and perform it technically

correct and with athleticism. Once both competitors have competed the referee will then blow a whistle, signalling all five judges to lift the coloured flag of who they think performed better. This will continue for every round in which competitors are not allowed to repeat any kata consecutively and for the advanced grades those of brown belt (3rd kyu) and above (black belts, dan grades) they may not repeat any kata. This puts a lot of pressure on been able to have several katas of competing quality. Kata may also be performed as a pair, in which the timing is essential for winning. But also, can be performed as a team (3 people), whilst timing is important here, they must also perform bunkai (application of kata techniques in real life situations) to a timer. These are often fancy and prearranged but follow an old traditional display of karate. This section of a karate competition usually takes up the morning and is very traditional in its demonstration.

The final 'K' and most exciting part of a karate competition (usually competed in the afternoon) is Kumite. This is the Japanese term for fighting. Whilst this

is a graded aspect its main application is for competing. Competitors again are split into red (aka) and blue (ao), they will also be split by gender, age, grade and then weight (in this order usually). All competitors are required to wear gum shields, mitts and shin guards when fighting. For the adults (18yr+), competitors will fight in 3 minute rounds in which they aim to either finish with the most points or win by an eight-point lead. There are three levels of points available; 1 point (yuko) is gained for any punch to a scoring area (head, back, chest, kidneys), 2 points (waza-ari) is gained for any kick that hits chudan (stomach level, front or side) and finally 3 points (ippon) is gained for a kick to the head, or a takedown followed by a scoring punch whilst the opponent is on the floor. At the end of the fight the competitor with the most points wins, or if it is tied the competitor who scored the first point(s) known as 'Senshu' will win. However, warnings and disqualification are common place in kumite. These are usually for people going out of the fighting area (jogai), grappling and excessive contact. Competitors can

incur 3 warnings before the 4th will result in disqualification. Team bouts can also be done in kumite, with teams of 3 and 5 females/males (respective). The team with the most wins, will go through to the next round. Finally, at older competitions Shobu Ippon (first to one point) is competed in. This uses the old scoring system (half point for any punch or a stomach kick and full point for head kicks or takedowns) and is an intense and unforgiving category where any mistake can lead to a loss.

General training times are Wednesday 2 till 4pm in academi and Saturday 10 till noon normal site gym 2. There is an advanced session and squad session also available, please contact club for more details Facebook - Bangor university karate union. If you have any questions please don't hesitate to contact the instructor Tanya Riley via email, osu6ad@bangor.ac.uk

Hopefully now you will feel more informed in what it entails to practise and compete in karate, and the Japanese wording will be more familiar when reading future articles.

Plastic Free Surf

Undef Bangor's Surf team has recently committed to becoming single-use plastic free, and encourages other Clubs and Societies to follow suit. Members of the Surf team are also taking part in '2 Minute Beach Cleans'. These will be occurring on a regular basis, before the team takes to the waves.

Edward Cardona, Captain of the Surf team, said: "It is important for people to understand the consequences of their actions and lifestyle, as, in the

long run, nobody is doing themselves any favours."

"We believe that acting and being on the front foot of the plastic free movement will allow future generations to enjoy the ocean, without having to swim through plastic bags at the beach."

The Surf team encourages anyone, and any team, that has seen the detrimental effect of plastic pollution on their surroundings, to come forward and join them in making a difference.



AU Individual Of The Month

Josh has been a key member of Bangor University Men's 1st's, with consistent solid performances at the centre of defence with two man of the match awards as well contributing two goals at the other end, helping guide the team to the top of a strong league table as well as into the 2nd round of the cup with an unbeaten record. Off the pitch, Josh has been an extremely committed member of the club, frequently using his coaching

experience to help in training and pre-match with the warm ups and drills. He has also been an active member on social media, with the use of a points based weekly statistics sheet for both Bangor University football squads. Beyond football, he took on the Futsal club while the club captain was out injured, holding the training sessions and captaining the squad in their first BUCS games of the season in Leeds.



Ladies Squash Valiant Effort

The squash ladies took on Manchester Met 1st team in the Northern Cup match, and first up was Lizzie Crooks. Coming into her match with all guns blazing, she played a brilliant set of games (the best so far)! The squash ladies were extremely proud of how she just kept going and the enthusiasm is there in spades whatever the result. In the end it was 0-3, but a total 10/10 for effort and smiles!

Second on court was Tasmin Kelly, who performed brilliantly in her games

and walked all over her opponent - coming away with a 3-0 win! Her calm and collected approach gives a false sense of hope when she pulls out some cracking shots that completely takes her opponent off-guard!

Third up was Megan-Rose MacDonald who also played extremely well and owned the court throughout - the end result settling at 3-0! Despite her shoulder playing up during her games, she soldiered on and showed her opponent who was boss.

Finally it was the squash ladies captain turn to play, and despite losing 0-3, it was a good set of games! Her legs couldn't quite keep up with the near-perfect drop shots from her opponent.

So the result ended 2 - 2 which meant the final score came down to points! Unfortunately they hadn't quite done enough to pull back a win, losing by a mere 10 points. But hey - next time the ladies will show them what's what!



Rugby Union Carry On Impressive Cup Run

The game kicked off with an instant big hit from kick off for Bangor, leading to a knock on, and the start of a long period of early dominance for the home side. This was rewarded 5 minutes in with a great series of forward phases, tying in the opposition allowing Nick Dundee to shift a bullet to Sam Rogers, who ran through untouched to give Bangor an early 7-0 lead. Newcastle responded shortly after with a length of the field break against the run of play (7-5). Constant pressure from the Bangor attack and great

counter rucking in defence, resulted in 2 penalties and a 13-5 lead at half time.

The second half kicked off in the same vein with dominance in set piece as Bangor's scrum tore Newcastle's to shreds most notably on a 5m attacking scrum for the away side which resulted in a Bangor penalty. The backs took full advantage of the dominance putting Brandon Collins over in the corner (18-5). Nick Dundee followed this up with 2 more penalties capping off a convincing win for the boys!

Match Report:

Bangor - 24
Newcastle 4th - 5

MOTM: Cameron Railton

Winning Ways For Basketball



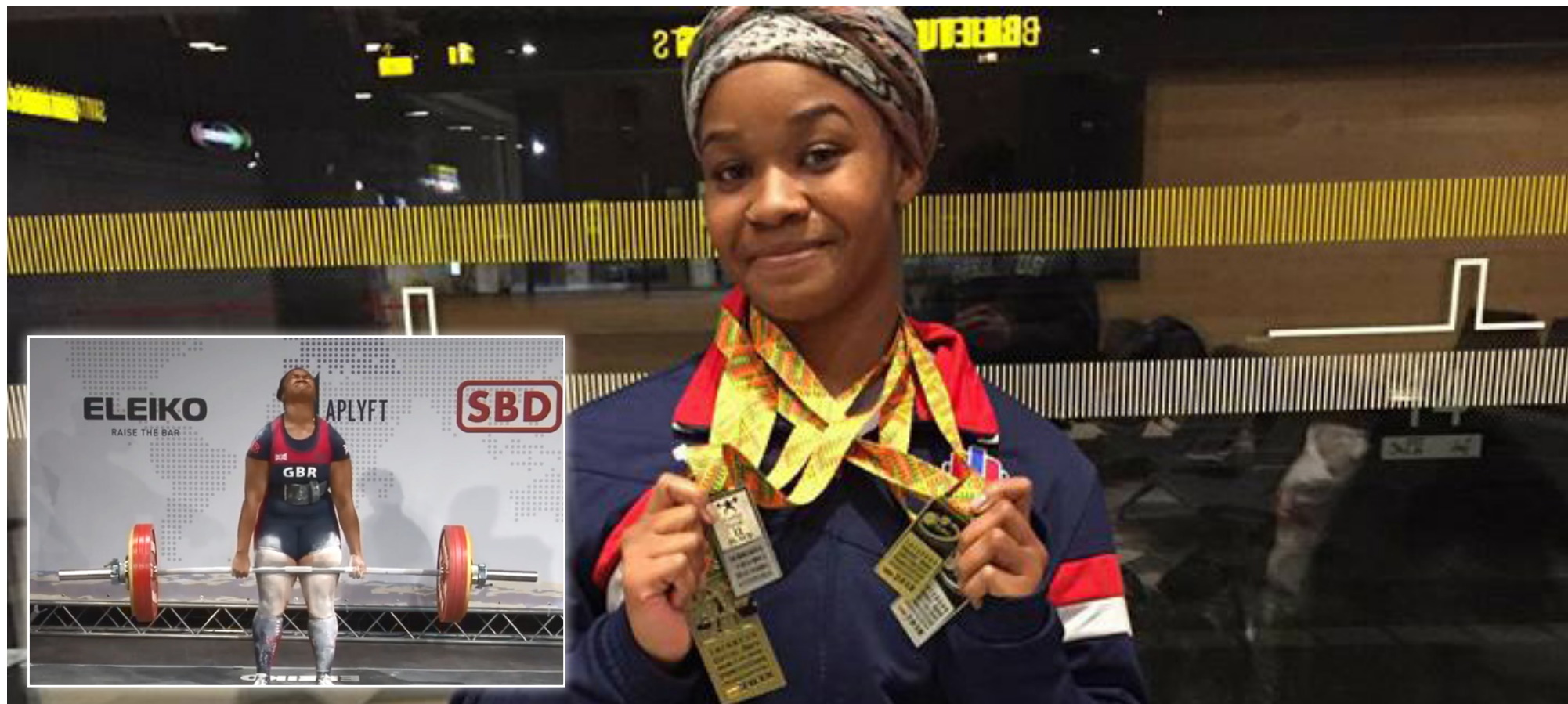
Match Report:

Bangor - 62
Uclan - 48

MOTM: Greg Shaw

After a slow first few minutes, the Badgers began to warm up and took a strong lead in the first quarter which they would hold for the remainder of the game. After a small comeback the defensive presence of Shaw, alongside some dagger 3s from

Joe Pollard and rookie Stamp made sure the Badgers closed out an important away win which sets up an exciting rematch when the teams meet next semester.



Bangor Graduate Retains Junior European Powerlifting Title

2 Silver Medals, 2 Gold Medals and a European Record for Ex-Bangor Student Chrystal Williams

Ex-Bangor student Chrystal Williams headed to Lithuania to represent Team GB for the last time as a junior and to defend her title as European Champion. She didn't fail to disappoint, winning gold for Great Britain and retaining her title as European Champion.

The competition could not have been closer and it all literally came down to the very last lift. Chrystal, being the warrior she is gave it everything she possible could, with the heart of a lion and amazing support, she used every last ounce of energy and strength she had left to match her own personal best deadlift to win overall by just 2.5kg.

Williams came away with some new

necklaces with Silver medals in both squat and bench and Gold in deadlift and overall. She didn't stopping there as she also broke her own record to set a new European record with her total at 495kg.

"This was by far one of the most dramatic competition I has witnessed. I'm extremely proud of my achievement as I've never been that tied to another lifter where one lift could mean the difference between gold and silver. Which made it even more intense and amazing at the same time," said Chrystal.

Chrystal hasn't always been a European champion or second best lifter in the world. When she first begun

university she had never been to the gym doing her three favourite lifts.

Her friends from American Football and her coach Adam Chamberlain convinced her to go along to the gym to try it out, straight away her teammates and coach saw that she was naturally gifted with strength. This is where Chrystal long journey to victory started.

When asked what drives her to spend hours in the gym, she responded:

"I think the drive to win and compete comes from the hours/days/weeks/months of training that we put in."

"Being committed to the gym and workouts as well as watching what we eat to be an ideal weight for the weight

class takes up a lot of time, effort and money. So to get personal bests or win me guess just shows that all the hard work has been purposeful and fruitful."

Bangor University has been a big part of Chrystal's lifting journey as without Bangor University facilities her training wouldn't have happened - they offered her great equipment and space for herself, as well as her club that she started up herself to help other experience lifting.

The life of a powerlifter is not just a hobby, it is a way of living and Chrystal has took this life on. She adapted her life to a powerlifting life to be the best she could be.

"It's important to me because it

highlights not just physical strength but mental strength too which can be used in other areas of life," said Williams.

"Sometimes training will just be hard but it won't last forever so fight through it. I don't ever want it to feel like it is a chore or lose the enjoyment of it."

Her words of advice would be to try as many sports as you can whilst at Bangor. Sports don't always have to be super competitive or serious, just always allow yourself to enjoy it and maybe you will reach new levels that you didn't think you'd reach.



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